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ALPINE SUN



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VOL. 16, NO. 12 ALPINE, CALIF. FRIDAY, MARCH 24, 1967

10¢

AMBULANCE PLAN DELAYED

Monday night the fire board heard Frank Scully describe the idea of an ambulance for Alpine which could be had from the CD for a nominal sum. It was voted to shelve the proposal due to previous examinations making it

More on 21

2 SD doctors to build

Two SD doctors have just bought the choice 10 wooded acres on Alpine Heights Rd., adjoining the Robt. Webb place west of South Grade Road.

They are Daniel S. Roccaforte, M.D., and S.F. Stella, D.D.S. Seller



ALPINE STUDENTS SPEAK UP

The First Annual Kiwanis Speech Contest for 7th and 8th grade students saw awards going to six talented young people at the Thursday meeting of the club in Fuller Hall with Pres. Ray Partridge in the chair. School Supt. Paul Clay was chairman.

Photo shows winners, from left; Kathy Sanders, first; Barbara Presley, Cindee Brown, David Vail and Sharon Dana, finalists, and Barbara Svensson, second. Judges were students from the forensic class at Grossmont JC. Clay and Principal Leo Owen made the presentations. Students were trained by Wm. Ossana and Barbara Tietjens.

was Roy A. Murray, now living in El Paso, Tex. Sale was made by Charlene M. Brown of Brown Realty.

The doctors plan to each build on five acres, construction to start shortly, they are preparing to connect onto Rio water system this month.

Dr. Roccaforte has a family, his wife Philomene and a son, Frank, 4, and a daughter 4 months old. "We are very happy over the place" he told the Sun and took a subscription to the paper at once."

When the Sun contacted Dr. Stella he enthused over the plans for his new home here, said "I like that area and

More on 21

4 EDITORIAL



Will you be trapped by probate court?

I believe that God is not dead, but is indeed dead in the hearts of some people of this great, supposedly Christian nation.

The April number of the Ladie's Home Journal has a frightening story "Don't Let Probate Take Your Money Away", by Norman Dacy, author of "How to Avoid Probate". In nine months this startling expose has sold over 600,000!

If you are a "have-not" then you don't need to read this editorial, but if you have an estate of even a few hundred, or thousand dollars, read on, and peruse that article in the Journal, then get busy before it is too late.

While our boys fight for freedom,

some older men fight for money in this country, as Dacy's book reveals. He says that two years ago the Grievance Committee of the Fairfield County (Conn.) Bar Association obtained an injunction to stop his telling people how to avoid probate.

"I felt that this was an abridgement of my constitutional right of free speech and of the public's right to know", he writes. "I decided that if I couldn't tell people how to avoid probate, I could write a book that they could read and learn about it".

His book has the bar up in arms as many do not understand how inter vivos, or living trust, and how it works, but they are learning. It is simple, you are the trustee of your own estate! The banks are not too hot over it either, although they supply forms for this plan that circumvents the legal racket of squeezing heirs' money in scandalous fashion.

So when you, the living trustee, die, inter vivos trust provides for the beneficiary to serve as successor trustee, which makes a will unnecessary, also the executor, who exacts a fantastic fee from the estate, as do lawyers and probate judges.

Sen. Robt. Kennedy, Dacy claims, said that "the probate court is shot through with scandal, scandal which has been documented over the years"; cited the case of an attorney who got a fee of \$1000. from an estate of \$1400.

Yes, God is indeed dead in the hearts of some Americans! - CI

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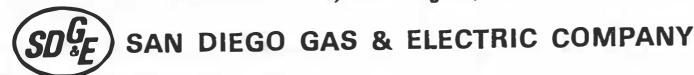
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PRINCESS NAMED MISS TEEN

Mary Eva Fitzgerald, Mother Goose Princess for 1966 was honored again when she was crowned Miss Teen America in a pageant at the Community Concourse last month.

She was chosen teen-queen from among 20 finalists after two days of competition and judging points were figure, poise, appearance in evening dress and personality. Judges were members of the SD Junior Chamber of Commerce.

Mary has been studying modeling since she was a little girl, hopes for a



career in it when she graduates from Helix High in June.

She is the daughter of Mr. and Mrs. Eugene Moats, 4455 Dale Ave., LM, was raised in Alpine until she was 10, when they moved to La Mesa.

Mary is going to compete in the Miss Teen America at the state level and if she makes that, will go on to national finals. All of her friends here in Alpine hope she makes it.

