

America's Tiniest Newspaper



# ALPINE SUN



Best Climate, in US by Government Report

VOL. 16, NO. 20

ALPINE, CALIF.

FRIDAY MAY 19, 1967

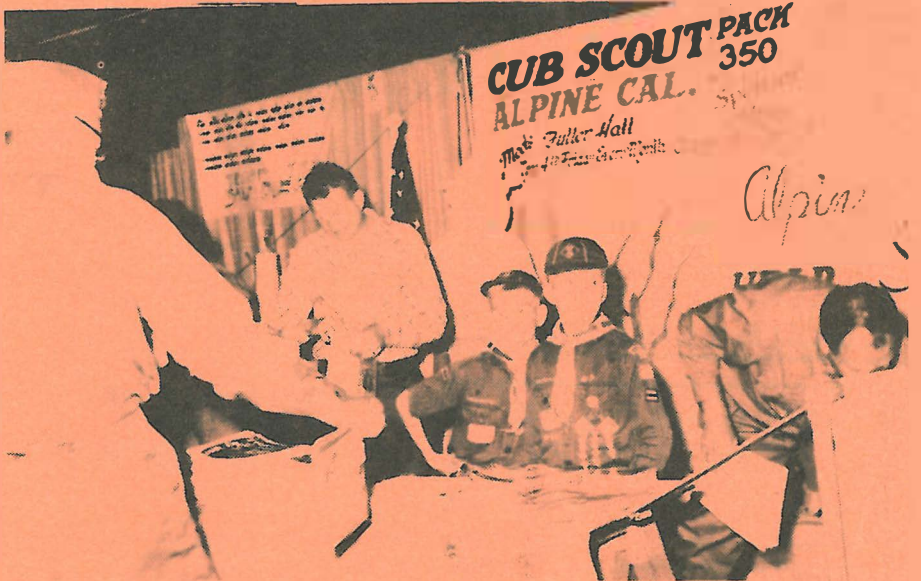
10¢

## DWELLING & MOBILHOME IN TRADE

Joe Kemmeter, 1011 Midway Drive, has just traded his home there to Gerald Bethunen of EC. Kemmeter is now living in the big 10 x 55 footer, plans to bring it to Alpine in the near future. Deal was made through Alpine Realty by Mrs. Anna Jerney. The buyer is living here with his mother.

## DO NOT RIDE HORSES ON FREEWAY

Jerry Smith, highway resident engineer, has sounded a warning to riders that they should keep off the freeway job as they have been drilling around W. Victoria for blasting. "Some holes are 8" wide and 30' deep and a horse might step in one and break a leg, maybe throw the rider".



## ALPINE SCOUTS BUSY AT FAIR

Pack 350 from here was one of the busiest groups at the big Scout Fair in Del Mar Saturday. Here is their booth where they handed out literature on fire prevention, starring Smokey Bear. In charge were Leroy Wedel, Alpine's fire marshal, his wife, and Bob Webb. All of the Cubs from Den 1 and 2 participated. In photo: L to R Bob Webb, Douglas and Kenny Wedel and stooping to get more literature is their father, Leroy Wedel.

Tell our advertisers you saw their ads in the Alpine Sun

## FREEWAY LAND CASES DONE

Atty. Roger Sullivan of LA reports that he is finished with all the condemnation suits he had been retained to work on in SD. There may be more later on as the rights-of-way progresses eastward.

The help prayer can be in enabling us to live purposeful lives will be the theme of a Christian Science lecture to be given May 26th in the First United Presbyterian Church, 500 Faragut Circle, El Cajon at 8:00 p. m.

Gertrude E. Velguth, CS, of Flint, Michigan, will be the speaker.

Tune Clarke Irvine on Physical Fitness, Radio 860 XEMO, Sun. 5:15 & 11 PM

The foolish man seeks happiness in the distance; the wise grows it under his feet.

**LISTINGS WANTED**  
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**REAL ESTATE**  
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**445-2218**

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Rosalind Russell  
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Sid Caesar  
 Ann Baxter  
 "The Busy Body"

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KAREN KILPATRICK WED

Mrs. Manila Colby's granddaughter, Karen, became the bride of Larry Lee Lem, recently at the Chapel of the



Roses. A reception for 100 guests followed the ceremony in the Little Lodge. Mr. and Mrs. Michael Kilpatrick and Mr. and Mrs. Terry Kilpatrick were the couple's attendants.

The bride is the daughter of Mr. and Mrs. Robt. G. Kilpatrick, 5118 Alumni Place. She was graduated from Crawford High and attended State College. The young couple are making their home in San Diego.

