

ALPINE ECHO AND SUN

Serving a Growing Area of Homes and Ranches

Vol. 8, No. 1

January 14, 1965

Alpine, California

Price Ten Cents

New Pastor Given Welcome

A reception held at the First Baptist Church of the Willows, welcomed Rev. William P. Bray and his wife Alice, along with their son Rich, to the Alpine area.

Some 150 people were in attendance and many came from Spring Valley and El Cajon, joining with local friends to welcome this family to the community.

Rev. Bray has had a varied background and served churches in various areas before taking this post in Alpine.

Always an active participant in community affairs, Rev. Bray will make no exception in Alpine. He intends to become a part of the various phases of community work to which he will bring much experience.

Particularly interested in youth work, Rev. Bray has expressed a desire to help the youth of the community through our own youth center.

Also active in Kiwanis, Rev. Bray has already been in attendance at a local meeting.

The Brays expect to move to Alpine in the very near future.



Dr. Roger Larson, pastor of the Alpine Community Church, greets Rev. William Bray and his family at reception held at the First Baptist Church of the Willows.

(Echo-Sun Photo)

Bill Submitted To Curb Drug

Assembly Speaker Jesse M. Unruh has introduced legislation to place the narcotic drug Percodan on California's triplicate prescription list of dangerous drugs.

Unruh said that evidence of Percodan's addictive properties, substantiated by the Federal Narcotic Bureau, necessitates the tightening up of state regulations on the drug.

Percodan, prescribed by dentist and physicians for relief of post-surgery pain, is now one of a number of substances exempted from the triplicate prescription requirement.

If the bill (AB 18) is adopted, a physician prescribing the drug must make out his prescription in triplicate, two copies of which must go to the druggist who fills the prescription, the third remaining in the physician's records. The druggist would be required to keep one copy of the prescription and forward the other to the State Bureau of Narcotic Enforcement.

This procedure, Unruh explained, permits the bureau to ascertain persons who are receiving an abnormal quantity of the drug and determine whether these persons have become addicted to it.

"It is in the public interest to determine the misuses of this habit-forming drug," the Speaker said. "It is also in the interest of the persons who have become inadvertently addicted in the course of medical treatment."

Sheriff To Hold Open House

Sheriff Joe O'Connor announces the moving of his East County Substation from the El Cajon Municipal Court Building to 1347 Broadway in El Cajon (Bostonia).

This move involves the 83 men who serve the East County section which includes Ramona, Julian, Borrego, Jacumba, Campo, Lakeside, Alpine, Jamul and other areas. These men comprise the detectives and the patrol officers in Eastern County.

Lieutenant William Dovey will continue to serve as commander of the new Sheriff's substation.

An open house for the public to make an inspection of the new facility will be held on Friday, Jan. 15 from 1 to 5 p. m.

Alpine Weather Report

High 70 Low 32

Ave. High	Ave. Low
62	38

Rain for period .22
Rain for season 5.47

Recount Cost Is Shared

The expense of the recount to decide the outcome of the election of either David Bird or Henry Boney to the Second Supervisorial District, will be shared by the backers of David Bird and by Henry Boney.

The outcome of the recount will not be known until approximately one week from tomorrow, according to the Registrar of Voters office. Boney has been sworn in and has taken over the duties of a supervisor.

Concert Slated At Grossmont

The noted folk singer, Sam Hinton, will appear in a free public concert on the Grossmont College campus at 8 p. m. Friday, Jan. 15 in the Student Center. Mr. Hinton's program will feature outstanding folk melodies of a general nature as well as specific tunes which he has composed.

Mr. Hinton appeared before the college faculty, students and community two years ago in what was one of the best attended and most successful of the college-community services offerings that year. Mr. Hinton has recently been able to dedicate more of his time than previously to his study of music. He was formerly a scientist at Scripps Institute of Oceanography.

IMPORTANT NOTICE

There has been a change of number for reporting fires, according to the Alpine Fire department. The new number is: 445-2663.

Be sure and list this number in a conspicuous place so that should you have an emergency, you will be able to reach the department as quickly as possible.

There are stickers available at the fire station with the new number printed on them. They can be picked up at any time and everyone should avail themselves of this opportunity.

The fire department also wishes to remind everyone that although it is winter and the weather is not as dry as it has been, regulations still prevail on burning, and there is to be no outside burning without a permit. Call 445-2746 or stop at the fire station for information concerning this.

Review Of Headlight Laws

"It is surprising to me that there aren't more accidents, especially in heavy fog, because so many drivers won't turn on their lights and it is impossible to see them, especially these off-white cars."

This excerpt from a citizen's letter to the California Highway Patrol has official support from Patrol Commissioner Bradford M. Crittenden.

"The state law requires lights to be used during 'darkness,' which is 'any time from one-half hour after sunset to one-half hour before sunrise and any other time when visibility is not sufficient to render clearly discernible any person or vehicle on the highway at a distance of 500 feet,'" he declared.

"Visibility can be reduced to less than 500 feet during periods

of fog, rain and snow, conditions that exist frequently during this time of year. For safety sake, headlights should be used if there is any doubt at all as to visibility. Remember, too, that parking lights cannot be used instead of headlights."

Lockwood

Home Sold

Bill Brown of Pierce Realty Company reports the sale of the attractive home of Mrs. Trude Lockwood of Hamilton Lane, Guatay. The buyers are Mr. and Mrs. Gus Pelos of San Gabriel, Calif. Mrs. Lockwood plans to move to the Los Angeles area.

Alpiner Helps In Relief Operations

NORTHERN CALIFORNIA (FHT-NC) — Marine Private First Class Kenneth R. Adams, husband of Mrs. Regina A. Adams of Rt. 1, Alpine, Calif., participated Dec. 24 in flood relief operations in Northern California while serving with Marine Medium Helicopter Squadron 363, based at the Marine Corps Air Facility, Santa Ana, Calif.

The squadron used transport helicopters to evacuate flood victims and drop relief materials in the Eureka, Calif. and surrounding farmland areas of Humboldt County.

AREA POPULATION

Alpine	3,557
Crest	3,670
Guatay	200
Jamul	2,379
Mt. Empire	2,399
Mt. Laguna	200
Pine Valley	956
Total	13,361

Editorial

Dr. Frank J. Bornowski, well-known Alpine citizen, has been kind enough to express his views for us in today's editorial.

A NATURAL FOR ALPINE

Throughout the country, many small communities are developing identities which are leaving lasting impressions upon those who have visited there. I feel that Alpine has a natural in this respect if only the towns people exercise a little imagination.

