



**AT BLOOD BANK . . .** Richard Rogers, West High math teacher, has his blood pressure checked by Mrs. Lenora Anderson, school nurse, preparatory to giving a pint of blood at a blood bank for Torrance Unified School District employes. Red Cross personnel and students from the Torrance High Medical Careers Club supervised the blood bank, at which 76 pints of blood were collected.



**HERE SATURDAY . . .** Bill Stulla, popular Channel 9 kiddies host, will make a personal appearance Saturday at the Better Foods Market, 643 E. 223rd St., where he will play games with the youngsters and give away prizes. One lucky youngster will win a brand new bike, he promises.

## Construction of Huge Desalting Plant Recommended in MWD Study

Construction of a huge desalting plant by the Metropolitan Water District (MWD) on a man-made island off the Orange County coast has been recommended in a year-long study just completed by the Bechtel Corp. of San Francisco.

Location of the plant on a man-made island would be \$30 million cheaper than on a land site on the Irvine Ranch, the report estimated. The 40-acre island would be built about 3,500 feet offshore from Bolsa Chica State Beach and would be connected to the mainland by a two-lane causeway.

**TOTAL COST** of the island and the nuclear-fueled plant, large enough to produce water for the needs of 750,000 persons, would be about

\$357 million, the firm said. In addition, the plant would produce more electricity than the Hoover Dam complex.

The study, financed jointly by MWD, the Atomic Energy Commission, and the U.S. Department of Commerce Office of Saline Water, cost an estimated \$872,000.

"The importation of water from more distant sources, such as the Columbia River, will require large capital expenditures and it appears unlikely that water will be provided at significantly lower unit costs than those calculated for the dual-purpose nuclear desalting plant," the Bechtel report observed.

**THE REPORT** also said the plant "offers an opportunity to demonstrate large-scale plant technology.

The San Francisco engineering firm reported favorably on a proposal by area electrical utilities to build, own, and operate the two reactors and the two principal turbine-generator units. The proposal was made by the Southern California Edison Co., the Los Angeles Department of Water and Power, and the San Diego Gas and Electric Co.

The dual-purpose plant would produce 1,800 megawatts of power and 150 million gallons of fresh water daily. Cost of the water is estimated at 22 cents per 1,000 gallons, compared to a minimum of \$1 per 1,000 gallons for existing desalting plants.

The report will be formally presented to the MWD Board of Directors at a meeting Jan. 11.

## Pack Awards Presented

"The Burning Candle" was the title to a candlelight salute to the U. S. Flag presented by Guilda Keller and members of Den 3 to open the Christmas meeting of Cub Scout Pack 730-C.

The meeting was held at Casimir School cafeteria, where Santa Claus presented toys and Space Derby kits to members of the pack.

Craig Austin was welcomed into the pack. Mike Nutty told of his good deeds for the month and had his bobcat pin turned.

Awards chairman Joe Setting presented achievement awards to Billy Ryan, Mike Setting, Zane Buniel, Danny Esteban, Doug Emmerton, Larry Posner, Steven Halverson, Steven Klein, Paul Contreras, Alan Olson, Myron

Takushi, Gary Stoughton, and Donald Philly.

The Webelo awards were presented to James Franco and John Prentiss.

Florence Stoughton and members of Den 5 presented a skit titled "Christmas Helpers." All cubs in the pack helped decorate the Christmas tree.

**Reunion of Class Set**

Members of the 1956 Inglewood High School class are on the lookout for their former classmates, according to Carol Garver Cruger.

Purpose of the search is to inform graduates of a class reunion, now being planned for May.

Members of the Class of 1956 interested in additional information about the re-

## Resolution for New Year Suggested by Heart Group

"Resolved, that in 1966 I will take precautions to reduce my children's risk of heart attack in their adult years."

This resolution today was proposed for the New Year by the Los Angeles County Heart Association, which pointed out that proper heart and health habits formed early in life can make the difference between a high or low risk of heart attack in middle age.

All parents were asked to cooperate in a risk-reducing regime by taking these specifications," he explained.

- Get the basic facts about heart disease from your local Heart Association and pass them on to your children.
- Take your children to see the doctor regularly, promoting the idea of periodic physical examinations.
- Help your children form good diet habits. Serve less saturated fat and substitute unsaturated fat wherever possible. Serve fewer cholesterol-rich foods. These are important safeguards against hardening of the arteries (atherosclerosis) which sets the stage for heart attack.
- Discourage overeating and don't "push seconds." Remember, the most stubborn cases of obesity are those established in childhood. Obesity raises the adult's chance of getting high blood pressure and diabetes — both heart attack risk factors.
- Encourage youngsters to keep physically fit by participating in active sports and other forms of regular exercise.
- Teach them that smoking

cigarettes is bad for their health, and show that you mean it by not smoking yourself. Cigarette smokers run twice the risk of non-smokers of having a heart attack.

While applying these safeguards for their children's health, the Heart Association said, parents will profit by reducing their own risk as well. The association noted that although no hard and fast

any individual, one's chances are improved statistically when any or all of the factors conducive to heart attacks are minimized.

Reducing the risk of heart attack, largest single cause of death in the nation, will be the major educational emphasis of the 1966 Heart Fund Campaign, which is to be conducted throughout February.

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