

AREA POPULATION



| | |
|-----------------|------|
| Alpine | 3196 |
| Campo | 1256 |
| Descanso | 776 |
| Guatay | 200 |
| Harbison Canyon | 720 |
| Jamul | 952 |
| Pine Valley | 956 |
| Total | 8056 |

ALPINE ECHO

Serving a Growing Area of Homes and Ranches

U. S. POSTAGE
2c PAID
PERMIT NO. 3
Alpine, California

POSTAL PATRONS
POST OFFICE BOX HOLDER
BOX HOLDER RURAL ROUTE
BOX HOLDER STAR ROUTE
LOCAL

VOL. 1, NO. 16

36

ALPINE, CALIFORNIA

FRIDAY, JANUARY 23, 1959

PRICE FIVE CENTS

Freeway Meet Draws Huge Crowd

Descanso Ranger Station News

Due to the dry, unseasonable weather the Forest Service has reopened the Laguna, Descanso, Japatul, and Alpine fire stations. Also, the Cuyamaca and Los Pinos lookout towers have been reopened.

A small fire in the Japatul area last week was started by children playing with matches. Fortunately, a Forest Service crew was nearby, and the blaze was contained in about a quarter acre.

The fire break between Pine Valley and Corte Madera is almost complete. The recreation area at Laguna is now about 60 percent complete.

Forest Service and the Alpine Fire Department are meeting jointly to negotiate for the 1959 season. Results of these meetings will be training sessions for both Forestry men and Alpine firemen. Safety, back-firing and structural fire fighting are some of the subjects to be discussed. Dick Raybould and Frank McDermott represent the Forest Service.

Last week a man caught shooting in Beulah Camp Ground, on U. S. 80, a quarter mile east of Guatay, was taken to El Cajon and convicted in Municipal Court.

We think this is an opportune time to remind everyone that shooting within one-quarter mile of any structure is against the law. Using tracer bullets is unlawful at any time or place.

The State of California has deposited with the Forest Service money to pay for snow surveys, measuring snow depth and water content. These measurements are used at Laguna and are used to check runoff in this area.

Jr. Baseball Assn. Opens Park Drive

Mr. Harry Jennings, president of the Alpine Junior Baseball Assn., has announced that the Association is launching a drive for the construction of a ball park behind the youth center.

The necessary fund for this project is to be raised from contributions from the citizens of this community. A large sign has been made, and will be placed in front of the Post Office showing the progress of this drive as it moves along to its goal.

Mr. Jennings says, "This is a project worthy of everyone's support. Let's all get behind this drive, and show our youth that we are with them." Mr. Jennings may be contacted at P. O. Box 348 or HI 5-3188.

JACOB DEKEMA, DISTRICT ENGINEER TO RECOMMEND SATISFACTORY ROUTE SOON

One of the largest groups of people ever to assemble in Alpine attended the public discussion of the proposed Highway 80 freeway at the school auditorium last Tuesday evening.

The meeting was ably presided over by Jacob Dekema, district engineer. Comments of the members of the engineer's office as well as the statements and questions

March Of Dimes Campaign Notes

This Saturday Sharon Chynoweth, Sweetheart Ball Princess, and a group of teenagers will sell candy in front of the Empire Market as part of their effort in raising funds for the March of Dimes campaign.

The following Saturday, February 7, members of Gamma Gamma Chapter of Epsilon Sigma Alpha Sorority will hold a Bake Sale at Bailey's Cafe starting at 10:30 a.m. for the benefit of the March of Dimes.

Tuesday of this week Mrs. Renee Adams, local sorority chairman for the March of Dimes campaign in this area, and Mrs. Hugh Trail, held "coffee parties" and a jewelry auction at their homes with donations to go to the National Foundation to help combat arthritis, birth defects, virus diseases, and to give continued aid to polio victims.

School Board Asks Bond Passage For Building Program

The following is a press release from Mr. Clyde T. Gilley, Alpine School Superintendent. Two paragraphs were omitted because of lack of space.

The American Public Schools are not as bad as many of the critics would have us believe, nor are they as good as some educators say they are. If America is to retain its leadership in the free world and perpetuate the tenets of Democracy, then she must never again revert to the complacency so prevalent in the "pre-Sputnik" era.

Too few classrooms to house our growing school population is one of the more serious problems deterrent to better educational practices in most communities today.