How many times people have asked me, "What do you have here besides your fine climate?" We who live here should look to the future and build something which will attract people.

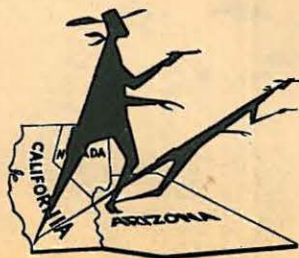
Viejas Mountain has just such a potential. A ski run, a lift and a half-way house which would overlook the country side, would really give our visitors something to remember.

A ski run could be built circling the slopes of Viejas. Artificial snow, which is now available, could be used. Skiing is a universal sport and a healthy outdoor activity and would attract people of all ages.

With the freeway coming through town before very long, our community must of necessity, develop something which will leave a favorable and lasting impression upon those who visit here.

Why don't you air your views with the Chamber of Commerce?

Southwest Corner



By PETER ODENS

MONTEREY, Calif. — When Walter E. Colton, former chaplain of the warship "Congress," took over as alcalde of Monterey, there was some dismay among the good citizens of the town. How would the ex-pastor, a serious-minded, stern person, get along with the fun-loving Californios? In particular, how would the alcalde deal with a favorite pastime of the Californios — gambling?

Soon, the worst fears were confirmed. The gambling habit deeply perturbed the good pastor. He had not been in office long before he issued an ordinance against this vice. After a week or two of worry, the gamblers had found an effective answer. If they could not gamble in Monterey, well then, how about gambling outside of town? For one year, many a game of cards was played and many dice were rolled in the beautiful countryside around Monterey. After a while, however, the gamblers began to feel that Colton might have become more acclimated to his new home. Why, perhaps el senor alcalde had become a bit of a Californio himself! Therefore, the gamblers calmly moved back into Monterey, although they pursued their pastime only in certain hide-outs such as the well known Astor House Hotel.

But they had not reckoned with the perserverance of Alcalde Colton. Tipped off that a gambling game was in progress one night, he gathered a detachment of soldiers, stationed them at the two exits of the hotel and, alone, proceeded to the apartment where his informant had told them a monte game was in progress. He had, however, not counted on the precautions taken by the Californios. As he came puffing up the stairs he was noticed by a strategically placed lookout, and when he dramatically pushed open the door to the apartment where he expected to find vice, his

astounded eyes merely beheld a Californio calmly smoking his cigar.

"Senor alcalde!" the Californio exclaimed. "So happy to see you. Anything I can do for you?"

But Colton was no fool. He heard a noise coming from the direction of the bed and noticed a movement under that heavy piece of furniture. "You certainly can," Colton told him.

"Introduce me to your companions. All right," he called, addressing the bed in general, "you can come out now."

One by one, six Californios emerged from under the bed, covered with dust. Accompanied by his secretary, Colton now proceeded to other rooms of the hotel and found, as he described it later on, "the sleepers stowed away in every imaginable position — some in beds, some under them, several in closets, two in a hogshed, and one up a chimney." The ringleader of the group of gamblers was a man known as the "prairie wolf." He was found between two bedsticks "half smothered with feathers." But the alcalde of Monterey had not counted on finding among the gamblers — the alcalde of San Francisco. Of course, that individual had been there merely to see what was going on in Monterey, or so he explained his presence, anyway.

In all, the night raid netted about fifty men. Colton had them herded into a large room downstairs where he addressed them. "I would like to make a long speech," he said, "and talk to you about gambling. But somehow or other, the only words that come to my mind at this time are, 'twenty dollars.' And that goes for each and every one of you. That is, with the exception of the inkeeper who will pay a hundred."

This was an insult which the gamblers of Monterey did not

Stronger Sex

Women are healthier than men, particularly in the 45-54 age group. The Public Health Service says that the female death rate for heart disease is decreasing much more rapidly than the male rate, the cancer mortality rate is up for males, down for females, and the same is true of diabetes.

want to leave unchallenged. "No cards or money has been found senor alcalde," one of them exclaimed.

"And it is no crime to sleep," another one chirped in, "and whether one sleeps on or under a bed is a matter of taste."

"Regardless," Colton said, smiling grimly, "you gentlemen are in a pickle, and there's just one way to get out of it. As I said before, twenty dollars it is."

A prominent physician of the town was the first to comply. Pulling twenty dollars out of his purse, he shrugged his shoulders. "Might as well pay up, compañeros, because anyway, the money serves a good purpose — we'll build better schools where our children can learn not to behave as their fathers did."

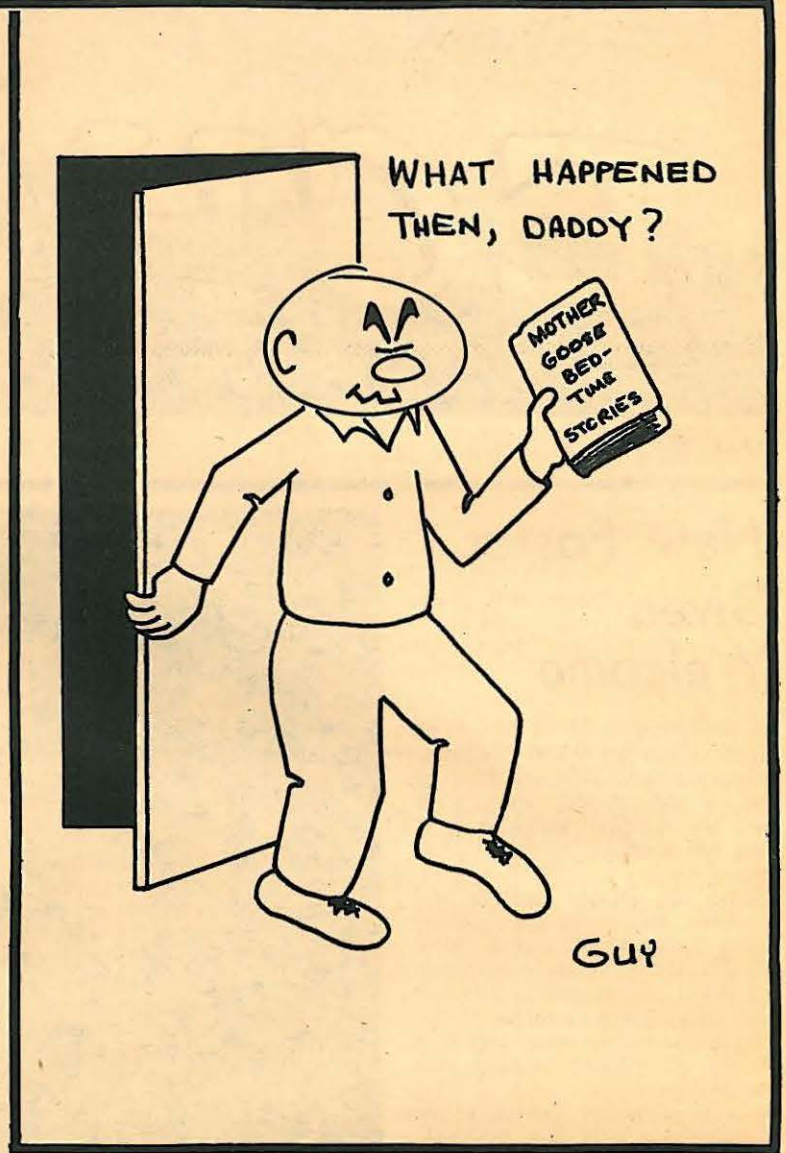
Everybody laughed at that with the exception of the owner of the Astor House because he felt that a hundred dollars was a little bit out of proportion. But in the end he, too, paid up. Colton put all the money into a bag which he handed to his secretary. Doffing his hat to the gamblers and smiling one of his rare smiles, he bade them a good night and took his leave.

