

*Unaired*

America's Tiniest Newspaper

*Under 75¢*



# ALPINE SUN



Best Climate, in US by Government Report

Vol. 16, No. 23

Alpine, Calif.

Friday, June 9, 1967

10¢

## San Diegans buy home

Another couple have just moved here buying a home on 5.8 acres at 1117 Peutz Valley Road which they are now remodelling and enlarging. They are Mr. and Mrs. Oscar Park, from SD. He is with the Americana Encyclopedia office in SD, as salesman. He is a native of Oklahoma, she of Tennessee, and they are quite fond of Alpine. His brother, Arthur Parks, owns the North Park Sewing Center, 2893 University.

## Campbell is honored

At the recent annual meeting, Chas. C. Campbell, owner of a large egg ranch in Japatul Valley, was honored through the Farm Bureau with a handsome plaque for his dedication and service to the industry, in which he was named poultryman of the year. The plaque is furnished by Pioneer Mills. Campbell is a member of the Alpine School Board.



Sunday's annual barbecue put on by the Indian Post, VFW at Viejas Reservation was a whopper, nearly 1800 being fed! Here is a shot of the audience enjoying the lively music and watching the dancers who had a real ball! In front row are Pat Mitchell, owner of Alpine Convalescent Center who runs it with her husband Woodie, and at right, her daughter Imogene Forneris. (See photos inside.)

## WESTERN WEAR OPENS THURSDAY

The unveiling of a fine new-- and much needed shop-- in Alpine, is set for Thursday. It is Alpine Western Wear, at 2011 Hwy 80 in the Rexall Building, a new structure owned by Jerry Funk. It will be operated by Billy and Nancy Mitchell, who are working day and night to get all the stock in by next week.

They plan on a full line of clothing,

More on 17

**MRS. COMPTON SURPRISED**

Friday night friends of Mary Jo Compton, Tavern Road, surprised her with a baby shower at the home of Mrs. Dale Greathouse. The party was given by Jean Rhea and Betty Compton. Attending were: Suzanne Ebel, Lila Hoggard, Christine Compton, Betty Jacobs, Evie Kramer, Ramona Rix, Byrdine Cottlett, Carol Greathouse, Yvonne Randall, Jean Rhea, Alice Irvine and daughters Cecile and Celeste and Mrs. Eric Bowles.

The beautiful shower cake was made and decorated by Mrs. Rhea and prizes were won by Yvonne Randall, Alice



Mary Jo Compton beamed with happiness Friday night when friends surprised her with baby shower.

Irvine and daughters and Byrdine Cottlett.

Mary Jo was surprised three years ago when her last baby, a little girl, was born in the bathroom of their home, now occupied by the Greathouses and the event made headlines. Says Mrs. Compton "It won't happen again however, as I am going to leave for the hospital at the first indication.

Mary Jo's husband Walt is Alpine's plumber.

ARCHITECTS cover their mistakes with ivy. The bride covers hers with mayonnaise.

From Saturday morning till noon Sunday Ed Wayrynen, left, and Doug Fordyce, barbecued the beef for the Indian Post, VFW's big annual Sunday feast and fun frolic. By mid-afternoon they had but a few burlap-wrapped barbecued meat packages left.



John Schnmacher, the builder, has booked passage on the North German Lloyd steamer Europa for the Continent, leaves here June 25th, sails July 3rd from NYC.

A PT boat and a destroyer escort signalled each other for nearly half an hour before the correct identity of both was established. Then the destroyer signalled this message: "We were about to fire, you were lucky."

The PT flashed back? "You were pretty lucky yourself. We fired a torpedo and missed.

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W.L. HOUGHTON, OWNER

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# EDITORIAL

## Gullible buyers making prices higher!

If you pay a high price for well advertised items because you think them better than the same thing in a simple wrapper, and not widely touted, you may save a lot of money by changing!

In the May 26 Labor Leader, of SD, an astute writer, Sidney Margoluis, has some startling facts on this topic. He tells how \$17 billion a year are spent on making high prices!

He points to aspirin, which 5 leading manufacturers spend some \$56 million a year on TV ads alone!

"In every case" he writes, "their brands cost you 3 to 6 times more than the stores' private brands... The advertised brands are the leading sellers, taking 75% of the \$400 million a year Americans now spend just for aspirin, even though all aspirin must meet the same basic standard".

He mentions how clorox sells for 30% more than all other bleaches, just because it is highly advertised, and the

public responds "like so many puppets" Yet all brands must contain the same ingredients and the same quantity!

He also mentions soaps, toothpastes, and other items. One example, "the 3 leading soap and toiletries companies spend alone \$450 million a year on advertising (10 to 25% of their sales dollar)".

Large firms, he adds, are able to gobble up little ones, increase their advertising percentage for all brands, and influence consumers to buy their lines, thus making big companies bigger and small ones disappear!

In closing he says "This is becoming a real battle of advertising giants. And little Mrs. Consumer is right in between, with no place to hide."