The average daily attendance in the Alpine Schools increased 230 percent between 1947 and 1957 while the number of classrooms increased only 150 percent during the same period. The existing facilities can accommodate adequately only about 70 percent of the present school population.

Although the amount of money asked for in the forthcoming election is more than sufficient to meet the immediate classroom needs of the district, the School Board is restricted by law to build only as fast as the school population requires. This policy is indicated by the fact that only eight classrooms are presently planned for the Harbison Canyon site. Additional facilities will be constructed only as required by increased enrollment.

It is encouraging to note that the

by interested individuals were recorded on tape for future reference.

Several charts and an aerial survey map last April were available for study. Mr. Dekema emphasized the pinpointing of any specific boundary or property line could not be made at this time but could be made within a period of three years.

Mr. Dekema indicated that he would make his recommendations concerning the most satisfactory freeway route to the Highway Commission in about two or three weeks. The Highway Commission will make a thorough analysis of all factors involved and will actually decide on the freeway route probably at a meeting to be held in March. The design phase of the project will then proceed and will require from two to three years for completion.

The Highway 80 Chamber of Commerce and a majority of others representing other organizations indicated their preference for the south-north-south route between Tunnel Hill and the Harbison Canyon.

Continued on Page 4

Trail Ride Planned

A family breakfast trail ride will be held this Sunday, January 25th, at Pine Valley. The event, sponsored by the Alpine Trail Riders, will leave Pine Valley at 8:30 a. m.

Norman Foster, chairman, states the two-hour ride is open to the public if prior reservations are made. Interested horsemen may phone HI 4-7466, HI 5-3123 or HI 5-2509. Reservations must be in by noon Saturday, January 24. Riders may trailer horses to the ride or rent them at the Pine Valley Stables.

A complete and hearty breakfast will be served following the ride. Although the family unit is encouraged, all horsemen are welcome.

Camp Fire Girls Annual Peanut Sale

Camp Fire Girls Peanut Sales in San Diego County got off to a fine start.

Camp Fire Girls Council reported that more than \$5,000 had been deposited in the banks as a result of the first three days' sales.

The San Diego County Camp Fire Girls' Council, a United Fund beneficiary agency, conducts an annual peanut sale to raise money for a capital building fund. This fund is used for construction of new and added camp facilities. The main project needing money is the new day camp site in Balboa Park on seven acres leased from the Park Commission. Some of the money may be used for repairs and additions to Camp Wolahi in the Cuyamaca Mountains.

A LETTER FROM ABROAD

MARKETING IN MADRID
Continued From Last Week
From Barbara Latham LaForce
Dated December 29, 1958

"Eggs are dear, and not too fresh. Canned goods (or anything processed or refined) run high to exorbitant. Consequently, the Spanish lady isn't the sort of cook who prefers the can opener to the pressure cooker. She guards her peseta and lets loose of it only after she knows that it is being well spent. Because of this, what goes on in the meat market and the breadshop can be as exciting as the local soccer matches.

"Beef is tough and unaged, but when loin cuts cost from 70 to 80 cents a pound, it seems to become as tender as veal! They give parsley away and hand out branches of bay leaves. It's possible to buy two pounds of potatoes for six cents, crusty and delicious bread rolls for about a penny apiece and a bottle of red wine for ten.

"You can see why the Spanish housewife spends a good part of her morning buying food. Going from place to place, she not only walks over a considerable area, she has to lug her parcels, too. She totes them all in a satchel-like contraption made of string, plastic, leather or canvas. She maps out her route, big fat potatoes can make significant dents in fragile eggs.

"The 'PUEBLO,' a local newspaper, had an interesting article about this last December 12. If many Madrilenas read it and follow the advice it offered, there will be a big change in this city. It

Continued on Page 3

Mothers March For Fund Jan. 27

Mothers all over San Diego county are making final plans to hit the streets Tuesday, January 27 for the big annual Mothers' March—finale to the 1959 March of Dimes fund raising drive, according to Mrs. Raymond Mann, chairman of the Mothers' March committee.

During the March, others will call on neighbors for contributions to launch the National Foundation's expanded program of research into arthritis, birth defects, polio and disorders of the central nervous system. Hours of the drive are 7:00 p.m. to 9:00 p.m. More than 50,000 mothers (and some fathers too) are expected to participate in the mass collections.

"The Mothers' March gives everyone the opportunity to do more than just look wistfully forward to a time when scientific discoveries will prevent crippling diseases from attacking our children," Mrs. Mann said. "We can speed that hopeful day by demonstrating the strengthening of our partnership with the men of science," she added.