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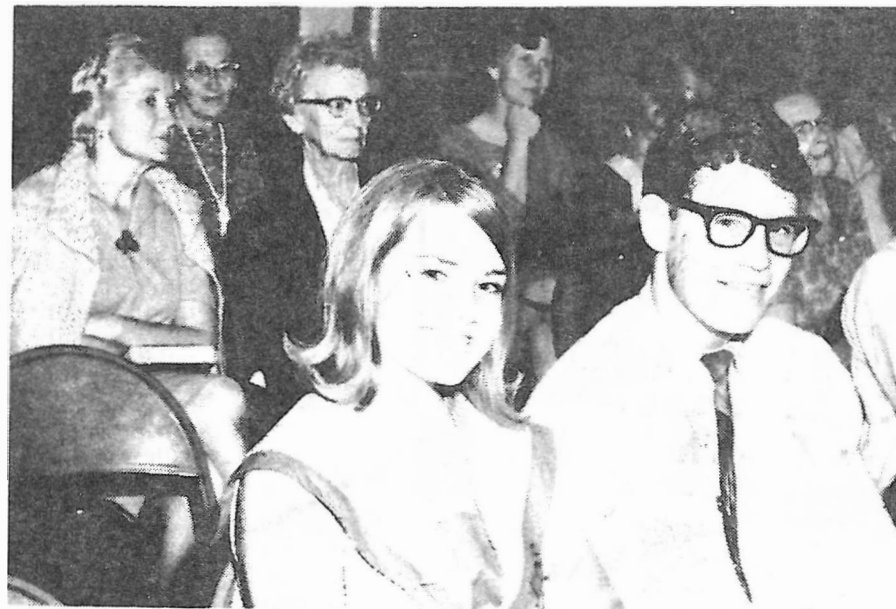
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Here is pretty Marcie Hem, who, with Sheik's host, Tom Cover, a senior at El Cap, hosted the Ethiopian youth at the local meeting, with part of the audience that attentively heard the travel talk.

Mrs. Smith - "Was your old man in comfortable circumstances when he died?"

Mrs. Brown - "No, he was half-way under the train."

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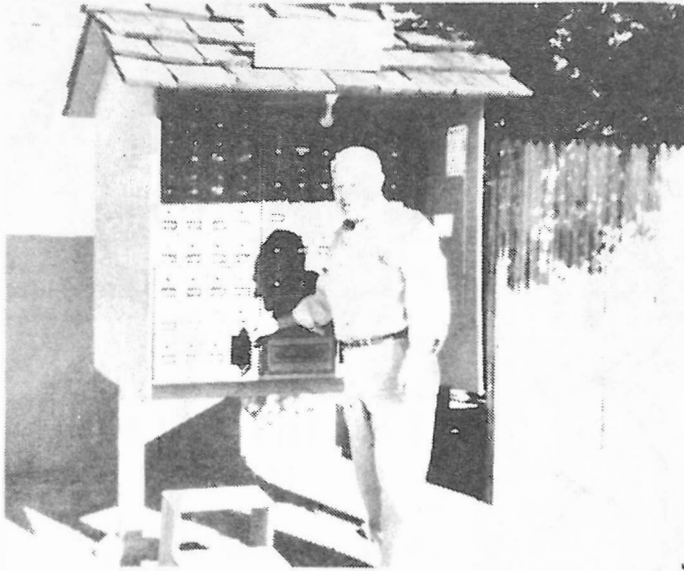
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Old postoffice which has been replaced by individual mailboxes at Alpine Oaks Mobil Estates. Here W.B. "Blackie" Vigneault, gets letters for last time in small box where all residents had to come to get their mail. Photo by Mrs. Allie Vigneault for Sun. She also made one on next page.

GLOBE PLAY CLOSES SUNDAY

That popular comedy "You Can't Take it with You," now on nightly at the Old Globe Theatre, in SD, has one matinee left, Sunday, then closes its run that night. This is the theatre's 30th anniversary play. Craig Noel is directing.

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CHURCH SHOWS 'KING OF KINGS'

The Rev. J.J. Barbour of Central Congregational Church, 8360 Lemon Ave. in LM., invites the public to see Cecil B. De Mille's great film "King of Kings" in the church at 7 pm tomorrow and Sunday. There is no charge. It started last Sunday, is one of the greatest religious films ever made by the master producer.

Note- I had seen this picture in Sydney, Australia, while on a lecture tour in 1927, the year it was released, but wanted Alice to see it, so we attended. I knew De Mille, saw him make his first films when I was with the Moving Picture World in 1914, so it was a nostalgic treat to see old friends, and many of the leading players I had known so well in those silent days. Don't miss this inspiring picture. -CI

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George Lengbridge

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Here is how tenants now get "home delivery" to individual trailers in regular mail box, mounted two to a steel pole between each pair of mobilhomes. Here Mrs. Vigneault shot their kitty Jasmine perched on their box. Decorative tiny cabins hide the tin boxes.



DON'T FORGET APRIL 10 TAXES!

You can save 6% penalty for lateness if you pay your county taxes before April 10, deadline day. A penalty saved is a penny earned!

Gino Danieli, retired navyman, is slated for a hernia operation, enters Navy Hospital on April 7. Later he leaves for a visit with relatives in Italy.