RM/3 Russell Potter, son of Mr. and Mrs. Elbert H. Taggart, 1592 S. Grade Road, is home on 15 days leave before reporting for duty in the Pacific.

Russell will be gone for two years of duty before his stint is up, hopes to make Alpine his home.

In an impressive May Crowning Festival, Virginia Hill, 17, daughter of Mr. & Mrs. Joseph Muller, was Queen of the Procession, crowned Queen Mary of the Catholic Church in Baron Long Reservation. Besides having the honor of queen, Virginia also won a \$395. scholarship to Marcello Comer Beauty College in San Diego. She was judged on personality, looks, ability and her B average at El Cap where she graduates in June. She hopes to take advantage of the schooling until she is old enough to try out for stewardess on United.



LOCALS TO HAVE LITTER AWARDS

The SD City-County War on Litter Committee is having its 5th annual awards luncheon in the Hanalei Hotel Tuesday, with Bob (Sun Up KOGO) as emcee.

The Deerhorn Club and John Amundsen, are slated to receive awards.

There is one difference between a tax collector and a taxidermist—the taxidermist leaves the hide.

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# EDITORIAL

## Creeping inflation and taxes threaten.



While the President seems to be working to stem the incipient recession that has plagued the economy for many months, the creeping inflation and stealthily rising taxes have held business down until all you hear in our grassroots areas are complaints about there being no business.

Market statistics have been unfavorable for some months, and every day you read of a lowering market with spurts upwards occasionally. But these are not putting money into your pocket or mine-- we still have to pay county taxes, income taxes, sales taxes and various other items that keep the exchequer too low for really nice living.

The cost of loan money has been too high to allow of building to keep, with the resultant slump which has been felt in every little community, chiefly around this area.

The small businessman is overburdened in several ways, for he is

overworked in order to keep afloat, for if he hires even one person to help on the load, he must then get a bookkeeper to handle the tax and payroll accounting and other details.

So many small outfits just get by without help, doing all the work themselves. That is what we do. Life itself is getting more complicated and time-consuming. First it's all-numeral phone numbers and codes, then it's zoning, and now that has zoomed into zip coding, a task for any person to keep up on. And there are other minor details that must be taken care of by somebody in your little organization.

Big business is overstocked, cars are not selling like they should, but how can we buy new suits, tools, homes, cars and so forth when our money is so tight, and costs are zooming all the time?

If we did not have a war going on I daresay we would have been smack, bang in the middle of a nice, juicy depression that might have made the 1929 debacle look like a game of monopoly!- CI

Sunday's sermon by Dr. Roger Larson will be on the Old Testament book of Nahum, known as the Rudyard Kipling, the Poet of the Old Testament.

### TREASURES IN WORDS

In Isaiah we read (33:22), "The Lord is our judge, the Lord is our lawgiver, the Lord is our king; he will save us."

### ALPINE SUN



America's Tiniest Newspaper  
445-2415 or 445-2394

2255 Tavern Rd., Rt. 1, Box 189

Alpine, SD Co. Ca. 92001

Published weekly on Friday

10¢ per copy, by mail \$3. yearly

Clarke Irvine, Editor & Pub.

AOPA 194347

Alice Irvine, Art & Composition

Printed & Produced on the Ranch

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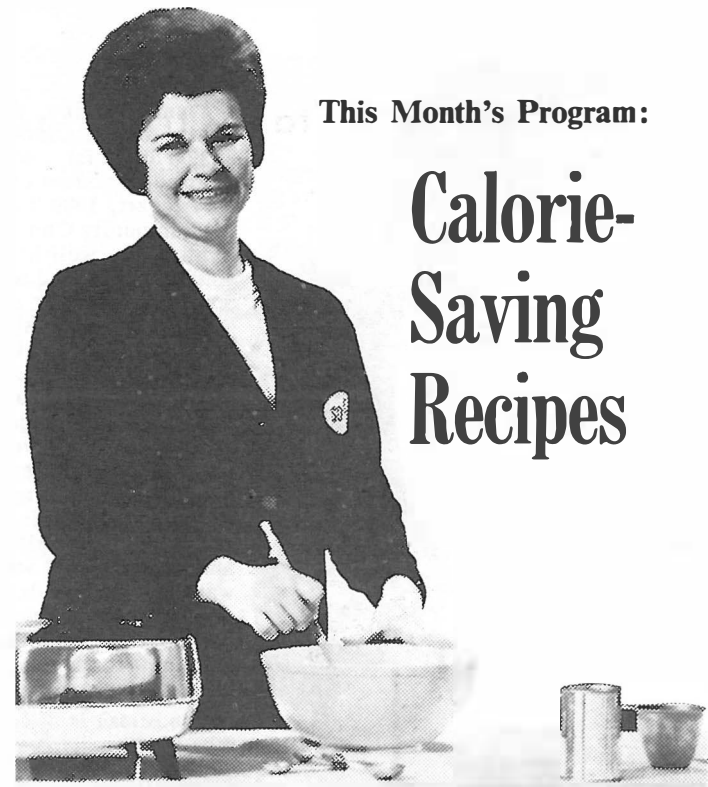
2038 Hwy 80

