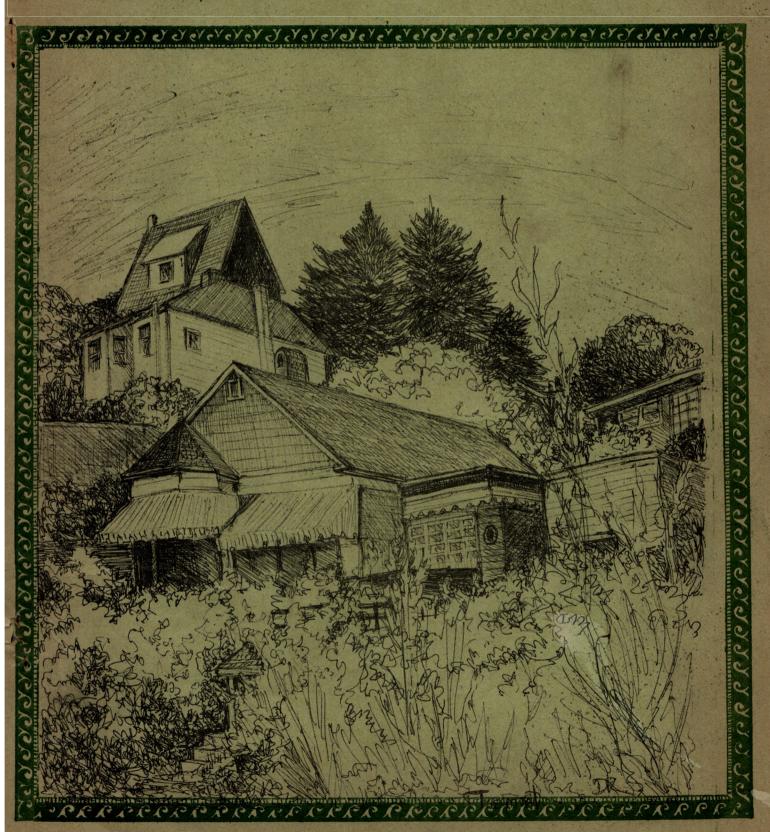
POINT COUNTERPOINT

VOL. IV. NO. 24 A JOURNAL FOR CIVIC COMMUNICATION WEEKLY: 10 5

POINT RICHMOND, CALIFORNIA

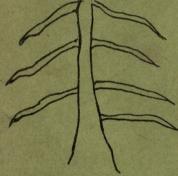


THE MORTH AND THE MIEST

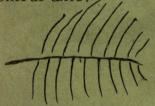
by Ben Rust

PART II (Crater Lake)

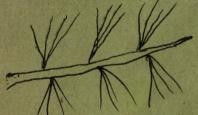
Trees which surround the lake are the Hemlock, Shasta fir, lodgepole and white-barked pine. You can usually tell a hemlock because it is very dark green and its branches bend gracefully down.



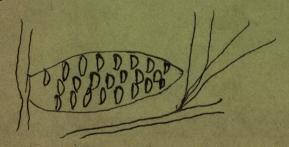
Its needles are long and elegant, alternating from the central axis.



Pine needles, however, come out in fans, radiating from a focal point.



Pine trees, fir trees, and hemlocks have cones.



But the needles of the fir are more like that of the hemlock, only smaller.



Crater Lake averages 50 feet of winter snow. So the roads are generally closed then. But one road is kept open so that visitors can go to the top to see the lake in its winter mantle, gloriously alive. Launches are available on the water in the summer. Ranger naturalists are on the launches. They talk about geology, flora and fauna. A launch trip takes about two hours.

We drove from Crater Lake across the Cascades to Roseburg and then to Newport on the coast. The Cascades are all dormant volcanoes. That is why the peaks appear to be so monumental, springing high up on the horizon like lone sentinels, covered with snow. They look like inverted ice cream cones, with snow on the inverted side. They are unlike our Sierras, therefore, which are a general uplifting of the entire earth. Almost everyone knows that the Sierras in California are not only uplifted, but that they are also tilted towards the ocean. That is why rumors that they might slide into the ocean crop up from time to time. It is easier to go through the Cascades, generally, than the Rockies or the Sierras.

Oregon beaches, like California beaches, are crowded with travelers in August. Everyone has a trailer, and every trailer, it seems, goes to the beaches. There are very few tenters.

We drove north along the coast through Astoria, across the Columbia River mouth to the Olympic Peninsula. We camped on the shore of Lake Quinalt the first night, the Olallie campgaground, at the edge of the rain forest.

(continued on page 17)



TONIGHT: (for subscribers only).... If you haven't received your Point Counter -Point, please call (by 6:00 p.m.) Mrs. Louise Genosick, who will refer you to the paper carrier for your area. Several new paper carriers are working, and it may be difficult for them to find you. Besides Mike Allaire and Michelle Healy and Jodi Roselius, who have now become veterans at the job, and hardly ever miss a day or a house, and Erin Evans and Wayne Rasmussen who joined the staff more recently, new paper carriers are Isabel Austria (who helped during the summer), Peggy Wilson, and Allan Smith. Two or three more reliable carriers are needed...call 233-4999 or 232-3824 for more information.

TONIGHT: Jorge Federico Osorio, young Mexican Pianist, will present a recital at 8:00 p.m. in the Recital Hall of the Music Building at Contra Costa College. The concert is Free, sponsored by the United Council of Spanish Speaking Organizations and the campus Latin American Student Union. The concert will include Beethoven's Sonata Opus 57, Appassionata; Brahms' Rhapsodie No. 2, Romanza, and Intermezzo No. 6; and Ginastera's Sonata.

SUNDAY, the El Sobrante Art Guild cordially invites you to attend their first annual Arts And Crafts Sale, September 28, 10 a.m. to 6 p.m. on the street in the quaint village of Port Costa, 3 miles south of Crockett on Carquinez Street.

The Art Guild is a group about four months old, consisting of all members, whose group shows have received favorable comment.

NOW, through November 2, the Richmond Art Center is providing a "moving" exhibit called "The Return of Abstract Expressionism", which provides the viewer with new sights, sounds, and even smells, and plenty to talk about on the way home.

WEDNESDAY, October 1 at 8 p.m., in the Pauley Ballroom at the University of California a twenty-minute color film entitled "Living Structures" will be presented, as composed by Jon Hammond and Henry Adams. Coffee and music will accompany the showing. A result of study of structures in the American Southwest, the film should be of special interest to those interested in architecture and landscape architecture.