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AN OPEN LETTER TO ALPINE FROM THE PTA

To begin with, this letter was meant as a thank you to the many donors of the Christmas lights and baskets.

We originally planned to list every name, but the list became so long and we realized to name one meant to name all, and since not one person who was approached, refused, we would feel we were doing an injustice to the rest of Alpine who were not even asked, and therefore would not be named.

With much trepidation beforehand, we hopefully started out to bring Santa Claus to town and string a few lights in the center of town for the world going through to enjoy and feel our Christmas spirit. May we say here we were a little afraid that Alpine could not see the forest for the trees. Wonderful, a float to advertise us but no Merry Christmas when they got here.

But arise you sleeping Alpiners. There are people who care and these people not only donated the lights and money for the project, they also gave us to understand that Alpine was just sleeping, waiting to be brought into bloom by the many who care.

Once again, thank you to each and every member of our little Christmas Lights Club (if I may use the phrase). Your names are recorded and will go down to posterity as the first of the many to come who will care about their neighbors and their town.

ITEM: Every water heater should be equipped with a temperature and pressure relief valve—an automatic safety device that guards against excessive pressures or temperatures due to overheating or control failure. The relief valve should be operated manually every few months to be sure it is always in working order.

ITEM: Almost all "repeat" home buyers know what they are looking for. Most insist on two bathrooms. Another "never again" item is a too-small sink. Most homeowners prefer the double bowl variety with a food waste disposer.

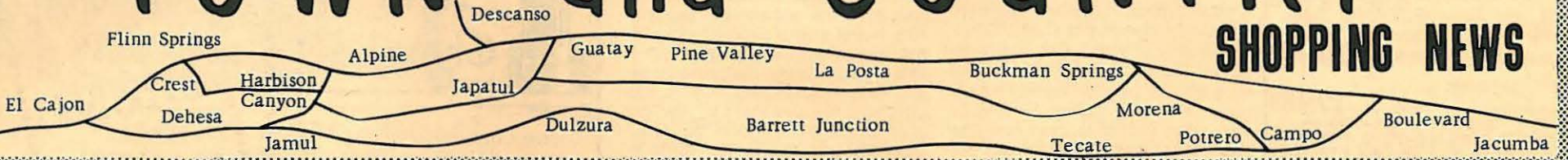
ITEM: A new product made

from apple pieces dehydrated by a new explosion-puffing process developed by USDA researchers may soon be on grocery shelves. Just add hot water to the free-flowing apple granules and you have applesauce ready to serve. Instant applesauce is easy to prepare, keeps without refrigeration, weighs only one-fifth as much as canned applesauce, and has the same flavor as if it was made from fresh apples.

ITEM: Of every \$20 spent for groceries, \$1.50 to \$2.00 goes for the boxes and wrappers that keep food in good condition and attract attention. Packaging costs vary. Sometimes the package may cost as much as the food itself.

TOWN and COUNTRY

SHOPPING NEWS



Gardeners' Checklist

1. If you haven't already, prune roses this month. At the same time strip off any remaining leaves that have not fallen of their own accord. Clean up fallen leaves around roses.
2. The perennial vegetables — artichokes, a spargus and rhubarb — are not only good eating, but are attractive in the ornamental garden. They can go in now.
3. This is bare-root planting season when your dormant plants such as roses and trees are least expensive and easiest to move. It's the best time to plant flowering trees to add to your enjoyment of spring bloom. Give them a generous hole, soak them well, then let the January rains take over.
4. Violas and pansies can still be set out over a bulb bed. Primula Malacoides, the Fairy Primrose, can go in for an early spring border in shaded beds.
5. Winter feeding will often do surprising things to a bedraggled lawn.

FAMILY NOTEBOOK
BY MARY TROY
Homemaking Consultant
Jones & Laughlin Steel Corp.

Are you ever puzzled by just how much is in a Number 303 can of vegetables or a Number 300 can of cranberry sauce?

Here's a handy table taken from information supplied by the U. S. Dept. of Agriculture to help you translate net weights on labels into approximate cups for cooking or eating:

Net Weight	Approx. Cups
8-oz. can	1
10½-oz. can	1¼
12-oz. can	1½
1-lb.) No. 300) can	1¾
16- to 17-oz.) No. 303) can	2
1-lb. 4-oz. or) 20-oz., or 18) fl.-oz.) can	2½
No. 2)	
1-lb. 13-oz. or) 29-oz.) can	3½
No. 2½)	
3-lb. 3-oz. or) 46 fl.-oz.) can	5¾

Approximately 25 billion cans of food reach shelves of grocery stores and supermarkets each year. The wholesomeness of these foods is safeguarded by the industry itself as well as federal and state laws.

Always read the labels on the canned foods you buy. You'll learn what's in the product, the net weight or volume of the contents and the name of the canner or distributor — and often there's a handy recipe for immediate use or inspiration.

Charlie Cole

HANDWRITING SECRETS

As I promised to include some excerpts from some of the analyses or to do a few paragraphs for people who wanted to send in ten lines or more of their writing, together with their signature, their age and which hand they use, this column is the first of some of these and if you are interested in your own you can follow out the directions in the last paragraph.

A. M. H. — It is unusual to find a young lady with as many fears and inhibitions and a lack of desire to become interested in people and the world in which you live.

