

Our 17th Year



ALPINE SUN



Best Climate in US by Government Report

Vol. 17, No. 11 Alpine, Calif. 92001 Friday, March 15, 1968 10¢



NATURAL GAS HERE SOMEDAY?

Last week the Sun told how the highway office is putting lines under the freeway at W. Victoria for water, electricity, sewer and gas. Talk went around about the gas line, so this week the SD Gas & Electric Co., admitted that they were conducting a study of the possibility of furnishing natural gas to this community.

If and when such a study is being made, which surely means that Alpine is growing and sometime will be large enough to use sufficient gas to permit the firm to install lines and service.

ALPINE STARTS UNUSUAL TREND!

Why is the flag at half mast?

That is a question some have been asking upon seeing the colors at half-mast in front of Richard Lane's home, S. Marshall Road. The photo shows him by the flagpole, and his letter to the editor explains it:

To the Editor:

For weeks now I have waited for decisive action on the part of our government to secure the release of 83 men and their ship Pueblo seized by a hostile N. Korean force. This ship was a veritable floating laboratory equipped with the latest electronic devices.

I read about one of our gallant fighting men who was left to drown. Our policy of retreat resulted in the Bay of Pigs fiasco, and the subsequent entrenchment of the bearded fanatic, Castro, with missiles pointed at the very heart of our homeland just a short 90 miles away.

We have allowed communist Russia to take the initiative in every confrontation with them; can you imagine Teddy Roosevelt letting anyone get away with such shenanigans?

An unkempt segment of our population have already interred the spirit of '76, but I'm a square, and old-fashioned enough to believe that freedom, justice and equal rights will never die, or fail to be a goal in the hearts of courageous people the world over. So, my flag is not flying at halfmast because of death, but as a protest against a dangerous trend in our country's apathetic outlook which have made these events possible.

Richard C. Lane

SAN DIEGANS BUY, TO BUILD

Mr. and Mrs. Geo. Zyvert, 3204½ Highland, in SD, have just bought a slightly 1-acre building lot on Arnold Way from John Morris. Sale was by Neda Hill of Alpine Realty Co. The couple are friends of Mr. and Mrs. Geo. Campbell, South Grade Road.

Mr and Mrs. Lee Farley of Durand, Ill. who have been visiting Mr & Mrs. John Peters at Alpine Motel, left Wednesday for their home.

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MISS ALPINE TAKING SHAPE

From Nikki's, 2549 Hwy 80, where Mrs. Nikki Menconi is chairman of the Chamber of Commerce-sponsored Miss Alpine Contest to select a young lady to reign over Viejas Days horse show and other events, comes word that already 6 pretty girls of the community have turned in applications.

"Entry deadline is Mar. 29, so girls better get busy and get their entry blanks in" invites Nikki, whose idea it was to have this contest.

To date these have entered: Marion Bell, June Brown, Marty Hoy, Cecile and Celeste Irvine and Tina Miller. Several have taken blanks home to fill out, adds Nikki, who is planning a dinner meeting for the committee and entrants.

"As we are to have a program with all donors listed" she adds, "all that have committed themselves to support the contest should send in their donations to confirm their agreement".