THURSDAY, October 2, the second Free film in the Contra Costa film series will be shown in the Liberal Arts Lecture Hall at 8 p.m. "King Rat", a story of the notorious Changi Prison camp, traces the manner in which men raged and roared and hoped, with survival as the touchstone of their lives.

WEDNESDAY, October 8, Sean O-Faolain will lecture at 8 p.m. at Contra Costa College. A founder of the Irish A-cademy of Letters, he holds degrees from the National University of Ireland, Trinity College, and he was a Commonwealth Fellow at Harvard. He will Discuss 'Wafter the Angry Young Men'. His first selection of short stories was 'Midsummer Night's Madness.'

MONDAY, October 6, the second session of Youth Learn to Swim programs will begin, at the Richmond Plunge. Sessions are at 3 and 4 p.m. Monday through Friday.



BATHOLE LO GLO 8

Sing!

Would you like to sing with an ambitious, up-and-coming Bay Area Chorus? A chorus that critic John Rockwell lauded for the "Many exquisite moments" and "clean, incisive execution" of last May's presentation of Brahms' German Requiem? That will perform a premiere choral work with rock band accompaniment this season (Plus Handel, Stravinsky, Schubert, etc.) Its name? Why....

The Richmond Symphony Chorus. (of course).

Conductor Ron Daniels is a graduate of the San Francisco Conservatory of Music, a recipient of a Tanglewood Music Festival Fellowship this summer, and the Lucien Wulsin Memorial Fellowship there. You will find his selection of music a discriminating blend of the best from every period.

Eligibility requires no auditions. Anyone from junior high age up is eligible. Vocal training is given at rehearsals. Also, this year a chamber ensemble of 20 voices will be formed (auditions are a prerequisite for this).

Rehearsals take place Tuesday evenings, 7:30 to 10, at Adams Jr. High choral room, Arlington Blvd. and Patterson Circle.

Further information may be obtained by calling secretary, Mrs. Ball, 223-3479.

Play!

Classes for anyone of any age are available on guitar, recorder, and in Jazz workshop, besides private lessons on almost any instrument, at the East Bay Music Center, 2369 Barrett. Choral classes are included and available to anyone taking lessons at the center. Call now--classes close October 3 for this semester. Call 234-5624 for information about registering for any one of the classes.

have a Ball!

A Columbus Day Ball was announced by Faithful Navigator Adolph Broussard, of Érnest H. Woodfeld General Assembly Fourth Degree, Knights of Columbus.

The Ball will be held October 11, at the Atchison Village Hall, with dancing from 9 to 1:00, by the "Harmonics".

There will be door prizes galore, and refreshments. Tickets, at \$5.00 per couple, will be available at the door, or by calling 232-3635.

Dance!

If dancing appeals to you, the Balkaneers have announced that they are alive and well, and dancing the folk dances
of Greece, Yugoslavia, Romania, Bulgaria, Macedonia, Armenia and Israel,
from 8 to 10 p.m. every Tuesday at the
Albany YMCA, 921 Kains Avenue, Albany,
Men and women from 16 to as old as
your physical condition will permit--who

your physical condition will permit--who want to learn the dances of the Balkans, are being accepted every week. It is not necessary to have a dancing partner, and there is no course to sign up for. Director Wilma G. Hampton, gives patient instruction to the beginners.

All dancers are requested to wear comfortable shoes, and women to wear dresses, for an evening of relaxing and refreshing folk dancing--the fun way to get your exercise. (You may call Mrs. Hampton at 444-5667 after 6 p.m.)



FIFTY YEARS AGO +++++

(Excerpts from old Richmond newspapers, fifty years ago this week, courtesy of Don Church, the Richmond Museum and the Richmond Library),

September 29, 1919....

PARK DECISION FOR CITY COUNCIL....

"What will the City Council do tonight in regard to the proposed purchase of Grand Canyon Park of 94 acres? Members of the Council interviewed by the Independent were loathe to say whether they would vote for the proposition or not.

'The price asked is \$150,000 to be paid in fifteen years with the deferred amounts drawing interest at the rate of six per cent per annum."

September 30, 1919.

SUGARLESS DAYS

"The anticipated sugar shortage is here. Many local stores are entirely out of granulated white sugar ... It is said that many of the coast refineries have sold out their output to eastern dealers where the price has always been much higher than on the coast. "

September 30, 1919.....

STRIKES

Streetcar workers were due to strike unless an agreement was reached; a strike was in progress at the waterfront in San Francisco; and the San Francisco and Oakland Terminal Railway Comp-

any workers were scheduled to strike on this date.

> October 1, 1919,

Editorial .. A LIBEL RICHMOND

is called to an advertisement in this

paper by the leading merchants of Richmond. This advertisement is a challenge to the enemies of every well wisher of the city. It is a challenge to the fair minded people of our city to hunt down and punish the men who are endeavoring to injure the City by injuring our business people. It is a fair and truthful statement that should be pondered over by every man and woman who owns a home here; by every person who believes in American

(next page please)

September 29, 1919..... "OFF STREETS AT RING OF CUR-FEW--POLICE GET

YOU" "Strict enforcement

of the Curfew ordinance will be made by the police department tonight by orders of Chief of Police Wood, and all children under 14 years of age caught on the streets after curfew bell rings at 9 o'clock will be picked up by the , police.

"There are too many children running wild on the streets at all hours of the night who ought to be at home in bed long ago to rest up and refresh themselves for their next day's studies, said Chief of PoliceWood, "and I am going to see that they will get home and into bed. ""

rewksbury Ave

5. fairplay. It is a statement that calls upon all who believe in Richmond and its future to join the fight against the whisperer and the propagandist who would ruin this city by injuring its merchants.

'Possibly every reader at some time or other has heard the stories that are circulated every time that one of the local factories gives its employees an increase in wages. The story sometimes varies in form, but the main story is always the same. It is that following each increase in wages that the merchants mark up the prices of goods sold locally.

"The Independent has often times investigated these stories. It has had others investigate them and it has always reached the same result. Lies--pure and simple lies. The Independent carries much advertising from local merchants. It also carries almost as much business from out of town concerns and so it cannot be said to be prejudiced either way. The Independent and every thinking person knows that at no time in its history has Richmond had such live and enterprising merchants as it has today."

October 1, 1919....