Your wonderful ability to concentrate and your curious mind should enable you to become interested in and pursue many interesting subjects and be a very interesting person to talk with.

Your writing also indicates that you have a love of responsibility; perhaps take on more things than you can adequately handle, but with your ability to concentrate, you will see them through.

E. W. — To answer your question, "How scientific is the study of Graphology?" when a subject has been researched for over 300 years, such as Graphology, and has been able to consistently come up with valid answers when applied correctly, it can certainly be rated and is rated as a science. There are over 300 books on the subject in English besides many in foreign languages and some of our most brilliant and scientific scholars have devoted many hours and years to its study and correlation.

The content of what one says has no influence on the reader. As a matter of fact, many of my analyses are done from writing in a foreign language that I do not understand.

Your writing indicates that you were a bit confused at the time it was being written, or had too many irons in the fire. It also shows that you are open minded to new ideas, although you do not always accept them as you have a very analytical mind and will dig in to find out what makes things tick.

There are several signs of your being independent in your thinking and in your acting, doing things the way you want to do them whether everyone else is doing them that way or not.

J. S. — Your writing indicates a person with a great deal of imagination, particularly in some philosophy or theory, and also one who has a mind that comes up with answers spontaneously.

It is obvious that you like to start things at the beginning and want to have a good understanding



of what you are doing before you take off. However, after you are on your way, you are a rapid thinking and acting person.

The signs indicating sensitivity regarding imagined remarks concerning your performance should not bother you a great deal as you have a great deal of independence and will not allow this to slow you up.

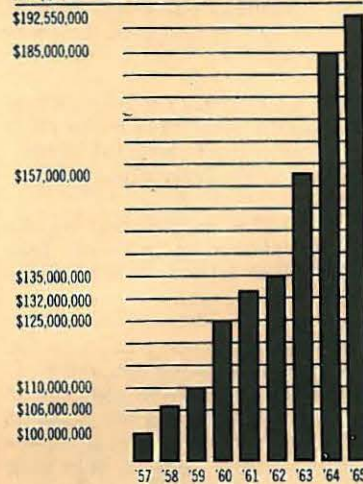
As a reader of this column you may send in a specimen of your writing, ten lines or more, along with your age, signature, sex and handedness to The Alpine Echo and Sun, P.O. Box 8, Alpine, attention Charlie Cole. If you want a personal Check Chart of your writing, enclose \$1 and a self-addressed, stamped envelope.

PERMANENTLY SET

Patience sometimes gets the credit, but too often the man who appears to be waiting is merely frozen in his tracks.

Good Year Ahead

Many indications point to healthy business conditions for 1965, and here's another one. New York Life Insurance Company has just declared the largest dividend amount in its



New York Life Insurance Company
Dividends Declared 1957-1965

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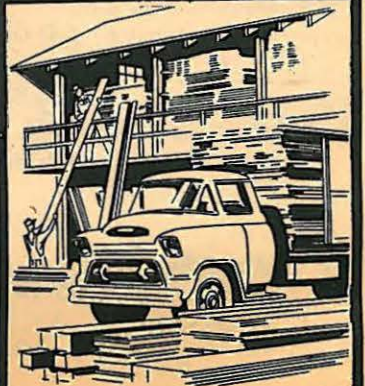
OVER 1,000 Mary Carter
STORES COAST TO COAST

119-year history to be paid next year — more than double the amount paid only ten years ago.

New York Life policy owners will receive a record \$192,550,000 in dividends for 1965, an increase of \$5,750,000 over this year, according to Chairman Richard K. Paynter, Jr.

What the dividend means to an individual life insurance policy owner is indicated by an example. A man who has a \$10,000 ordinary life policy purchased in 1940, at age 35, will receive a dividend of about \$162. His annual premium is \$281.10.

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HARBISON

By LORNA FERGUSON

The Harbison Canyon and Dehesa Firemen's Auxiliary is sponsoring a chili supper, Saturday, January 23 at the Community Hall. Serving is from 5:30 p.m. till 8:00 p.m. Besides the chili, there will be a choice of good home baked pies. Proceeds will go towards sweetening the pot for that new fire truck that this community can put to very good use. We extend a cordial invitation to everyone to bring their families and join these ladies in a worthy cause while enjoying their tasty cooking. See you there.

Judy Johnson was surprised by the teen crowd on Wednesday evening with a birthday party arranged by her family. A real good time was had by all.

Fred Adame has his leg in a cast once again after slipping on a brick from the hearth, at home, and falling and rebreaking his leg.

We are glad to hear that Wanda Naylor is once again on her feet and back in school. Watch those eating habits, gal.

Patty Pepmeir was a guest in the Clairemont home of Mr. and Mrs. Milo Osvog, recently. Mrs. Osvog had been confined to the hospital, and upon returning home to recuperate, invited Patty to help with the care of the Osvog little one, Skipper.

The kitchen of the Vernon Scott home was damaged by smoke and fire, this week-end when an over heated skillet ignited a cabinet. Fortunately, the fire was discovered shortly after having started and not much damage occurred.

Mrs. Betty Hodges and family are enjoying a visit from her mother and father, Mr. and Mrs. Hammack, of Jasper, Missouri. They came for the holidays and extended their visit for a couple of extra weeks.

P. G. Riley was an unexpected and welcome visitor to the canyon

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one day last week, from Stockton.

A car going west on Frances Dr. came within a few inches of crashing the Rusty Johnston bedroom about midnight on Saturday evening. In going from the street to the point of standstill, the car struck and completely uprooted a mail box that had been cemented into the ground, dragging it all the way. While Rusty Johnson was checking the occupant of the car another car coming from the same direction, came very close to following the first car's path. Fortunately no one was injured.

May I remind you that the Firemen's Auxiliary is still collecting for that rummage sale they are planning in the very near future. They are also collecting broken toys and cast-off dolls. Much of this collecting depends on you. Please ask and remind your friends and when you know the whereabouts of some of these things, call Lucy McConnel at 445-3118 and she will be happy to have it picked up.

The Frank Vidal home was the scene of a teenparty on Friday evening. Dancing and refreshments made for a fun-filled evening.

Shopping Scene

By Dorothy Owens Wright

The mealtime rush on my husband's bowling night is much less hectic since I discovered Swift's sliced beef in barbecue sauce. Literally a meal in minutes, it comes packaged in a pouch that you drop into boiling water, then simmer for five minutes to bring the meat to serving temperature. I like to serve it over mounds of "instant" rice, but it's excellent on toasted buns, too. Their sliced pork and ham with barbecue sauce are equally appetizing, so we like to switch around between the three.

