Our 17th Year.



ALPINE SUN



Best Climate, in US by Government Report

Vol. 17 No. 7

Alpine, Calif. 92001 Friday, Feb. 16, 1968

10d

DISCUSS NEED FOR SCHOOL SPACE

One topic tossed around at Tuesday's school board session was the need for more room due to the steady growth of Alpine. Enrollment was up over last year, and more homes are planned which means more children. No action was taken.

STATE OKAYS SPECIAL TEACHER

At Tuesday's school board meeting it was learned that the state has authorized the special teacher in reading for kindergarten through third grade. Mrs. Shirley DeLong started lining it up on Wednesday.

Classified ads are 30¢ a line.

Try Alpine first, it's closer!



FULL HOUSE AT RECIPROCITY TEA
Tuesday's annual Reciprocity Tea
of the Woman's Club called for a full
house with Mrs. Grace Wilcox, president, in the chair. Southern District

officers present were:

In photo, from left, first row: Mrs. Orville Reese, 1st vice president, Mrs. Emmet Phares, coordinator to juniors; Mrs. Milton Kraynik, 2nd vice president; standing: Mrs. Goldie Vancil, Corresponding secretary; Mrs. E. A. Wilcox, president local club; Mrs. Frank Parker, recording secretary, and Mrs. John Bollman, parliamentarian.

LOOKING INTO HOT MIX PLANT

Several organizations including the chamber of commerce, the Woman's Club, the Victoria Area Association and others, including realtors, motels and businessmen, are looking into the slated installation of a hot mix plant for making asphalt to pave the freeway. The Daley Co., contractors, have secured a zone variance for a lyear temporary plant off W. Victoria 1500' above Pacific Telephone building.

Be a Sun subscriber, only \$3. a year.

Two farmers complained about slow growing hay. "Never did see hay grow so short" one said. "You think yours 'is short; "I had to lather mine to mow it."

McKie Realty

P.O. Box 398, Alpine

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Walt Disney's
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FAMILY NIGHT EVERY TUESDAY

AERO DRIVE-IN

444-8800 NOW THRU TUESDAY

"Born Losers"

Fabian "Mary Jane"

Adult Program

Swapmeet 9 to 5 Sat. & Sun. 25¢ to Walk in \$2. to drive in & sell per car THOS. R. BALANTINE

Funeral was Monday with interment in Ft. Rosecrans National Cemetery for Thomas Reed Balantine, 58, who died in his sleep on Saturday at his home in Carmel where he had lived for some years. He had served as a seargent in the Army for 1½ years, receiving a medical discharge. He was a native of Boston. although the family lived in Portland, Me. He was the son of the late Col. Balantine, who came here in 1923, bought the Wheeler place, lived here many years. The house burned in May, 1950. Balantine was the grandson of Thos. B. Reed, who had been speaker of the House for 17 years, longest term on record. He had lived in SD, worked on newspapers in Portland, Ore., and other cities. After retiring he wrote

Survivors: Mrs. Katherine B. Jenney, who lives in the new dwelling she and her late husband built after the old home burned. The original ranch has the 360 acres the Colonel bought 45 years ago.

NCC PASTOR AT COMMUNITY CHURCH

In SD for the annual meeting of the National Council of Churches and a minister of the United Church of Christ, the Rev. Lerold Schulz will preach at the 11 a.m. divine worship in Community Church this Sunday. He will be on hand to answer questions at the 9:45 service. He is in charge of the antiproverty program of the NCC.

YOUNG DYER ON TV SHOW

Last Sunday KNBC TV in LA put on a half-hour show "Agriculture USA", made on video-tape. On it appeared Lawernce Dyer, 18, son of Mr. & Mrs. James Dyer, of Japatul Valley, who has long been active in farming in this area.

For Your Health Foods, Vitamins & Special Diets Purchase With Safety & Confidence At The

VALLEY HEALTH FOOD STORE

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AL ADAMS NAMED BY PTA

At Tuesday night's well attended session of Alpine PTA, it was revealed that Al Adams was selected for the annual honorary life membership for his civic activities. Photo shows Al being congratulated by PTA President Mrs. Lee Widmer as he holds the distinctive membership card. Under their hands is the big birthday cake made by Alpine Home Bakery. See photos on following pages.



BROWNIES ORGANIZE

Mrs. Larry Glavin, Victoria Drive, was elected Brownie Troop Leader last week when several mothers got together with Scout officials and formed a group here. They met for the first time Wednesday in the kindergarten room with Leata Judd as co-leader, Sharon Beal, assistant leader and Sally Hodge, Rose Campbell and Jan Wooley as committee members. They have 29 girls signed so far and anticipate many more when the program gets going.

