

POINT COUNTERPOINT

A JOURNAL FOR CIVIC COMMUNICATION

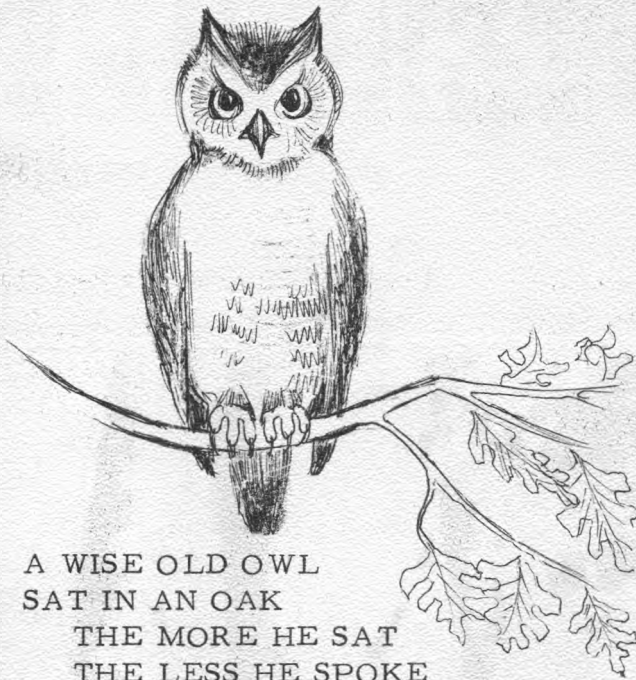
WEEKLY 10¢

FINAL ISSUE - VOL. V, No. 22

Sept. 4 to 11, 1970

Point Richmond, California





A WISE OLD OWL
SAT IN AN OAK
THE MORE HE SAT
THE LESS HE SPOKE
THE LESS HE SPOKE
THE MORE HE HEARD
HOW NICE TO BE A
WISE OLD BIRD

This is the final issue of "Point Counter-point." Those of you who are not well acquainted with us are advised to skip this section since it will be a "personal note" to regular readers, and may become a little sentimental -- maudlin, even.

I'm taking the liberty of dropping the editorial "we", since, from now on, I'm me. And, if you're wondering why this is the last issue, that statement may give you a hint, to at least one of the reasons. I have felt less and less a part of this community, while writing more and more about it. At some point, that fact alone will be a deterrent to good "civic communication." A recent end-of-the-TV-day inspirational included a verse with the not too uncommon sentiments, "Oh, Lord I am weary --- not from the things I have done today, but with things that have been left undone..." and this, too, applies.

Without warning, or preparation, or even a real consideration of the consequences, this paper began on April 9, 1966. It is ending in much the same way.

Undoubtedly, notices concerning important events will be printed, and one of the undone things, a new edition of a book of Historic Houses of Point Richmond may

now have some hope of being completed.

Many thanks to faithful subscribers -- faithful and understanding; and to the Point businesses who have helped to support us. Eventually, this paper has, we believe, become an asset to them, too, but before that could honestly be said, they willingly, and without criticism of amateur commercialism, placed ads in the paper. Thanks too, to those of you who purchased papers at the local stands -- and paid for them.

The children who have diligently served as paper carriers deserve an extra "thank you" and a recommendation to future employers. Michelle Healy rarely missed a Friday, and never without previous notice. Outside of my two daughters, Roni and Jodi, she has been with us longer than any of the carriers -- since early in 1967. Isabel Austria and Erin Evans are "next oldest", and have both been completely dependable. Former carriers who provided fine service were Mike Alaire, Anna Healy, David Hein, Jon and Richard Doellstedt, Sandra Kinter, Jared Ross and Julie Davis. Recently hired, but just as helpful have been Peggy Wilson, Diana Loretz, Michael Ferguson, Allan Smith, Greg Brock, and Amy Fletcher. Many thanks to all of you.

Without the help, each week, of Dorothy King, Linda Werner, and Louise Genosick, I'm sure we would have thrown up our hands in horror long ago. At times, by Friday, the whole venture presented a pretty horrifying spectacle. But regular contributors like Mid Dornan, Mary Burkhard, and recently Mr. Meads; and the not-as-regular but provoking (laugh- or thought- or both) articles from Dan Robertson; as well as the background provided by Rosemary Corbin for "Reminiscing", made some semblance of organization possible. Reports from writers, as Gerrie Kretzmer, Louise Hammond, Lucretia Edwards, Doug Corbin, and many others gave invaluable information.

With all that help, plus lots more from many of you, I really feel conscience-stricken. Perhaps we will return. Almost anything can happen when intuition instead of intellect rules.

~ D.R.

A FINAL LOOK..... **AHEAD**

DOWNTOWN RICHMOND.....

Maybe it's best just not to look.

SCHOOLS.....

They start September 10. And, if all parents give them as much time, attention and cooperation as they would give to private-schools they pay for directly, everything could go very well.

THE PLUNGE.....

The Recreation and Parks Commission will send a recommendation to the City Council that they make a commitment not to close the Plunge, and asking that renovation work be done. Support will be needed, and the public should appear when this comes up on the agenda of the City Council -- watch for it, some time in September. (Copies of Council, Planning Commission and Recreation and Parks Commission agendas and minutes will be sent to you if you request them at the City Clerk's office, 232-1212). Letters to the City Council in advance of the meeting might help.

THE PARKS.....

West Contra Costa County, we feel, is not getting its share of East Bay Regional Park District funds for land acquisition and improvement. Land should by now have been acquired for the Shoreline park in Point Richmond, and more land at Point Pinole should be acquired. Only 10 acres of that acquisition is "land." The Bay Chapter of the Sierra Club is planning a meeting in the Richmond area around October 15 to inform interested people of the Pt. Pinole situation. Information may be obtained by calling Fred Casanares, 234-7136.

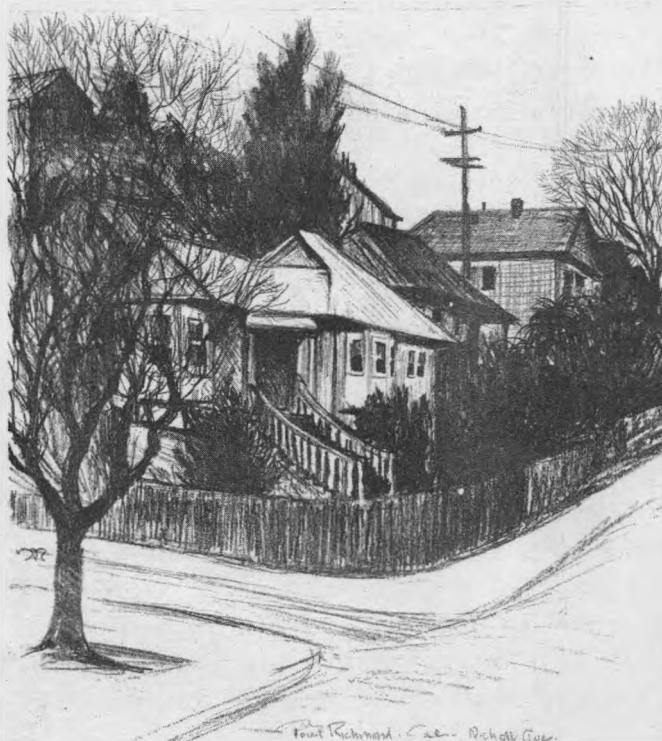
For Regional Parks Board meeting dates, agendas, etc., Call 531-9300, and ask that your name be placed on the mailing list.

All Public Agencies will provide agendas on request.



AT THE POINT.....

A Civic Group Meeting should be scheduled soon, to begin a new year of Point-oriented activities.



3. **A LOOK TO THE Future**

" A PICNIC IN THE POINT PARK...revisited"

The last Sunday in September, the 27th, will be the occasion of a party, hopefully adorned by a performance of the Point Richmond Recorder and Giggling Society.