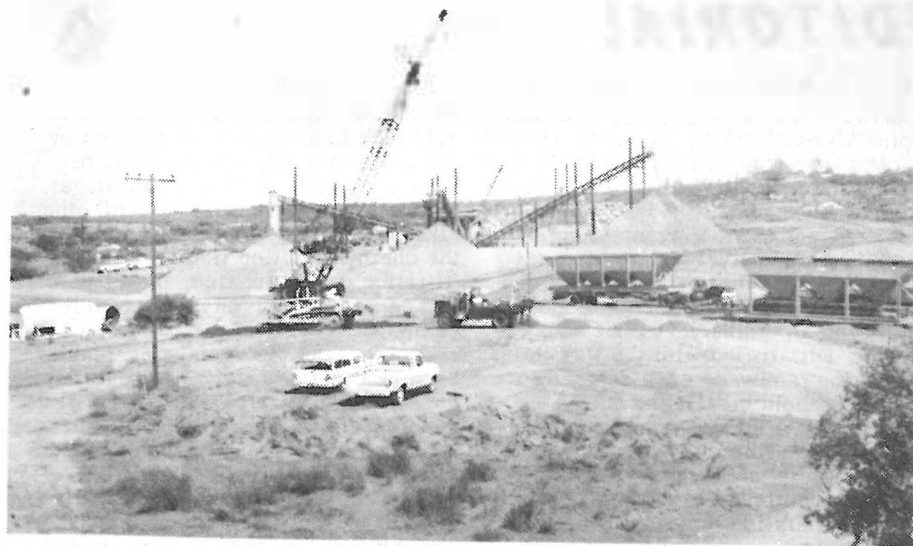
LAURELS AWARD TO LEATA JUDD

Tuesday night at a dinner in LM the 6th annual Laurels Awards presented a handsome plaque to Mrs. Tom Judd, inscribed: "for outstanding contributions to education in the Grossmont School District Area".

Four women and 2 men received the high honor. Bob Mills of TV8 was emcee, presented the eight with their plaques. Mrs. Barbara Tietjens, Alpine teacher, has worked on the awards for 5 years in this area, said it is the first time and Alpine person has received it.

Mrs. Judd scored highest in the Inland Empire for her activities: leader in PTA for which she has an honorary life membership; room mother, chaperone and furnishing transportation.

Ulcers are something you get from mountain-climbing over molehills!



HOT MIX PLANT IN BUSINESS

This is a look at the rock crusher and equipment for the Daley Co. hot mix plant now grinding away just north of the freeway and east of W. Victoria Drive. It will be here for about a year on a temporary permit to make paving material for the surfacing of US8

Mrs. Henry Mumma, Victoria Dr. has been confined to bed for two weeks with a bad case of pneumonia. She is up a little and feeling much better.

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EDITORIAL

DON'T MIX YOUR HOUSEHOLD CLEANERS!

Mrs. Grace Wilcox, president, Alpine Woman's Club, passed on this article to me from California Club-women and thought it might be of interest to our readers.

Recently a peculiar type of accident struck two housewives undertaking a household chore in separate locations but under similar circumstances. Both were using an ordinary toilet - bowl cleaner. Dissatisfied with the way stains were being removed, each decided to add a household bleach and stirred the mixture with a brush. As a result, one died quickly - the other spent a long time in a hospital!

What occurred in each of these cases was the generation of a poisonous gas when the users combined two or more cleaning agents commonly found in almost every household. The addition of

the old familiar chlorine bleach to an acid such as a toilet bowl cleanser or just plain vinegar, will suddenly release a quantity of toxic chlorine gas. Similarly, when it is mixed with other alkaline matter - ammonia or lye - the chemical action liberates a highly irritating gas. If inhaled, these fumes can cause serious injury and possible death.

Don't make the mistake of thinking because certain household products are good and useful, a combination will do the job better. Stick to the safe rule: Read the label carefully and follow the manufacturer's directions exactly.

Don't mix bleaching agents with toilet bowl cleansers, ammonia, lye, rust remover, vinegar or oven cleaner. In short - never mix bleaching liquids with any other cleaning agents or components. - A.I.

FORMER TEACHER MAY RETURN

At the school board meeting Monday night Barbara Garrett, who taught 4th and 5th grades here, is now on a year's teaching contract in Hawaii, was offered a contract for when she returns this summer.

It was a short session with routine business and a discussion of the growing need for more room as enrollment rises with the steady growth of the community.

Mr. & Mrs. Wm. Rogers of Nahma, Mich. spent last weekend in Alpine visiting their niece Betty Rash and family. They drove out to Costa Mesa to spend the winter, will come down to visit them again when the weather warms up.

TREASURES IN WORDS

Let us not be weary in well doing; for in due season we shall reap, if we faint not. -Galations 6:9.



