



GETTING IN THE ACT . . . Three-year-old Torrance tot Pat Glines shows that she can hula with the best of them. Pat was a visitor at the recent Hula Hoop Championship finals sponsored by the Los Angeles Department of Recreation and Parks. Nearly 100 finalists churned, twisted, and gyrated for three hours before judges chose the winners. Youngsters from all over the city participated.

Group of Men Learns Exercising Does Work

Physical fitness seems to be at the back of everyone's minds these days. But for 45 graduates of the Torrance Recreation Department physical fitness program, it was more than just a thought. Participating in a 10-week rigorous exercise course including calisthenics, weight training, running, isometrics, and swimming, the 45 "old men" met twice weekly and kept close records on improvements.

AMONG THE impressive statistics was an average weight loss of seven pounds per man, a lowered pulse rate of 12 counts per minute, a two-inch loss around the waist and an average gain in chest size of one and one-half inches.

Additional records showed an average increase in sit-ups over the 10-week period was from 10 to a respectable 52. The number of pushups was increased from 12 to 32 and the ability to run for endurance was raised to an average of 1 1/4 miles with the leader running 4 1/4 miles.

AGES IN the group ranged from 21 to 53 years of age. The pilot program was so successful that the oldest man improved at a rate higher than the average.

Under the instruction of Chuck Gallicci, the group will begin an intermediate physical fitness class Tuesday. In addition, three beginning classes will start the 10-week program. They will meet Mondays and Wednesdays at 6 and 7:30 p.m., and Tuesdays and Thursdays at 7:30 p.m.

Plans include the forming of an advanced course in March.

Law School Will Begin 41st Year

The Law School of Pacific Coast University, Long Beach, will begin its 41st year of operation this month. Dr. Carl H. Manson, dean of the school, has announced. Students seeking admission to classes which begin this month must file applications by Jan. 13, Dr. Monson said. Counseling appointments may be made by calling the school.

The school is approved for veterans and credits earned may be applied toward the Juris Doctor degree and for admission to legal practice.

Collision Snarls Traffic

A three-car collision tied up traffic on Hawthorne Boulevard near Carson Street for a short time Tuesday. The mishap occurred about 4:40 p.m. when a car driven by William H. Arensmeyer, 73, of 1734 Juniper, hit the rear end of an automobile driven by Evelyn L. Sunshine of Lawndale, police said. The impact caused Mrs. Sunshine's car to slam into the rear end of an auto driven by Valerie A. Thomas of Harbor City, according to police reports. Arensmeyer, unable to make a statement of any kind, was transported to Little Company of Mary Hospital for treatment of lacerations and a possible concussion. His car sustained total damage. Mrs. Sunshine's car sustained major damage.

Tavern Receipts Embezzled

An employe of the Hi Ho Club, 1778 W. Carson, is suspected of embezzling \$2,000 and disappearing with his 10-year-old son. Tavern officials told police that Paul E. Ryan, 39, of 525 Ave. G, Redondo Beach, had been entrusted with the club's holiday receipts, totaling \$1,800. Ryan is also suspected of making out a \$200 company check to himself and cashing it. The embezzlement apparently took place Tuesday and was discovered the next day, police said. Ryan's wife said he had taken the family car, registered in her name, and left with their son Barry.

Scouts to Hear Talk on Light

The conquest of light is the topic of Pacific Telephone's John Forbes before the Torrance Mormon Church Boy Scouts Tuesday. The 7:30 p.m. program will be held at 1818 W. 220th St.



MOM'S PIE . . . Robert Warnock, manager of the Torrance Branch of Glendale Federal Savings and Loan Association, has extended an invitation to all area residents to visit the branch and enjoy a piece of MOM'S apple pie. Mrs. Katie Downs and her son Andy show what's in store for those who visit the branch during the Month-O-Matic Jubilee, which runs through next Wednesday.