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HORSE TALK

By Cynthia Irvine

Although our Pequeno Riders club has been dormant for the past few months, we have not given up all the activities. I have been busy since last fall with my job and Mama is working every day so it does make it hard to plan activities. We are now working on a barbecue for all Pequenos at our home on Sunday April 16th. After the feast we will go on a trail ride and then maybe plan a horse show as we have the trophies already ordered.

Doug Fordyce is thrilled with his new stud colt that was born Friday. It has a beautiful blanket and is quite something to see. I went over Monday and took a few pictures so will have one for my column. Doug wants to sell the mare and new colt for \$400 and he also has an Appaloosa mare to sell. She is very

gentle and well worth the \$200.

Vera Dugan has been thinking of selling her pint-size Palomino pinto stud White Star. He is the smallest Shetland I have ever seen and if anyone really wanted to raise ponies, he would be a natural. She wants to sell him but not to anyone who would clip the little fellow as his size is unusual and makes him valuable. The Dugans brought him home when he was 3 months old and he has been a real pet for their children.

Our Pequeno Riders are still working on a grave marker for Mr. Mac and as soon as it is completed, we will take a photo and get Mrs. McClinton's ok before we cement it together. It is a horse lying down with his head low that I sculptured in clay. Then a small placque with the data goes on the bottom.

Frank Scully is quite interested in trading his 3 year old registered quarter horse stud for a good, young riding horse. Call 445-3803 if you want him.

The May 13th Gymkhana show that is being sponsored by Alpine Riding Club is shaping up. Doris Scully and Wilma Peters went down Monday to Norbob Trophy Co. and picked out 15 trophies for the classes and 2 high point ones so that a girl and a boy can win one. Official rules will be used so everyone entering should be over at the ring practicing as much as they can as the show is open.

A closed show for members of the club is being worked on and trophies have already been donated by Margaret Lowthian but no date has been set for this show as yet.

Because Sunday is Easter, Wilma Peters will not hold a riding class this Sunday but April 2nd she will be there for the usual class starting at 12.

Annette Shockley lowered the price on her mare to \$100.

Doug Fordyce was thrilled Friday morning to witness the birth of this Appaloosa stud on his Tavern Road Ranch. Mother and colt are for sale. Doug also has a good kid's horse for sale for \$150. which is a good buy.



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Every year a lot of kids-- and oldsters-- have great fun up at the C.C. Campbell egg ranch when they hunt for 400 brightly dyed eggs as an Easter event. Friends and relatives yearly come out to the big hunt, enjoy the day and a buffet in their homey place when it is all over.

BOWLES IN THICK OF BATTLE

Cpl. Alan L. Bowles, USMC, son of Mr. and Mrs. E. A. Bowles, Tavern Road, took part in the largest Marine assault in Vietnam to date, Operation Prairie. He was one of some 11,000 fighters. Report said 1400 enemy soldiers had been killed.

My wife asked me, "Eddie, do you think I should wear my skirts longer?"
Yes, I said, at least 3 years longer.

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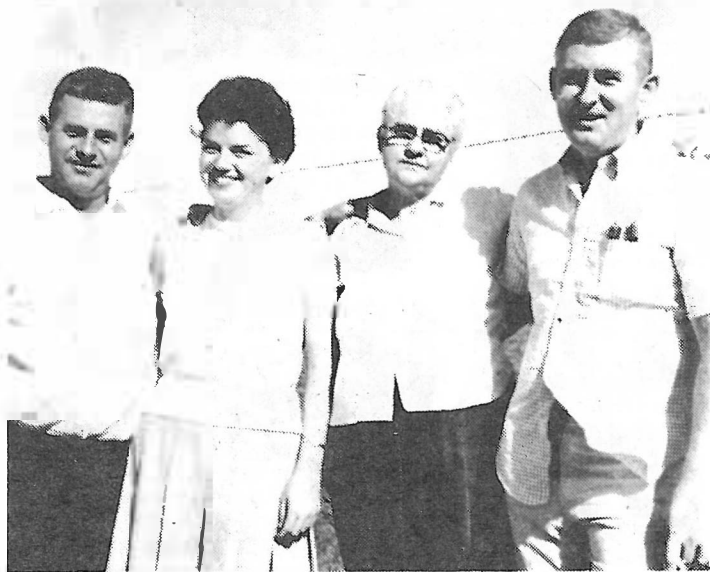
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Mr. and Mrs. Jim King, Trailer Estates, entertained their nephews, Virgil and Robert Wilcoxon, Virgil's wife Joan and children, Robert and his family just flew in from New York,, enjoyed Alpine's fine weather. (L to R) Virgil, his wife Joan Nellie King and Robert.

Chief Personnelman Joe Pantoja, USN son of Mrs. Sofia Castillo, is back after a 7-month tour off VietNam aboard the USS Estes. They saw action in the Mekong Delta, visited Hawaii, Okinawa, Hong Kong, Singapore, Taiwan and the P. I.