TWO MORE PARK OFFERS

"No action was taken by the City Council last evening on the offer of the Contra Costa Realty Company to sell Grand Canyon Park to the city. Certain legal phases of the question are being investigated before the Council votes to accept or reject the offer... One is the Dooling property of 22 acres located in north Twenty-Third street for \$3,000 to\$3,500 per acre. The price of the Grand Canyon property is \$1700 per acre. Another is offered for \$40,000 cash or \$45,000 in four years, two separate half blocks of land adjoining the City Hall..."

September 30, 1919....

POLICE ARE AUTO-MOUNTED

'Beginning tomorrow, seven members of the police department will tour up and down by auto...."



HAPPY BIRTHDAY

Susan Armstrong
Carol Smith
Ingvar Elle
Patricia King
Billy Genosick
Teddy Tedrick
Rosy Roselius
Jack Knox
Bobby Walker



A witness in a court action was an eight-year-old boy. The judge tested his understanding of the seriousness of the occasion by inquiring, "If you should promise to tell the truth, and then lied, what would happen to you?"

The boy considered for a moment and then solemnly replied, 'I'd by thrown out of the Cub Scouts.''

''Swear him in, '' said the judge.
ωΩωΩωΩωΩωΩωΩω

MARY STRICKLIN has returned after two wonderful weeks at Little Rock, Arkansas, where she visited her son Gerald, his wife Joan and their two children, Cynthia and William. While there she helped celebrate Cynthia's fourth birthday. It has been five years since her last visit.

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VIOLA VLOEBERGH, 306 Martina, was admitted to Richmond Hospital on Monday.

ωΩωΩωΩωΩω

Doctors and psychiatrists note that their patients become more hostile, ircritable, clumsy and destructive during (next page, please) variations of the moon's phases, particularly when the moon is full. Have you checked the moon? And, is it just psychological that the moon looks closer to the earth these evenings?

ωΩωΩωΩωΩω

Following closely on the successful Methodist Women's Society Progressive Dinner last Friday was a Shanghai Break-fast Thursday morning at the home of OR-ETTA EATON. Combining business with pleasure, members, after partaking of the gourmet food, formulated firm plans for the Family A'FAIR to be held on Saturday November 15 at the church.

ωρωρωρωρωρω

While living high atop Tunnel Avenue in the Point, the Joe Morins boasted a skyline view of the Standard Oil. Now living on the island of Oahu, in Hawaii, they again claim a commanding view of Standard Oil across the sugar cane fields. $\omega\Omega\omega\Omega\omega\Omega\omega\Omega\omega\Omega\omega$

Sixteen boy scouts and four leaders from Troop III will leave Saturday morning to spend the weekend at Odd Fellows Recreation Club on Russian River, (recently written USSR H²O). Strictly a fun time is planned with fishing, camping, hiking,

ELEANOR, LOU and SUSAN ARMS-TRONG enjoyed a brief but relaxing 'vacation' last week-end at Stinson Beach. Susan's vacation was a bit more extensive as it encompassed a trip south to Disneyland.

CARL PAASCH, after an overdue visit to his dentist was heard to say with a wide grin, "Look Mom, no avities!" What toothpaste do you recommend, Carl?

ωΩωΩωΩωΩωΩωΩω

THE TROUBLE these days is there's no arrest for the wicked.

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Back from their hunting trip, DREXEL HOLLADAY, DICK MYERS and JIM WIL-SON (who had to return a bit early) are the successful deer hunters of the week.

ωρωρωρωρω

MRS. LOUISE THIESENHAUSEN
will arrive Saturday from Syracuse, New
York to spend two weeks with an excited
daughter and son-in-law, HELEN and RAY
FRANCISCO.

ωΩωΩωΩωΩωΩω

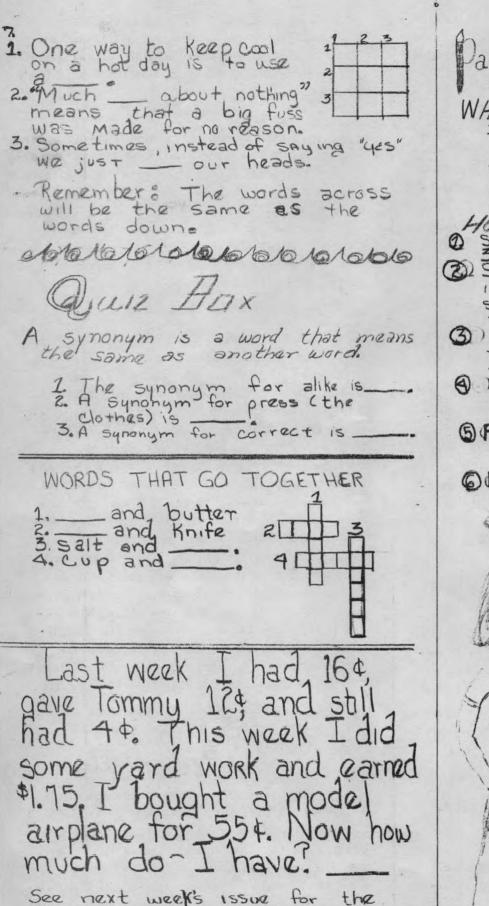
Any Ninth Grade girl interested in joining the Horizon Club (national Camp Fire
Organization for teenage girls) is invited
to a buffet pot lock at Gran School on Tuesday, September 30 from 6 to 8 p.m. They
will explain at the dinner what Horizon
Clubs are all about. For more details, contact Camp Fire House, 232-8765 or Mid
Dornan, 234-5334.

-- ωΩωΩωΩωΩωΩωΩω

MRS. VIRGINIA CARRIE MOLLINO, mother of Mrs. Basil Cherniak, died this week at the age of 76. She resided in the Church Lane Convalescent home, and previously lived at 3325 Carlson Blvd. A native of Missouri, Mrs. Mollino lived in California for fifty years. She was a member of Zephyr Lodge of the Rebekahs, an active member of the community, and actively interested in the community ar ound her. Her family lived on Point Isabel, which used to be a beautiful wooded hill on the bay, that is now the flattened industrial site that lies across Central Avenue on Hoffman Boulevard, Mrs. Molino is survived by a sister, Mrs. Margaret King of Sedalia, Missouri, a daughter, Virginia Cherniak and two granddaughters, Mrs. Stephanie Eakle at Davis, and Miss Sue Cherniak in New York City.

