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NEW YELLOW PAGES INSIDE



ALPINE SUN



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Vol. 17 No. 9 Alpine, Calif. 92001 Friday, March 1, 1968 10¢

SD COUPLE BUY CLAYBAUGH HOME

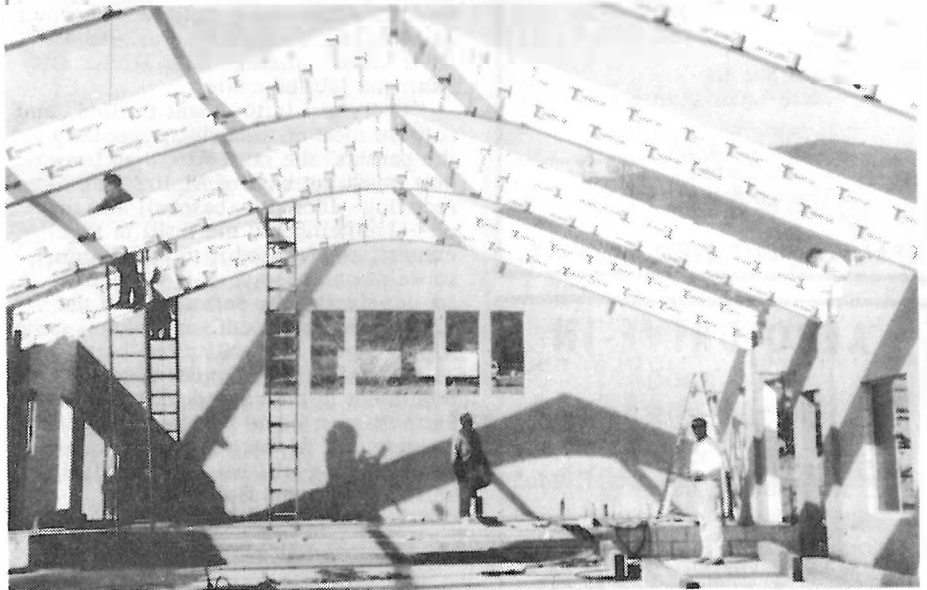
Leslie & Anna Allen, 3151 Redwood St. in SD have just bought the fine custom-built home on 2 bedrooms and 2 baths on 1.3 acres at 1606 Foss Road, corner of Arnold Way, from Mrs. Ada Claybaugh and are moving in. Sale was by Al Smith of the realty office here bearing his name. Mrs. Claybaugh took her large trailer to EC where she is now making her home.

More on 13

DR. STELLA TO BUILD SOON

Bill & Charlene Brown of Brown Realty here, report sale of their choice 2½ acre lot adjoining the Auren Pierce residence on the lake in Palo Verde Ranch to Dr. F. Stella, of SD. The Browns secured this choice site when Pierce first subdivided, but after their daughter Vicki was married, they gave up the idea of building.

Dr. Stella has 10 acres on Alpine Heights Rd., is practicing in SD where



INSTALL CHURCH BEAMS

The large laminated girders and roof beams were raised into place last weekend by members of the First Baptist Church of the Willows. The huge pieces, made in Phoenix, were elevated by a big crane with men on each side placing them, later masons blocked them in. The actual roof beams were placed between these girders, and now the roof is going on. See photo inside showing big crane at work placing one of the large timbers.

he lives with his wife and children. They plan on a beautiful Swiss chalet by the lake.

LATEST YELLOW PAGES TODAY

In the middle of this issue you will find the up-to-date list of business & professional folks of Alpine, plus emergency numbers and frequently called ones that will aid you in your daily phone calls.

More on 10

2
MISS ALPINE CONTEST ZOOMING
Mrs. Nikki Menconi's idea of having a queen for Viejas Days and other events has caught on big for the Alpine Chamber of Commerce lost no time in accepting her idea to sponsor the lively contest to find a Miss Alpine. At the

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last session they promptly named her chairman, so she is working day and night on the plan and getting nearly 100% cooperation from local businessmen.

"We have enough money committed to cover the prizes and so on" she told the Sun Wednesday, "so that the winner will receive \$100. cash, a wardrobe, and gifts. Runner-up gets \$75., and the next 3 will have \$25. each, and all entrants will be given a charm.

