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ALPINE SUN



OUR EIGHTEENTH YEAR!

Vol. 18 No. 38 Alpine Sun, 92001 Friday, Sept. 19, 1969 445-2415 10¢

5 FILE FOR FIRE COMMISSION

Monday was deadline for filing for the Nov. 4 election of fire commissioners. Three seats are to be open from outgoing members, Chairman, O. C. Palmer, Fred Rushing and Al Hinkle.

These filed: Palmer, Rushing and W. P. House, incumbents; Frank Scully, who is a fireman, and W. H. Corky Jones, who served previously. Dr. J. S. Campbell is a holdover. Hinkle will not run again.

C OF C DINNER TO BE IN SCHOOL

The Saturday Oct. 4, annual dinner of the chamber of commerce will again be in the school auditorium, says Emelia Kelly, chairman, who is fast shaping up the program. It will be catered, \$4.50 a plate for the prime rib beef feast, starts at 7:30.

"The school art section is to help decorate", says Mrs. Kelly, "and Mrs. Pinkerton promises the Lively Oaks' Hillbilly Band to play, and other entertainment is being selected". Decorations



This shows happy ending to mini-fracas at Monday's session of fire commission: Pres. O. E. Palmer shakes with Chief Dale Bennett following signing of contract for three years.

Board had not signed chief's contract, desiring to delay pay raises, so Bennett said he would not accept that, showed resignation letter as he had good offer from Orange County.

Members Palmer, Campbell and House voted unanimously to accept the contract, Al Hinkle passing.

will be in western theme.

"Henry Boney, our supervisor for this district, will be speaker," says H. T. Magnussen, who looks for a record attendance. Miss Alpine, Cecile Irvine, will be hostess.

BUS LINE SUES SCHOOL BOARD

Aztec Bus Line filed a suit, claiming it was not awarded contract for school bus service for lowest bid which went to Patchetts of Newman, Calif.

Tune Clarke Irvine, Physical Fitness, Radio 860, XEMO, 3:15 & 11:15 pm Sunday

NIXON MAY DELAY NEW PO

Richard King, real estate officer of the PO department in SD told the Sun this week that they did not know yet whether the Alpine postoffice will be delayed by the President's 75% cutback in spending to prevent inflation. "It depends on priority", he said, and "no decision has as yet been made, but we hope it will be only a short delay".

"Madam, what do you mean by letting your child snatch off my wig?"
"If it's just a wig, think nothing of it. I was afraid he had scalped you."

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NEW SHELL STATION FILLS STAFF

Carl Batts, dealer at the handsome new Carl's Alpine Shell Station, Tavern Rd., by the offramp, says they plan on the grand opening for Saturday, Sept. 27. Many details have delayed this event. He reports volume of business steadily increasing.

He has filled his staff with Ron Niccum as manager; Mike Karns, full time days; Sgt. Bill Harper, night manager; and Sgt. Phil Leyba, from Mt. Laguna USAF, as assistant. L. Van Dierendonck who recently came here with his wife from Honduras via Florida, will be on from 2 till 10. On relief hours and Sundays will be Chris Hinshaw, 17, of Lakeside, who attends El Cap and Grossmont College. Karns lives in Alpine with his wife and one child.

Barbara Batts will manage the gift shop, celebrates her birthday on Sunday, the 28th.

NEW CHAMBER OFFICERS

Dr. Robt. Burak will be the 1970 prexy of the chamber of commerce. He served in that office in 1966. Bob Ostlander, incumbent vice-president will also serve next year, while the secretary will be Margaret Lowthian. Henry McKie and Al Adams carry on as directors.

New directors, in addition to the above, John Ronski and Robt. Miller, Jack Spatz, known as "the woodman" for his dishing out trees to newcomers, as incumbent treasurer, will continue.

Outgoing: Pres. H. T. Magnussen, Jack Hoistad, Fred Rushing, Clayborne LaForce.

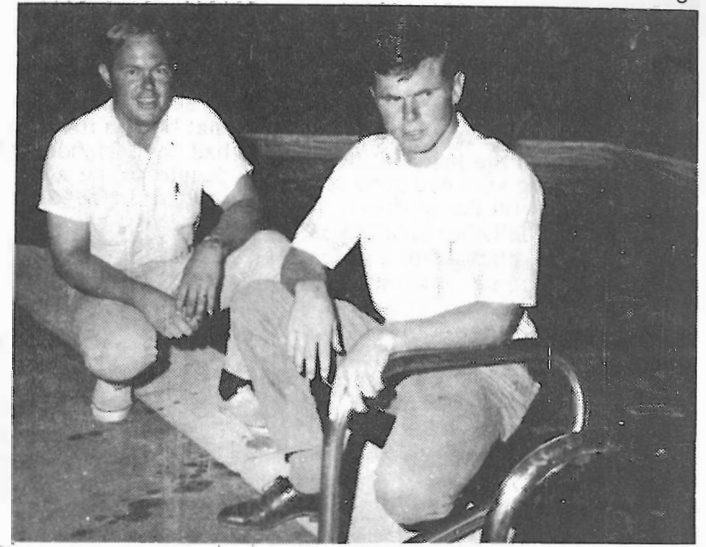
UNDERWATER FILM FESTIVAL ON

Alpiners lensmen and lovers of gorgeous photography plan to attend the 5th annual SD Underwater Film Festival, tonight and Saturday in Civic Theatre. Slides and movies in color of many areas always make this show more than worthwhile. Details from 236-6520.