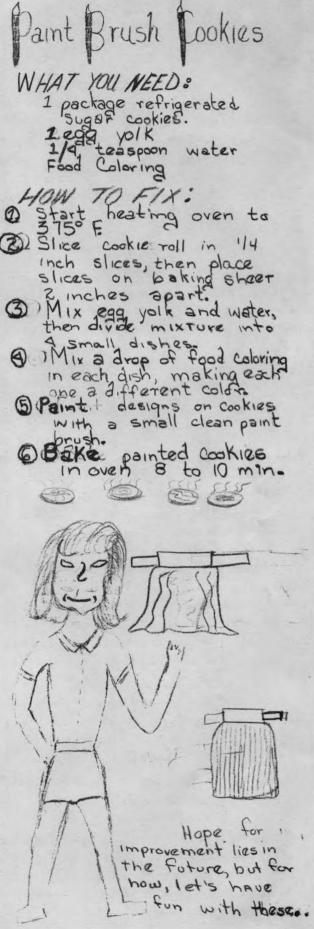
THESE STOPS Meets

The West Side Improvement Club will meet Thursday, October 2, at the Community Center at 12 noon. They are preparing for the annual Christmas Tea and Bazaar, to be held in November. The group meets informally each Thursday to prepare gift items and hand - made arts and craft items to be sold at the bazaar.



Correct answer to this one.

+-x++-x++-x++-x+-



YOUNGER Generation MOM DAD ME My & is a builder. He a build a for four and. Once he built a 面 4 署 and 累. He made it from he wied down by himself in the Pest. We had a see and mo had mo very own room: Yes, indeed it was a very nice . "was"? The when the first of of rain fell, the sused wall

any bubble gum pictures to trade. No listings. CAll

washed down 2 the ? river, taking our 面面 with it.

Now, let's walk an this that \$ built. U go first. morrowon

Watch Words: You're Welcome" When someone says,

"Thank you" let him know you heard him and that you appreciate his politeness by saying, "Youre Welcome"



by Mary Burkhard

Tomorrow's film is a full length movie of the famous ROBINSON CRUSOE!
Starting time will be 11:00. If the city employees strike Monday, West Side Library will be closed, as well as the main library......All you 'heavy readers' better stock up tomorrow on books for next week, just in case. Hopefully the conflict will be resolved before then.

+++++++

RAVEN, SEEK THY BROTHER is a continuation of the beguiling drama presented in RING OF BRIGHT WATER. This new book is darker in mood than the former, but evokes magnificently the primitive beauty of the Scotland Maxwell loves and the two wild creatures -- his beloved otters Edal and Teko -- who are closest to his heart. Raven, Seek Thy Brother is a self-portrait enlivened by courage and humor, full of marvelous anecdotes, descriptions of people and landscapes, birds and animals, times of comedy and tragedy.

"About two months ago I sent a hundred dollar check to an anti-war group. Shortly after, a full-page ad appeared in the New York Times, under the heading "Doctors, Dentists, and Lawyers For Peace". There was my name, only one among five hundred others to be sure, but plainly there as the only name under Oakdale. I didn't even know about it until the Rabbi called up Margo to ask if I had gone crazy or something. She shrugged it off. How many people among Oakdale's thirty thousand could have seen it? Or so we thought..." So begins the sad tale of Sidney Reuben Pfeiffer, D.D.S., aged 43, married for 16 years, father of

two, until last month possessor of a successful practice, and now down to one filling a day. His views on the war, his outspoken admiration of the opposite sex, and his support of such liberal causes as fluoridation have made him the victim of the two most terrible rumors that can befall a dentist. But who is the accusor? Where is the enemy? How can he fight back if he doesn't know whom to fight? Won't anybody listen? The themes that have dominated Joel Lieber's fiction are given a wry, angry and unconventional application in this novel, as Sidney Pfeiffer battles the world in a madly boiling mixture of sex and politics (a money making combination!)

Thrashing Goin

Washington School's teachers this year are Mr. Walter Kyle, Miss Dorothy Staley, Miss Joan Farrington, Mrs. Gloria Moffett, Miss Darlene Moultrie, Miss Nancy Spencer, Mrs. Linda Stromberg, Mrs. Linda Peppard, Mrs. Halcyon Frazee, Mrs. Dorothea Nowling, Mrs. Barbara Politeau, Mrs. Ellen Holder, Mrs. Ruth Faria. Special teachers are Mrs. Leslie Feldman, remedial reading, Mrs. Marlys Reynolds, part-time remedial reading, and Miss Carolyn Graessle, Learning disability teacher.

Mrs. Stromberg, who attended schools in New Jersey and graduated from Paterson State College in Wayne, New Jersey, is one of Washington's new teachers. Her husband is an engineer for the city of San Francisco, and intends to return to the University of California in January.

Mrs. Stromberg, who has worked as a secretary and a substitute teacher in New Jersey, also teaches Sunday School. She enjoys swimming, skiing, sewing and basketball as hobbies. She has three sisters, who live in New Jersey, and a brother in Hawaii. Her traveling has included several trips to Florida, one to Canada, and across the United States this summer.

Estimated by Arthea Senger

The three weeks of vacation were lovely--camping in Nevada, Northern California and Oregon -- but the nicest part of all was knowing that I was coming back to a job and teenagers I completely enjoy.

We have already had a Center hot-dog Barbecue at Keller's Beach and our girls' club has started up again. "The Dumps" wish to volunteer their services in a well baby clinic or in some other public service. They are going to make chocolate chip cookies next week under the tuteledge of Mary Burkhard, our librarian, and finally they have reserved tickets for "Hair" on November 23. This is one group that keeps a leader jumping.

We will be continuing our Police Relation meetings on Wednesdays and our dances on Friday nights. We also hope that we will be able to offer a Ceramics Class at the center.

We have been fortunate to have added to our staff Mrs. Gladys Ferguson, a New Careerist. This mature mother of four is now attending Contra Costa College, and will be with us part time for six weeks.

Toasted cheese and inches

A recipe from Thea Kendall, who grows her own Italian herbs for this recipe....

Split English Muffins
Lay on first some cheese(cheddar,
or swiff) then a tomato slice.

Drizzle with olive oil.

Sprinkle with Italian herb mix and salt.