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Alpine, SD Co., Ca. 92001
Published weekly on Friday
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Clarke Irvine, Editor & Publ.
AOPA 194347

Alice Irvine, Art & Composition
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4H SPONSORS EGG HUNT

Alpine Amigos are sponsoring an Easter egg hunt Sunday afternoon, April 14th at 2 pm at the YC grounds. The hunt will be divided into 2 classes, 1 to 5 year olds and 6 to 9. Prizes will be awarded to a boy or girl finding a gold egg in each class. All children of Alpine are invited.

MRS. PETERS WINS AT SHOPPING

Good luck went with Mrs. John Peters of Alpine Motel last Thursday at Grossmont Center for she came away with the \$250. "shopping spree" prize. They took pictures of her and Peters at the end of the big day and as she said "we had a ball!"

TEST YOUR INCOME TAX IQ WATCH THE MIKE DOUGLAS SHOW

WED. MAR. 20

CHANNEL 6, 5:30 P.M.

TAKE THE TEST! SCORE YOURSELF!

Mike's special guest is Mr. Richard Block, Chairman of H&R Block, America's Largest Income Tax Service. Mike will play "20- Questions ala 1040" and Mr. Block will supply the answers and explanations. Tune in and test yourself. You may be surprised at the results.

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Here's how blasters handle harmless explosive, pouring grains into holes in granite which is ignited by stick of dynamite from fused cap. This explosive is a fertilizer, but when mixed with distillate it becomes a powerful blasting compound, is far safer to handle than other materials. This at the Willows. See photo next page.

Worry is nothing more than interest on trouble that hasn't started yet.

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HEMS ENJOY REUNION

Mr. and Mrs. Halvor Hem, Victoria Drive, were thrilled when their son Ray, his wife Sandy and 7-month old baby daughter Angela paid them a visit. Was the first time they had seen the infant as Ray is in the USAF in Sundance, Wyoming, and couldn't get away. They are spending his 30 day leave here and enjoying the visit. Last weekend his sister Chris Edmonds and her family drove down from Malibu to visit and all went to the Open Door in Lakeside to see Halvor Hem in "The Bald Soprano."

Another thrill was when Hem directed the choir at the Chapel of the Valley Methodist Church at their 10th anniversary. He had directed it for 8 years and all four of his children had sung in it. This time Ray, Chris and Marcy participated; only one missing was Hal, who is in the Navy stationed in Washington, D.C.

Alpine Woman's Club heard Lloyd Ruocco, architect at their Tuesday's meeting, with Katherine Black as hostess, reports Mrs. Grace Wilcox, president, who was in the chair.



Here crew tamps into drilled hole in blue granite the explosive compound on new access road at the Willows, south side of freeway, now fast taking shape with new bridge completed. See what happened on next page.

START AIRSTRIP IN DESCANSO

Robt. Burrell who owns a place opposite Stallion Oaks Ranch on Boulder Creek Rd., who last year planned a landing strip for light planes is going ahead with the project, he reports. All he has to do is smooth a field which lies correctly into the wind, fell a few trees on each end, and it is ready. He has had plans all okayed and hopes to have the first landing in a few weeks.

He also plans on building a camper park in connection. He was formerly in the B&B Tile Co., in EC, but is now confining his interests to his 120-acre ranch to develop it as a recreation spot.

Tomorrow Alpine 4H Amigos will attend the Buckles Field Day at Rocky Home Dairy in Lakeside. This event is sponsored by FFA and lasts from 9 to 3. All 4H Amigos are invited.

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El Cajon

HORSE TALK

by Cynthia Irvine McTaggart

Some of the best cowboys in the area will compete for \$6,500 in cash prizes at the Lakeside Family Fair and Rodeo, April 19-21, across from Lindo Lanes.

The Rodeo, sponsored by the El Capitan Stadium Fund, is a 2-day affair with single performances at 2 on Saturday and Sunday.

