

ANN LANDERS



Follow These Hints

Dear Ann Landers: A few months ago I had surgery for a malignant tumor. The surgery was followed by cobalt treatments. My physicians are very optimistic and so am I — until some thoughtless person says something. Please publish these suggestions for family and acquaintances of individuals who have had cancer treatment.

1. If the patient wishes to discuss his illness he will bring up the subject. If nothing is said, keep quiet.
2. Avoid such remarks as, "You are lucky. A neighbor of mine had exactly what you have and they had to cut out his tongue and vocal cords."
3. Don't tell about Mr. So-And-So who had suffered with cancer for years but "never lost his sense of humor."
4. Be cheerful. Many people recover from cancer. If you know of someone who did, mention it. Such reports can be very encouraging.

Thanks, Ann.—BALTIMORE

Dear Baltimore: Here's your letter, and let's hope the guilty ones take the hint.

Dear Ann Landers: I'd like to reply to the self-appointed authority on rotten fathers. She refused to take in the "lousy bum"—even if he were starving to death—because "he had never done anything in his whole life but cause trouble."

My father is alcoholic, too, and by her standards I'm sure he is also a lousy bum. My five younger sisters and brothers have been thrown out of the house in the dead of winter, every holiday ruined, holes hammered into locked bedroom doors, telephones ripped out, furniture and dishes broken, papers thrown on the floor, bicycles pawned, money stolen, neighbors complaining, police at the door. Talk about hell—we lived it. Yet, I hold no bitterness in my heart. My father hates his drinking more than we do, but is too weak to conquer it. He is a brilliant man and could have had a wonderful career. Instead he has known nothing but misery and defeat.

I am happily married now, and if Mom goes first I'll take Dad in, if he wants to come.—A DAUGHTER WHO UNDERSTANDS

Dear A: You sound like an angel to me. There's got to be a special place in heaven for people like you.

Dear Ann Landers: I'm a widow, 43. The days are O.K. but the evenings are so lonely. I've gone to some nice cocktail lounges but I've met only bums who want someone to sleep with. How does a respectable woman meet decent men?—SOLITAIRE

Dear Solitaire: If you want to catch trout, don't fish in a herring barrel. Join study groups, adult education classes, Great Books groups, do volunteer work. Have you considered a new job? Get going. God helps those who help themselves.

How far should a teen-age couple go? Can necking be safe? When does it become too hot to handle? Send for Ann Landers' booklet, "Necking And Peeking — What Are The Limits?" Mail your request to Ann Landers in care of your newspaper containing 50 cents in coin and a long, stamped, self-addressed envelope. Ann Landers will be glad to help you with your problems. Send them to her in care of the Press-Herald, enclosing a stamped self-addressed envelope. (C) 1968, Publishers Newspaper Syndicate

PTA Council to Oppose Watson Tax Amendment

The California Congress of Parents and Teachers has voted to actively oppose Proposition 9 which will appear on the November ballot, according to Mrs. Betty Rogers, president of the Torrance Council PTA. "PTA believes that if the measure passes, it is highly possible that no vestige of local control of schools will remain and that there could be financial and administrative chaos in welfare services as well as in the schools," stated Mrs. Rogers. "The state PTA board of managers, empowered to

Garden Checklist

1. Plant a cover of annuals for the spring bulb bed. Alyssum, Pansies and Violas are all recommended, as are Linaria, Nemesis, and Nemophila.
2. Fall is the ideal time to plant almost everything in the garden. Early plantings enable new trees and shrubs to become established during winter—hence, a faster and stronger start in spring.
3. Clean-up fallen leaves and other litter in flower beds.
4. Continue to dig Gladiolus as the tops yellow off. Leaving them to winter over will only increase their chances of attracting thrip.
5. Lilies lend an exotic touch to the garden. Be sure to plant plenty for a good show. Give them good drainage for best results.

Healthy Heart Advice

How does one really avoid the problems of the heart? For Los Angeles County Heart Association's Dr. Steve C. K. Lili, Harbor General Hospital, the answer is quite simple — "an ounce of prevention is worth a pound of cure."

According to Dr. Lili, Southwestern Branch medical vice-chairman, heart problems have many causes. "We know that the natural process of aging is the most important factor in heart disorders. But how many realize that good heart health habits determine the progress of this aging process."