Moral: Don't be gullible! - CI

### COUNTYWIDE CLEANUP IS ON

A three-pronged campaign against all kinds of rubbish is on, June 1-15, by the SD C of C, the War Against Litter Committee, and organizations around the county. H. Bailey Gallison, of Security First National Bank, is the C of C chairman of its Fire Safety Committee, in charge of the big drive to make SD County a showplace today, also for the 200th Anniversary due in 1969.

### TREASURES IN WORDS

Others can show us the way, but only we can walk that way. (Phil. 2:12)



## 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  
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2038 Hwy 80

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Alpine

## McCALL'S OPEN SUMMER CAMP

From June 18th to Aug. 27th Alpine's well known McCall's Ranch School will hold their annual summer camp with most of the counsellors returning. It will be a 2nd year for Stephany Bankston of Portland, Linda and Karen Roller and James Sieglitz with Ellen Hood as riding instructor. Mrs. McCall believes the others she had on the staff last year will also return to help with the summer's activities.

An interesting sidelight is the enrollment of Chris Brown for the activities. This is a 2nd generation pupil as his father Kendall went to school there a few years ago. Also Johnny and Horst McCall, children of son Bruce, will come down from Washington to spend the summer and attend the camp. David Munzid, a regular student who came from Kwajalein will spend his vacation here as his parents are still overseas.

The activities include swimming, horseback riding, campouts, hikes, and limited academics are available for those wishing to study part time.

Get the Alpine Sun,  
\$3. a year for 52 issues.

Alpine Acacia Club holds its regular monthly meeting tonight at 6:30. John Reynolds, program chairman, will have an interesting program.

## Kip's Cafe

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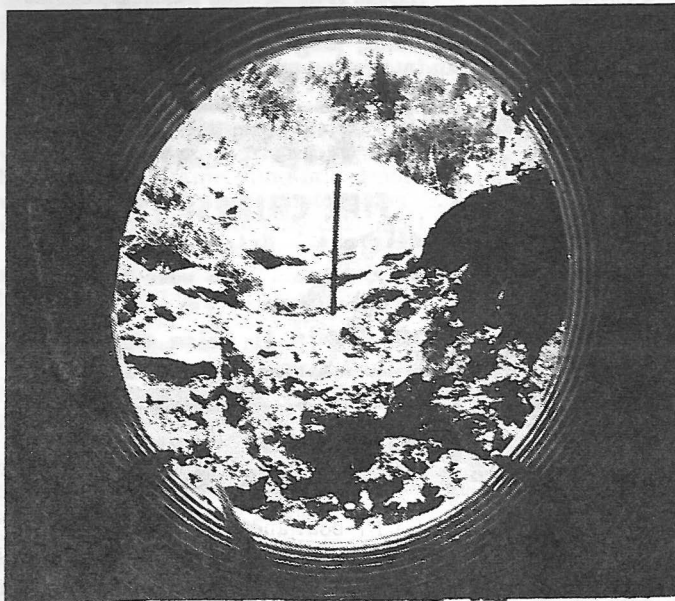
SEE OUR COMPLETE SELECTIONS

2011 HWY 80

Alpine Rexall Bldg

Plenty of Parking





Here is unique view from inside 5' steel culvert just laid below hill being dynamited and bulldozed off for freeway above Peutz Valley Road. It will have concrete funnel poured outside as stream comes down in rains, will enter tube, come out below Hwy 80. Photo on next page looking up canyon (note post in middle), shows rough terrain which will be covered by earth.

## Glenview Feed Co.

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443-3883

13283 Hwy 80 At Los Cochés

### CARD OF THANKS--

We are indeed very grateful to all our many relatives and friends for the kind and memorable deeds done for us during our sorrow of our beloved daughter and sister Pamela, for the comforting prayers of Pastor Eddie and Pastor Myers. All those who sent cards and the beautiful spiritual bouquets to George H. Roach, president of EC Mortuary and the pallbearers. To each and everyone our heartiest appreciation and thanks.

Mr. and Mrs. Robert Burrell and son Ronald.

The sermon Sunday, June 11th at Community Church will be on Social Reform. Text: 20th Chapter of Deuteronomy.

## Meachum's

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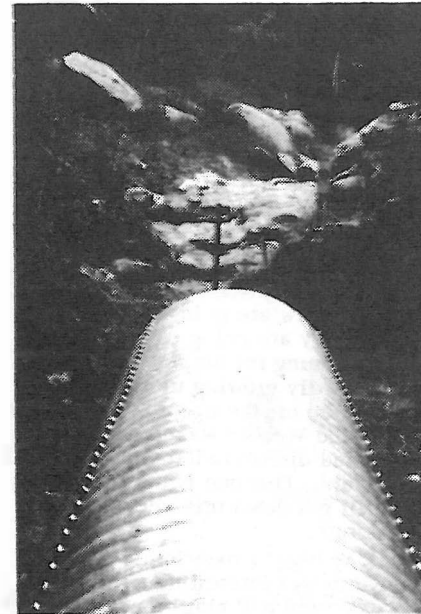
445-2453  
IF NO ANSWER CALL  
445-2104

P.O. Box 145  
ALPINE, CALIF. 92001

### MCCALL'S GRADUATE 3

Mrs. Nancy Marchand, PSA's leading stewardess, was guest speaker at the graduation exercises at McCall's Ranch School May 30th in Community Church. Dr. Roger Larson played the recessional and Irvill King gave the invocation. The three graduating were: Mary Lish of La Mesa, Victor Navarro of Mexico City and Waveland King of Brawley.