BOWLING PRIZE TO FORMER ALPINE

Surprise and pleasure wash shown on Nellie Keller's face when she won first prize at Parkway Bowl's 200 Club last week. Besides cash, she won a blouse with the club name on it. Nellie was walking away when the announcer called her name saying she had taken first prize and "was I ever surprised" she says.

The Kellers formerly owned a home in the Highlands.

A RETAILER wrote to one of his suppliers to order a truckload of goods. But the firm immediately wired back:

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Responded the merchant: "Cancel order. Can't wait that long."

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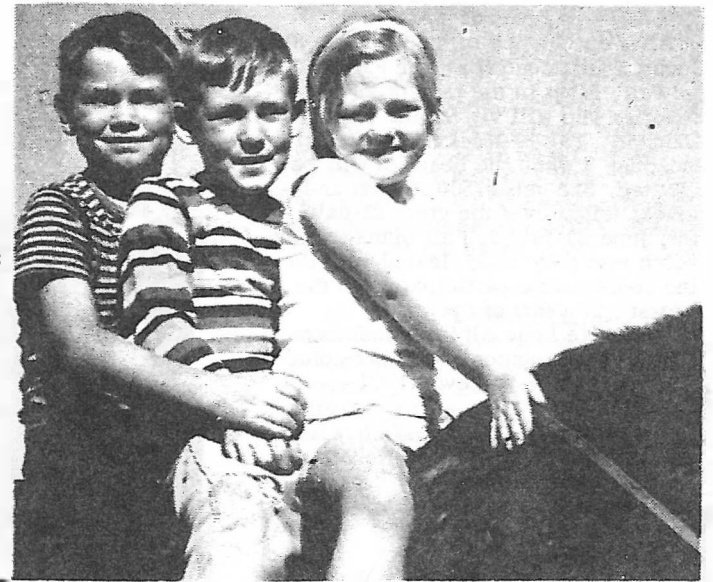
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The Wilcoxon children enjoy a ride on Cecile Irvine's horse Wendy. (L to R) Jamie, Wayne and Diann. This was their very first ride on a horse, were thrilled and want to come back to Alpine for more rides.



READY FOR EASTER

Two services will be held at Community Church, 9:15 and 11 on Easter Sunday this week. Dr. Roger Larson will preach on "Into the Hands of God".

Today, Good Friday, Alpine churches will join in service at this sanctuary. The Rev. Douglas Schacht of the First Baptist Church of the Willows will preach.

Sunday night in Fuller Hall Arthur Nords will present colored pictures of "Easter Around the World".

Friend: "What do you expect your son to be when he finishes school?"
 Father: "An old man."

Experience is said to be the best teacher. Considering what it costs, it should be.

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EC AGAIN IN FAIREST RACE

After an absence of 5 years from SD County Fair's contest for the Fairest of the Fair, EC is in the race of 26 communities who will vie for the title for their girl. The 10-weeks competition ends June 8 when the beauties will be selected. She gets \$1500 in cash and prizes, reigns over the great 12-day fair, June 23-July 4. Fair Manager Roy Welch says they were pleased with the fine county-wide participation in the contest's 22 years of operation.

Note- We hope Alpine's chamber will someday sponsor one of our comely local girls for this event!-CI

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COUSINS FOUR FLY AROUND HEMET

Here is that singing group The Cousins Four, who are making nice headway entertaining with their guitars and folk songs. Editor Irvine flew the Alpine twins over to Hemet Saturday.

From left; Trudy Arndt, Al Smith, Celeste Irvine, Director Bob McLaughlin, Peggy Arndt, Bruce Scott cameraman, and Cecile Irvine.

Smith took the moviemen up around the Hemet Bowl to make shots for an educational film put on by Hemet HS. Irvine then flew the nifty Piper Cherokee back to Gillespie with Smith.

Mrs. Ann Hageman and her three children spent a few days in Santa Ana visiting friends, old neighbors and her sister Mrs. Joann Gray and family. They returned home today.

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PLAN 2 PICKUPS FOR CLEANUP

The Chamber of Commerce's Beautification Committee is going to furnish free help with the "Spring Cleaning" for residents who want to extend their efforts to the yard, and to help the town present a proud and pretty face to the many visitors to the annual Horse Show May 6-7.

On Saturdays, April 15 and 22nd the Committee will furnish trucks and "muscle" for those in the Fire District who have accumulated junk in their yards that they have no way, themselves, of getting to the dump. A later issue will give phone numbers of committee members who will take names and addresses of anyone wishing to get rid of eyesores on these two "Pick Up" days.

Subscribe to the Sun, \$3. a year.

Evelyn's
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PERMANENTS FROM 6.50 UP

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Suncrest

McCALL-ADAMS GRANDPARENTS!