A junior Scout troop has been formed by Mrs. Chris Vale of the Willows,

is for older girls.

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

Glenview Feed Co.

PURINA CHOW - ACE HI FEED Hay & Seed Grain

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PARIS MORTUARY

ELMER VIERKANT - AUSTIN PERRY

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374 N. Magnolia

El Cajon

EDITORIAL



LINCCLN'S BIRTHDAY REMINDS OF HIS ETHICS.

Monday the nation, and the entire world for that matter, observed the natal day of Abraham Lincoln, the Great Emancipator, who was so cruelly slain a century ago. Lincoln was about the most perfect Christian we read of. It was he who said about a matter: "It may be legal, but that doesn't make it right".

It is a crying shame that many socalled Christian Americans have no ethics, no honesty, compassion for the people who suffer from the stinking

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Ed Wagner

Independent Distributor CARNATION

DAIRY PRODUCTS

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ALPINE SUN

America's Tiniest Newspaper 445-2415 or 445-2394 2255 Tavern Road, Rt. 1, Box 189 Alpine, SD Co., Ca. 92001 Published weekly on Friday 10¢ per copy, by mail \$3. yearly Clarke Irvine, Editor & Publ. AOPA 194347

Alice Irvine, Art & Composition Printed & Produced on the Ranch 2nd Class postage paid at Alpine. Est. Jan. 1952, Adjudged for legal ads on 11-12-59 in superior court, No. 238120.

habit of smoking. When big business and industry use all the power they can assemble to fight the U.S. Government on

the tobacco habit, it is time that something should be done.

Recently the Postoffice and the Public Health Service ignored congressional pressure (by business and industry) went ahead with plans to place antismoking posters on the sides of all mail trucks.

Despite the protest of Sen. Sam. J. Ervin jr., D-NC, that the signs were an effort to brainwash the public, Surgeon General Wm. H. Stewart said the warnings would go on when ready.

The posters are to carry this admonition: "100,000 doctors have quit smoking cigarettes. (Maybe they know something you don't?)"

Sen. Ervin and others sent wires to President Johnson, Postmaster General O'Brien and John Gardner, secretary of HEW, challenging the statistics and purport of the message.

News media, with dynamic TV evidence, have shown time and again that smoking helps to cause lung cancer and other ailments, and in court some widows have won suits against tobacco firms on this count, plus countless thousands of persons' declarations that stopping has improved their health-- including my own-- the tobacco industry and big money, is fighting this.

As Lincoln might have said were he here today, "Selling cigarettes may be legal and may bring in tax money, but it is not right, and it is damaging to our great country".

In my work in the natural health field I have asked thousands of smokers if they would like to quit. Invariably the answer is "Yes, but I'm damned if I can". A few say they want to smoke no matter if it kills them. Well, the evidence looks like it might!-CI

TREASURES IN WORDS

I will not fail thee, nor forsake thee. Joshua 1:5

Farmers Insurance Group

149 N. Magnolia, El Cajon

ARLIE D. NUNLEY

442-9484

WANT TO VOTE, REGISTER NOW?

If you are not a registered voter, or are a new resident of the area. or have turned 21 and wish to register, Mrs. Manila Colby, 1546 Tavern Road, one of Alpine's registrar of voters, will be home all day Feb. 24 and 25 to sign you. Phone 445-2888 if you wish any information.

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

ADULTS ONLY IN NEW TRAILER PARK

Several have questioned whether the new Alpine Village Mobilhome Estates (Old Dinosaur Park), will have a section for families with youngsters. This week Alex Doig, in charge of the project for Capital Services, owners, says that it will be limited to adults.

Fun is like insurance... The older you get the more it costs!

COME IN TODAY HAVING ILLUSIONS **ABOUT** YOUR

You'll feel like you're floating on air when you let BLOCK prepare your tax return. Service is fast, accurate, guaranteed . . . and you'll love that peace-of-mind feeling. So levitate on down to H & R BLOCK -anytime you're ready.

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2140 Hwy 80, Alpine, Phone 445-3148.

Hours 8.30 to 5.30 Monday-Saturday.

NO APPOINTMENT NECESSARY _____

ß

Roy Todd, who was struck by a car around Christmas time and who has been in EC Valley Hospital since then, is back in Alpine. He is a patient at Alpine Convalescent Center.