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

Alpine

This Month's Program:

## Calorie-Saving Recipes



ZIP  
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**Come. Enjoy this homemaking show.**

Catch up on the newest homemaking methods. Our auditorium contains the very latest home appliances including an electronic oven and electric barbeque . . . you will see them in operation. You will see programs on laundry, freezing and dishwashing as well as new recipes, menu planning and cooking hints. Call for information . . . or just drop by.

**Use our other homemaking services, too:**

Special programs for clubs/Home consultation on the use of appliances/Kitchen planning/Telephone information for homemaking problems/Youth programs.

**Second and Fourth Tuesdays Every Month — 10:00 a.m.**

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SAN DIEGO GAS & ELECTRIC COMPANY



Cynthia Irvine, daughter of Mr. & Mrs. Clarke Irvine, 2229 Tavern Rd., will be married tomorrow to Wm. J. McTaggart, 1906 Tavern Rd. in Community Church at 4. Cynthia is a well known columnist, having written Small Talk for her parents' weekly newspaper since she was 7. She has been written up in the SD Union and several other national magazines and readers from all over the US have subscribed because they liked her simple, down to earth style about the doings of children. Andy Ballantyne, auto dealer of EC was always one of her admirers. She plans to continue her column and is working part time now for the Sun as photographer.

## LISTINGS WANTED

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El Cajon

## GONZALEZ TO EXHIBIT AT FAIR

Mr. and Mrs. Lloyd Gonzalez who operate Alpine Sea Shells at 2864 W. Victoria Dr., and who go regularly in to Mexico to gather beautiful specimens, will display two cases at the big Del Mar Fair, June 23-July 4.

Last season they had one large flat case but this year will add an upright cabinet with many more lovely ones from their own huge collection. They again will hand out literature on Alpine, also the Sun.

## Your Complete Fashion Specialty Shops

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*Evelyn*  
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*smart apparel*

El Cajon-Lemon Grove-National City-Pacific Beach-College Grove Center



## GORDEN REAL ESTATE OPENS

Monday saw another step ahead in this area's progress with the opening of Gordon Real Estate at 2140 Hwy 80, owned by Gordon Pfau, with Allan R. Carlson, in charge, shown in photo, with secretary Dottie Wagner. She lives in Chula Vista.

He is married, lives with his wife Ethel and daughter Elaine, 20, in EC. He was in the navy for 22½ years, retired as Commander. They have a son, Dean, 26, a captain in the USAF now at Tucson. He is a navigator.

## DR. LARSON AT CONVENTION

The annual church conference in Long Beach was attended this week by Dr. Roger Larson of Community Church. He returns tomorrow. He was accompanied by Mr. and Mrs. Walter Britt, lay delegates to the meeting.

## BEESON'S DISPOSAL Service

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## HORSE TALK

By Cynthia Irvine

Was happy I could go to the gymkhana show Saturday as I had not planned on being there. My boss let me have the day off, so Maxine Kinikin and I got ready the night before and entered some of the classes.

During the saddle race something funny happened that could have ended in tragedy or at least a painful one. Tommy Judd was riding his mare Corky when he fell off. She kicked and stepped on Tommy but he was wearing Eileen Dun's crash helmet and when the horse's hoof hit his head it only jarred him. He did get a cut arm and his shirt was torn, but he got up and walked away. Eileen has to wear it when she rides as she got a concussion last year when she fell onto the railing and cut her head.

Tommy Spackman was riding his little shetland pony Princess when he fell off and she stepped on him. His

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mother took him to the doctor for a check-up to see that he was ok. At first he appeared to be badly hurt, but it made his mother feel better to have the doctor check him over.

Bob Sortino had a funny accident, too. He was leading his mare to the watering trough but she had other ideas. He didn't have a halter on and just had a rope around her neck. She decided to take off and he held on for a minute but finally fell. She dragged him some feet before he let go, he wasn't hurt, just very dirty and dusty.

