

...Let's Go

By LARRY MACARAY

Most of the people who are going to travel overseas this summer are already making plans — getting a place on an organized tour, buying an automobile in Europe or just searching for information on "out of the way" places and how to find them. In addition to those main concerns, there are many small details that the traveler must take care of.

Securing a passport is now a very painless procedure. You must apply in person at the nearest Passport Agency — we have one in Los Angeles. Normal handling may require a week or two between application and receipt of passport, unless an expediting fee of \$2 is paid — and if you are really pressed for time — the small fee is worth it. New passports are now valid for five years and are not renewable. The old passports (pre-1968) were for three years with a renewal of two years.

For your first passport, five things are necessary: (1) a birth certificate, an affidavit of birth, or naturalization papers — (2) two passport photos (2½" x 2½" or 3" x 3") that have been taken within the past six months. They may be black and white or in color, unretouched, glossy, full face, no hat, and with glasses if regularly worn — (3) an application for a passport — (4) the fee, in cash, money order, or check, which is \$12 — (5) personal identification, such as a valid driver's license.

EVERY COUNTRY in the world, including the United States, requires inoculations or vaccination against certain diseases. They cause little dis-

comfort, if any, and you will travel with assurance that you are protected. The one basic requirement by the United States is a vaccination against smallpox. You must have been vaccinated against smallpox within three years of the time you return home.

Traveling to certain countries will require such shots as yellow fever, typhoid, and tetanus. The United States Health Service recommends taking all of these shots, but a visit to your physician is a must — and be guided by what he says. Failure to have the required shots taken will result in being denied admission to certain countries.

A yellow International Certificate of Vaccination card, approved by the World Health Organization, is absolutely required by every traveler. Not only must you have the medical doctor give you the shots — but he must also sign on the proper line, for each shot. Then it is your responsibility to take the card to your local Health Department of County Medical Association and have it certified. Not having the certification would mean that you would have to take the shots over again in a foreign country.

MOST TRAVELERS take too many clothes, too many gadgets, too many pieces of baggage. Avoid being a slave to your things by leaving unnecessary items at home. Take as little as possible. At various points along the way, parcel-post packages may be shipped home easily and at low cost.



DETERMINATION . . . Four-year-old Warren Davis shows Earl Vansandt, M.D., a lot of determination as he demonstrates how he uses crayons and a coloring book. Warren is undergoing treatment for congenital anomalies of his hands at Orthopaedic Hospital, where Dr. Vansandt is a resident. Dr. Vansandt and his wife, Jean, live in Torrance.

This is a good way to send unwanted clothing home — but be sure and mark on the package that it is used clothing of American manufacture.

Accident and baggage insurance costs very little and chances are that you won't need it — but get it, just in case. Every travel agent has the forms that you must fill out. For example — \$10,000 life insurance with \$1,000 medical for 30 days will cost you \$8.95. Baggage insurance for the same period

would cost you \$3.50 and the baggage is covered for \$200.

Very important also — most of your funds should be in traveler's checks — small denominations, so they can be changed easily with a small amount of foreign money to turn back in, upon leaving a country. Be sure and record the serial numbers of your travelers checks. I had \$200 stolen in Bangkok and I collected because I had the numbers and reported it right away.

Fitness Program Offered

With the popularity of physical fitness growing to include people of all ages, Torrance's Recreation Department has expanded its physical fitness program to include a class for adults over 50 years of age.

A pilot program, "Fitness over Fifty," will meet each Monday, beginning May 17 from 10 to 11:30 a.m. at the Albert Bartlett Social Hall, 1318 Cravens, for both men and women.

Activities will include regular calisthenics, sports activities, swimming, croquet and walks along the beach. Warm, casual dress and tennis shoes are advisable.

During a recent study at USC, 100 people ages 50 to 89 were studied in a physical fitness program similar to what is being offered at The Bartlett Center.

Results included a 15 per cent reduction in nervous tension, a six per cent drop in blood pressure, a 4.8 per cent decrease in body fat and a 7.2 per cent increase in arm strength.

It is advisable to check with your doctor before participating in this program. For further information, contact the Bartlett Center.

Magazine Nabs Top Ratings

First place certificate has been awarded to Analecia, South High student literary magazine, by the Columbia Scholastic Press Association. Awards for the 45th annual contest for high school publications were announced at Columbia University in New York by Joseph M. Murphy.

