

## COMMUNITY HANDBOOK

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 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 groups. Part Two, this issue, lists day care centers, medical and dental clinics, senior citizen groups and women's organizations. We will 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 the Los Angeles Vanguard, 1060 Crenshaw Blvd., Los Angeles, Ca., 90019, or call us at 931-1641.  
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### HEALTH

(Free health services or based on ability to pay)

#### MEDICAL CLINICS.

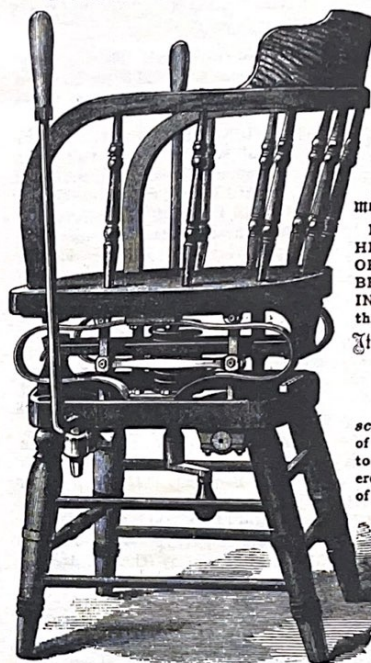
Alhambra Health Center, 612 Short St., 570-1160.  
 American Indian Free Clinic, 1330 S. Long Beach Blvd., Compton, 537-0103.  
 Community Health Projects Inc., 336 1/2 S. Glendora Ave., West Covina, 967-5307.  
 Crenshaw Free Clinic, 4436 W. 62nd St., LA, 299-6666.  
 East Valley Free Clinic, 537 E. Vine, W. Covina, 330-7428.  
 Feminist Women's Health Center, 1112 S. Crenshaw, LA.  
 Women's Choice Clinic, 1027 S. Crenshaw, LA, 936-6293.  
 Ferris Clinic, 670 S. Ferris Ave., E. LA, 261-3191.  
 Foothill Free Clinic, 30 N. Raymond, Pasadena, 795-8088.  
 Gay Community Services Center, 1614 Wilshire, LA, 482-3062.  
 Harbor Free Clinic, 615 S. Mesa, San Pedro, 547-0202.  
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Hollywood-Sunset Free Clinic, 3324 Sunset Blvd., LA, 660-2400.  
 Indian Free Clinic, 7300 S. Santa Fe, Huntington Park, 587-8164.  
 La Clinica Familia de Barrio, 274 So. Atlantic, LA, 266-1122.  
 LA Free Clinic, 8405 Beverly Blvd., LA, 653-1990.  
 Santa Monica Medical Aid, 2509 Pico Blvd., SM, 829-2911.  
 South Bay Free Clinic, 1807 Manhattan Blvd., MB, 376-7979.  
 T.H.E. Clinic for Women, 2950 S. Western Ave., LA, 735-0081.  
 Valley Free Clinic, 5224 Lankershim Blvd., No. Hollywood, 763-8836.  
 Venice Community Family Health Center, 316 S. Lincoln Blvd., Venice, 392-2488.  
 Venice Health Center, 905 Venice Blvd., 821-3484.  
 Watts Health Center, 2051 E. 103rd St., LA, 554-5431.  
 Women's Clinic, 6423 Wilshire, LA, 655-5410.  
 Youth Clinic, 621 N. San Vicente Blvd., W. Hwd., 278-6531.  
**DENTAL.**  
 P.T.A., 605 N. Boyle Ave., LA, 225-1944.  
 U.C.L.A., 10833 LeConte Ave., LA, 825-2904.  
 Chinese Community Free Clinic, 3000 W. Ramona Rd., Alhambra, 484-9156.  
 Indian Free Clinic, 7300 Santa Fe Avenue, Huntington Park.  
 LA Free Clinic, 8405 Beverly Blvd., LA, 653-1990.  
 South Bay Children's Health Center, 410 S. Camino Real, Redondo Beach, 376-8936.  
 U.C.L.A., Venice, 316 Lincoln Blvd., 392-4125.  
 Public Health Service, 241 N. Figueroa, LA, 974-8203.  
 USC Dental School, 925 W. 34th St., LA, 746-2862 or 746-2805.  
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## The Health Jolting Chair

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The most important Health Mechanism ever produced  
 A Practical Household Substitute for the Saddle-Horse.