Toast 'till cheese melts.

mmmmmmmmm

The Darkest Night by Ethelyn Milton

The day burned itself out
beyond the hills
and twilight sifted down
the empty street.
The softly feathered edges
of the fog
crept toward us
a gray phantom from the sea.

Love burned brightly
til the final glow
slowly faded,
and the darkness grew.
The chilling wind was there
but did not blow
for fog lay heavy on the night,
and heart.
Adrift on Lethe,
Never more apart
In a world grown cold and silent
Still---I might
have found you, darling,
had there been some light.

To save affiff...

According to authoritative sources, Apperson Ridge, next to Sunol Valley Regional Park, may not be subjected to the thirty-year quarrying operation that has been threatened by Utah Construction Company. The ridge, which could some day become an addition to the park, may be saved from partial destruction by the concern of thousands of people. Meanwhile, the taxpayers of Contra Costa County may be getting short-changed, as a result of time and energy expended on behalf of Apperson Ridge by the Region al Park District. The promise of a shore, line park here has been neglected, causing o delays that cost money.

11.

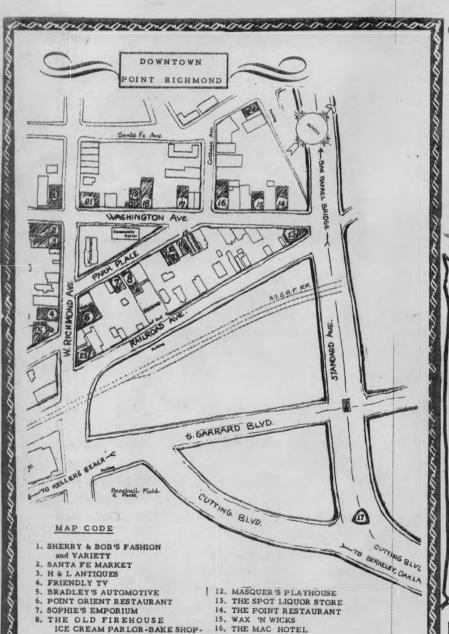


leavence?

CAPISTMAS HEMS

SEPT. 23 to 30 ... at the

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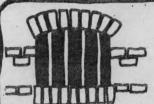
- THE SHOP UPSTAIRS antiques gifts
- PABLO FANQUES FAIR framing graphics
- KENNETH JANES, Interiors
- OLD FIREHOUSE ICE CREAM PARLOR,
 bake shop & confectionary
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- THE WINE JAIL Sine wines gournet anach 255-1872



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FINE WINES

IMPORTED BEERS

UNUSUAL GIFTS

The

Wine Jail

145 PARK PLACE - POINT RICHMOND . 235-1872 behind the rice cream purior

Tust a libela

15.

MEROMO?

An article printed in the Richmond Independent Wednesday, September 24, entitled "NEGLIGENCE CHARGED IN INJURY SUIT" went as follows:

"The negligence of a police officer in not arresting a drunk driver is the basis today of a \$250,000 claim against the city.

"The action was brought by Ralph Arlan Foster, 25, of Pleasant Hill, a Richmond Insurance broker, who claimed that he was seriously injured last July 1 in a two-car crash at S. llth Street and Florida Ave.

"Foster's attorney, William P. Moses, said that a Richmond police department vice squad member, whom he did not name, had been talking to the drunk driver moments before the crash.

"The driver, identified as Wilbur Wade, 1359 Filbert St., after the crash was arrested on a drunk driving charge on the basis of a . 22 blood alcohol reading.

"The claim said that the unnamed officer was negligent and careless in allowing the motorist to operate his car. The crash occurred within one block of the conversation, according to the claim.

"The injured man suffered head and internal injuries when he was thrown out."

Point teens---do you remember the police meeting about a month ago, when officers Smith and Stegman told us that the "good cop" (the guy who occasionally gives somebody a"break"), was just as guilty as the "bad cop"; that a "Little wrong" (illegal), was just as wrong (illegal) by the book.

Just wanted to call your attention to this article.

Louise Genosick.

A REMINDER: The Christmas toy shop needs toys and blue chip stamps--call or send to Mrs. Lorna Carroll, 280 Washington Court, Pt. Richmond 94801.

School problems

by L. Edwards

A dozen alarmed adults met Thursday with Mr. Claude Hill, principal of Washington Elementary School, to protest the threatened loss of one of the school's complement of teachers. Because the enrollment at Washington has decreased by 51 students to 388, the administration has informed the principal that by re-arranging several classes one teacher can be released to go to another school. However this will mean that two classes at Washington will be split classes, a first-second grade and a second-third grade.

Last year Washington had two split classes, but one of the promises of the tax election was that if the election passed there would no longer be a necessity for split classes, which educators agree do not provide the best possible learning situation for young children. This is especially true in the important first, second and third grades when basic reading and number skills are being taught.

Point Richmond property owners are carrying a heavy tax burden due to the new school tax rate and the recent property re-assessment. While Point Richmond is undeniably such a special way of life that most residents are willing to sacrifice in order to live in the area, they are justified in assuming that their children will not be sacrificed but will attend a first mate school.

Washington School parents have been reasonable in trying to understand the problems of the School District and co-operate with it. But while unquestionably many changes are taking place in the District, communication is poor, and the changes are often made with out prior notification to the people who are most concerned, the parents of the children who also happen to be the people who pay the bill through their taxes.

Parents were not informed of this proposed change, but requested the meeting with Mr. Hill to clarify the situation when information that the changes would be in effect next Monday reached them. Mr. Hill agrees that he does not like the changes but says that he is powerless to prevent them. A meeting has been scheduled with the District Superintendent Mr. Snodgrass, for today (Friday). and if Mr. Snodgrass cannot respond to the protest, parents and taxpayers are urged to attend the School Board meeting, on Wednesday night. The matter can then be taken directly to the policy makers to assure that Washington gets a fair share of staff in a year when the enrollment of the whole District is reduced and therefore there should be plenty of teachers.



from Grethe Tedrick

Adelle Davis in one of her books on nutrition, "Let's Get Well", has this to say about Hepatitis:

LIVER DAMAGE HAS BECOME WIDESPREAD

Hepatitis: Inflammation of the liver, or hepatitis, can be caused by viral or bacterial infections or a variety of toxic substances including drugs, chemicals, and pesticides. Hepatitis was a major problem during World War II, and in some theaters of operation the cause was thought to be overexposure to the then-new DDT. Virus hepatitis is said to be increasing and frequently results in cirrhosis, especially in children. A similar increase in toxic hepatitis parallels the use of drugs and of chemicals in both industry and the home.