Creative writing classes at South High produced the 70-page magazine under the direction of instructor Mrs. Jean Jones. Editor was Paula Keener; associate editor, Joyce Neu. The June 1968 publication was the ninth edition prepared by South High students.

Analecia earned 883 judging points of a possible 1,000 points. Poetry selections were noted as "remarkable teenage poetry — all excellent. Writing is of a consistent high quality."

The 1969 edition of original student work is soon to be released by current creative writing students and their teacher, Mrs. Veronica Bistrovic.

Sound System Set for Parade

Communications for the Torrance Armed Forces Day Parade, in the form of four loudspeaker systems along the route, were furnished by Pacific Telephone Co.

Trucks with the speakers were located on Torrance Boulevard at intersections of Arlington Avenue, Crenshaw Boulevard, Fern Avenue, and Hickory Street. Announcers for all locations were furnished by the Kiwanis Club.

People . . .

On the Move

(Promotions, Assignments, Affiliations)

Torrance resident Lindsey Mangiere has been appointed assistant manager at Bank of America's Central-Jefferson branch, according to M. D. McDermott, vice president in charge of bank personnel administration. A 19-year veteran with the bank, Mangiere started his career as a bookkeeper and advanced to officer rank in 1966.

Myron H. Eldsmoe has been appointed vice president and manager of Security Pacific National Bank's Prudential Square Branch. The former manager of the bank's Torrance branch has been with Security Pacific for more than 22 years.

Harold Freed has been named treasurer and chief financial officer for Boise Cascade Building Co., according to Alan S. Borstein, chief executive officer.

H. P. (Hank) Lawhorn, sales

supervisor in Southern California Gas Co.'s Southwest Division for the past 18 years, retired recently after 45 years of service with the utility.

P and F Industries Inc. (AMEX) of Great Neck, N.Y., has named Robert L. Wymer president of Torrance Machinery and Engineering, Inc., a wholly-owned subsidiary of P and F. He succeeds Charles A. Babbitt, who remains as chairman of the board of the Torrance plant and group vice president of P and F Industries.

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Social Security

This is another in questions and answers about social security that you and your family.

Q. When I file for security benefits do I bring my birth certificate?

A. If your birth was recorded before you were 18, you will need a certificate. If you were born before you were 18 and the record is sufficient, this will be sufficient. If neither of these are available, other such as a school record or record will suffice.

Q. How can I be sure wages are being reported by my employer?

A. You can send a card, form OAR-70, can be obtained at social security office, then receive a statement of your earnings from Security Administration.

Q. My doctor has been billing me for his services this year and he reached a high figure. Have the money to pay bills and I don't like the doctor waiting for payment. He does not want assignment. Is there anything I can do?

A. Yes. Use the record for making a Medical (Form SSA-1490). Copy top portion of the form and the itemized bills and claim to the Medical Service that serves the doctor. Give your doctor a copy of your Medical Service Handbook. The proper address is in the handbook.

Q. I will be 65 in June. I am still working full time. Do I need to retire to apply for benefits now?

A. Yes, you should or three months before you reach 65. You may have any cash benefits, Medicare and sign up for doctor bill insurance.

Q. I have never had social security. I am a social security creditor. I will be eligible for my own benefits on my husband's social record when I am 65. Am I eligible for Medicare and sign up for doctor bill insurance?

A. Yes. Since you are eligible for social security, you will be eligible for Medicare and sign up for doctor bill insurance.

Q. I am 63 and receive social security widow's benefits. If I should remarry, will my monthly payments stop?

A. No, since you are still receiving your remarriage benefits, you will continue to receive them. You would receive a larger benefit if you remarry, but you would lose your current benefit. If you remarry, you will receive a larger benefit if you remarry, but you would lose your current benefit.

Q. I have heard a good idea to check your security record. What should I do?

A. The time in which you can be made a law. Unless you are over 65, you must wait three months, and 15 days period covered by correction of the error is possible.

Q. I am 25-year-old and have two children. If I should have monthly benefits, what family receive?

A. The amount of benefits would depend on your earnings, but as you have average \$450 per month, and children would be \$354 each month.

Q. I will be off for years because of need money to pay but I am afraid the disability benefits cut down the benefit at 65. What should I do?

A. You should have a claim at your local security office, protecting, not denying future rights by you are paid disability benefits, your record will be kept for 2 years. Your working year count against you.

NAZARENE

The weekly Nazarene of Blessings heard over more radio stations of the overseas. In addition, a Spanish program in Spanish Latin American.