Deadline for registering at Nikki's shop, 2459 Hwy 80 (closed Monday & Tuesday), is March 29. Winners will be on Channel 8's Sunup program on Apr. 29, and on the Bob Dale Show, Channel 8; will be crowned on April 6. The queen will appear at other functions during the season.

Mrs. Menconi, a pleasing, soft, spoken youngish woman, whose husband Robt. is a Navyman, got the idea when her daughter Loni Kelly, 20, won a Girls' Club contest in the National City Diamond Jubilee contest.

"Every girl in town was thrilled, and so were most of the adults, specially the parents" she says, "so when I saw how much the boys of Alpine were receiving--football--baseball and so on-- I remembered the thrill of that contest, so proposed it to our chamber-- so we're on the way. It is wonderful for developing the personality of the girls, as we found out, and I know some Alpine young lady will profit by this".

Judges will be from out of town, prominent in the categories listed. Entrants must be 16 to 20 and have been a resident of Alpine for at least one year. Judging will be on Personality, Poise, Charm and Grooming.

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



First Baptist Church of Willows is fast nearing completion. Here huge crane places ceiling beam in place.

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LIBRARY'S NEW DISPLAY TOMORROW
Unique in an art form, antique bottles, will highlight the art exhibit in Alpine Library for this month, reveals Mrs. Elizabeth West, librarian.

The setup is from the collections of Mrs. Helen Ellsberg and Mrs. Jeanette Hinkle, who made the arrangement, opening Saturday, hours 10 to 2, with 1 to 5 on Tuesday and Thursday.

Two months after he had run over a girl, a motorist married her. If this sort of thing was made compulsory, there would be less reckless driving.

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El Cajon

EDITORIAL

HAS POWERFUL AMERICA WON ITS LAST WAR?

Why has the U.S. not won the war in Vietnam? We have been rated as being mighty powerful, rich and wonderful do-gooders, but something is terribly wrong from Washington right down to San Diego County. Businessmen are wailing about low volume-- not businessmen in war items-- but the grassroots ones, and what with climbing prices, wages, and taxes, it is getting harder all the time to keep afloat.

In the February issue of Plain Truth, "a magazine of understanding", edited by Herbert W. Armstrong in Pasadena, whose son Garner Ted Armstrong is on XEMO with "The World Tomorrow" a provocative talk at 6 p.m. daily, there is an editorial that is quite enlightening.

It is "Pride of U.S. Power-- Where is it?" with a photo of the crew of the snatched Pueblo walking with hands aloft in N. Korea. It was written by Gene H. Hogberg, reminds that "What we have

warned for years has happened. U.S. Fortunes have taken a sudden turn for the worse in Asia. The nation has won its last war".

He tells how the people have been told that we were winning, and Gen. Westmoreland said our forces could soon be phased out-- yet he only today says he needs more, 50 to 100 thousand!

Two big events happened. The Pueblo was captured in free waters and the VC staged an offensive, wrecking Saigon and other cities, even blasting the U.S. Embassy, and killing many hundreds of Americans, plus South VC soldiers and poor civilians.

Hogberg then says "In his State of the Union Message, President Johnson analyzed the problem correctly when he said? 'It is our will that is being tried and not our strength' ... National pride and prestige is at stake" .. Where is America's pride of power? It has vanished-- just as Bible prophecy said it would .. Look at Leviticus 26: 19. This prophecy applies to America at this end-time in history: 'And I will break the PRIDE of your power!."

So it seems that the heirarchy of the Pentagon-- none of whom have ever had duty in a trench-- tell the military experts how not to fight so that we will not win, just as they told that fine General MacArthur not to win in Korea, which left us in such a mess.

There is still no substitute for victory! --CI.

MITCHELL TO HOSPITAL FOR TESTS
Monday Woodie Mitchell, owner of Alpine Convalescent Center, went into College Park Hospital for tests as he has been suffering from an unknown malady. He may be home again tomorrow.

TREASURES IN WORDS

Thou wilt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in th ee. --Isaiah 26:3.



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AOPA 194347

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IMPERIALITE BUYS HOME IN HC

P.P. Everett, with Holly Sugar Co., and a deputy sheriff in Imperial, has just bought the cottage on a lot at 700 St. George Dr., in Harbison Canyon, reports Al Smith of his realty office here. Archibald Frogge made the sale. Owner was J.B. Garreson, a surveyor, of 10997 Skywood Dr., in ED. Everett plans on retiring in 5 years. The dwelling is now rented.

