



After six great years like this what could Pontiac possibly come up with next?



The 1965 Pontiac: Car of the Year! That's what!

...we had to reach a climax somewhere along the line. And what better climax for a car than to win Motor Trend's Car of the Year Award for 1965? Nothing could please us more, except maybe the way people are buying our cars. And they are. Drive one and find out why.

SEE YOUR AUTHORIZED PONTIAC DEALER

SCOTT ROBINSON PONTIAC, INC.
20340 HAWTHORNE BLVD. TORRANCE

ADELINE DALEY

His Relaxation Very Healthful

Much as I try to avoid reading those overly cheery articles which stress the numerous health benefits a woman can gain from doing housework, someone (like my husband) will point one out to me, obviously to bolster my spirits. But I cannot say that I am especially enamored with "I Vacuumed My Way Back to Health" or "The Housework Method of Staying Fit" or "Lose Weight—Take In Washing."

The articles always start out by recommending that all household chores be thought of as a series of fun-loving calisthenics. Hanging out the wash for instance is a wonderful limbering-up exercise.

Stooping to pick up toys and everybody else's clothes scattered about the house should be a delight because it's supposedly better than a weekend spent skiing. But tell me, why haven't I ended up with an 18-inch waistline?

I don't fancy those calorie charts, either, which show how you can burn up 280 calories by waxing the kitchen floor and another 375 by beating the rugs for an hour. Unfortunately, the pursuits I enjoy, such as watching television, burn up no more than 7½ calories an hour, providing you don't eat.

Not only does housework of the more animated variety improve muscle tone, the reports add, but also inhaling those steamy vapors from the scrub bucket and dishpan are great—simply great—for clearing up the sinuses and bringing a nice, healthy glow to the cheeks.

The authors of these self-help articles probably mean well, but when I'm doing housework, I, at least, want the privilege of being miserable about it. I don't want my family to start referring to the laundry room as "Mom's Health Spa." Any more than I want my kids to compliment me for "breaking par" when I iron more than my quota in an hour.

What nettles me most, however, is that I seldom see an article which ascribes these same health rewarding benefits to a husband for pushing a lawn mower or washing windows.

In fact, the last article my husband cut out for me was entitled, "Don't Overwork Your Spouse In the House." It emphasized the importance of weekend rest and relaxation—for husbands. There was only one thing wrong with the article—it neglected to state how many calories I could burn up that afternoon when I pruned the pyracantha bush.



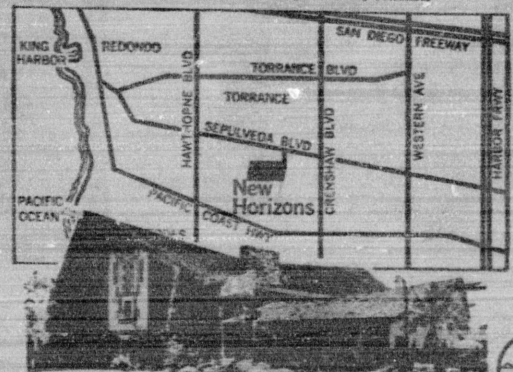
A completely-equipped sewing room is just one of the 23 recreational, health and hobby facilities enjoyed by residents of New Horizons-South Bay. Wayne "Doc" Anderson, famed trainer of the Los Angeles Dodgers, is on duty daily as physical and activities director. All the many recreational facilities are yours to enjoy when you live in New Horizons.

NEW HORIZONS SOUTH BAY

New Horizons-South Bay is a complete adult recreation and garden home community. To maintain its adult atmosphere, one spouse or single persons must be at least 35, and no children under 18 may become permanent residents.

Garden Homes **\$19,995** from A RAY WATT Development

*A monthly maintenance fee, assessed by the elected Board of Governors, provides for maintenance of all of the recreation facilities, for gardening and exterior painting. New Horizons is a development of Torrance Knolls, 22727 Maple Avenue, Torrance.



DRIVING INSTRUCTIONS: The Complete Adult Recreation and Garden Home community is located on Sepulveda Boulevard between Crenshaw and Hawthorne in Torrance. Phone 325-6161.