LAST WEEK in his office, Dr. Lili emphasized that knowing and having "a token acceptance" of heart risks — high cholesterol diets, smoking, overeating, high blood pressure, stress with tension and limited exercise is not enough!

The director of the cardiovascular laboratory at Harbor General explained that good heart health habits should be part of one's life. It's that ounce of prevention! He warned that good heart health must be practiced together, not separately or at various times.

"Come to the Southwestern Branch office, 16811 Hawthorne Blvd., Lawndale," he urged, "and discover how the Heart Association can teach you about that ounce of prevention!"



SAILING WITH SNOOPY . . . Officials of TRW and Grumman Aircraft Company were on hand to congratulate 12 TRW employees as they received "Silver Snoopy" pins from Astronaut Major Joe Engle. The awards were made for the employees' individual contributions to the Apollo Program. Shown above (kneeling, from left) are J. Gaines of Grumman Aircraft, William Gifford, James Mowrey, James Faulkner, and Dan Blow, and (standing, from left)

Ted Heard, Roger Brousseau, Jake Jankowski, Pat O'Neill, Robert Altounian of Grumman Aircraft; Robert Zierkie, Dr. R. D. DeLauer, vice president and general manager of the TRW Systems Group, Rosalie Gonzales, Marion LaMarsna, and Allan Folkins. Charles Schultz's beloved comic character "Snoopy" offers his congratulations, too, as he cavorts overhead in his Snoopy space suit.

General Telephone Offers Free Films

More than 1,000 16mm sound and color films dealing with a variety of subjects ranging from a look into the 21st Century to lessons in sports and science are available to schools, civic groups, service clubs and organizations from the Film Library of General Telephone Company of California.

For the 13th year, General Telephone Company's Film Library has films geared to interest all ages. They include films on art and music, sports and recreation, health and safety, business and industry, communications and transportation, science and mathematics, travel, national security and telephone usage.

'Yes on B' Paula Reynolds Directs Group

Mrs. Gardner H. (Paula) Reynolds of Palos Verdes Estates, civic leader and a member of the Los Angeles County Probation Committee, has been appointed regional chairman for the South Bay area for the Yes on B Citizens' Committee.

An all-out effort will be made in this area to encourage passage of Proposition B at the November 5 election, Mrs. Reynolds declared as she agreed to participate in the area campaign.

Proposition B provides for a \$24.8 million bond issue to finance urgently needed county juvenile detention and court facilities, she pointed out.

"Increased population of children between the ages of 10 and 17, and a corresponding increase in the number of juvenile arrests make it mandatory that Los Angeles County provide these facilities," Mrs. Reynolds said.

"Existing juvenile halls operated by the County Probation Department to care for wards of the Juvenile Court are literally bursting at the seams already."

The extreme overcrowding has created dangerous conditions, she said. Children are sleeping on floors because of inadequate bed space and must form long lines outside dining halls and restrooms because of the shortage of facilities.

General Telephone also has been working closely with the school safety program of the Los Angeles County Sheriff's office for the past 10 years. The Sheriff's office shows these films to thousands of students each year. The program has proved so successful that

Sheriff Peter J. Pitches has endorsed General's Film Library in providing many of the safety films on a free loan basis in an excellent example of industry assisting a definite responsibility to the community, and a close relationship with law enforcement," he stated.

The latest addition to the Film Library is the program on "Youth and Drugs." A series of four films, dealing with the indiscriminate use of dangerous drugs and narcotics, they have been commended by law enforcement agencies and educational leaders throughout the state.

"More than two million persons view our films annually," Mrs. Jesse points out. "Of this group, 66 percent are students. There are educators who have requested our films for many years and we're naturally proud to have been of assistance in their teaching processes."

"Last year we mailed more than 16,000 shipments of films in filling requests. All film requests may be made by contacting your local General Telephone business office."

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FOR YOUNG PEOPLE . . . Mrs. Gardner H. Reynolds of Palos Verdes Estates expresses her support of Proposition B to Chief Probation Officer Kenneth E. Kirkpatrick after learning that she had been appointed South Bay regional chairman of the Yes on B Citizens' Committee. Mrs. Reynolds is also a member of the County Probation Committee. Proposition B is a bond issue to finance juvenile detention and court facilities.