SHIRLEY DE LONG HONORED

The 2nd grade teacher at Harbison Canyon School was honored last week when she was awarded the honorary life membership at their annual Founder's Day Program. Mrs. De Long has taught in Alpine and has been in the canyon for several years.

Women are very loyal. When they reach an age they like, they stick to it.

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ENLARGE TRAILER ESTATES

J.L. Fann, newcomer from Prescott, Ariz., with his powerful skip loader-backhoe machine lifts front wheels off ground as he pushes brush off of new pad for Irvine's Trailer Estates, 2255 Tavern Rd.

Two new spaces and two adjoining will be hooked onto a new septic tank system so that all units in this park will have sanitary connections. A new electric power line is being installed to give more voltage. The improvement in being made due to growing demand for trailer spaces.

ALPINE CLERGYMAN TO CONVENTION

Fred. A. Hedger, sr. of Alpine, Presiding Minister of the Pine Valley Congregation of Jehovah's Witnesses, will be attending the semi-annual convention in Russ Auditorium, SD this weekend.

About 50 members of the faith from here will attend the convention. A public talk by Floyd F. Garrett on "Why Does God Permit Wickedness" at 3 pm on March 3, will be a highlight of the program.



NEW TRAILER PARK PROGRESSES

Here is one of big earthmovers Paul Pullaro, contractor uses to flatten out former Dinosaur park track and hillside, under foremanship of E.L. Arnold. This looks northeast toward nearly finished freeway grade. They have made several levels with trailer pads to accommodate the 143 spaces. The wooded park is being cleaned of underbrush, trees trimmed, and roads put in, with picnic spots and so on for the owners, C. D. Sickles, & Assoc.

RIDING CLUB FEASTS SUNDAY

Members and prospective members are invited to a free breakfast ride this Sunday starting at 8:30. Everyone who owns a horse, or is interested generally is invited. Alpine Riding Club is doing this to acquaint all with the club, their members and activities.

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HORSE TALK

By Cynthia Irvine McTaggart

Anyone interested in buying a 5 year old well trained Shetland Pony? We sold Taco to Mrs. Dobbs of Lakeside, 1 1/2 years ago, and her little girl hasn't ridden him since last October so they want to sell him. We taught him how to bow, lie down and other tricks. Call 443-6681 if you are interested or know of someone who would like a wonderful pony for a child. We hated to sell him but at that time had 8 horses and just couldn't keep him.

Doris Scully has a 9-year old gelding for sale. He is gentle and a nice horse for a beginner. Call 445-3803 and go look.

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Mandy Payne is happy her little mare Princess is coming home. She has been on the reservation where she had a filly 5 months ago and as soon as the baby is weaned will be returned. In the meantime Mandy has been riding a Shetland Pony they are boarding at their Ranch in Japatul Valley.

Ruth McMannus entertained a few members of the Wednesday Riding Club when they came up for a nice ride on the reservation. They trailered their horses, up, and come frequently to enjoy the trails in and around Alpine.

Ellen Hood came by last week riding Tyger, her 2-year old colt. He has turned out to be a beautiful Palomino and it just shows what care and early training can do. She has done a remarkable job on this colt and he behaves and minds on command.

The Reeds are waiting momentarily for their mare Chica to have her colt. They are keeping her at Wilma Peters in Santee.

Last weekend Bill and I drove up to the Rawhide Ranch in Bonsal. We looked at their trailers and some of their horses. It is a fabulous ranch and worth going to see. They have a saddle shop, several barns, and animals of all kinds. They have a set-up like an old town with lots of antiques and is open to the public.

Pokey, Scully's colt who broke his leg, has had quite a time. He is on the mend but last week cracked the cast on his good leg and they had quite a time fixing it.

ERNEST G. GROOMBRIDGE

Private services were Wednesday in Bonham Brothers Mortuary for Ernest G. Groombridge, 81, of Alpine Oaks Mobile Estates who died Sunday in a local hospital. He was a retired stationary engineer, had been employed by the County Hospital the past 20 years. Groombridge was born in London, had lived in the county 55 years.