Subscribe to the Alpine Sun,  
Local news, pictures and ads.



### PRESLEYS TOUR SHIP

The thrill of a life time was experienced Sunday when Mr. and Mrs. How are Presley and their five children were invited aboard the AR 23 (Marak) by her brother-in-law James W. Gray, who is chief gunners mate aboard the ship. They enjoyed TV, had coffee in the CPO headquarters and were taken on a private tour. She says "was real exciting and the children will remember it for a long time."

BREAD MAY BE the staff of life—but that doesn't mean that life should be a continual loaf!

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## HORSE TALK

Cynthia Irvine Mc Taggart

At the annual YC barbecue slated for Sunday, June 18, a new form of entertainment is being planned for the young people and adults too, if they care to watch. Doris Scully came up with the idea of a horse show during the day with ribbons only and charge 50¢ an entry. This will keep the youth interested and add a lot of fun to the day's activities. It is to be sponsored by Alpine's Riding Club and the money will go toward a juke box for the YC which is badly needed.

Celeste and our cousin Ken Tielens went riding Sunday and had quite an experience. There is a dam off South Grade Road that has quite a bit of water in it. When they tried to cross on horseback Red went under and off Celeste went. In the struggle to get to the bank the horse kicked her in the back of her knee. It was a good thing Red didn't have shoes on or Celeste would have her leg in a cast today. She got a nasty bruise but was lucky that was all.

I sold my small horse Sunday to a lady in Lakeside and was glad to find someone who would give him a good home. Now all I have is Smokey, Coco and the Shetland Stud. If anyone is interested in breeding their little mare to him, call me.

Don't forget to take advantage of the free riding lessons Wilma Peters is giving at the YC every Sunday starting

at 12. This is a good way to brush up or improve your riding. If you have just acquired a horse, here is an excellent opportunity to learn the fine points of riding.

Frank Scully has to get rid of his bay gelding and will take any reasonable offer. Call 445-3803 and go look at him.

Everyone we have talked to is so thrilled with the new Alpine Western Store that is opening next Thursday. Woodie and Pat Mitchell's son and daughter-in-law are going to run it for them and they are going to handle just about everything for the horse and rider. Alpine is really growing up.

And to top off the opening of the new store Pat and Woodie waked up Tuesday morning and discovered another new foal in their yard. This one is the smallest yet so will get down this weekend and get a picture.

Tuesday night's meeting of Alpine Riding Club was interesting with many things discussed and plans made for the fun show, also trail ride for June 25th.

The beautiful bridal and reins Mrs. E. B. Reed donated was won by Reenie Adams. Frank Swift won the horse blanket that Betty Rash donated. Fred Rushing won it earlier but turned it back and Mike Scully won the gift certificate at Alpine Hardware donated by his mother. No, nothing fishy here, Mike is just lucky and won fair and square. This is one small way the club has of increasing their treasury. Next month's prize, a blue nylon halter from Carl's Boot and Leather Shop in EC was donated by the Alpine Sun and some lucky winner will be the recipient of that.

SIGN ON GOLF COURSE: "Please don't pick up lost golf balls before they stop rolling!"

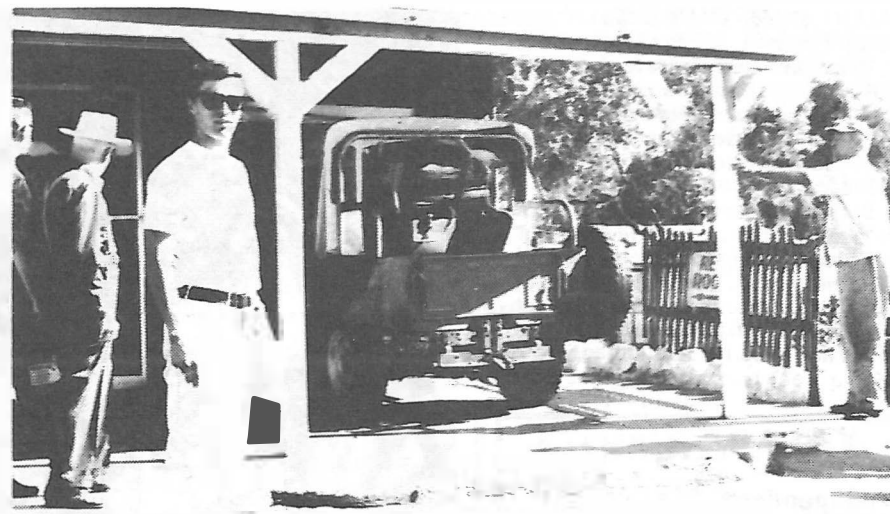
## CARRELL'S

Hay, Grain & Supplies

George Carrell

445-4436

Vet Supplies Closed Sunday  
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### JEEP BALKS AT GOING INDOORS!

