



PRIZE-WINNING PHOTOS . . . El Camino College is well represented in the two-year college division of the prize winning photographic awards now being circulated on college campuses throughout Southern California. The photos shown above were taken by James Hall,

Ray Deurloo, Jess Amado, and Floyd Abel. They were submitted under the direction of Don W. Brown, photography instructor, and include a sweepstakes winner, four first place winners, and several second and third place awards.

COUNT MARCO SAYS

Fat Girls Are Lazy Girls

Dieting is big business. But only in this country is it such a constant national emergency. It is also a very dangerous business—because of your laziness.

You American women eat yourselves into a panic, then go on such wild crash programs that your health and your family life are imperiled.

Some of you are so frightened at putting on a bit of weight you starve yourself and your poor beast into the divorce court.

Any diet is a strain on the nerves. Your body is deprived of necessary oils and proteins. Your cushions of fat melt away, leaving your nerves unpadding and raw at the skin's surface, where they react wildly to everything.

The time to lose weight is before you gain it. All it takes is common sense. When I see some of you fattsos, as you laughingly call yourself, waddling past my view I think, practically aloud, "What a mess. Even the lowliest of animals knows when it has had enough."

Most of you fatties get that way because the table is more attractive than any other piece of furniture in your house.

One of the biggest excuses you use today is that you are neurotic. I claim otherwise. You're just ordinary lazy—very ordinary.

Stop your fat before it begins. There are certain safeguards you can follow that will keep you within a safe and sane ten-pound margin. Here are some points sent in by one of my readers, which can't hurt any one of you:

"Dear Count Marco: You are a wonderful man. Under that gruff voice I can see a sweet, gentle, kind, religious man. May God continue to bless you. As an "ex-fatso" I want to give you some tricks to use when the best diet fails and will power just isn't there.

"Also when your husband and friends say, 'I like you the way you are' they are just good liars. I lost 22 pounds seven years ago and still maintain my weight by following these 'morale' rules.

Get a calorie chart (they are usually in cook books).

At parties take two potato chips and make them last the evening. Drink water instead of a mix.

Exercise until you've lost weight. It's so much effort, you don't dare eat and ruin all that hard effort. Make yourself exercise. You won't feel like it for the first week.

Take a 1/2 hour walk daily — a must. P.S. it puts babies to sleep.

Tighten your belt until it's too snug at dinner-time.

Step on the scales often. Set them at two pounds heavier. (My doctor did this as a surprise when I had my last baby.)

For breakfast toast, omit butter and use jelly. One teaspoon will cover the whole piece of toast.

Eat desserts at lunch time—nothing else. One piece of cake and coffee will fill you and your sweet tooth will be satisfied.

When you feel the urge to eat, go visit someone or just get out of the house until the urge is over.

Keep dieting a secret! Teasing friends and family are horrible.

Get acquainted with a friend heavier than you are—this alone is enough to make you want never to eat again.

Go window-shopping for clothes you'll buy when thin.

Read Count Marco and keep learning how to be a woman. You'll love him as much as I do."

—Mrs. R. L. W.

Do any others of you have additional helpful hints on how to hold that line? Let's have them, and I'll pass the information along to those in need.

Public Meeting Calendar

Listed below are meetings scheduled for the City Council and City Commissions during the month of July, 1964.

Scheduled Meetings	Date	Where	Time
Torr. Safety Council	20	Room #209	7:00 p.m.
City Council	21	Council Cham.	5:30 p.m.
Recreation Commission	22	Council Cham.	8:00 p.m.
Youth Welfare Comm.	22	Room #209	7:00 p.m.
Airport Commission	23	Council Cham.	8:00 p.m.
Water Commission	23	Room #209	7:00 p.m.
City Council	28	Council Cham.	8:00 p.m.



INVENTOR AND SCOUTS . . . A. Edward Goldfarb (right), inventor of the Vac-U-Form machine made by Mattel Toys, Inc., visits with members of local Boy Scout troops now attending the National Jamboree in Valley Forge, Pa. The Scouts are Tom Keenes, 17, of San Pedro, John Rosolanka, 15, of Whittier, and David Levin, 12, of Torrance.



WITH LATEST AWARD . . . Bryan Hardwick, Peninsula advertising executive, and Mike Steponovich of Palos Verde Properties, display the latest awards won by Palos Verde Properties' MonteVerde development. The awards were presented for advertising the development. Hardwick's firm has been in charge of the advertising program and accepted the awards at the "19th Annual Exhibition of Advertising and Editorial Art in the West." More than 6,000 entries represented 11 Western States in the competition.



CERTIFICATES PRESENTED . . . Metropolitan Water District employees James J. Becker, left, 818 Sartori Ave., and Ethen F. Tallant, 2063 W. 233rd St., receive water treatment works operator certificates from Dr. Harold E. Person, chief chemist, at the Weymouth treatment plant at La Verne. Certificates are awarded by the American Water Works Assn. upon passage of rigid examination.

New Steelmaking Process Introduced by Armco Here

A new vacuum degassing installation designed to produce steel of uniform high quality has gone into operation at the Torrance plant of Armco Steel Corp's National Supply Division.

"The high-quality steel is used in oil well equipment and other steel products manufactured here," said W. R. Patterson, general superintendent of the plant. "The products are also distributed in semi-finished form to other steel forming and processing concerns in the West."

The vacuum degassing process produces stronger, cleaner and more uniform steel by removing hydrogen gas from the molten metal as it is poured into a special airless chamber.

