

## Aikido Classes Offered in City

Forty men, women, and children have embarked on a Torrance Recreation Department project designed to change their way of life.

The group is attending classes in Aikido (I KEE DOE) at Torrance High School learning a new concept in the art of self-defense and mastery of mind over body.

Aikido originated in Japan more than 50 years ago, the product of Morihei Ueshiba. Ueshiba had mastered all the then accepted arts of self-defense but felt dissatisfied when he considered that as his body would wear down, so would his effectiveness in the art of self-defense.

THUS UYESHIBA began a search for a concept of self-defense which stressed the

mind's control over the body, one that tended to use an opposing force toward a desired objective, and one which was to defend rather than to attack.

Professor Uyeshiba, now 88, is the acknowledged expert of Aikido and can still defend himself against any opponent of any skill.

Aikido is NOT a form of self-hypnosis. Still, those involved in the course will discover an awakening of their mind's potential to direct body movement as well as an acute awareness of any opponent's movements. Since Aikido emphasizes the idea of converting an opponent's strength for the defender's purposes, it only remains effective while there is an aggressor.

## Plans for New Wing Approved

Preliminary plans for a 65-bed, \$350,000 addition to Bay Harbor Hospital, 1437 Lomita Blvd., Harbor City, have been completed.

The current addition, planned by Rochlin and Baran, A.I.A., and Associates, is part of a long-term master plan for the expansion of the hospital. Bay Harbor Hospital opened in 1960 with 50 beds and 43 more were added last year.

Eventually, the hospital is expected to provide 320 beds in a general patient care hospital complex.

The 65-bed nursing wing is the second phase of the expansion program. The new wing will be arranged in three-bed rooms with extensive hydrotherapy and physiotherapy facilities, treatment rooms, utility and linen rooms, and a new nurses' station.

A third phase of the expansion calls for added central facilities and increased emergency facilities.

## Koenig Honored On Anniversary Of Appointment

Torrance Police Chief Walter R. Koenig has received the first certificate of appointment issued by the Torrance Police Department.

Koenig received a plaque bearing his original certificate of appointment during a special luncheon commemorating his second anniversary as chief of the Torrance Police Department.

The certificate was presented by members of the department.

More than 5,000 head of the Golden State's finest livestock will be shown in the Open, 4-H and Future Farmers of America divisions of the upcoming California State Fair, Aug. 31-Sept. 11.

PROFESSOR UYESHIBA was once challenged by a top Ju-jitsu expert turned the merits of Aikido. After some 30 minutes of parrying, the Ju-jitsu expert turned away disgusted that he was unable to lay a hand on Uyeshiba. When the Ju-jitsu expert commented that he had come to fight, even if Uyeshiba had not, Uyeshiba replied that surely that proved the merits of Aikido.

The current Torrance Recreation Department class is being taught by Isao Takahashi, who has trained under Professor Uyeshiba. Takahashi was awarded his fifth degree black belt in 1965 and now holds the highest rank of anyone in the United States.

## Schools Get Gifts From Community

Gifts donated to the Torrance Unified School District by members of the community this month ranged from a ceramic kiln to the Los Angeles County Almanac.

Items presented included two record players and two typewriters donated by the Riviera PTA, and 50 John F. Kennedy record albums donated by Al Ortale.

Thirty-six copies of the almanac were donated by Hi-Shear Corp. Donor of the ceramic kiln was the Victor PTA.

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Gregg: *W*

Pitman: *W*

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Superior: *W*

Gregg: *W*

Pitman: *W*

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Day—Evening—Correspondence

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1-LB. CAN  
65<sup>c</sup>

KOLD KIST  
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• 14-oz. SIRLOIN TIPS... 2 for \$1  
• 14-oz. Cream CHICKEN 2 for \$1  
• 14-oz. CHILI & BEANS 4 for \$1  
• 14-oz. BEEF STEW... 3 for \$1  
• STEAKS... 10 pak \$1

MINUTE MAID  
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AUNT JEMIMA  
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CERTI-FRESH FROZEN PERCH (16-oz.)... 49c  
CERTI-FRESH BREADED HALIBUT (16-oz.)... 45c  
CERTI-FRESH BREADED SOLE (16-oz.)... 45c  
CERTI-FRESH BREADED SHRIMP (8-oz.)... 55c  
CERTI-FRESH BREADED SCALLOPS... 49c  
CERTI-FRESH BREADED SHRIMP (1 1/2-lb.)... \$1.49  
STOCKTON CENTER CUT ASPARAGUS (300 can)... 6 for \$1  
PERFORM LIQUID DETERGENT (Quart)... 39c  
COCK O' THE WALK PEARS (2 1/2 can)... 3 for \$1  
MR. WIGGLE GELATINE DESSERT (by Jell-O)... 10c  
PURO-STIL DRINKING OR DISTILLED WATER (gallon plastic jug)... 29c  
HACIENDA XLNT DINNERS (cheese, beef, beef taco, or mexican)... 3 for \$1  
HACIENDA XLNT ENTREES OR TACOLETTES... 4 for \$1  
RUSSETTE HASH BROWN POTATOES (12-oz.)... 6 for \$1  
SARA LEE APPLE OR CHERRY DANISH COFFEECAKE... 69c

FRESH EASTERN CORN-FED  
PORK SHOULDER ROAST  
BONELESS BUTT  
PORK ROAST  
59<sup>c</sup> lb  
45<sup>c</sup> lb

- PORK SHOULDER STEAK... 69c lb.
- COUNTRY STYLE SAUSAGE... 45c lb.
- LEAN RIB STEAK... 85c lb.
- MEATY RIB ROAST... 85c lb.
- JUNIOR SIZE TURKEYS... 45c lb.

Cosmopolitan Rolled  
TURKEY ROAST  
4 lbs. Net \$4.60

COUNTRY MAID  
SLICED BACON  
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BARTLETT  
PEARS  
2 29<sup>c</sup> lbs

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RUSSET  
POTATOES  
10-LB. CELLO BAG  
49<sup>c</sup>

SWEET THOMPSON  
SEEDLESS GRAPES  
2 lbs. 29<sup>c</sup>

ORCHARD  
FRESH  
SWEET  
PEACHES  
2 lbs. 29<sup>c</sup>