Income Tax SERVICE MARIE GAVIN

For Appointment Call 445-4268

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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 Church Phone 445 2338

Pastor 423-2806

Enjoy The Attractive New

Log Cabin Cafe

Adjoining The Lounge

2205 Hwy 80

445-2243

SERVING OUR FAMOUS BROASTED CHICKEN STEAKS & SEA FOODS

DAILY 9 A.M. TILL 11 P.M.

MORE ANSWERS ON SOCIAL SECURITY

Last issue the Sun ran some queries and answers on this important opic, so here are a few more, of interest to all concerned:

Q. I am a widow of 50. Three years ago I filed for disability benefits and was denied as I hadn't worked long enough. Can I qualify now under the new law?

A. The new law provides that a widow may be eligible for monthly benefits at age 50 if she is "severely disabled" and her husband was insured under Social Security.

Q. I have itemized, receipted doctor bills for services under Medicare for September, 1966. I have not yet filed a claim for reimbursement. Is it too

late to file?

A. No, but claims for medical insurance for services furnished in July, August, or September, 1966, must be filed by March 31, 1968. Claims for services between October 1, 1966 through December 30, 1967 must be filed by December 31, 1968. Under the new law all you need is an itemized bill, whether it is paid or not, to submit with your claim.

If you have questions, call 442-0857, 1075 E. Main in EC and they will be happy to answer your questions.

Betty Launt is home from Grossmont Hospital where she underwent major surgery last week. She is able to be up a little and feeling fine. Jerry Webb has helped her out and she saie the many cards and notes she received helped to cheer her.

Tomorrow's breakfast of Kiwanians in the Log Cabin Cafe will have as speaker an exchange student from Switzerland, Miss Marianne Furger, who is guest of the Paul Clay's, whose daughter is also named Marianne.

Water Wells

PUMPS

SALES SERVICE Water Wells Drilled

STOCKTON PUMP & MACHINE

311 N. 2nd, El Cajon

444-2672

FIRST PREXY One highlight of PTA meeting was introduction of its first president, Mrs. Bertha Walters at right, who was here 1936-37, On her right is Hazel Hohanshelt, pioneer Alpine teacher. with Frank Brown. once superintendent of schools here. Standing: Mrs. Widmer and Principal Leo Ryan.



PLANNERS COLD ON SUBDIVISION

The Double D Ranch of 705 acres southeast of Viejas Honor Camp which is owned by developers called Rancho de los Arboles, was vetoed for rezoning from A-4-8 to A-1-2. Engineer Robt. Fogg said it was to be a horse-owning community with trails using the lakes, planning $2\frac{1}{2}$ to $3\frac{1}{2}$ acresites numbering some 140 to 187 lots with an expected population of 420 to 561, with a school-age population of 86 to 115. In short, they want to build a small city in this beautiful location.

Want to sell it, try a classified?

Young John Westfall reported his car stolen sometime Sunday night from where he lives on S. Marshall Road.

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WIGTON'S

El Caion

College Grove

Pacific Beach

8

HORSE TALK

By Cynthia Irvine McTaggart

Be sure to mark your calendar for March 3. That is the big free breakfast ride Alpine Riding Club is sponsoring to acquaint all horse enthusiasts with the nice group. You don't have to make reservations and if you can't ride your horse, come anyway and say hello. It is going to be a nice party.

Wilma Peters has her head in the clouds this week. She just got a beauti-

Alpine Grading & Equipment Rental

Fred Rushing

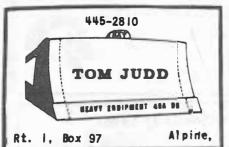
Alpine

445-2214



PHARMACY

Prescription Specialists - Cosmetics 2109 Hwy 30 Alpine 445-2488



ful 6-year old greenbroke Flying Bob mare from the 41 Ranch in Elko, Nevada. She is only 14 hands but Wilma says "what a trail horse she is going to be and 'Turpie' will be in Alpine to take in the breakfast ride."

Jackie Reed is having Cricket trained for equitation by Wilma Peters. She had a colt several months ago and has been in pasture ever since so needs a few kinks taken out and Wilma is just the one to do it. When she is through, Jackie should have a wonderful horse to ride.

Looking for a good horseshoer? Johnny Earls is in business and will come anywhere. He charges \$8. for shoes and \$3. for trimming. Contact Mrs. Reed for his phone.