Winners in the show were: Team winners: Linda Rushing, Mike Scully, Ride & Pick Up, Linda Rushing, Mike Scully, 2 man relay; Linda Wake, Martin Bailly, Ride & Pick Up, open; Cecile, Celeste Irvine, Pony Express. Libby Wake, Barrel Race: Celeste Irvine, Flag Race: Linda Wake, barrel race, open; Linda Rushing, quadrangle stake, open; Maureen Carroll, pole bending, open; Mike Scully, pole bending, 16 and under; Linda Rushing, keyhole; Bob Sortino, flag, open, Geo. Carroll, jr., saddle and ride, open; Bobbie Sortino, sack race, open, Geo. Carroll, sr., comical. Mike Scully, pole bending, 16 and under.

Mike Scully and Linda Rushing were high point winners of the day, received trophies.

Paula Anderson's horse got out on Thursday and she had quite a time rounding up her Chief after he had a touch of freedom.

MRS. VIGNEAULT TO TALK

An interesting program is slated for Tuesday at the Women's Club when Mrs. Allie Vigneault will give a talk and show slides on "The Old, Old South". She was born and raised there, has an interesting afternoon planned for the ladies.

**CARRELL'S**

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VISIT LONG-TIME FRIENDS

Mr. and Mrs. J. W. Clark returned home Friday from a trip to Plaster City where they went to visit long-time friends, Mr. and Mrs. Westley Doughty whose home is in Jamesport, Mo. The Clarks and the Doughtys were close friends and neighbors when both lived in Independence. Mrs. Clark said "It had been 42 years since we had seen each other so we did lots of reminiscing and had such a good visit."

The Doughty's came to California to be with their daughter Marjorie Schapaugh who is recovering from surgery. Her husband is with the Westmoreland Seed Company while Doughty is a retired farmer.

YC PLANS SUMMER PROGRAM

A full summer session starting the middle of July is being planned by the board. Judy Wilks, graduate of State and a recreation major will be director with Thomas Pendley as her assistant.

The program will include outdoor activity as well as arts and crafts and possibly a swimming session.

As more information is received from the board, the Sun will print it.

Mrs. George Allen, Tavern Rd., and her friend June McGregor, Bill Burnett's daughter, left Wednesday for a trip up the coast to Vancouver. June came to visit her father two weeks ago, had a delightful time and it was her very first visit to California. Returning by car, they plan on making stops at points of interest along the way. Mrs. Allen will spend a week visiting friends and relatives before returning home.

**Alpine**

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All year resort facilities for trailer, camper, tent, picnics; day, week or month.

Pool, patio, bar, music, and games. Dancing, hiking, cycle and horse trails.

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463-2028

KINGS HONORED SUNDAY

Mr. and Mrs. Jim King, Trailer Estates, were thrilled Sunday when her son Wallace Kohl and wife Venola called from Portland to wish her Happy Mother's Day and also wish Jim a very Happy Birthday. They are readers of the Sun, enjoy it and look forward to seeing how the freeway is progressing. King's son Robert phoned from Phoenix with good wishes for them both and another son Mervin of Flint, Mich. send more, so they were quite elated last week-end in spite of Mrs. King's hurried trip to the hospital for a flu shot and check-up.

CLEANER MOVES NEXT DOOR

Ward Harkness spent a busy weekend moving his Alpine Cleaners & Laundry from 2251 Hwy 80 to next door, 2251½ former office of H & R Block, the tax firm, and Al Smith Realty. He did not need all the room in the other store. Phone the same, 445-4083.

**N.W. Wasson**

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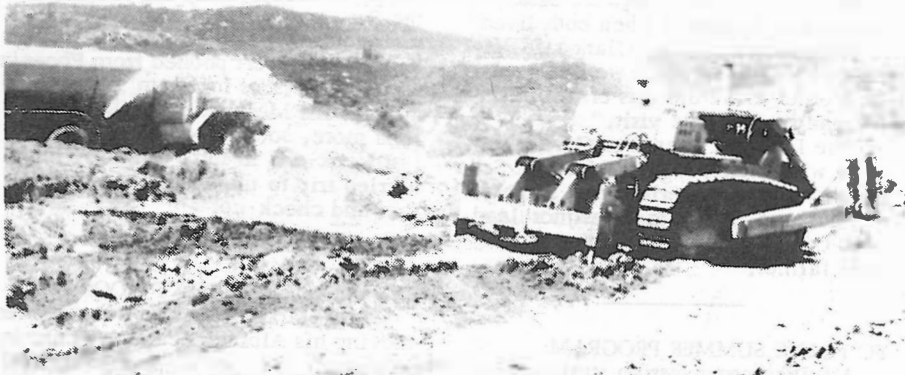
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El Cajon



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442-3027

Making headway fast on freeway are some huge earth moving machines. This shows one big cat that ripped through earth and rocks while water-wagon moistens earth.

