



GREETING Roy Abernethy, President of American Motors are Torrance Rambler Dealer Al Ortale and his wife. The meeting took place during a recent showing of the '64 Rambler

line at the Long Beach Municipal Auditorium. The new lines is on display to the public now at Ortale Rambler, 1885 Torrance Blvd, October 3.

You and Your Bad Habits

By BECKY SCHAEFFER

Have you ever stopped to count your bad habits? If you did, do you suppose you would be willing to reduce the number by just one? I decided to try it recently and had a heck of a time deciding which one to give up. There are a number of little things we could all change about ourselves, and they might or might not make much difference. But what about smoking, drinking a little more than we should, overeating, window shopping that leads to compulsive buying and a dozen other habitual evils that can do no real harm?

Like many of you, the cancer warnings have begun to get to me, and I decided that the habit I could best break was smoking—though it's undoubtedly my worst, and will be the hardest. That was on Friday the 13th.

How is it going? I've stopped smoking completely, but I won't promise a thing. I doubt seriously whether it would be possible for me to "cut down." My scheme for getting past the first few days was pretty simple; work like a demon. I'd found that when doing certain jobs, I didn't think about smoking because it was inconvenient. So those were the jobs I picked, and oh! my aching back! That kind of job is always tiring, and murder on the fingertips. When you consider that my minimum was a pack a day, and the amount had started to grow wildly, you'll see that that was a big of a strain. But now I can sit at my typewriter, and when the brain runs dry, I don't ache for a cigarette, and in the evenings when my hands aren't busy, I've gotten past the cupboard raiding stage. Had to. It was beginning to show!

When you decide to break any bad habit, it seems that there are suddenly a dozen demons laying booby traps for you. Like people who eat too much, I always reached for a cigarette when the going got tough. Like food, a cigarette always seemed sort of comfort in times of disappointment, stress or worry. So what happened when I quit? Well, my kids got into problems with the neighbors, the baby got her fingers burned, my work load seemed to increase suddenly in departments where it was easiest to smoke and where I most needed a cigarette. It's like friends of mine who swear that as soon as they go on a diet, the best cook they know invites the family to dinner. People kept walking up and offering me cigarettes—always my favorite brand.

Like the habit of overeating, the problem of smoking isn't licked after you've abstained for a couple of weeks. While I find that at this moment I don't want a cigarette at all, the urge will return again, for many months. And the worst part is that without a cigarette to harness my appetite, I'm going to have to watch my diet for the first time. Oh, shades of paranoia!

One of the things that made me decide to quit smoking was being a witness to the miracle of will-power performed by a friend of mine. With a husband and five kids to cook for, she managed to lose 112 pounds in just over a year. The lady is Mrs. Don Young, who lives right here in Torrance, and she is a member of the Tops Club. Her accomplishment rivals that of the lady who fasted in the hospital, except that Pat did it at home with all temptations present and pressing. One of the delightful aspects of the Tops Club (Take Off Pounds Sensibly) is that the girls keep an old dress that fit them in the beginning, and when they have passed a certain plateau in their dieting, they model the old dress on their new figure. It is unquestionably the most riotous thing you've ever seen. Pat modeled the dress that had fit her just fine a year ago, and its short sleeves hung almost to her wrists, its ample skirt to her ankles. Though we did not try it, I am quite sure I could have fit into the dress with her.

Like the deep-breathing benefits of giving up smoking—being able to climb stairs again, better sleep, a pink tongue (and breath) and, of course, the cough you lose—getting rid of poundage carries equal blessings. Our mutual friends always said, "Pat is such a pretty girl, with her blue eyes and even teeth, if she'd only lose weight..." Now that she has, she is wearing a size 16 dress, down from a 52—Pat really is pretty. Now that her heart and blood vessels don't have to work so hard, her eyes and hair have a new shine, her skin is pinker and more alive and she has the buoyancy of good health.

If I haven't convinced you that at least two bad habits are worth giving up, or if you are a bad-habits paragon, maybe I've shown you what a good idea it is to keep from adopting them in the first place. How much easier it is to apply the willpower before the damage is done!

UCLA Scholarship Committee Named

New chairman of the Torrance-San Pedro district of the UCLA Alumni Scholarship Committee is I. W. Alcantara, 2119 Mendon Drive, San Pedro. Appointment was made this week by Richard Moore.