The purpose of the party is to raise a bit of cash to carry on the work of the Contra Costa Shoreline Parks Committee. There will be food from the Cook Book, and also some copies for sale of the "Picnic in the Point Park" books for \$2.00. "Tiny Tennis Shoes" books will also be for sale, for 25 cents each.

Save the last Sunday in September for a wonderful party.' (If you don't get a notice, call 235-6717 for the location.)

singspiration!

On Sunday, September 13, there will be an Open Pot Luck Dinner at the Point Richmond Baptist Church. Everyone is welcome; come and bring either a hot dish, a salad or a dessert.....and stay for the 7:00 SINGSPIRATION !! This is the first Singspiration in a long while -- come and enjoy its revival! Anyone in the community is invited to come, eat, and sing. (Donna Wilson has offered to do the dishes, if a good crowd appears.)

Marin weekends

Each weekend in September, the woods in Marin County will be filled with milling Renaissance revelers. The Renaissance Faire continues through September, with transportation taking off from the Civic Center.

And, in Sausalito, from September 5 to 7, a "Festival of the Sun" will present a variety of performing arts and music.

There has rarely been a copy of "Point Counterpoint in which something wasn't forgotten. This time, I neglected, on page 1, to mention two extremely important people, in the "thank - you's" -- (really, three) - Wand and Chet Sarsfield, of Wax 'n Wicks and Irrigation Technical Services, who have allowed us to use their collating machine, saving uncountable hours of dull labor; and Mr. Roselius, of 212 Bishop, who allowed -- aided and abetted even, the publication of this paper.

new year at the Music center

Fall Quarter Registration begins September 9th at the East Bay Music Center, under the directorship of Mr. William Duncan Allen. Registration will take place at the Music Center's office, housed in the Grace Lutheran Church, on the corner of 24th and Barrett, Richmond.

From September 9 to October 2, registrations will be accepted from 1:00 to 4:00 Mondays through Thursdays.

Financial assistance is provided on the basis of need.

Private instrumental instruction is provided on: Piano, voice, strings, brass, woodwinds, folk guitar, classical guitar, jazz flute, saxophone, oboe and cello.

Group classes include: Theory, music workshop, jazz, recorder and chorus.

All private instruction students are required to take weekly classes in theory.

Students, six to twelve years of age, with no musical experience, are required to take a full quarter of music workshop before beginning private instrumental instruction.

All students at the Center become members of the junior or senior chorus at no additional cost. Tuition for those taking only chorus is only 50 cents a week.

Students who wish only class work pay \$1.00 per week per class.

Fall quarter enrollment is limited to 200 students. Further expansion will be anticipated for the winter quarter.

For further information call Mr. Allen at the center, 234-5624.

* Fiestas * * * *

A special feature of the week-long FIESTAS DE INDEPENDENCIA at Contra Costa College this month will be a lecture by Corky Gonzales, the noted Mexican - American author and poet, who will discuss the Chicano movement and revolution in the Southwest and community organization. The lecture will be at 8 p.m. in the college gymnasium, Thursday, September 17.

Mexican Independence Day is September 16. On that day in 1810, the war for independence from Spain began. It ended 10 years later, when the Mexicans won their independence and drove the Spanish rule from Mexico. At that time, Mexico included all of California and the Southwest United States.

Festival activities include noon hour programs on the campus, the Richmond's Ballet Folklórico Mexicano on Wednesday, September 16, and a folk theater group, El teatro Campesino de Aztlan, during the Saturday Carnival on September 19. All events are free and the community is invited to attend. Food will be sold at many of the events.

"American Indian Extravaganza" is coming to the Richmond Auditorium Sunday, October 4, at 3:00 p.m.

Dancers from more than a score of tribes across the United States are assembled in this show, and the brilliant costumes echo an illustrious past.

There is a song and dance for everything that happens to an Indian, from birth to death. His dancing expresses life itself. This show contains examples of ceremonial dancing, social dancing, dances that require skill and agility, as well as dances that demonstrate how to do certain things. The program content is both entertaining and informative.

General admission tickets are \$2.00 for adults, \$1.00 for students between 12 and 18, and 50 cents for children under 12. Tickets are available on Saturdays at the Wells Fargo Bank in El Cerrito Plaza, or at Montgomery Ward Lot. Or write to Zonta Club of Berkeley, P.O. Box 4370, Berkeley, 94704.

BUDGETARY MATTERS

A letter was received, at the last minute, from the East Bay Regional Park District, concerning the budget passed for the coming year. According to General Manager Trudeau, the total percentages allotted to the two counties are: Alameda County, 54 percent, and Contra Costa, 46 percent. However, this letter did not explain carried-over amounts.

A point well-taken by Mr. Trudeau is that county barriers do not count, when it comes to park use. This is, thank goodness, true. And comparison of the one county to the other should not be necessary. However, park acquisition is of great importance, with rising land costs, and park space may very well be lost for good if not enough funds are allocated for that purpose now. It is difficult to watch funds being used elsewhere when it

is a fact that land lost now will never be regained. As the General Manager pointed out, two shoreline parks instead of one may in the end be available. However, when small acreage is all that is acquired, the Regional Park District generally does not expend energies to provide facilities for the areas. From 2 to 400 acres is the usual size of a regional park, but so far, in Point Richmond 8.5 acres are in negotiation, and at Pt. Pinole, only 10 acres of actual land are available.

Mr. Trudeau claims that he has brought Mr. Blumberg to this area, and if that is the case, our apologies to Mr. Blumberg. Mr. Blumberg did not accept a "guided tour," and, if his visits consisted of the same brief glance that some previous Park Board visits did, they hardly count.

the Highway Department Invites you.....

"...to visit the Hoffman Freeway Information Center at 1421 Wright Avenue. Representatives from the Division of Highways will be on hand to explain the maps and answer any questions you may have, and to show you how your neighborhood, or even your house, might be affected by each alternate proposal.

The Information Center is provided as part of the service of the Division of Highways to acquaint you with the facts and give you an opportunity to form your opinion and offer suggestions before the official public hearing on the plans. In this way, the new Hoffman

Freeway can be what you want. It can fit in with your neighborhood and at the same time improve traffic conditions in your area. How this can be done you will be able to see at the Information Center. There are display-size photos of the award-winning freeways that not only serve traffic needs, but improve the look of the neighborhood they serve."

