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ALPINE SUN



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Vol. 16, No. 24 Alpine, Calif. Friday, June 16, 1967 10¢

BIDS ON TRAILER PARK

Alex Doig, with Capital Services, owners of Dinosaur Park who are going ahead with plans for a 143-space mobile home park, says final grading plans go to County Planning this week, should start bidding shortly.

They have been spending \$900 a week on engineering expenses, he adds, also that 2 acres are being reserved for a home for boarding over folks that do not need medical care, and that it will be in conjunction with the park. He concludes that they hope all facilities will be completed by year's end.

Western Wear Nice Start

Although yesterday was official opening day for the natty new shop, Alpine Western Wear, 2111 Hwy. 80, (Rexall Bldg.), last Saturday, Billy Mitchell and his pretty wife Nancy were open and several folks dropped in to look over the new shop. First customer was Virgil Wake who bought a nice belt and western shirt.

The young couple have been toiling day and night to get the store stocked and more freight is coming each day. However the little shop is gleaming with nice new things - western togs,



Bakery is instant hit

Just like a Broadway opening was the start of George and Jean Grube's Alpine Home Bakery, 2733 Hwy 80, for Monday morning business started with a boom and kept the overworked couple

More on 19

hats, boots and so on, with tack, saddles and accessories.

"Everyone that comes in says they're so glad we opened this place", says Mitchell, son of Woodie Mitchell, who owns Alpine Convalescent Center with his wife Pat, "so I believe we can serve horseman of Alpine and the back country all right".

SCHOOL EMPLOYEE RAISES OKAYED

Alpine Union School District's classified employe raises averaging 8% for 1967-8 were voted for by the school board Monday night, reports Supt. Paul Clay. The teacher salary schedule cannot be acted upon till the amount of state aid which will be available is known, he added.

Lucille Bates of Holly Rd., is substituting as librarian while Mrs. Elizabeth West is on a trip to the east on her vacation.

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TWO ALPINE STUDENTS HONORED

Barbara Presley, daughter of Mr. & Mrs. H.V. Presley, of 550 Arnold Way and David Wilcox, son of Mr. and Mrs. E.A. Wilcox, 1905 Tavern Road, were given trophies with their names engraved on them for their work in Alpine school, as an annual event of the Kiwanis Club, at a dinner in PV last Thursday.

The honor is for the boy and girl graduate who maintained the highest scholastic rating over a period of not less than 6 years. Their names are also inscribed on a large perpetual trophy displayed in the school the year around.

Vice Principal Jim Peach of El Cap HS was the speaker, with Principal Leo Ryan of Alpine School, presenting the awards before the 50 diners. Supt. Paul Clay of the local district presented the speaker; Kiwanis President Ray Partridge, in charge.

DOUBLE ANNIVERSARY FOR CAFE

Ralph and Elvide De Angelis, general owners of the well known restaurant bearing their name, 12861 Old Hwy 80, reached from the Greenfield off ramp, are celebrating their first anniversary at this location, plus their 16 years in business in the SD area with their noted Italian cuisine.

"We are now offering special business luncheons or private parties", says Mrs. De Angelis, which can be arranged by appointment. They have live entertainment on Friday and Saturday evenings. Dinner is from 5 to 10, and the lounge from 5 to 12 a.m., closed on Tuesdays.

SPEAKER FROM RHODESIA AT CLUB

Last week local Kiwanians enjoyed a talk by The Rev. Neill Richards, recently expelled by the government of Rhodesia. He is a United Church of Christ missionary, the fourth to be sent out from that land.

**APARTMENT BUILDING UP FAST**

Will Kellogg, SD realtor who is building a 12-unit addition to his fine Alpine Apartments, Arnold Way at Olivewood, says already this building is being spoken for by folks who want to live here. Today the windows, roof

and inside finishing are nearly completed. A fine addition to down town Alpine.

SOME PARENTS are never satisfied. They're always changing babies!

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EDITORIAL

Maybe Technocracy was the right answer!

Everyone has read of or remembers the Great Depression of the 1930's that swept the nation off its fiscal feet in October, 1929.

The majority know that recently the House of Representatives voted not to hike the national debt to \$365 billion. (But it will probably pass later on). We are used to deficit spending since WWI, when Congress pegged the first "permanent" public debt at the outrageous sum of \$11.5 billion.

When we were suffering from deflated wallets in 1932 a brilliant engineer, Howard Scott, came along with a great idea, Technocracy-- a sort of glorified Social Security-- that would give us a wee bit of Utopia.