POOL SERVICE IS ALL GO

Here is Ken Bowden, left, with Alpine representative, Eddie Schwenck, by the Irvine pool when they came over to place ad for Ken's Insta-Clor Pool Service of ED.

Already they have had answers to their ad, proving that the Sun's line "Alpine needs a pool service", was true. For details call Eddie, 445-4914, or Ken, 444-2903.

**NEW DRIVERS ON NEW SCHOOL BUSES**

Wm. F. House, in charge of the driving crew for the school buses has lined up his men to handle the four vehicles and a standby: Wm. P. House, Jack Higgins, Herb Garland, Jim Sockwell and John T. Brown of Alpine;

Paul Cress and Frank Chalupnie of the Canyon. Senior House drives one himself.

Diplomacy is the fine art of saying "nice doggie" until you can find a nice, big rock.

**HOMESICK?**

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EDITORIAL

DID BISHOP PIKE FIND 'THE OTHER SIDE'?

Just about everyone is acquainted with the saga of the late Bishop James Pike who died in the Judean hills where he and his young wife had gone seeking closer contact with the spiritual.

His book "The Other Side", was written after he claimed to have contacted his son through mediums following the boy's suicide. It is strange that most people think current books and stories on ESP are new. Psychic phenomena has been going on ever since man first thought and loved.

Pike started out as a Roman Catholic, became an agnostic; from Naval Intelligence to a lawyer's post in the Episcopal clergy. Then he was made bishop of the diocese of California.


He tried to take "mythology" out of the church; disbelieved the holy trinity, the virgin birth, reincarnation and exclusive salvation. Later he was divorced, remarried, then left the church, set up a center for psychic studies. The Holyland beckoned to him, perchance to inspire deeper investigation of the spiritual facets of religion.

Alpine's Fine Weather

High 102, Ave. High 89
Low 55, Ave. Low 64
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ALPINE SUN

America's Tiniest Newspaper 
445-2415 or 445-2394
2255 Tavern Road, Rt. 1, Box 189
Alpine, (SD Co.) Ca. 92001
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Alice Irvine, Art & Composition
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ARLIE D. NUNLEY

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Several mediums had told Mrs. Pike that he was in a Judean cave. As they had been friendly with the Israeli, the people put on a big search, finally spotted the dead man. Had he been found in a cave as the spiritualists predicted, it would have scored 100% for ESP. He may have stopped in a cave, when the spiritualists did see him!

Just 76 years ago in the office of the San Francisco Examiner, where my uncle Leigh H. Irvine, was a reporter, he staged with W. R. Hurst's cooperation, a seance with an aged spiritualist, Dr. Louis Schlesinger. He had met the old man in 1891 as business manager of the Modesto News where they had the first seance with startling results.

Uncle Leigh was so imbued with the facts that he wrote a book "Do the Dead Return", sold many copies. Later at the Examiner in 1893, Dr. Schlesinger came to San Francisco and he staged daylight seances in Hearst's office, also in those of the mayor and chief of police, the startling results being widely printed.

All of my adult life I have been fascinated by psychic phenomena. In 1921, while director of publicity for the French director, Maurice Tourneur, I started the Library of Prophetic Dreams. As a publicity stunt we had a meeting of mediums in Hollywood as there is quite a bit of ESP in the film we were making "Last of the Mohicans", one of the most beautiful productions ever made as Tourneur was deeply artistic having worked with the famed Auguste Rodin in Paris.

For many years I spent a lot on press clippings about folks who had dreams that came true; factual, prophetic, genuine dreams. This is being worked up into a book. I met Dr. J. B. Rhine, noted for his research in ESP at Duke University and he says that dreams are a very solid part of psychic phenomena.

The library has hundreds of examples, one most outstanding, recovery of a wrecked plane for which Frank Batman, Alpine, Utah, the dreamer who saw the

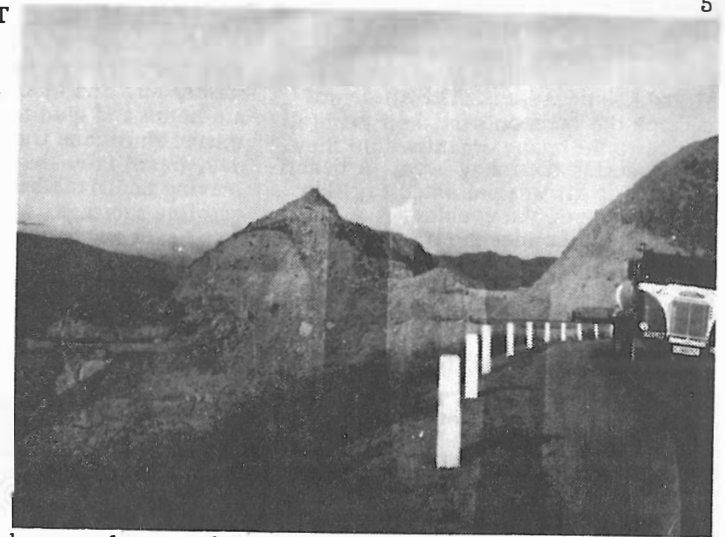
More on 20

MOVING MOUNT CUTS DEEPER

Mohammed should have been here to see how man is moving mountains, for this week's Sun photo shows how you can see through the huge cut at Deadman's Curve, looking west.