Among 150 expected constants will be two International Rodeo champions, Bud Rasco and his 15-year-old son, Ronnie, both of SD. Rasco won the 1966 IRA team roping title, and his son won it last year. Another champion, Glenn Byrd, the 66-67 IRA all-around cowboy might be there, says rodeo chairman Art Sattler.

Seven events will be offered, calf

roping, bull dogging, bull riding, bare-back riding, saddle bronc riding, girls' barrel race, and team roping.

Sattler said local residents may enter the competition. "We hope those who feel they would like to compete will contact the Stadium Fund Committee and parental approval is required for competitors under 21," he said.

Tickets go on sale soon throughout Lakeside and are \$2. for adults, and \$1. for 12 and under. The 3-day Family Fair, featuring 50 commercial exhibits is free.

Anyone looking for some nice horses to buy? Have 4 that are dandies and are good for beginners. Leah McCarty is selling Prince, a sorrel gelding that is part Welch. Last September he took high point trophy in the Mt. Laguna show when Cathy entered him in a 11 events. Then they have their quarter type sorrel Rudy who would be excellent for a teenager and Flip, the Albino quarter type that they bought from Jerry Denius some years ago. Flip is nice and gentle and a good beginners horse. Their phone number is 445-4455.

Betty Rash has her nice buckskin mare for sale and wants \$150 for her. Call 445-4010 and talk to her about it.

Scully's colt Pokey, has the casts off his front legs and is getting around pretty good. He still has to wear a brace on the leg he broke and a bandage around the other, but is doing fine.

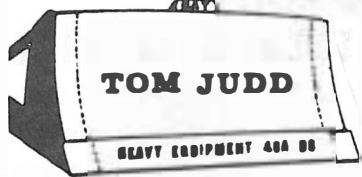
Have had good response from Pequeno Riders about a show, so think we will set the date for April 20th. This is on a Saturday and Easter will be over and everything back to normal. If it rains will have it the following Saturday. Entry fee will be only 50¢ and all classes will be open, meaning that anybody wishing to enter can regardless of age. Light refreshments will be sold to help pay for the trophies as we have always done in the past. Contact me, 445-2984 if you have any other questions. We will have equitation and gymkhana events.

DOLL HOUSE

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Pastor 423-2806



This shows effect of big blast as prepared in photos on preceding pages: hard blue granite is split asunder and tossed into creek which runs year around under Willows bridge. This will be the foundation for access road south of freeway.

Babs: "Is your toaster a pop up?"
June" "No, it's an Indian model... sends up smoke signals!"

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KIWANIS PLANS EASTER BREAKFAST

On Easter Sunday, April 14, the Kiwanis Club will put on its annual pancake breakfast in the school auditorium with Ray Partridge, past-president as chairman. It is \$1 a plate, with 50 and 35¢ for youngsters according to ages. It will be on from 8 to noon. Funds go toward beautifying Alpine.

He who only plans is a dreamer; he who only works is a drudge; but he who both works and plans is a conqueror.

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VIEJAS DAYS MAY 4 & 5

To interest more Alpiners in the annual Viejas Days sponsored by Alpine Chamber of Commerce, a gymkhana show is planned for Saturday, May 4, with the So. Calif. Gymkhana association helping show manager Fred Rushing with the events and details. Entry fee is \$1. and the show is open to anyone.

On Sunday, May 5th, the Western division will be held without classes in English, Hunter or Jumper. Entry fees for this all-point show will be the same as last year.

Fred Rushing is show chairman. Mrs. Ivy Kuhl is secretary, announcer is Sam Sicialiano, Ringmaster, Barney Barnett and John Bilsky is ring clerk. Trophies will be given for first place with ribbons through 6th.

On Sunday, May 5th, the Western division will be held without classes in English, Hunters or Jumpers.

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BRIDGE SHOWS FREEWAY PROGRESS

This is the nearly completed bridge over Viejas Creek at the Willows over which the new westbound lane of US8 will pass at year's end and when the entire 6-mile route is completed. The old bridge over which Hwy 80 goes in 2-lanes now will become the eastbound lanes at that time.