Wm. James Allen's sturdy little red jeep, the workhorse of his Japatul Valley Ranch, flatly refused to go inside the vacant Log Cabin store one afternoon last week! But it did break the window and frame. The accident happened when Miss Sherry Quint, a friend of Allen, was at the wheel and let her shoe get caught so she could not control the car, swerved right into the building. Fortunately she was not injured, neither was Allen or Wm. A.

Hoch, PR man with the Allen balloon outfit. Irvine's nephew in foreground, Kenny Tielens, was on hand with cousin Celeste to take pictures.

Stanley Presley, 10, son of Mr. and Mrs. Howard Presley, Midway Dr., is celebrating his 10th birthday with a weiner roast in his back yard tonight with several of his little friends invited to help celebrate.

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**FIREMAN! SPARE THAT TREE!**

Junior firemen, of the Alpine District, learn and demonstrate their skills by full participation in a realistic situation Tuesday, and meeting regularly for fire-drill practice, the Juniors met on Victoria Drive to do a "burn-off" of brush, under the instruction of two seniors, Blaine Lawless and Frank Moreno.

Proper coordination while using an axe can save strength and endurance in a real emergency. Greg Kelly, son of Emelia H. Kelly, was taking just such instruction from a senior. He does admit that he found his assignment (removing a tree) becoming a great deal

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**Carl's Boot & Leather Shop**

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442-3027



Here's a nice photo brought in for the Sun by Christian Strand, retired member of Alpine Lively Oaks, who has this as a hobby: making pictures. It is the now famous Hillbilly Band, which has been playing around the country and at the Fairs. They are a lively bunch, really make fine music.

easier - but what he suddenly realized is his axe slipped and cut through his field boots.

Frank Burak, M.D., saved everyone much time by meeting the Kelly boy (and all the lads on the fire truck) at his new Alpine office within 10 minutes was able to do minor surgery, stated that everything was fine.

Greg will be excused from wearing a shoe and from PE until school is out!

Christian Strand is back from Reno where he drove on a 2½ weeks vacation, making many pictures.

**WILLIAM JENNEY**

Funeral service was private last week for Wm. W. Jenney, 57, member of a well known SD family who died Wednesday in a SD hospital. He was a retired aircraft engineer with Douglas in Santa Monica, and a graduate of California Institute of Technology, after finishing at U of Michigan and the Francis W. Parker School in SD.

He had lived in Bel Air, near Santa Monica. He was a native of Hancock, Mich., was the son of the late US District Judge Ralph Jenney, former SD attorney and business head.

Early this year he retired, planned to live at his Delcito Ranch, Tavern Road, (the former Col. Ballantine place where his wife was reared, and which burned in 1950. They built a bungalow, spent weekends and vacations here.

Survivors, besides the widow, Kath-ering, a daughter, Sharon, of SD, two sons, and his mother, Mrs. Gertrude Jenney, of SD.

**Farmers Insurance Group**

Arlie D. Nunley

149 N. Magnolia El Cajon

442-9484

**ALPINE TO GRADUATE 66**

Wednesday at 8 PM Alpine School will graduate 66 youngsters with the young people of the class participating in the program. Bob Shuford, one of the graduates, will give the welcoming speech, and the school chorus, under direction of Barbara Cameron will sing several selections.

Supt. Paul Clay has the honor of presenting the awards and Dr. Robt. Burak, president of the C of C, will hand out diplomas. After the ceremonies, a reception will be held in the patio for parents and friends.

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445-2631RES. PHONE  
445-3035

## DOUBLE TALK

By Cecile and Celeste Irvine

Gee, it is hard to believe we graduate Thursday. We had high hopes of having the exercises in our own stadium but there were complications so it will be in the Greek Bowl, State College, as usual. We leave the next day for Hemet where we are going to work on cutting some records so will be busy for some weeks up there. Cynthia has agreed to keep our columns going for us so the Sun readers will keep up on what Alpine kids are doing.

Kenny Freedman was real thrilled when he returned from Arizona State as his parents had purchased a new Chevrolet II for him. He returns for

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445-2121

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EVERYTHING FOR YOUR HOME  
Installation Service

summer school the 13th so needed a car to go back and forth. His parents just returned from Canada and Alaska and hope to return to Canada to see Expo 67. They didn't have time when they were there two weeks ago and this was the reason they didn't make Cynthia's wedding too.