### RETIREMENT TEA SLATED

To honor three Alpine teachers who are retiring from the profession, a public tea will be held in the School Auditorium May 21st from 2 to 4. Mrs. Nell Johnson, Mrs. Elizabeth Lab and Mrs. Ruth Meier are leaving in June, will leave for a less strenuous way of life.

Mrs. Tom Judd, chairman for the event, invites pupils, parents and friends to the affair.

Chet Brown went in to Navy Hospital Wednesday, was operated on yesterday to remove a cataract from one eye. The other was done recently and came out fine so he has 20-20 vision in that one.

She said she felt like a young colt, but she looked more like an old 45.



After ripper cat loosens ground, large carryall comes in to load up as cat pushes it through tons of earth which is hauled down to make fill on off-ramp at Tavern Interchange.

### FORDNEY MARRIES TOMORROW

Mr. & Mrs. George Fordney, 4028 Hwy 80, announce the marriage of their son Don, 24, to Miss Patricia Blair, 24, in Community Church tomorrow at 6 pm, Dr. Roger Larson officiating.

The groom's sister, Mrs. George Haydon, will be bridesmaid while Floyd Hanson is best man. Mrs. Haydon's husband will give the bride away. Her parents, Mr. and Mrs. Fred C. Blair are in Gallup, N.M. and just couldn't get here in time for the wedding that had to be moved up from June 3rd because Don leaves Monday for overseas duty on the USS Char as navigator.

The bride is an RN at Mercy Hospital, will continue until her husband returns home.

A reception will immediately follow the ceremony.

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

Every line of history inspires a confidence that we shall not go far wrong; that things mend.

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RES. PHONE

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GENERAL PRACTICE

SUNDAYS AND HOLIDAYS BY APPOINTMENT

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## DOUBLE TALK

By Cecile and Celeste Irvine

Sure was surprised to hear that Nancy Sockwell got married Sunday. Dr. Roger Larson performed the ceremony and her sister Sue Anderson was Maid of Honor. She married Tom Thompson, who is a junior at El Cap and presently they are living with his folks until school is out and he can go to work. They had a nice honeymoon down at the beach.

Well, tomorrow is Cynthia and Bill's big day and we are all ready for it and awfully excited. We had a rehearsal Monday night and got the feeling all right. After the wedding they are going down to the Hilton Inn (Ocean House) for a few days, then take a honeymoon trip up the coast to Oregon and do some fishing.

Friday afternoon Frank Green came over and asked us if we knew of someone who wanted to give a nice dog away. We called Mrs. Coppola as she had rescued a beautiful collie that came to her door half starved and in bad shape. She fed and cleaned him up and was only too glad to give him to Frank. She has a Bassett hound and the two dogs didn't get along very well. The Green's collie had died of a heart attack and they wanted a nice watch dog to take his place.

Daddy, Mama and I drove down to the Scout Fair Saturday and were surprised to see how it has grown to almost the size of the Del Mar Fair. The parking lot was a sea of cars. After it was over, we drove to the Namara Inn for lunch and Daddy went up to the pent-

house and visited Roy Canedy who is there for the winter with his wife. He was glad we stopped in to say hello, and he renewed his sub to the Sun.

Sure was thrilled to get two trophies at the gymkhana show Saturday as I was supposed to go to the Scout Fair with Daddy. Cecile won one, too.

JoAnn Villa and her parents are all moved so Cynthia and Bill have started to move in and will be all set when they return from their honeymoon.

Mary Fitzgerald was honored Sunday when she rode the Mother Goose float in the annual San Ysidro International Parade. Her parents, Mr. and Mrs. Gene Moats and Mr. and Mrs. Ben Montijo pulled the float down so it could be entered.

On June 1st from 7 to 9 pm in the gym seniors are holding their annual signing party. A donation of \$1. to cover refreshments is asked and should be turned in to Mrs. Dobbs by next Friday. Also if you wish to help out, call Phyllis Smith, 443-2555.

It looks like we are going to be graduated in the new Stadium next month and a big thanks goes to everyone who contributed money, time and papers to the big drive. Mr. Sattler, head of the committee, said they had \$15,000 so are going ahead with things. However, Gold Passes to the Stadium are still available and cost \$100. They are good for 5 years admission to all events and are a good buy.

