

Declarations Filed for '68 Legislative Races

Capitol News Service
 SACRAMENTO — The following is a list of persons filing declarations of intention to seek legislative office in this year's elections:
 (D-Democrat; R-Republican; P&F — Peace and Freedom; AI — American Independent; X—Incumbent).
STATE SENATE:
 25th District: Robert S. Stevens, R-X, Los Angeles; Leo Fenster, D-Los Angeles; Stanley L. Leonard, D-Palos Verdes Penn.; Joe Reichmann, D-Los Angeles; Stan Boggess, R-Palos Verdes Penn.; John Haag, P&F-Venice; Jane Gordon, P&F-Los Angeles; James P. Johnson, P&F-Torrance; Robert A. Niemann, P&F-Los Angeles; Lila F. Kahn, D-L.A.; James E. Dowd, AI-Hermosa Beach; William D. Diemer, P&F-Pacific Palisades; Jack Hampton, P&F-Santa Monica; Alain Henon, P&F-Pacific Palisades; Fred Fredericks, R-Torrance; Tom Tomlin, R-Lawndale; Lillian A. McDonald, AI-Santa Monica; Joan S. Levy, P&F-L.A.;
STATE ASSEMBLY:
 60th District: Paul Priolo, R-X-Pacific Palisades; Leo Fenster, D-L.A.; Joseph J. Mittler, D-Santa Monica; Norman J. Ollestad, D-Malibu; Joe Reichmann, D-L.A.; Mary L. Brenneman, P&F-Pacific Palisades; William D. Diemer, P&F-Pacific Palisades; Jane Gordon, P&F-L.A.; John Haag, P&F-Venice; Jack Hampton, P&F-Santa Monica; Alain L. Henon, P&F-Pacific Palisades; Mary C. Johnson, P&F-Santa Monica; Joan S. Levy, P&F-L.A.; Robert A. Niemann, P&F-L.A.;
 67th District: L. E. (Larry) Townsend, D-X-Torrance; Al Apodaca, D-Gardena; Walter J. Bailey, D-Gardena; Walter C. Dworschak, D-Gardena; Stephen Cranston, R-Gardena; Fred Fredericks, R-Torrance; Tom Tomlin, R-Lawndale; Lillian A. McDonald, AI-Santa Monica; John D. Kirby, R-Torrance; John Kopczak, R-Santa Monica; Paul R. Lookinland, R-Santa Monica; R. Cleve Anno, AI-Torrance; Stephen C. Anno, AI-Torrance.
Hawthorne: Walter B. Willette, P&F-Gardena;
68th District: Vincent Thomas, D-X, San Pedro; Harold W. Garvin, D-San Pedro; Edmund Guerrero, D-San Pedro; LeRoy E. Lafferty, D-San Pedro; John D. Kirby, R-Torrance; John Kopczak, R-Santa Monica; Paul R. Lookinland, R-Santa Monica; R. Cleve Anno, AI-Torrance; Stephen C. Anno, AI-Torrance.

Garden Checklist

1. Prune fuchsias now. Remember they bloom on new growth, so don't be hesitant about pruning rather severely. Your nurseryman can advise you.
2. Have you given roses and fruit trees a dormant spraying yet? Do so before they come to life.
3. Set out fairy primrose, pansies, violas and calendulas now for bloom in early spring.
4. Tuberosus begonias may be sprouted indoors or under lath now, but don't set them out in the garden until all danger of frost is past.
5. In planting fruit trees, be sure you select varieties recommended by local nurserymen as suitable for your climate.

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 GOOD MARCH 4-5-6



George Washington wept here.

They weren't even Americans. Not yet. Just simple "Colonials."
 A weary, frozen, scared, starving band of ordinary people on their way to an extraordinary achievement. The United States of America.
 If they could last the Valley Forge winter, their cause, Freedom, would not be lost.
 George Washington wept for them. The pitiful huts, the non-existent food, the incredible scarcity surrounding them would test any man.
 They won. Over winter. Over the foe. Over every obstacle that stood in the way

of their self-determination.
 Now, maybe you think you're just an ordinary person. That nothing you can do would help Freedom's cause too much.
 But do it anyhow. Write that letter-you never-got-around-to-writing to your representatives. Take the kids for a visit to history's shrines. Vote. Say "Yes" publicly. Say "No" publicly. Read. Listen. Learn. Tell. Encourage. But don't ignore Freedom.
 You'd be surprised how ordinary people can produce extraordinary results.
 It's how America happened.
 Freedom! Ignore it, and maybe it'll go away.



Get your "Freedom's Handbook" today
 Freedom's Foundation
 Valley Forge, Pa. 19381
 Yes, I want to help preserve our American Way of Life and pass it on intact to future generations.

Please send my free copy of "Freedom's Handbook."
 Please use this contribution of \$_____ to further your work.

NAME _____
 ADDRESS _____
 CITY _____
 STATE _____ ZIP CODE _____

NORTHERN HALIBUT STEAKS

FROM ALASKAN WATERS

49¢

lb.



Baked Halibut Supreme
 2 pounds halibut steaks or other fish steaks
 1/2 cup French dressing
 2 tablespoons lemon juice
 1/4 teaspoon salt
 1 can (3 1/2 ounces) french fried onions
 1/4 cup grated Parmesan cheese
 Cut steaks into serving-size portions. Place fish in a shallow baking dish. Combine dressing, lemon juice, and salt. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish from sauce and place in a well-greased baking dish, 12x8x2 inches. Crush onions. Add cheese and mix thoroughly. Sprinkle onion mixture over fish. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serves 6.

Ol' Fashioned BUTCHER SHOPPE

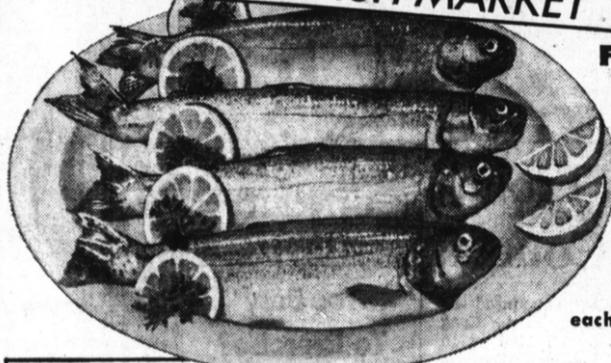
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Seafood Favorites

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FRESH FROZEN TROUT
 5 OZ. MINIMUM

29¢

each

LARGE SIZE DUNGENESS CRABS
 SWEET, TENDER MEAT

49¢

 lb.

JACK'S COOKED SHRIMP
 TENDER & TASTY
 LARGE SIZE
 QUARTER POUND

75¢



FROM HAWAII MAHI-MAHI
 DELICIOUS BROILED OR B-B-QED.....

59¢ lb.

CHERRYSTONE CLAMS
 TENDER EASTERN CLAMS • FRESH DAILY.....

59¢ lb.

FILLET OF SEA BASS
 FRESH DAILY FROM MEXICAN WATERS.....

89¢ lb.

SMOKED HALIBUT.....

79¢ lb.

JACK'S TARTAR & COCKTAIL SAUCE
 HALF PINT
 WITH THAT HOME-MADE FLAVOR

49¢

LOX FINE FLAVORED SALMON
 QUARTER POUND

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Ol' Fashioned BUTCHER SHOPPE