Support Your Church

CHURCH CALENDAR

Torrance Lomita Harbor City

CALVARY COMMUNITY CHURCH
Corner Milton & Raymond
Torrance
Fundamental & Pre-Millennial
Sunday 9:30 A.M.—Sunday School for all ages
11:00 a.m.—Morning Worship
5:45 p.m.—JBY, Cadets & Christian Endeavor
7:00 p.m.—Evening Service
Wednesday 7:00 p.m.—Prayer & Bible Study
"Studies in Genesis"
Nursery Care During Sunday Services
"A Friendly Church With A Warm Welcome"
Fred McQuade, Pastor
2779 Gale Ave., Long Beach, Calif. GA 5-5153

NATIVITY CATHOLIC CHURCH
1447 Encarnacion Ave., Torrance
Phone FA 2-2770
Rev. John F. Fanning, Pastor
MASS SCHEDULE
Sundays: 8, 9, 10, 11:15, 12:15, 5, 8 p.m.
St. Joseph's at 8:30 A.M.
SATURDAY CONFESSIONS
10:00 to 11:00 A.M., 3:30 to 5:30 P.M.
St. Joseph's at 7:15 P.M.
SA 771523
Every Sunday at 1:45 P.M.

SOUTH BAY BAPTIST CHURCH
446 Sharynne Lane, Torrance, Calif.
Pastor, Dr. J. C. Brimfield
Phone 325-2423
Sunday School 9:30-10:30 A.M.
Morning Worship 10:45 A.M.
Junior and Primary Church Baptist Training Union 4:00 P.M.
Evening Worship 7:30 P.M.
Wednesday Prayer 7:30 P.M.
Service 7:30 P.M.
Nursery and Mother care—All 8 a.m. to 10 a.m. Bus transportation service.

FOUR SQUARE GOSPEL CHURCH
Corner Alhambra and Sepulveda
Tel. DA 8-2072
Pastor and Mrs. Jas. P. Lower
WEDNESDAY Sunday school 9:30 a.m. Morning Worship 10:45 a.m.
Group Services 5:30 p.m. (1st P. Cadets, Defenders)
Evangelistic 7:30 P.M.
MIDWINTER Wednesday—Bible Study at 7:30 p.m.
PUBLIC INVITED

HOPE CHURCH EVANGELICAL UNITED BRETHREN
2243 Arctaria (W. 17th St.)
Rev. D. E. Koenig
Rev. DA 9-2642
9:30 a.m.—Sunday School
11:00 a.m.—Morning Worship
6:00 p.m.—Youth Fellowship
7:00 p.m.—Evening Worship
Bible Study and Prayer Meeting
Wednesday 7:30
Nursery care provided for the morning services
DA 9-1012

NARBONNE AVENUE SOUTHERN BAPTIST CHURCH
24120 Narbonne Ave., Lomita
Phone DA 4-6229
Church 9:30-10:30 A.M. and 10:45 A.M.
Sunday School 9:45 A.M.

ST. CATHERINE LABOUR CHURCH
2846 Redondo Beach Blvd., Torrance
Phone DA 5-5309
Sunday Masses 7, 8, 9, 10, 11, 12
Weekday Masses 6:30 a.m. and 8:15 a.m.
Confessions Saturday 4:00 to 8:30
7:00 to 9:00

CHRIST THE KING LUTHERAN CHURCH
Rev. E. Christensen, Pastor
2705 W. 182nd St., Torrance
Phone DA 5-4321
Rev. DA 5-5152
Divine Worship, 8:30 A.M.
Sunday School, 9:45 A.M.
Divine Worship, 11:00 A.M.
Nursery care provided at both services.

