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ALPINE SUN



Best Climate, in US by Government Report

Vol. 16 No. 40 Alpine, Calif. 92001

Friday, Oct. 6, 1967

10¢

CAMPBELL VOTED C OF C PRESIDENT

When the new head of Alpine Chamber of Commerce is installed at the annual dinner tomorrow night in the school auditorium, it means that outgoing president Dr. Robt. Burak, merely goes next to the Dr. J. S. Campbell Building, 3095 Hwy 80, corner of So. Grade Rd., to turn over his papers, for the two are occupants of that building.

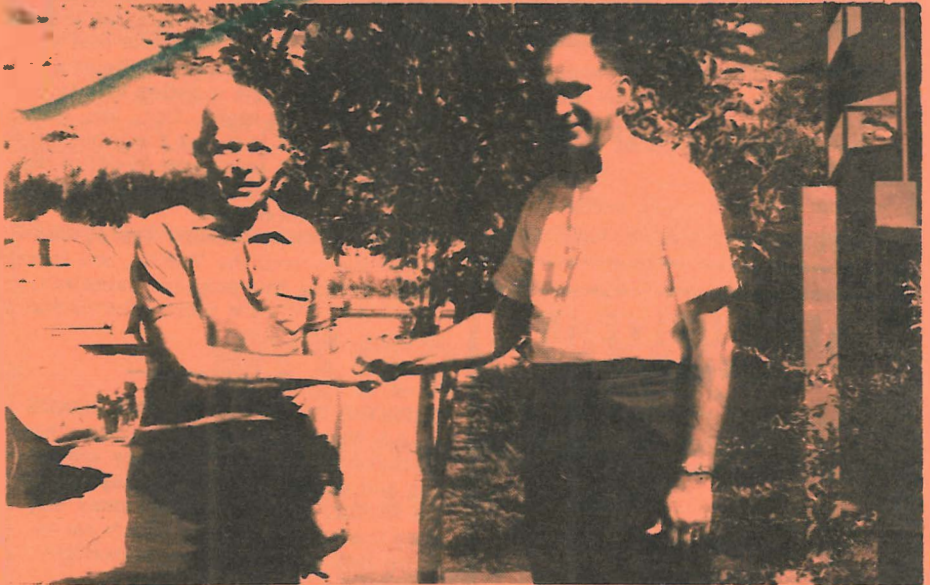
Photo shows the new prexy, left, being congratulated by the outgoing

MAGNUSSEN IS NAMED

President Johnson Tuesday nominated Haakon T. Magnusson, 50, for permanent appointment as postmaster here. He has been acting since March 10 after Phil Hall retired. His nomination was sent the Senate with 65 other postmaster nominations.

Magnusson served 11 years here as rural carrier before being named acting, by the office of Rep. Lionel Van Deerlin, (D-SD), to the Democratic com-

More on 17



one, in front of the Campbell Building. Both men, residents here, are vitally interested in the growth and popularity of the community.

"Business people amounting to 98% of that category have joined the chamber" says Burak, "and it is fine to hear them say 'What can we do for the chamber to help Alpine?', instead of asking 'what can the chamber do for me?'"

Adding to the urging for everyone to be present Saturday night, Mrs. Ivy Kuhl, membership chairman, says

More on 17

SET LOG CABIN GRAND OPENING

Barney Ratliff, owner of the Log Cabin Cafe-- Where the tree grows through the dining room-- has set Thursday, Oct. 19, for the grand opening of the new cafe.

"We are working up a program with refreshments, and entertainment for that night, and will announce it in detail next week", he promises.

Alpine needs a bowling alley.

Father (calling down stairs) " Young man, it's time to go home."
Date "Gee your dad's a crank."
Father (overhearing) "Well, if you don't have a self-starter, you need a crank."

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DANCE CLASS COMING

If you are interested in giving your youngster tap, balet and modern dance lessons or attending a figure control class yourself, be at the Youth Center tomorrow morning between 10 and 12 and sign up.

Mrs. Wonice Ward of National City will give lessons every Tuesday at the YC starting with kindergarten, primary grades and then the older ones later on in the afternoon.

Mrs. Ward has been conducting classes in National City for several years with wonderful success, will start instruction if enough sign up to make the trip worthwhile.

SMALL FRY ATTENTION

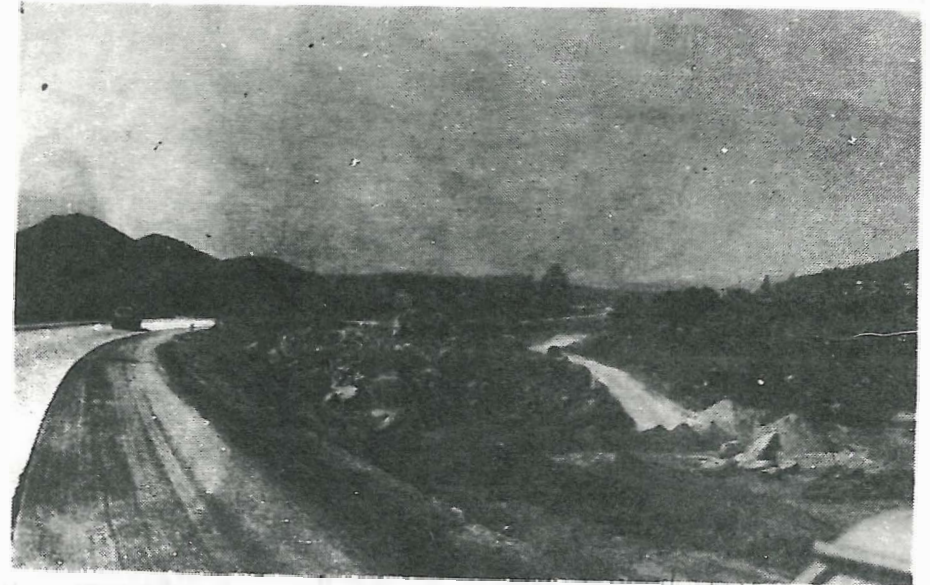
Boys, If you are too young to join Cub Scouts and yet interested in having lots of fun, indoors and out, be at Larry Glavin's home at 7 with your dad and join the YMCA sponsored "Indian Guides". The first meeting was at the school, but last night, Oct. 5th, and Oct. 12th, next is to get the group organized. You will learn how to camp out, have field trips, compete in kite flying and have a good time.