"The success of our Mothers' March, climaxing the March of Dimes

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YOUR INCOME TAX

WHAT IS DEDUCTIBLE?

If a taxpayer itemizes his non-business deductions, he may list such items as contributions, interest, taxes, medical and dental expenses, casualty losses and thefts, etc.

Such deductions should be itemized on Page 2, Form 1040.

However, if these deductions total less than 10 percent of the taxpayer's adjusted gross income, it usually will be to his advantage to claim the standard deduction.

A single person, or a married taxpayer filing a joint return with his wife, may claim a standard deduction of no more than \$1,000.

If a married taxpayer and his wife file separate returns, the standard deductions may not be more than \$500 in each return.

If the taxpayer uses the standard deduction, his wife must also use the standard deduction, even though they file separate returns. If he itemizes his deductions, his wife must do the same.

Contributions: Deductible contributions include gifts to tax-exempt religious, charitable, educational, scientific, or literary organizations, and organizations for the prevention of cruelty to children and animals.

Gifts for public purposes to a state, a territory, a possession of the U. S., or political subdivision of any of the foregoing, or to the U. S. or the District of Columbia also may be deducted. Under certain conditions, gifts

to cemetery companies, veterans organizations, and fraternal lodges may also qualify. Gifts to individuals—however worthy—are not deductible.

Amount Deductible: In general, the deduction for such contributions may not exceed 20 percent of the taxpayer's adjusted gross income. However, this limitation may be increased to 30 percent if the extra 10 percent consists of contributions made to churches or conventions or associations of churches; tax exempt educational institutions maintaining a regular faculty, curriculum, student body and classes; tax-exempt hospitals; and medical research organizations connected with such hospitals.

Cash Gift: If the donor makes his gift by check, a charitable contribution is deductible at the time the check is delivered, provided it is honored and paid.

Unpaid pledges are not deductible.

Benefit Performances: Only the excess portion of the cost of tickets

Continued on Page 2

Weather Reports



Variable high cloudiness,
mostly sunny.
Temperature about normal

ALPINE ECHO

An Independent Weekly Newspaper
Published in Alpine, California, San Diego County

TELEPHONE Hickory 5-2616

Paul J. Nichols Editor and Publisher

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ALPINE ECHO, POST OFFICE BOX 8, ALPINE, CALIFORNIA

Editorial

The school bond issue will be voted upon next Tuesday. This is an extremely important election and we urge every eligible individual to vote on this issue at the polls. Should this issue not be clear, Mr. Clyde Gilley, school superintendent, states that all of the pertinent facts have been reported in the previous issues of this paper.

We have heard much favorable comment regarding Mr. Gilley's capabilities as an administrator. We feel that he has made a sincere effort to represent the school problem accurately and honestly and has offered a satisfactory remedial program.

Initially, we had some serious doubts that the Harbison Canyon site as selected was the best possible solution to the school problem. Our concern was principally whether or not the proposed site was properly situated relative to Harbison Canyon; whether or not the new school site would jeopardize the standards of the Alpine school; and whether or not the operational expense involved with maintenance of a separate school site at this time would be prohibitive.

Much can be said regarding these points. However, after numerous conferences with Mr. Gilley and a comprehensive review of all of the significant factors, and considering the limitations imposed by state and federal aid regulations, we feel that taken as a whole, the bond issue as proposed and the Harbison Canyon construction site is a sound and workable plan.

1959 United Fund Chairman Selected

The United Fund has named Jack K. Lovejoy campaign chairman for the 1959 annual fund drive.

The appointment was announced by Herbert Kunzel, Fund president, at a meeting of executives and presidents of beneficiaries at the Fund's San Diego headquarters, 3535 Enterprise St.

Lovejoy, 43, division commercial manager for the Pacific Telephone & Telegraph Co., succeeds Clair W. Burgener, last year's campaign head.

Lovejoy's appointment stressed the early start of planning and organization for this year's United Fund campaign.

"Our annual campaign leaders conference, held in July last year, has been set for February 17-18," Lovejoy said.

"In two days of this week we already have more than 300 campaigners recruited for the fall drive, and we are just getting started."

To the officials of the county's nine Community Chests and other agencies present, Kunzel presented charts depicting the community's giving since 1952, the last year the Chests and the Red Cross conducted separate fund drives.