Donna Powell just bought a white horse for herself. She is living down in Japatul Valley with the Paynes and hopes to train the mare for herself. She is 3 years old and unbroken but Donna has had some experience and Mr. Payne promised to give her a hand, so looks like Donna and her children will be out on the trails before too long.

Doris Scully is happy about the way her colt Pokey is coming along. He has both front legs in a cast and when she took him to the vet Tuesday he strengthened the one on his good leg and said all they could do was wait and see how he made out. He is so young the broken leg might heal without even a trace.

The movies scheduled for Feb. 27 were not available and President Nick Reed is trying to replace it with something horsey for those interested in attending. The ones the club wanted were booked up solid till June but he is pretty sure something appropriate can be secured, Will announce it next week if they do succeed.

ALPINE



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Full Line of Boots, Clothing, Saddles, Tack & Accessories

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Alpine Rexall Bldg. 445-2739 Plenty of Parking





PATIO FOR OLDER STUDENTS

At this week's session of the school board the plan for a patio adjoining the kindergarten building was approved for 7th and 8th graders. First step will be the pad of brick and cement, then shrubs, later a fence and so on. The project will take several years to complete, will give older students a meeting place for congregating, dances, and other events.

The board approved March 8 for a TB clinic for 8th grade pupils.

In photo, from left, Larry Wilcox, Supt. Paul Clay, President Paul Thorpe, Dr. Robert Burak, C.C. Campbell and Secretary, Phyllis Ralston.

Mrs. Kate Carlstrom, N. Marshall Road, observed a quiet 88th, birthday on Jan. 25. She has lost her sight but is feeling fine otherwise, she declares,

Mary Carter Paints "Buy Two and Save"

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Fresh out of college and seeking his first job, the young man wrote the following question on his application blank: "Are the salary raises here automatic or do you have to work to earn them?"

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BEAUTY SHOPPE
1911 Hyw 80 445-4289

ANNOUNCING THE

1968

Models

Don't miss this one, the greatest ever.

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ELKS 100 YEARS OLD TODAY

The nation is saluting the Benevolend & Protective Order of Elks on its 100th birthday. This, one of the finest lodges in the world, with members in cities all over the nation, is one fine example, being in El Cajon.

The motto of the lodge is Charity, Justice, Brotherly Love, and Fidelity-which have been observed as evidenced by great growth and universal recognition. Alpine has a number of Elks, including Bob Wilson, owner of the Texaco Station here,

El Cajon Lodge, 1812, was instituted May 20, 1950, with 253 members, now has 1734. Today its fine lodge is used for many large community activities. It is at E. Washington & Jamacha Rd.

This lodge sponsors many activities including Cub, Boy and Girl Scouts,

Land Listings N.M. GRIECO, Realtor

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Junior Bowlers and the Little League, and many other projects. It also participates in veterans', cerebral palsy, and other charity works.

In the photo, courtesy of the Lodge, are: bottom row; Loyal Knight, Dr. Harold Jacobson, Leading Knight, Anthony Revetta, State President Marvin Lewis, Exalted Ruler, Wm. Bakervill, Lecturing Knight, Bob O'Brien, Trustee, Rudy Bantle. Tiler Esbern Hansen. Trustee Harold Petree. Trustee Geo. Wilson, Trustee Micky Cox. Esquire Bob Warren, Organist, Art Chappelle, Secretary, Charles Lanser, Trustee, Bud King, Chaplin Les Kephart, Inner Guard, Carl David. Treasuer, Dan Morgan.

Only Americans have mastered the art of being prosperous although broke.

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PERCY H. GOODWIN Co.

490 N. Magnolia, El Cajon

THEFTS AT LUTZ'S GARAGE

A stereo and tapes, and a tachometer were removed sometime Sunday night from a car at Lutz's Garage, he reported to sheriffs. Valued at \$190, Lutz says he has fingerprints and if the items are not returned, he will turn them over to officers. A flashlight was also taken from one of his tow trucks,

Mr. and Mrs. H. V. Presley, Arnold Way, were thrilled to see their nephews, Jack and John Schroeder, who just returned from Viet Nam aboard the USS Black. Mrs. Presley's brother-inlaw, James W. Gray, chief petty officer on the Marquett, also returned from a tour of duty this week. His family have been living in Alameda, are coming to El Cajon to make their permanent home.