Glavin, 3016 Victoria Drive, and Ralph Bope from the YMCA, are interested in getting this program underway. "Call 445-3870 for more information and join up" Glavin says.

IMPROVE TAVERN, JAPATUL ROADS

Ed, Hughes, in charge, county road station here, reports that they are sanding and sealing Tavern and Japatul Rds., for winter. The big tankers spray oil, then trucks spread sand which packs down into a smooth, new watertight surface.

FRIENDS: Two women who are mad at the same person.



EAST END OF FREEWAY SHAPING

This photo made Wednesday shows how the eastern end of the new freeway is getting the works from the contractor. This looks west from in front of Adobe Hacienda egg ranch, above the bridge,

showing how granite boulders have been blasted out and roadway developed. The creek will be filled in over huge culverts now being installed.

A classified will sell it, try one.

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EDITORIAL

Alpine is justly proud of its 4H Amigos

Tomorrow one of the most important "week" observances in the U. S. is ending. It is National 4H Club week, which started Sept. 30. A record high number of county clubs in this splendid work are observing it. Highlighting it is their effort to secure new members. The 1321 young people between 9 and 19 are out recruiting for the 1967-68 year. We wish them utmost success, for this is one of the finest projects in America.

Alpine is mighty proud of its energetic 4H Amigos Club, directed by ardent leaders among the 448 adult vol-

unteers who guide the 34 clubs in this county.

Only a week ago Saturday the local group received a handsome plaque for leading all county clubs, from Standard Oil Co., presented at the Kiwanis breakfast in the Log Cabin by E. W. Nelson, district sales manager for the firm in SD. (Sun for 9-22). Mrs. Anna Jerney and Mrs. Martha Schwenck, local leaders, are to be praised for their inspiration and teaching of these fine teenagers.

They teach them to recognize the value of research and scientific methods, to develop career opportunities and to continue needed education.

The 30 projects and 20 activities offered range from poultry to horse breeding and home beautification. About three-fourths of the membership lives on farms or in rural areas, while the other fourth live in suburbs.

The county's youth will be among 45,570 in the state, which joined the work in 1914, and a total of 2½ million in the U. S. taking part in many special activities devoted to this fine 53-year old organization's 1967 theme: "A World of Opportunity".

Mrs. Dorothy J. Wheeler, was here for the presentation, is an advisor on the staff of the UC Agricultural Extension Service, ready and happy to help in the work. Details from her, 5555 Overland Ave. SD 92123.

So when you read or hear of all the teenagers going wrong and so on, just think of these 2½ million kids that are on the way up! - C.I.

TREASURES IN WORDS

"I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; even the Spirit of truth." (John 14: 16,17).



ALPINE SUN

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AOPA 194347

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FIRST BAPTIST CHURCH OF ALPINE

Arnold Way At Tavern Road

Sunday School 9:45 - 10:50
Morning Worship 11:00 - 12:00
Prayer Meeting 7:30 Wed.

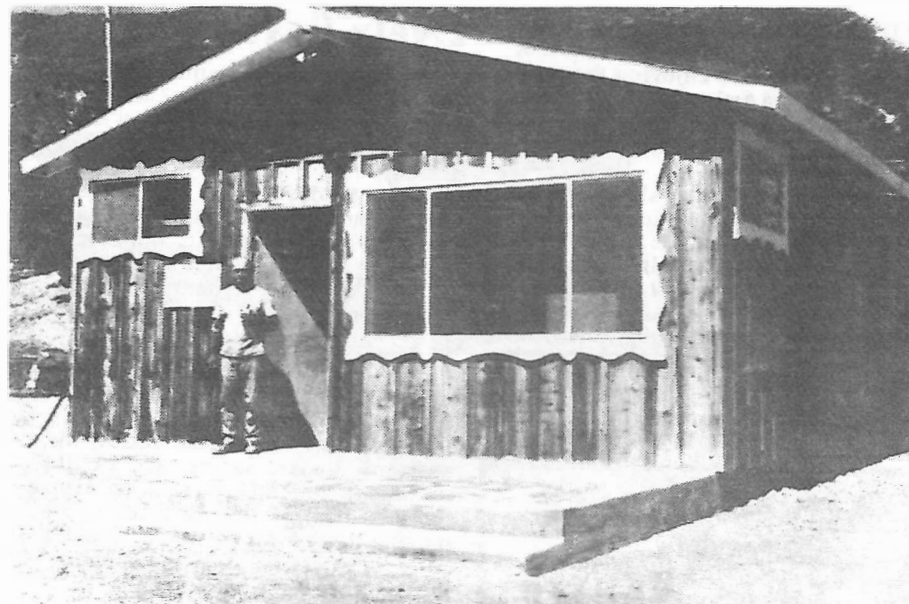
The Rev. French P. Blevins, Pastor
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Pastor 423-2806

Alpine Cleaners

Special now on draperies, blankets and bedspreads.