"In 1952, the nine Chests and the Red Cross raised a total of \$1,209,723 net, or 73 percent of a total

goal of \$1,605,254," he said. "We use the figures for these agencies only, because they are the only ones that are complete."

"In 1958 these same agencies were in the United Fund for a total goal of \$2,869,794. They will receive \$2,433,058, or 85 percent."

In other words, Kunzel said, these nine Chests and the Red Cross now have twice as much money to spend as they did in 1952, and during that time the population of the county has gone up only 26 percent.

Kunzel urged the agency officials to work in their communities to identify themselves with the United Fund, and to point out to persons in the community how one annual countywide campaign benefits them. He stressed the efficiency of operation, which allows agency executives to concentrate on their programs; and economy, which holds campaign costs down to less than 4 percent.

"The cost of fund raising by separate agencies has run as high as 30 percent in the past," he said.

"The United Fund and all of you agency people are working for the same thing," he said. "That is a better community. When you help the United Fund, you help yourselves."

E. G. Merrill, Jr., chairman of

SCIENCE

Stretchable Nucleus Found

An enormously stretchable nucleus has been discovered, probably for the first time in an animal cell, in a species of fresh-water ciliate, Spirostomum. During the course of regeneration experiments, B. R. Seshachar, of the Department of Zoology, Central College, University of Mysore, in Bangalore, India, observed that the Spirostomum macronucleus was "highly extensible and could be stretched to a great length."

One end of the animal was held down on a slide, while the other was pulled with a needle, he reports in "Nature." The body ruptured, but the macronucleus could be pulled out into a long, thin strand. "One macronucleus was pulled to such a length that five separate photographs had to be taken to include the whole." Maximum stretched length was about 2.72 mm.—over 15 times the original. Further stretching usually caused the nucleus to snap.

Obviously Spirostomum macronuclei "must have remarkable powers of resistance to mechanical manipulation and great extensible properties." But how the nuclear membrane withstands such treatment gives the author pause.

School Board

Continued from Page 1

bond issue, the authorization to borrow from the state, and the building program as proposed by the board officially have been endorsed by the P.T.A. Board, the Federated Women's Club, Kiwanis Club, and a large representative group of citizens from Harbison Canyon. Other organizations have expressed a desire to take similar action but are prevented by their by-laws from so doing.

It is very important that all three issues appearing on the ballots carry.

BONDS. Unless the bond issue carries the district will not qualify for any state building aid.

STATE APPORTIONMENT. Unless this proposition is approved the district will have to bear the entire burden. Furthermore, the bond issue alone will not be adequate to meet even the immediate classroom needs.

TAX RATE. Unless the tax rate of \$1.51 is continued as it has been for the past three years the rate will revert to 90c and this will not be sufficient to operate the schools for a full term.

For these reasons we, the members of the Alpine School Board, urge all registered voters to go to the polls on January 27 and vote "yes" on all three propositions.

Signed

John R. Reynolds, Chairman
Robert D. Wilson, Vice-Chairman
Laurence M. Wilcox, Clerk
George A. Dowdy
Walter H. Gibb

the San Diego County Chapter of the American Red Cross, joined Kunzel in calling on the agencies to take "a greater responsibility in the United Fund drive."

BUD'S BARBER SHOP

Two Barbers—Less Waiting
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Bud Cooper — Johnny Bafes

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JIM GAVIN

HI 5-3779

BIRTH DEFECTS AT 1 OF EVERY 16 INFANTS - 250,000 A YEAR



DOCTORS SAY HALF OF BIRTH DEFECTS ARE SERIOUS—CAUSING CRIPPLING OR PROLONGED DISABILITIES.

THERE ARE MORE THAN 600 DIFFERENT KINDS OF BIRTH DEFECTS... NEW MARCH OF DIMES PROGRAM WILL AID PATIENTS THROUGH 18 SUFFERING DEFECTS OF THE CENTRAL NERVOUS SYSTEM.



MORE ARE SURVIVING TODAY AS MEDICINE ADVANCES... MORE NEED HELP.



NOW MARCH OF DIMES FUNDS WILL BATTLE BIRTH DEFECTS PLUS POLIO ... ARTHRITIS... VIRUS DISEASES.

JOIN THE MARCH OF DIMES
--- TOWARD GREATER VICTORIES ---

Your Income Tax

Continued from Page 1

to benefit performances for charitable organizations is deductible. For example, a man paid \$20 for a ticket to a benefit performance of "My Fair Lady" sponsored by the Diabetes Association. Regular price of ticket is \$4.80. His deductible contribution to the Diabetes Association is \$15.20.