Cut is nearly down to grade while at left the mountain of earth and rock is dumped to fill one of the deep-est in the state.

The Morrison-Knudson people are right on time, says Robt. Winterbourne, Resident Highway Engineer.



WHAT IS FIREMEN'S SAFETY LIMIT?

At Monday's session of the fire commission Al Hinkle brought up the question of how far can the department go in aiding private enterprise in an emergency, not a fire. He referred to Sunday's event when a truck knocked over a carport at Alpine Village Apts.

Chief Bennett said it was a safety need and they helped prevent any accident that might have happened as a result.

Chairman O. E. Palmer named W. F. House to ascertain from other departments just how far they go in "safety" aids of this sort.

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6
MENCONIS SURPRISED AT PARTY

Bob and Nikki Menconi were honored at a party Friday night at the home of Al and Reenie Adams. The affair was to thank the Menconis for their faithful service to the many organizations they helped during their stay here. A beautiful makeup kit was presented to Nikki and all enjoyed the evening.

Attending besides the Adams' and Menconis; Mr. and Mrs. H. T. Magnusen; Dr. and Mrs. W.E. Crouse, Pat and Joe Schultz of LM and Mr. and Mrs. Frank Scully.

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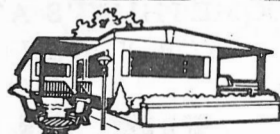
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VIGNEAULTS HOME

After covering 7000 miles which took them through most of the Southern states, Mr. and Mrs. Allie Vigneault are home and glad to be back. They missed Hurricane Camille by just one day, heard later that cars were stalled leaving Louisiana because of a severe gasoline shortage. Mrs. Vigneault said "we never want to go back there as it just wouldn't be the same. Beautiful white sand beaches are strewn with 6 to 10 feet of debris, the old mansions, land marks for centuries, are gone and huge ancient oaks were uprooted by the storm."

They did enjoy the trip, visited many friends and family, were gone for nearly 2 months but say "there just isn't any place like Alpine."

4H ENJOY POTLUCK

Saturday members and prospective members met at the Schwenck home on Alpine Blvd. for a potluck, swim party and election of officers.

JoAnn Villa, outgoing president, presented the gavel to Scott Marx, new prexy. Robert Nelson is vice-president; Kevan Manion, secretary; Peter Marx, treasurer, and Robert Nelson, reporter.

All enjoyed a fun time and are making plans for a very interesting year.

CLARA GRICE

Graveside services were Friday of last week for Clara Belle Grice, 93, of Poway, who lived here many years and was prominent in Community Church work having been a longtime member. She died on the Thursday, Paris Mortuary handled arrangements.



Here is Carl's Alpine Shell Station, open and doing an increasing business, says Carl Batts, owner. It is the first type on the West Coast.

PTA TEMPERATURES

PTA had a congenial coffee break Monday as school was commencing. The coffee was hot, and volunteering warmly received.. it was cool, man!

SCHOOL BOARD MEETING DUE

There will be an additional meeting of the school board Monday, Sept. 22, at 8 pm in the School Auditorium as usual.

This meeting was scheduled primarily to decide whether the District should apply for \$20,000 ESEA Title 1 funds, but other current matters may also be brought up.

Women don't repeat gossip, they just improve it."

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EL CAJON



HORSE TALK

By The Double C's

No other Alpiner was quite so thrilled as Terri Wooldridge Sunday when she walked off with a 10th place in a class of 28 at the Lions Club Charity horse-show in Lakeside Sunday. Terri was riding Valiant Sir, beautiful quarter gelding owned by Mr. and Mrs. Bob Hale, Tavern Road. She also took a 6th in Novice Western Pleasure, 17 and under, which proves her riding ability as she has only ridden the horse a few times and Val has only been in four shows. She is going to be one rider to watch if she keeps up the good work.

Tina and Nita Miller's aunt, Martha Harrington, of La Jolla, was the judge at the Lions Club Charity horseshow last

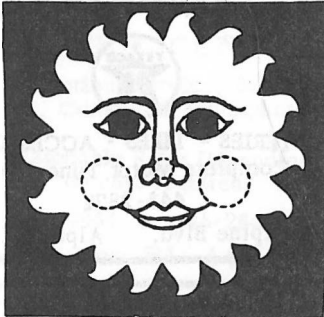
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Sunday in Tumblewood ring in Lakeside. Neither of them rode in the show but went along as spectators and enjoyed it.

They both love to ride and when Nikki Menconi had Polka Dot Panda there, both rode him but live in SD and can't have a horse till they move back out in the country.

Cecile and I have been invited to enter the Julian Apple Days parade Oct. 4 and 5 and sent in our application blanks this week. We entered last year and brought back two beautiful trophies for our efforts. Pat and Woodie took the horses up but this year we have to find another way as Woodie hasn't been too well and Pat is busy at the Convalescent Center.

Nikki and Bob Menconi are selling their nice 4-horse trailer that Bob made over into a beautiful, near-new looking job. They will get a 2-horse one to take Trinket and the colt up to Washington in, and save hauling such a large load. Comanchico was sick last week and they had to have Dr. Dedrick up to see her. Seems she wasn't getting enough nourishment from her mother so they are supplementing the diet with extra food and vitamins. This week the 3 months old filly is as frisky as ever.

Lakeside Optimists are scheduling a show Sunday at the Tumbleweed Ring with Mel Lawson of Bonita judging. Entry fees are \$2. a class and it is an approved show.