Mr. and Mrs. Carl McCall and Mr. and Mrs. Al Adams are thrilled over the appearance of a new granddaughter, McCall's 9th, Adams' first. Adams daughter Randa gave birth Wednesday March 15 to a 7# 12 oz girl at 7:17 pm in University Hospital. They named her Tamya Lee. Barry brought mother and infant home and all families are happy over the event.

Mr. and Mrs. Russell Hama left last week for San Felipe to spend a few days before the holiday, will be home tomorrow. After Easter they will leave with the Ed Cunninghams for a 3 weeks rest at the beach resort where they keep their trailers.

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Alpine

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KITE CONTEST THRILLS

The competition at Tuesday's kite contest between Cubs from Den 1 and 2 was high, with prizes going to 6 boys who won in their category. The Adduddell Ranch on Anderson Rd. was the site with the boys being guests of Mrs. Adduddell, who provided punch and cookies to go with the sack lunch.

These boys took prizes. Don Brookes, best Cub Scout theme; Weldon Adduddell, best homemade; Stephen Bratt, most unique; Tim Webb, most colorful; Philip Hageman, biggest, and Douglas Wedel, highest kite in the air.

"Conditions were not best for flying" says den mother Mrs. Hageman "but the boys enjoyed the day and had a lot of fun competing."

TOPS CONVENTION IN APRIL

The international organization of Tops are holding their annual convention this year in the Community Concourse building April 14 and 15 with several from Alpine Tops attending. A queen of the Southern California area will be chosen from club members who have lost the most weight during the year.

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Pretty Kathy Sanders of the H.C. School, with her handsome "Oscar" for first place in the Kiwanis Speech contest.

WEISIGER GOES INTO BUSINESS

Ben Weisiger, longtime resident of Japatul Road, and his wife Laura, and her brother Bill Teague, have opened the former Barney's Garage and Service Station at Boulevard. It is now known as Benny's Garage. They also have a 24-hour tow service. Their friends in Alpine, where Benny's mother still lives, are all wishing them well.



THIS SIGN TELLS OWN STORY

Some thoughtful parent must have erected this cute sign at entrance to Olivewood Lane from Arnold Way. Maybe this kind of an admonition should be posted all over the land!

BANK CLOSURES AWHILE TODAY

Being Good Friday, Security First National Bank will be closed from 12 to 3 pm, then closes as usual for Friday at 5:30, so employes and customers, who desire, may attend church.

LEVI'S SHORTAGE LETS UP SOME

As this community has quite a horse population and old and young alike go for Levi's, a shortage has been felt for some time as the material has been going for uniforms to the war effort.

"But now we have had a shipment of hard-to-get Levi's" says Gene Sauter, owner of Alpine Hardware and Department Store, 2218 Hwy 80.

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DOUBLE TALK

By Cecile and Celeste Irvine

Our column this week will be kind of short because we are spending some of our Easter vacation in Hemet. Daddy and Al Smith flew us up Saturday as they had to take cameraman Bruce Scott and director Bob McLaughlin up for some aerial shots. Our cousin Peggy Amdt was stand-in for the girl in the picture and we drove with her to the location and it was exciting.

Libby Wake and part of her family left Friday for Holdenville, Oklahoma to visit friends and relatives. Mr. Wake and Gary stayed home to look after the business.

Joann Villa, Donna Schwenck and her mother attended the 4H fun day in Poway Saturday and Joann got a 3rd place ribbon for her illustrated talk on 9 American Horses. They had a lot of fun and spent the whole day there.

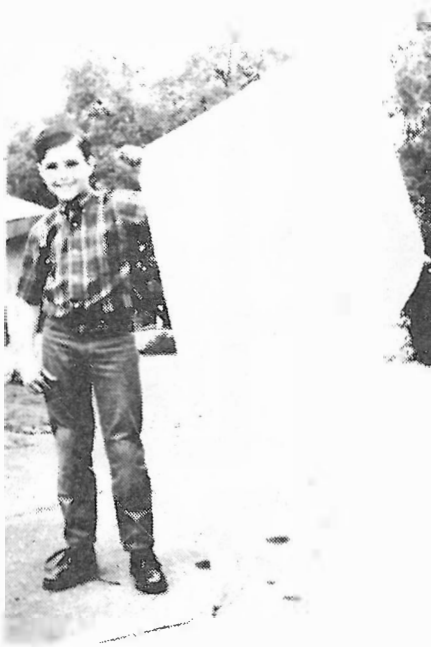
Donna Hart left Saturday with her brother and parents to spend Easter vacation on the Colorado river fishing and having fun. Her grandparents are looking after the ranch while they are away.

Linda Rushing is at the Grand Canyon this week enjoying the wonderful sights. They left Friday, expect to be home today.

Dawn Byers drove over from Yuma last weekend to visit Mr. and Mrs. Howard Barrett and dropped by to say hello.

Randa Adams McCall had a baby girl Friday night and she and Barry are so happy. They named her Tonya Lee which is real cute and different.