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First Baptist Church, Willows
Alpine Lutheran Church
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Blessed Sacrament Church

HARBISON CANYON
Community Church
Baptist Church

DESCANSO
Chapel of the Hills

MT. LAGUNA
Our Lady of the Pines Chapel
Community Presbyterian

PINE VALLEY
Church of Christ

Investigating a new food term, I found the "freeze-dried" foods are those that are frozen and have moisture removed under vacuum. The product then weighs considerably less and can be stored without refrigeration for long periods. I was pleased with the freeze-dried mushrooms I tried, and you have probably already come across the good freeze-dried soups.

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THE CARPETBAGGERS

Relish. Once you've tried it, you'll agree it's a perfect 'All Around, All Season Relish.' And there's also cranberry juice cocktail, whole berry sauce, and jellied sauce to brighten the holidays. (Watch for low calorie varieties of these three that are — or soon will be — in your store.)

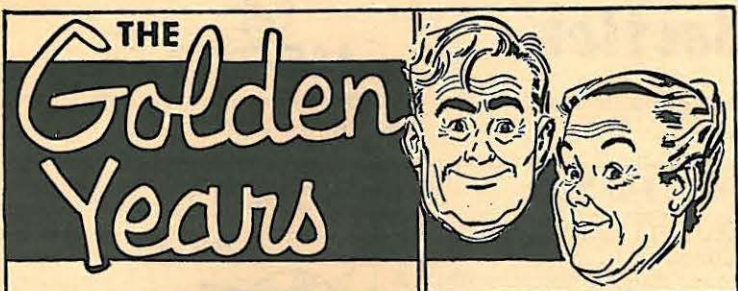
After-Holiday thought: Combine chopped cooked turkey, Old Fashioned Cranberry-Orange Relish and a little mayonnaise, then spread on buttered toasted bread or buns and broil for delectable open-face sandwiches.

The fellow who lives it up has much to live down.

TRY OUR SERVICE, WE KNOW YOU WILL LIKE IT GOLD MEDAL WINNER!

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**YEARN TO RETIRE ABROAD?
A REPORT ON FRANCE, SPAIN**

ALL SORTS of people are wanting information about retiring to some of the glamor countries of Western Europe. Can they do it? Can they continue getting the American money due them? Will they like it?

In brief, they can do it. They can get their money. And they will like it if they like that sort of thing. The normal, red, white and blue American wouldn't like that sort of thing.

Here is a first-hand report, with some personal observations, on two of the more glamorous of the countries — France and Spain.

Hundreds of Americans are now retired to these two countries, most of them maintaining their American citizenship. The international mechanics of arranging such a life aren't difficult. These people as a rule are having no trouble getting their American Social Security checks, pension and dividend checks, and other mail they would normally get back home.

They are liking it if: (1) they genuinely love France and Spain and their people; or (2) they are snobs and are finding ways to show off their snobbery not to

natives but to other Americans; or (3) they have family roots in the ground, such as being children or grandchildren of people who lived there.

Most Americans do not fit these three situations and thus are finding no lasting happiness on foreign soil . . . as a rule.

If they speak the native language well they are likely to be fairly happy for a while. If they don't they are in a ridiculous situation — they can't even find anybody to fish or play bridge with. In either case they gravitate toward their own tongue in the community, first the Americans and then the English. The Americans on the scene usually have already pulled themselves into a private enclave and drawn the curtain on the natives. The English are friendly, unless there are a lot of them.

In the better cities of France and Spain, the better-class men wear suits, collars and tie. The women wear clothes pretty much as Americans do. The farther away you get from these cities the more informal things become. In Southern France (not the Riviera) and Northern Spain, for instance, men wear sandals without socks, cheap slacks, and sport shirts for everything but weddings and funerals. Women wear sandals, no hose, casual dresses, and something underneath, but not much.

Social intercourse is largely public instead of private, with families gathering at parks in the evening to talk, smoke, and sip local soft drinks. It starts getting late about 10 P.M.

To most retiring Americans, Ft. Dodge, Ia., and Acworth, Ga., would be a better bet.

CREST

By CHRIS MARLOWE

It has been noted that there are those who persist in breaking the burning restrictions. Burning permits allow you to burn between the hours of 6:00 p.m. and 9:00 a.m. Roger Dutton, fire chief, wishes everyone to know that if this illegal burning does not stop, steps will have to be taken.

Mr. and Mrs. George Lacy returned recently from a three-week trip to Stigler, Oklahoma, where they visited their daughter, Mrs. Charles Robertson and family, and saw their granddaughter, Margaret Roxanne, for the very first time.

The Crest Fire Department responded to a structure fire on Al Bahr Road and fortunately were able to confine the blaze to a mattress and bed clothing.

We are sorry to have to report that Dave Constant has been confined to Grossmont Hospital, having had surgery on Wednesday of last week. Mr. Constant is improving as well as can be expected at this time. We extend our best wishes for an early recovery.

Take Care

Overhead wires can be deadly if they're forgotten or overlooked. Never assume that insulated wires carrying current are safe to touch because insulation may become ineffective with age. It is best to avoid running wires across buildings or over driveways.

Salad Dressing Designed For Dieters



Old World flavor in a new low calorie Italian salad dressing is welcome news from Good Seasons for dieters. Made with an envelope of new low calorie Italian salad dressing mix, vinegar and water, the dressing is light yet lively in flavor, and contains only 3 calories per teaspoon. For weight-watchers who wish to bring extra Vitamin C to their diets, an excellent variation can be made by combining the salad dressing mix with citrus juices and water and serving it with this fruit salad entree:

Sunshine Salad

- 1/4 cup water
- 2 tablespoons lemon juice
- 1 envelope low calorie Italian salad dressing mix
- 2/3 cup orange juice
- 4 orange sections
- 4 grapefruit sections
- Salad greens, cut in bite-size pieces

Place water and lemon juice in cruet or jar with tightly fitting cover. Add salad dressing mix and immediately shake well until thoroughly blended. Add orange juice and shake well. Arrange alternate pieces of orange and grapefruit on greens. Serve with a few teaspoons of the salad dressing. Refrigerate remaining dressing. Makes 1 serving.

The Old Timer



"Women come in four sizes — thin, medium, plump and WOW!"

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Business Directory and Classified Section

The deadline for classified advertising is Tuesday noon. Phone 445-3133 or send to P. O. Box 8, Alpine, California. The Alpine Echo and Sun will not be responsible for more than one incorrect insertion.