Survivor: his widow Alice of Alpine Oaks.

Buy in Alpine and save gas!

PLAY FEATURES TALENT BENEFIT

Highlighting the show to raise funds for the school track team will be a repeat of Bea LaForce's comedy "The Pillowcase Committee", which made a hit at the recent Woman's Club meeting. She wrote and directed it, will do the same this time, with cast as shown from left: Lynn Lipetzky, Betty Brookes, Norma Sullivan, Mrs. LaForce, Barbara Peterson and Reenie Adams.

Also on the program will be the noted Alpine Lively Oaks' Hillbilly Band, the Irvine Ranch Twins (Cecile and Celeste Irvine), with folksongs; Bob Gaston and wife in songs; Steve Brookes, monologue, 5 children in a pantomime; the 3 Svensson children in a skit and the 2 Sexsmith children in a similar number.

GRANDSON FOR THE SNYDERS

The good news of a fine boy being born in Juneau was relayed by long distance Saturday to Mr. and Mrs. Chas. J. Snyder, 449 Silverbrook Dr., in Harbison Canyon, from their son Chas. J. in Juneau. Their daughter, Mrs. Louellen Bates of Imperial Beach, flew up Friday with the family.

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This is one of the several public services rendered by the Sun, and is made possible by the support of advertisers. This time it is that live-wire George Grube, owner of Alpine Home Bakery, whose artistic wife drew the pictures on the back of the phone lists. She is the one that decorates all those beautiful cakes at the bake-shop which is serving Alpine,



the back country and many passers-by. Photo shows Jean putting finishing touches of sweetness to large birthday cake, and one of their unique wedding cakes at left. Grube had the Sun print 2100 of these yellow pages on heavy paper, with the Sun's map inside, and on reverse lines for names, birthdays, etc. which he gives away to boost Alpine.

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SCOUTS ENJOY CAMPOUT

Twenty two boys from Alpine enjoyed the campout last weekend when their leaders Larry Glavin, Walt Finch and George Kochel took them to the desert to enjoy a fun time there. They visited Kochel's cabin, spent two days hiking and having a good time. The boys meet every Monday in the YC at 7 except the first Monday of the month. A campout is planned every last weekend of the month and is an excellent opportunity for the boys to learn how to enjoy the great outdoors.

Blanche McCall leaves this week for NY and Boston where she will visit her sister Rhonda Riddell and son Stephen, then on to Boston where she will attend a 5-day session with American Camping Conference. She will be gone 12 days, flying both ways.

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HILLS DISAPPEAR ON FREEWAY JOB

Looking west below Deadman's Curve the Vinnell Corp is making nice headway on cutting down the hills at left to make way for new eastbound lane of US 8. Entire gullies are being filled--center foreground--and many heavy earthmoving machines are on job under supervision of Pat Costanzo. Present Hwy 80 of 2 lanes will not be changed, but will become the west-bound side of the freeway.

SQUARE DANCE CLASS STARTS

If you are interested in attending an intermediate class, the Thunderbird Square Dance Club of Lakeside is holding classes on Wednesday starting Mar. 6 from 8 to 10 at the Veteran's Hall in Lakeside.

Everyone is welcome.

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VIGNEAULTS VISIT HOBBY CITY

Mr. and Mrs. Blackie Vigneault spent last weekend in LA visiting friends and relatives and took a tour of the famous Hobby City that is next to Knott's Berry Farm. From there they went to La Puente to visit Blackie's brother Joe Vigneault and family. They spent the night in Montebello visiting his sister and family the Fred Morrisette's then on home Sunday. They say "had a wonderful time and the weather was perfect."

Mrs. Robt. Kinsman, 2820. S. Grade Rd., has been in Naval Hospital for two weeks with a siege of asthma-pneumonia, hopes to be home soon.