There is going to be a fun show at the Sweetwater arena this weekend with entry fees being \$1. a class. The last show they had was a riot and quite a few Alpiners attended, even won trophies, so we hope to go and at least watch.

A supervised trail ride is being sponsored by Santee Riding Club Sunday at 2. Be at 9155 Mission Gorge Road if you want to go or call club president Ed Donaldson, 448-2854 for details.

Save time and gas, buy in Alpine.

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VOLUME UP IN
ALPINE AREA

Here is Ted Towne, at left, back country distributor for Golden Arrow Dairy, as he delivers increasingly large orders to Stanley Chambers, of Chateau Mini-mart, 4008 Willows Road.

Ted says Golden Arrow is now making its own fresh cottage cheese, which is getting to be a big seller. This is one of the finest dairies in the state.

Chambers declares that business is increasing in the Willows area. He sells the Sun, too, also increasing.



Mrs. Nellie King returned by plane Tuesday evening from a brief visit with her son and family in Oregon

PLAY TO SHOW CHURCH HISTROY

To celebrate 75 years of service to the community, Community Church is being depicted in a play written and directed by Bea LaForce, Alpine's well-known playwright and author.

John Ellsworth and Ted Cottrell, professional actors, will take the part of the preachers with local talent being used in other roles.

The show will be presented Sunday night, Oct. 12 and will cover the highlights of the church during the 75 years of its existence.

Mon. - Sat.

9-5



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GOAT SEEKS SALVATION?

Ever hear of a goat attending church? Well, Easter, a friendly nanny owned by Joan Spackman who lives near the Catholic Church on Victoria Dr., went to 10 o'clock mass one Sunday recently. Joan and her children were getting ready to attend a gymkhana in Spring Valley when Easter took off and went to church, sauntered up to the rail and started eating the lovely fresh flowers!

Then parishioners began arriving and Easter was driven out!

"That's the funniest goat I ever saw," says Joan, "she thinks she's human. She comes out with the dog to wait for the kids to get off the school bus, then plays with them". Her name is Easter because they got her on Easter. The padre said next time that Easter eats the flowers in church, she won't be driven out--she'll be barbecued!

Land Listings N.M. GRIECO Realtor

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Sunday School	9:30 A.M.
Morning Worship	10:45 A.M.
Evening Service	7:30 P.M.
Wed. Eve Bible Class	7:30 P.M.



Here is one of those huge steel girders rounding Deadman's Curve at 8 a.m. Tuesday, holding up traffic for only about 10 minutes. They are being placed on supports at the Sweetwater bridge. They are 10 to 13 feet wide, up to 125' long, weigh many tons. See photos Aug. 22 & Sept. 12.

PLAN TO BOOST SCOUTING

At 7 p.m. Oct. 6 the annual "School Night to Join Scouting" program will be on at public and private schools all over the county including Alpine. Leaders will present short programs to acquaint lads with Scout programs, can enroll them then, says Chas. Williams, chairman of the event. Over 5000 enrolled last year. Boys 8 years up may be taken to the schools.

ALPINE



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FIRST GENERAL PTA MEETING

Dr. C.V.D. Arnsperger, social psychologist from Texas State U will speak on the "Value of Sharing System" at the first general session of the school year of 9th district, Cal. Congress of Parents & Teachers. It is Sept. 22, at 7:30 in Patrick Henry HS cafeteria, 6702 Wandermore Dr. in SD.

"Everyone interested in the future of public school education in this country should familiarize themselves of this system by coming to hear Dr. Arnsperger," explains Mrs. L.A. Cartwright, program chairman.

Walt Finch, owner of Rocket Station, wife Lorraine and two children, are back from a nice camping vacation of eight days to San Francisco, Sacramento, Turlock Lake, report a fine time.

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MANY ENJOY JOINT CHURCH DINNER

Dr. Roger Larson of Community Church and nearly 50 members went to a joint dinner in Lemon Grove on the 11th to celebrate the 75th anniversary of the acceptance of the two bodies by the SD Association of Congregational Churches. It was on that date in 1894, the church having been organized on Feb. 24 of that year.

Dr. Harland Hogue of the Pacific School of Religion came from Berkeley to speak. John Reynolds gave the greetings from the local body to the total meeting.

What is that old saying "the Squeaking wheel gets the oil?" Well, the squawking of that dynamic Victoria Civic Assn., wrote the highway office for a white line on Victoria Dr., got it last week!

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JONES FAMILY HOME

Mr. and Mrs. Jesse Jones and three children are home from a delightful 10-day vacation to June Lake where all enjoyed fishing and swimming and relaxing with her parents, Mr. and Mrs. Vernon Lansing, who have a cabin there. Barbara said "the trout were biting fine and we brought back our limit for the freezer."

A recent survey shows the earth's surface to be three quarters water and only one third land. Thus, it's quite clear that the Lord intended Man to spend three times as many days fishing as mowing his lawn.

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WOMAN'S CLUB OPENS NEW SEASON

A tea, honoring the scheduled hostesses of the Woman's Club for the 1969-70 season was given by hostess chairman, Mrs. J.C. LaForce at her home on Sept. 10.

New officers Mrs. A.L. Adams and Mrs. A.W. Brereton, president and first vice-president outlined plans for what promises to be a most interesting and active club year.

The first meeting will be on Sept. 23. This will be a picnic at Flinn Springs Park. Members are asked to come in playclothes and bring a sack lunch.

