

## Continental Names Two Torrance Men to Posts

Promotion of two Torrance men by Continental Air Services have been announced by the firm.

Darold R. McCracken, 3527 White Court, has been appointed director-operations and technical services of Continental Air Services.

Raymond M. Stone, 23543 Kathryn Ave., was named director-contracts of the firm. Continental Air Services is a wholly owned subsidiary of Continental Air Lines.

McCracken, 35, is the son of Mrs. Imogene Bowen of Torrance. He is a veteran of the Navy and joined Continental after leaving Slick Airways at San Francisco.

Stone, 36, is a native of Florida and came to Continental from Air Asia Co., Ltd., in Taipei, Taiwan.



DAROLD R. MCCRACKEN  
New Post



RAYMOND M. STONE  
Promoted

## Brookside Names New PR Counsel

Appointment of Ty Jurras-Publicity of Los Angeles as public relations counsel for Brookside Vineyards has been announced by Philo P. Biane, president of the vineyards.

The public relations firm has served as counsel to the Fine Wines segment of the California Wine industry for the past five years.

Brookside Vineyards, which sells through local wine cellars only, operates wine cellars in Torrance, Ports O'Call, Van Nuys, and Hollywood in the Los Angeles area.



Fairy Ring is an annual problem and this year is no exception.

If you have a ring of fast-growing dark green grass around a sick, brown looking patch of grass, you have what is known as fairy ring. The rings may vary in size and if the area has had excessive moisture you may also find toadstools growing inside the rings.

The cause of this fungus is deep in the ground and it should be taken care of as soon as possible as it spreads rapidly.

There are two good products that will effectively control this problem—either a liquid containing copper and ether or a wettable powder containing copper-chrome and zinc.

After application of either of these products it would be a good idea to feed your lawn a good fish fertilizer to help it make a fast comeback.



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## Tension Can Cause Heart Trouble

The Harbor area longshoreman, the Southwest merchant, or the Centinela Valley mechanic all have stresses and tensions — but the way they handle them might determine their survival, a local heart specialist explained last week.

Dr. Ronald T. Piccirillo, newly-elected chairman of the Los Angeles County Heart Association's Southwestern Branch, has his own opinions on what causes heart and circulatory disorders — and

how to prevent these causes. In his Torrance office, the young-looking doctor explained some basic heart health facts and reasons for the nation's No. 1 crippler — heart and circulatory disorders. When people cannot handle tension and stress in a healthy way, they are most prone to bag heart health and problems later in life, the medical man emphasized.

Those who cannot handle their worries and tensions intelligently find their bodies

in sad shapes, mentally and physically, he commented. But, if they planned, stopped, rested and exercised a little more, they could lead fuller, longer and richer lives.

Tension and stress can be handled in many ways, he explained. The busy executive, businessman or other worker always under stress and tension must learn how to relax with themselves and with others.

Some of the suggestions he gives are: (1) Be organized.

Before going to work, you should plan your days and prepare yourself for problems that will be encountered during work. (2) Take a rest period (not only coffee breaks) during the day when you can completely rest yourself and put yourself temporarily out of your environment. (3) Create a restful environment to come home to after a hard day's work, and (4) Exercise as frequently as possible.

The Torrance physician does not underestimate other possible causes of heart and circulatory disorders, such as overweight, poor dietary regimen, smoking, and other causes of poor heart health. But, many times he believes these problems are caused, affected or are increased by unhappy frame of mind caused by tension and stress.

It has been observed, Dr. Piccirillo added, that in many cases, tensions create psychological problems which cause people to overeat, eating the

wrong foods (high cholesterol or fatty foods), or doing things that harm the heart and circulatory systems. But each of these causes, individually or together, play a role in heart and circulatory disorders, he emphasized.

"Our biggest problem," he explained, "is that we put so much emphasis into getting insurance in our material world, but why can't we put just as much or more concern into insurance for our health and longer life

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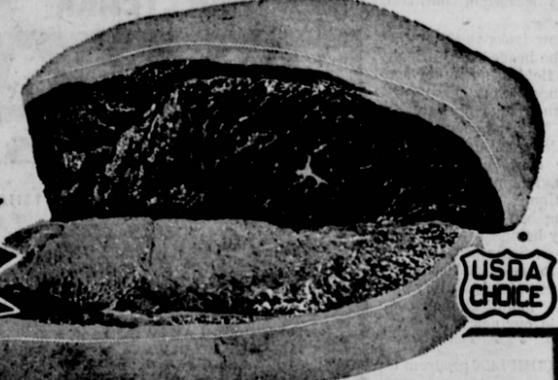
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