225½ Hwy 80

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CHAMBERS TO REOPEN MARKET

After a year and 5 months closed, since May 1966, Harvey Chambers, owner of the old Outpost Market and Trailer Park, 4008 Hwy 80, the Willows, is about to reopen. New name will be Chateau Minimart, and address will be 4008 Willows Road, as that street is being extended to the west as a frontage road from the Willows Interchange.

Chambers' sister, Dorothy Norman, will again be associated with him as she was on Hwy 80. She lost her husband Eugene only 2 weeks ago, from a rapid cancer.

"We hope to be open shortly" he told the Sun when this photo was made Wednesday, "and we have our permits, licenses and so on and as soon as we get stocks in, will reopen." His new phone is in, 445-3139.

He mentioned the difficulties met in reopening as zoning, and costs, as they did not get any compensation for losing their grocery business and the trailer park.

IN ALPINE Dr. Edgar M. Poe OPTOMETRIST

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BROTHER JOINS BROTHER IN USN

Mr. and Mrs. Orson S. Lawrence, Victoria Drive, are enjoying the company of their son Arthur E. Davis, home from duty in Hawaii, having spent the last 2 years there with shore duty for the Navy.

He is being put back aboard the sub USS Segundo, presently in Japanese waters. Aboard the sub is Arthur's brother Lynn, torpedoman 1/c, so the two will be serving together again. Arthur had been on the Segundo before he was transferred to Hawaii, will be happy to see his brother.

A classified will sell it, try one.

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Lively Oaks Doings

With most of our members enjoying Senior Citizens day at the Zoo, there were only 17 at the YC but they had three tables of bridge and had a lively session.

Next Monday will be our monthly potluck luncheon with Mrs. Stout and Mrs. Clark as hostesses for the month.

Don't forget your donations for the bazaar and white elephant sale starting at 1 pm on Monday, Nov. 13. Proceeds are for the building fund.

SAYERS TO LEAVE ALPINE

Because of his business duties, Mr. and Mrs. Richard Sayers, and 2 children who have rented a ranch on Alpine Heights Road for the past 2 years, are moving the middle of October back to La Mesa where he owns and operates the Alliance Detective Agency.

Mrs. Sayers says "I just love Alpine but the difficulty of commuting and trying to take care of our business there is forcing us to make the move. Someday we will return as there just isn't any place like Alpine."

SCOVILLE PASSES STATE BOARD

E. W. Scoville of La Cresta, who is well known here as he serves people in the area, has just passed an examination by the state board as a cemetery salesman. He is now employed as a licensed counsellor by El Camino Memorial Park & Cypress View Mausoleum.

Jo: "I saw something last night I'll never get over."
Sam: "You did? What was it?"
Jo: "The moon."

Mary Carter Paints

"Buy Two and Save"

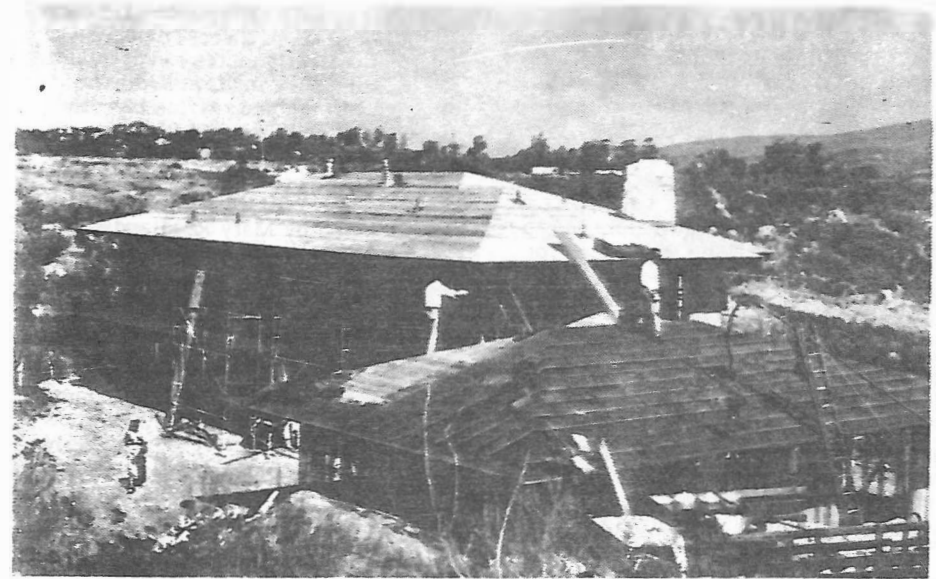
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LARGEST HOUSE IN ALPINE RISING

What is believed to be the biggest residence ever built here is the fine 2-story dwelling being erected at 2322 Via Viejas in Palo Verde Ranch. It is for Robt. & Dee Ann Gustafson, of SD, who will move in when it is finished in a few weeks.

Photo shows roofers getting on with their task. Bricklayers, carpenters and electricians are putting in their equipment now. The house has a monster fireplace, circular staircase to the second floor and many innovations, besides being all-electric. It has a beautiful view of the lake and surrounding hills.

James: "Father, can you write your name with your eyes shut?"
Father: "I think so."

James: "Good let's see you shut them and sign this report card."