"We will meet at the clubhouse at noon, where transportation to the park will be arranged to eliminate the necessity of taking all the cars," says Mrs. D.W. Westfall, publicity chairman.

Needlework chairman, Mrs. J. W. Clark would remind members the first meeting is traditionally "ingathering day", however, since it would be inconvenient to carry the garments to the park, members may bring these to the meeting of Oct. 14.

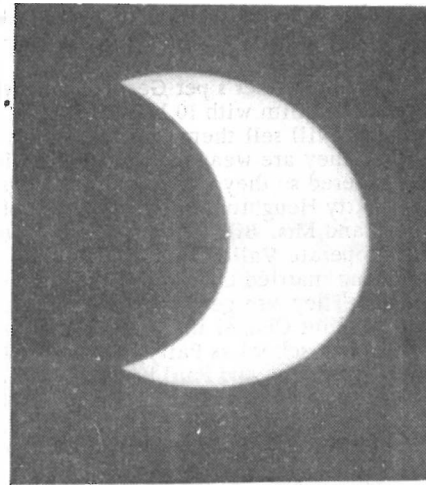
SENIORS PLAN BIRTHDAY PARTY

Monday, the 22nd, Alpine Lively Oaks will enjoy cake and ice cream to help celebrate birthdays of members in this month, says Emma Holms, pres.

"Every member that helped raise money for the building fund" she says "is urged to be here as we will talk over plans to do something to improve the Youth Center, equipment and so on".

Landlady: "I thought I saw you taking a gentlemen up to your apartment last night, Miss Smith."

Miss Smith: "That's what I thought, too."



This is the way Editor Irvine photographed the Sun as the moon was obscuring part of it at Thursday's eclipse. For thousands of years manking was terrified by eclipses until knowledge reassured them that this was just a natural phenomenon. But the predictions of astronomers as to when and where one takes place is still a greater phenomenon!

MOVIE STAR HERE

Mrs. Lenore Lusk, Alpine's busy music teacher, entertained well known singer Nadine Robinson and her friend Lynn Epstein last week. They drove down from Hollywood, stayed at the Bahia and drove out to Alpine to see their friend Lenore Lusk. They loved it here, had a very interesting time.

Present roster of volunteer firemen in the local district, as reported Monday night to the commission, by chief Bennett: 20 seniors, 8 juniors.

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DAN SPARKS

Funeral was yesterday in Valentine, Nebr., his birthplace, for Daniel Ludwig Sparks, 63, who died Saturday night in EC Valley Hospital following a lung operation. Burial was in nearby Woodlake, where his wife is buried, having died 6 years ago. Humphrey Mortuary of Chula Vista handled arrangements.

He came to Alpine 12 years ago, was assistant manager for Al Hinkle Lumber. He had been in business in Valentine as a lumberman. He was an Army veteran of WW2, a member of Valentine Masonic Lodge, also the Episcopal Church.

Later a memorial service in Community Church here is planned, details to be in the Sun next week, so that his many friends may pay respects.

Survivors: son, James Morris Sparks of Lakeside; daughter, Helen Kabella, of Denver; two sisters, Helen Sparks, of La Jolla and Mrs. Margaret Smith, of Lemon Grove; a brother, Carlton J. Sparks, of EC and a grandson, David Kabella. Miss Sparks accompanied the body home for the funeral.

What a lot of women would like to do with last year's dress is get into it.

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DOUBLE TALK

By Cecile & Celeste Irvine

Paul Hallett came over Thursday for a swim and spent the afternoon with us. He used to live in Pat Naud's house on Arnold Way, knows quite a few Alpiners. He just got out of the hospital, has been there for two months getting schrapnel out of his leg that he got in Vietnam. He showed us where a bullet went into his arm below the elbow and lodged in the flesh on top. They had to operate to get it out. He is glad to be home and all in one piece as many of his buddies didn't make it.

Doug Payne is another lucky Alpiners. He returned from his tour of duty in Vietnam Tuesday, is staying with his sister Ginny Schutzer till he can get settled.

Donna Dickman has her last little female beagle for sale. She is going to State full time and hasn't time to care

McKie Realty

Elsie Hoffman, Associate
P.O. Box 398, Alpine
2355 Alpine Blvd. 445-2217

LISTINGS WANTED

"Before You Sell or Buy See McKie"

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Installation & Repair
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Hours 9 to 5

2357 Alpine Blvd. Alpine

Carl's Boot & Leather Shop

SADDLES - TACK - SUPPLIES - CHAPS TO ORDER
1275 N. Second, El Cajon 442-3027

for the little pet so wants to sell her to a good home. Call her mother, Martha Schwenck, if interested.

Loren Fulmer's pet German shepherd presented him with 10 beautiful pups and he will sell them in a few weeks when they are weaned. The mother is registered so they should be nice dogs.

Patty Houghton, she is daughter of Mr. and Mrs. Bill Houghton, who own and operate Valley Health Foods, is getting married Oct. 4 to Paul Wicklund. They are getting married in the Los Nubius Chapel in La Mesa and then leave for school as Patty is studying to be a dietitian and Paul has post graduate work to do as he is going to be a vet. Patty attended McCall's Ranch School for one year, made many good friends here.

Kenny Schwenck, 15 months old son of Eddie and Peggy, started taking swimming lessons Monday in Fletcher Hills. He just loves the water, spends quite a bit of time with his grandparents who have a pool, so it is necessary for him to learn.

