**COMMUNITY HANDBOOK**

The COMMUNITY HANDBOOK is a compilation of people's resources for Los Angeles and nearby communities. Part One, published in the April 2 issue of the VANGUARD, listed consumer organizations, food co-ops, housing and tax assistance. In this issue, lists day care centers, medical and dental clinics, senior citizen groups and women's organizations. We will now be developing other resources in the weeks to come. Readers are encouraged to contribute listings, comments, complaints, reactions, kudos, updates, deletions or other responses about these resources to Los Angeles Vanguard, 1060 Crenshaw Blvd., Los Angeles, CA 90019, or call us at 931-1641.

**HEALTH**

(Priceless service or based on ability to pay)

**MEDICAL CENTERS**

Alhambra Health Center, 612 Short St., 570-1110.

American Indian Free Clinic, 330 S.

Long Beach Blvd., Compton, 537-0103.

Community Health Projects Inc., 336 S.

Glendora Ave., West Covina, 967-5307.

Crenshaw Free Clinic, 4436 W. 62nd St., LA 90044-6666.

East Valley Free Clinic, 537 E. Vine, W.

Covina, 230-7428.

Feminists Women's Health Center, 1112 S.

Crenshaw, LA.

Women's Clinic, 1027 S. Crenshaw,

LA 90023-6929.

Ferris Clinic, 670 S. Ferris Ave., E. LA,

261-3151.

FootHill Free Clinic, 30 N. Raymond,

Pasadena, 795-8088.

Gay Community Services Center, 1614

Wilshire, LA 90025.

Harbor Free Clinic, 615 S. Mesa, San

Pedro, 547-0222.

**CONSUMER BEREWE**

What should you do if you find something wrong with the hood of your car? This is an extremely important to decide wisely. Mechanical work is far from the usual consumer's expertise so you should be concerned and believe it is important. Reparing anything as complex as an automobile requires knowledge, skill and the proper tools.

In order to make an informed decision, get a repair manual for your automobile. These manuals can be purchased from your own car dealership or from Chilton and other standard repair manuals.

If you cannot get a manual, at least scan the library. But be aware that you are not qualified mechanic (and even if you are), don't try to do anything complex without a manual.

As far as routine maintenance is concerned, the owner's manual that comes with the car tells you how to do it. Routine maintenance includes changing the oil and filter, adding coolant to the radiator, servicing the battery fluid level, tire pressure, transmission fluid, power steering fluid, windshield washer fluid and fan belts, among others.

If you want to save some money on routine maintenance items, oil costs $2.99 to $5.00 per quart at the gas station, plus labor to pour it in and drain the dirty oil out. Day 'N' Night Auto Parts will sell you many of the same major brands for as little as 25 cents per quart, up to about 50 cents. An oil filter is about $1 for most cars. Transmission fluid, selling for around $5 to $6 per quart at the service station, costs only about 30 cents to $1 per quart at Day 'N' Night. They have several Los Angeles locations, and their main store downtown is open evenings. Many stores are open Sunday. Also, try Pep Boys and Thrifty.

**THE HEALTH JOLTING CHAIR**

The most important health mechanism ever produced

A priceless household substitute for the doctor-house.

It affects a PERCENTAGE of giving ECONOMIC exercise to the human body. The Health Jolting, or as some call it, the Jolting Chair, is a unique and properly engineered piece of equipment that can be used to improve health and well-being. It is designed to simulate the movements of a person walking, providing a form of exercise that is gentle and easy on the joints.

**DIAGNOSIS**

An ingenuous, rational, scientific, mechanical means of overcoming those problems which are the cause of the proper adjustment, when put in place properly by your hand. The Health Jolting Chair is suitable for all ages and for most physical conditions.

**INDISPENSABLE TO THE HEALTH AND HAPPINESS OF MILLIONS OF HUMAN BEINGS WHO MAY BE LIVING their normal lives through choice or necessity.**

**PREPARE HEALTH**

Ingenuous, rational, scientific, mechanical means of overcoming those problems which are the cause of the proper adjustment, when put in place properly by your hand. The Health Jolting Chair is suitable for all ages and for most physical conditions.

**For more information please call 1-800-HWJ-8880.**

A CONSERVATION OF NERVOUS ENERGY.

No dwellinghouse is completely furnished without The Health Jolting Chair.

**THE CARE AND FEEDING OF YOUR CAR**

**Cartory.**

The most expensive health mechanism ever produced

A priceless household substitute for the doctor-house.

It affects a PERCENTAGE of giving ECONOMIC exercise to the human body. The Health Jolting, or as some call it, the Jolting Chair, is a unique and properly engineered piece of equipment that can be used to improve health and well-being. It is designed to simulate the movements of a person walking, providing a form of exercise that is gentle and easy on the joints.

**DIAGNOSIS**

An ingenuous, rational, scientific, mechanical means of overcoming those problems which are the cause of the proper adjustment, when put in place properly by your hand. The Health Jolting Chair is suitable for all ages and for most physical conditions.

**INDISPENSABLE TO THE HEALTH AND HAPPINESS OF MILLIONS OF HUMAN BEINGS WHO MAY BE LIVING their normal lives through choice or necessity.**

**PREPARE HEALTH**

Ingenuous, rational, scientific, mechanical means of overcoming those problems which are the cause of the proper adjustment, when put in place properly by your hand. The Health Jolting Chair is suitable for all ages and for most physical conditions.