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HORSE TALK

Cynthia Irvine Mc Taggart

Tuesday afternoon we heard the wail of a siren going up Victoria Drive and were curious. Daddy called South Bay Ambulance and learned that Vicky Fornaris, 18, had fallen off of her horse. They rushed her to Valley Hospital and x-rays were taken. She was teated for bruises but fortunately no serious break or permanent damage. She was released the same day.

Princess, the filly Mandy and Doug Payne raised, is about to have her first colt. She is being boarded at the Jack Pingleton Ranch and after the baby is born and weaned, she will be returned to them. Jack is going to buy the colt and keep for himself.

The end of the trail came last Friday for Gerinomo, 30-year old sorrel geld-

ing owned by McCall's Ranch. He had been a pet of students for many years and presently at the ranch mourned his death. He caught pneumonia, was rushed to the vet's office but died before much could be done for him.

unday the Alpine Riding Club is holding a nice breakfast ride for adults starting at the YC at 8 a. m. Breakfast will be served by Mary Reed and Frank Scully for 50¢ at 10:30. Kids may come without cost, so this is a wonderful opportunity to get out and have fun. Hope a big majority turns out as the leaders of this club are not going to let it die on the vine.

Reservations for the breakfast must be called in to Mary, 445-2257 or Doris, 445-3803, or Rennie Adams, 445-2758, before Oct. 5th, so that the cooks will know how many to plan for. Be sure to bring halters and lead ropes to tie your horses while you are eating.

At the last meeting the board decided that a series of gymkhanas for junior members, 17 and under, would be a good thing, have set Oct. 14, Nov. 11, and Dec. 9th as dates. These will be point shows so if you wish to be in line for a trophie, you must attend all 3. Ribbons through 6th place will be given.

Also December 9th a weenie roast and potluck will be from 7 to 9 and at this dinner trophies will be presented to the high point winners of the gymkhana shows.

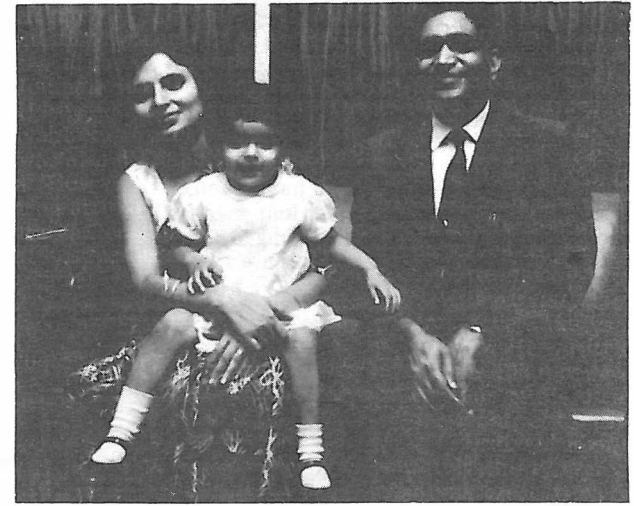
ANNUAL TURKEY SHOOT AT VIEJAS
Clarence Brown, commander, Viejas Indian Post, VFW, reports that they will stage their annual turkey shoot as usual by the clubhouse on Sunday, Nov. 19. Charge is \$1. 25.

Young lady driver presenting parking ticket at police station: "Did one of your men lose this? I found it on my wind-shield!"

PEACE CORPS WORKERS GET TWINS

Last September Alpine hosted C. J. S. Jossan and wife Nirmel from Belhi, India, made them feel at home and helped them to get to their destination in Julian when their coordinator failed to meet them in Alpine. The young couple taught their dialect, Hindi, to 72 trainees at Camp Davidson in Julian, then went East to continue teaching as both hold a degree. Word was received last week by Mrs. Martha Schwenck that the couple had twin boys Aug. 11, born in Fayetteville, N. C.

They were named Subir and Sunir, have a little sister Surina, 3. Jossan is teaching at Duke University and both he and his wife have applied for citizenship papers. Photo shows family when they were here last year.



N.W. Wasson

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EL CAPITAN HAS 150 FROM AREA

Reports from El Cap are that approximately 150 students are now enrolled from Alpine and environs, including the Canyon. East of the school, in areas like Johnstown, Glenview and way points, make up about 10% of total enrollment, the school reports.

A doctor had a emergency call from a man saying his son had swallowed a fountain pen.

"I'll be there right away," said the doctor, "but what are you doing in the meantime?"

"Using a pencil".

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Alpine, Calif.

UNDERWATER PREMIERE TONIGHT

This evening at 8, and tomorrow night, in Civic Theatre, this country's first public showing of film and slides of the recently announced discovery of the earliest known shipwreck in the Western Hemisphere, will be shown during the National Underwater Film Festival.

The wreck is thought to have been some 400 years ago, an ancient man-o-war used by the Spanish conqueror of the Yucatan, which was lost on a reef. Tickets are \$2.50.

TIME HANDICAPS POP WARNER LADS

A late start and changes in officers has slowed down activity of Alpine's ambitious young Pop Warner footballers, but they are going at it fine, says Pres. H. A. McKaskle, who replaced Manual Moya last month.