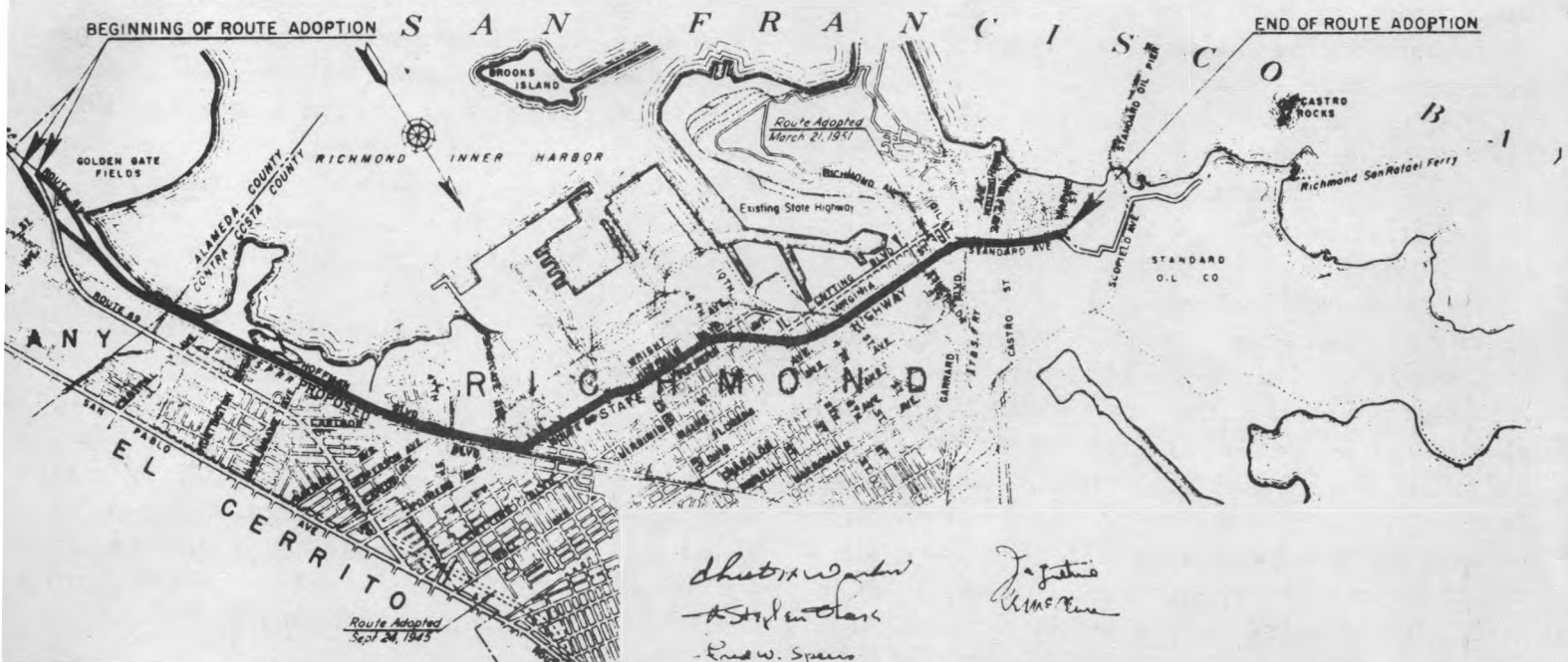
The Hoffman Freeway Information Center is located at
1421 Wright Ave., Richmond
Open Monday through Friday
12 noon to 9 p.m.
233-2660

The PUBLIC HEARING will be held on
September 16, 1970, at 7:30 p.m., at Cortez School, Richmond.

The Highway Department's invitation continues, "With Your Help, Richmond can have a new Freeway Service designed to respond to local community desires as well as area-wide traffic needs..."

That is the purpose of the new Information Center at 1421 Wright Avenue in Richmond, one block south of 14th Street and Hoffman Boulevard. There you may see a map display, including actual preliminary drawings of the proposed Hoffman Freeway. The Center is open Monday through Friday from 12 noon to 9:00 P.M. for your convenience.

That is the goal of the Division of Highways in the planning, design and construction of all your freeways. Now you can be informed. Take an interest. Offer constructive criticism. In this way, the Division of Highways can respond to your local needs and build the freeway the way you want it, as an asset to the community.



REMINISCING

..... FIFTY YEARS AGO.....

Articles from old Richmond newspapers, courtesy of Rosemary Corbin and the Richmond Library.

FROM THE WEEK OF SEPTEMBER
4 TO 11, 1920.....

ON TRANSPORTATION.....

"Maggie, a 125-ton steam freight ferry was launched for service between Richmond and San Francisco. Maggie was one of two large ferries to be used in place of a smaller ferry, which went into service as a tug for barges.

The cost of the double track crossing at Sixteenth Street, the Railroad Commission decided, would be borne partially by Santa Fe, with the city paying only the amount that a single crossing would cost.

Rapid Transit to Richmond, Berkeley, Emeryville, and Alameda, with Oakland as its hub was the campaign of Oakland's mayor.

The Southern Pacific Railroad Company protested the planned crossing at Forty-sixth and Forty-seventh Streets and Meeker Avenues, to give access to Stauffer Chemical Co., but the protests were overruled by the City Council.

The Six-Minute Ferry Company readied itself for service between Richmond and San Francisco, with two new boats planned for, and a site promised for them by the City of Richmond.

ON EDUCATION.....

150 Students were enrolled in night school at Richmond High.

Plans were being made for the new Stege School, "to be the finest in the East Bay."

Santa Barbara school officials visited Richmond to tour the school buildings here, to aid their plans for school construction.

Pasteurization of milk was advocated in a lecture at Lincoln School.



ON SPORTS.....

Two more runs by Babe Ruth, Sept. 4.

"Man of War" broke the world's record at Belmont, September 4.

Charges of game fixing were being investigated in Chicago.

CONTRA COSTA....

Talk of forming a new county in the Western end began again, when the county turned Richmond down, on an application for a portion of its advertising fund.

County Taxes raised.. 20 cents higher than the previous year.

RICHMOND.....

RFD Mail Service was asked for, for the Eastern part of the city, between Twenty third and San Pablo, north of Macdonald.

Architects and Engineers were working on plans for the fifty-four acre Proctor and Gamble site. P & G Manager addressed the City Council, "We will use every foot of the land we have purchased, and we will build a plant that, I assure you, gentlemen. will be a credit to Richmond."

ELSEWHERE.....

1400 people died in an earthquake in northern Italy.

WEST SIDE Library



The Point Counterpoint is a service that will be sorely missed in the community. I know, because so many people read it in the library. I'm sorry it's being discontinued, but Donna and her helpers are certainly to be commended for continuing it as long as they have.

I will be on vacation next week, taking advantage of the arrangement of holidays. The library will be closed both September 7th and September 9th. Saturday's story hours will be held at 11:00 as usual, with my able assistant Jan Duncan standing in for me.

NEW BOOKS.....

THE DEVIL'S LIEUTENANT by M. Fagyas, is a historical novel that takes place in 1909 Vienna. The crime that rocked an empire struck in 1909, when a young officer in Franz Josef's army, passed over for promotion, was accused of mailing poisoned "aphrodisiac" capsules to ten members of the Imperial and Royal Austro-Hungarian Army's General Staff. The agonizing death of the one officer who swallowed a capsule, Captain Richard Mader, not only brought about an unsavory scandal in glittering Vienna but set off one of the most extraordinary investigations on record: the confrontation between Judge Advocate Emil Kunze and the accused, First Lieutenant Peter Dorfrichter. Kunze, facing the strikingly handsome, self-confident, intelligent Dorfrichter, had to admit that his suspect was a most unlikely murderer. The battles of wit between the two men, their games of cat and mouse, their mutual dependence on each other, complicated by Kunze's growing emotional involvement

with his suspect, became a "cause célèbre," ultimately commanding the attention of Franz Josef himself. When the aging Emperor ordered justice be done, no matter the cost to his empire or to Europe's oldest royal house, he helped set the stage for the collapse of his monarchy. About The Devil's Lieutenant "Publisher's Weekly" has the following to say: "an unusually fine novel, skillful and subtle, written with an obvious intelligence, conveying the corruption and scandal rampant in the officers' corps of the Austro-Hungarian Army, as well as the brilliant atmosphere of 1909 Vienna."

ELEANOR DUSE by Jean Stubbs is a novel based on the life of one of the greatest actresses the world has known. La Duse as she was known had a childhood of great hardship. At fourteen though, she made her mark as Juliet in a brilliant performance. Duse made her American debut in what was possibly her most successful role, that of Marguerite Cautier in La Dame Aux Camelias. Duse, capable of great emotional power on the stage, suffered a nerve-wracked tempestuous love life behind the scenes. Some fatal strain in her passionate nature made her discard those who loved her for the one man who came close to destroying her personally and professionally, the peacock poet and revolutionary, d'Annunzio.



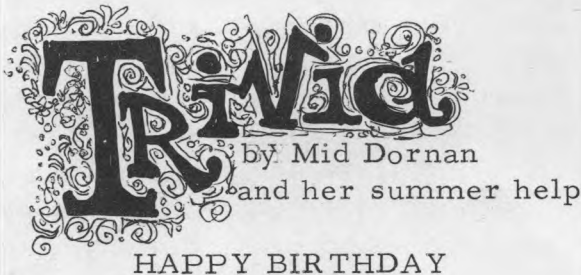
We did it! Our first band all summer! Tonight we're going to have the best band from the Battle of the Bands, held last Saturday at Contra Costa College. The "Notations of Sound" begin playing around 8 o'clock. The admission charge is 75cents, part of which will be used to pay off some of our miscellaneous debts.