LISTINGS WANTED

EXCHANGES HOMES RANCHES ACREAGE

AL SMITH
BROKER

445-2670

2249 Hwy 80

Alpine

WELCOME NEW ADVERTISER

This issue the Sun is happy to presend a new business on the back page, Howard Kaye Interiors of El Cajon, who has been serving the back country for some time. He is putting on an introductory inducement for old and new customers,

Note- If you wish to help the Sun grow, please tell the advertiser you saw it in this newspaper. And if you buy from those that do not advertise, chiefly in Alpine, drop a hint to them. Thanks. Ed.

If you don't know the price of success, the Internal Revenue Service will be happy to provide you with the proper information.

Kip's Cafe

Delicious - Oriental - Exotic Orders to go - Also Home Delivery Closed Monday - Free Delivery

1058 E. Main El Cajon 442-1211

Beeson's Disposal Service Trash & Garbage Mixed

TWICE WEEKLY PICKUP Serving Harbison Canyon To Mt. Laguna

Call 445-3029 After 4:30 PM

J.L. FANN, Inc.

DITCHING

AND

EXCAVATING

BACK-HOE WORK

A Specialty

Hourly Rates
Phone 445-4655



SOCKWELL OFF TO VIET NAM

Florist

James Sockwell, Victoria Drive, left Monday for San Francisco where he was flown to Viet Nam to serve with the RMK Construction Company. He will be gone 18 months, Difficulty is Saigon postponed his trip one week but as soon as some of the trouble let up, his plane took off for the Far East.

9934 Maine "Flowers LAKESIDE 443-1066/1067 Evenings Lakeside" 222-1892 Weddings Our Specialty

Nutrition Center

Your Health Food Store 442-7212 162 E. Main

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 !

Here is a good idea of the "groaning board" at Monday's Lively Oaks' noon potluck-- only this table did not groan although it was heavily loaded with lots of homemade victuals and goodies -for it is a billiard table with sturdy legs! It was a Valentine party, jolly and mer-

Larry Glavin of Victoria Drive has replaced George Brant as Boy Scout Leader of Alpine's lively group. They meet Mondays at the YC. Glavin is also leader of the Indian Guides and these youngsters are busy making pine wood derby racers for their next meeting. They gather twice a month at different homes.

I've been in love with the same woman for 30 years. If my wife finds out, she'll kill me.

Alpine Trailer CampeRancho Resort

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.

CLUB, CO. AND PRIVATE PICNICS 463-2028 445-3162

This has been a happy week for two sisters. Ethel Andrews and Helen Winkelman, for with her husband Don Winkelman, she flew out from their Minneapolis home. rented a car in Yuma, drove on here to visit. will drive to Las Vegas, then fly back home to St. Cloud. Don is superintendent of a construction firm in the metropolis. Ethel and Red Andrews run the Casino Inn,

where this shot was made. From left: fine, beautiful; I'd like to retire to

Don, Helen, Ethel and Red, "Alpine's this place someday" says Don.

Tonight Alpine's First Baptist Church of the Willows is having a potluck fish dinner starting at 6:30.

We don't mind suffering in silence, just so long as everyone knows we are.

Lutz's Garage

Complete Automotive Service AUTHORIZED

BRAKE STATION



24-HOUR TOWING

445-2967

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

BANK REPORT SHOWS UPWARD

Luther Mohr, manager of Alpine Branch, Security First National Bank, says the economy remained 9% above its level of a year ago. January was, however, slightly lower than December. Strong gains were noted, he adds, in bank debits. Rising moderatley was construction activity, while realty and department store sales declined a bit.

'Our local operation is gaining steadily", Mohr told the Sun this week". and our projected growth is right on the mark. We are gaining in all areas and our escrow volume is steadily rising for Alpine and the back country".

LISTINGS WANTED

We Have Out-of-State Buyers Frank & Rachel Zirwes Branch Managers

ESTABLISHED 1900 LARGEST REAL ESTATE FIRM IN WORLD

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El Cajon

DOUBLE TALK

By Cecile and Celeste Irvine

My boy friend Butch Coker and I drove down from Hemet to attend the Andy Williams SD Open last weekend and were glad we did. We saw Tom Weiskopf curl in the 25 foot putt that won him first place. He beat out Al Geiberger of Santee who took second place and Roy Floyd who took third. All three were tied Sunday morning. The tournament was a smash hit with crowds of 80,000 coming every day to see all the celebrities. Sunday we saw Billy

Dr. Edgar M. Poe
Optometrist
445-2345

CARRELL'S

Hay, Grain & Supplies

George Carrell

Vet Supplies

Closed Sunday

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2424 Hwy 80

Alpine

Bob Wilson's TEXACO SERVICE



BATTERIES - TIRES - ACCESSORIES Complete Motor Tune-Ups 445-2872

2232 Hwy 80

Alpine, Calif.