**For more information please call 1-800-HWJ-8880.**

A CONSERVATION OF NERVOUS ENERGY.

No dwellinghouse is completely furnished without The Health Jolting Chair.

**The Care and feeding of your car**

**Cartory.**

The most expensive health mechanism ever produced

A priceless household substitute for the doctor-house.

It affects a PERCENTAGE of giving ECONOMIC exercise to the human body. The Health Jolting, or as some call it, the Jolting Chair, is a unique and properly engineered piece of equipment that can be used to improve health and well-being. It is designed to simulate the movements of a person walking, providing a form of exercise that is gentle and easy on the joints.

**DIAGNOSIS**

An ingenuous, rational, scientific, mechanical means of overcoming those problems which are the cause of the proper adjustment, when put in place properly by your hand. The Health Jolting Chair is suitable for all ages and for most physical conditions.

**INDISPENSABLE TO THE HEALTH AND HAPPINESS OF MILLIONS OF HUMAN BEINGS WHO MAY BE LIVING their normal lives through choice or necessity.**

**PREPARE HEALTH**

Ingenuous, rational, scientific, mechanical means of overcoming those problems which are the cause of the proper adjustment, when put in place properly by your hand. The Health Jolting Chair is suitable for all ages and for most physical conditions.

**For more information please call 1-800-HWJ-8880.**

A CONSERVATION OF NERVOUS ENERGY.

No dwellinghouse is completely furnished without The Health Jolting Chair.
Opinion

THE CITIZEN INTELLIGENCER

Burt Wilson

There is to be no hearing, no evidence, no witnesses, no vote, no nothing.

Think of it! Over a hundred Congressmen want to re-open the assassination investigation and they can't even get a hearing

Another interesting aspect of the continuing saga of getting to the truth of the JFK matter is the recent barrage of propaganda conditioned American public will buy.

First, let's consider the source. All of this information is supposed to be from the files of the CIA. Could it be that the CIA is conducting an orchestrated campaign to shift attention away from an Oswald-CIA link to an Oswald-KGB link — something they hope will make the propaganda-conditioned American public will buy?

Next, let's consider why the need for such a campaign. What is creating the pressure that is causing the CIA to act in this manner?

The answer can be found in a brand new book called "Appointment in Dallas: the Final Solution to the Assassination of JFK," by Hugh C. McDowell. In his book, McDowell, a former policeman and police officer, tracks down the CIA hitman who was one of the assassins. The hitman tells all about the CIA involvement in the murder.

Everyone should read McDowell's book (Zebra. $1.50). And when you're finished, you'll come up with your own solution as to why the heavy campaign to establish Oswald as an agent of the Communists

And the cover-up goes on.

UNWANTED

Rapid Transit

It is quite evident that the downtown Los Angeles interests led by the Los Angeles Times will fight to the finish in their opposition to Rapid Transit. Though Mayor Tom Bradley deserted their position, and gave his support to Baxter Ward's proposal, the Times cannot be swayed.

The Times has editorially "Rapid Transit: Too Rapid." In its lead paragraph it states, "...there are defects in the plan that can be cured only by revision, even though that would mean postponement until November..." We desperately need something started to get commuters off the freeways, yet the downtowners, heavily weighted by the oil companies, will trump up every sort of lame excuse to keep us creeping along in our auto gulfing up their expensive gasoline. We can expect to see the "No on Rapid Transit" proponents spending well over $100,000 to once again prevail, on June 8th.

IS BIG GOVERNMENT BAD?

Not necessarily, but at this time in U.S. history we need a general reduction in governmental involvement and control. Just as business has cycles, so must the size of government cycle in a free society. In the '30's, '40's and '50's we needed more federal involvement, but not in the '70's.

IS BIG BUSINESS BAD?

Not necessarily, if it is not part of big government. Big business has been responsible for many worthwhile improvements in our standard of living. The problem with big business began with business infiltrating and manipulating government in an effort to create virtual monopolies; or at least to create industries where competitors would be limited, and prices could be maintained easily at high levels, such as in the auto industry.

DEMOCRATIC CHAIRMAN THINKS ITS TIME FOR A CHANGE

In a fund raising appeal letter, Robert Strauss, Chairman of the Democratic National Committee, reminds us of what has taken place since 1968, under Republican Administrations. We have been governed by: A President and a Vice President who were forced to resign; one appointed President and two appointed Vice Presidents; Six Attorneys General; Five Secretaries of Commerce; Four Secretaries of Defense; Four Secretaries of the Treasury, Four Secretaries of Labor; Four Secretaries of HEW; Four Secretaries of Interior; Three F.D.R. Chiefs; Four Directors of the Office of Management and Budget; Four Directors of Energy policy; and we don't know how many top White House aides. More than 50 major changes at the highest levels of our government.

HITS AND PIECES: Look for former Demo Congressman Allard Lowenstein to rejoin Governor Jerry Brown as his National Campaign Manager. According to Pennsylvania Governor Milton Shapp, "Reagan is only an actor who reads lines that were written for him... and that's only had to memorize one line at a time. Mr. Reagan has never understood what the next line is and still doesn't."" Ralph Nader's Health Research Group reports that the U.S. Government spends $44.8 million per year to produce antituberculosis drugs and in turn, spend $40 million per year on cancer research. . . . Congressional candidate Tony Beilenson spends the second least of all state senators for maintaining his office staff and all other expenditures... Senator John Tunney has come out unexpectedly against the oppressive S.I.

SUBSCRIBE!