MENCONIS ENTERTAIN FRIENDS

Mr. & Mrs. Robt. Menconi, she runs Nikki's, 2549 Hwy 80, and is chairman of the Miss Alpine Contest, were extra busy over the weekend with visits from many friends: Roy & Dorothy Dickey, of Ray's Carpet Cleaners, National City; Mr. & Mrs. Joe Schultz, owners of J-J's Custom Exotic Woods in L.M.; Elizabeth Wood, wife of LCdr John of NAS, Lemoore, Calif.; Mr. & Mrs. Max Madril, of LM, Mr. and Mrs. Dave Perry, of Santee, and Pres. Frank Schultz of Security First National Bank in SD.

SERVICE LINES UNDER FREEWAY

Tony Misuraca, SD realtor who handles much property in Alpine and the back country, with a home here on W. Victoria Dr., has been working on the idea of getting the state to put service conduits under US8 before it is finished, reports that the project has been accomplished.

On the east side of W. Victoria they have put conduits in for phone and water mains, and on the west side those for sewer and gas are now in.

"This will save the costly charge for putting them in after the road is built", he told the Sun Monday. It is said that natural gas will be piped into Alpine within a few years as the area grows.

The Harbison Canyon Fire Department Ladies Auxilliary are having a rummage sale, tomorrow from 10 to 4 in Community Hall, Old Ironsides Park. Proceeds go toward their many projects during the year.

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BONEY WANTS REELECTION

Chairman Henry Boney of the county board of supervisors, from this district, who is rounding out his freshman 4-year term, is going after reelection.

Boney, 53, who finished a highly successful stint as a groceryman, has been mentioned as a possible GOP contender for the seat of Lionel Van Deerlin, D-SD, in congress. Boney is a strong civic leader, former prexy of the county's Boy Scouts, a trustee of Cal. Western U, and former chairman of United Fund. None has filed yet, deadline being Mar. 22.

Paul Parsons is back from a Mass. Mutual Life Insurance convention in Miami. He was gone a week, took side trips to the Everglades on a houseboat, and other interesting spots, flew both ways.

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WHAT WILL FREEWAY DO TO TOWN?

Although no survey has been made as to what percentage of business in local houses comes from passing motorists, already they are questioning the problem of granting planning okays for a freeway service facility, gas station and cafe, on the NW quadrant of US8 of Tavern Road extension.

Thos. J. Fanning has requested this, but planners are slightly opposed, saying that Alpine is well suited to provide services to the traveling public. While freeway opening is set for Jan. 1969, people are already thinking of what its impact will be on Alpine, which the Sun has mentioned editorially several times.

At the suggestion of Director Dan Cherrier, action was delayed till April 26 as his office is working on guidelines for such facilities. So far the only county-granted one is at Greenwood Dr. in EC.

John Cassidy, zoning division chief of the planning office says interchanges at Tavern and Willows Roads, are ideally placed to allow drivers from both directions to leave the freeway for food, gas, or motels, using old Hwy 80 which will become Alpine Blvd. then.

Note- Concensus as obtained by the Sun during the past year, indicates that merchants look for lessening of business, chiefly in some lines, but overall, the fast traffic by-passing Alpine, will aid it in becoming a nice little town, as the state can then probaly lower the dangerous 40-mile speed limit down to a normal 25 mph. Then Alpine will expand as normal growth continues in fine homes, ranches, trailer parks and so forth. -CI.

A miss is as good as a mile, but you can have a lot more fun with a miss!

NOW COCKTAILS

AT

STALLION

OAKS RANCH

Bar-Restaurant.

Descanso

445-4179



NEW HEAVY TOWCAR FOR LUTZ

This is Harold Lutz of Lutz's Garage with his big new 200 hp Chevrolet wrecker which he just bought to handle huge trucks and trailers in his work for the Automobile Club of Southern California and others.