Sandy Sweatland Johnson is in Santee visiting her parents, drove down from her home in Seattle for a 3 weeks visit. She has her 3½ months old daughter Wendy with her and all have been having a good visit.

Daddy has created quite a bit of interest with his beard which is finally long enough to admire. He isn't the only one in Alpine to sprout one. Dr. Roger Larson has a beauty and so has Bob Newton, the EC teacher who talked Daddy into growing his. The fad caught on and more and more men are growing them. Our campus has more beards than ever and personally we think they add character to young men. We just learned that Don Roccoforte has a full beard so that gives Alpine another citizen who has temporarily given up the razor.

Herb Alpert and the Tijuana Brass are slated to give a benefit concert at the Sports Arena Oct. 20th. The affair is to benefit two Tijuana hospitals.

These trying times are the good old days we'll be longing for a few years from now.

FREAK CRASH HURTS NONE

Sunday was an exciting day at Alpine Village Apartments. Residents were startled at 1 p. m. when they heard a big blast when a truck driven by Bruce Halgren, of EC, who was moving out, ran into a 4-car carport knocking it over.

Luckily Geo. Roach had just taken his car out, but Mrs. Turner Cook's auto took the brunt of the falling roof, was damaged. Mrs. Geo. O. Standard's car at the other end was unhurt. They are shown in photo of the remains of the structure, which is being rebuilt.

The situation was dangerous so Mgr. Dwane Cracola called the fire station for help. Chief Bennett and several men went up, borrowed jacks and raised the roof so the cars could be removed. Then they carefully let the heavy structure down as shown in photo.

"We and the tenants appreciate the fine work of our fire boys" says Cracola, "and this just shows how useful the department is when it comes to safety measures." Cracola's son Jay Doubrava helped as he was here visiting the Cracolas from Long Beach".

777 NEW SCHOOL ENROLLMENT

Supt. W. Ed Browning said that as of Monday they had 193 pupils at the Canyon school, 165 in the primary and 390 in the elementary. Total on Tuesday was 777, not including the special class.

He secured a house on Alpine Blvd., where he is now living with his wife and one son.



In England, the police do not carry guns.. only whistles. This means that when they're chasing a crook, they have to shout, "Halt or I'll toot!"

**TOM WASKE
SIGNS 282-8844**

(Call Collect)

4296 Menlo, San Diego 92115

ALPINE'S CHATEAU MINIMART

Groceries - Sundries
Beer - Wine - Beverages
4008 Willows Rd.
at the Interchange
Stan Chambers, Owner

445-3139

ALPINE ART CHALET

ARTS & CRAFTS

1321 W. Victoria Dr.

445-3879

CARE OF THE BODY

By Clarke Irvine

You know, we must keep learning all the time in our business, in life itself, and for health, I have been glean- ing material since I regained my own health back in 1923-- over 46 years ago, when I was just 31-- and I'm still doing just that.

So here I'll read a few excerpts I gleaned from a really wonderful book "Food is Your Best Medicine", by Henry G. Bieler, MD, who highly recommends use of proper natural food instead of drugs to prevent and cure disease, even cancer, th, high blood pressure and heart ailments.

His chapter "Vegetables as do-it-yourself therapy" is priceless. At the opening he quotes a world famed authority, Sir Robt. McCarrison: "There are no more important ingredients of a properly constituted diet than fruits and vegetables, for they contain vitamins of every class, recognized and unrecognized."

LEGAL NOTICE

NOTICE OF INTENTION TO ENGAGE IN THE SALE OF ALCHOLOIC BEVER- AGES

To Whom It May Concern:

Subject to issuance of the license applied for, notice is hereby given that the undersigned proposes to sell Alcoholic beverages at the premises, described as follows:

1748 Harbison Canyon Road,
El Cajon, Ca. 92021

Pursuant to such intention, the under- signed is applying to the Department of Alcoholic Beverage Control for issuance by transfer of an alcoholic beverage license (or licenses) for these premises as follows:

On-Sale Beer

Anyone desiring to protest the is- suance of such license (s) may file a verified protest with any office of the Department of Alcoholic Beverage Control, within 30 days of the posting of this notice, stating grounds for denial as provided by law. The premises are now licensed for the sale of alcoholic beverages. The form of verification may be obtained from any office of the Department.

Ada K. & Arthur L. Augustine
Alpine Sun, Sept. 19, 1969 #238120

Dr. Bieler writes: "There is usually no need to rely on drugs. It must be remembered that all drugs are chemi- cals, the same chemicals in organic form are found in vegetables and other foodstuffs."

He tells of an Idaho farmer with a foul leg ulcer on a badly swollen leg. He had to get alkaline vegetable juices into him, but could find none, so he took tender alfalfa shoots, minced them, mixed with grapefruit juice and water, plus other natural foods. The discharg- ing ulcer cured itself and the swelling disappeared.

"Needless to say, he never resumed his diet of hog fat, white sugar and white flour", the doctor wrote.

He strongly recommends all types of vegetables which are rich in minerals, vitamins and trace elements, and raw. The organic sodium in zucchini, as well as in summer and crookneck squash, is the most ideal source of re- freshing a sodium-exhausted liver, he adds.

I might tell you that if you want to taste something fine, eat any of the squashes raw, finely shredded, in your salad. It is a crime to cook and kill those living elements and enzymes, plus oxygen, in them. I eat these all the time. It is one sure way to ban constipation!