El Capitan band is trying to raise enough money to go to Canada this summer. The Klondike Association has a yearly band contest and El Cap has been invited to attend but needs the money to make the trip. All donations should be sent to Mr. Minor, band instructor, % El Cap High School, Lakeside. A lot of Alpine kids are in the band and hope enough money can be raised so they all can go.

We had a nice time at Mary Jo Compton's baby shower Friday night and Celeste won two prizes and I took one and several more prizes were given.

We all were so sorry to hear the sad news about Mr. and Mrs. Bob Evers little black poodle Andy. He had to go back to Dr. Samter for more surgery and Samter discovered a puncture in his small intestine. He came through the operation but died that night. Since he was hit by a car over 3 months ago, he has undergone 3 operations and his pelvic bone never did heal. He ran around until the very end but we know how they feel and extend our sincerest sympathy. Mrs. Evers said they would get another one as soon as they get over the shock of losing their little poodle.

Last Saturday all of the graduating class from Alpine Grammar School went to Disneyland and had a fabulous time. Graduation is Wednesday and the class voted for caps and gowns this year as they did last. It looks real neat and we think is the nicest way.

Wednesday someone dumped off a young half Labrador and half German shepherd male dog at the Radford's front door. They don't want it and if someone would like to have a good watch dog, call 445-2487 and go see him. No tags or identification on him.

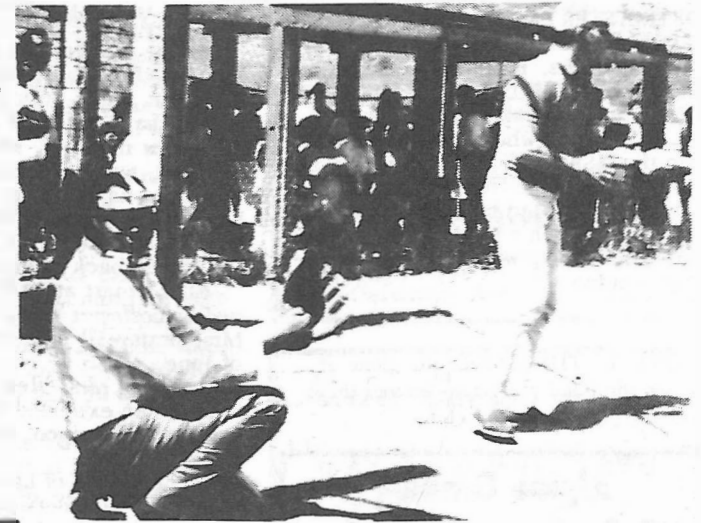
IN ALPINE

**Dr. Edgar M. Poe**

**Optometrist**

445-2345

Cdr. Clarence Brown of Veijas Indian Post, VFW, was busy, even took time to play a little baseball, seen here catching. Many ate the tasty barbecue, then came over and enjoyed the lively game. They had free horseback rides for the small fry, while old and young enjoyed dancing.



### IREYS RETURN FROM UTAH

A delightful two weeks spent in Salt Lake City was enjoyed by Mr. and Mrs. F. W. Ireys, Tavern Road. They returned Thursday, tired but quite happy. They visited son Richard and his fiancée and while there son Jim flew in from Minot, N. Dakota, to make their reunion complete. He helped drive the camper home but returned to Utah Sunday to spend the rest of his leave with Richard.

### YELLOW PAGES IN DEMAND

The Sun's periodical revised phone list or "yellow pages", run in the last issue, caused many to send to the Sun office for extra copies.

One lament was from Robt. Burak, MD, and prexy of the C of C, whose new emergency phone number was not included in "Emergency Numbers".

So you may add it on your copy of the yellow pages, just in case--!

445-2810

Rt. 1, Box 97 Alpine,

Mrs. Jeanette Hinkle is back from a fortnight's visit with her sister, Mrs. Sarah Burns, of Agua Caliente County Park where she makes her home. They had a nice visit, enjoyed the warm mineral baths.

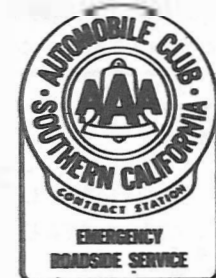
Sun Classified ads pay off.

## Lutz's Garage

Complete Automotive Service

AUTHORIZED

### BRAKE STATION



24-HOUR TOWING

445-2967

Harold Lutz 1620 Hwy 80  
P.O. Box 341 Alpine



### POSTMASTER ENTERTAINS KINFOLKS

Memorial weekend visitors to Postmaster and Mrs. Haakon Magnussen's ranch, Japatul Valley, were his sister, Helen, and her husband, Lt. Col. Hiram Snowden who expects to retire from the USAF as a full Colonel in 2 years. They came from Omaha where he is on duty, plan on living in SD later. Magnussen's mother, Mrs. Thea Marshall, of SD, was also here for the little reunion.