Call
445-3133

RATES: 30¢ per line per issue.
Display, \$1.50 per inch.

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LEGAL NOTICES

NOTICE OF SPECIAL SCHOOL DISTRICT MAXIMUM TAX RATE ELECTION

NOTICE IS HEREBY GIVEN to the qualified electors of the Alpine Union School District of San Diego County, California, that, on order of the Governing Board of the Alpine Union School District and the Superintendent of Schools of the County of San Diego, an election will be held in said school district on the 9th day of February, 1965, at which election there will be submitted the following measure, namely:

Continuation of existing maximum tax rate of \$1.89 for the school years 1965-66 through 1969-70 YES

Continuation of existing maximum tax rate of \$1.89 for the school years 1965-66 through 1969-70 NO

(The maximum tax rate which will be in effect in the Alpine Union School District at the end of the school year 1964-65 if the proposal is defeated will be \$1.35)

The purpose of this election is to provide and maintain an adequate educational program.

For the purposes of holding said election, the school district shall be divided into three special election precincts, and the said precincts and the location of the polls are hereby established as herein-after numbered and described:

SPECIAL ELECTION PRECINCT NO. 1

Shall include all the area within the exterior boundaries of the Alpine Union School District embraced in the following County General Election Precincts: All Alpine 2, 3, 4 and 5; and portions of Alpine 1 and Descanso.

Polling Place therein shall be at Alpine Elementary School, Highway 80, Alpine, California.

SPECIAL ELECTION PRECINCT NO. 2

Shall include all the area within the exterior boundaries of the Alpine Union School District embraced in the following County General Election Precincts: All Harbison 3; and portions of Crest 1, Dehesa 2, Harbison 2 and Jamul 2.

Polling Place therein shall be at Harbison Canyon Elementary

School, Harbison Canyon Road, El Cajon, California.

SPECIAL ELECTION PRECINCT NO. 3

Shall include all the area within the exterior boundaries of the Alpine Union School District embraced in the following County General Election Precincts: All Japatul.

Polling Place therein shall be at Residence of Mrs. Anjanette Little, Japatul Valley, Alpine, California.

Polls will be kept open between the hours of 7 o'clock a. m. and 7 o'clock p. m.

The election returns of the maximum tax rate election will be canvassed by the County Superintendent of Schools on Tuesday, the 16th of February, 1965, being the 7th day after the election, at 8:00 a. m., at the office of the Registrar of Voters, 5555 Overland Avenue, San Diego, California.

Absent voter ballots may be obtained by applying in person or by mail at the office of the Registrar of Voters, 5555 Overland Avenue, San Diego 23, California, no later than February 2, 1965, 7 days before the date of the election. The deadline for receipt of absent voter ballots will be 5 o'clock p. m., February 8, 1965, 1 day before the date of the election.

Each qualified elector of said Alpine Union School District shall be entitled to vote only in the School District Special Election Precinct of which he is a resident.

January 6, 1965 By order of CECIL D. HARDESTY, Superintendent of Schools CHARLES J. SEXTON, Registrar of Voters By George A. Wren, Deputy January 14, 21, 28, 1965



"Yes, dear, what is it?"

CERTIFICATE FOR TRANSACTING BUSINESS UNDER A FICTITIOUS NAME

No. 37466 and No. 37467 It is hereby certified that the undersigned are transacting business in Spring Valley, County of San Diego, State of California, under a fictitious name, or a designation not showing the names of the persons interested therein, to-wit:

PROFESSIONAL MEDICAL CABINETS AND PRACTICAL MODERN CABINETS 6020 Quarry Rd. Spring Valley, Calif.

WITNESS our hands this 7th day of December, 1964. (F. W.) FREDERICK WILLIAM GRUNER P. O. Box 314 Lakeside, California Willow Rd. 92040 JOSEPH D. HOWIE SR. 5579 Creston Dr. San Diego, California 92114

STATE OF CALIFORNIA) ss. COUNTY OF SAN DIEGO)

On this 7th day of December, 1964, before me DOROTHEA B. PAULES a Notary Public for said County and State, duly commissioned and sworn personally appeared F. W. GRUNER and JOSEPH D. HOWIE, SR. 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. (SEAL)

DOROTHEA B. PAULES Notary Public in and for said County and State. My Commission expires Feb. 15, 1967.

Dec. 24, 31, 1964; Jan. 7, 14, 1965.



Jamul-Las Flores Christmas party and play.

Christmas Memories

(Editor's note: We received the following article and picture from our little friends and even though Christmas has come and gone, we felt our readers would appreciate their splendid effort.)

On Tuesday, Dec. 15, the Jamul-Las Flores School gave a Christmas program. The fifth and sixth grades did a play. There were Mr. Jackson (Steve Johnson), Mrs. Jackson (Linda Rinner), Laura (Margret Martina), William (Charles Gipson), Gail (Marilyn Hyatt), Elizabeth (Karyn Lowe), Terry (Jo Ann Scheerer) Robert (Russell Jackson), Linda (Mary Alice Bonner). Their pets Monochango Monkey (Evelyn Parrott), Snowflake the deer (Bobby Fritz), Perrie the dog (Mary Lou Collard) and Foxy the Fox (Janet Vic). Also Santa himself (Kathy Parrot).

There was a choir of 42 children. They sang O Come All Ye Faithful, Christmas Lullaby, Sleigh Ride, Carol of the Shepherds and Hark the Herald Angels Sing. The play was called "The Night Before Christmas." It was written, produced, directed and acted in by Karyn Lowe. She is in the sixth grade.

(Submitted and written by a sixth grade student).

FEW GRADUATES

When a student is found who has learned his lesson in the school of experience the faculty is really suprised.

NO BLUE-PRINT

Past experiences give good counsel, but make mighty poor patterns for the future.

Holiday Trip Eventful

Guest of Don and Pat Dinius for two weeks was Mrs. Henry Sterns, Pat's mother from Yakima, Washington. This was Mrs. Sterns first visit to California since the loss of her husband last September. The Dinius family enjoyed having Mrs. Sterns with them for the holiday season but most of all they were glad and relieved when she finally informed them that she had arrived home safely.

On the way to California, the train on which Mrs. Sterns was riding went off the tracks which provided some tense moments.

Then the weather conditions worsened in the northern part of the state and since she was unable to get a plane to go home, Mrs. Sterns took a bus. Fortunately she left a number of hours before the crash that occurred here in San Diego County. But the trip was not without its difficulties and tense moments. As they arrived in the Siskiyou Mountains, the bus was detained eleven hours. There were more than 1,000 people also detained because of the weather and this was a trip that will not soon be forgotten by Mrs. Sterns and her family.