It is the largest between SD and El Centro, he says, has a 10-ton double boom for handling these big jobs, some of which must be pulled up from canyons when they leave the road.

NAVY PROMOTES HOFFMAN

Mr. & Mrs. Wm. R. Hoffman are happy to learn that their son, Bldr. 2/c W. R. Hoffman, USN, was advanced to his present rate while serving with Naval Mobile Construction Battalion 128, in Vietnam. He is working on cantonments in the Da Nang area. He is a graduate of Grossmont College, has been in the Navy since Feb. 1967.

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Municipal Parking Lot on Cypress

Mary Jo Compton is in bed with a bad case of pleurisy. She had surgery two weeks ago, has been confined to bed ever since. Her husband is in Bakersfield working with his uncle and their three children are being looked after by Carol Greathouse.

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P.O. Box 341 Alpine.

DOUBLE TALK

By Cecile and Celeste Irvine

JoAnn Villa had quite a bit of excitement Monday morning. All day Sunday her mother helped her build a nice pen for her 4H lamb and as soon as it was done she wanted to go up to Jerney's and get the little thing but waited until Monday. As soon as she put Bumper in, the rascal jumped the fence and took off. She called Donna Schwenck to come help her and both girls ran their legs off trying to catch the baby but failed. Donna finally called her mother to come help and then when they still didn't get results Mrs. Schwenck called Mrs. Jerney. Ken drove down with the mother and in no time at all they had them both safely penned. Mrs. Jerney is going

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to let her keep them both for a few days so she can get acquainted with the baby before they separate them.

Linda Lichols is working at Robert Hall part time and going to Grossmont College the rest of the time. She really likes working there.

Mary Jo Compton was sure sorry they lost one of their heifers last week and didn't even get to keep the hide. Malcolm Huey, Dale Greathouse and Johnny Findel all tried to get the thing lodged in her throat out, but failed and she finally choked before they could find out what it was.

Marilu Wilcox Sands and her 2 children are united with her husband Tony who is stationed in San Antonio, Texas. He is a SFC in the Army and a letter to Mrs. Grace Wilcox said they were happy to be back in Texas and really liked it.

Marilyn Glavin sold her little black poodle Chipper to some people in SD who saw her ad in the Sun. She still has two dogs but they can be outside and don't require the care that a poodle does.

Nita and Tina Miller won a \$50,000 trial course at Patricia Stevens Modeling School and are taking advantage of it, are glad they won. They put their names in at the Del Mar Fair last year and were called last week.

Talked to Mandy Payne last week and she is engaged to Danny Pscholka, a sailor, who is leaving in June for Viet Nam. She doesn't intend to get married for quite a while but wanted to get engaged so Danny gave her a ring. Her sister, Ginny, is expecting a baby in the fall and Mandy said her dad was thrilled, can hardly wait. Her brother Doug left Monday for Camp Pendleton to get his 12 weeks of basic with the Marines, then on to Viet Nam.

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2424 Hwy 80 Alpine



FINISHING W. VICTORIA BRIDGE

This is the view westbound motorists on US8 freeway will have as they scoot under the new bridge which will carry traffic down to town. Workers are hauling thousands of tons of rock and fill into this area and the roadway is fast approaching finished grade.

MRS. KINSMAN HOME

After spending 46 days in Naval Hospital, undergoing 2 major operations and suffering two bouts with pneumonia, Mrs. R.J. Kinsman, South Grade Road, is home and able to be up a little. She had to have a tracheotomy after the last siege but came through it all and wishes to thank all her friends and good neighbors for their cards, letters and best wishes. Her brother, Larry King, flew in from Louisville, Ky., to visit her when she had to undergo the second operation. She was glad to see him, and is grateful to be back home in Alpine.

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LIVELY OAKS DOINGS

Members and guests of Alpine Lively Oaks enjoyed a tasty potluck luncheon on Monday's session.