Casper, Arnold Palmer, Jack Nicklaus and most of the golf greats were there during the week-long run. All attendance records were broken and besides all the fun and excitement, the Salk Institute will receive a check for \$150,000 as the tournament was a benefit for them. We both had a wonderful time and it was worth the trip down. Butch is a golf pro so was quite interested and I am learning to play.

Cathy Bates, who recently married Paul Kuphaldt, is being transferred from El Toro to Victorville, so she can be

near her husband.

Yvonne Randall is in Prudenville, Mich, visiting her husband's family. This is the first time she has met them and then later on this month she goes to Norfolk, Va. where Randy will take a month's training in survival, prior to his trip to Viet Nam. Yvonne and Randy took their dog Lady with them, left her pups with her mother to look after.

Mary Fitzgerald wants to sell her Honda 50 for \$200. She says it is a small bike, good for a girl and has a top speed of 50 mph. Call 466-1025 if you are interested. She won it on Hollywood Squares last year and as she also won a

car, can't use the bike.

Doug Payne has enlisted in the Navy and is taking his physical. He has been attending Cal Poly but wanted to get in before he was drafted.

Dickie Greathouse is still in Navy Hospital taking more physical therapy but gets to come home on weekends. He injured his back on Thanksgiving Day, 1966 in a bike accident and has been through 2 operations and months of confinement. Bikes are fun but they are also called suicycles.

FELLOWSHIP HAS NEW OFFICERS

These officers were recently elected for the year at a session of the Pilgrim Fellowship of Community Church: Steve Wilcox, president Andy Knight, vice president, Phillip Wedel, sectetary, and Dianne Pekary, treasurer. Young people of JH and HS are invited.

Carl's Boot & Leather Shop

SADDLES - TACK - SUPPLIES - CHAPS TO ORDER

Financing On Approved Credit Bank of Americard & Master Charge

1275 N. Second, El Cajon'

442-3027



Highlight of Woman's Club Reciprocity Tea Tuesday was new play by Bea LaForce, her 9th to be accepted by publishers: "The Pillowcase Committee", in 1-act, which she directed. It was put on by the Alpine Players.

In photo from left, the cast which worked hard to make it go over so well to the packed clubhouse: Reenie Adams, Betty Brookes, Lynn Lipetzky, Norma Sullivan and Barbara Peterson.

Mrs. LaForce is now listed in catalog of plays by 5 large publishers, is busy on new works all the time.

Mrs. Manila Colby is back from a flying trip to San Francisco where she attended the Calif. State Federated Club Women's Convention.

attended the Calif. State Federated Clul Women's Convention.

HELP!
WE NEED LISTINGS
Have buyers for homes on 1 to 2½ acre parcels.
GORDEN
REALESTATE
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2140 Hwy 80 Alpine

Doctor to exhausted man: "You can forget about wine, women and song, From now on, it's tea and television!

Commercial - Residential - Mobile

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Rosko Refrigeration

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El Cajon

El Cajon Awning & Mfg. Co.

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AWNINGS - CABANAS - SCREENED ENCLOSURES For

Mobil Homes - Patios - Residences

COME IN AND SEE OUR SHOW ROOM DISPLAY

845 El Cajon Blvd., El Cajon 442-3301

MONTH-LONG SALE GOING NICELY

Mrs. Nikki Manconi, who runs the popular new shop Nikki's, which has all kinds of wearing apparel and accessories for the feminine population -- infants to older women -- says her month-long sale is going nicely. She is giving some fabulous discounts to make way for new spring styles, also double Blue Chip Stamps, too.

Mr. and Mrs. E. M. Cunningham are entertaining his aunt, Mrs. Grace Barkley of Pueblo, Colo. for two weeks. She flew down, is enjoying her visit in Alpine very much.

Piano Organ Voice

LENORE OAKLEIGH LUSK

P.O. Box 281

445-2927

Alpine

McGUFFIE'S SUNDRIES

Medical Preparations - Vitamins

Fountain Lunch

Greeting Cards - Cosmetics

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LEGAL NOTICE

CERTIFICATE FOR TRANSACTING BUSINESS UNDER A FICTITIOUS NAME

It is hereby certified that the undersigned is transacting business in San Diego, 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, towit:

Century Company P.O. Bex 23192, San Diego, Cal. 92123 WITNESS my hand this 3rd day of November, 1967.