It affords a PERFECT means of giving EFFICIENT exercise to the ESSENTIALLY IMPORTANT NUTRITIVE ORGANS OF THE BODY in the most DIRECT, CONVENIENT, COMFORTABLE, and INEXPENSIVE manner.

Suitable for all ages and for most physical conditions.

INDISPENSABLE TO THE HEALTH AND HAPPINESS OF MILLIONS OF HUMAN BEINGS WHO MAY BE LIVING SEDENTARY LIVES through choice or necessity.

It preserves Health, cures Disease, and prolongs Life.

An ingenious, rational, scientific, mechanical means of overcoming those impediments to the taking of proper exercise, erected by the artificial methods of modern society.

For reclaiming slacks of inured and ungrateful Treasure-Trove.

A CONSERVATOR of NERVOUS ENERGY. No dwelling-house is completely furnished without The Health Jolting Chair.

## consumer beware

What should you do if you find something wrong under the hood of the family car? It is extremely important to decide wisely. Mechanical work is far from the muscular mindless drudgery we have been conditioned to believe it is. Repairing 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 car. These volumes can be purchased from your respective car dealer or manufacturer, or Chilton makes an excellent all-purpose repair manual as does Petersen Publishing Company. While these won't be as specific as a manual designed for your car, the basic theory and practice is the same for most vehicles. Prices run from about \$5.00 up to \$20.00, and the more detailed and illustrated the book, the better (and costlier). If you cannot get a manual, at least search out the library. But if you are not a qualified mechanic (and even if you are), don't try to

do anything complex without a manual.

As far as routine maintenance is concerned, even the owner's manual that came with the car will tell you how to do it. Routine maintenance includes changing the oil and oil 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.

Want to save some money on routine maintenance items? Oil costs 75¢ to 90¢ per quart at the gas station, plus labor to pour it in and drain the dirty oil out. Day 'n' Nite Auto Parts will sell you many of the same major brands for as little as 39¢ per quart, up to about 55¢. An oil filter is about \$1.50 for most cars. Transmission fluid, selling for upwards of 60¢ per pint at the service station costs only about 39¢ to 55¢ per quart at Day 'n' Nite. 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 care and feeding of your car

Mallory & Jan Geller

Drug's automotive department.

Radiator coolant sells now for approximately \$4.00 per gallon (just three years ago the price was about \$1.89), but if you watch such stores as Thrifty Drugs, they sometimes run sales at \$3.39. That's about the best you can expect to do in these inflated days. There are similar savings for other maintenance items.

Repair is what separates the mechanics from the putterers. You can still do well here; in fact, the potential for money savings is far greater than in routine maintenance. However, a car is an integral machine with many thousands of moving parts. It does no good to fix something that is already functioning well while ignoring what is really wrong.

This is the importance of proper diagnosis, and many mechanics still have failed to master this vital skill. Unless you know what is wrong, or can find out with fair certainty, take the car to someone who does know for a proper diagnosis. This will cost some money, but it will insure that you will

be addressing the problem. And, if you can do the repair, you'll make the money back and then some. If not, the diagnosis will become part of the repair, and the cost will be only slightly higher.

