

COMMUNITY HANDBOOK

Program offers women 'on the job training'

The Women's Work Experience Program was developed by the Chicana Service Action Center to meet the employment, training, education and social needs of the women in the Los Angeles area. The program's objectives are to give women the opportunity to gain actual "on the job" work experience.

Women are placed on work sites according to their occupational goals and are hired into related employment after completion of the program.

Supportive services are also provided to help participants overcome personal or environmental barriers which affect their training or employment.

The Work Experience Program is a 17 week course covering 40 hours a week.

- DEVELOP:**
- Work Experience
 - Self Confidence
 - Basic Employment Skills
- LEARN:**
- Aptitude Test Taking
 - Job Search Techniques
 - Employer/Employee Rights
- PRACTICE:**
- Interview Techniques
 - Resume Writing
 - Job Procedures
- Comprehensive Employment Training Act (CETA)**

Requirements to participate in this program:

- Live in central area of Los Angeles City (Echo Park, Silverlake, Hollywood).
- Be disadvantaged, Low Income or welfare recipient.
- Unemployed or underemployed.

Work experience participants are placed on a work site after the orientation period.

In addition to this office, we have a classroom training program in the San Fernando Valley for women in that area of the City.

CSAC, Inc.'s present Work Experience program is sponsored by the Los Angeles City CETA (Comprehensive Employment Training Act) passed by Congress in 1973 and is administered by the Department of Labor.

The CSAC, Inc. was initially organized as an Agency designed to give specific attention to the needs of the Spanish speaking woman.

The program has grown to serve women of all ethnic backgrounds, who are disadvantaged and unemployed. For further details contact The Women's Work Experience Program, 1908 Beverly Blvd., L.A. 90057. Phone 484-2108. (Reprinted from Chicana Service Action Center)

Apricots-native fruit with a history

Apricot - from the Latin word "prae coquum," which means early ripe, so named because the tree bears its fruit early in the season. Apricots are harvested in California from late June through July.

The fruit was first grown commercially in California in 1792 in an orchard near San Jose. Since then, California has become the leader in both the nation and the world in apricot production. Annual production has averaged 170,000 tons during the past ten years.

About 70 percent of the apricots grown are canned, 18 percent are dried, 6 percent are freeze-packed, and the remaining 6 percent are sold as fresh fruit in the markets. California produces 98 percent of all apricots grown in the United States, with most coming from the western San Joaquin valley.

NUTRITIONAL VALUE

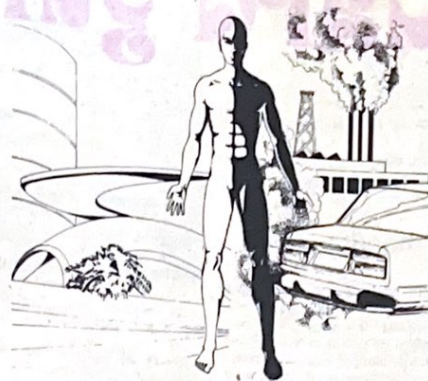
Apricots are an excellent source of Vitamin A, important for healthy skin, good vision, and as an aid in maintaining resistance to disease. Two fresh apricots provide more than half the recommended daily dietary allowance of Vitamin A for children, and over one-third the recommended allowance for adults. Just one-half cup of dried, uncooked apricots provide 234 percent of the recommended daily allowance of Vitamin A for children and 163 percent for adults.

SELECTION

There are three basic varieties of apricots: Blenheim and Royal, which are very similar and make up about 50 percent of commercial production, and Tilton, which is more oval than the other two, and which comprises the remaining 50 percent of production.

When selecting apricots, look for fruit that is plump, well formed, and fairly firm. Ripe fruit is deep yellow or yellowish orange and has a tender, smooth skin. Avoid unripe (firm and yellowish-green) or over-ripe (soft and mushy) apricots. Nearly ripened fruit (yellowish-green shoulder) is acceptable and will ripen quickly at room temperature. Storage in the refrigerator will slow the ripening process. When ripened the fruit may be kept in the refrigerator until used.

To get 1 pound of dried apricots you will need 5 pounds of fresh fruit. For each quart canned you need to use 2 to 2.5 pounds of fresh apricots; and 2/3 to 4/5 pound of fresh apricots will give you one pint of frozen fruit. As a general rule, 1 pound of fresh fruit is equal to 3 cups sliced.