Artie will be back next Thursday, after a long three-week vacation, part of which was spent in Hawaii. Gladys is recovering from her recent illness and will be back in a few days. (next page please)

(Point Teens, continued)

One sour note this week - the City has reminded us that dogs are not allowed in the Rec Center, so we have to ask that you leave your dogs at home when you come down here. Some of the kids don't like this regulation. They have been circulating a petition to present to the Recreation Department to have this rule abolished. If you would like to get our dogs back inside, come down and rap with Mike Allaire who is in charge of the petition. We'll try to get a group of people to go to the City Hall to present the petition to the "proper authorities."

"The world is full of little problems; but do you have to be one of them?"



Susan Armstrong
(belated) Richard and Herbert Evans
Colleen Solis

Jerry and Dorothy McCuan enjoyed almost a week and a half in this area, visiting the Drexil Holladays. Jerry, who works for General Motors in Grand Lake, Michigan, came this way on business, and took time to enjoy his first visit to the Point in six years. Needless to say, the Holladays were delighted at the visit.

~~~~~

With the "busy season" coming up, here's a suggestion for controlling the number of visitors who take up your time. (This is for women)...keep your coat draped over a chair, and if the visitor is someone you'd rather not have around, motion to the coat and say, "Oh, what a shame, I was just leaving," but if it's someone who's welcome, say, "How nice, I just now got home!"

8.  
The West Side Improvement Club held their first meeting of the year, with Carolyn Davidson presiding. A large group attended the luncheon meeting at Our Lady of Mercy Church on Tuesday, and plans were made to meet for a workshop session each Tuesday, in preparation for the annual "Wreath Tea" later in the fall.