We would go to school at government expense till 25, then do useful work till 45, then retire! What a lovely picture it was. Engineers had figured that the old price system had been destroyed through machinery-- technology and mass production-- and that, based

on gold and the expansion of credit, the capitalist system had collapsed.

This was proved by statistics that in 1850 men worked a 70-hour week: in 1950 he did only 40 hours: that economics of the social order are too complicated to be understood and controlled by politicians, so control should be placed in the hands of engineers-- Technocrats.

And now comes a similar idea from Thomas J. Watson, of IBM, who says that in only 18 years, startling as it may seem, "we shall have a choice which past ages would never have believed possible":

Work only 22 hours a week, or 27 weeks a year, or let everyone retire at 38, and still produce enough to give every American the standard of living that he enjoys today!

It looks like there is a lot more living to be done now than back in 1900! Then we had a life expectancy of 47 years; today it is 70. Despite the tripling of population, per capita production is thrice what it was then, and the work week has dropped from 60 hours to only 41, and going down!

Watson promises, as told in Publication Management, one of our newspaper trade journals, "in the years ahead we can look for more people in school, longer lives for everyone and more productive power... This will mean earlier retirement for the 41 million over 55 who are expected to make up the work force in a mere 7 or 8 years".

Like thousands at the time, I thought Technocrat Scott really had a good idea. Maybe it will come of age soon. I hope so!" -CI

ALPINE SUN



America's Tiniest Newspaper
445-2415 or 445-2394
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Alpine, SD Co. Ca. 92001
Published weekly on Friday
10¢ per copy, by mail \$3. yearly
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2038 Hwy 80

6 A.M. to 9:30 P.M.

Alpine

BIG BARBECUE SUNDAY

The annual pit barbecue sponsored by Alpine Youth Center starts Sunday at 12 and runs till food gives out. Tickets from merchants all over town, \$1.75 for adults, 75¢ for kids under 12. The money will go toward the building fund.

Besides the barbecue, a horseshow, volley and baseball games, an unusual exhibit of firearms will be on display in the center building. This is through the courtesy of Valley Gun Club, SD Black Powder Assn. and EC Frontier Schuetzen Corp, and presented by members of these clubs. A large Winchester collection as well as target rifles, muzzle-loaders and a demonstration of hand loading ammunition will be shown.

Booths run by Scouts and A Alpine Kiwanians will help make the day complete, so officials say "come and enjoy yourselves and help a worthy cause."

"WILL YOU PLEASE pass the nuts, professor?" asked one diner of his absent-minded friend next to him.

"Oh, I suppose so," he replied, "but I should flunk most of them."

Mr. and Mrs. Frank Edmundson drove out from Tulsa, Okla. for a visit with Ruth Hurst, popular checker at Florence's Market.

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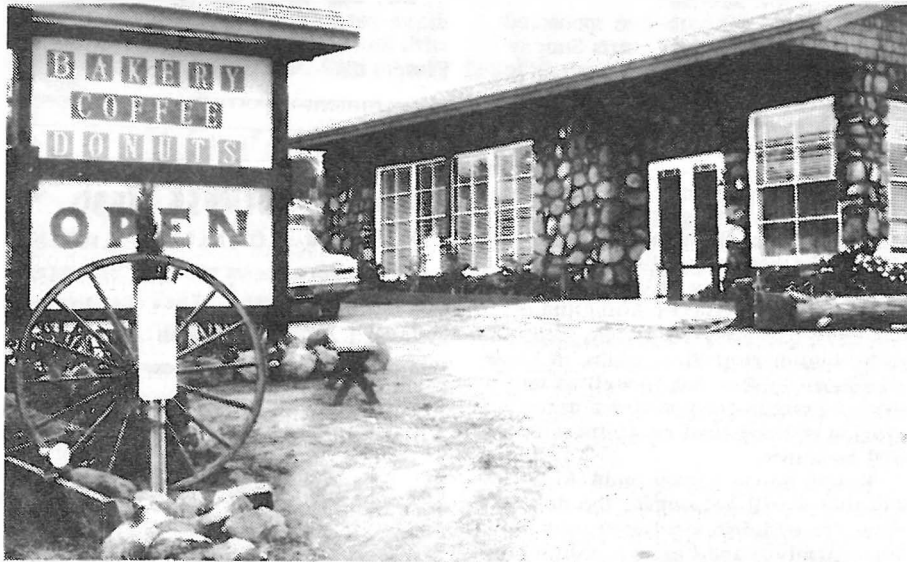
Cordially Invite You to Come in and

SEE OUR COMPLETE SELECTIONS

2011 HWY 80

Alpine Rexall Bldg

Plenty of Parking



This is the inviting front of the new fine Alpine Home Bakery, 2733 Hwy 80, which opened Monday, is doing a thriving business every day, "honestly beyond our expectations" says owner George Grube. From the rustic outside

to the gleaming interior the place smacks of tidiness, thrift and TLC!