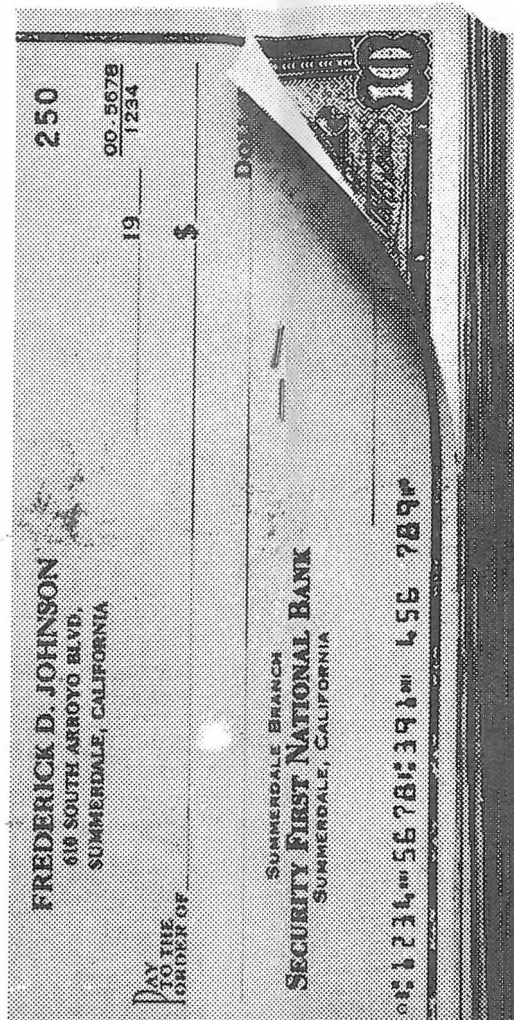
Other officers: Richard Peterson, vice-president; Marge Cooper, secretary; L. J. Mohr, of Security Bank, treasurer, who are working with McKaskle, himself toiling hard to get the team going with a full head of steam. See schedule elsewhere.

ATTENTION, ALPINERS!

Only a limited number of tickets will be available for the Chamber of Commerce installation dinner Saturday, Oct. 7th. Please contact the chamber office, 445-2722 for tickets.

Friend: "So your daughter drives now, How long did it take her to learn?"
Suffering father: "About two and a half cars."

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EXPERTS OK CLIMATE AGAIN

San Diego, and that means Alpine, has been rated as America's most healthful city by a jury of top experts, according to the current issue, Ladies Home Journal. It was among 24 cities in the US listed and made top as "The most livable city".

SD was also featured in another story in "How America Lives", the interesting article of "Skip" Wright, a top surfer of Ocean Beach, which lauded local beaches and surfing. (You should read it with pride!)

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442-3027

STURDIVANT HEADS THEATRE GROUP

Phoenix, Ariz. Oct. 3, -(Special)- B. V. Sturdivant, veteran theatre owner and Arizona-California businessman, today was unanimously elected president of the National Association of Theatre Owners of Arizona.

Formerly a top executive of Fox West Coast Theatres, Sturdivant at one time lived in San Diego, supervised theatre operations in this area. Later, when Division Manager in San Francisco, he served as president of the California Theatre Association.

His parents, the late H. D. and Josephine Sturdivant, were pioneers in Alpine. He was first president of the Alpine Chamber of Commerce. She was one of the organizers and first presidents of the Alpine Woman's Club.

Sturdivant is owner-operator of Silver Crest Enterprises, theatres in the Yuma area, is on the Advisory Board of Arizona Governor Jack Williams, and is President of the Yuma County Chamber of Commerce. He also is a member of the Alpine chamber and is an important property owner here.

ONLY 4 MORE GAMES FOR POP BOYS

Alpine's sturdy little Diamond Backs, the Pop Warner team which has been handicapped by administrative delays and bills left over from last year, have but 4 games left this season:

Oct. 7, with La Mesa at Helix HS, Oct. 14, vs Southeastern at Lincoln HS, 1 p. m.; Oct. 21, vs E. SD at Crawford HS, 11:30 a. m. and Oct. 28 vs EC at Valley High Stadium, 2:30 p. m.

On Sept. 16, the Los Toros slew the Alpiners 36-0 and again they fell on the 23rd when South Bay drowned them 54-0.

Saturday they played Grossmont. Alpine lost 25-0.

Teacher: "Give me a definition of home."

Billy: "Home is where part of the family waits until the others are done with the car."

CLUB CANCELS OCT MEET

Because of a surprise flood Wednesday night in their clubhouse, that did considerable damage to the stage and front floor of the building, Alpine Woman's Club will not hold their regular meeting Tuesday.

A pipe washer gave out in the bathroom putting 3 inches of water over a good portion of the building which buckled hardwood floor. Gladys Wotring discovered it Thursday morning but the damage had already been done. President, Mrs. Gene Wilcox, is having estimates made this week to repair the damage, says "our insurance doesn't cover this type of loss, so the club will have to stand the cost."

OPTIMISSES JOIN HUSBANDS

The first husband-wife dinner of the new Alpine Optimist Club was a dandy with an excellent turnout, reports Pres. Frank Scully. It was last Wednesday in the new Log Cabin Cafe, which had things fixed up fine for a banquet with the movable tables. Manager Leo Manolakes kept things humming in fine shape.

The club will have its installation dinner-dance at Charcoal House in PV on Sat. Oct. 21, says Scully.

BABY SHOP IS OPENED

Monday noon Mr. and Mrs. Robert Manconi, opened Nikki's Baby Cradle, named after her, at 2549 Hwy 80, which she will carry on daily except Thursday and Sunday, closing at 6 pm.

She has a complete stock of infant wear, shower-gifts, baby furniture and Christmas Toys, plans on a grand opening shortly with a prize of a huge bear, as shown in photo last issue.

Have anything to sell,
try a Sun classified?

