

Hahn Report

County Launches Safety Program for Personnel

By KENNETH HAHN County Supervisor

Heart disease is the number one killer in America today. Yet, efforts can be made to solve this critical problem. Recently, County Fire Chief Keith Klingler...

heart disease became more apparent. A TOTAL of 606 years of experienced manpower has been lost in the last three years. State Compensation for the Fire Department for disabilities paid in 1968 was \$950,000...

I realized something must be done—not only for the benefit of the county wishing to retain the services of these outstanding men, but for them and their health. Most medical opinion holds that proper exercise can materially cut down these losses. AS A RESULT I proposed the following program for all members of our county safety forces...

was adopted by the Board of Supervisors. A compulsory annual medical examination. A compulsory daily exercise program based on the department's physical fitness training manual. A supervised sports program that would encourage fitness through games and athletics. Advice on proper diet and cooking in the fire station. After all the above have been provided, an annual performance test, graded to age, to check on the progress of the program.

Modifications of this program could be applied in private industry, in other branches of government and by individuals. THERE ARE many steps which must be taken to solve the critical problem of heart disease. Many are being taken by our nation's scientists and physicians. I have proposed a network of special ambulances, designed to give immediate coronary care. The pilot ambulance is being developed. We must all do our part. And the problem we have had with heart disease in our fire department shows that a proper program of physical fitness is needed.

Against the Law

It's against the law in Idaho, reports the National Automobile Club, for anyone to drive a snowmobile on any public road or highway.

COLLEGE REPORT

By ROBERT M. BERSI Assistant to the President California State College, Dominguez Hills

This summer at California State College, Dominguez Hills, high school students between their junior and senior year will find an unusual opportunity to sample college-level work. In a six-week summer session, beginning June 23, the college will offer six courses to which qualified high school students can gain entrance without going through the usual college entrance procedure.

Music 100. Basic Studies Music. An introduction to the techniques of listening to music. Covers a wide variety of music from all periods of history and deals with the elements of music; basic principles of continuity, and their realization in large structures. History 100. Basic Studies History. An introduction to historical understanding and interpretation, including analysis of the various forces and circumstances which produce historical developments and of the means by which historians evaluate causes and effects.

THIS PROGRAM will amount to a new experience for many young men and women who are curious about their capacity to compete with regular college students. The courses available are described below. Students interested in enrollment should contact the Director of Summer Session at the college. English 130. Understanding Fiction. The purpose of this course will be to bring the student to the point where he becomes not merely a responsive reader of fiction but a creative critic as well. The course will focus on short stories and novels, including the works by the following: Joyce, Hardy, George Eliot, F. Scott Fitzgerald, Hemingway, Jean Toomer, a virtually unknown Black writer of considerable talent, and Claude McKay.

Mathematics 100. Basic Studies Mathematics. Topics in modern mathematics, including set theory and concepts from logic; the real number system and subsystems; the concept of function, sequence and limit; and elementary concepts of calculus. Chemistry 100. Basic Studies Structure of Matter. Review of operational mathematics. The basic nature and meaning of science; the structures of atoms and of groupings of atoms; structures in the solid, liquid and gaseous states; laws of mechanics and energy factors as related to structure.

Red Cross Cites Volunteers Here

Eight Red Cross volunteers took home special honors this week from the Los Angeles Red Cross Volunteer Recognition Ceremony held at Wilshire Boulevard Temple. Another 500 volunteers picked up service pins for from one to 45 years of service. The awards were made before the volunteers' families and friends who were guests at a reception in the temple's Stalford Hall following the ceremony.

Miss Kurtz finds time to serve as youth chairman for the Red Cross Gardena Branch while maintaining a part-time job. Her volunteer work began a year and a half ago when she volunteered to serve at the Torrance Health Department as part of the Red Cross Youth program. Later, she assisted the Red Cross staff during community bloodmobiles and was appointed to her present position in September. Eleven other local residents were introduced by Mrs. Martin Doviak of Palos Verdes, Red Cross chairman of volunteers for Southern Los Angeles communities, for 20, 25, and 30 years of service to the organization.