Note- We are surely glad the Grubes came to town' they are real fine folks, and no will the Sun have to run a line "Alpine needs a bakery" !-CI

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This is just one corner of neat new Western Wear with owners Billy and Nancy Mitchell getting things placed, here some fine cowboy boots.

The growing coterie of saddle fans presages success for the neat little shop

and its genial owners who desire to serve Alpine and the back country.

Subscribe to the Alpine Sun,
Local news, pictures and ads.

"HAPPY ANNIVERSARY"

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HORSE TALK

Cynthia Irvine Mc Taggart

Alpine's horse population is growing almost as fast as the human growth, as proved by the news from Harold and Lucile Chard. They now have three generations standing in their corrals. On May 29th Pride's April Mist foaled a little mousey gray filly with a beautiful white blaze and one white sock. Peggy, the grandmother, Star the son, and sire of little Nifty make quite a family. Star is black with a white star, April is pure white with blue eyes and the grandmother is a beautiful bay.

Little Nifty Girl's paternal grandsire is Leo Reed's appaloosa "Thunder Britches", and the maternal grandsire is "Top Hat's Pride" a palomino parade horse. The Chards are thrilled with their new filly and are going to watch with interest her coloring and growth.

At the Jamul horseshow Sunday, several Alpiners that entered made a nice showing. Linda Rushing won a first

plus several ribbons, Mike Scully took home 4 ribbons and Mr. and Mrs. Geo. Carroll entered and so did Eddie For-dyce, all did quite well.

We saw two new horses in George Archer's pasture and wondered if he was back in the horse business, when we called however, learned they belonged to Virgil Wake and were just eating the grass down for him. We know how he loves horses and someday might get one of his own again.

I bought the beautiful year old filly Shetland from the Hoffman's Sunday and Bill and I have taught her to lounge already. Next week will work on getting her bridewise. She is quick to learn and a real beauty.

Tomorrow the closed show for those who took lessons from Wilma Peters will start early and trophies were donated by Margaret Lowthian.

Eight classes are scheduled and a charge of 25¢ per class is asked to help pay for the ribbons. The show starts at 10 so be on time if you plan on going into it but you have to be a member of the Alpine Riding Club.

We just learned that Vic and Evelyn Vickers and their 3 children moved out of the Earickson home on Victoria Dr. and took their horses with them. They were caring for Elaine's horse Yank so the Klucewichs are feeding him and when Earicksons return will probably take Yank back up north as they are not going to live here this year.

Sunday the barbecue and open fun show starts at noon with ribbons. Entry fee is 50¢ but the events sound simply fantastic. Should be lots of excitement and real fun to watch.

"What is the strongest insect around a ranch?"

"A bee is about the strongest. One little bee can raise a 180 pound man right off the ground!"

CARRELL'S

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George Carrell

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GUSTAFSON TO BUILD

Mr. and Mrs. Robert Gustafson of SD held ground breaking ceremonies for their 4-bedroom Spanish modern home in Palo Verde Wednesday. They have 4 children and 4 horses, like Alpine and wish to bring their children up in the country. The home will have 3 fireplaces and be 2-stories.

Young Gustafson and his father own the furniture store, 2930 EC Blvd., employ Joe Fox, former Alpiners, who is warehouse forman for them.

ROSE ENJOYS FAMILY REUNION

Carl Rose, who with his wife Marjorie, own and run Pine Acres Tree Nursery, is back from 10 days with his brother and family, Meredith and Alice Rose, of Laurel, Miss. Three sisters from Cleveland and Frankfort, Ind, whom he hadn't seen in 20 years, came to Mississippi to make the reunion complete and they all had a very exciting time. Carl flew both ways, came on home Monday night.

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DINNER WELCOMES NEW PASTOR

Wednesday at 6:30 in the First Baptist Church of Alpine, Tavern and Arnold, the congregation welcomed its new pastor, The Rev. F.P. Blevins, of Imperial Beach. He preached here last Sunday, was called, accepted, and is now the minister for this group. With his wife, Dorothy, and daughter, Linda, 17, he plans on moving here shortly. Linda will be graduated from El Cap next year.

Wife: "What a nerve this mas has to charge us \$10 for towing us only half a mile!"

Husband: "Im making him earn it, though, I've had the brakes on."