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Press-Herald Weekend Crossword

(Answer on Page B-4)

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|------------------------|--------------------------|----------------------|----------------------|
| Across | 73—Smooth | Down | 73—Center |
| 1—Dervish | 74—Domestic | 1—Prize | 74—Treasure |
| 2—Outer covering | 75—Court | 2—Excite | 75—Construct |
| 11—Pineapple | 76—Timeless | 3—Boxing term | 76—Of the kidneys |
| 16—Pertaining to dowry | 77—French revenue | 4—Inebriate | 77—Proclaim |
| 21—City of Maine | 78—Public square | 5—Fish eggs | 78—Futimey |
| 22—Urgency | 79—Pull | 6—Crack | 79—Lance again |
| 23—Chastity | 80—Exclusive | 7—Overcast | 80—Chip |
| 24—Buffet | 81—Man's name | 8—Precious | 81—Caema |
| 25—Artificial language | 82—Fashion | 9—British gun | 82—Procure |
| 26—Compass point | 83—Storm | 10—Evidence | 83—Charles Lamb |
| 27—Silver symbol | 84—Coffin | 11—Emerges | 84—Salt |
| 28—Plural ending | 85—Feet | 12—Punctual | 85—Adora |
| 29—Italian river | 86—Thicket | 13—Sun god | 86—Forbidden |
| 30—Bone | 87—Sasherna | 14—Sinox Indian | 87—Athletic field |
| 31—Hebrew letter | 88—Edam | 15—Young birds | 88—Occident |
| 32—Pronoun: abbr. | 89—Headgear | 16—Yeastified | 89—Tulle fabric |
| 33—Meditate | 90—Wading bird | 17—Apparent | 90—Crossed |
| 34—Strip of metal | 91—Consequence | 18—Fantasia symbol | 91—Corvada |
| 35—Ant | 92—Libel | 19—Analgesic | 92—Bastard |
| 36—System | 93—Board | 20—Asterisk | 93—Handoffs: pl. |
| 41—Garry | 94—Sag | 21—Holy woman: abbr. | 94—Cried |
| 42—Casualty | 95—Wild sheep | 22—Sunsh | 95—Mananely |
| 43—Unstable | 96—Mystery | 23—Exile | 96—Appraisal |
| 44—Portable light | 97—Vestige | 24—Wish bill: abbr. | 97—Enslin marble |
| 45—Booster | 98—Studies | 25—English river | 98—Unusual debts |
| 46—Repair | 99—Footlike part | 26—Pit | 99—Turvo |
| 51—Ging | 100—Mystery | 27—Wings | 100—That man |
| 52—Unit | 101—Consequence | 28—Baruff | 101—Praw |
| 53—Warm | 102—Libel | 29—Wings | 102—Ballon gas |
| 54—Purpose | 103—Board | 30—Amant | 103—Shankbird |
| 55—Cute | 104—Sag | 31—English county | 104—Frequent |
| 56—Nonsense | 105—Wild sheep | 32—Tropical fruit | 105—Agency of actors |
| 57—Frozen | 106—Mystery | 33—Gaffer | 106—Agent |
| 58—Ridge | 107—Vestige | 34—Yank | 107—Indite |
| 59—Carousal | 108—Mystery | 35—Warrent | 108—Warrant |
| 60—Frog genus | 109—Studies | 36—Shamless | 109—Oiled |
| 61—City of Morocco | 110—Footlike part | 37—Draw tight | 110—Open |
| 62—Lava | 111—Laos | 38—Hinda queen | 111—Ahor, soldier |
| 63—Long tooth | 112—Alot | 39—Second | 112—Ahead |
| 64—Missile | 113—Type square | 40—Catalogue | 113—Indian corn |
| 65—Dill seed | 114—Exclaim | 41—Yellow vessel | 114—Inferquent |
| 66—Irish country | 115—Abraham's birthplace | 42—Barron | 115—Oriental nurse |
| 67—Yacht | 116—Of the moon | 43—Probasis | 116—Civil wrong |
| 68—Magnify | 117—Figure of speech | 44—Venerated | 117—Amateur |
| 69—Line | 118—Candle | 45—Annulate | 118—Nickel symbol |
| 70—Fisherman | 119—Turkish titles | 46—Folk | 119—Oil: suffix |
| 71—Wireless | 120—Garment | 47—Cockate | 120—Jumbled type |
| 72—Marked | 121—Measured | 48—Crown | 121—Guide's note |