Gifts of Property: If property is donated, the deduction is its fair market value at the time of the gift. Therefore, taxation on unrealized profits may be avoided through gifts of appreciated property instead of cash. In addition, a deduction is permitted for the current market value of the property notwithstanding the fact that the gain is not taxable.

Example: An individual's net taxable income for the year is \$25,000. He owns stock in Union Motors which he acquired many years ago for \$2,500 and is now valued at \$7,500. His gain on sale of the stock would be \$5,000 and result in a capital gains tax of \$1,250. If he sold the stock and gave pro-

ceeds \$6,250 (\$7,500 less \$1,250) to his college, his tax savings would be \$3,516. The contribution of \$6,250 would cost him \$2,734 (\$6,250 less \$3,516). If he made an outright gift of stock, the school in turn could sell it and realize \$7,500 in cash instead of \$6,250. The individual would thereby avoid payment of the capital gains tax and he would have a deduction of \$7,500. This would save him \$4,146 in income tax and he also would avoid payment of a capital gains tax of \$1,250. Therefore, a net cost to him of \$2,104, he can give \$7,500 to his college if he contributes the stock instead of cash.

Partnerships: Charitable contributions made by a partnership are not deductible in computing partnership net income. However, partners may deduct in their individual tax returns their proportionate share of the contributions.

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CHURCH Services



- ALPINE COMMUNITY CHURCH** — Roger M. Larson, Ph.D., Pastor; HI 5-2110
 Sunday School For All Ages 9:45 A. M.
 Morning Worship Service 11:00 A. M.
 Pilgrim Fellowship (For Youth) 7:00 P. M.
 Church Guild, Fuller Hall Every Wednesday 9:00 A. M.
- ST. PHILOMENA CATHOLIC CHURCH**—Fr. Joseph deCristina, Pastor; HI 5-2145
 Sunday Masses 8:00 and 10:00 A. M.; 8:30 P. M.
 Daily Mass 8:00 A. M.
 Receive Confessions Saturdays 4:30 to 5:30 P. M.; 7:30 to 8:30 P. M.
 Religious Instruction for Children Attending Public Schools:
 Harbison Canyon 11:00 A. M. Saturdays
 Alpine 1:30 P. M. Saturdays
- BAPTIST CHURCH** — Rev. James C. Arnold, Pastor; CY 8-3768
 Sunday School For All Ages 9:45 A. M.
 Morning Worship Service 10:55 A. M.
 Evening Worship Service 7:30 P. M.
 Prayer Service Wednesday Evening 7:30 P. M.
- CHURCH OF GOD—BETHEL ASSEMBLY**—Rev. Ruth Copeland; HI 3-3239
 Sunday School For All Ages 9:45 A. M.
 Morning Worship Service 11:00 A. M.
 H. C. A. 8:30 P. M.
 Evangelistic Sunday Night Service 7:30 P. M.
 Prayer Service Wednesday Evening 7:00 P. M.
 Colored Bible Slides Third Sunday Evening Of Each Month
- CHAPEL OF THE HILLS, Descanso.** Rev. Mr. Wallace L. Truman; HI 5-3628
 Sunday School, for all ages 9:45 A. M.
 Morning Worship 11:00 A. M.
 Youth Fellowship 8:00 P. M.
 Prayer 9:00 A. M. Wednesday
- BLESSED SACRAMENT CHURCH, Descanso**—Fr. Tullio Andreatta, Pastor;
 HI 5-3620
 Sunday Mass 9:00 A. M. For week day Mass call rectory
 Holy Days Mass 7:00 A. M. Confessions heard before all Masses
- ALPINE LUTHERAN CHURCH** — Rev. Charles W. Tedrahn, Pastor; HI 2-3595
 Sunday School, every Sunday 9:30 A. M.
 Morning Worship Service, Woman's Club 10:45 A. M.

Business Briefs

What stocks do some financial experts select for investment? One of the biggest college investment portfolios, Harvard's endowment fund, has investments worth more than \$535 million with 53 percent in common stocks, 40 percent in bonds, and the remainder in preferred stocks, short-term loans, and mortgages.

Top ten stocks in market value are: Standard Oil (N. J.), Texas Co., G.E., Standard Oil (Calif.), Christiana Securities, Continental Oil, AT&T, Middle South Utilities, B. F. Goodrich, and Union Electric. The fund also has large holdings in Seaboard Air Line Railroad, Gulf Oil, Socony Mobil Oil, Sunray Mid-Continent Oil, IBM, U. S. Steel.