In most cases, considering the way cars are built today, parts that have failed will be replaced rather than repaired. So it becomes a task of removing the old and replacing with the new. Your repairman will tell you how, but theory and practice often differ. You may have frozen nuts or bolts, or threads that are stripped for a clearance may have been designed for a specialized tool that you don't have and that fit may be tight. Two words of advice: Have patience, and be sure to notice how the piece came off. If the removal is complete, put little tabs on the pieces that should be together with matching numbers, or letters, or whatever code you like best. We've had a very good mechanic tell us, "No, I can't put it back together. I didn't take it apart and I don't know how it's supposed to fit!" (No, — Last part of Fix It Yourself and Save.)



# Opinion



## THE CITIZEN INTELLIGENCER



Burt Wilson

subscribe to the Congressional Record, \$45 per year but it's worth it because it is perhaps the best underground legal in the United States.

Congressional Record prints thing that goes on in Congress. Just reading one day's journal education in how much the LA Times Herald-Examiner let go by the city into the circular file.

the House inquiry into the assassination of John F. Kennedy for ple. On March 18, 1976, a great deal into the record that never hit the local papers.

4 people are aware of the Rep. Gon-resolution in the House (HR 204) to re-he investigation into the assassination K. But on March 18, Rep. Downing of ia introduced another resolution to ish a special House Committee to ine JFK's murder and the subsequent agation by the Warren Commission. vning said from the floor, "I do not gerate. I have chosen my words ully, and I know precisely what I say: ) not know who killed John F. Kennedy y, and the House apparently is unin- and, in my opinion, shamefully ling even to attempt to find the an-"

his remarks, Downing revealed that st one-fourth of the House of sentatives — over 100 Congressmen — been co-sponsors of similar itions. He laments, "However, the Committee will not listen to any of the nce that a real and very serious em exists. Despite our appeals and our to share with them the hard evidence as moved us to sponsor our resolutions refuse to give me and the other hun-odd sponsors even a hearing on the s."

"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 newspaper stories about Oswald's link with the Russian KGB via Mexico.

Were the newspapers so generous with space when Garrison's trial was going on in New Orleans? No. So why are they now devoting so much space to an Oswald-KGB link.

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 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 react 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. McDonald. In his book, MacDonald, a former policeman and intelligence officer, tracks down the CIA hit-man who was one of the assassins. The hit-man tells all about the CIA involvement in the murder.

Everyone should read MacDonald's book (Zebra, \$1.95). 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.

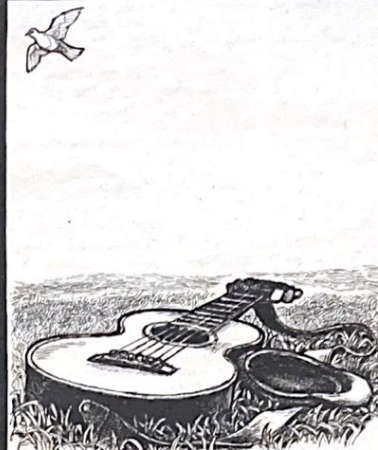
# UNWANTED



ROY LEE WILLIAMS

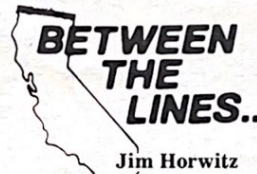
Undercover LAPD vice officers hanging out in gay moviehouses, bars, dancehalls, and... **shudder...** toilets, wasting taxpayers' money entrapping homosexuals while rape, murder, burglary, muggings, carnage and mayhem continue unabated.

**ARMED AND DANGEROUS! Do Not Try to Pick-up!**



PHIL OCHS 1940-1976

ROBB



## BATTLE LINES DRAWN ON 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 came out swinging April 4th, with its editorial "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 autos gulping up their expensive gasoline. We can expect to see the "No on Rapid Transit" proponents spending well over \$500,000 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 1969, 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.B.I. 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!

**BITS 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 he'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 \$14.30 per lung cancer death to educate the public against cigarette smoking, while we spend \$1000 per each cancer death to support tobacco growing?? . . . 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 unequivocally against the oppressive S-1.

1976 Valley Publications Feature



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