~~~~~

We heard that Gerrie Kretzmer just built a "moon-viewing path" in the yard, just above the rabbit hutch, and now she's looking for someone to view the moon with...

~~~~~

A Christmas Idea ...better early than never ... If you enjoy pecans, a good place to get them is from Georgia, and a religious organization called "Koinonia Partners" has an excellent crop this year. To order pecans or delicious fruit cakes, write to them at Route 2, Americus, Georgia, 31709.

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This week's Ice Cream Hero is Kathryn Werner, the most personable two-year-old paper carrier in Point Richmond.

## Free FILMS

The fall Free Film Series by Contra Costa College will include some of the best examples of experimental film production. The schedule is as follows:

October 1: Schofill's Die; Meyer's Match Girl, Spinello's Soundtrack, and Brkhage's The Horseman, the Woman, and the Moth.

October 8: Scott Bartlett's Moon, Jonas Mekas' The Brig.

October 15: Gershfield's Now that the Buffalo's Gone, Schofill's XFilm, Peter Kubelka's Mosaik im Vertrauen, Adebar, Schwechater, Arnulf Rainer, Unsere Afrikareise.

October 22: Director Alain Resnais' Muriel.

Films are shown Thursdays at 8 p.m. in the Liberal Arts Lecture Hall at the College, and introduced by Robert Wolterbeek.





"The Health Pantry", the new Organic food store is now open, on Washington Avenue, next to FDR Palace.

\*\*\*\*\*

Point International on West Richmond is featuring Earrings, Chokers, (metal and leather), Rings, Bracelets and pendants this week -- and have you visited their boutique? Original styles, and very unusual.

\*\*\*\*\*

The Point Restaurant will be closed today, and until Tuesday, September 8.

\*\*\*\*\*

Mrs. Cecelia Studebaker is arriving this weekend from Alaska, and will stay for the arrival of her newest grandchild, who should be arriving at the Werner household any time now.

\*\*\*\*\*

Happy Birthday to Linda Johnson, Doreen Illingsworth and Randy King.

\*\*\*\*\*

Suzanne Squires has just returned from her vacation in Porterville, where she visited Mr. and Mrs. Don Squires.

\*\*\*\*\*

Roger Genosick is home again after a visit with his grandparents, Mr. and Mrs. Ralph Eaton in Madera, California.

\*\*\*\*\*

William Trull has moved here from Vista, California, and is staying with his father, John Trull, until he can find a home for his family.

\*\*\*\*\*

Visiting Trannie Dornan for a few days are Tom and Hattie Belle Potts. Mrs. Potts, Trannie's sister, is enroute to Klamath with her husband for a month's vacation.

\*\*\*\*\*

Dressed in a striking Viking costume, Huie MacFaden greeted his guests at the celebration of his fourth birthday, who in-

cluded Krishna, Brock, Evan, Robin, Cathy, Becky, Hady and Mike.

\*\*\*\*\*



My Vacation (continued)

After Mr. Harris of the Boise-Cascade Paper Mill explained the history of paper production, he showed us the Digester -- sometimes known as the Pressure Cooker, where wood chips are cooked with chemicals under steam pressure and reduced to tiny fibers. These then go through a washing process, the pulp being sprayed as it passes through large revolving drums. The beater then separates the fibers for bonding. Sizing and coloring are also added, and then the pulp passes through the Jordan, where fibers are rubbed and cut. More water is added, and the pulp moves onto the Fourdrinier, where the wet sheet is formed from the pulp. In the drying process, the sheet moves at speeds up to 2600 feet per minute. Finally, the dried paper passes through calenders to give it the required smoothness before it is placed on rolls. The machines are huge, but it looked like a safe place for my son, Randy to work, and then I heard that, two days previously, a man had gone through one of the huge rollers and into a big tank. Luckily, he only broke a leg.

The hard hats we were wearing came in handy -- I jerked my head up to see something, and I hit a pipe with my hat.

After we left the paper mill we had lunch, and then toured a lumber Mill. Mr. George escorted us through the mill, which had lumber of all kinds and sizes going through machinery, being cut into uniform boards.

After dinner, we attended the Multnomah dog races. Each dog had a number on its neck, and one could pick a number and place a two dollar bet, and watch your dog win. Ours lost, but on the last race, we pooled our money, and decided on number 5. Randy placed the bet, and the man at the window gave him number 3 instead. And, you guessed it, - Number 3 won. Our friends won four races, but then they go almost all the time.

The next morning, Pauline, our dog Chris and I left for Pauline's home in Long Beach, Washington, about 100 miles away. Her lovely home is about half a mile from





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5:00 TO  
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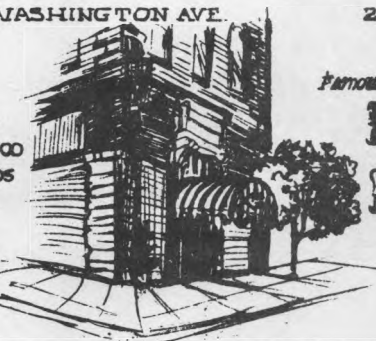
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**8**

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### 13. (Here and There, continued)

the beach. After getting settled, we walked to the beach and went wading, which put me in the mood for a fine dinner of steamed clams that evening.

The next day, Pauline showed me the town of Long Beach. We went to Dead Man's Hollow, where ocean and river currents washed many shipwreck victims into a cove, located between North Head and Beard's Hollow.

Ilwaco, another fishing town, takes its name from "Elowahka Jim," an Indian who lived there and whose body was buried nearby, at the old light plant site. The fish docks were interesting to visit. Ilwaco has a population of only 550, but it is rapidly becoming known as the best salmon fishing port on the West coast.

Seaview is a community which adjoins Long Beach, to the south. A hotel and summer resort that were built in 1871 give the town its name.

One day we visited the Ark. This ark is at the dock at Nahcotta, the center of the oyster industry for the peninsula, and it is a curio shop specializing in products of the peninsula. It was fun to buy souvenirs here.

The mooring basin harbors laundries, dredges, scows and other vessels of the industry, and several canneries were located on the dock. Oyster beds surround the area, and many may be seen as the tide goes out. Untouched beds of small native oysters attracted the early settlers to this area in 1853, and for many years sailing vessels anchored offshore to fill their holds with these delicious shellfish and transport them to a ready market in California. As the native oysters were depleted the industry dwindled. However, with the introduction of the larger Pacific Oysters from Japan, the industry revived. Most of the oysterlands in Willapa Bay are privately owned, except for the state reserves. Oystering is similar to other types of farming. The seed is collected by the grower or purchased (from Japan.) Then they are planted by broadcasting the seed on the oyster beds. Later they are picked up, and transplanted to ground which is more suitable for growing and fattening. Finally, they are harvested by handpicking or power dredging, and hauled to the canneries for processing. Problems

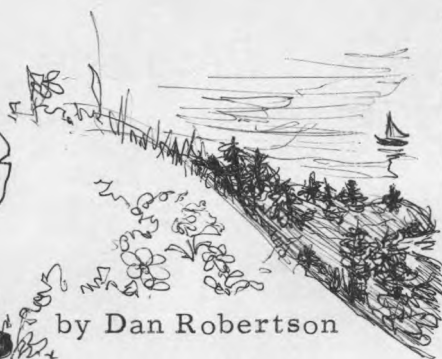
of farming on the sea, where you can't fence in your "ranch", include poachers and pirates, who of course, are jailed if caught.

Randy joined us on the weekend, and we took off to pick some wild blackberries. Along the way, we saw deer and bear tracks, which scared me, but I didn't say anything. We came to a creek with logs across it, and on the other side was more land, then a large river. We crossed the creek, and on our walk near the river we saw many beautiful wild birds. Coming back across the creek, I used a large stick to help me keep my balance on the logs. So I fell in. Right in the middle of the murky creek I was sure a bear got me, but it was just my stick, which had broken in two. You would think my son would have rescued me, but he was laughing too hard, and I was gathering moss, or whatever the green stuff was that was all over me and in my mouth. As soon as I got home, I rinsed my mouth with Listerine, and I don't know which was worse. That evening, we were playing cards when Donna called to find out when I was coming home, so she could take her vacation. I didn't want to leave, but I had to, so the following Thursday Randy and Pauline took me to Portland, where we ate lunch and went through the Frank Lloyd Wright mall, which was beautiful. We had a cocktail, and it was time to leave. This time I wasn't so afraid, and then the pilot announced that we would have to wait for awhile, because one of the brakes had fallen off. Finally we took off, and the lady next to me was saying her prayers. But I had taken out an insurance policy, so either way everything would be fine for someone. But we landed safely, an hour late, in Oakland. I phoned Linda Werner, and she called Rosey to tell him to come get me. He was glad to see me, which made me happy. I told him how sorry I was that nothing had happened on the plane, as his wife would be a rich woman. (As a matter of fact, I might have been the savior of this paper!) But Rosey gave me the Devil, and took me back to work. I really had a grand vacation -- and I wish I were still there!