Despite all the difficulties and the fact that she was called home because the weather had turned so cold in Yakima that the pipes had broken and frozen in her apartment, the Dinius family was happy to have Mrs. Sterns with them. And it was a happy holiday season for them because they were together.

Memorial Gift Is Given

In December, 303 gifts totaling \$2,406.72 were received by the San Diego County Heart Association. Memorial tributes honored 134 San Diego County residents and 69 residents of other counties, according to Steve G. Oberg, San Diego County Heart Association memorial committee chairman.

"Letters accompanying memorial gifts often begin with: 'Just a few dollars to help your cause.' But those few dollars daily during the year add up, and, totaled with the 'few dollars' received by

other Heart Associations across the nation, amount to hundreds of thousands of dollars funnelled into cardiovascular research," explained Mr. Oberg.

"Since July 1 of this fiscal year \$13,413.39 have been donated to the memorial program. Memorial funds are used to support heart research and studies at Sharp, Scripps and Grossmont Hospitals as well as other county locations," he added.

Remembered from the Alpine area was Mrs. Atkinson.

Advertisement for medicine's contribution to fighting burn shock and aiding recovery. Includes statistics on fire toll (10 children, 22 adults, 4,110 serious burns, \$3,835,000 property damage) and illustrations of medical treatments like skin grafts and blood plasma.

Before midnight tonight, ten children and 22 adults will be burned to death in accidental fires, if this is a typical day in fire damage in the United States.

In addition, fire will damage or destroy 500 homes, 14 schools, eight churches, five hospitals and hundreds of stores and factories, according to figures validated by the National Fire Protection Association.

These shocking figures will be stressed throughout the fall and winter by responsible civic organizations and community leaders to create greater public understanding of the tragic losses caused by fire — and to underscore how personally involved is every citizen.

"Perhaps the most encouraging thing in our fight against fire damages is the great progress made by medicine in the treatment of burns," said W. O. Elson, medical research director. Bauer & Black division, Kendall Company.

"In the past 25 years, doctors and scientists made amazing advances in their knowledge of burn treatment, and in perfecting techniques and equipment to speed recovery," Elson said.

"Prior to 1941, burns were treated with ointments and salves, and sadly, with a lack of realization of the greatest

danger of all — infection. Perhaps the most important public-service advice I could give to anyone who suffers a burn is to see a doctor immediately. Today's doctor is well aware that burns should be treated as open wounds, subject to the same great danger of infection.

"To aid doctors," said Elson, "near-miraculous new bandages have been created especially for burn treatment. One is the new 'mercy dressing' called 'Telfa' which can be applied directly to a burn or other open wound.

"Covered with a thin, perforated layer of plastic, 'Telfa' actually 'breathes' by allowing free ventilation and drainage, but preventing the absorbent fiber from adhering to the wound.

"One new application is a rectangular self-adhering pad which requires no adhesive tape to hold it in place; specially designed for larger wounds and burns, it can be removed as easily as it is applied."

Other medical advances in burn treatment pointed out by Elson include great progress in treatment of shock, use of whole blood and blood plasma to promote rapid recovery, and long strides in transplanting of skin to cover wounds and to minimize burn scars.

Teen Topics

EL CAPITAN

By COLEEN MOORE

The first week of the New Year at El Capitan was uneventful. Our basketball team is really playing well under the coaching of Mr. Garcia. We have won two games in District play. Tuesday we play Point Loma and Friday we will play Mt. Miguel. We sure hope they win.

The clubs are all meeting again, but most of the time this week will be used for taking pictures for the Annual.

The committees for Santano High School are holding important meetings. One will be for students who will be interested in running for ASB offices.

Class rings for the class of 1966 will be here on January 13th. Orders will be taken at this time.

Juniors are busy. National Merit test will be given January 15th. Not only are they taking tests, but on the 16th this energetic class is having a car wash at the Wilshire Station in Lakeside and the White Station in Santee.

The after game dance this week is sponsored by the Sophomores and will feature music by "The Classics."

There is a Modern Dance Club, a Fishing Club, and now all interested students are going to have a Swim Club. Wonder where?

DEHESA

By MARY STROPE

The Mothers' Club of Dehesa School has a new president, Mrs. Shirley Moore, of Willson Road. The past president, Mrs. Betty Everson, recently moved to the northern part of the state because of Mr. Everson's work.

The Joseph Stephens' of Big Oak Ranch, have as houseguests Mr. and Mrs. Bernard Jackson, who arrived last Monday from Albert Lea, Minnesota. Mr. Jackson is Mrs. Stephens' brother, and the owner of National Welding Supply in Minnesota. The Jacksons flew their own plane here, and this is their first trip to California in 12 years. They plan to visit here about three weeks. They reported good flying weather all the way, even flying over our western mountains for the first time.

Seven-week-old Maureen Bowlin is hospitalized with pneumonia and reportedly holding her own. We wish her a speedy recovery and hope she will be back home with her parents very soon.

Mr. and Mrs. Charlie Hill returned from an extended holiday visit to Salinas, last Thursday. While visiting their son, Mr. Hill became ill and had to stay in bed, so they had to extend their trip longer than planned. They are home now and we are happy to see Mr. Hill up and around again.

Mr. Jack Hodges was forced off Dehesa Road by an oncoming motorist, who was rounding a curve on the wrong side of the road. He ran off onto a soft shoulder and the right rear door of his car was damaged when he hit a power pole. Luckily, no one was injured and it was a minor accident, but let this remind us all to drive carefully, even out here where we don't have to fight heavy traf-

MT. EMPIRE

By ANN FULLERTON
and
LYNN McMANUS

One of the most suspense filled games of the basketball season was played Tuesday the 5th at Julian.

In the Varsity game, excitement was brought on in a fast-moving 48-47 victory for the Julian Eagles. By the fourth quarter of the game, all but two of the first string members were out of the game because of fouls and the score was nerve-rackingly close. The boys fought their best, but a quick surge on the part of the Eagles brought them from one point behind to one point ahead.

High point men for the varsity were "Mousie" Prince with 14 points, Bill Richards with 12 points and Jim Cole with 9 points. Congratulations on a fine played game, team.

The Junior Varsity also played that same night preceding the varsity game. The boys displayed good spirit and although the score was not as high as the Varsity, Julian 23, M.E. 13, the boys played very well and gave the Eagles a run for their points.