Rene Thompson's little black poodle was following her Sunday and she didn't know it. He ran across the street and a car hit him and didn't even stop. Her mother rushed him to the



Phillip Hageman displays huge kite for lensman Cynthia Irvine who snapped picture day before he won a prize for biggest. He made kite himself, is remaking huge box kite, 6 feet in height, that has already been in the air several times, was damaged in last flight.

vet's and he has two broken legs and maybe internal injuries, but he is still alive so maybe there is hope he will live.

Daddy and Cynthia stopped by to see Mr. and Mrs. Berg Monday and saw his beautiful new German shepherd pup he just got. He named him Olie and he will be a prize winner for sure.

Paula Anderson's little black and white kitten Chip got hit in front of their house last week and their grown one ran a way so now her mother wants a canary.

STALLION OAKS

GUEST RANCH

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IN ALPINE

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PART OF GROUP in last Sunday's trail ride: Frank Scully, wife Doris, with hands on shoulders of son Mathew and on horse is their daughter Sharon Kirsch and infant son. Group is planning breakfast ride soon.

Classified ads will sell anything.

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PRAYER BREAKFAST SATURDAY

Tomorrow at 7:30 in the El Cajon Elks Lodge, 1400 E. Washington, the 3rd annual Mayor's Prayer Breakfast will be staged with an unusual speaker, Capt. Louis Zamperini, former USAF flyer.

He crashed at sea in WW2, spent the longest time on record adrift in a raft, 47 days, was a POW for 2½ years in Japan, was presumed dead and an army airfield was named in his honor.

He became an evangelist following a Billy Graham meeting, went back to Japan to preach. He runs Victory Boys' Camp, non-profit, in the High Sierra for delinquent and under-privileged boys. Tab is \$2. 50, tickets from any EC Kiwanian.

Many are sending their federal income tax returns to the state, reports F. C. Heryet, manager of the SD office for the Franchise Tax Board. Also some send state returns to the federal office!

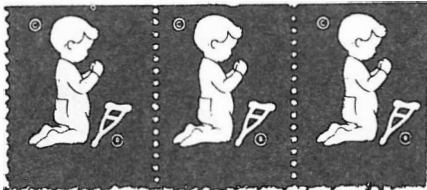
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 Realtor
 465-9900
 7299 University Ave. La Mesa

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AL SMITH
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 2249 Hwy 80 Alpine

Farmers Insurance Group
Arlie D. Nunley
 149 N. Magnolia El Cajon 442-9484

EASTER SEALS ARE CUTE

Here are 3 of 1967's green and gold Easter Seals sent out by the National



Society for Crippled Children. Easter this year falls on March 26, with Good Friday just three weeks from today.

Sunrise today is at 6:15, sunset at 5:48, giving you longer days till Mar. 21, the Vernal Equinox when days and nights are the same length.

YOU MIGHT WIN HAWAII TRIP!

Mrs. Mary Lacko, owner of Mary's Apparel Shop here, invites everyone to come in to see her attractive shop, 2144 Hwy 80, and sign a ticket for the Hawaiian Holiday, a roundtrip flight for two via Pan American jet clipper.

"This is a wonderful chance to enjoy Paradise Islands" she says, "as you do not have to purchase - just fill in the ticket - and the winner will be notified by Graff California Wear, who is putting on this trip".

VAN DEERLIN AIDS PROVERTY WAR

As a result of SD's Mar. 6 demonstration against Lionel Van Deerlin, D-SD, he has been invited to help draft 1967 amendments to the War on Poverty law.

"Such incidents" says Van Deerlin, "can only sour public opinion on a very laudable effort... to help the poor join the mainstream of American society".

The man who comes out of a night club and gets into a car is pretty sure to make a hit.



EXCHANGE STUDENT ENTERTAINS

After Community Church's family dinner Friday, they enjoyed an unusual travel talk by Hamza Mohammed Sheik, an exchange student from Ethiopia of El Capitan HS. Photo shows the nice looking youth by the projector with part of the interested audience.

"The reason that women live longer than men is because paint is a great preservative."

Mr. & Mrs. Ed Cunningham attended the wedding of their grandson Charles Cunningham, 24, who married Linda Everett, from Denver in St. Charles Church, Imperial Beach Saturday. Young Charles is a fireman at Brown Field.

Mr. and Mrs. Carl Schweiss - he owns Alpine Cleaners - are back from a short vacation in the desert.

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Alpine Rocket Service
 Walt Finch, Owner
 2038 Hwy 80 445-9577

ARTIST TO SPEAK TUESDAY

R. D. (Skipper) Whitaker, well known artist from East County Art Assn., will be guest speaker at Tuesday's meeting of the Woman's Club starting at 2 pm. Mrs. T. Aubrey Smith is chairman, with Mrs. Goldie Vancil as hostess. "Any member wishing to bring an art treasure for display is welcome" says Mrs. Smith.

