

## Limelighters to Appear At El Camino on Tuesday

El Camino College will feature the Limelighters, popular trio of folk singers who have entertained crowds for over two years, in a special public performance Sept. 26 at 8:15 p.m. in the Women's Gym.

Tickets for the Limelighters' performance are now on sale in the student store. Bleacher seats are \$1.50 and seats on the floor of the gym are \$2.00. Although tickets will be sold at the door, college officials suggest that they be bought early to insure a seat.

LOUIS GOTTLIEB, bassist and comic spokesman of the group, Alex Hassilev, banjo and guitar player, and Glenn Yarbrough, former philosophy student at Mexico City College and another guitar player, have regaled audiences across the nation.

Since the trio's inception in June, 1959, in a small Colorado town, it has appeared twice with Ed Sullivan, and on the Dinah Shore, Dave Garroway and Perry Como shows. The singers have also performed at

such entertainment spots as Mister Kelly's in Chicago and The Village Vanguard and the Roundtable in New York. On another occasion they crossed the United States in a national concert tour with Mort Sahl in which they played before 125,000 people in 30 major cities.

THE LIMELIGHTERS came into being when Lou Gottlieb, a performer at heart and a man who had long wanted to do an act with others, had a chance meeting with Hassilev and Yarbrough in May, 1959. Two months later they were entertaining audiences at the hungry restaurant in San Francisco in a six-month engagement.

Jan. 1, 1960, marked the release of their first album, "The Limelighters," released by Elektra Records. It contained such hits as "The Hammer Song," "When I First Came To This Land," and "Charlie, the Midnight Mauler." One year later "Tonight: In Person, the Limelighters," the trio's second LP album, was released, this time by RCA Victor.

## Male Proven Weaker Sex, Physicians Claim

EDWARD PHILLIPS, M.D., President, Los Angeles County Heart Association

The female is the weaker sex.

This is pure fiction, authored by members of the so-called weaker sex.

Happily, for the male ego, they have also created the illusion that man is the stronger sex.

At least this type of day-dreaming creates a harmonious psychological balance.

However, in actual fact and contrary to the masculine dream concept of himself — a virile Adonis — a fearless protector — he is the weaker sex.

The concept of male superiority is easier to swallow when the male is still a healthy young animal — slim, trim and energetic. But, take a look at the later years, when he has become not so slim, not so trim and far less energetic.

LET'S FACE IT—the male is the weaker sex.

In this country women live longer — four years longer.

This difference in life expectancy in our civilization is due to diseases of the heart. At the top of the reaper's list is hardening of the arteries and high blood pressure.

More than 50 per cent of all deaths in this country are due to heart diseases. Ninety per cent of these deaths are attributable to high blood pressure — hardening of the arteries — or a combination of both.

It is definitely established that in hardening of the arteries — the middle-aged male from 45 to 65 — is the one chiefly affected. The middle-aged male gets this disease anywhere from two to one up to 25 to 1 times more often than the female before her menopause.

The difference is sex-linked.

WHAT DO we know about atherosclerosis (hardening of the arteries)? Final answers concerning the causes and treatment of this disease aren't yet available. However, the rapidity of progress in this area in the last decade has been amazing. The prospects are excellent for ultimate success in the next few decades, if not sooner.

Hardening of the arteries has been known to man for 5,000 years.

## Building Fund Drive Underway

The Southwest Assn. for Retarded Children building fund campaign which is currently underway will be climaxed Nov. 4 at the Gardena Elks Club with a dinner-dance.

Funds collected during the campaign will be used for construction of an activity and training center which will serve the needs of retarded children in Torrance, Redondo Beach, Rolling Hills, Palos Verdes Estates and other South Bay cities.

The association will hold its monthly meeting Oct. 5 at the Columbia School, 4502 W. 186th St., Torrance. Parents of retarded children are invited to the session, according to Florence Schuster, publicity chairman.

It is not inevitable. It does not have to go hand in hand with man down the road of declining years.

It can be caused, cured and prevented in animals.

The presence of hardening of the arteries does not mean that a clinical episode is inevitable. Many of us right now, are walking around with the disease. We will not become sick or die of it.

IN KEEPING with the paradoxical idea that the woman is the one who watches over her man, a good wife should find out first whether her husband belongs to the high or low-risk group. One out of every eight middle-aged males is a high-risk individual.

A high-risk person has one chance in two of developing a heart attack between the ages of 45 to 65. A low-risk person has only one chance in 25.

A number of factors have been advanced which are said to modify the risk of getting a clinical or fatal heart attack. They include: previous clinical episodes, heredity, sex, presence or absence of high blood pressure, exposure to physical exercise, physical fitness, emotional strain and make-up, smoking to excess, blood cholesterol level, weight and the person's habitual diet.

There is suggestive evidence that lack of regular — not sporadic — exercise, increases risk. Our automated civilization tends to make us less physically active and more sedentary. Wives should enforce moderation and regularity in building up her husband's capacity for exercise.

THE ROLE of emotional strain is not established. Nor it is clear that inherited or acquired emotional make-up makes much difference. Less talk and more research is needed on this subject.

There is no doubt that excessive cigarette smoking (two or more packs per day) increases the risk of developing heart attacks.

High blood cholesterol levels definitely increase risk. Obesity clearly augments risks. If your husband looks as if he's gaining too much weight — make him reduce, even if you have to get down on the floor with him and do the exercises.

THE AMERICAN diet is glutinous. For our own good there are far too many calories in it. We should eat less, especially if we are in the high-risk category.

Wives should learn about fats and get in the habit of substituting vegetable fats for animal fats, of using oils which are fresh instead of solid fats. Frying should be avoided, or fresh vegetable oils used. Skimmed, instead of enriched, milk should be used.

WITH PROPER female coaxing, husbands will learn to enjoy this type of diet. Remember, the man will not change his eating habits of his own accord. It's up to the "chief cook and bottle washer" to gently lead him down the primrose path of good eating habits.

With proper care, guidance and babying, the male may not outlive his spouse, but he could live as long as she does.

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|   | <b>1<sup>47</sup></b> |

This saw . . . a buzzin' whiz with over 1/2 HP motor and a 3-wire cord. It rips 2" boards gleefully. Accurate depth and bevel control too!