M.E. vs. CALIPATRIA

The first League basketball game was played Friday, Jan. 8th, at the M.E. Gym at 7:30 p.m.

Although the Redskins fought long and hard the Hornets led a decisive victory with the score for the varsity 64-34. High point man was Roy Brown with 14 points. The J.V. score was Hornets 67, Redskins 17. We hope that the games in the future will hold better fortune for Mt. Empire.

REDSKINS TRADING POST

One of the many pleasant changes M.E. students found upon returning to school, was the new Student Book Store. The store is located in the front hall of the cafeteria on the right hand side. The large double doors assure the students there is plenty of room to hold a maximum capacity of student supplies. The articles to be sold are neatly arranged on shelves and include everything from dictionaries to pennants.

'DELICATE DELINQUENT'

The sophomore class sponsored the showing of the "Delicate Delinquent" starring Jerry Lewis. The movie was shown Saturday, January 9th. A cartoon was shown before the main feature and refreshments were served.

fic. Your life is still your most precious possession.

The women at Frontier Town are tending their knitting, or crocheting or both, at least some of them. Terry Wruck is sporting a new sweater she knit herself, and she has started another one. Agnes Hill has crocheted a lovely shaded green afghan for her daughter, Doreen, and is making one for herself in shades of lavender. And Mary Strobe is still crowing about the lovely afghan which Jan Cress made for her for Christmas.

BRUSH FIRE CONTAINED

A small brush fire was started on Dehesa Rd. at Tavern Rd. Sunday apparently from a careless match or cigarette.

The Harbison Canyon and Dehesa Volunteer Fire Dept. answered the call along with the Forestry Service.

Fortunately, there was little wind and the fire was brought under control with little damage done to the area.



Work continues on the beautiful new addition to the Alpine Convalescent Center.

(Echo-Sun Photo)



The Alpine Lively Oaks install new officers for the coming year.

(Echo-Sun Photo)

ALPINE

By DEBBIE MARSHALL

Celo Wallan and Bettye Carpenter drove to Escondido Tuesday evening to visit with former Alpiners, Helen Gimmel. The gals went out to dinner and then spent the rest of the evening in Mrs. Gimmel's lovely home just talking over old times.

Friday of last week, the Alpinettes, under the direction of Lenore Lusk, gave a program at the Lemon Grove Women's Club. Two of our local club women, Katherine Black and Goldie Vancil, attended the meeting and came back to Alpine with a great deal of enthusiastic praise for this splendid local group. It is hoped that all of us in Alpine will have a chance to hear this group more often.

Mrs. Richard Mason will soon be leaving Alpine to join her husband in Muskegon, Michigan. Mr. Mason was transferred there a few months ago and Mrs. Mason and her three children, stayed behind to take care of their property here. She will miss our California weather but of course, is most anxious to have her family together. The Masons were owners of the Alpine Appliance store.

Lars Carlson of Alpine, reports that a friend of his, Niles Werner of Alhambra, along with his wife, went through the Mexican rail accident that killed 14 people. Mrs. Werner was not injured, but Mr. Werner lost an arm and a leg. He is an architect. The couple is presently in a hospital in Mexico.

The regular meeting of the Alpine Kiwanis club will be held tonight at Fuller Hall. Leo Ryan is chairman for the evening and the topic is Sport Car Rallies. Plans have been completed for the installation of officers which will be held at Singing Hills Country Club on Jan. 23.

Mrs. Marie Gabin will occupy an office for her income tax service at the Pierce Realty Company Real Estate Office which is located at 2237 Hwy. 80. She suggests that if you need help with your income tax you may call her at 445-2632. Her husband, James, has been in the Naval Hospital for about four weeks with an apparent heart attack. However, he is expected to be able to come home today. We wish him a very speedy recovery.

YWCA ACTIVITIES ANNOUNCED

Developing rapidly is the YWCA Foothills Center at 144 Van Houten Ave., El Cajon.

The newest venture is a Coed Music Night, the first and third Thursday of the month from 7 to 9 p.m. This event features folk-singing and guitar and the fireplace atmosphere in the "House Club" makes this an interesting and appealing thing for young people. A small membership fee is required.

Other activities include sports, crafts, bridge, Spanish, golf and groups such as Young Wives' Club open to girls and women.

Registration for the various activities began Jan. 4, but many can be entered at any time. For further information call 444-8482.

Trailer News

ALPINE OAKS

Alpine Oaks entertainment chairman, Mable Thompson, will head a committee for the regular monthly Ladies Luncheon on January 20th.

Plans are being made to honor all birthdays each month with a tea. It will probably be held on one Wednesday each month during the Hobby Hour that takes place each Wednesday afternoon at the club house.

Mr. and Mrs. Murray Bailey and Mr. and Mrs. Harry Hodskins have returned from a Las Vegas vacation.

A good conscience never costs half as much as it's worth.

DEERHORN VALLEY

By ROY WALLIN

A relatively small attendance greeted the very excellent program presented by the Deerhorn Civic Club at their January meeting last Friday evening at the building at the Young Christian Worker's Camp. A most excellent presentation on peaceful use of nuclear power was given by a representative of the San Diego Gas and Electric Company as well as a talk by a Lieutenant from the El Cajon office of the Sheriff's Department on the protection of our property against vandalism in which he stressed the immediate reporting of any illegal or suspicious activity, stating that a Sheriff's patrol car would be on the scene within fifteen to twenty minutes at the longest. Let's all make a resolution this New Year to renew our membership or join our Civic Club at the next meeting (Feb. 5th), and lend our united support to our community club.

On the "hill" this past weekend were some seldom seen neighbors and former neighbors which included Don Young, Mike Proctor, and Terry White and her children. "Howdy" and "Good luck" to all of you.

Apparently the majority of the road work is completed on our road from Charlie Bratton's ranch to Frank Gute's ranch, with only some fencing and gates to be installed so that now we can all hopefully look forward to the road being paved in the near future which will indeed be a blessing to all the local as well as tourist motorists traversing through our community.

Ron Meyers from up Monte Robles way has a personal feud with a mountain lion, but since arming himself sufficiently to win the argument, he hasn't seen hide nor hair of his worthy opponent.

Talking about local felines, there have been no local sightings of our black puma who is over a month late on his semi-annual jaunt through our valley.

The team of Charlie Armstrong and Herb Evans, our local pigeon, rabbit and chicken fanciers from Monte Robles Acres, have been experiencing difficulties with a four-footed "vandalism" (shades of Webster!) who is rapidly diminishing their stock. Luck to you both in locating the culprit!