H.G. Snodgrass, former realtor here, is home in LM from Mercy hospital where a slight stroke took him recently. He came here some years ago for his asthma, which Alpine's dry climate helped a great deal. He ran for supervisor some years ago.

LUNCHEON & DINNER SERVED DAILY

At

PETRUCELLI'S

Lounge



Open Daily 10 a.m. to 2 a.m.

Specializing in Steaks

Have you tried our

SPECIAL STEAK SANDWICH?

Genuine NY Strip with Fries

\$1.75 at noon, \$2.25 at night

442-1152

156 E. Main El Cajon

Carl's Boot & Leather Shop

SADDLES - TACK - SUPPLIES - CHAPS TO ORDER

1275 N. Second, El Cajon

442-3027

ALPINERS MISS DEATH

Mrs. Mary Holtz and her 5 children of Alpine Camper Rancho Resort (owned by her parents Mr. and Mrs. David Arnts) narrowly escaped sudden death when they were involved in the 2-car, truck and trailer accident Tuesday night. She was returning home when a car driven by Paul D. Lacko, Medford, Ore passed her, smacked headon with a hay truck coming from the valley. Lacko was killed instantly and his car totalled Mrs. Holtz's car was damaged and both cars were towed in by Mike Heuslein of Lutz's Garage. The truck and trailer were taken away by Johnny Johnson Wrecking Co. Alpiners helped clean the hay off the highway.

TO DISPLAY SCIENCE PROJECTS

Four youngsters from Alpine School will have the honor of showing their science projects in Community Concourse April 6-9 at the annual Science Fair. The lucky youngsters are Richard Finch, Ted Pinkard, Daryl Broker and David Vail.

SURPLUS STOCKS FISHING GEAR

Harry Wilson, manager of Goodrich Surplus, 1020 EC Blvd. in EC, says with spring here, they have just received a lot of tackle for the nimrod who has that urge to go a-fishing.

"Come on in and see our new fishing department, and save", he says.

SHE HAD BEEN TRYING to nail him down for quite some time, but to no avail. Finally she decided to drop a real hint. "If you proposed to me," she asked, "would you get down on your knees?"

He thought this over a minute. "Yes, I guess so," he replied. "If I did something silly I might as well look silly doing it."

Classified

30¢ PER LINE PER TIME. CASH ONLY.
COUNT SIX WORDS TO EACH LINE. MAIL
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FOR SALE, MISCELLANEOUS

Registered Quarter horse stallion with papers. Good blood lines. 445-3803.

STOVE WOOD, split, 12" maximum length. 445-2433.

Rubber Stamps, quick service, good quality. Reasonable. Call Alpine Sun. 445-2394 or 445-2415.

Must sell bay gelding to good home. \$100. cash. 445-3618 Eve.

WANTED

Milk Goats wanted - Milking or about to freshen - Yearling kids not bred. John Berry, Ret. 1, Box 408, Ramona. (3-31)

SITTER needed for 2 hours a day. No hard work involved. 445-3079.

Want 10 to 40 acres, pay cash. Don Bates. 445-2537.

FOR RENT

ENJOY FRIENDLY LIVING----- among fine folks - in a newly decorated apartment at the ALPINE COTTAGES- Center of Alpine - Carina Jameson

Available Sturdivant Cottage, 2 BR W. extension, 1470 Marshall Rd. Acceptable references. Years lease required. W.C. Byrd. 445-3603.

One bedroom furn. Air cond. Utilities and trash paid. Child and pet ok. \$70. mo. 445-4348.

LANDSCAPING

PINE ACRES TREE NURSERY
Sole Pine trees, Monterey, Aleppo and Thunbergi. \$1. per foot up to 6 feet. 445-3037.

"Will the scar show, Doctor?" asked the young lady.

And the doctor replied, "That's entirely up to you."

SPECIAL NOTICES

Ted Weeks Jr. Construction Co. Gen. contractor, commercial, residential, remodeling, 11437 Rocoso Rd., Lakeside 443-1898.

INTERIOR - Exterior - Painting. Reasonable. Fast. 22 years. exp. Neat. Clean. PO Box 242, Alpine. 445-2797.

CUSTOM PLUMBING, All work guar. 24-hour emergency service. Lic. and Insured. 445-2453 Alpine. If no ans. call 445-2104. (3-24)

Ruth Burdett, piano lessons. 445-2877.

S & S Draperies, Carpeting- Draperies & Upholstery. Free estimates. 442-1408.

La Mesa Gold Seal Cleaners & Laundry. Free pickup & Delivery. 466-5957.

ROOFING. Free Estimates. All work guaranteed. Reasonable. 444-1981 after 6 pm. (11-4)

SEPTIC TANKS CLEANED

MODERN SEPTIC TANK SERVICE
444-6197.

BUSINESS CARDS, \$5.75 M. Blue or black, postpaid anywhere in US. Add 4% Sales Tax. 445-2415. Alpine Sun.