IBM stock was purchased by the fund for \$1 million, now worth \$4.3 million. The \$17.1 million in Standard (N. J.) cost \$4.6 million, and the \$10 million in Texas Co. shares cost \$2.5 million.



Stocks and Dividends: The Upjohn Co. asked Securities & Exchange Commission for permission to offer for public sale 2.41 million shares of common stock. The move represents first time Upjohn stock has been offered to the public since the founding of the company in 1886. The prospectus shows a steady growth of Upjohn business—from sales of \$59.4 million in 1948 to \$128 million in 1957. Board of directors of Parke, Davis & Co. declared a regular quarterly dividend of 25c a share, plus a year-end extra dividend of 30c a share. Payment of these dividends, totaling 55c a share, will approximate \$8.1 million. It will be the company's 285th consecutive dividend since 1878.



Miscellany: Family income in U. S. averaged \$5,000 for '57 and held close to that figure for '58. A tenth of the nation's 44 million families got \$10,000 or more, two-fifths were in the income range of \$5,000 to \$10,000.

Toll rates along most of the New York State Thruway and on the northern Indiana toll road have been raised. Radio production and sales rose in November while output and sales of TV sets dropped. Three railroads—Chicago, Rock Island & Pacific; Chicago, Burlington & Quincy, and Missouri-Kansas-Texas—have cut passenger fares. Everyone should keep an inventory of household goods, noting purchase date and cost, in safe-deposit box to be sure of collecting on insured losses from fire and theft.

Letters From Abroad

Continued from Page 1

charged that the shopping satchel is 'anticuada'—old-fashioned! The modern way to transport foods is in a baby carriage! The article also solves the egg problem. For the eggs, the most fragile thing that exist in the market and which may arrive home slightly cracked, buy an egg box with sections and handles.

"After three months in Madrid, I was becoming adjusted to this new way of buying food. I was finding my way around and not doing badly either. In fact, I was beginning to find it an enjoyable experience. Now I won't be happy until I have a baby carriage, and a portable egg box—with handles.

Fred Rushing

Grading and Equipment Rental

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Subsoiling — Brushing
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Alpine, Calif. Hickory 5-2214

**Man's Smallest Enemies
Virus Studies May Help Solve
Many Serious Health Problems**

(Editor's Note: This is the third of three articles on viruses, the harm they cause, what is being done about them, and even what good they may do, by Dr. Henry W. Kumm, chief of virus research for the National Foundation, veteran of 23 years on investigation of malaria, yellow fever and yaws while with the International Health Division of the Rockefeller Foundation).

By HENRY W. KUMM, M. D.
Chief of Virus Research,
The National Foundation

Viruses, which we think of as harmful and deadly, may help mankind solve some of its most serious health problems, including the challenge of cancer.

This may appear strange, but it is so because we have learned to use viruses as laboratory tools to help us study the mysteries of life. We still do not know exactly what life is, and we must understand it if we are to combat some of the processes that interfere with life.

If anyone asks us what a human being is, we are apt to say that it is a creature with two arms, two legs, a nose and so on. But if we go further, we would find that a human being is a collection of living cells, working together in an orderly and wonderful way. At least they work together in an orderly fashion when we are well.

In every human disease what is really wrong is that cells within the body have themselves become sick. To prevent disease, we have to prevent cells from becoming sick and we have to know what makes them sick.

Important In Cancer

Nowhere is this more important than in cancer, where cells grow wildly and multiply far more rapidly than they should. It is important in arthritis and in any disease condition that can be named.

Human cells are very small. They have to be examined under a microscope. Even then it is very difficult to determine just what is happening inside of them. We have to use indirect methods to find out, since in most cases just looking will not give the answer.

It happens, sometimes unfortunately and sometimes conveniently, that viruses will grow and multiply only within living cells. Viruses can't multiply by themselves because they are too primitive. They depend on the machinery of the cell itself. And when they invade a cell they generally take over control of that machinery and direct it to produce more virus.

How To Study Cells

Man cannot enter a living cell to study it. But he can send a virus. By carefully observing what happens in hundreds of experiments, he can learn more about

the cell, as well as more about the virus.

The more such experiments are performed, the clearer it becomes that at the basis of all diseases are chemical reactions within or near living cells. Actually, we are concerned with something even more specific than this: with the behavior of certain molecules within cells. This has been called molecular biology.