DEL AMO SOUTHERN BAPTIST CHURCH
2715 W. 225th at Ocean
Torrance
Sunday School—9:45 A.M.
Training Union—9:15 P.M.
Worship Services—11 A.M.—7 P.M.
Wednesday—Midweek Services, G. A. & R. A. Auxiliaries—7 P.M.
Prayer Service—7:45 P.M.
Choir Rehearsal—5:30 P.M.
Pastor Daniel B. Weaver, Jr.
FR 8-7440—FR 1-3025

WALTERIA ASSEMBLY OF GOD
2404 Hawthorne Blvd., Welteria
Rev. Edw. L. Harlow, Pastor
Phone 325-7788
Sunday School—9:45 a.m.
Morning Worship—11:00 a.m.
Children's Church—11:00 a.m.
Evangelistic Service—7:00 p.m.
Evening Prayer Meeting—7:45 p.m.
Thurs. Young People—7:00 p.m.

GREYFRIARS MEMORIAL PRESBYTERIAN (Orthodox)
20511 South Pizarro, Torrance
Worship hours 11 a.m. and 7:30 p.m. Every Sunday
Sunday School at 9:30 a.m.
Young People's Fellowship 6 p.m.
Prayer Meeting every Wednesday
Evening at 7 o'clock
Rev. William J. Bousar, Pastor
Mr. Richard Gayton
Supv. of Sunday School
Thomas Millard
Director of Choir

FIRST METHODIST CHURCH
Torrance
Corner at El Prado
Phone FA 5-2242
Rev. Arthur Hazel
Rev. Phone FA 5-2251
Rev. Edward D. Goodell
Rev. Richard Winn
2 Seasons of Morning Worship and church school at 9:30 and 11:00 a.m. Nursery provided 6:30 p.m. Methodist Youth Fellowship Meetings

FIRST BAPTIST CHURCH
at Carson & Manool St.
Torrance, Calif.
Phone FA 5-5040
Rev. Robert Coburn, Pastor
SUNDAY—2 Morning Services
9:15 A.M.—10:45 A.M.
Sunday School 9:15 for Nursery thru Juniors, Collage and Adults
10:45—11:00 a.m. High School Fellowship Training—11:15 P.M.
Evangelistic Message—7:00 p.m.
WEDNESDAY—Bible Study
7:30 P.M.
Communion Service and Prayer
Nursery provided for all services.
also second story mother's room.
ALL WELCOME

FIRST CHRISTIAN CHURCH OF TORRANCE
(Disciples of Christ)
2233 El Torado, Torrance
Rev. H. Milton Rippey, Pastor
Rev. Phone FA 2-5332
Two Sessions of Church School and Morning Worship
9:30 and 11:00 a.m.
Nursery provided at both sessions
Christian Youth Fellowship—7 p.m.

FIRST CHURCH OF CHRIST, SCIENTIST
2150 St. and Manool Ave.
Torrance, Calif.
Church Services—11 a.m.
Wednesday Eve. Meetings—8 p.m.
Sunday School—9:15 a.m. and 11:00 a.m. Children under 10 years of age must be accompanied by parent or guardian for enrollment.
Reading Room—1406 Cravena
Open 10 a.m. to 5 p.m. daily except Sunday and Holidays. Also 7 to 9 Monday and Friday evenings.
All are welcome to attend our services and to use our Reading Room.

CENTRAL CHURCH EVANGELICAL UNITED BRETHREN
Marcella & Arlington
Rev. Walter M. Stanton
FA 4-5205
9:30—Sunday School
11:00—Morning Worship
8:30—Youth Fellowship
7:30—Evening Worship
Midweek Services 7:00
Wednesday Evening

IMMANUEL LUTHERAN CHURCH (Missouri Synod)
708 Knob Hill Ave., Redondo Beach
Near Southwood Park
Sunday School 9:45 A.M.
Worship Service 11:00 A.M. and 11 A.M.
Pastor A. L. Scholtz
FR 7-8535 or 5-7835

FIRST LUTHERAN CHURCH
1255 Flower Street
Phone 220-4181
William J. Holider, Pastor
Phone FA 8-2240
Phillip C. Hiller, Assoc. Pastor
Phone 678-7710
Worship Services
8:00 a.m.—9:15 a.m.—10:45 a.m.
Sunday School
8:30 a.m.—9:15 a.m.
Nursery services from 8:00 a.m. until 12:00 noon.
Holy Communion—First Sunday
Luther League—2nd and 4th Sundays
Sundays
Christian Elementary School—Kindergarten through 7th Grade