PTA Unit Will See 'On Guard'

"On Guard," a 27-minute color film produced by the Los Angeles County Motion Picture Unit for the district attorney's office, will be shown Tuesday, June 3 at 2 p.m. to members of the Vandene Avenue PTA. The film, related District Attorney Evelle J. Younger, is a dramatized expose of schemes used to defraud the public, and points out that the most subtle of criminals are those who prey upon the unwary by such acts.

Those who served 20 years were: Mrs. Paul Abrams, Mrs. Maurice Allen, Mr. Thomas Turner, all of San Pedro; Mrs. E. Gambrell Croom, Wilmington; Mrs. O. L. Thoreson, Rolling Hills Estates; and Mrs. Sammie Williams, Lomita. Recognized for 25 years service were: Mrs. Charles Crouthamel, San Pedro, Mrs. Loraine Harper and Mrs. Roy Heath, Wilmington. Cited for 30 years service were: Mrs. M. C. Peemoeller and Mrs. W. H. Savage, Wilmington. The featured speaker of the day was Carol Donaldson, a student of Immaculate Heart College and a member of the Red Cross College Board. She presented the point of view of the young volunteer and gave her thoughts on the kind of volunteer she and her generation would like to be. Presiding was Mrs. John Finucane, chairman of volunteers for the Los Angeles Chapter.

GUARDS FOR ANY OCCASION. MODERN INVESTIGATION & SECURITY PATROL, INC. 1013 W. CARSON, TORRANCE

Market Basket ALWAYS. EVERY DAY. BARGAINS IN QUALITY FOODS

Market Basket products list: CHUNK TUNA 25¢, NAPKINS 10¢, TOILET TISSUE \$1, SLICED PEACHES \$1, MIRACLE WHIP 78¢, PEPPER 39¢, DILL PICKLES 57¢, B-B-Q SAUCE 38¢, HUNT'S CATSUP \$1, CRISCO 79¢, SAUCE MIX 21¢, BEANS 20¢, SOFTENER 57¢, SOFT RINSE 49¢, PLASTIC WRAP 17¢, HILLCREST BEVERAGES \$1, COSSACK VODKA \$6.99, WINDSOR WHISKY \$5.99, EZRA BROOKS \$10.99, AIRLINER GIN \$2.99, WINE \$1.43, EXCEEDRIN \$1.26, BAN ROLL-ON \$87¢, TEN HIGH \$9.85, ICE CREAM 69¢, SNAROL \$1.29, HAIR COLOR \$1.88.

RYING CHICKEN 29¢. U.S.D.A. GRADE 'A' FRESH WHOLE. CUP UP FRYING CHICKEN, LB. 35¢. BONUS DISCOUNT SPECIAL.

Sunrise Fresh Produce. You must be completely satisfied with any Market Basket produce you buy or your item will be replaced or your money refunded. GRAPEFRUIT 67¢, STRAWBERRIES 3 for 79¢, FIGLETS 25¢.

RED McCLURE POTATOES 10 LB. 49¢. BANANAS 11¢. VALENCIA ORANGES 8 LB. 87¢. FRYER PARTS 59¢. CHUCK STEAK 59¢, BONELESS ROUND 99¢, BEEF BRISKET 79¢, CLOD ROAST 98¢, RIB ROAST 98¢, SPENCER STEAK \$1.98.

MELAMINE DINNERWARE FOR MOM! REMEMBER MOTHER'S DAY SUNDAY, MAY 11. SPECIAL! SPRUCEWOOD GLASSES 2 for 25¢. MAALOX LIQUID 97¢. MARKET BASKET SALADS 33¢. SWISS CHEESE 85¢. PORK LOIN ROAST 49¢. PORK CHOPS 69¢. FISH STICKS 43¢. FILET OF SOLE 79¢. COD STEAKS 53¢. CRAB MEAT \$1.59. PERCH STEAKS 89¢.