Mrs. Vigneault called us Tuesday with some good news. Her siamese cat Jasmine had 4 beautiful kittens two weeks ago and she says "they are just beautiful and will have some for sale when they are old enough."

The young cub reporter who covered the class play came in for his share of literary fame when this appeared:

"The auditorium was filled with expectant mothers eagerly awaiting the appearance of their offspring."

### Log Cabin Cafe

COCTAIL LOUNGE

2205 Hwy 80 Alpine 445-2243

### Ratliff Liquors

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2120 Hwy 80

445-2771

### 4HERS ATTENDED FIELD DAY

Saturday was Field Day in Bonita and Martha Schwenck drove her daughter Donna, Tina and Nita Miller down with their animals. Tina took a first on a rabbit and grand champion on another, also a 2nd and 4th. Nita entered her 1 lamb, received a 2nd and Donna got a 2nd on her lamb and grand champion in showmanship. She also got a 4th on her goat and a 1st in showmanship. In the Round Robin, Donna received a 5th but she had to handle strange animals, so came out pretty well.

Tomorrow Riverside is having their Field Day and the best 4H members attend. Donna and her mother plan on going and will enter the judging contest.

### THANKS, FOLKS!

Glady's M. Bates, Descanso, bought a Sun at a store, sent it to a Night Owl friend up in Weaverville, Calif., on the Trinity River. Thanks a lot, all of you who send our paper away to friends. -- Ed.

IN ALPINE

**Dr. Edgar M. Poe**

**Optrometrlist**

445-2345

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Featuring  
Bill De Rocco at the Organ  
(Sing Along)

STEAKS & SEA FOODS 5 pm 10 pm  
Cocktails 5 pm - 12 pm

Closed Tuesday, Air Conditioned

12861 Old Hwy 80, EC 447-0842



George Archer holds his beautiful new Poodle "Coco" that his son and daughter gave him for his birthday last week.

### DANCE TEACHER INJURED

Susan Riley, Alpine's creative dance teacher, is in a wheelchair suffering from first and second degree burns on her legs. She was on an outing with the Sierra Club when she spilled boiling water on them and has had a bad time ever since. While she is unable to teach, Joyce Beer is taking her place and will continue until the classes are completed.

Happiness is nothing more than freedom from suffering.

### Farmers Insurance Group

**Arlie D. Nunley,**

149 N. Magnolia El Cajon

442-9484

## 4 GENERATIONS GATHER

The J. W. Clark home on Tavern Rd. was the scene of a family reunion over Mother's Day with four generations of the Clarks present. Charles A. Lewis of EC, her son; Lewis's daughter, Mrs. Don Castle of SV, and their baby, Don Castle, who is great-grandchild of the Clarks, made up the group. Also present was Mr. and Mrs. Wm. Lewis, another son and their two daughters; Larry Lewis and wife, also Kenneth, son of Charles, all of EC.

The Clarks received cards and letters from friends and relatives all over the US, were elated over the company they had.

Folks are funny! Everyone wants to live a long time — but nobody wants to get old.

## Alpine Grading & Equipment Rental

Fred Rushing

Alpine

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## Bob Wilson's Texaco Service



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ALPINE, CALIF. 92001

## LIVELY OAKS DOINGS

Alpine Lively Oaks had an attendance of only 31 at its Monday meeting. Lillian Lyman, one of our hostesses was absent due to an ear operation last Tuesday. She is now at home and recovering well.

We are grateful to Betty Shorter for selling the club 20 bridge table covers which we were able to resell at a nice profit which swelled our YC building fund.

Water Brooks, our member from Lakeside, is at the Mission Valley Hospital and cards and notes will be appreciated.

A letter was received from Mr. and Mrs. Karl Stout visiting in the east & wishing to be back in Alpine. They send greetings to all their friends. Said weather was cold and miserable.

Allen Steckler, Public Health Dept., showed a colored movie depicting the pitfalls of causing accidents in the home in the matter of seconds.

### MRS. KENIVAN IMPROVES

Suzanna Fisch, daughter of Mr. and Mrs. Don Kenivan, is here in Alpine looking after her mother, who has been ill for several weeks. She came for a visit during Easter vacation from Washington, DC, but when she was needed here, flew home and drove out with her belongings. She will make Alpine her permanent home. Her mother is feeling better and improved enough to be up and about a little each day.

Judge: (to man accused of begging): "What have you to say?"  
Prisoner: "It wasn't my fault, sir, I just held out my hand to see if was raining and a man dropped a dollar in it."