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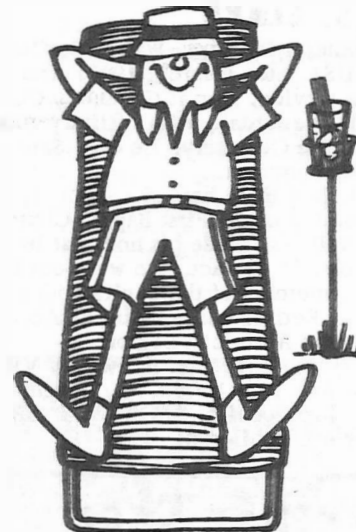
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Marcelle: "Have you had any experience in defense work?"
 Girl applicant: "Yes, I used to go with a sailor."

Here is natty front of new Western Wear, 2111 Hwy 80 adjoining Rexall Pharmacy, with owners Billy and Nancy Mitchell. Although shop was officially opened yesterday, Saturday people kept coming in to buy tack, duds and boots and look over the nifty shop. It is another fine addition to Alpine's growing economy!

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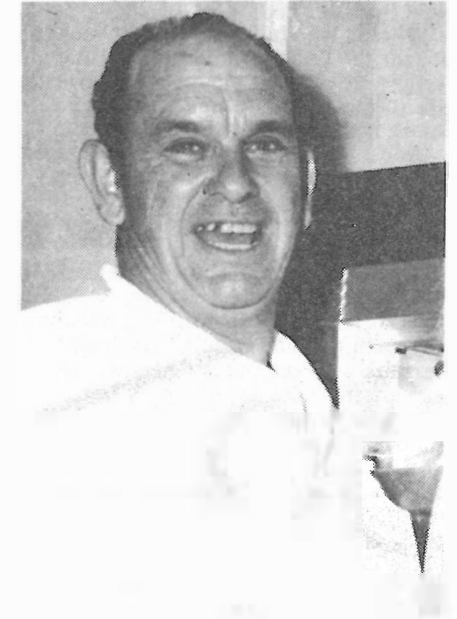
1275 N. Second, El Cajon

442-3027



Here is Mrs. Jean Grube, of spic and span new Alpine Home Bakery, with fresh loaf of nutritious homemade bread baked right in their new shop, 2733 Hwy 80.

She is real artist at decorating cakes for all occasions. Their son Don helps out all around the place.



This is George Grube, masterbaker, jolly good fellow, who, with his wife is making friends every minute at their new shop just above town.

"We love Alpine" he declares, "and we are going to boost it at every chance as our name on all packages carries your slogan "Best Climate in US by Gov't Report".

W.S. CLARK

Funeral for Capt. Wilson S. Clark, 53, USA retd. (March, 1965) after 30 years service, was at Goodbody Chapel in SD, yesterday, with military burial in Alpine Cemetery. He died Saturday in a SD hospital.

He had lived here since Jan. 1, was a member of the First Baptist Church of the Willows, made his home at 160 Willowside Terrace. He was born in NY, was a member of the Eagles Lodge, Y Yuma; Retired Army Officers' Assn., VFW and American Legion.

Survivors, besides the widow Virginia of Alpine; son, Robert W.; daughter, Betty Lou Robbins; two sisters in LA; and three grandchildren.

REALTOR BACK FROM TRIP

Mrs. Charlene Brown of Brown Realty, is back from an 8-day flight to Tulsa, Okla., where she spent four enjoyable days with her mother, Mrs. Mike Dodrill. On the return she stopped 4 days in Denver to see her son, Lynn Graves and wife Marilyn. He is a cost analyst with Coors Brewing Co., there. She reports a fine trip.