In hepatitis, which is often accompanied by jaundice, the liver is frequently dame aged to the extent that fatty degeneration or even cirrhosis develops. If the illness is acute, excessive ammonia in the blood often becomes a problem. The diet for hepatitis, therefore, must be designed to render lives.

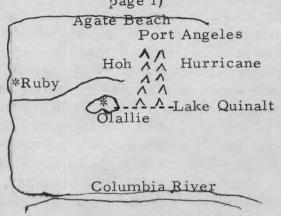
harmless any toxic substances, or if it is infectious, to build resistance at maximum speed so that jaundice and ammonia formation do not occur. Such patients utilize protein well, but they develop fatty liver if high-fat diets are given without added cholin. When persons with hepatitis received 1,000 to 2,000 milligrams of vitamin C every three to four hours, they made "dramatic improvement," sometimes in a single day, and liver biopsies showed rapid recovery. Before vitamin C was given, some of these patients had been ill for weeks without improving.

Jaundice usually does not occur until one to three weeks after the onset of the illness. If, for a frew days, large amounts of cholin or lecithin, vitamins C and E, and the antistress formula (a diet she recommends, which will appear next week) are taken around the clock with fortified milk(also next week) containing many eggs or egg yolks and undiluted concentraded fruit juices, jaundice can usually be avoided. Eggnogs and malted milk, each fortified with oil, lecithin, powdered milk, and perhaps soy flour, can be used to relieve monotony. Recovery is generally rapid provided the patient can force himself to eat small, frequent, highly nutritious meals rich in both proteins and calories. When calories are undersupplied, proteins must be used to furnish energy, and liver damage can become severe in spite of a high protein intake. If acute jaundice has already developed, the same procedure should be followed, though even more carefully.

When a transfusion, which often causes virus hepatitis, is necessary, large amounts of vitamins B6, C and pantothenic acid should be taken before and for several days afterward. Virus hepatitis is so contagious that members of a family, nurses, physicians, and anyone in contact with a patient suffering from this disease would also be wise to increase their vitamin C intake.

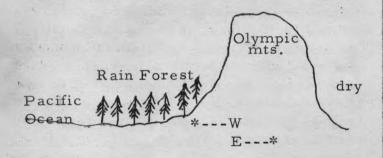
(continued next week)

17. The North and the West (continued from page 1)



From here you can drive 20 miles on a dirt road into the rain forest.

The forest is caused by the enormous rainfall and good conditions growth. The wind sweeps in from the ocean here laden with rain. It must rise because of the mountains. As it rises to cross the mountains it drops its rain. So the forest has to be on the western side of the mountains.



In the upper reaches of the mountains are great glaciers. In the lower valleys are the great rain forests. It is dry on the other side of the mountains, almost desert. The range was named by the British explorer Captain John Meares who came here in 1778. The area was made a national park in 1938. But President Roosevelt set the area aside as a National Monument in 1907. The elk in the park are therefore called the Roosevelt Elk, after President Roosevelt.

Yearly rainfall comes close to 150 inches. With the melting snow, there is water almost everywhere. Yet the ground is very porous, so that you walk very much in the dry unless it is raining. We were fortunate in that there was not a single day of

rain in the five days we were in the park. That, they say, is very, very unusual. Everybody told us to take rain gear and to expect rain.

The most spectacular rainforest is at Hoh, about 19 miles from Highway 101 on the west coast (see map). We drove from Olallie on Lake Quinalt to Ruby Beach, spent some time on Ruby Beach, then to Hoh.

Ruby Beach is one of the most spectacular beaches on the Pacific Coast. Do not fail to see it if you can. The tide brings up many nice rocks here. If you like to go rock hunting this is a good place. It is also a marvelous spot for driftwood. Great trees are bounced into the ocean by the Hoh and other rivers. They line Ruby Beach. But most are too big to haul out. If you have room in your car or truck and if you have a saw you can get all the driftwood you want, every shape and kind, bleached white by the sun, the rain, the salt, and ground smooth by the ocean sanding the branches, roots and trunks. The surf is quite boisterous. Rocks and trees come down almost to the water's edge. Wander about a bit, and you can be isolated by the tide. Also, there are numerous tidepools. And in these tidepools you will find an abundance of life - urchins, starfish, clams and different plants.

Not far from the beach is the Hoh Indian reservation. And a little further south is the larger Quinalt Indian Reservation. There are seven other different tribes that live on the peninsula. Most of these Indians are great fishers. The Makahs and the Quileutes went to sea in large canoes (eight in a canoe) and hunted whales. The whales were used mostly for oil. The Indians here also followed the curious custom of the POTLACH. A potlach is a kind of party. Some of the Indian tribes chose their chiefs through potlachs. Here is the way a potlach went: An Indian would make a big party for everybody. Then he would make a speech: "I am the richest Indian that ever was. See. Here is

relain to five days or when in to pack.

Cloth. I give it away. Here are blankets. You can have them. Here are canoes. Take one." Then another Indian gave a party, a potlach. And he also made a speech. "I am richer than he is. See. I can give away more." Then he proceeded to give away blankets, food, utensils, etc. Then the Indians chose a chief, and the chief had the power, generally, to take anything he wanted back. Indian giveer?

to be continued.

0000

HERE AND THERE
by Dorothy King
(continued from page 20-yes, 20!)

Mr. Keith Thomas of West Richmond Ave. is leaving for England, where he will spend a month visiting for the first time in twelve years.

Mr. and Mrs. Alexander, owners of Alexander's Tik Tok Shop, enjoyed a very nice vacation in Carmel valley.

Mr. and Mrs. Phil Sullivan are vacationing in Tulsa, Oklahoma, with relatives.

A late note (one that was misplaced) Marie Hand, who was seven years old on September 5, had a birthday party the following weekend at her home, with twelve little guests who enjoyed games, climaxed by the breaking of a pinata brought from Mexico, and filled with loads of goodies. The pinata had been waiting since January to be the high point of Marie's party.

Bill Moore has been vacationing in Las Vegas.

Thea Kendall and Dan Robertson took a trip to Mt. Tamalpais for lunch, after which they joined the crowd of revelers at the Renaissance Pleasure Faire in Marin County. (This is the last weekend to attend.)



for Mrs. Rogers

This recipe was donated by Gerrie Kretzmer.