LOVE IS THE SAME old game it was ten thousand years ago—except that diamonds have replaced clubs.

### Alpine Grading & Equipment Rental

Fred Rushing

Alpine

445-2214

### De ANGELIS

ITALIAN RESTAURANT  
AND COCKTAIL LOUNGE

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

Closed Tuesday, Air Conditioned  
12861 Old Hwy 80, EC 447-0842

Don Roccoforte



# DON'S

## Barber Shop

2253 Hwy 80 445-4103 Alpine

### LIVELY OAKS DOINGS

At the Lively Oaks gathering on Monday those that attended enjoyed a delicious Apple Strudel with whipped cream that Ernie Earle served.

A new member, Mrs. Hunt of the Willows, was welcomed. Also members were happy to see Cloris Shores back again after his 2nd stay at the hospital and Mickey Ellis was also welcomed back after a long absence.

Mrs. Smart and Mrs. Thanner served as hostesses and Mrs. Norse and Mrs. Bratt will take over for the rest of June.

Mr. and Mrs. Werner are leaving soon for an extended tour of Northern California, Oregon, Washington and Canada.

Irene Larson of Lakeside is in Sharp Hospital and underwent major surgery. Marjorie Breeden is in the Convalescent home near Grossmont Hospital. She welcomes visits and cards from her many friends.

Emma Holmes and Juanita Cushing are working on a Ways & Means program for July. There will be a bus load of Senior Citizens leave for the Fair at Del Mar on June 27th when the Hillbilly band will perform.

Arts and Crafts met Wednesday at 9:30 a. m. at the Hampton home in Harbison Canyon where a class in ceramics was held.

### READYING LARGEST HORSE SHOW

The 12-day (June 23-July 4) National Horseshow will have 3 sessions, 9, 1 and 7:30 says Eric Atterbury, on his 8th year as show manager, at the Fair.

Competing for \$30,000 in cash and trophies will be 2500 horses in 54 junior, 125 open and 54 halter classes.

The Sun has all paid circulation.

### PICK-BATES REALTORS

Member, El Cajon Valley  
Multiple Listing Service  
L.A. Pick, Notary

### LISTINGS WANTED

HOUSES - RANCHES - LAND

445-2537

2445 Hwy 80

Alpine

### RIDING CLUB BULLETIN

A monthly news bulletin will be in the mail to all members of Alpine Riding Club this week. It will contain news, meeting dates and events scheduled for the group and is Mrs. Frank Scully's idea.

June's first edition contains news of their monthly meeting where coffee, donuts, hot chocolate and cookies were given to those that attended. The board meets the last Thursday of each month.

The Youth Center is asking for help tomorrow starting at 1 o'clock to clean the grounds for the barbecue June 18th. Free coke for kids and free beer for adults, so come and help in this necessary project.

Sunday Bob Franks will give a class in showmanship in hand in lieu of the regular riding lessons, all members interested, be there.

On Saturday, June 17th, a free closed show will be at the ring for kids who took lessons from Wilma Peters.

At the barbecue, the open fun show will include balloon spearing, sack race, boot race, ride and pick up, ride and lead, trading post, apple bobbing, potato race and surfboard race. Events start at noon.

Sunday June 25th an open trail ride with lunch is scheduled. Meet at Pierce's ring at 10:30 or old Shell Station, Hwy 80 at 10 or the River Bottom at 11. Call Linda Rushing 445-2214 if in doubt of location. An adult will be trail boss.

Mrs. Scully says "from now on the monthly meetings will be more social than business as that will be taken care of at the board meeting. We could use help on all events. Call 445-2257 or 445-3803 if you are interested.

Dr. James Campbell left with his wife for San Francisco today where they went to see their son James Stephen graduate from the U of C at San Francisco as a doctor of medicine. He will serve his internship and residency at SF General.

George Lengbridge

FOR TV SERVICE

Black & White or Color

445-3885

IF YOU HAVE any doubts about the value of money, try to borrow some.

### Land Listings N.M. GRIECO Realtor

465-9900

7299 University Ave.

La Mesa

### Mary Carter Paints

### "Buy Two and Save"

HOURS 8:30 - 6. FRI 9 TO 9

UNFINISHED FURNITURE  
And Finishing Materials

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El Cajon

### LISTINGS WANTED

We Have Out-of-State Buyers

Frank & Rachel Zirwes  
Branch Managers

### STROUT REALTY

ESTABLISHED 1900

LARGEST REAL ESTATE FIRM IN WORLD

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1439 E. Main

El Cajon

### Alpine CONVALESCENT Center

STATE LICENSED

Conscientious Service  
Balanced Meals  
Congenial Atmosphere

REASONABLE RATES  
DEPENDENT ON CARE REQUIRED

445-2644 or 445-2645

2120 Hwy 80

445-2771



# ★ PHYSICAL FITNESS SECTION ★

If anyone wants to debate with you about smoking cigarettes, just use this for your argument"

Of more than 60,000 doctors polled recently only 22.5% said they continue to smoke cigarettes, and most of these against their better judgement. More than half do not smoke at all; the remainder have switched to pipes or cigars.