# View from the Nob

by Dan Robertson



I stalked off to Nicholl Nob the other morning, in a sort of cobalt blue funk. With important things to do that day, I discovered that one car had a dead battery. While I was taking the battery out to get it recharged, I discovered that the other car had a flat tire, and the spare was flat, too, and my bicycle tire was flat, and when I found that the Point Counterpoint was going to discontinue publication, and I realized that Reagan will be re-elected, and that engineers are going to let a freeway vomit its traffic right into Point Richmond, and that vintners might raise the price of wine by another dime.

No doubt it is mentally healthy to stick around and face your problems and, by persistence, overcome them, but I have never claimed to be mentally a Jack Armstrong, the All American Mumblewit, so I left all those problems and walked up to Nicholl Nob. From there, I saw a bunch of little children playing games in Washington Playground. They were skipping rope and playing hopscotch, which is a diversion for them, since the most popular game for kids around Point Richmond seems to be dropping coke bottles on the street so that they break, and pushing each other around. I have yet to see a single game of Hide-and-seek, Kick-the-Can, baseball or tag played in or around Point Richmond, except that morning on Nicholl Nob, but I have caught plenty of kids playing with matches in the bushes by the Baptist Church, and spraying the buildings on Washington with obscene words in red Day-Glo paint, and where is your kid right this minute???

Still, they were a nice-looking bunch of kids, racing around the playground, too far away for their shouts to reach me, caught in the lovely childhood time when they are old enough to go to the playground by themselves, but too young to be dope fiends, yet.

Not so the young couple I talked to on Nicholl Nob. They were leaning against the fence by the tumbledown watertank, dressed in raggedy blue jeans and blue workshirts. They were off in that particular and peculiar Nirvana of speed freaks, and they looked lonely and alone, in spite of the fact that she had her hand inside his shirt, and he had his hand inside hers. They were dreaming some far away dreams, in the cool morning sunshine. Doubtless, they could not hear the children in the playground, either, though their ears could have heard more clearly than mine the shouts of childhood, since they were not so very far removed from racing around playgrounds themselves.

"Morning," I said, because I had to pass by them and disturb them, "Nice day."

The girl smiled vaguely, and the man said, "Did you ever wash your hands and face with peanut butter? Did you ever wash your whole and complete body with peanut butter?"

"No, not yet," I said truthfully, and he nodded his head seriously, as if he had just had confirmation of an important idea.

Then he took his hand out of the girl's shirt and pointed to a plastic cup lying in an eroded gully a few feet away.

"See that cup?" he said, "That won't disintegrate. We'll kill the earth with plastic cups. Integrate, disintegrate, integrate, disintegrate, integrate, disintegrate." He said it over and over, a chant, his pointing finger keeping time, until the girl took his hand and placed it close to her again and they went away to the other lonely place.

I walked over to the side of the hill facing Keller's Beach and lay down in the dried grass. It was quiet there. I could hear the earth, and the rasping of creeping things in the grass, but that was all. I closed my eyes and thought I could hear that plastic cup rattling around the rocks on the Nob. I could see myself long gone from my body, and the young couple old and wrinkled, feeble, and the kids in the playground all bald and fat, and that same plastic cup rattling around the gullies of Nicholl Nob for all time. Cortez, we have discovered the Fountain of Eternal Youth. Its name is Plastic. That man said we will kill the earth with plastic. (page 17, please.)

# 5. Current Evaluation of Television Programs (Cont.)

**Please Don't Eat the Daisies**—A good show for family audiences. Warm and pleasant. Well written.

**Popeye Cartoons**—Rough and rowdy. Physical force settles all problems.

**Perky Pig Cartoons**—Mediocre animation. Crime situations and excessive violence.

**Ramar of the Jungle**—An atrocious live-action jungle series. Highly objectionable for children.

**Rat Patrol**—War-is-a-game violence. Historically distorted. Frightening.

**Restless Gun**—Better than average western. Unsuitable for younger children.

**Rifleman**—Appeal in father-son relationship, but too much crime and violence for children.

**Rinocord**—Melodrama. Usually not excessively violent, but too tense for untended children.

**Romper Room**—This program varies from city to city, where it is presented "live" by a local woman using the format materials. NABB has checked showings in Los Angeles and Boston. In these communities the show has little constructive value, and what there is is destroyed by excessive commercials. A waste of time.

**Room 222**—This show is the most delightful surprise of the new season. Funny, and completely natural in its integration of black and white students and teachers. Excellent scripts, production, and performance. Recommended for everyone.

**Roy Rogers**—A prime example of violence-for-fun entertainment. Murder, dull-witted reactions to story situations and unacceptable philosophy.

**Samson and Goliath**—A dismal show with a super boy and a super dog. Do not confuse this with the delightful little Davy and Goliath church series.

**Scooby Doo**—May be entertaining for older children, but too grotesque and weird for the young ones. Crime story themes.

**Shazran Cartoons**—Child characters in constant peril. A bad show for youngsters.

**Sheriff of Cochise**—Not a western. Modern community crime and brutality. Excessively violent.

**Sky Hawks**—Animated adventure not very well done, with youngsters among

the characters in very terrifying situations. Many commercials. Not suitable for children.

**Smokey Bear**—This is a disappointment because of lost opportunity to do something really important. The integral conservation theme is reduced to platitudes. Nothing but superficial involvement.

**Spider-Man Cartoons**—Irresponsible terror.

**Superman Films**—Murderous, excessively violent preachment of totalitarian ideology. Superman, as the benevolent dictator to his friends and the all-powerful destroyer of his enemies, has set the pattern for much of what is wrong with entertainment on commercial tv. Society, without Superman, is defenseless against the forces of corruption. The show distorts basic democratic concepts.

**Tarzan**—Thin and confusing story themes with a hokey jungle background. A poor show for small children.

**Three Stooges**—Distasteful slapstick, crude and witless. Bad for children.

**Time Tunnel**—Pseudo-scientific distortion of history. Emphasis on catastrophe. Not for children.

**Tom and Jerry Cartoons**—Much action. Very little plot. Ridicules authority. Unsuitable for children.

**Top Cat Cartoons**—Situations adult in tone. Unsuitable for children.

**Twilight Zone**—Adult drama. Some violence, but most episodes suitable for children if other family members are present while viewing.

**Ultraman Cartoons**—Ultrabad animation of ultrabad story material.

**Dick Van Dyke Show**—One of the brightest comedy series ever produced for television.

**Voyage to the Bottom of the Sea**—Originally produced for ABC when networks competed to originate the most nightmarish shows. A bad show for children, with fright-inducing devices built around incredibly far-fetched stories.

**Wacky Races**—Frantic animation. Action, action, action. This is a non-stop race and chase show dedicated to things going on, no matter what or why.

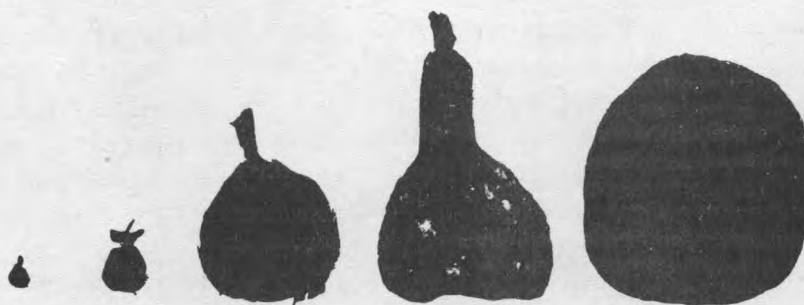
**Wild Kingdom**—Wild life in its natural habitat. NABB has recommended this show from its inception, but regrets the loss of dignity in making its principal character the pitchman for Mutual of Omaha Insurance Co.

**Wild, Wild West**—CBS has dropped this in its partial cleanup of excessive violence, but it will most likely be back in non-network time periods. Parents should remember that the earlier episodes of Wild, Wild West contain some of the most frightening and sadistic elements ever produced for tv.

**Wonderful World of Disney**—Often a highlight of the week's schedule. Recommended with the reservations that parents be on the alert for violence and distortion of plot or values. Some Disney scripts alter the basic content of classic literature. Scenic backgrounds and wildlife photography are outstanding.

**Young People's Concerts**—Only a few each season, but they are delightful and worth seeking out. One of television's very few outstanding music programs.

**Zane Grey Theater**—Zane Grey would spin in his grave if he had to see these. Callous, brutal, distorted.



by Pat Gulton