Alcantara is organizing a committee of local residents who will award \$200 and \$400 scholarships to outstanding high school seniors planning to enter UCLA next September. The students will come from Torrance, North, South, West, Banning, San Pedro, Mary Star of the Sea, Narbonne, Chadwick, Marymount, Palms Verdes, Fernmen Lasuen, and Bishop Montgomery high schools.

Approximately \$40,000 is awarded annually to entering freshmen by UCLA alumni committees throughout the area. Scholarships are part of the alumni association and university's program of attracting top students to Westwood campus, according to Moore.

Applications for the alumni and other scholarships will be available at high schools next month, Alcantara stated.

UCLA alumni interested in working on the local committee should contact I. W. Alcantara, 2119 Mendon Drive, San Pedro, telephone TE 1-6363.

Shrinks Hemorrhoids Without Surgery Stops Itch—Relieves Pain

For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids and to relieve pain—without surgery. In case after case, while gently relieving pain, actual reduction (shrinkage) took place. Most amazing of all—results were so thorough that sufferers made astonishing statements like, "Piles have ceased to be a problem!" The secret is a new healing substance (Bio-Dyne®)—discovery of a world-famous research institute. This substance is now available in suppository or ointment form called Preparation H®. At all drug counters.

INGROWN NAIL HURTING YOU? Immediate Relief! A few drops of OUTGRO® bring blessed relief from throbbing pain of ingrown nail. OUTGRO® softens the skin underneath the nail, allows the nail to be cut and the inflamed tissue to heal. OUTGRO® is available at all drug counters.

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does it fill you with terror ...frighten you? READ HOW COUNTLESS WOMEN HAVE FOUND THE WAY TO OVERCOME CHANGE-OF-LIFE FEARS

Have you reached that time of life when your body experiences strange new sensations—when one minute you feel enveloped in hot flushes and the next are clammy, cold, drained of energy, nervous, irritable? Are you in an agony of fear? Too troubled to be a good wife and mother? Don't just suffer from the suffocating hot flashes, the sudden waves of weakness, the nervous tension that all too frequently come with the change when relief can be had.

The gentle medicine with the gentle name LYDIA E. PINKHAM



NEW HORIZONS — Torrance 10,000-square-foot community and recreation building, focal point of adult

recreation and garden home community opening Oct. 26, 27.

Local Sergeant to Compete in Shooting Match

Staff Sgt. Charles B. Harris, 3020 Dalmead St., Torrance, will represent the 40th Armored Division in the California National Guard Championship Rifle and Pistol Matches this month at Fort Ord, Calif.

Sgt. Harris, of Company B, 132nd Engineer Battalion, will compete Oct. 11-12, according to Maj. Gen. Charles A. Ott Jr., division commander.

The annual rifle and pistol championships drew the finest National Guard marksmen in the state and lead to the national competition.

The 40th Armored Division, with 107 units in key communities from the Mexican border to Tulare, is the largest ready reserve military force on the west coast today.

Workshop to Be Conducted in Leader Skills

Harry B. Van Bellehem, director of recreation, announces that a volunteer leaders' workshop will be held at the Torrance Recreation Center, 3341 Torrance Blvd., on the third Wednesday of the month of October and January through May.

The workshop is being presented by the Los Angeles County Department of Parks and Recreation in cooperation with the Torrance Recreation Department to supplement training of volunteer leaders of non-profit organizations who desire to gain group leadership skills.

Norman S. Johnson, director of the Department of Parks and Recreation, states this is the fifth consecutive year that the Volunteer Leaders Workshop has been conducted in various locations throughout the county.

The workshop program gives training in songs, song leading, folk dancing, puppetry, crafts, outdoor adventures and games.

There is a nominal registration fee of 50 cents paid at each workshop to cover cost of materials used and training manual.

The first workshop, entitled "Passport to the World in Song," will be held from 9 a.m. to noon Oct. 16. Ann Woolf, director of Hollywood Camp an member of the board of American Camping Association, will conduct the musical tour. Songs of different countries will be taught.