SMILES for a better environment

We are a group of neighbors who have come together in order to have a say in the future of our neighborhood. We want to live in a community that is diverse, with people from a variety of social and cultural backgrounds. Our best experiences have come from living in such a community - and that's the kind of community we are dedicated to preserving.

1900 - Speculative subdivisions for summer homes.

1920's - Ocean Park with the opening of Pacific Ocean Park.

1930's - National Depression. Ocean Park population shifts to include more low income families.

1958 - Ocean Park redevelopment arrives and 25 acres are razed. Many Senior Citizens and the Santa Monica Freeway was opened and the development boom began.

1968 - The neighborhood between 4th and 6th was rezoned for higher density permitting more apartment buildings.

1972 - The Coastal Initiative passes (Prop 20). This permits citizens access to a voice in decision making in the future of coastal neighborhoods.

1973 - 1,400 units in Ocean Park redevelopment stopped by the neighborhood at the Coastal Commission. The Commission requires a lowered density, including 100 units for Senior Citizens. A victory for the Ocean Park residents!

1974 - 1) 267 - units of high income apartments stopped at the Coastal Commission. 2) Ocean Park residents and merchants organize first "Olde Main Street Faire" to promote citizen solidarity. 3) First "Cinco de Mayo" block party uniting Chicano and Anglo residents held on Hill Street.

1975 - Fight against downtown shopping Center begins.

1976 - S.M.I.L.E., our neighborhood organization begins!

WHAT DO WE WANT FROM YOU?

We want to get to know you, to have you share our concern for our neighborhood and its future. We would like you to work with us to ensure such things as open spaces and low and moderately priced housing. We want to keep each other informed and aware of developments which would change the nature of our community. If you want to be involved and receive our newsletter, please fill out the following and return to 235 Hill Street, Santa Monica 90405 or call Ernie at 399-1531. (Reprinted from Santa Monicaans for an Improved Local Environment S.M.I.L.E.)

Way Home Foundation offers self-awareness

WAY HOME FOUNDATION is a counseling center located at 8448 Reseda Boulevard, Suite 205, Northridge, California. They invite you to attend Self Awareness For Women, an ongoing class.

A course for homemakers, mothers, part-time, full-time, career women and students. Open to women from all walks of life and all age groups.

- For more effective communication skills.
- For strengthening your sense of identity.
- For personal growth.

A small and informal class will enable us to present new material and have time for personal discussions. Class will be ongoing and meet two hours weekly.

Fees are based on a sliding scale according to size of family and personal income.

To join our class call Way Home 886-6666. Discussions include such questions as:

- Who am I? How do I feel about my role as a woman?
- How do I find my identity and sense of purpose?
- How can I know the real me?
- How can psychological awareness help me learn effective problem solving?
- How do I say what I mean and how do I learn to hear what is said to me?
- How do I meet my needs, and the needs of my husband, children, and significant others?

Facilitators: May Bragen, M.A., Licensed Marriage, Family, Child Counselor; Cindy Levinson, M.A. Staff Counselor.

(Reprinted from Way Home Foundation)

A creative dance class is held every Tuesday Morn., 10:30-12:00 at the Church in Ocean Park, 235 Hill St., Santa Monica.

The class will begin with basic dance exercises, relaxation, stretching and moving through space, with an emphasis on natural movement. We will



then focus on exploring, discovering and creating through movement. There will be group improvisation, using music, ideas, feelings and props as points of departure.

For information call: Heidi Schaffer (Instructor), 396-6763 or Jimm Conn, 399-1631. 8 classes/\$40.00, 4 classes/\$20.00.

YOUR WIFE HAS SPREAD IT AROUND THAT WE'RE GAY AND IN LOVE.

WE CAN NO LONGER STAY IN TEXAS AND LIVE IN PEACE. WE'LL HAVE TO MOVE.



DOWNED & SHOT

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because the Times saw the Vanguard.



The Vanguard is owned by the people who work on it.

We are an independent paper. We have no ties to the real estate gangs, the banks, the law enforcement industry, the utilities, or any of the other special interests that have run Southern California for the past 100 years. We think this gives us at least a clear shot at putting out the kind of independent paper Los Angeles deserves.