## CIRCLE ARTS AUDITIONING

If you are an actor, singer or dancer and want to try out, be at Circle Arts Theatre, Hwy 395 and Clairemont Mesa Blvd. tomorrow at 11 a.m. Ernest Sarracino will audition for a few roles in the opening play "Arsenic and Old Lace", rehearsals beginning June 13 for opening June 20.

The second play for the summer season, "Generation" will be case in Hollywood. The remainder of the season will consist of four musicals, "High Button Shoes" July 4th, starring Jan Murray; "Sound of Music", Aug. 1, with Janet Blair; "Carnival" with Anna Marie Alberghetti, re-creating her original Broadway role, opening Aug. 15th and the last play "The Unsinkable Molly Brown", starring Gisele MacKenzie on Aug. 29. Sarracino wants only those who are trained singers and dancers to report for auditions as time permits only six days of rehearsal, therefore, it is imperative that professionally trained and talented people report.

### FWY CONTRACTOR GETS PHONE

The Daley Co., builders of the freeway, have a phone now in their big trailer-office parked on the new Tavern Interchange, where J.P. Kelley is timekeeper. It is 445-2812. He reports there are 55 men on the job now, with more coming up daily as the work enlarges.

### HAPPY GRANDPARENTS!

Evelyn Behrens and her hubby of the Crest-- she runs Evelyn's Beauty Shop, 2030 Crest Drive, are mighty happy grandparents this week for their daughter and her husband Wade Cummins presented them with a fine baby boy in EC Valley Hospital. He weighed in at 8 lbs, 1½ oz., and is named Steven Wade Cummins.

## George Lengbridge

FOR TV SERVICE  
Black & White or Color

445-3885

## NELSON FANS READY FOR FAIR!

Last time Ricky Nelson, that moon-love singer appeared here at Westgate Park he caused a near-riot till police formed a cordon and the emcee said Rick would not appear unless quiet reigned. It did.

This year's SD County Fair at Del Mar will feature him in the grandstand, June 29-July 4, with added attractions, but police will be prepared to handle the squealing, screaming young mobsters!

Yep, the Fair this year looks like its going to be a real swinger in every way!

Son: "What's a financial genius, Dad?"

Dad: "Why, that's a man who can earn money faster than his wife can spend it."

## Ed Wagner Independent Distributor

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## DON'S

### Barber Shop

2253 Hwy 80 445-4103 Alpine



# ★ PHYSICAL FITNESS SECTION ★

THE 6-WAY DIET BOOK, by Adele Whitley Fletcher, published by Grosset & Dunlap, Inc., NYC, \$1.

For the 500 million folks who are overweight in the US, here is a fine little work that our affluent society, which tends to eat far more than it needs, will find doubly interesting and valuable.

This tome proves that "one man's meat is another man's poison", or may nearly be so, for the author has listed many diets for many types of the obese. Each type needs its own special diet, and none can be put into any old class and get safe results. She offers 12 basic diets, and has even listed one for the neglected member of society that needs to gain instead of lose, weight.

One good point is that she tells you how to stick to your own diet, answers questions on exercise, diet pills, tips on willpower, how to achieve your goal and many other valuable ideas.

If you are above the average, in weight-- this book is yours. -CI

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## CARE OF THE BODY

By Frances McTaggart

### AVOID KITCHEN-KILLED FOODS

Steam your vegetables if you must cook them. Foods boiled in water are washed out like clothes in a boiler. Do not drain vegetables if boiled. You never made soup and then throw off the broth! The more raw foods you eat the better you will be; the longer the life, the bigger the life; Remember this; cooking, or sterilizing as it really is, kills -- heat is a destroying agent-- besides it is cheaper, quicker and a lot easier, with no dirty, greasy dishes to do. Carrots for a beautiful complexion fail when cooked, salted, peppered and covered with sauce. Eat them raw! Keep clean of "Kitchen Killed" foods!.

### WARNS ON SMOKING

"The earlier the child begins smoking, the greater will be his risk of premature death in later years" is the warning of Surgeon General W. H. Stewart of the US Public Health Service in sponsoring a program to discourage 7th & 8th graders from starting.

The program is sponsored by the health service and the PTA. He says that half of the nation's teenagers are regular smokers by the age of 18. So far 18 states have sponsored the program and it is expected to expand to all states by 1969. Facts are that smokers die faster than non-smokers.

If the home owner thinks he has trouble with roots getting into his little sewer lines, this photo shows how the county has the same-- only worse, in its 6 & 8" lines around town. This shows a huge roto-roooter at work through manhole by the library. The machine



unreels 500' of steel rod with big screw knife on end, held by John T. Murphy, of EC, who says "roots get in at the pipe joints, then we have trouble." Other men running machine is R. E. Owens, of SD.