George Lengbridge

FOR TV SERVICE
Black & White or Color

445-3885

POP WARNER HEAD LAUDS YC

H.A. McKaskle, president of the Alpine Pop Warner League, asks that the Youth Center be thanked for its donation and help; also thanks to many others who have helped the small football league in its task of going ahead this year.

ALL YOU HAVE TO DO to get the world to beat a path to your door is decide that you want to take a nap.

LISTINGS WANTED

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DOUBLE TALK

By Cecile and Celeste Irvine

An elderly Alpine lady lost a black wallet last Monday somewhere in Alpine, either in one of the markets or near them. She is offering a reward for the return of the money as it was earmarked for her house payment. If she does not have it returned, a severe hardship will be placed upon her. Let's hope the finder has enough compassion to call 445-2088 and return it.

Mama and Cynthia had a nice post card from Makine Kinikin Cabella and her husband Charles, who are on their way home from Milwaukee. They have stopped off along the way and visited lots of interesting places, have had a wonderful honeymoon.

Mary Fitzgerald, 1966 Mother Goose Princess, was on Sunup Monday morning and is getting ready to crown the new princess when she is elected later this month.

Mama and Daddy bought us a car last week so we can come home Sundays. Celeste has to work till 4 on

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Alpine Rocket Service

Walt Finch, Owner
2038 Hwy 80 445-9577

Saturday so we can't leave till she is through but will try to come home as often as possible. We do miss being home but there is lots to do at school so we keep pretty busy.

The Taggart kids moved with their parents to the northern part of California, had been living on South Grade Road.

Barbara Peterson and her family are the proud owner of a beautiful great dane. He got out the other day and went visiting, luckily was spotted by Mrs. Dick Sayers who knew that Barbara had him, and called her to pick the big boy up.

Mrs. Ernst, who lives in one of the Spears cottages, called us with the news that a beautiful black poodle had made himself at home with her. He trotted in last Friday, has been there ever since. Her phone is 445-2858 if he belongs to you. If no one claims him, Mrs. Ernst will keep the little fellow as he gets along famously with her big cat.

We wonder if the dog belonging to Melvin Beeson was poisoned last weekend by a human or did he happen upon some bait put out for rodents? It doesn't seem possible to us that a human could inflict such a horrible death on a defenseless animal, regardless of how much they might annoy you. Let's hope no one in Alpine is guilty.

Doug Payne was accepted at Cal Poly this year in San Luis Obispo and is quite happily settled in Monterey Hall, a fraternity house there. His sister Ginney is presently working at Naval Hospital, will be out in a month and hopes to return to Grossmont College for more education. She had to give up her Navy career when her mother died last month.

At presstime it was learned that the black poodle Mrs. Evert took in Sunday belonged to Shirley Evers. She called us and when she went over to pick up the dog Mrs. Evert said "a man came and took him from me", so the search is still on. If you know where this dog is, please contact Mrs. Evers, 445-3666, and she will appreciate it. Their pet is only 4 months and, very friendly, and he might still be in the vicinity.

Freddy Freshman: "Do these stairs take you to the secone floor?"
Sassy Sophomore: "No, you'll have to walk."

EC POPS THRILL ALPINE

Mr. & Mrs. Jim Hannon, 2251 Tavern Rd., who work at McCall's Ranch School, are thrilled over their young grandson Bobby Murphy, the signer, who was pictured in the SD Tribune last week among the Kites high fliers defense stars of the Pop Warner group. He played end.

Bobby, who sings at many events, including some in Alpine, entertained at EC V HS last week, made quite a hit, blushed when boys and girls came up afterwards to get his autograph. "Aw, I never gave any before", he modestly remarked.

"But you'll be doing a lot of that from now on" promised one of the teachers, who said he "did not know EC had such talent!"

HIRE JOB BOSS ON TRAILER PARK

Bill McCreary, a construction man of SD, has just been engaged as job superintendent for Capital Services which is getting ready to start actual work on building their modern mobile-home setup of 243 spaces in the former Dinosaur Park, reports Alex Doig, in charge of the project.

"Progress is slow" he points out, "as there are so many codes, permits, engineering problems and so on to contend with. Right now we are checking out bids and to begin work soon.

BANKER GALLAGHER TO HOSPITAL

Richard C. Gallagher, genial teller at the Security-First National Bank here entered EC Valley Hospital yesterday for a hernia operation which will keep him away from work for about 3 weeks. Substituting will be Robert Hardesty.

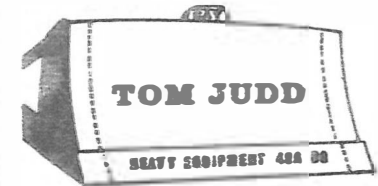
Man: "Well, at last my business is on a solid foundation."
Wife: "Wonderful."
Man: "Yes, it's on the rocks."

MRS. SAUTER BACK FROM LA

Last week Mrs. Gene Sauter of Alpine Hardware & Dept. Store, was in LA from Sunday to Friday on a fall buying trip. She looked over all kinds of nice things and gifts for the holidays, bought many on this busy annual trek to the megalopolis.

"And mighty glad to be back home in Alpine" she avers.

445-2810



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DOG POISONER STRIKES

Three animals were stricken last weekend when meat containing strychnine was thrown to them. One died, a 5-months old Dalmation owned by Melvin Beeson, 11, and his collie pup was not expected to live at last report. The meat was taken from the pup's mouth and was found to have a lethal dose of poison. Citizens of the area, 2½ miles East of Alpine on Willows road, are incensed as 4 dogs have been killed in this manner in the past 7 months, two belonging to Bert Fuller.