In the past 3 months, we've broken stories like these:

- **Kindergarten Doctors:** The article exposed the plan to establish permanent medical and psychological files in Sacramento on all schoolchildren.
- **The Duesman Plan:** The Pentagon's program for relocating Los Angeles, in the event of nuclear war—and the huge, expensive needs reserved for bureaucrats only when the bomb drops.
- **The Oswald-Hoover Letter:** Concerning a former CIA agent's allegation that J. Edgar Hoover was told that Oswald was a pawn in a right-wing plot against Kennedy—two months before the President was assassinated.
- **Oh Say Can You See:** A look behind the corporate veil at some of the big financial firms behind the school board's half-million dollar biennial extravaganzas.
- **Disney's Hitman:** How the U.S. Customs Service did Disney Inc. a dirty work in suppressing a book from Disney called "How To Read Donald Duck"—plus, excerpts from the suppressed book.
- **Why the Mail Doesn't Go Through:** The fix on connections to the package-shredding machines, the layoffs, and the service cutbacks.
- **Pacific Tell & Tell:** The story that is still rocking the phone company, about the hundreds of agencies that have access to your unlisted phone number—and the credit records that go with it.
- **Mystery Mouthful:** A guide to LA theme misadventures. Are you ready for "Lewakana"? Troggles swim as a shark. "Islands" cook-out from mafia ray wings?
- **Big Brother's Big 104:** Break, break, good! Behind here's how to listen in on the motor-mouths in the FBI, the Secret Service, your friendly neighborhood SWAT team, and almost everyone else.
- **All the News That Fits:** A look at the FBI's evidence, subpoenaed in a recent trial.
- **Ran Cobb:** The work of one of America's great cartoonists, each week.
- **Calendar:** More listings each week of the events which can make your life richer—and which you won't find out about otherwise.
- **The Arts:** Reviews of the best happening in all the arts, mainstream and underground.

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...with an equal number of...
...against sexism is to actively...
...against in law...
...There is internal dissent...
...radical students maintain...
...institutionally reactionary...
...school policy is one...
...and caters to no...
...and faculty be non...
...students are expected to...
...half of them will be non...
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...of 1000 students and 90%...
...of the school are made...
...by students, faculty, and...
...Caucasian representing...
...and workers bring in...
...a governing council...
...the most governing council...
...the body of 30 advanced...
...working student enrollment...
...percentage 75% of the...
...work more than 20 hours a...
...and half work full time...
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...meetings begin after...
...to accommodate...
...people and that no...
...person will have less...
...from the third...
...must be some trust



developed between the applicant and the school from the very beginning," Ramos said in explaining why the questions usually believed to be violative of civil liberties — are asked. "It is the nature of the school to screen students for their political beliefs and actions. We want activists, we want movers."

Despite the emphasis on the political, there is a serious, disciplined atmosphere, and structure, about the students and the school which has developed in the past year. "We are efficient minded yet happy too," disSvero said.

This attitude is reflected in the results of the baby bar (First Year Law Student) exams. Thirty-five percent of the first group which took it passed while 25% passed the second time around. The law requires that no one can graduate from an unaccredited law school without passing the baby bar, and that students must attend for four years. However, at PCL no fee is charged after the first year, until the student passes. And semester fees are the second lowest in the state. \$20.

"We want as many to pass as possible," disSvero said. "But we won't flunk students who don't pass it." For those who can't make it at all, they still profit. "They won't any longer be intimidated by the legal system. It also helps people better understand the system and they can use what skills they've learned here in other endeavors," disSvero said.

The school is hoped that one day it will become accredited so that it can receive financial aid for students from the government. Accreditation would eliminate the need for the baby bar, relieving undue pressure, and allow students to take as many courses as they like, thereby graduating in three or fewer years.

The school has grown tremendously in the first two years. It doubled its enrollment, added many tutorial and legal clinic projects, and is in the black. The \$100,000 annual budget is met and there is no deficit spending. Teachers work nearly voluntarily, receiving only \$30 per credit hour. And this summer electives were added that you won't find elsewhere. Marxism and the Law, native Americans and the Law, and the Los Angeles power structure and the law.

Students and faculty alike hope that the school will become a relief for the social fighter. They point to the case of one teacher as an example they hope will set a precedent — respect the instruction.

Jose Ruiz Ramos, an active La Raza student who graduated from the University of California at Riverside (students are not required to have college degrees but must eventually take an equivalency exam), said, "I am happy with teaching generally but at PCL I've had my own independent study here."

Ramos is on the admissions committee — three students screen new applicants — which make questions of the applicant's sexual orientation, but all organizations or groups with which you have symbol of been a member of, let's state what you believe to be some of the most pressing national and international problems, and why... fighting.



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