LAWN AND POOL Service, window washing, weed mowing. Mike Boerngen, PO Box 442, Alpine. Temp. phone 445-2006 evenings.

8 weeks modern piano or organ course, beginners or intermediate. Wheelbar Studio of Music. 445-2943.

Beauty Counsellor Cosmetics demonstrator - Under no obligation. In your home. 445-2943.

SPECIAL NOTICES

WORKSHOPS IN ART OF RELAXATION. AESTHETIC PERCEPTION. GROUP RATES. 445-4442.

Subscribe to the Sun, \$3. a year.

GRUBE FAMILY WORK LIKE BEAVERS

The Alpine Home Bakery which is about to open at 2733 Hwy 80, above town, is taking on a new and colorful front as the entire Geo. Grube family are toiling every odd hour to get the place ready. They have put in flowers in front, painted the building and equipment is arriving almost daily for this new enterprise, which Alpine needs so much.

Log Cabin Cafe

COCTAIL LOUNGE

Liquor Store

2205 Hwy 80

445-2243

TASTY BAKE SHOP
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Mary Carter Paints

240 W. Main, El Cajon 444-2316

CARE OF THE BODY

By Frances McTaggart

DON'T IN FOOD PREPARATION

Last week we talked about Do's in food preparation. Here are some of the Dont's. Don't use artificial drinks, artificial gravy, highly seasoned food, excess spices, fat soups, fried foods.

Refined cereals - this includes all packaged cereals that are blown, popped from guns, sugared. Refined macaroni, noodles and pastries. Breads made with calcium propionate, cakes, pies, cookies and crackers made with bleached flour. Pork, fat lamb, potato chips, pretzels, puddings, sugars, tobacco, alcohol, heated nuts and candy.

Avoid wilted, wrinkled, pale or bruised vegetables or fruits, pickled foods with salt, dried fruits treated with chemicals, try to get the sun dried fruits.

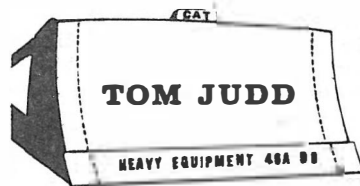
One last word on Do's - Use all the green - leafy vegetables that can be combined in a salad. The green chlorophyll has been called "the blood of the plant."

STRAND TO ENTERTAIN OAKERS

C. T. Strand, retired builder, whose hobby is photography, will present the senior citizens (Lively Oaks Club), an unusual bit of entertainment Monday in the YC with his travelog, a circle tour of the nation in color slides. It starts at 1:30 and as Strand wants to see every seat occupied, the public is invited.

Brian McCall, of McCall's Ranch School was in Monterey on a Wednesday Sunday conderence of the American Camping Assn., making it by air.

445-2810



Rt. 1, Box 97

Alpine,

LIVELY OAKS DOINGS

Monday's Lively Oaks meeting was well attended with James D. Seale, Social Security Administrator from SD as guest speaker. He gave a very informative talk on Medicare.

Monday is birthday party day and all who were born in March are urged to come.

Mrs. Santora announced the start of a ceramics class on Wed. at 9:30 am at the YC.

Today is the bakesale and all are urged to go down and buy as the funds are to be turned over to the YC for the building fund.

2 SD DOCTORS BUY HERE From 1

will maintain two homes when it is built, but we hope to be in up there within 6 months.

They are now surveying, putting in water, and readying to build. He lives with his wife, Virginia, and their four children, John, 21; Dan, 18; Virginia, 16, and Laura, 7.

Both doctors are civic-minded, went to college together at Creighton, in Nebraska. Dr. Stella also subscribed for the Sun.

a AMBULANCE STORY From Page 1

too difficult for the fire department to handle it.

Note- There are many here who would like to see such a plan put into operation to avoid excessive costs for this service. The Sun has had numerous calls from people who are willing to donate or pay a yearly membership to have this service. Perhaps a citizen's committee should be formed to delve into the matter and then present it to the board again. CI

Get the Sun, \$3. a year.

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23 Washers - 8 Dryers - Starch Sink - Hair Dryer

6 A. M. to 9:30 P. M.

ALPINE NOW HAS A PLUMBER

Walt Compton, 1539 Tavern Road, an experienced plumber, is offering this area and the back country an expert service. He does all his own work, is licensed and insured, and is glad to give free estimates. He does all types of repairs, re-piping, re-modeling also stoppages and emergencies.

Compton already has his phone, 445-2453, and if no answer, 445-2104. He is a subscriber to the Sun, started his ad this issue. It is the answer to a long need.

IS YOUR DOG SAFE?

Numerous calls have been received by the Sun that many owners are letting their dogs run free. The county has a leash law, since there have been so many rabid cases, that requires all animals to be penned or kept on a leash.

ALPINE REALTY

Company

LISTINGS WANTED

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2175 Arnold Way

445-3310

*Bob Wilson's***Texaco Service**

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