2 Eggs

1 cup flour

1 Cup milk

1/2 tsp. salt

Break eggs into bowl, add milk, flour and salt. Mix well with a wire whisk. Disregard small lumps. Fill buttered muffin pan 3/4 full. Put in cold oven. Set temperature at 450°, bake 25 to 30 minutes.

Biving Golor

A film "Living Structures" is being premiered at Pauley Ballroom on the University of California Campus at Ber-keley on Wednesday, October 1 at 8 p.m.

Jonathan Hammond and Henry Adams with some equipment from the University Landscape Architecture Department and a small grant from the "America the Beautiful" foundation set out last year to make a film about people and their homes in the Southwest.

In six weeks they lived and worked in Acoma, Navajo and Hopi settlements in New Mexico, the utopian communities of New Buffalo, Lama, Minerva Nueva and Drop City in Colorado, where homes have been created from the discards of the affluent society. Domes from parts of old car bodies as well as other startling innovations in home building are shown.

The domes and solar heated homes, of Peter Bear, in Albuquerque and a "one building community" near Scottsdale being built by Paolo Solari are shown also.

For further finformation, call Sun Landscape, 233-2089.



Miss Ah So will be coming back to town in late October, to take up residence with her mistress, Marcia Southward, just a half block away from her old home, at the corner of Washington and Bishop. Ah So is one of the rare breeds known as Lhasa apsos, or Tibetan terrier, imported from the land of the lamaseries. Most of the Tibetans are brownish-blondish, but AhSo is black, and sees through her fringed face as well as any big sheep dog. She is smart and friendly, but a great watch dog.

Abbey Roselius is a living tribute to all her mothers, and her godmother, Dorothy King, who found her abandoned at birth. She was fed with an eye-dropper from the Vet's formula, beginning on the first day, and has now become a beautiful hearty calico. However, she doesn't know she is anything but a people, and may hiss at you and all your cats and dogs---except Miss Smith who is one of her mothers (guess who the others are.)

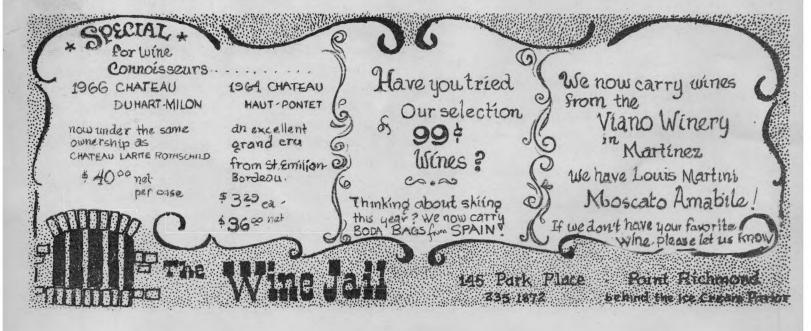
Juliet is a new Boxer in town, part of the Hans Shaper family. She is a beautiful specimen of the breed, and friendly, but a little wayward, as the Shapers will tell you. (And she's not looking for Romeo, either.)

When driving up Washington toward the Bay, watch out for Mischka and his friends who like to lie down in the road and have great faith that you will drive around them. Mischka belongs to the Peppards and adores cats, but the cats do not always believe him. He's big and shaggy but gentle.

Is it true that all cats are gray in the dark? Anyway, it's not true that cats see best in the darkness. They see very well in dim light, but not total black and are often hit by cars at night because they are blinded by the sudden glare of headlights on fast cars. But cats and dogs can also be hit in broad daylight when they are preoccupied by chasing a bug or another animal—and when they have not been trained for the road by their mothers.

Everybody's pets are the black-crowned night flying her on who live at the eucalyptus grove down at Kozy Kove. The heron have been migrating here every spring, but always decreasing in number, and this spring there appeared to be only one family. Maybe they got tired of the small hawks who live in the Schuldt's eaves and who chased them around.

Myra is a young mother cat who belongs to another lovely young mother, Stephanie Coles. However, some people call Myra a screemie-Meemie because she gets very fierce when she finds other cats feeding and scares them from the dish just by making banshee yells. Even big Mischka and Juliet cringe when she opens her delicate, pink mouth.



Sylvester Williamson's son, of Crest Avenue, visited him for a week, and left last Friday.

If you have a motherless kitten, younger than eight weeks old, and you want to know how to clean him, you can simply take a piece of terry cloth, dampen it a bit with luke warm water, and wipe him with a 'licking' motion.

If your pet wants to see his (or her) name in Petti-Point, have him (or her) call Roni (235-4222) or Wendi(233-5618) or 233-6969), the roving reporters. We include snakes, birds, gophers, pigs, mice, lice, fleas, bees, hens, otters, a stoat or a goat.....



Cadette Girl Scouts (girls in grades 7, 8 and 9), are meeting Wednesdays at 348 Western Drive (corner of Casey), from 3:30 to 5:00. They will be happy to have new members... Dues are \$1.00 per year, and 10 cents a week. If interested in joining the group, please call Grethe Tedrick, troop leader at 234-0415.

Junior Girl Scouts, (grades 4, 5, and 6) meet at the Methodist Churchafter school on Wednesdays. Girls interested in joining this group can call leader Sharon Taylor at 232-8819.

Brownies are looking for a new leader, (grades 2 and 3), since Susan Egusa is leaving for Japan. It would be most appreciated if someone would call and offer to be a Brownie Leader...it makes a nice diversion for a mother with small children--or anyone interested in working with this age group. Please call, if even to discuss it, Grethe Tedrick, at 234-0415.

There is also a Senior Girl Scout
Troop, which meets in El Cerrito on Thursday nights, for girls in grades 10, 11 and 12.
For more information, call Dianne Kirkpatrick at 232-5426.



Our Lady of Mercy Church's parsonage is receiving a face-lifting. It is presently being adorned with new drain gutters and new vents--the next step is a new covering of cedar shingles, other minor repairs and perhaps even a new roof. Father Prendeville is very happy about all the improvements.

Grethe Tedrick has been asked to attend the National Girl Scout Convention as a delegate from this area. She will travel to Seattle for the convention in October.

Sister M. Ludwina S. H. F. of Castro Valley is teaching Religion classes at 2:45 p.m. for grades 1, 2 and 3, and at 3:45 for grades 4, 5, 6, 7 and 8 at Our Lady of Mercy Church.