Advertise in the Alpine Sun,

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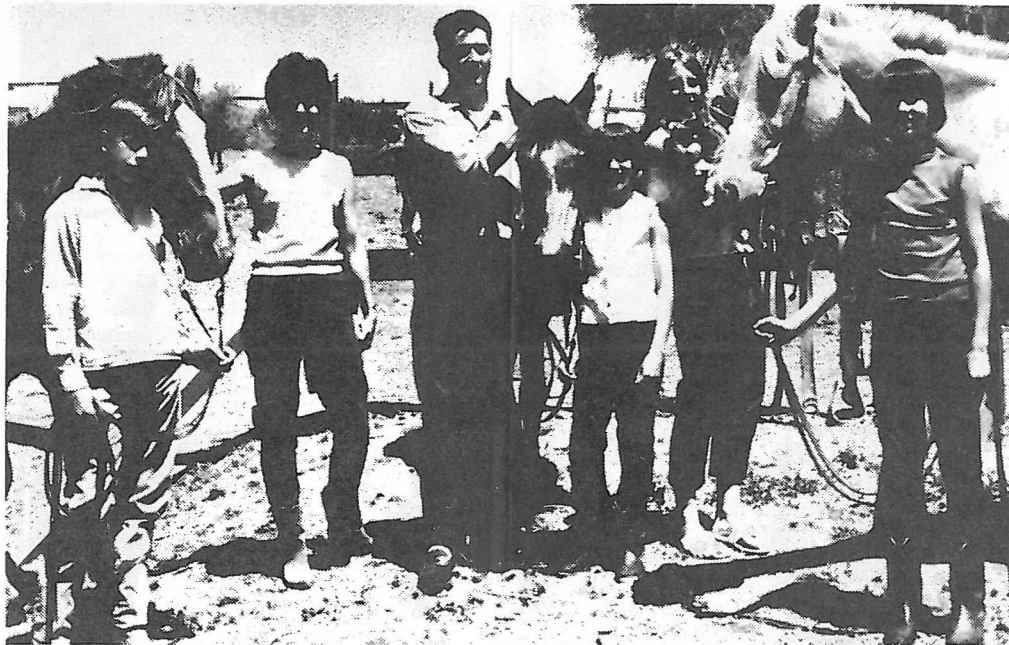
This is the Hadley clan that recently bought the Pinkerton home, 404 Alpine Heights Road, and moved in to enjoy life to the fullest. Frank Zirwes of the Strout Realty in EC, made the sale.

Robt. Hadley and his wife Ruth are natives of Chicago, came here from Tinley Park, Ill, nearby, arriving in January. He is a machine rebuilder with Rohr Aircraft in Chula Vista.

In photo, from left are: Michael, 14; Mrs. Hadley, Hadley, Kathy, 10; Gail, 13, and Pat, 11. William, 15, not shown, was surfing at the beach. The youngsters are all crazy about Alpine, and with their horses are having a ball, while the parents are fascinated with remodeling and enlarging the home.

As Hadley says "This is the loveliest spot we found, we drove all over, and are more satisfied every day". He belongs to the National Rifle Assoc., has a fine collection, shoots as a hobby. Mrs. Hadley's hobbies are horses and cooking. They belong to the Lutheran Church. He is a veteran of the USA in the artillery.

To welcome them to Alpine, Zirwes presented them with a year's subscription to the Sun.



GREEN LIGHT FOR SCHOOL BUDGET

Monday night trustees for Alpine Union School District adopted the 1967-8 budget of \$333,000, a jump of \$20,000 over the current one. It is based on an expected rise in the area's assessed valuation, says Supt. Paul Clay. However the tax rate will stand at the present \$1.89.

"I had to fire my new stenographer." Clerk: "Didn't she have any experience?" Boss: "None at all. I told her to sit down and she looked around for a chair."

Mr. and Mrs. Jack Davis are entertaining their niece Sallie Sorg, 15, who flew down from Mapleton, Ore. to spend part of her summer vacation with them. When the Davises go on vacation the last of July, they will drive her home. Mrs. Davis is a nurse in Dr. J. S. Campbell's dental office here, and they have just subscribed to the Alpine Sun.

THANKS, FOLKS--

"I believe in helping the local newspaper, so here is my renewal; would miss your paper if I had to do without it!" -Alice Mangelsen.

Cubs from Pack 375 are planning a fishing trip to Santee Lakes June 24th, Mickey McKee in charge of transportation with Zane Dana and other parents picking the youngsters up in Old Ironsides Park at 8:30 A. M.

On July 29th a beach party is planned at Ocean Beach, same pickup location with Den Dads Jack Green and Joe Sandoval in charge of transportation.

On Aug. 26th a picnic and baseball game at Flinn Springs County Park with parents of cubs included is scheduled. If you wish more information call Cubmaster Mickey McKee, 445-2962. Also if any father is interested in a summer baseball team, contact Al Adams, 445-2758.

INDIAN DANCES AT OCEANSIDE

Today war whoops and drumbeats of ancient Indians of Arizona will liven old Mission San Luis Rey for 10 days with their authentic tribal dances put on 5 times daily. Later this summer the band will fly to Tokio to entertain the Armed Forces and the Japanese people. The public is invited to the Oceanside events free, 3 miles inland.