FIRST CHURCH OF THE NAZARENE
1501 West Carson
R. Wallis Kenney, Pastor
FA 4-4285
9:45 Sunday School
10:30 Morning Worship
7:00 p.m. Evening Service

ST. ANDREW'S EPISCOPAL CHURCH
142C Redondo—FA 8-3721
Rev. Hugh B. Perez, Rector
E.A. R.D. Communion
7:30 a.m. Family Worship Service followed by Church School and Coffee Hour
11:00 a.m. Morning Worship (Choral Rehearsal on 1st and 3rd Sundays)
(Child care and Nursery provided at 9:15 and 11 a.m. services).
Weekdays 9:00 A.M. Communion at 11 a.m. Thursdays and 6:30 a.m. on All Saint's Days.

CHURCH OF SPIRITUAL LIGHT SCIENCE—SPIRITUALIST, U.C.M.
Rev. Chapel, 1523 W. 22nd.
Torrance
Rev. Vera Lawson Smith—Pastor
Devotional and Messara Service—Sundays 3:00 P.M.
Counseling daily 10 A.M.—1:30 P.M.

FIRST PRESBYTERIAN CHURCH OF GARDENA
1507 W. Redondo Beach Blvd.
Phone DA 4-1584
Dr. R. Murray Jones, Minister
1492 W. 152nd St. Gardena
FA 3-1215
Sunday Worship Service, 9:30 and 11:00—Nursery Care Provided
Sunday Church School, 9:30 and 11:00

ST. LAWRENCE CATHOLIC CHURCH
1505 Prospect Ave., Redondo Bch.
Monsignor Daniel P. Collins
Mass 7, 8, 9, 10, 11:15, 12:15
FR 5-9087

Extension Lecture Series Begins Thursday at North

The Values of Contemporary Man," a special University of California Extension lecture series exploring influences affecting the complex area of American values, will begin tomorrow at North High School, 3620B W. 182nd St., Davis 3-4773.

Open to the public as a lecture series or credit course, the program is scheduled from 7:30 to 10 p.m. Thursdays in room 228 at North High School, 3620 W. 182nd St. Enrollment will be taken at the first lecture. Further information on this and other Extension programs scheduled in the Southwest area this spring may be obtained through Extension headquarters at

Secretaries To Honor Boss of Year

The eighth annual executives' night will be held by members of the South Bay Chapter, National Secretaries Assn. tomorrow evening at the Golden Hull Restaurant, Redondo Beach, according to Pat Burr, president. Bryan Fay, first Loyola University senior to win a Rhodes Scholarship, will speak in conjunction with the theme "Rhodes to Achievement," to emphasize the educational facets of the NSA program.

Highlight of the evening will be the presentation of "Boss of the Year" award.

THE BIBLE SPEAKS TO YOU

SUNDAY, FEB. 21st
7:45 A.M. - KFI - 640

This Week's Christian Science Program #151

"AN EXAMPLE FOR OUR CHILDREN"

Only 50¢ Monthly SUBSCRIBE TODAY!

how to... go around the world on a dollar a day

First, you have to want to go around the world. Second, open a savings account at any First Western Bank. Deposit one dollar a day in the account... or thirty dollars a month, if that's easier. You can do it in person, by mail, or as an Automatic Savings Plan deduction on your First Western Checking account. Your deposits, added to the interest which your money earns will build to over \$2,400.00 within 72 months.

Third, spend the next six years collecting material from all the exotic places you want to visit. Your travel agent will help you on this.

Fourth, give notice of your departure date to your friends so that they can plan a Bon Voyage party. (Maybe you'll invite us. We hope so.)

Fifth, go. Now, if six years seems too long to wait, consider this: most people don't make it around the world in a lifetime. Of course, you can speed it up by saving more each month. We just picked an account that almost anyone can handle.

If world travel is not your forte, the same plan will work for buying anything. Like a life-size statue of Sitting Bull that glows in the dark. See a "HOW-TO" Banker at any First Western Bank—Locations Throughout California.

FIRST WESTERN BANK