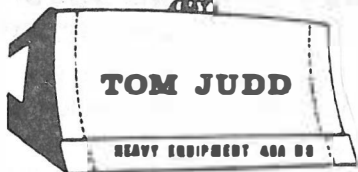
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NEWCOMERS ENTERTAIN FRIENDS

Mr. and Mrs. Fred Sandell, newcomers to Alpine, having bought the George Archer place, entertained several guests last weekend. Her cousin, Mr. and Mrs. Junior Grenawalt and 2 children from Twin Peaks, Calif. drove down to visit. Saturday her brother, Wade Farmer and family, drove up from SD to enjoy a big breakfast, and Sunday Mr. and Mrs. George Shipman of Buena Park, Mrs. Shipman's mother, Mrs. Plagge and her mother came up for the day. They hail from Lansing, Iowa, and returned home Monday morning by plane. Also entertained were Mr. and Mrs. A. J. Hanna of SD, who are long time friends of the Sandells.

Everyone enjoyed the beautiful weekend and marveled at the temperature which was in the 80's.

'YOU'RE NEEDED' SAYS CAMPBELL

"It takes TWO -- The Chamber of Commerce and you," says Dr. John S. Campbell, president.

"Growth and change are taking place. Each of us has an important responsibility to make this growth and change meaningful. Your chamber is an organization working full time to work the continuing development of your community. But remember, two are required-- your Chamber and YOU." Have YOU joined?

PTA JOINT SESSION TONIGHT

In the school auditorium this evening Alpine and HC PTA'S will have family night with entertainment. Sam Grunisen, star center of the Chargers, will run a film showing some football tactics, and relate yarns about the big games. All are welcome.

NOW COCKTAILS

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SD COUPLE BUYS HERE From Page 1

Allen is a landscape contractor in SD. They have three adult children: a son, Ronald, 33, who is a MRep. 1/c in the Navy; a daughter, Mary Yanta, in National City, and a daughter Irene Wood in NY City.

They are making minor improvements, putting in wall-to-wall carpets, and enjoy living in Alpine with their two dogs, 4 cats and 2 birds, one a Mynah that speaks in a deep masculine voice. They subscribed to the Sun to keep abreast of what's going on here.

Hard work is an accumulation of easy things we don't do when we should.

13TH GOOD EGG BREAKFAST DUE

Poultrymen, SD bigwigs, officials and many others including the news media will gather Wednesday at 8 for the 13th annual Good Egg Breakfast in the Atlas Room, Town & Country Hotel.

Emcee will be the perennial humorist Hart Dunham, who always conducts the sessions in a Will Rogeresque manner for the SD County Egg Producers, who host the popular affair.

Warren Cereghino from the Council of Growers will be speaker on the impact of modern science on today's agriculture. Last year's "good egg" was Supervisor Robert C. Dent, and as usual the 1968 recipient of this unique honor will not be known "till the egg is broken", during the breakfast.

ARMYMAN HERE FROM GERMANY

If Ruth Hurst, checker at Florence's Market, seems happier and more smiling than usual there is a good reason. Her son Kenneth Wheeler, E5 USA, with his pretty German wife and their two lovely children are here on leave for a fortnight, having come from two tours of duty in Germany, a total of 5 years.

They leave Mar. 4 for duty at Selfridge, Mich. If you know Ruth and express congratulations, she may go to her handbag and show you a photo of the handsome Kenneth and his delightful family, of which she is justifiably proud.

Don and Helen Winkelman of St. Cloud, Minn., pictured last week with her sister, Ethel Andrews, and Red, of the Casion Inn, had to cut short their vacation drive to Las Vegas, as sickness in the family made them leave suddenly by plane.

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DOUBLE TALK

By Cecile and Celeste Irvine

Gregg Kelly was the only casualty at the Boy Scout campout last weekend. He got a cactus thorn in his finger and it wouldn't come out so had to have it removed by a doctor.

Linda Radford Tollison has a nice TV set for sale for only \$50. She is going back to South Carolina to be with her husband and can't take it with her. Call 445-2487 if you are interested.

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442-3027

Celeste was in Hemet this weekend so Mama and I went to the Silver Bay Kennel Club Dog show. We were amazed at the amount of big dogs on display. The Great Pyreneese, Huskies, Afghans, Great Danes and Shepherds were there in abundance and also Standard Poodles. We enjoyed the show and from the looks of the crowd, it was a huge success.

Sharon Rix's bridal shower was nice with most of her friends present and she received a lot of useful gifts. The party was at our house last Friday night.

Eileen Dun's mother has been sick with pneumonia, has been in bed for 2 weeks.

Libby Wake is working at the Convalescent Center after school and really likes it.