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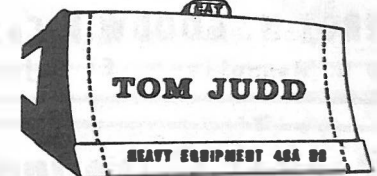
A.M. PARIS E. VIERKANT

442-4411

374 N. MAGNOLIA

EL CAJON

445-2810



Rt. 1, Box 97

Alpine,

BIG SHOWS DUE AT FAIR

Sharing the evening bill at the colossal Del Mar Fair this season is a husband-wife acrobatic team, the Lynons, who will be on with Ricky Nelson for 6 nights, June 29-July 4. Charlie Dornan, comedian will also be at the grandstand stage, rounding out a top show for the closing days of the County Exposition.

The Sun has all paid circulation.

Log Cabin Cafe

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445-2169

Descansans remember Pearl

An interesting clipping from the Brockton (Mass.) Daily Enterprise has been received by Wm. & Gladys Bates, who live at 8 Oak Grove Dr., Descanso, and who take the Alpine Sun.

It tells all about the hour-long NBC TV show put on last winter as a documentary of the town and to commemorate the Pearl Harbor tragedy in which the only man from Brockton to lose his life (On the Arizona), was her cousin, John Russell Johnson, Radioman 3c. His widow, since remarried, is Mrs. Vernon Shaffer of Ft. Pierce, Fla.

Brockton's paper gave nearly a full page to relating how the film was made and how Narrator Frank McGee would present it. He said it was "in reality a report to those who died there and in the battles that followed Pearl Harbor" just what had happened in America in the intervening 25 years.

In her letter to the Sun enclosing the clipping she said "about 15 years ago we came to live in Foster's Trailer Court, Alpine. Arrival of a grandchild caused us to move higher, to equally lovely Hulburd Grove. The passing of Bill's Mom, in '58, took us back to the Coast- Encinitas. There we planned to stay about a week. Circumstances kept us there 8 years".

Mrs. Bates writes, and propagates African violets and gloxinias, may sometime do a little story for the Sun. They come here regularly as "Alpine is our shopping center" she says.

FREY'S SURPRISED LAST WEEK

Mr. and Mrs. Maurice Frey were pleasantly surprised Thursday night when they returned from Norwalk. Their son Ralph was waiting for them, had flown to Houston, Tex. to pick up a bus for the Candy school system. On his return to Oregon, stopped off to visit his parents who leave Tuesday to spend their annual vacation in Oregon with them.

Farmers Insurance Group
Archie D. Nunley

149 N. Magnolia El Cajon

442-9484

PLENTY SMOKE BUT NO FIRE!

Alpine Volunteer Firemen were roused out at 4:35 a. m. Monday, made a nice fast run up Hwy 80, then down So. Grade Road to 2690 where they found an air-conditioner smoking in the home of Vernon J. Salazar. Fortunately there was nothing ignited, but the family followed fire department instructions to call first, then investigate.

(Are you sure you have the station's number prominent on your directory or on the wall? It is listed in the Sun's Yellow Pages, 445-2663.

ALPINE REALTY

Company

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2175 Arnold Way 445-3310

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445-2631 445-9035

DOUBLE TALK

By Cecile and Celeste Irvine

Was quite a thrill to receive our diplomas last night and we did it in 3 years. We hope to enter Grossmont College in the fall but in the meantime are going to enjoy our summer vacation to the fullest. This will be our first time in 3 years that we are not going to attend school during vacation. We are spending some of the time in Hemet but hope to be home on week-ends to enjoy the pool and horseback riding.

Monday we really enjoyed the opening of Alpine Home Bakery. We took Nellie King over and spent an hour visiting the Grubes who are so nice.

They let us go back to see the donuts cooking, pies baking and watched while he was taking out the sweet rolls. The smell was more than we could stand so we bought some rolls and ate with our tea. The place was swarming with people and if they continue to make delicious bread, they will be in Alpine for a long, long time.

Alan Bowles will be home for an 11 day leave. He is coming from Camp La Jeune, has another year in the Mar-

McGUFFIE'S SUNDRIES

Medical Preparations - Vitamins

Fountain Lunch

Greeting Cards - Cosmetics

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ines before he is discharged. He is hoping to go to the Caribbean for his remaining stay. He put 13 months in Viet Nam so that is behind him.

Dawn Byers is here from Yuma to spend the summer. Her school gets out early so she drove over and is visiting all her friends here.

Rosalie Graf's mama cat had three kittens Sunday morning and one is a bob-tailed baby. She thinks she has them all given away, but if you are in the market for a kit, you might give her a call.