Complicated as all this seems, it is very practical. When you have the sniffles it is really because within some of your cells certain molecules are reacting with other molecules or atoms to produce certain effects. Result: a runny nose. While a runny nose is not serious by itself, matters like arthritis or influenza are. And they, too, are the ultimate result of what molecules do.

Nucleic Acid

One of the molecules we are interested in is a long, slender, complex affair called nucleic acid. It occurs in all living things including viruses and cells. It is the nucleic acid in human germ cells that determine whether you will have blue eyes or brown, five fingers or six.

March of Dimes funds are supporting studies of such molecules in laboratories from one end of the country to another. Viruses are helping in this job. Already we know that if a cell is injected with a virus's nucleic acid the nucleic acid in the cell becomes abnormal. **Control All Disease?**

We are a long way from knowing all about this molecule and what it does. Yet it is probably no exaggeration to say that if we knew all about it and could control it precisely, we would be able to control most human disease. We may never reach that point. But the American people, through their investment in the March of Dimes, are bringing us closer to that knowledge.

Virus diseases are a major phase of the expanded program of the National Foundation.

Pine Valley News

BY ELIZABETH TAYLOR

Mr. and Mrs. Warren Currier of La Jolla were visiting friends in Pine Valley Sunday.

Mr. and Mrs. Bill Jones Jr. had a guest over the weekend—Jimmy K. Stroud from the U.S.S. Shangri-La.

Mrs. Donnie Colley is moving into Mrs. B. Ross's house on the west side of Pine Valley.

Reservations for the opening night of the Pine Valley Inn for the residents are all taken. The date is not yet definite but according to plans it should be in the middle of February.

The U. S. Forest Service and the Pine Valley Riding Stables are working together on the project of installing smoking stations along the riding trails. This is a measure to prevent fires in this area. They hope that the public will cooperate and use the facilities.

A meeting of the Taxpayers Association was held Wednesday night at Pine Valley Club House. Don Perkins showed films of detailed maps of the new highway 80. Mr. Dekema, District Engineer for the State Division of Highways was present to explain the maps and also to answer any questions regarding the Highway.

The Mt. Empire Parent Teachers Association is sponsoring a raffle April 17. Donations are one dollar. Proceeds will go to purchase new band uniforms for the students. First prize is a 21-inch television set, second prize an electric blanket. Tickets are available at Pine Valley store.

Pine Valley Club House has just had inlaid tile put down on the floor. Members of the Fire Department who did the job, worked until midnight Tuesday and completed it Thursday.

Chet Brown

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Mothers' March

Continued from Page 1

Dimes, will determine the effectiveness with which the four-target attack on disease can be carried out," Mrs. Mann said.

During the March, home owners will signal their desire to contribute to the March of Dimes by turning on their porchlights or placing a lighted candle or lamp in a front window.

Mrs. Harry Whiting is the chairman for the Mothers' March in the Alpine Area.

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Eggs should be bought from refrigerated cases. Store eggs, large end up, in home refrigerator. Refrigerate left-over yolks under layer of water or salad oil. Use within 3 days. Or yolks may be hard cooked before refrigerating and stored 3 to 4 days well covered. Refrigerate left-over whites in tightly covered jar. Use within 10 days.

Scrambled Eggs

4 eggs
¼ cup milk
½ teaspoon salt, scant
½ teaspoon pepper
1 tablespoon butter, margarine or oil

Mix eggs, milk, salt and pepper with fork. Heat fat in skillet (approximately 8-inch) just hot enough to sizzle drop of water. Pour in egg mixture. Reduce heat enough to cook egg mixture quickly, lift from bottom and sides as mixture thickens. Avoid constant stirring. Cook until eggs are thickened but moist, 5 to 8 minutes. 2 servings.

French Toast

3 eggs or 6 yolks, beaten slightly
½ teaspoon salt
1 teaspoon sugar
1 cup milk
6 to 8 slices bread
Fat for frying

Combine eggs, salt, sugar, and milk in shallow dish. Dip bread in egg mixture to moisten. Brown on one side on well greased griddle or skillet—turn and brown other side. Add fat as necessary to keep toast from sticking. Serve with syrup or honey. 2 to 4 servings.