## MOTOR PICNIC AT SHADYROCK

Manager C.W. Gillis of Shadyrock Picnic Ranch reports that he has booked McCune Motors, of National City, for its annual family employe picnic for Sunday, June 11. They expect about 60. Several other firms are negotiating for dates.

Advertise in the Alpine Sun,

## Nutrition Center

Your Health Food Store

152 E. Main 442-7212

Mr. & Mrs. H.A. Gillies  
COMPLETE LINE OF HEALTH FOODS.  
SPECIAL DIET FOODS - VITAMINS.

MINERALS AND SUPPLEMENTS  
Open Daily Except Sunday

9 am to 5:30 pm

GREEN STAMPS

## Our New Location

1906 TAVERN ROAD

**FRANCES McTAGGART**

(LICENSED MASSAGE THERAPIST)

**Troubled With Insomnia**

POOR CIRCULATION, NERVOUS, TIRED, TRY

**Scientific Swedish Massage**

**STEAM BATHS**



445-2433

## CARE OF THE BODY

By Frances McTaggart

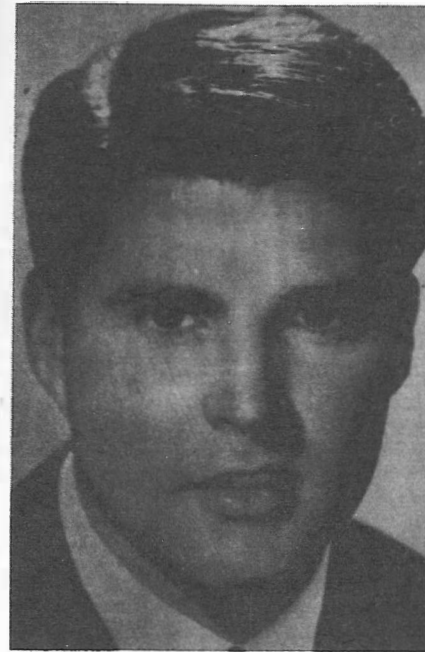
### AVOID THAT ULCER

Ulcers are not something that beset modern man but have been known for centuries. It is a misconception that they affect only those under constant mental strain and can be cured only by rigid diet or complete rest, or that they are completely incurable-- although all of these may be contributing factors. An ulcer, whether peptic or duodenal, is an erosion of the mucous membrane which coats the stomach and intestines and is a result of the action of the stomach digesting its own tissue due to the high acidity present.

Evidence compiled by doctors indicates that most ulcers are caused by the stomach's overactivity. When this occurs, the mucous membrane lining becomes raw and inflamed and eventually ruptures and this is the beginning of an ulcer. Therefore dietetic measures and relaxation are necessary to correct the condition before it can form into an ulcer.

Prevention is first: avoid tension, watch out for hot foods, refined foods, fried and greasy foods and alcoholic beverages, also that goes for soda and cola drinks. A diet of fresh fruits, vegetables, juices, nuts and plenty of common sense will avoid ulcers for most humans.

A taxpayer is a person who has the Government on his payroll.



### RICK NELSON HEADLINES FAIR

No doubt all the girls in SD County will be at the Del Mar Fair this year to see their idol, that handsome young man, Rick Nelson, recording star who will headline the evening show for 6 days., June 29-July 4. None needs the details on this fine young singer-- all they want is a look!

With him will be Charlie Dorman, comedian, and the acrobatic Lynons. This big 70-minute show is free, so get in there early!

**SMALL BOY**—I want a pound of ochre.

Grocer—Do you want red ochre, for painting bricks?

Small Boy—Naw, tappy ochre for Ma to make puddin' with.

## Water Wells PUMPS

SALES . . . . . SERVICE

Water Wells Drilled

STOCKTON PUMP & MACHINE

311 N. 2nd, El Cajon, HI4-2672

**WESTERN WEAR STORY** From Page 1  
boots, saddles, tack and accessories to supply the burgeoning population of horse enthusiasts of this area and the back country.

"We will have such well known brands as Textan, Wrangler, Custom-Made, Acme, Nocoma and Panhandle Slim, items", Mitchell told the Sun, "and we'll be happy to have folks come in and see our shop and visit".

### FROST'S HAVE VISITORS

Mr. and Mrs. Frost who recently bought the Jack Hargens home on South Grade Road, have as houseguests for the summer, Mr. and Mrs. Wm. R. Keefe, from their old hometown, Tucson. Keefe is retired, served with the Séabees, came west from Florida where they had a ranch.

"HOW," asked the business executive, "can I get this message to every married woman?"

"Very simple," answered the publicity man. "Just address letters to every married man, and mark them all 'Personal.'"