Garden Checklist

1. Lift gladiolus corms when the tops turn yellow. After they are dry, dust them with insecticide and store in a cool spot until ready to plant again.
2. Now is a good time to use a dormant spray to control overwintering pests and assuring you a beautiful spring garden. Your nurseryman can recommend the right product.
3. Prepare planting holes and soil for the new roses you pick up later this month and next at nurseries.
4. Tie loose canes of climbing roses securely. Winter weather can cause loose canes to whip about and become damaged.
5. Wait another month before pruning roses. Fruit trees may be pruned any time from now through mid February.

Reagan Announces Plan To Honor Top Students

Capitol News Service
SACRAMENTO — High school seniors who have received no more than one "B" a year for their last three years of school would be presented a special governor's award at graduation time under a plan advanced by Governor Ronald Reagan. "I feel that all too often we in public life fail to provide as much recognition as we should for such accomplishments," Reagan said. "In my opinion, this program can give students another incentive to excel by providing high level recognition for academic achievement, thus consistently bring home outstanding grades in academic subjects." The award presented to the honor students would be a certificate bearing the seal of the governor. It would be selected from entries submitted by high school students in a statewide contest. The California Arts Commission would act as judge to select the outstanding design.

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CHURCH CALENDAR

For Listing Information
Call DA 5-6060

NATIVITY CATHOLIC CHURCH
1447 Engracia Ave., Torrance
Phone: FA 8-2776
Rev. John P. Cremins, Pastor
MASS SCHEDULE
Sundays: 8, 7, 8, 9, 10:15, 11:15, 12:15 and 5 P.M.
St. Joseph's at 9:30 A.M.
SATURDAY CONFESSIONS: 10:30 to 11:30 A.M.; 8:30 to 9:30: 7:30 to 9 P.M.
St. Joseph's at 7:15 P.M.
BAPTISMS
Every Sunday at 1:45 P.M.

FIRST CHURCH OF CHRIST, SCIENTIST
218th St. and Manuel Ave., Torrance, Calif.
Church Services—11 A.M. Wednesday Eve Meetings—8 P.M. Sunday School—9:15 A.M. and 11:00 A.M. Children under 10 years of age must be accompanied by parent or guardian for enrollment.
Reading Room—1406 Cravena. Open 10 A.M. to 5 P.M. daily except Sunday and Holidays Also 7 to 9 Monday and Friday evenings.
All are welcome to attend our services and to use our Reading Room.

DEL AMO SOUTHERN BAPTIST CHURCH
3915 W. 226th at Ocean, Torrance.
Sunday School—9:45 A.M. Training Union—6 P.M. Worship Services—11 A.M.—7 P.M. G. A. & R. A. Auxiliaries—Teachings 7 P.M.
Prayer Service—7:45 P.M. Choir Rehearsal—8:30 P.M. Pastor: Daniel B. Weaver, Jr. FR 8-7440 — FR 1-3925
MORNING WORSHIP SERVICES

CENTRAL CHURCH EVANGELICAL UNITED BRETHREN
Marcelina & Arlington
Rev. Walter M. Stanton, Pastor. FA 8-3010.
9:30—Sunday School.
11:00—Morning Worship.
6:30—Youth Fellowship.
7:30—Evening Worship.
Midweek Worship Service: 7:00 Wednesday Evening.

FIRST CHURCH OF THE NAZARENE
1501 West Carson
R. Wallis Kornegay, Pastor
Ph. FA 8-4050.
9:45 Sunday School.
10:50 Morning Worship.
7:00 P.M. Evening Service.

PACIFIC VIEW BAPTIST CHURCH
Member Baptist General Conference.
(Temporarily located in the Seventh-Day Adventist Church, Sonoma St. at Acadia Ave., Torrance, Calif. Tel. 326-4115)
Times Of Worship:
Sunday School 9:15 A.M.
Sunday Morning Worship 10:30-11:30 A.M.
Sunday Evening Service 7:00 P.M.
Thursday Prayer Fellowship 7:30 P.M. —Nursery Available At All Services—

FIRST PRESBYTERIAN CHURCH OF GARDENA
1957 W. Redondo Beach Blvd. Phone DA 4-1064.
Dr. R. Murray Jones, Minister
1492 W. 158th St. Gardena, DA 8-1218.
Sunday Worship Service—10 A.M. (Nursery Care Provided).
Sunday Church School—10 A.M. Senior Hi Fellowship and Junior High Fellowship Sundays at 7:00 P.M.

