

Health Spas Launch New 'Fat for Heart' Drive

Thousands of corpulent Californians in bulging leotards and sweat-suits will collectively contribute more than four tons of their own fat this month to the Jack LaLanne Weight Reduction Crusade, according to Irwin Paris, M.S., of Torrance, state-wide director of the drive.

Under supervision at all of the Jack LaLanne Spa Fitness Centers in the state, members will be weighed in at each visit during the month. Weight loss will be recorded on each member's personal chart and all results will be audited by a Certified Public Accountant.

A weekly tally will be made of his audit and the results will appear on a giant 12-foot thermometer suspended from the ceiling of each club. Weight losses will be reported each week.

SPAS involved in the Crusade are located in San Mateo, Palo Alto, Redwood, Woodland Hills, Granada Hills, San Gabriel and West Covina, Lakewood, and two locations in Torrance. A loss of 1,000 pounds per club is the goal, according to Paris.

Benefiting from the Crusade will be the Heart Fund; 10 cents per pound lost to be donated personally by Jack LaLanne, nationally famous physical fitness expert and namesake of the Spas.

The slogan for the drive is "Have a Heart, Give Your Extra Fat."

"OUR GOAL," says Paris, "is longer life and better appearance for every person who participates. We are motivated in this plan by the scientifically proven relationship between overweight and heart disease, high blood pressure, diabetes and divorce."

A free booklet containing a three phase nutritional plan, created specifically for the Crusade by LaLanne will be given

to each participant. The grand winner for Los Angeles County will be chosen at the end of the Crusade and will appear live on the Jack LaLanne TV show. At each Spa, a

local winner will be selected and presented with a trophy by the physical fitness king himself. In addition, each person who loses five pounds or more will receive a Crusade Certificate.

College Adds Junior Executive Programs

A new "learn and earn" junior executive training program (C-Jet) in marketing has been added to the business education curriculum at El Camino College.

The program is aimed at students interested in a management career in marketing, and was opened to ECC students last fall.

A cooperative effort on the part of El Camino and selected business firms in the area, C-Jet is a coordinated work-study program relating appropriate college courses to a carefully planned sequence of well-paid internship experience, according to Francis DeFea, instructor-coordinator of the project. Also included is an in-service junior executive training program under the direction of the cooperating firm.

A STUDENT who is selected and employed as a marketing intern by one of the cooperating firms works a minimum of 1 1/2 hours per week, during which he is rotated through a wide range of job positions in order to gain a broad perspective of the process of marketing management.

"Interns enjoy above average salaries and generally receive the same benefits as regular company employees, including

paid vacations, employee discounts and paid hospital insurance," DeFea said.

TO TAKE part in the program a student must be registered at El Camino College and he must have completed 12 semester units of college work including at least one of the following specialization courses: business 25, introduction to business; business 82, advertising; business 83, salesmanship; or business 86, marketing. A "C" average or better is required.

Further information about the program is available in the counseling office and in the Business Education Division office at the college.

\$41,000 in Taxes Paid

Capitol News Service SACRAMENTO — The distribution of \$5,140,450 as the February apportionment of the cigarette tax to the cities and counties of the state has been announced by State Controller Houston I. Flournoy. Los Angeles County's portion is \$125,504, and Torrance received \$41,671.

INCOME TAX SERVICE
Paul J. Smith
 CALL FOR APPOINTMENT 324-1727 Torrance 2081 Torrance Blvd.

Marina Club Sets Meeting

The Marina Amateur Radio Club will hold its regular meeting tomorrow at 7:30 p.m. in the El Nido Park Building, 182nd Street and Kingsdale Avenue.

Officers of the club will be elected. All persons interested in amateur radio communications are invited to attend.

In Torrance It's
THE PALMS
 STEAKS
 PRIME RIBS
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 CHARCOAL BROILED
 1925 W. Carson
 FA. 8-2424
 Drive Carefully!



FAT FOR HEART . . . Jack LaLanne of the Jack LaLanne Spa Fitness Centers, gives directions to Ruth Saitz (left) and Irene Grimm as the Torrance spa launches its "fat for heart" drive. Goal of the month-long drive is a weight reduction of 1,000 in each of LaLanne's nine spas. The spas will then contribute 10 cents for each pound of lost fat to the Heart Fund.

United Crusade Honors Businessmen, Employees

The dramatic story of a 14-year-old boy's fight for life spelled out what United Crusade is all about for a packed audience of business and industry leaders at the annual United Crusade Awards luncheon Wednesday.

In a film documenting the story of David Zull, whose defec-

tive heart was repaired at Children's Hospitals after a year-long search for rare blood needed for the surgery, representatives of leading Southland firms saw how their volunteer efforts and contributions to United Crusade provide services to the community. The documentary was narrated by George Walsh, CBS personality.

D. J. Haughton, 1968 United Crusade chairman and chairman of the board of Lockheed Aircraft Corporation, presided at the luncheon where more than 500 firms were presented awards for their outstanding participation in the 1968 United Crusade.

DURING the luncheon special tribute was paid members of the first United Crusade committee which included Ernest J. Loebbecke, founding and honorary president of United Way, Inc.; Verne Orr; Wesley I. Dumm; Arthur M. Wood; Clifford Twetter; Mrs. Henry Duque; Haughton; Frederick A. Schnell; Herbert S. Hazeltine; Frederick G. Larkin Jr.; Joel V. Sheldon; Elvin Baer; Harry M. Bardi, who was the first United Crusade chairman; and the late George B. Roberts; Jesse W. Tapp, and John Munholland.

Employe groups which have been recipients of Gold Plaques representing Fair Share giving for all five years of the United Crusade were cited for their outstanding contributions to the campaign.