Mrs. R. C. Brushaber, she is granddaughter of Mr. and Mrs. Homer Hinds, spent 2-weeks at their home. Her children, Beverly and Jimmy were fascinated by the cactus, until they learned the hard way, said "cactus bites."

ALPINE



PHARMACY

SCHOOL SUPPLIES' SALE

Prescription Specialists - Cosmetics
2109 Hwy 80 Alpine 445-2488

LEGAL NOTICE

43371

**CERTIFICATE
FOR TRANSACTING BUSINESS
UNDER A FICTITIOUS NAME**

It is hereby certified that the undersigned are transacting business in Alpine, County of San Diego, State of California, under a fictitious name, or a designation not showing the name (s) of the person (s) interested therein, to-wit:

Alpine Beauty Salon
2142 Hwy 80, Alpine, Calif.

WITNESS our hand this 25th day of Sept., 1967.

1. Ralph R. McGuffie
707 Silverbrook Dr. El Cajon, Calif.
2. Eva Nell McGuffie
707 Silverbrook Dr., El Cajon, Calif.

STATE OF CALIFORNIA
COUNTY OF SAN DIEGO ss

On this 26th day of Sept. 1967, before me, a Notary Public for said County and State, duly commissioned and sworn, personally appeared Ralph R. McGuffie and Eva Nell McGuffie known to me to be the persons whose names are subscribed to the within instrument, and acknowledged to me that they executed the same.

IN WITNESS WHEREOF, I have hereunto set my hand and affixed my official seal the day and year in this certificate first above written.

Patricia A. Naud, Notary Public in and for said County and State.

Alpine Sun, October 6, 13, 20 and 27, 1967.

CLUB WOMEN START SEASON

The first session of the Woman's Club was at noon on Tuesday of last week in their clubhouse, corner W. Victoria & Hwy 80. It was preceded by a potluck luncheon. Mrs. J. Hoistad was chairman with Mrs. K. Black serving as her committee.

After the business meeting, conducted by Mrs. E. A. Wilcox, the new president, a very entertaining program was presented by Mrs. M. Lacko, an interior designer. She gave a brief demonstration in the use of color in room decoration. She has recently returned from a tour of Italy and shared with members the lovely slides taken on the trip.

Among announcements one of particular interest was the fashion show for Oct. 24, in the Clubhouse. More about that later, reports Mrs. O. C. Palmer, publicity chairman.

CLUBWOMAN MOVES TO CITY

Mrs. Goldie Vancil, active Woman's Club member, has moved to an apartment in SD, but will continue being active with the Club here, as well as Southern District Federation. Mrs. Vancil says "Alpine will always have a warm spot in my heart, as my husband and I spent many pleasant years here." She will continue her subscription to the Sun so as to keep up with current events.

Chester Brown, who underwent cataract operations at Navy Hospital, is now wearing his glasses, sees 20-20 in one eye already and the other is coming along fine.

Be a Sun Subscriber
\$3. a year for 52 issues.

**STALLION OAKS
GUEST RANCH**

RESTAURANT NOW OPEN
RIDING STABLES

DANCE HALL
Tavern - Cabins -
Swimming

Descanso - 445-4179

**WILLINGHAM PLACE IS SOLD**

Mr. & Mrs. Warren Armbruster from Lemon Grove with their 7 children started moving Wednesday into the nice home off Tavern Rd., which they just bought through Alpine Realty Co., sale being handled by Lucille Wooldridge. It was originally built by Virgil Ring. See photo and details next issue.

NAME GRUBE TO CofC BOARD

At the directors meeting of the chamber of commerce they named George Grube, owner of Alpine Home Bakery, to be a director. He replaces School Supt. Paul Clay who was elected to an official spot on the Kiwanis for this district.

Ed Wagner

Independent Distributor

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Meachum'sWindow Coverings And
Floor Coverings

SALES AND INSTALLATION

444-4398

260 W. Douglas

El Cajon

CofC DIRECTORS SELECT ROSTER

At the meeting of the board, Alpine Chamber of Commerce, they selected officers for fiscal 1967-68: John S. Campbell, D. D. S., president; Haakon T. Magnusen, postmaster, vice-president; Jack Spatz, Lucky Loan & Jewelry Co., of SD, treasurer, and Mrs. Hazel Foster, Norbob Trophy Co., secretary.

Other directors; Outgoing president Robert Burak, M.D., George Grube, Jerry Funk, Clayborn La Force, Bob Ostrander and Fred Rushing. All will be installed by Supervisor Henry Boney at the annual dinner tomorrow night at 6:30 in the school auditorium.

IMPORTANT MEET FOR PTA

At their regular meeting, Tuesday, Oct. 10 at 7:30 Lucille Moore from the League of Women Voters, will be guest speaker. She will give facts and figures on school financing plus information on the coming Grossmont District Bond election. All are welcome to this very important meeting whether you have children in grade school or not.

MAGNUSSEN STORY From Page 1

mittee. He is married, has three children and 5 grandchildren, lives on his ranch on Japatul Rd. He was just elected vice-president of the chamber of commerce.

CAMPBELL STORY From Page 1

"Advance sale has been fine and it looks like just about everybody will be there".

**Alpine Beauty Salon****H Hi Fashion Hair Styling.**

For Appointment
445-4031

2142 Hwy 80
Alpine

Mon - Sat.
9-5

Classified

FOR RENT

For Rent. \$55. Studio Cottage. Furnished. Water paid. Large Oak trees. Descanso. 445-2228.