Some members of the Methodist Church attended a reception for Bay View District Superintendent, Dr. Wilbur W. Y. Choy at San Lorenzo Methodist Church. Dr. Choy succeeds Dr. C. Maxwell Brown who is now secretary of the North Dakota Council of Churches.

A baby shower was held for Mrs. Frank Althausen (Debbie Dutrow). The hostess was Cathy McIntosh of Pinole. Twenty-six guests attended the shower for Debbie's first baby.

. Happy Anniversary to Helen and Ray Francisco.

Richard and Susan Egusa are leaving this week for Japan, where Richard will serve for three years in the Marines. Friends and neighbors will miss them and small son Sean. (Continued on page 18!!)

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WANTED.....

Young Honduran Girl 1 Student would like to come to U.S. as a domestic in exchange for board and room. If interested phone 237-3566

WANTED: File Cabinet for Huscicon. please call 235-6347

WANTED: Dishwasher and busboys for The Point Restaurant. 32 Washington Avenue. 233-4295

WANTED: All old returnable pop bottles. For PTA sponsored fund drive for blackout durtains. Call 233-7001

WANTED: Morning Cleaning Lady at the Point Restaurant. 32 Washington Ave. 233-4295

WANTED: Lady to do house cleaning once a week. Four hours: \$2 per hour. Reference required . Call 234-5149

WANTED: Reasonably competent reliable young man for yard work and gardening after schools and weekends. Call 234-4680

WANTED: Baby Sitter in Point Richmond. 40-hour week. Two children, on e in kindergarten. Needed now. Call 232-6612

FOR SALE.....

VW Top Carrier. Like new. Make offer. 232-7167

Kitchen Step Stool. 3 steps. \$3. 232-7167. must sell by Tuesday

FOR SALE: Viewlex Projector, Model V-33. 300 Watt Lamp with Air-quipt slide changer. 37 cartridges. For \$37.50. Telephone 232-0482

FOR SALE: 9-month old Honda 350 5,000 miles. Just like new. \$600...call after 6: 233-8434

FOR SALE: Clearance Sale....

To make room for Christmas items.
Shop Upstairs. Old Firehouse, 145
Park Place. September 23-30.

FOR SALE: MOVED, Mavæ 2 refrigerators. Must sell refrigerator-freezer. Frostless. 18 cu.ft. Signature. Side-by-side doors. Used less than 2 years. Price \$200. You take away. 233-5509

FOR SALE: Beauregard. A great little sunfoofed green '64 VW Sedan, is only \$800. C 11 233-8287

FOR SALE: Typewriter. Portable. vintage. Excellent condition. \$15. Call eves. 6 to 9. 234-4374

FOR SALE: Point Richmond. 4-plex.
One 3-bedroom, three 2-bedroom.
\$57,000. For more information please
call 9 to 5: 232-7905, after 6:2326564

FOR SALE: IN Point Richmond: Old Victorian 2-plex. 2 lots. Close to school. \$35,000. 232-6564

FOR SALE: Trojen 4 HP Minibike. New tires; engine; Four months old. Excellent condition. \$135. 234-3331.

FOR SALE: Part interest in Racing Sailboat. \$890, plus \$22 per mo. to prospective members of Twin Pines Sailing Club. (see article Easter '69, Point Counterpoint). For information and demonstration call Philip Harten, 232-8431.

BABY SITTING In my home. Have a 2ye'ar old & pa four month old child. Would like ahildren around that tage. Barbara Foth, Western Dr. 237-1658

Math Tutor: 237-2602

Ironing Mending: 234-0178
Clothes alterations: 235-8854

Baby sitting: 232-5762, Mrs. Harry Swift. 235-9810, Mrs. Raymond Swift; 237-2602 Libby Palmer.

Civie Calendar

SEPTEMBER 26- Friday Jorge Federico Osario, Pianist 8 p. m. Contra Costa College. Free Concert.

SEPTEMBER 28 - El Sobrante Art Guild Exhibit and sale at Port Costa, 10 a.m. to 6 p.m.

OCTOBER 1 - Wednesday "Living Structures" film at Pauley Ballroom, UC, 8 p.m.

OCTOBER 2 - Thursday Free film at Contra Costa College - 8 p.m. "King Rat".

OCTOBER 3 - Friday Last day of registration at the East Bay Music Center, for group classes.

Phone -IN NEWS: 233-4999 (& Amt) 237-3453 & 233-5374(4

POINT COUNTERPOINT IS PUBLISHED EACH FRIDAY IN POINT RICHMOND BY DR³ ENTERPRISES AT 212 BISHOP AVENUE, POINT RICHMOND, CALIF. 94801. TELEPHONE: 233-4999 or 235-4222.

EDITOR: DONNA ROSELIUS ASSISTANT ED: LINDA WERNER (237-3453)

LOCAL NEWS EDITORS: DOROTHY KING (237-4772), MID DORNAN(234-5334).

NEWS ARTICLES, STORIES, POEMS, ART WORK ETC., WEŁCOMED. SEND BY PHONE, MAIL, OR LEAVE IN MAILBOX AT 212 BISHOP (IT IS NOT USED FOR U.S. MAIL). DEADLINE FOR NEWS: THURSDAYS:

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UNITED METHODIST CHURCH OF RICHMOND

WEST RICHMONDE MARTINA Sunday ChurchSchool 9:45m.

Public Worship ... 12 am. MY.F. Youth Group 630



22

os Mercy Durta church 305 W. Bichmond

SUNDAY MASS 8 AM

MAOL

WEEKDAY MASS 7:30 AM

POINT RICHMOND BAPTIST CHURCH

CHURCH SCHOOL 5:45 morning WORSHIP 11:00 AM

BYF YOUTH GROUP 6 PM. EVENING SERVICE . 7 RM. MID WEEK SERVICE -WED. 700 SHINGTON

OCTOBER 8 - Wednesday - Lecture at Contra Costa College, 8 p.m. by Sean O'Faolain, "After the Angry Young Men".

OCTOBER 11 - Saturday Columbus Day Ball - Atchison Village Hall, 9 to 1/00 -- tickets available at the door.

Public agencies concerned with environmental pollution: Bay Area Pollution Control, 771-6000 (smog), Public Health; 834-7900, Water Quality Control Board: 834-3460 (water pollution); Sonic Boom -- Hamilton Air Force Base: 838-3711.,