Poached Eggs

Bring water, 2 inches deep in shallow pan, to boiling point. Reduce heat to keep temperature at simmering. Break eggs into sauce dish. Slip eggs, one at a time, into water quickly at surface. Cook 3 to 5 minutes, depending on firmness desired. Lift eggs with slotted spoon and drain. Serve promptly.

Baked Omelet

4 eggs, separated
½ teaspoon salt
¼ cup water
½ teaspoon pepper
1 tablespoon fat

Add salt and water to egg whites. Beat until stiff, shiny and whites leave peaks when beater is withdrawn. Add pepper to yolks

and beat until thick. Fold yolks into egg whites. Heat fat in large skillet (10-inch) until just hot enough to sizzle drop of water. Pour in omelet mixture. Reduce heat. Level surface gently. Cook slowly until puffy and lightly browned on bottom, about 5 minutes. Lift omelet at edge to judge color. Place in slow oven (325 degree F.). Bake until knife inserted into center comes out clean, 12 to 15 minutes. Fold in half. 2 to 3 servings.

Freeway Meeting

Continued from Page 1

yon cutoff, the north route through Alpine to the Willows and the route through Guatay and Pine Valley to Laguna Junction. (Editor's note: refer to the alternate route highway map in our last issue). A few individuals offered statements favoring the south route around Alpine.

Some of the major factors to be considered in evaluating the various alternates are road length, construction costs, grades, property evaluation, local and through service traffic loads.

The availability of funds actually will determine the dates of construction. Norm Lighthart, of the San Diego Development Association, urged that the community indicate a uniform option for an alternate proposal and a desire for prompt activity for the project.

JAMUL NEWS

The Jamul Community Club will hold a membership drive in the near future. Anyone interested should contact Al Hayes, President, at HO 6-2388.

Mr. Charles P. King underwent surgery at Chula Vista Hospital on Monday, January 19th, 1959. His condition is reported to be satisfactory.

Mrs. Babe King of Lee Valley, Jamul, passed away Saturday, January 17th, in the Naval Hospital. She is survived by her husband William and son Robert. A host of friends mourn her departure.

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Club Meetings

Alpine 4-H Champions—First and third Tuesdays each month. Fuller Hall.

Alpine Cloverettes—First and third Saturdays each month. Fuller Hall.

Alpine Ramblers — Each Saturday night. Youth Center.

Volunteer Fire Department — Second and fourth Tuesdays each month. Fire Hall.

Gamma Gamma Chapter, Epsilon Sigma Alpha Sorority — Second and fourth Wednesdays each month.

Alpine Woman's Club—Second and fourth Tuesdays each month. Club House.

Alpine Kiwanis Club—Each Thursday night. Fuller Hall.

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NEWSETTES

Mrs. Bill Brown, Alpine Branch of the La Mesa Realty Company, reports the sale of the corner property of Highway 80 and Louise Drive, formerly owned by Ted Brown, to Mrs. Kate Carlstrom of Alpine. Mrs. Carlstrom plans to develop this property with several nice homes. Bill also sold acreage in Japatul Valley, formerly owned by E. R. Clinkscales, to Mr. and Mrs. Wayne Long of San Diego.

Mr. W. H. Burns and wife Verna report the sale of their home off Victoria Drive to Mr. and Mrs. Edward Rowan. Mr. Rowan is a butcher at Florence's Market.

On Saturday, January 10th, Mr. George Dowdy drove a Grossmont School bus to Los Angeles, and brought another bus back. He took nine children along, plus their lunches, for an outing. Enroute they made an interesting stop in San Juan Capistrano. A good time was had by all.

Larry Landholm has sold his Chevron Service Station to Clark Haney.

Mr. Haney, formerly a resident

CLUB Activities



The Alpine Tri-Hi-Y held their last meeting Wednesday, January 14, at the home of Pam Humphrey. A new secretary was elected, Frances Peterson. Money-making projects were discussed and planned. A bake sale will be held Saturday, January 24, and a candy sale, Saturday, January 31.

As of January 21 boxes have been placed in all Alpine grocery stores for donations of toys which will go to needy children of the San Diego Children's Home.

At the close of the meeting refreshments were served.

At the January 13 meeting of the Woman's Club Isobel Pellegrin displayed her Hummel figurines. The club will sell raffle tickets from now until June. The next meeting will be Tuesday, January 27, with Mrs. T. A. Smith presiding; Mrs. Ben Cerveny acting as hostess.

of Illinois, was passing through Alpine, saw the service station was for sale, liked the friendly attitude of the people, and decided to settle here with his family.



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