We met Helen Ellsberg in Alpine Home Bakery Monday and she told Mama her cat Nipsy got a sticker in his eye and Dr. Samter had to operate to get it out. She said to be sure to have fox tails removed immediately as they can get infected overnight. Ann Hageman has had Pepper down to his office several times this month with them in his ears. A small ball of cotton wadded up and put down deep in the ear will prevent stickers going in deep. We do it on our poodle and it works.

Mrs. George Allen returned from Vancouver Wednesday and someone gave her a beautiful calico kitten which she is real thrilled with. She had a nice trip home too.

Saturday our cousin Ken Tielens came down again for the weekend and we went sailing for 3 hours. The sun came out and we had the best time. He hadn't been to the SD Zoo in years we Sunday we all went down and spent the day. We think he enjoyed the snake display the most as he picks up the harmless ones around here all of the time.

Yvonne Randall is celebrating her 19th birthday this weekend with her family.

Sharon McMann and her family were sick over the death of their female prize German shepherd that they brought from Germany several years ago. She was hit in front of their home on Marshall Road, walked into the house and died in her little bed. Even Karen's mother was

IN ALPINE

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PROFESSOR VISITS BROTHER

Spending part of a month vacation, is Kurt Frevel, left, with his brother, Gorden, law student at SD State, who makes his home with Wm. James Allen on the Japatul ranch. Frevel was born in Bay City, lives in Midland, Mich, teaches humanities, poetry and art in small school, Saginal Valley College.



He stopped off to fish in Colorado, will drive on to visit many scenic spots in the West.

Mr. and Mrs. Gene Adams and their foster children, Pat, Bobbie and Susan Mecaughey spent last weekend camping in McCaine Valley. They went rock hunting and came up with a few Indian artifacts, all enjoyed the fun & outing.

ALPINE CUBS HAVE PARTY

Their last den meeting for the summer will be Tuesday afternoon with a party for both groups. Pack meetings are continuing through the summer on the 4th Friday of the month with additional activities planned by parents.

Their June 23rd meeting has Physical Fitness as the theme with the boys putting on demonstrations of strength, exercise, etc.

GUILD TAKES REST TILL FALL

Wednesday ladies of Community Church Guild met for the last time till Sept. 6, with Mary Jeffrey, of Peppermint Ridge, Norco, speaker on the work done at the school, run by the United Church of Christ. It is for retarded children.

Don Roccoforte



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OPEN SUMMER CAMP MONDAY

Blanche McCall, principal of Mc-Call's Ranch School and Summer Camp, says they have a nice number of reservations for young people who will attend their annual summer camp this year which opens Monday. Youngsters come here from all parts of the country for the busy session highlighted by swimming, horseback riding, hikes, camp-outs and so on.

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

Alpine Western Wear
2111 Highway 80

WITNESS our hands this day of June 2, 1967.

1. Billy Ray Mitchell
PO Box 397, Alpine, Calif.
2. Nancy Mitchell
PO Box 397, Alpine, Calif.

STATE OF CALIFORNIA
COUNTY OF SAN DIEGO ss

On this 2nd day of June, 1967, before me Richard C. Gallagher a Notary Public for said County and State, duly commissioned and sworn, personally appeared Billy Ray Mitchell and Nancy Mitchell, 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.

Richard C. Gallagher, Notary Public in and for said County and State. My Commission Expires September 26, 1970.

Alpine Sun, June 9, 16, 23 and 30, 1967.

LIVELY OAKS DOINGS

A delicious pot luck luncheon was enjoyed by 33 members at their Monday session.

Luther J. Mohr, manager of Alpine Security Bank, was a guest at the meeting and also Mrs. Gibson, sister of Orville Palmer.

The group welcomed back Eleanor Mount and Manila Colby, also Jeanette Hinkle.

A letter was read from Mr. and Mrs. Carl Stout of Muncie, Ind. who plan to make their home in Alpine this fall.

Alex Daig of Capitol Services, donated six picnic tables and benches to the Lively Oaks, which were greatly appreciated.

At the dance on June 28th, Alpine's group will be hostess to the EC Senior Citizens Club and all are welcome.

BIG WEEKEND AT STALLION OAKS

Manager Bob Burrell of Stallion Oaks Guest Ranch, Boulder Creed Road, Descanso, reports that they enjoyed one of their liveliest weekends this year with the new restaurant going full blast. They had two camper groups from SD; the Solar Club with 10 rigs, and 20 from the Rolling Teepees. They enjoyed horseback riding, the pool, dining and lazing around.

Ed Torgersen, who comes down from the La advertising agency each weekend, says they will now be open 7 days a week, with dancing Friday and Saturday nights.