Walter James Dwyer 6851 Jackson Drive, San Diego, Calif.

STATE OF CALIFORNIA COUNTY OF SAN DIEGO \$8

On this 3rd day of November, 1967, before me R.B. James, County Clerk and Clerk of the Superior Court of the State of California for the County of San Diego. personally appeared Walter James Dwyer known to me to be the person whose name is subscribed to the within instrument, and acknowledged to me that he exe-

cuted the same.
IN WITNESS WHEREOF, I have hereunto set my hand and affixed the seal of the Superior Court the day and year in this Certificate first above written,

R. B. JAMES, County Clerk By Claire Durham, Deputy

Alpine Sun, 2/9,16,23, Mar. 1, '68

LIVELY CAKS DOINGS

Seventy-five members and guests enjoyed a tasty potluck luncheon on Monday, Feb. 12 in the YC.

Emma Holmes, president, announced that business meetings would be on the

4th Monday of each month.

Gladys Pinkerton reported on the 200 Anniversary of San Diego -- she spoke on the subject at the YMCA on Sunday. She also announced plans to attend the Bob Dale show April 16 and members will go by bus.

Each member and guest received a valentine, and there were some left to send to patients of Alpine Convalescent

Center.

Guests enjoying the lunch and music: Mr. and Mrs. Geo. Grube of Alpine Home Bakery, and her father, Archie DuPont: Doris Christensen, Mr. and Mrs. Floyd Taylor, Mr. and Mrs. Farley from Illinois, Mrs. Gillen from Minnesota, Mr. and Mrs. Reed Durham, and Naomi Woodruff. After luncheon and announcements, the Hillbilly Band played for singing and dancing. Naomi Woodruff, as guest guitarist, sang 3 western songs.

Members of band are: Gladys Pinkerton, leader (she dances and shakes a mean tambourine), Phil Hall, musical saw, Perry Welch, bass tub, Claris Shores, mandolin, Floyd Taylor, guitar, Margaret Bakstan, singer and washboard, Juanita Cushing, singer and maracas, Ruth DeLong, washtub, Caroline Thanner, spoons, bells and jub, Olive Cassidy, piano, Charles Leitch, violinist and Jew's Harp.

Ivy Kuhl was in charge of the luncheon. Friends of Alice Hunter wore sorry to hear she is ill at her home.

Bill Graf is home from Doctors Hospital where they put him in a cast from his waist to his knees to help his back heal. He had surgery on it last month and it wasn't healing as fast as his doctors thought, so they put him in a cast to keep the back from moving.

George Lengbridge FOR TV SERVICE Black & White or Color 445-3885



The big Valentine party at the YC Monday for the Lively Oaks was a record for attendance, as photo shows, with lots of fun and good music by the Hillbilly Band.

NEW DUTY FOR NAVYMAN BARNHILL Enjoying leave at his home here with his family is BTC Leon Barnhill, USN, who just finished a year on shore patrol at the SD Police Station. On March 6 he reports aboard the USS Evans, a destroyer escort, now in Long Beach for repairs. Her homeport is SD. He completed 16 years in the Navy in December. For his tour of duty in SD he received all 4.0 marks, the highest.

"We have enjoyed our introduction to Alpine and the San Diego area"



Mr. and Mrs. Lee Farley are here

from Durand, Ill., visiting Mr. and

Farley is a retired railroad agent of

Mrs. John Peters at the Alpine Motel.

Brinnell, Ia., where the Peters' live.

Mon. - Sat.

Alpine Beauty Salon Hi Fashion Hair Styling

For Appointment, 445-4031

2142 Hwy 80

Alpine

C OF C COMMENTS

The annual Celebration of Chamber of Commerce Week, which will be celebrated all over the US, is set for the week of March 24th thru 30th, says Dr.

John S. Campbell, president.

Now is the time to make the decisive move to join the Chamber and help "Alpine to Grow" into an outstanding Village Community.

The C of C meets next Wednesday, Feb. 21, at 8 P. M. at the School Auditorium. Many important issues are on

the agenda.

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NATIONAL BEAUTY WEEK Feb. 11 to 17

Get a Lift With a New Spring Style

Evelyn's BEAUTY SHOP

PERM ANENTS FROM \$6.50 UP

Closed Tuesday 2030 Crest Dr. 444 - 4294 Suncrest

CARE OF THE BODY

By Alice Irvine

WATCH THAT BLOOD PRESSURE

By popular supposition it is generally understood that normal blood pressure of an individual should be 100 plus his age.