NEW PHONE DIRECTORY OUT SOON

The Sun's handy "yellow pages" list of business and professional people here is due to come out shortly. So send in any new ones, changes or cor- rections. No charge.

Collector: "Will you give something to the Old Ladies Home?"
Citizen: "With pleasure-- I'll send my mother-in-law right over."

EARL'S
GULF STATION

Complete Lube Service, Dorman Recaps, Truck Tire Service: Any Place, Any Time. Batteries and Accessories. White Gas and Block Ice.

We Give S&H Green Stamps

2151 Alpine Blvd. 445-4188

COUPLE TO BE WED IN NOVEMBER

At a recent party at the home of the bride-elect's parents, Mr. and Mrs. Joseph Leske, the engagement of their daughter, Donna Drayer to Danny Spurlock, was announced. The happy cou- ple were feted by family and friends at a patio BBQ party.

The Leskes bought the Virginia Spires home on W. Victoria 1½ years ago. Donna has been attending El Cap, plans to go to nursing college after graduation next year. She is a junior member of Silver Gate Yacht Club on Shelter Island, having served as secretary for the junior yachtsmen. She is an ac- complished yachtswoman, swimmer and fisherman.

Danny, son of Mrs. Helen McGee, has lived on W. Victoria above the Leskes' for two years. Danny was grad- uated from Granite Hills HS while living in EC, has been attending Mesa Collage while working full time at Strang Metals in LM. He is also an ardent fisherman and camper, using bow and arrow for fishing, being one of his fancies.

The couple plan a November wed- ding and a honeymoon in Colorado to camp and fish. The ceremony will be at Casa de Oro Wedding Chapel in Spring Valley. The Rev. Chas. W. Huckaby, pastor of Peach Lutheran Ch- urch of Linda Vista, will officiate at the semi-formal wedding.

4H HONORED TOMORROW

JoAnn Villa, prexy for Alpine's energetic 4H Amigos, will be on hand together with other members and one of their leaders, Anna Jerney, to re- ceive their Community Pride plaque from Alpine Kiwanians at their 7 A. M. meeting.

The Standard Oil Company of Calif- ornia sponsors the Community Price project and pay for all prizes so tomor- row, their district representative Al Nelson will be on hand to hand out Alpine's plaque.

BULLDOZING

LAND CLEARING
Roads & Lots Graded

298-4858

P.O. Box 485 Alpine

Trailer & Camper Service & Repairs	Mobil Home Towing
Valley	
TRAILER SUPPLY	
1540 E. Main St., El Cajon. 442-0971	

Beeson's Disposal
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TWICE WEEKLY PICKUP
Serving Harbison Canyon To
Mt. Lagune
Call 445-3029 After 4:30 PM

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Medical Preparations - Vitamins
Fountain Lunch

Greeting Cards - Cosmetics
PAY LIGHT & PHONE BILLS HERE

2363 Alpine Blvd. 445-2121

Evelyn's
BEAUTY SHOP

PERMANENTS FROM \$6.50 UP

Closed Tuesday, 444-4294
2030 Crest Dr. Suncrest

Enjoy The Attractive New

Log Cabin Cafe

Adjoining The Lounge

*
2205 Alpine Blvd. 445-2243
*

SERVING OUR FAMOUS
BROASTED CHICKEN
STEAKS & SEA FOODS

*
DAILY 9 A.M. TILL 11 P.M.

Classified

SPECIAL NOTICES

VACATION TIME--- CLOSED MONTH OF SEPTEMBER
AUGUST SPECIAL-- Reduced PRICES. Choose your living Christmas Tree during November, January bare root and citrus. Plan now.
PINE ACRES TREE NURSERY 445-3037.
1267 Arnold Way Alpine

C. I. D. PROPANE, Serving Alpine & E. County. Meter, Bulk, Commercial. We handle all types of gas appliances; swimming pool service; Fedders air-conditioners. 2353 Alpine Blvd. 445-4840.

TYPING, secretarial aid; neat, accurate. Letters, term papers, forms, resumes. From 35¢ a page. Also professional help on preparing of manuscripts for publication. Marilyn Lee. 445-4640.

ALPINE MAP, shows freeway & all roads. 25¢ mailed anywhere. Alpine Sun, Ca.

ROOFING OF ALL KINDS. No job too small. Call Chuck. 445-4323.

IF YOU NEED landscaping, weeding, hauling or mowing, etc. call Frosty, 445-4757. (9-19).

CUSTOM DRAPERY & UPHOLSTERING, material shown in home. 445-4010.

Wife: "Money isn't everything. Some things are bigger than money."
Husband: "Yeah, bills."



CLOSE-OUT

Sale

DURING SEPTEMBER
ON ALL NEW AND USED CARS

(Tailored financing of course)

442-0201

850 EL CAJON BLV.

30¢ a line (6 words) per line.
Min. 75¢. Cash with copy to Sun.

REAL ESTATE FOR SALE

ONE ACRE, fine old evergreen producing olive trees, Sevillanos. Fine deep well. Septic tank, in small community 15 minutes to beautiful new Lake Oroville. A beautiful 1 acre in foothills with 40 x 8 Spartan trailer immaculate. \$9,600. Write Jack Goudier, Box 36, Palermo, Ca. 95968.

ALPINE HIGHLANDS, 3BR, 1980 SQ Ft. ½ acre, formal dining room, many extras, view from all windows.
SMITH REALTY
2530 Alpine Blvd. 445-2670

FOR RENT

SMALL COTTAGE one BR. Single Bed. Water & Elec. Paid. \$40. 445-3890.