Doug Payne was accepted in the Marine Corps. He was going into the Navy but would have to wait, so goes into boot camp this week.

Mrs. Larry Glavin still has the toy AKC poodle for sale. He is a beauty and she only wants \$35. for him. Call 445-3870 if you are interested. Cynthia clipped him for her and he is perfect.

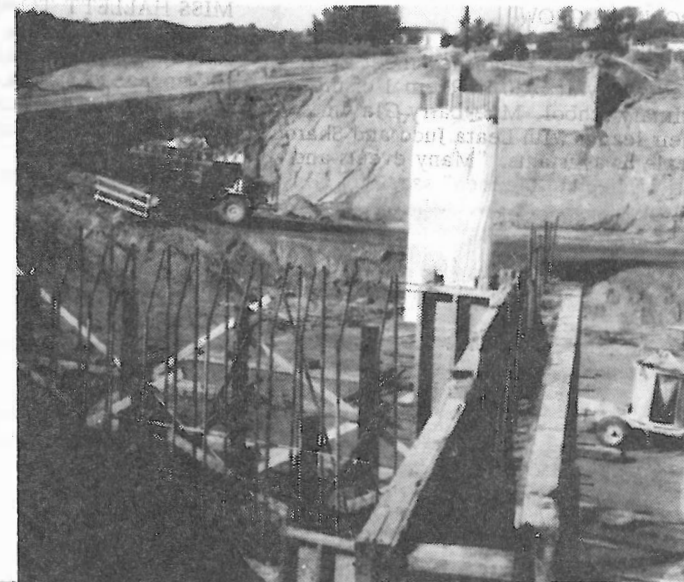
Roger and Charles Jerney are working at McCall's Ranch School now. Roger works as a counselor on weekends and Charles is starting an agricultural program for the pupils. Last weekend Frank Scully took 15 of the kids up to Green Valley Falls for a field trip and they enjoyed Beaver Dam and other interesting things.

Marilyn Glavin just got her dachshund back from Dr. Davis. The little guy had to have a hernia operation but is doing just fine.

IF YOU CAN'T GET A WETBACK!

The El Capitan Choir is out to earn cash for upcoming trips and so on, so their Service Bureau is sponsoring employment by responsible members of the choir for babysitting, car, dog and window washing, ironing, housekeeping and what have you. Tentative minimum, \$1.25 an hour. Details from 448-2224, says Kathi Krum, publicity chairman.

Bridge over freeway will route traffic up and down W. Victoria where crews are moving tons of earth from hill to west, as shown in photo looking north. Note huge dumptruck carrying earth for fill to the east. Concrete span is about to be poured.



PETERS FAMILY GET-TOGETHER

Mr. and Mrs. Robert Peters of Camarillo, Calif. spent the weekend with his parents, Mr. and Mrs. John Peters at the Alpine Motel Saturday night. Mr. and Mrs. Robert Peters, Mr. and Mrs. Lee Farley, of Durand Ill, Mr. and Mrs. Jim Mincher of SD were among guests at the Joe Lyman home for dessert and bridge.

Sunday the Richard Sayers family of La Mesa joined the group at the Alpine Motel for dinner. Mrs. Sayers is the daughter of Mrs. Peters.

Harry Hodskins is still in Navy Hospital and doing about the same, would like to hear from his friends and neighbors of Alpine Oaks Mobile Estates.

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BROWNIES GROW

Alpine's new Brownie troop has 33 eager little girls and they meet every Wednesday at 2:30 in Room 1 of the primary school. Mrs. Larry Glavin is their leader with Leata Judd and Sharon Beale as assistants. "Many events and fun parties are planned" says Mrs. Glavin

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PB-17

MISS HALLETT TO WED

Mr. & Mrs. Frank E. Hallett of Hope, Idaho, formerly of Alpine, announce the engagement of their daughter, Terrie L. to Curt L. Preston, son of Mr. & Mrs. Clyde E. Preston of Great Falls, Montana.

Terrie was a 1966 graduate of Clark Fork High, Clark Fork, Idaho. She is the granddaughter of Mr. & Mrs. Edward Sorensen of Julian, and Mrs. Nora Hallett of Santee.

Curt was a 1966 graduate of C.M. Russell High, Great Falls, Montana, has attended Montana State and plans to attend the University of Montana the spring quarter.