ST. LAWRENCE CATHOLIC CHURCH
1900 Prospect Ave., Redondo Beach
— Monsignor Daniel P. Collins.
Mass 7, 8, 9, 10, 11:15, 12:15.
Phone 378-9329

FIRST LUTHERAN CHURCH
1725 Flower Street, Phone 320-4181.
William J. Roleder, Pastor. Phone FA 8-3249.
Phillip C. Hiller, Assoc. Pastor. Phone 679-7710.
Worship Services: 9:00 A.M.—9:15 A.M.—10:45 A.M. Sunday School 8:00 A.M., 9:15 A.M., 10:45 A.M. Nursery services for 9:15 and 10:45 A.M.
Holy Communion—First Sunday Luther League—2nd and 4th Sundays.
Christian Elementary School—Kindergarten through 8th Grade.

FIRST BAPTIST CHURCH
2118 Carson Street, Torrance, California. Phone: 328-5030.
Dr. Harold Pickett Sr., Interim Pastor
SUNDAY
Two Morning Services 8:15 P.M. and 11:00 A.M. 9:30 A.M. Sunday School for All Training Groups, 5:45 P.M. Evangelistic Message, 7 P.M.
WEDNESDAY
Bible Study and Prayer 7:15 P.M. Nursery Provided for All Services.
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FIRST CHRISTIAN CHURCH OF TORRANCE
(Disciples of Christ).
2935 El Dorado, FA 8-2920.
Rev. H. Milton Sippel, Minister. Res. Phone FA 8-4583.
Rev. Joseph Yong, Minister of Education.
Two Sessions of Church School and Morning Worship. 9:30 and 11:00 A.M. Nursery provided at both sessions.
CHI RHO Fellowship. 8:30 P.M.
Christian Youth Fellowship—7:00 P.M.

NARBONNE AVENUE SOUTHERN BAPTIST CHURCH
24730 Narbonne Ave., Lomita
Phone DA 6-6029. 7 P.M. Worship Service 10:50 A.M. Church 10:50 A.M. Sunday School 9:45 A.M. Training Union 6 P.M.

FIRST METHODIST CHURCH
Torrance
Carson and El Prado
Phone FA 8-3242
Rev. Arthur Nagel, pastor
Res. Phone FA 8-6231
SUNDAYS: Two Worship Services 9:30 and 11 A.M.
Two Complete Church Schools 9:30 and 11 A.M.
All ages—nursery through adults.
Fellowship Meeting 8:30 P.M.

SOUTH BAY BAPTIST CHURCH
4665 Sharynne Lane, Torrance, Calif.
Pastor: Dr. J. C. Brumfield
Frontier 6-3453
Sunday School 9:45 A.M.
—Junior and Primary Church 11:00 A.M.
Baptist Training Union 6:00 P.M.
Evening Worship 7:00 P.M.
Wednesday Prayer Service 7:30 P.M.
Nursery and toddler care — All Services. Bus transportation service.

ST. ANDREWS EPISCOPAL CHURCH
1432 Engracia — FA 8-3781
Rev. Hugh E. Peroy, R. E.D. Rector.
7:30 A.M. Holy Communion.
9:15 A.M. Family Worship Service followed by Church School and Coffee Hour.
11:00 A.M. Morning Worship (Choral Eucharist on 1st and 3rd Sundays).
(Child care and Nursery provided at 9:15 and 11 A.M. services).
Weekdays Holy Communion at 11 A.M. Thursdays and 8:30 A.M. on All Saint's Days.

ST. CATHERINE LABOURE CHURCH
2846 Redondo Beach Blvd., Torrance.
Phone DA 8-8900.
Sunday Masses: 7, 8, 9, 10, 11, 12.
Weekday Masses: 8:30 A.M. and 12:15 A.M.
Confessions Saturday 4:00 to 5:30: 7:30 to 9:00.

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