THE PROUD MOTHER was exhibiting her baby to admiring friends:

"He's eating solids now—pencils, keys, newspapers, rubber bands, pickles, spiders, ash trays. . ."

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BAKERY STORY FROM PAGE 1

busy all day.

Since last fall when they leased the place, they have worked hard installing store fixtures, bakery equipment and so on. Alpine and the back country has watched with chop-licking interest as the sign in front invited all to "watch for opening".

In photo Mrs. Grube is serving customers at one of the colorful tables, with fresh coffee and doughnuts that really are, as George says "It's the eggs", for his recipes are all wholesome, nutritious and of finest quality.

Everything is shiny, new and modern, with an automatic dishwasher that sanitizes everything with boiling water and chemicals. As Mrs. Grube says "we bake everything right here with well water and no preservatives. She decorates wedding and other cakes and both feel that already their attractive place has found a niche in Alpine's business life.

HC SWIM PROGRAM UNDERWAY

From August 7 thru the 18th a backyard swim program at Spur Valley is ready to start with Doris Green and Mrs. Marian Crawford, assistant, teaching the 38 youngsters enrolled. The program is sponsored by the Harbison Canyon PTA and Red Cross. Evelyn Green, 15, is acting as junior Red Cross lifesaver.

The 5 classes with 8 to 10 children each has been closed and the lessons are free.

LARSON TO PREACH ON HIPPIES

Sunday there may be some interesting revelations when Dr. Roger Larson occupies the pulpit in Community Church, for he will talk on Hippies, that new breed of young person that has so puzzled the American people, focused much attention on San Francisco of late.

George Lengbridge

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Mr. and Mrs. Ronald Van Til have stopped publication of their Town and Country News in Alpine, also the El Cajon Town Crier which were shopping papers, they announced last week.

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FIX POWER SLUMP QUICKLY

Thursday at 4:59 lights in Dehesa, the Canyon and much of Alpine went out for a minute, then came on, stayed dim for an hour and 11 minutes. SDG & E reported that a wire had burned out on a transformer which lowered the voltage so that everything practically stopped.

Crews from the EC station hurried out, worked hard and fast to restore full power long before dark.

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CARE OF THE BODY

By Frances McTaggart

BLOOD CHEMISTRY AND SUGAR

Almost everyone enjoys a piece of bakery cake or a few cookies once in a while, but there are disadvantages in overdoing sweets even though made from natural products.

Dr. Velvin Page, a Florida dentist spent 20 years making a blood chemistry study and has this to say about natural sugars: "Sixty eight percent of our total intake of foods is converted into sugar. It is essential for heat and energy. But the body mechanism was built to make its own sugar from carbohydrates, bread, potatoes and vegetables or from proteins and fats if sufficient carbohydrates are not available.

"Our bodies have been built and adapted to the balance of nature. The big fault of all civilizations has been to destroy this balance of food. When we destroy our balance with nature we commit suicide.

Dr. Page classifies refined sugar as a drug because of its devastating effect on the calcium phosphorus balance in the body. He also states "nine chocolates can throw the calcium phosphorus levels out of balance within 2½ hours and keep them below the margin of safety for immunity to dental decay at least 32 hours." Cont. next week.

It is a mistake to eat as if you had only a minute in which to finish a meal.

Enjoyable are treatments of Mrs. Frances McTaggart, 1906 Tavern Rd., a graduate Swedish masseur and physio-therapist, shown in office of her fine new home. She puts all her training and energy into giving women relief for poor circulation, nerves, lack of energy and so on. She writes a column "Care of the Body" in the Sun weekly, goes on the radio frequently with her "Physicial Fitness."



CHEF MOVES UP TO 29 PALMS

Friday Norman and Norma Straass, he was chef at the Log Cabin for a long time till he had a heart attack, now recovered, drove up to 29 Palms to interview for a job at Lou Moore's Roundup. After a brief talk, Moore said "What are you waiting for, put on your apron and go to work!"

So the couple returned Monday, packed their things, moved Tuesday up to the desert. Norma broke her left wrist last year, is still suffering with it, although it has healed.

Paul Parsons leaves next weekend for Jackson Hole, Wyo. where he will attend a Mass. Mutual Life Insurance Convention. Because of summer school, his wife will stay home with their three children.

Evelyn's

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

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DEDICATE FORESTRY STATION

Thursday the state is officially opening its new station, 2249 Jamacha Rd., in EC., which was recently moved from LM, reports Jim Fenlon, in charge of this area. They have a press conference and tour, then luncheon followed by dedication ceremony. New phone is 442-0874.

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