# Current Evaluation of Television Programs (Cont.) 16.

**King Kong**—Not as offensive as some series, but still too violent and terrifying for child audiences.

**Kit Carson**—Typical half-hour westerns.

**Lancer**—This is essentially a western crime show unfortunately (and no doubt purposely) scheduled in early evening time to draw the largest possible number of child viewers. Tense and violent.

**Land of the Giants**—Technically unimpressive and obviously subjected to budget limitations. Little people and giants. Crime and violence are dominating factors. This is a gimmick show highly objectionable for child audiences.

**Laramie**—Extremely violent and brutal. Highly objectionable for children.

**Lassie**—NABB has recommended this program over the years. It has many merits. In spite of these merits, however, the committee has severe reservations concerning elements such as the January 1970 episodes in which Lassie is injured and kept in constant parents beware. way to upset children is to harm animals they love.

**Laugh-In**—This show has much content in addition to its risqué lines and situations. A great deal of the material is very funny, and the satire is sharp and penetrating. The NABB committee reminds parents that Laugh-In has a substantial influence on the attitudes of juveniles and that the content of the program, including the innuendoes and double entendres, is discussed and understood by millions of youngsters. Parents need to make a thoughtful decision regarding the acceptability of this program for their family groups.

**Laurel and Hardy Films**—Basically delightful entertainment usually dissipated by butcher-type editing to allow integration of commercials.

**Lawman**—Tough and rough western with a sheriff who shoots often and misses seldom.

**Leave it to Beaver**—Recommended as one of the better shows among the older comedy series.

**Linus the Lionhearted Cartoon**—Re-runs, but they are much better than most tv animation. Recommended.

**Lone Ranger Cartoons**—A crude distillation of the bad elements of the Lone Ranger live action show. Animated and excessively violent mediocrity.

**Lost in Space**—During this show's later stages on CBS the producers eliminated some of the excessive violence. Now in syndication, apparently all of the fright and horror episodes are included in the package. NABB suggests: parents beware.

**Magilla Gorilla Cartoons**—Noisy, heavy-handed cartoons produced by the Hanna Barbera animation factory. Mediocre and insensitive. Objectionable for children.

**Make Room For Daddy**—Danny Thomas with an excellent cast and quality writing. Recommend for all audiences.

**Man From Uncle**—Horror, sadism and brutality, masked by a veneer of ersatz comedy. NBC kept this on the air for a long time, but finally bowed to public opinion and took it off the network. It is now widely syndicated. NABB believes that this is one of tv's most objectionable shows for children.

**Marine Boy Cartoons**—One of the very worst animated shows. Child characters in extreme peril. Expresses a relish for torture and destruction of evil characters.

**Mayberry, RFD**—Appealing characterizations and gentle humor. Recommended for all audiences.

**McHale's Navy**—Tiresome and unpleasant variation of the war-is-a-lark theme. Not for children.

**Mighty Mouse Cartoons**—Poor quality animation on the discredited superman theme. Cruelty. Continuous physical conflict.

**Mike Hammer**—One of the most brutal series ever produced. Sadism, kill-for-thrill, stranglings. Violence by and upon women. Degrading—highly objectionable for all youngsters.

**Milton the Monster Cartoons**—Tasteless and grotesque animated monsters.

**Mission Impossible**—Well written melodrama with first-rate production. Not for youngsters. Entertaining, but NABB director Robert Lewis Shayon, tv critic for Saturday Review, points out that protagonists interfere extra-legally in the internal affairs of other countries. Ostensibly initiated by U.S. State Department, this provides the whole philosophical basis for the series.

**Moby Dick Cartoons**—Huge, horrible monsters. An ugly show with meaningless story content.

**The Monkees**—Re-runs. Amusing nonsense.

**The Monroes**—Scenically attractive western ruined by brutality. Kids in cast in constant peril.

**The Munsters**—Too grotesque for children. Grandpa is a vampire. Disturbing story themes.

**My Favorite Martian**—Entertaining. Refreshing attitude toward unknown elements of outer space.

**My Three Sons**—Bright and entertaining.

**My World, And Welcome To It**—One of the bright surprises of the new season. Uneven, but the good episodes are close to Thurber at his best. Very clever integration of animated sequences. Highly recommended for family viewing.

**The Nanny and the Professor**—Another motherless family situation comedy..

**National Geographic**—Aired on an irregular schedule, these rank with the Cousteau specials as the finest programs of their type ever produced for tv.

**Nature's Window**—This is not a complete show in itself. It is a collection of 120 five-minute segments that are usually integrated into daytime programs with other materials for child audiences. The Nature's Window segments are beautiful full-color vignettes of American wildlife that will delight both child and adult audiences. They have been created from 55,000 feet of film which is a lifetime monument to the professional skill, patience, and dedication of the late Wyoming conservationist, William Eberhardt.

**Outcasts**—Unique because this western stars talented black actor Otis Young. Unfortunately, this is essentially just another crime-and-violence series.

**The Outsider**—Forced off NBC by public rejection of excessive violence. A tough show, objectionable for children.

**Penelope Pitstop**—Typical Hanna Barbera animation. The basis is chase and violence. Grotesque characters. Unsuitable for children.

**Peter Potamus Cartoons**—Grotesque.

**Pink Panther**—Mediocre treatment of what could have been excellent material. Sequences without continuity or motivation. Violence and brutality. Other cartoon segments are based on crime.

17. (View from the Nob, continued)

But I think he is wrong. The experts are all wrong. They say we are killing the earth, but they are wrong. They say plastic cups will not be broken down by nature, but they are wrong. If that cup is not broken down in a hundred years, it will be broken down in a thousand years, and if not in a thousand, then in ten thousand. Donna, Lucretia, Jerry, Dave, Doug, Hugo, Phila, all you people who fear for the earth, relax. Throw your plastic cups right down on the ground and don't worry. You will not kill the earth. The earth will abide. Of course, we will not. But it is a fair exchange. The earth was not put here just for us, and we were not put here just for the earth. We suffer each other. We are uneasy companions on a journey to an unknown destination, and I daresay we will be getting off before the earth does.

Though we scar the earth with our feeble wars and though we dam the streams with sewage and though we fill the clouds with so many heavy, noxious substances that the clouds scrape through the air in this, the year of our Lord, one thousand, nine hundred and seventy, the Age of Brown Air, never mind Aquarius, though we do all this, we cannot kill the earth. We will kill every living thing upon the earth but we will not kill the earth. We will turn the earth into a reeking ball of excrement sailing through an otherwise glittering universe, but no matter, the earth will not die.

Down there, far below us, is the crust, the mantle, the core. Down there are the vast caverns and canyons, the rivers of molten prehistory, the grinding and the cracking, the realignment and the breaking away of the earth that goes on and on, utterly unconcerned about what ephemeral things we do in this thin surface. What battles you have joined, what struggles you have endured here in Point Richmond make as faint an impression as does that cup upon the hard, eroded earth of Nicholl Nob. The earth is busy with its own task of building and struggle, but it does not build false monuments, it builds mountains, neither does it tear down petty obstacles, it tears down mountains. We cannot do as well, we can do as well as we can. We cannot kill

the earth. We can kill ourselves, and we are.

I got up and walked past the peanut-butter minded man and his girl down the hill to Keller's Beach. On the beach, I picked up a stone to skip, and discovered that I held a human face in my palm. At least it looked like a face. The sea, and shelled animals had formed a smiling face in the grey rock. Wet and shining, it looked like a whimsical, winking pirate in my hand. I thought I might take it home and show it to others. "Look at this face in the rock. Doesn't it look like somebody you know." and people might say, "By god, it does! It looks like..." and there could be good conversations over that strange, smiling face in the rock.

But I turned it over in my hand, and felt a chill, for the sea had continued the smile so that it formed a gaping, hideous face, like the eaten face of a leper I once saw in a picture, a wet hole of a mouth and a demented eye. It looked like the face was frozen in an eternal shriek.

I threw the rock back down into the water. The surf caught it and turned it over, now showing the face with the happy smile and the happy wink, now showing the agonized torn mouth and ripped eye, over and over, now filled with sand, now washed clean, now smiling, now screaming, as we all do, knowing that sooner or later, we will, each in his own time, be caught by some dark sea to tumble on a far shore.