Clarke Irvine, a charter member, introduced his twin daughters, Cecile and Celeste, age 17, who played and sang folksongs which were much enjoyed.

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PB-17

Mrs. R. A. Vale introduced 6 Girl Scouts from the new troop in Alpine who sang, accompanied by Claris Shores and Floyd Taylor. They were Susie Sexsmith, Kathy Bingham, Becky Vale, Stacey Peterson, Robin Partridge and Robann Gustafson. Mrs. Vale told of the new troop of 24 girls as their leader with Mrs. Raymond Partridge as assistant. Naomi Woodruff and Mr. Seckler were guests.

Mr. and Mrs. Bert Cassidy have returned from a 9-day trip to Denver, and El Dorado, Kans. Mrs. Cassidy told of attending ceremonies at Fitzsimmons General Hospital in Denver where their grandson, Spec. 4/C Stanley E. Greene, 20, was awarded the distinguished service, cross, the army's second highest combat award. Green risked his life to save fellow soldiers from a Viet Cong grenade which caused him to lose the sight of his right eye. Gladys Pinkerton gave a good talk on the 200th birthday of SD county in 1969, telling of many activities which will take place during this birthday year, and asked that senior citizens give some thought to a special project or a fair for 1969, which would publicize our community.

Members were requested to purchase membership in the YC, this will help the young people in their many activities at the center.

Katie Stout is convalescing from her recent ear surgery, and Ellen Schiek is in the hospital following an operation on her eye.

The Hillbilly Band performed Friday and Saturday evening for the Kiwanis Club at El Capitan HS in Lakeside, and on March 7th they played for the folks at Edgemoor Geriatrics Hospital in Santee. They have been invited to play at SD County Fair at Del Mar on June 27 at noon on the International stage.

The Hillbilly Band played for Lively Oaks members to dance and sing in the afternoon on Monday. Phil Hall played a solo on his musical saw, and Naomi Woodruff, guest guitarist, played and sang "That Silver Haired Daddy of Mine".

Mrs. Pinkerton said 44 members will attend the Bob Dale TV show on April 16, all going by special bus from Alpine to SD, and all seats have been reserved.

Try a classified to sell it!

MORE MOBILHOME PARK EXPANSION

Expansion of a trailer park on N. Magnolia beyond Gillespie Field in Santee from 125 spaces to 335 was approved by county planning Friday last.

With a new 143-space trailer park rapidly going in here, many others around the Southland expanding, and new ones being opened, it looks like trailer life is coming of age.

Note- It was a couple of decades ago that the financial genius Roger Babson said that in a few years half of America would be living in trailers! Maybe he was a prophet, for with rising costs, taxes and so on, the common man has to get out from under somehow and the trailer may be one solution, or at least part of it! - CI

LETTERS TO THE EDITOR!

Dear Mr. Irvine: The members of WW1 Auxiliary to Barracks 2716, Alpine, wish to commend the patriotic gesture by the young Granite Hills High School freshman, Miss Marcee Rethwish, when she and her school mates marched in support of American Servicemen in Viet Nam.

Truly with teenagers of this calibre of leadership our young men in Viet Nam will know that the younger generation is behind them in this great effort for peace.

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EDWARDS SAYS HELLO TO ALPINERS

In a note to the Sun with a subscription to his home in Tombstone, Ariz., John Edwards, father of Alpine's first war casualty, his son John, tells of a visit from E. H. "Irish" Craton, who formerly lived here.

"He stayed a week", he wrote, "and we had a fine time and saw quite a few sights here. Will see you when I get back for a visit".

"Thanks, John, glad to hear from you, all good wishes. - ED.