THE PROCESS, developed a few years ago for commercial application, is superior to the traditional method of making steel by pouring in open air. Small amounts of hydrogen gas in heavy forgings may cause the formation of minute internal cracks which often grow larger during service and eventually bring about failure of the metal.

This problem is eliminated through the vacuum degassing process.

Basic equipment employed is a vacuum-type steel chamber enclosing the ingot mold into which molten steel is poured from a ladle. The chamber is connected to a vacuum pumping unit which draws off nearly all the air.

WHEN THE molten steel is poured into a funnel on top of the chamber, an aluminum disk at the bottom of the funnel is melted and allows the steel to enter the vacuum. As the steel falls through the vacuum, nearly all the hydrogen gas escapes from the metal and is drawn out of the chamber.

"The combination of carefully selected raw materials, precisely controlled electric furnace melting practice, and final teeming in vacuum, produces steels possessing the consistency and reliability demanded by modern steel users," Patterson concluded.

National Supply's Torrance plant is the major facility in the West for Armco Steel Corp., one of the nation's largest steel producers. Corporate headquarters are in Middletown, Ohio.

National Supply, which became part of Armco in 1958, operates plants in Los Nietos, Calif., Houston and Gainesville, Tex., besides the Torrance facility. Houston is division headquarters.



CONTROL PANEL . . . A workman at the Torrance facility of National Supply, a division of Armco Steel Corp., takes a look at the control panel for a new vacuum degassing steelmaking process now being used in the Torrance plant. The process produces stronger, cleaner, and more uniform steel by removing hydrogen gas from the molten metal as it is poured into a special airless chamber.

Advice to Students Is 3,700 Years Old

"Apply your heart to learning. In truth there is nothing that can compare with it. If you have profited by a single day at school, it is a gain for eternity."

So said a clay tablet written by a Babylonian father to his son in the year 1780 B.C. recently unearthed in southern Iraq at the site of an ancient school for boys.

Advice from parents to students on study habits hasn't changed in the past 3,700 years.

Backing up parental advice are classroom teachers in Torrance who emphasize work-study skills from first grade up.

PURPOSE OF developing study skills is to prepare children to do research on various levels as they are ready for it. The better a child's work habits, the better he is able to do in school. How can a teacher teach a child to study?

It's a long jump from learning to use a picture dictionary or a table of contents

in first grade to learning the ins and outs of report-writing in eighth grade, but students get there step by step.

One step is a "how-to" book for fourth graders that tells in simple language how to use a map, an atlas, an encyclopedia or a library card catalogue. The 25 skills listed range from how to use parliamentary procedure to how to remember a study assignment.

In between are such helpful hints as how to do committee work, how to make an oral report, and how to take part in discussion.

WHEN IT COMES to helping students help themselves study - skillwise, teachers on all grade levels concentrate on developing their ability to locate and gather information, organize that information, and analyze what they have turned up.

Techniques for gathering information include interviewing, selecting ideas and facts, notetaking and interpreting pictures, as well as being able to use reference materials.

In learning to organize information, students are taught to separate related and unrelated ideas, keep to the point, place events in sequence, summarize, and adapt materials to their audience.

WHEN THEY'VE reached the point where they are able to analyze the information they've gathered they learn to differentiate fact from opinion, check their facts, find sources of additional information, and evaluate these sources.

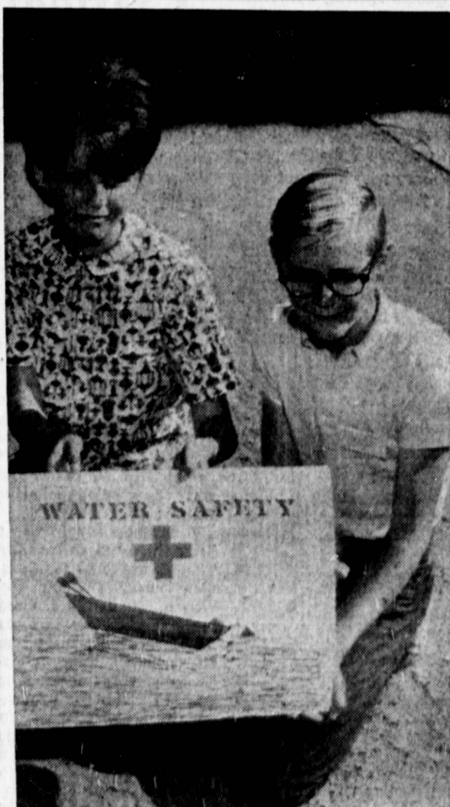
Whether they are applying study skills to figuring out a new mathematical concept or understanding the underdeveloped countries, the same techniques apply.

Result should be not only a student who is fully prepared to take on high school and college research, but a human being who gets the most out of leisure time experiences, as well as classroom and study time.

FCC Joins Search for Leaky 'Ham'

The Federal Communications Commission has been notified by the Torrance Police Department of interference, on their two way radio system, from a ham radio operator.

The commission monitored the department frequency but was unable to determine the source of trouble. The FCC might send a mobile monitoring unit into the area.



SAFETY POSTER . . . Artistic talents of area youngsters were directed toward the Red Cross service programs during a poster class at the Leadership Training Center. Here, Linda Phillips of Madison School and Gerald Creager, Sepulvera School, display one of the posters they made. The two were among 12 Torrance students who attended a week-long program at Camp Seely.