Alpine Apts. 2 BR. \$92. 50 Mo.; built-ins. Ref., Carpets, Draperies, Adults only. 465-1582. (tf)

Studio Apt. Furnished and clean. 1905 Hwy 80. Alpine. 445-2792.

LOST & FOUND

FOUND- Dental bridgework on Hinkle Lumber property. Identify & pay for ad.

FOUND- Silver dollar money clip on Hinkle Lumber property. Identify and pay for this ad. (tf)

MAMA: I'll come home if you'll start serving those delicious, tempting, mouthwatering, satisfying, economical pastries from the Alpine Home Bakery, (The one that's famous for its Alpine Bread.)

Will trade Shetland for pigs or calf. Horse manure, .75¢ sack. 445-2984.

REWARD-- For information leading to whereabouts of eight goats belonging to Broni Family. Animals were loaned to neighbors of Virgil Wake to care for while Broni's were out of town. Write particulars to Mrs. Broni, Rt. 1, Box 611 Alpine, Calif.

Nutrition Center

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COMPLETE LINE OF HEALTH FOODS.

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MINERALS AND SUPPLEMENTS

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9 am to 5:30 pm

WE GIVE GREEN STAMPS

CARE OF THE BODY

By Frances McTaggart

IS SALT KILLING MANKIND?

Startling as it may sound, man is the only animal that deliberately commits slow suicide by self poisoning.

The average person suffers constantly from chronic auto intoxication. He doses himself with sundry poisons which aggregate, per capita, a dose of more than 50 grains every 24 hours. Health-minded people are well aware of the toxic foods that contribute to this appalling picture and wisely shun them. Yet poisons do slip through and subtly become part of our daily regimen.

You wouldn't tolerate a decanter of whisky on your dinner table nor would you contenance a humidior of marijuana, yet what about that innocent appearing salt shaker? Ridiculous you say, to even make such a wild comparison and away you shake with a prodigal wave upon everything from soup to nuts.

Perhaps no common substance has been more grossly represented, fought over, eulogized in history books than salt. An inorganic mineral, chloride of sodium, it is actually in the same deleterious category as liquor, tobacco and other poisons.

This chloride stands in a paradoxical light because it is the only mineral element that man adds to his food while there is no actual need for it in the biologic dietary.

The prevailing fallacy that salt is harmless is a grave error. Taken into the body, it has an irritation effect and is expelled unchanged by the liver, kidneys, skin and other dehydrating organs, thus imposing a synthetic strain upon them. It is an antiseptic, therefore destructive to the tissues. Used in appreciable quantities, salt seriously impairs the normal digestive processes. The excessive use of salt is particularly harmful in cases of pleurisy, fevers, and Bright's disease.

It has also proven to be a definite cause in hardening of the arteries and subsequent high blood pressure.

With these proven facts at hand it might be smart if you think twice the next time you unconsciously reach for that innocent appearing salt shaker.

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

Classified

30¢ PER LINE PER TIME. CASH ONLY. COUNT SIX WORDS TO EACH LINE. MAIL TO THE SUN, RT. 1, BOX 189, ALPINE.

FOR SALE, MISCELLANEOUS

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

FOR SALE, MISCL.

Orphans for Sale by the hundreds: Breads & pastries looking for homes with plenty of love. Great joy to own. Love to be eaten. Satisfaction guaranteed. Get 'em at Alpine Home Bakery (Home of Alpine's famous bread).

SALE OR TRADE for land, '58 Cadillac club coupe. Excl. cond. 4 new tires, \$500. 445-3137. (tf)

HORSES FOR SALE. Chard Ranch. 445-2442.

Chest freezer, \$50. 445-2984.

O'KEEFE & MERRITT butane gas range, nearly new. N. W. Cor. Alpine Hgts. Rd. & Lilac Lane. 445-3330.

REAL ESTATE FOR SALE

2 Bedroom Cabin, \$5,300.
1 Bedroom Est. sale fixer upper, \$5,000.
3 Bedroom. Nice home, \$11,500
2 Lots - \$2,400 per acre.
AL SMITH REALTY
445-2670 443-3675

OWNER ANXIOUS

OPEN HOUSE- 1-5 Sunday, Oct. 1. 2-BR - Fire place, air cond. \$13,500.
SMITH REALTY
445-2670 445-3049

FOR SALE

New 3 BR, 2 bath, 2 car garage. Lakeside. Carpets, drapes. 443-3675.

Corner desk. Excellent condition. \$20. 445-2361 or 445-4477.

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)

REWARD - Pensioner lost black wallet Monday in Alpine. Need cash desperately for house payment. 445-2088.

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- 24 hour emergency service. 445-2453 or 445-2104.

MASONRY, CEMENT, rock, stone, blocks, etc. Expert work. Reasonable. Call. 445-2184. (8-11)

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

CARL'S READY MIX. Concrete. 445-2780.

SEPTIC TANKS CLEANED
Modern Septic Tank Service
444-6197

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

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

PINE ACRES TREE NURSERY

8 to 10' shade trees \$3.50 each. Small shrubs and shade trees, 59¢ & 79¢. 445-3037.

LICENSED INSURED Electrician. Chas. Shorter, 2812 Hwy 80. 445-3763.

Ruth Bardert, piano lessons. 445-2877.

Roofing and Repair. Reasonable. No job too small. 442-7064. (10/29)

PERSONALS

Mary- You've got to pastry cookies bread-its in your home!

John- Is it contagious?

Mary- Yes, but Alpine Home Bakery has the cure without prescription. The Bakery that's famous for its Alpine Bread?

24

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