STOCK SPLIT FOR SDG&E

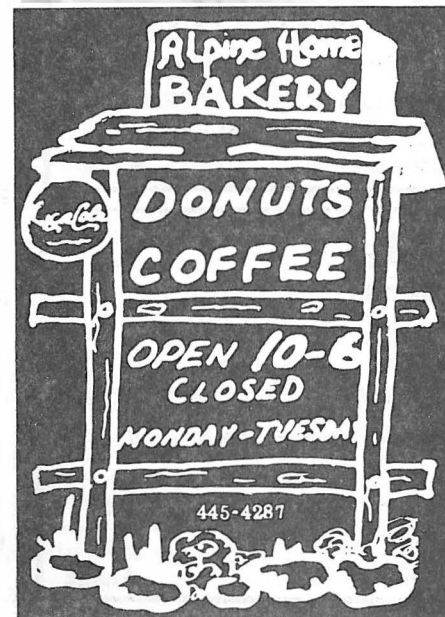
An increase from 6 to 12 million shares of common stock has been voted by directors of SDG&E, which brings the par value from \$10. to \$5. per share. They also decided to make a stock split of 2 for 1 on common stock, many holders of which reside in Alpine and the back country. Both actions are subject to shareholder approval.

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CARE OF THE BODY

WATCH THOSE GROWING PAINS - IT MAY BE ARTHRITIS.

By Alice Irvine

When a person says he has rheumatism he means that the joints, or the tissues around the joints, are reflecting changes brought about by bad chemistry in the body.

Arthritis, or rheumatism, is likely to affect the rich, the poor, the young or the old. The young are usually affected with what is galled "growing pains" but which, in reality, is a form of arthritis, and of course we all are familiar with the elders who can tell when it is going to rain because of the agonizing pain in their rheumatic joints.

Arthritis is classified generally in three divisions: First is "atrophic" which means that the tissue or bones are wasting. Then, we have "hypertrophic"

which means that the tissues are enlarging. Next is the infectitious type caused by a specific infection, but in all cases one thing stands out definitely—that is, the accumulation of poisonous materials in and around the articular surfaces of the body.

This rheumatic condition, or arthritis, may show itself as sciatica, lumbago, pains in and around the shoulder, and any other articular surfaces. Of course, it makes little difference where the pain is located, the main thing is ferreting out the cause of these pains. All cases have accumulated body toxic materials which interfere with motion and circulation, thereby causing pain. So we can list under the main causes of arthritis an excessive amount of uric acid, or any other acids that accumulate in the tissues. If these are in excess, they cause a burning sensation. Next, we have toxic material which is absorbed from the colon. You may absorb this whether you are constipated or not. There are many colons that have side pockets that accumulate the poisons. It is important that this waste material is eliminated from the body via the lymph and bloodstream.

One of the primary causes of arthritis is due to mineral and vitamin deficiencies over a period of years. One seldom finds a person who has arthritic pains who has been on a full rounded diet.

There are many helpful hints that can be used to avoid arthritis. The most important thing is diet; get sufficient amounts of good fresh, raw fruits and vegetables plus an adequate intake of natural minerals and vitamins. And it goes without saying, that alcoholic beverages, condiments and too much cooked food must be eliminated. By following a few simple rules and determination, arthritis can be eliminated.

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ALPINE GIRL TEACHES JUDGING

Donna Schwenck, member of Alpine Amigos, is holding a class on judging tonight at 7:30 in her home and then another on Wednesday night in La Cresta at the home of Mr. and Mrs. James Bradley, former Alpiners. Donna is well qualified to teach judging as she has taken prizes in this division for years and is helping out the newly formed Crest 4H with this important part of 4H.

Donna and her mother also presented this club with a set of 4H flags that she made at their first meeting and Anna Jerney and Martha Schwenck went along to answer questions and get the club off to a good start.

HOW'S YOUR INCOME TAX IQ?

Wednesday at 5:30 p.m. on the popular Mike Douglas show on TV 6 you will have a chance to test your income tax IQ. Mike's guest will be Richard Block, chairman, H&R Block, America's largest such service, reports Pat Naud, in charge of the Block office in Alpine, 2140 Hwy 80. Mike will ask the questions, Block will supply the answers and explanations. It should be interesting with April 15 deadline just around the calendar!

"Tis said that silence is golden... but sometimes it's just plain yellow.

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