## STALLION OAKS

GUEST RANCH

WATCH for OPENING

Stallion Oaks  
Restaurant



Tavern - Cabins

Boulder Creek Rd. Descanso 445-4179

## All Types of INSURANCE

Home - Commercial - Industrial  
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"Serving Alpine Area Since 1875"

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**PERCY N. GOODWIN Co.**

490 N. Magnolia El Cajon



Mr. and Mrs. Eli Davenport, parents of Mrs. Howard Presley, will arrive in Alpine this weekend to attend the graduation exercises Wed. June 14th of their granddaughter, Barbara Presley. Also coming for the ceremony is Mr. and Mrs. S.D. Presley of Brawley.

This quintet got together like a regular band, gave dancers some fine music while the crowd watched. Everyone danced and had a good time at Sunday's Indian Post, VFW festival.

#### GAMBLE OUT OF HOSPITAL

W.W. Gamble, former commander, veterans of WWI, who has been in Navy Hospital for lung surgery, came home Wednesday, is glad to be back in Alpine.

His two sisters arrived the same day for a visit, from Winfield, Kans. They are Mrs. Edna Waite and Mrs. Hazel Shaw, came by auto, reports Mrs. Gamble who is mighty glad to have her husband home again.

"WHICH BURNS LONGER, a blue candle or a green candle?"

"I don't know. Which?"

"Neither. They both burn shorter."

**LISTINGS WANTED**  
**GORDEN**  
**REAL ESTATE**  
 2140 Hwy 80  
 Alpine  
 445-2218

## Classified

30¢ PER LINE PER TIME. CASH ONLY. COUNT SIX WORDS TO EACH LINE. MAIL TO THE SUB., RT. 1, BOX 188, ALPINE.

### 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 Brom, 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)

**NICE STORE** with comfortable living quarters for lease, Hwy 80, Alpine. Call 223-1325. (tf)

**FARM EQUIPMENT** - Oliver tractor & cultivator, \$600. 12032 Fuerte Dr. EC. 442-4969.

### PINE ACRES TREE NURSERY

**SPECIAL** -- 59¢ Sale  
 Indian Hawthorne, -Carob, Shamel, Ash, Pines, etc. 445-3037.

### WANTED

**WANTED** - Part time man for general yard work. \$1.25 per hr. 445-2832.

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

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

**TRADE OUR** beautiful authentic Swiss chalet in Descanso with 4 BR, family room, den, huge fireplace, 1 fenced acre, big oaks, for home in Alpine with 1 acre or more. 445-3024.

### SEPTIC TANKS CLEANED

**MODERN SEPTIC TANK SERVICE**  
 444-6197.

### FOR RENT

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

One cannot be deeply responsive to the world without being saddened very often.  
 —ERIC FROMM.

### SPECIAL NOTICES

**Ted Weeks Jr. Construction Co.** Gen. contractor, commercial, residential, remodeling, 11437 Rocosso Rd., Lakeside 443-1896.

**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 Bardett,** piano lessons. 445-2877.

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

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

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

**ALPINE CLEANERS & Laundry.** Alterations a specialty. 2251½ Hwy 80. 445-4483.

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

**BUTANE & PROPANE GASES**  
 Commercial, Industrial, Residential. SD Liquid Gas & Appliance Co. 298-6691.

**MINIATURE** Shetland at Stud. Palomino and paint. 445-2394.

## LISTINGS WANTED

EXCHANGES HOMES RANCHES ACREAGE

**AL SMITH**  
 BROKER

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Alpine

20  
Ent. as 2nd Class, Alpine, Calif.

Return Postage Guaranteed

### Alpine's Fine Weather

From Official US Station here

High 77, Ave. High 73

Low 40, Ave. Low 44

No rain, Sea. 20.22

Elev. 2000 Ft. Population 3733

Where the Sunshine Spends the Year

Shirley Evers entered EC Valley Hospital Sunday for surgery on her eyes and also to have some minor surgery on her legs. She hopes to be home this weekend.

EARL'S

### MOBIL STATION

Complete Lube Service, Dorman Recaps, Truck Tire Service: Any Place, Any Time. Batteries and Accessories. White Gas and Block Ice.

We Give S&H Green Stamps

2151 Hwy 80, Alpine 445-4188

### WEDNESDAY IS FLAG DAY

June 11, Sunday, the Elks of EC will observe the day honoring Old Glory at their club, 1400 E. Washington, EC Valley HS Band will play and the officers will give a history of the flag, plus other activities, starting at 4 pm.

Note- Let's all hoist our colors on Flag Day and show them how much we are patriotic Americans!" -Ed

Lazy husband: "I see there's talk of another strike."

Wife: "Yes, and if you were half a man you'd get a job and be able to go on strike, too."

## McCALL'S RANCH SCHOOL



### Summer Camp

JUNE 18 - AUG. 27

Our 24th Season

RESIDENT & DAY CAMPING

Limited Academics Available

Horsemanship - Swimming

Hiking - Archery - Camp Fires

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