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Adult Recreation Garden Home Community Opens

New Horizons-South Bay, Southern California's first adult recreation and garden home community, will open Saturday and Sunday, Oct. 26 and 27. Ray A. Watt, developer and home builder, announced today.

The \$18 million Gold Medallion condominium project, on an 80-acre site south of Sepulveda Blvd. between Crtnshaw and Hawthorne Blvd. in Torrance, will contain 600 residential units, a 10,000-square-foot clubhouse and recreation building, a nine-hole 3-par golf course and a putting green surrounded by a lake, swimming pool and hobby facilities, Watt said.

The project, according to Watt, embodies a new concept in land planning and development in which residential and recreational living is a "community within a community."

He said the land plan creates a park-like atmosphere through use of the golf course, pedestrian malls and greenbelts between garden homes.

Already completed at New Horizons are the clubhouse and recreation building, the golf course, putting green and four model garden home buildings with six furnished model garden home units of one, two and three bedrooms. Construction on the first 267 units is well under way.

Homes, he said, range up to 1215 square feet and are priced from \$19,495 to \$28,500.

The grand opening will be preceded Friday, Oct. 25, by an invitational press preview complete with helicopter rides, putting tournaments for the press and civic officials, lunch and cocktail parties.

CHANGES IN MOTOR VEHICLE EQUIPMENT LAWS IN EFFECT

A number of changes in laws dealing with equipment of motor vehicles became effective Sept. 20, according to the California Highway Patrol. These revisions and additions are among more than 300 made in the California Vehicle Code during the 1963 Legislative session.

On and after Jan. 1, 1964, every new passenger vehicle sold in California must be equipped with safety belts for the front seat passengers.

No motor vehicle may be equipped with interior lamps except those specifically permitted by the vehicle code. This amendment eliminates, for example, red stop lamps or amber warning lamps on the rear deck of a passenger car just inside the rear window and interior-mounted spotlights.

Another amendment provides in effect that low-beam headlights must be adjusted to account for conditions of loading. For instance, the attachment of a trailer at times depresses the rear end of the towing vehicle and changes the headlight angle. Previously, low beam lights were deemed to avoid glare regardless of loading conditions.

Trailer coaches less than 80 inches wide must now be equipped with one red combination side marker and clearance lamp on each side of the vehicle near the rear, rather than the amber lamps formerly required.

Motor vehicles which tow trailers or semi-trailers must be equipped with both right and left-hand side mirrors if the towed vehicle or load obscures the driver's view to the rear. The mirrors must provide a view 200 feet to the rear.

One equipment change pertains to motorcycles. The law provides that a motorcycle seat must be positioned so that the operator can reach the ground with his feet. The law also states that motorcycle handlebars may not be more than 15 inches above the highest point of the seat.

Other changes: A driver's license may be suspended or revoked when he twice violates his written promise to appear in court on a traffic citation.

Any person who signs a false or fictitious name to a traffic citation is guilty of a misdemeanor, regardless of disposition of the charge

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COCKROACH CONTROL OVERNIGHT

New product does IT! SILOX SUPER X ROACH SHOT. This amazing new chemical developed after many years of research by a leading California university really does the job. Tested in hundreds of homes, housing projects, restaurants, markets, food processing plants and wherever roaches could be found. This amazing new chemical was found to be 100% effective and furthermore because of the physical-chemical action roaches cannot develop resistance to it. Permanently effective once applied. SILOX SUPER X ROACH SHOT completely eradicates cockroaches, also prevents reinfestation. Because it is non-toxic to humans and water biodegradable animals when used as directed. SILOX SUPER X ROACH SHOT is ideal for use anywhere in the home.

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Supply is limited, so stop in or phone today.

CARSON PET

249 E. Carson St. Torrance Calif.

Man at U.P.S. A resident of Torrance has been admitted to the University of Puget Sound as a freshman, member of the class of 1967. He is Edward L. Adams Jr., 22516 Kathryn Ave. There are 540 freshmen in the class which began studies this month after several days of orientation. In addition, transfer students increased the ranks of the newcomers to about 700. Total enrollment at the university is expected to be more than 2000 this fall, not including evening students. Nearly 60 per cent of the incoming freshmen had an above B average in high school studies, according to Dean of Students Richard D. Smith. Approximately three-fourths of the freshmen will be from outside the commuting area and will live on the campus.

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