

HOW TO REDUCE YOUR HUSBAND'S RISK OF HEART ATTACK. DISCOURAGE CIGARETTE SMOKING. HELP HIM KEEP WEIGHT NORMAL. HIGH BLOOD PRESSURE? DOCTOR USUALLY CAN CONTROL IT. EXERCISE TOGETHER, REGULARLY, MODERATELY.

WIFE'S ROLE in helping husband to avoid or delay heart attack is emphasized in intensive risk reduction programs of your Heart Association.

ARMED FORCES

Army Private Jack P. Russo, 24, son of Mr. and Mrs. Jack Russo, 950 W. 256th St., Harbor City, has completed nine weeks of advanced infantry training at Ft. Polk, La.

Specialized training included small unit tactics, map reading, land mine warfare, communications, and firing the M-14 rifle, M-60 machine gun and 3.5-inch rocket launcher.

Walter L. Takamori, whose parents, Mr. and Mrs. Paul Garner, live at 750 E. Carson St., has been promoted to Army platoon sergeant near Dau Tieng, Vietnam, where he is assigned as a platoon sergeant in Headquarters Company, 2d Battalion, 12th Infantry, 4th Infantry Division.

Jim Thompson, son of Mr. and Mrs. Angelo Zampaglione, is in Vietnam on the hospital ship U.S.S. Repose. He is being treated for a separated shoulder, an injury sustained during a softball game at Danang Air Base.

Marriage Licenses

Filed on June 26, 1967. Michael David Canero, 19, of 2145 Myler St. and Christine Lee Nansel, 18, of 1802 Avenida Aprenda, San Pedro.

Filed on June 23, 1967. Joseph William Lauer, 25, of 14427 Hawthorne Blvd., Lawndale, and Kathleen Sue Yorkman, 18, of 28602 Leona Dr., Palms Verde.

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LOOK - PRESS-HERALD & PRESS-JOURNAL - 44581

Go - Wilmington Press - Journal Harbor Mail. Go - Torrance Press - Herald. OVER 80,000 CIRCULATION IN THE TORRANCE-SOUTH BAY AREA. Call DA 5-6060 TE 4-4581.

DEATH NOTICE. WAYNE GILBERT HARVEY. In Memoriam. Card of Thanks. Cemetery. Mortuaries, Funeral Homes.

CEMETERY LOTS. 3 SINGLE lots, Vista Park. GREEN HILLS, 27th and 30th, Call 322-3026.

NOTICES. WILL NOT be responsible for any debts other than own. FLORENCE OLABO.

PERSONALS. GRADERS TO LOW? Let an experienced teacher HELP your child learn to READ. All ages. Your home. 450 week. Call 425-4940.

SINGLE ADULTS. Call for recorded message 24 hrs. day. 322-7247.

ALCOHOLISM? Help & Information. Harbor Pathways, 810 No. Pines Ave., Wilm. 530-6611, 9-5 p.m.

ACID Indigestion? Painful gas? Get new 27 tablets. Only 99c. Balch Pharmacy.

LOSE weight safely with Diet. A-Diet tablets, only 86c at Balch Pharmacy.

HOME SERVICES. Miscellaneous. VINYL Linoleum or Tile first installed at Res. price.

HOME SERVICES. A. & L. UPHOLSTERY. No overcharge. Very low rates. Free Pickup & Delivery.

HOME SERVICES. TV, Radio, etc. 32. and repairing. Call 322-3555.

PIANO TUNING. and repairing. Call 322-3555.

BUILDING & Supplies 34. Quality Additions. Ron Trinc. Call 322-3555.

CHAIN-LINK FENCE, GALV. Run Ft. 22c. Gates, red, price Atlanta. Open 7 days. NE 9-4011.

SPECIAL ON CHAIN LINK FENCE INSTALLED. TE 0-1284.

THE EARLY BIRD READS. THE PRESS-JOURNAL. WANT ADE.

CARPENTRY and Repairs 35. ROOFS. Renewed, repaired - Shingles, flat tar, tile, coating.

ROOFS FOR LESS. FREE ESTIMATES. EASY TERMS. TE 2-8885.

CARPENTER GENERAL REPAIR. ALL KINDS. Free est. DA 5-0102 DA 5-4400.

Painting, Paperhanging DECORATING 36. R. E. WHITWORTH: Painting & Decorating.

BRUSH & SPRAY PAINTING. Paperhanging - Inc. Rentals. Gaur Licensed - DA 6-7292.

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CHUCK'S PAINTING & Paperhanging. Call 320-1787.

PAINTING CONTRACTOR. Shingle roofs oiled & stained. Clean painter. 894-5903.

MASONRY. Walls, Patios, etc. 38. Brick & Stone planters & Venner Block Walls. State & Torrance. 834-6582 or 322-3555.

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GARDENING. Landscaping. TOP SOIL. TRASH HAULING. Trm Trees - Remove.

TOP SOIL. General cleanup, excavating, landscaping, sprinkler systems installed. TE 5-2629.

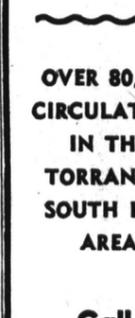
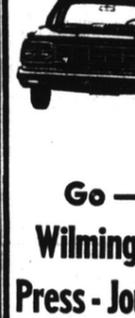
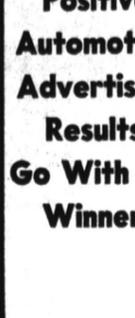
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MONTHLY MAINTENANCE. LAWN RENOVATING. Exp. Japanese American. Free Est. 322-892 after 5 p.m.

FOR BETTER GARDENING AND LANDSCAPE SERVICE. CALL DA 0-1859.

Experienced Landscaping. Trimming, Renovating, Hauling & Cleanup. Free Est. Call 373-1041.

EXPERIENCED JAPANESE. 329-2077 after 6 p.m.



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USED BARGAINS REG. NOW. Choice of Cocktail, step and corner tables. \$2.50.

Baby Crib & Mattress. Double Dresser & Mirror. Box Spring or Mattress.

Quilted Living Room Chair. Bunk Bed - Bookcase Headboard. Table Lamps, from \$2.80.

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909 Avalon Blvd., Wilm. TE 4-4548. OPEN FRIDAY NIGHT 'TIL 9 P.M. Free Parking in Rear - Next to Model Market.

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