LOEBBECKE pointed out that since the first United Crusade in 1964, a total of \$109,619,674 has been raised for the support of services of 233 United Way agencies and 12 American Red Cross chapters.

Haughton introduced Gordon L. Hough, vice president-Southern California, Pacific Telephone Co., who will serve as chairman of the 1969 United Crusade.

Also participating in the program were the Rev. Luis Baldonado, pastor of St. Joseph's Catholic Church, and Sgt. Ralph Timmons, holder of the Bronze Star for heroism in Vietnam.

Births

SOUTH BAY HOSPITAL
DRAKE—Mr. and Mrs. Sanford M. 23033 Adolph Ave.; a daughter, Janice Meisner, Feb. 8.
KIRKSEY—Mr. and Mrs. F. M. 1043 W. Torrance Blvd.; a son, Patrick Wayne, Feb. 4.
TEMPLE—Mr. and Mrs. Robert L. 22526 Susana Ave.; a daughter, Susan Adrienne, Feb. 4.
NEBROPOLIS—Mr. and Mrs. Peter, 23510 Laidene Ave.; a son, Demetrius Thomas, Feb. 5.

Problems Discussed By Group

Neurotics Anonymous groups meet every Thursday at 7:30 p.m. at El Retiro Park, 126 Vista Del Parque, and in Hermosa Beach at St. Cross Episcopal Church, 1818 Monterey Blvd., Room 7, Mondays at 7:30 p.m.

Neurotics Anonymous does for the emotionally disturbed individual what Alcoholics Anonymous does for the alcoholic. It operates in the same way, but with a different group of people.

N.A. offers help to those who suffer from depression, fear, hate, selfishness or other emotional problems.

There are no dues or fees, and everyone is invited to attend meetings.

Reading Class Set At North

Increased reading speed and comprehension can be gained in UCLA Extension programs for spring in Torrance, making extensive use of special equipment under professional supervision.

The class will begin April 10, with Thursday meetings from 7 to 10 p.m. in Room 311 at North High School.

Comprehensive reading tests will be given at the beginning and end of the programs and class sessions will utilize controlled readers, training films, and special study materials.

The Grand Prix looks like six grand. Costs like \$3866.¹

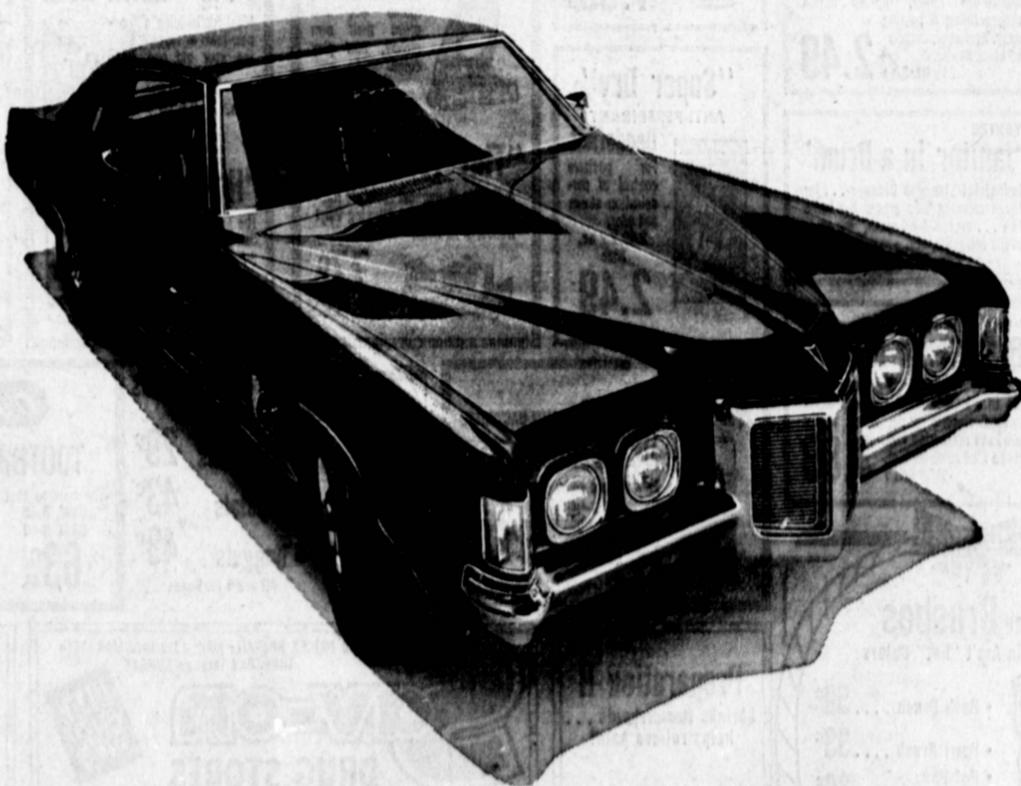
The less-than-four-grand price is manufacturer's suggested retail. It includes a lot: 350 horses. All-synchro transmission. Strato-bucket seats. Hidden radio antenna. Vinyl-covered con-

sole. Nylon-pile carpeting. Soft-rim steering wheel. Recessed door handles.

Plus what makes the Grand Prix so grand—longest hood in the industry. 118" Wide-Track stance, utterly distinctive front end.

So if you always thought the Grand Prix was a \$6,000 car, your only problem now is how to spend the \$2,134 left over.

Have a ball on Pontiac.



See the Grand Prix at your Pontiac Dealer during the Great Break Away Sale.

¹Manufacturer's suggested retail price including Federal excise tax and suggested dealer new car preparation charge. Destination charges, state and local taxes and optional equipment additional.



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