Both are presently employed in Missoula, Montana. The wedding date is pending.

YOUNG KELLY OUT OF HOSPITAL

After suffering much pain, and inconveniences since age 3, Greg Kelly, 17, is home from College Park Hospital where he underwent microscopic surgery on his ear from an unusual infection. He is the son of Mrs. Emelia Kelley, Tavern Road. He had suffered excruciating pains since Christmas and the operation cleared up the trouble. He came home Wednesday. His sister, Bernadette Giandrano flew here from Stockton to be with the family.

FIREMEN GET NEW OFFICERS

Fire commissioners at their last session approved election of new officers of the volunteer firemen:

Ron Cook, Chief; Lee Roper, 1st asst. chief; Malcolm Huey, 2nd asst. chief; Robt. Lawless, captain; Donald Hart, Lieutenant and Geo. Brant, secretary-treasurer.

Sale of surplus equipment was conducted by Huey on open bid as had been advertised, netted \$184. which was deposited by the county auditor in the account of the Alpine Fire District.

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LIVELY OAKS DOINGS

Cake and ice cream were served at Monday's meeting to celebrate 13 birthdays during the month and 38 members were present to sing happy birthday. Hostesses were Ivy Khul and Jessie Frazier.

A report on the YC building fund revealed a total of \$1,485. collected so far and plans are underway to start building soon.

Blanche Arnette from Morton, Ill. was a guest of Lorena Werner and Mr. and Mrs. Farley, who were houseguests of Mr. and Mrs. John Peters, came and enjoyed the meeting. They are leaving for their home in Durate, Ill. this week.

Dr. John S. Campbell spoke on the asphalt plant at last week's meeting and several Alpiners are working on it but didn't have anything definite to report.

The popular Hillbilly Band entertained Saturday at Meade's Trailerpark in San Diego for the residents.

OPTIMISTS & WIVES HEAR SPEAKER

Wednesday night in the Log Cabin Sgt. Cook of the LM Police Dept., also a member of the club, told Alpine Optimists a lot on "The Narcotic Problem", which is affecting so many young people today.

At the March joint meeting they will have their oratorical contest speak-off.

Preparations are underway for nomination officers for the next period, election in April, office to run till Oct. 1969, says Pres. Frank Scully.

Girl (on phone): "No, Ann isn't here. This is her blond, attractive, blue eyed, 110-pound, 5'4 sister."



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CARE OF THE BODY

By Alice Irvine

WHOLEWHEAT BREAD MUST RETURN

For a quarter of a century we have been laughed at, ridiculed, even called "health nuts" because we eat only wholewheat bread!

But today science reveals that the nation's No. 1 killer, heart disease, is due mainly to lack of Vitamin E in the precious part of the wheat that is milled off and fed to animals.

In fact, it was started by the men making this great discovery, that heart deaths might be due to over-refinement of foods as polishing rice and

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STATE OF CALIFORNIA
COUNTY OF SAN DIEGO ss

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

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

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

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

barley, removal of natural vitamins from flour, growing vegetables in hot houses where they lose ultra-violet light, and picking oranges too green, all depriving us of our ordinary supply of "E".

Dr. Evan V. Shute, London, Ont., felt that this vitamin helped the heart and blood vessels, placed a patient on cold-pressed wheat germ oil which gave relief for three months. This item has been sold in health food stores for years and many have benefitted by its regular use.

Highlight of the experiment was the astounding recovery of a man of 68 who was dying of hypertensive heart disease and hemorrhages, was about to have a splenectomy. The surgeon being afraid the patient would die on the operating table, consented to the use of doses of vitamin E. Less than a week after this simple treatment the old chap was out of bed and doing a few chores around the wards! Another example was the doctor's barber who had coronary heart disease, but three weeks later using the vitamin, he returned to his profession, even went fishing! Later tests on 100 sufferers brought quick relief.

It is up to parents, doctors and the public to put this idea across to the younger generation so wholegrain breads will be used and white bread banned forever.

This heart treatment of large doses of "E" eliminates anginal pain, is non-toxic and easy to take but must be used regularly. It stands to reason that if this blood improving treatment which increases supply to heart muscles-- if it helps that organ-- must naturally aid other organs, in fact the entire body.

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