HELP WANTED

Wanted, Nurses' Aids in Convalescent Hospital, various shifts. Experienced or will train. 445-2644. (9/19)

EDITORIAL CONT. From Page 4 spot, led officials to it, was paid \$1,000 reward!

If you want some surprising instances of ESP, read "Edgar Cayce, the Sleeping Prophet", by Jessie Stearn; it'll startle you!

Perhaps we need to study the spirit world more, and have more faith in the promises of the Bible, for a great part of it is based on the supernatural. He was right when He said "Oh, ye of little faith". -CI

Name me moments rarer, sweeter, than those found left on a parking meeter.

TENNESSEE TREE SERVICE

* * *

STUMPS REMOVED OUR SPECIALTY

Trimming - Topping - Removal

Free Estimates - Fully Insured

444-6174

MISCELLANEOUS FOR SALE

FOR SALE or trade, 3-D magnetic signs for autos or trucks. M-M Plastics, 445-4525.

ANTIQUe Elgin railroad pocket watch, heavy silver, very old and running. Lady's leather boots, size 6½. 447-2866.

APOLLO MOON DOGS for sale. Collie, wolf & German Shepherd mixed. \$10. each. 445-4825.

HERFERD Angus steer, 4½ mo. old. Excl. beef type. 445-3395.

ANGUS bull, 2 months old. 445-2395.

UPRIGHT Knabe piano, excellent tone and condition. 445-2927.

EGG HUT NOW OPEN
Fresh Ranch Eggs, Produce in Season. Open 10 am - 6 p.m. 2721 Alpine Blvd.

CANNON camera, case and extras in perfect condition. \$85. 445-2394.

PORTABLE TYPEWRITERS, in excellent condition. Royal, \$28. Voss, German make, \$75. 445-2394.

SEARS SHOWER Cabinet, used, with fittings. Sac. \$40. 445-2394.

HELP WANTED

PART time ambulance driver and attendant. Dart's Ambulance Service. 445-2433. (tf)

BABY SITTING, my home after Sept. 12. Large fenced play area. 445-4009.

WANTED in exchange for free rental. Retired man or couple to manage Alpine Villa Apts. 445-3890.

TRAILERS FOR RENT
One bedroom with bath, furn or unfurn. Adults only. Louise Tyrrel. 445-4467.

George Lengbridge

FOR TV SERVICE

Black & White or Color

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SPECIAL NOTICES

LARGE DISPLAY HAND crafted woodwork. Book cases made to order.
SMILEY'S WOOD CRAFT SHOP
3905 Alpine Blvd. 445-2770.

DON'T PAINT TILL YOU call this number. 445-2797. 22 years experience.

PIANO Lessons, Ruth Burdett, 445-2877.

GAINES LAUNDRY & CLEANERS
Free Pick up & Delivery. 463-9944.

SEPTIC TANKS CLEANED
Modern Septic Tank Service, 444-6197.

PROPANE GAS SERVICE. All types appliances; gas refrigs. Free estimates. Byron Crawford, 445-2087.

DO YOU NEED A LOAN on Real Estate or sell a trust deed? Call Don Bates, 445-2537.

CUSTOM BUILT HORSE TRAILERS
Parts and Repairs. 8201 Wintergardens, Lakeside. 448-0168.

NEW CONSTRUCTION & alterations of any kind. No job too small. John Schumacher, 445-2173. PO Box 377, Alpine.

GARDENING SERVICE
Pruning, mowing, clean-up, light hauling, etc. 445-2054 (9/26)

Water Wells PUMPS

SALES SERVICE
Water Wells Drilled

STOCKTON PUMP & MACHINE
311 N. 2nd, El Cajon 444-2672

HARBISON CANYON COMMUNITY CHURCH

117 Frances Dr. 445-2333
Pastor C.L. MacPherson
9:45 Sun. School 11: Morning Serv.
7:00 Eve Serv. 7: Prayer Meet Wed.
Old Fashioned Church Preaching
"Jesus Christ the same yesterday, today and forever."

RETURN POSTAGE
 GUARANTEED
 Second Class Publication
 ALPINE SUN
 Rt. 1, Box 189
 Alpine, Ca. 92001

FIREMEN GET DOLLAR RAISE

A well-deserved \$1 was voted Monday night by the fire commission for the volunteer firemen attending meetings. They had been getting only a buck per man, not much for training fees. The sessions are conducted by Chief Dale Bennett.

DOG TEARS UP PLASTIC POOL

Richard Place, postal clerk, of Tavern Rd. had to do a lot of repairs on his 4 x 15' plastic pool after a big black German shepherd had jumped off the wall onto the cover, then tore it. It was the first trouble they have had like this since the pool went in 5 years ago.

County ordinance calls for all dogs to be leashed or penned on account of the rabies situation.

Alpine Meat Co.

Complete
 MEAT PROCESSING

2358 Tavern Road 445-2752

Aboard the USGC cutter Klamath serving off Vietnam is Fireman DC Jas. E. Loer, son of Mr. and Mrs. J.P. Loer, of 2695 Calle de Compadres, Palo Verde Ranch. Klamath has made 11 visits to Vietnam from her homeport, Seattle.

GUSTAFSON'S

**PARKING
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Furniture of the Highest quality
SAVE UP TO 50%

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