Among physicians, however, it is generally considered that normal is 100 plus one's age up to the age of 20, and thereafter being raised one point for every two years. In other words, past 20 the blood pressure is 120 plus onehalf the age in years thereafter. At the age of 60, therefore, the blood pressure would be 120 plus one-half of 40 years or 140. This has from many years of observation proven to be the so-called normal rule of a vast number of average people. The fallacy of this criterion, however, lies in the fact that the average, so-called "normal" people, are actually sick speciments. The "normal" rise in blood pressure with age is really abnormal!

In perfect health we have a different picture. This is the contention of natural therapy: In a body that is built in accord with natural principles, we find the blood pressure to be uniform, once maturity has been reached throughout adult life. That figure approximately means 120. In perfect health the arteries at 80 are as pliable as the arteries at 20. Why should there be any increase in pressure? It is the hardening of the arteries and other tissues caused by calcarous deposits, which brings about rigidity and maintenance of high pressure. This is a disease process by itself. It is not "perfect, normal,"

One of the biggest cause is over-eating. In addition, there is the use of pressure raising" substances. One of these is nicotine as found in tobacco and another caffeine, in tea and coffee. High blood pressure has become one of the most prevalent symptoms and findings in the average American.

Foods have proved more valuable than drugs in curing human ills. Learn to eat more raw food.

N.W. Wasson

EXCAVATING

445-3637

All Types of Dirt Moving

Classified

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

FOR SALE, MISCELLANEOUS

MODELS - Glue and paints. Alpine Hobby & Rock Shop, 1321 W. Victoria. 445-4603.

Bicycle, Schwin, 3 speed \$15. 3 Metal feed bins, \$10. Power mower, Briggs & Stratton, \$40. Elec. portable saw, 6 extra blades, \$40. 5 Lamps, like new, \$25. Jr. Encyclopedias, 21 books, \$7. Cedar chest, \$12. Oak desk, 6 drawers, \$12. 5 piece Maple bedroom set, \$75. Sold home, many other items, 1540 Alpine Terrace, 445-3103.

2 Toy Poodles, One four year old AKC. Black. \$35. 5 year old black pure bred no papers, free to good home. Both are licensed and have all shots. 445-3870.

Fully contained Ideal $19\frac{1}{2}$ foot travel trailer. Sleeps 6. Double axel, elec. brakes. Total road mileage, Tucsonto SD. Purchased late 66, 445-2434.

54 FORD RANCH Wagon, make offer. Utility trailer. 445-3167.

GRAIN FED Calves. Nice Angus hefer calf. 2 months old. 445-2984.

Lab pups for sale reasonable. 445-3731.

Acme Juice, near new, \$75. 281-3191.

Large gently pony and bridel. 5 years old. Good with children. 445-2984.

REAL ESTATE FOR SALE 5 room hou furnished on $\frac{1}{2}$ an acre. Lots of trees. \$7,500 - \$1,000 down. 1 Acre view lot, \$8,300. 80 Acres for \$50.000 2 Bedroom home.\$14,500. Fenced and lots of fruit trees. 1 Acre, \$6,500. \$2,500 down. 2 Choice Bldg. sites \$5500 and \$5000.

AL SMITH REALTY 2249 Hwy 80 445-2670

FOR RENT

One bedroom bungalow furn. Adults only. Contact Alpine Motel in person. 445-2954.

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.

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

Ruth Burdett, piano lessons. 445-2877.

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

SEPTIC TANKS CLEANED Modern Septic Tank Service 444-6197

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

REMODELING, Conversion projects, patios, room additions, concrete work, etc. 443-2940. (1-26).

DO YOU NEED A LOAN on Real Estate or sell a trust deed? Call Don Bates, 445-2537.

CUSTOM BUILT HORSE TRAILERS, parts and repairs. 8201 Wintergardens, Lakeside, 448-0168,

PINE ACRES TREE NURSERY Select orange trees, \$3.69. Bare Root trees reduced, 445-3037.

HANDIMAN wants work, 445-3092.

GARAGE FOR RENT. N. Marshall, 445-3092.

LADIES WANTED- Make up to \$1.68 per hour doing simple sewing in your spare time. Write, Jamster Industries Inc., 100 Ashmun, Sault Ste. Marie, Mich., Zip. 49783. (2-16)

Child's wardrobe - blond finish. \$10. Record holder, \$5. 465-7180.

Ent. as 2nd Class, Alp, Ca. 92001

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El Cajon

Days 444-3158 - Nights 447-1963