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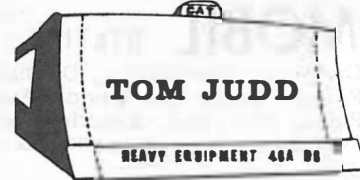
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 2175 Arnold Way                      445-3310

### IS THIS YEAR OF THE RATTLER?

In China they have different animals to represent the year, but around here it seems to be rattlers! The Daley contractors for the freeway have killed 11 since they kicked up the first earth a few days ago. Better tell your kids to keep away from there, and the rock places. Also watch your step!

Bill Lucas, retired newsman of Melody Lane Motel, has been batching it for a week while his wife was in the hospital being treated for a broken vertebra sustained when she tripped and fell. She is home now, glad to be back in Alpine.

445-2810  
  
**TOM JUDD**  
 HEAVY EQUIPMENT 46A 06  
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## GET YOUR BURNING PERMIT NOW

With warm weather the heavy growth of weeds, grass and brush made fire hazards rise fast, says the fire commission here, so don't forget to renew your burning permit.

"All those issued previously expire on May 31", says one member, "and this is for incinerator or any kind of burning. New permits may be had at the fire station."

## Land Listings N.M. GRIECO Realtor

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2249 Hwy 80 Alpine



### NEW GOODWIN EXECUTIVE

Here is Percy Michael Goodwin, recently named chief executive officer of the Percy H. Goodwin Co., of SD and EC, following the death of the firm's board chairman and chief executive officer, Ewart W. Goodwin, sr.

Young Goodwin has been with the company since 1960, is a graduate of UC at Davis. He served with the Army 1958-1960.

### LEGAL NOTICE

NOTICE: The Board of Commissioners of the Alpine Fire Protection District have posted copies of a proposed budget for the District for the 1967-68 tax year, at the Fire Station, 1810 Highway 80 and the Post Office Bulletin Board, for all to read.

Board of Fire Commissioners,  
ALPINE FIRE PROTECTION DISTRICT  
Alpine Sun, May 19, 1967

## Meachum's

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### FOR SALE, MISCELLANEOUS

FOR SALE - About 12-bed capacity remodeled rest home, 2 bldgs, all electric, on 25 acres, 1015' frontage on Hwy 80. Make offer. Write Broni, Rt. 1, Box 611, Alp. Calif. 92001. (tf)

THREE gorgeous view lots, 1 to 2 acres, \$2400 per acre. Overlooks Alpine, sea view, Smith Realty, 445-2670 (tf)

GE Elec. Stove like new. Desk & chair. file cabinet. Alum. roofing. 444-8968.

Crosley Ref. and deep freeze. Table & four chairs, blond oak. \$25. mirror, 30" x 24" \$5. 445-3759.

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

### PINE ACRES TREE NURSERY

SPECIAL -- 59¢ Sale

Indian Hawthorne, Carob, Shamel, Ash, Pines, etc. 445-3037.

LOST, White male year old Samoyed, Wed. May 3. Has 67 tags and choke chain. Name Fluff, 445-3394.

### WORK WANTED

Dependable, good man wants any kind of work \$1.75 per hr. Alpine. 445-3347.

### WANTED

WOMAN housekeeper, 1 day a week, Alpine. Call after 6 p.m. 445-4096.

HORSE CLIPPING, Fast and Easy. Legs & Mane \$1. each, Body \$15, Face 50¢ 445-2394 Mon. & Wed.

LOST: Black and tan German shepherd pup called "Dog". Silver choke chain and tag. Lost Thursday last on Hwy 80 near Alpine Lodge. Dog under a vet's care. Reward. 445-4154.

### SEPTIC TANKS CLEANED

MODERN SEPTIC TANK SERVICE  
444-6197.

TROPICAL FISH TANK. 10 gal. New. \$5. Mansfield Movie Camera. Light-screen - projector. 445-3702.

### SPECIAL NOTICES

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

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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.

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

SMALL exclusive shopping area to be located among the trees in Alpine. Need operators, leasees, small restaurant, fountain. store. etc. Will build for tenant. 277-7250. (5-5)

AT STUD. Nationally Advertised young Pinto and Appaloosa. Woodie Mitchell, Alpine. 445-2014.

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Commercial, Industrial, Residential.  
SD Liquid Gas & Appliance Co.  
298-6691.

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

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ALPINE CLEANERS & Laundry. Alterations a specialty. 2251½ Hwy 80. 445-445-4083.

WANTED. Potter's Wheel, manual or electric. Pay cash. 445-2394.

### FOR SALE OR LEASE

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