## ~ MUSIC ~

The new Choral Arts, Inc., of Richmond, with events listed on the next page, is a new and blossoming organization, which promises to offer Richmond as much as it is able to absorb in the way of music. All types, and all styles will be worked with. Their plans are exciting, and their conductor able. One of the groups that we are most enthusiastic about, and will be spending some time on, is the Choral Arts group -- watch for their name, and if you sing -- sing with them!





# Choral Arts, Inc.

P. O. BOX 1642 □ RICHMOND, CALIFORNIA 94801

By PAUL HERTELENDY  
Tribune Music Critic

The Richmond Chorus is quite unlike any other chorus you may have heard. Its concerts are not a ritual but a revelation, and the net result for the listener is not a pastime but an experience. Vive la difference!

The group has fair voices but superb training which, if you think about it, is much more desirable than the tragedy of superb voices with fair training that one hears from some nationally famous choruses.

The most amazing aspect of this ensemble (which emancipated itself from its mother, Richmond Symphony, in 1969) is the way its events are choreographed by its director, Ron Daniels, a young man from the San Francisco Conservatory who manages to fuse his ideas and interests in choral classics, new music and a keen sense of theater, all at once.

The chorus moves freely about the hall. The bonds with the stage are broken.

The listener is transfixed. Listening becomes an active affirmation of an experience.

Choral Arts is a venture in music and people  
.....both as performers and audience.

Using last year's chorus as a nucleus, Choral Arts is offering five separate musical organizations.....

Mondays.....RICHMOND CHORUS a large  
(Sept. 14) mixed chorus oriented toward  
the classics in choral literature

Tuesdays.....EXPERIMENTAL CHORUS a  
(Sept. 15) smaller chorus devoted to the  
classics and contemporary  
literature as well as newer  
concepts of sound

Thursdays..... RICHMOND CHAMBER ORCHESTRA  
(Sept. 17) a chamber orchestra for all  
members of the community, for  
reading and performing orchestra  
repertoire

all rehearsals at Kennedy High School  
in the choral room at 7:30

Boys Chorus.....being offered in conjunction with  
the Y.M.C.A. Address all in-  
quiries to the "Y."

Chamber Chorus.... offered on an audition basis  
only. For information write to  
Choral Arts, Inc., or call  
452-4752. Ten to 14 members.

Choral Arts, Inc. is a new kind of musical organization designed to fill today's musical needs; to create new outlets and opportunities for musical growth and experiences for all members of the community.

Choral Arts views self-expression in the arts as one of the vital needs of individuals in today's culture.

We would like you to come join one of our performing groups, or make a commitment with yourself to attend just one of our concerts to see what is happening right in our community, or to become a contributing member of Choral Arts, Inc. by returning an income tax deductible donation in the enclosed envelope. All contributing members are listed in our programs.

# ~ Letters ~

Dear Editor:

No group could be more in anguish about your ending the "Point Counterpoint" than the Contra Costa Shoreline Parks Committee. From its beginning in Jan., 1968 until today, week after week you have given great coverage to our desperate cries for a shoreline-Hillside Park. Without you, our East Brother Island Lighthouse campaign could not have been carried out. Our outings and various activities would have gone unnoticed. Please accept our appreciation for all the wonderful work.

Sincerely,  
Louise Hammond

Dear Editor:

The immediate reaction to the news that you are going to give up all that hard work is "Oh, no, you can't stop." But how many of us who are saying this have really supported your efforts. Too few -- and I am one of those. It is one thing to submit an item or an article from time to time, but to do the work that you have done, week after relentless week takes a kind of dedication that is rare in our frenetic culture.

I am so sorry that you are giving up but also I have the greatest empathy for your decision. Many thanks to you for providing a truly unique journal of communication for the residents of this unique community.

It is hard to believe that there is not someone or a group of someones around this supposedly aware and lively area that would like to at least make an effort to carry on.

But in any case, I wish you many happy and relaxing Thursday nights in the future.

... Thea Robertson.

And, from Japan....

Dear Editor:

This is a lovely way to spend a Friday. Outside Anita's high winds are bending trees and antennas and her rain is leaking through our windows. Last Saturday, Wilda paid us

a visit, and snatched a neighbor's roof on her way north.

Iwakuni summers are exciting, climatically speaking. We get loads of rain from mid-June to mid-July, hot humidity from mid-July to August and then typhoons to round out the season.

The last trip we took was before all this madness began. While the Point was celebrating the 4th in its glorious way we were traveling over the inland sea by auto ferry to Shikoku, the Island to the east of us. In Takamatsu we strolled around Ritsurin Park, a beautiful classic garden of serene ponds and rippling streams crossed by wooden bridges. Back on Honshu we drove to Bizen to see the crude attractive pottery the town is famous for. The drive home of approximately 199 miles took over 4 hours. Main highways in Japan are still 2 lane and go through every small town.

(With great regrets, we have to skip a portion, due to waning space)

Wives in Japan are modest - one never sees them in their underwear. Instead, when the sun shines fiercely they all don large hats or carry parasols to protect their complexions. My students were aghast when I told them I deliberately sunbathe. If a woman is fair (so the proverb goes) she will be forgiven the 7 faults. What are they? 1. Laughing without covering the mouth, 2. Walking with a long stride, 3. looking a person directly in the eyes, 4. not walking pigeon toed, 5., not following 3 paces to the rear of a man, 6., being endowed with a generous bustline, and 7. talking loudly. A common sight is a young mother pedaling a bicycle with a baby on back and umbrella in hand. A marvelous feat of balance, I believe.

To the Japanese the children are treasures. They are indulged, played with and catered to.. Dr. Spock's blood would run cold. Toy stores and candy stores are filled with delightful things for them. Very small children are rarely allowed to walk, they are never slapped, but are entertained and diverted constantly. All of you strict disciplinarians will be relieved to know that this stops at school-age, for at school the children are expected to and do behave.

For all you children who are sadly watching vacation end, Japanese children have only 1 month, from mid-july to mid-August.

.... Susan Egusa





# Reigning the Younger generation

September 4, 1970 20

## Let's talk About Food



A. NAME these foods:

1.  \_\_\_\_\_ 2.  \_\_\_\_\_

3.  \_\_\_\_\_ 4.  \_\_\_\_\_

5.  \_\_\_\_\_ 6.  \_\_\_\_\_

7.  \_\_\_\_\_ 8.  \_\_\_\_\_

9.  \_\_\_\_\_ 10.  \_\_\_\_\_

11.  \_\_\_\_\_ 12.  \_\_\_\_\_

NOW: think about these

- What is your favorite of number 7? \_\_\_\_\_
- Which numbers are good for making a sandwich? \_\_\_\_\_
- Which two foods would you like to eat if you were a rabbit? No. \_\_\_\_\_ & No. \_\_\_\_\_
- What would you like to feed your pet mouse? No. \_\_\_\_\_
- Number 6 is good for picnics. What is another name for h\_\_\_\_\_ d\_\_\_\_\_? \_\_\_\_\_
- Which numbers do monkeys eat? \_\_\_\_\_

## "Turning On"

What do we turn on:

① At night when it gets dark? \_\_\_\_\_

② To watch our favorite program? \_\_\_\_\_

③ To cook our breakfast? \_\_\_\_\_

④ To listen to music? \_\_\_\_\_ or \_\_\_\_\_

⑤ To warm up the house when it's cold outside? \_\_\_\_\_

★ — ★ — ★ — ★ — ★ — ★ —

## "Opening"

What do we open:

① When we feed ourselves? \_\_\_\_\_

② When we get out the milk? \_\_\_\_\_

③ When we wake up? \_\_\_\_\_

④ To read a story? \_\_\_\_\_

⑤ To get a dress? \_\_\_\_\_

★ — ★ — ★ — ★ — ★ — ★ —

## "Closing"

What do we close:

① When we chew our food? \_\_\_\_\_

② To keep the flies outside? \_\_\_\_\_

③ When we go to sleep? \_\_\_\_\_

④ When we make a fist? \_\_\_\_\_

⑤ To keep our dog inside the yard? \_\_\_\_\_



21 **Herman Joker** sends us  
some Riddles

1. What did the adding machine say to the clerk?
2. What did the mayonaisse say to the refrigerator?
3. What did one wall say to the other wall?
4. Why did Herman throw the butter off the Empire State Building?
5. What is yellow and dingle-dangles from the ceiling?

For the answers, hold this part up to a mirror.

① You can now read it  
② Close the cover  
③ Meet me at the corner  
④ He was at the bottom  
⑤ A yellow dingle-dangle

**Landmarks in These United States**

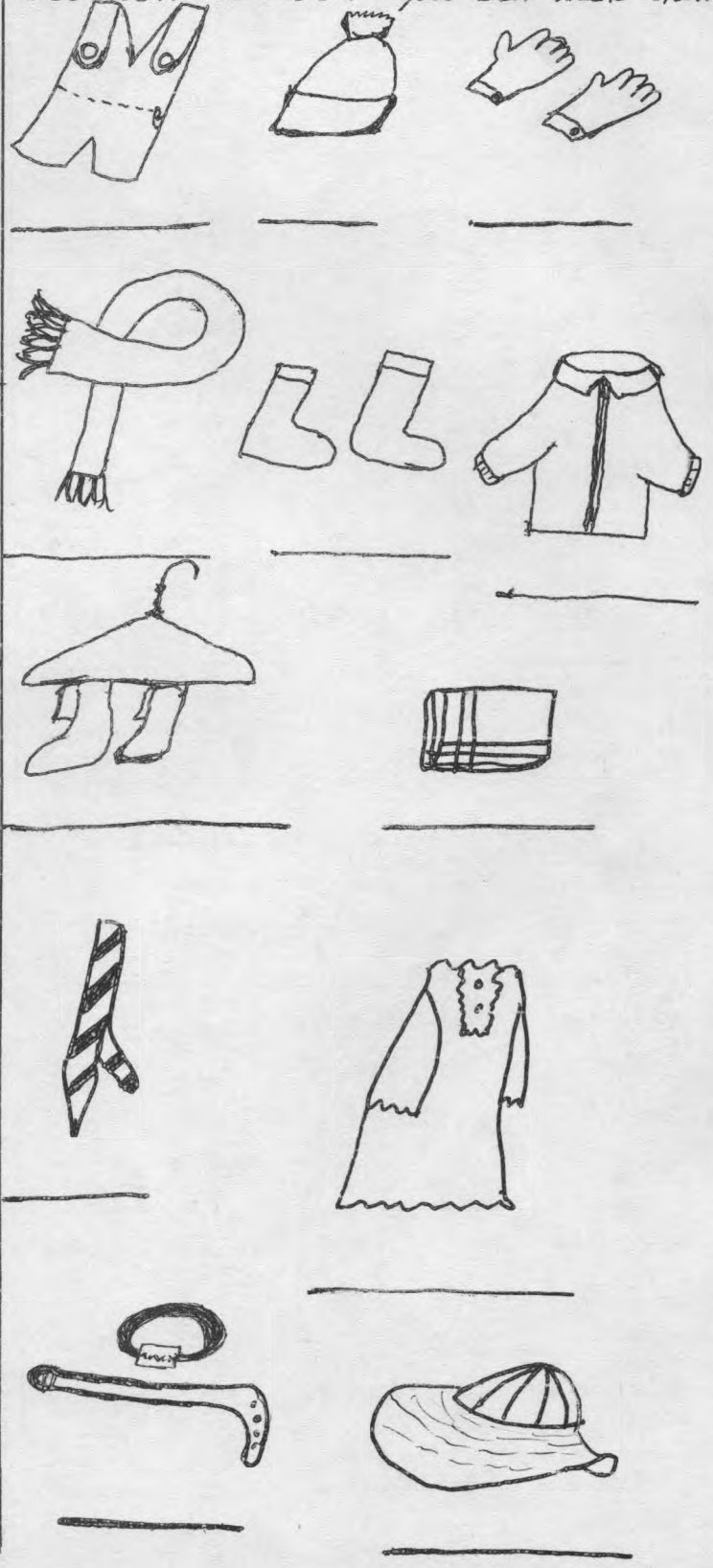
In what state will you find:

- A. The Grand Canyon? \_\_\_\_\_
- B. Niagara Falls? \_\_\_\_\_
- C. The Empire State Bldg? \_\_\_\_\_
- D. Disneyland? \_\_\_\_\_
- E. Mount Rushmore? \_\_\_\_\_
- F. Pikes Peak? \_\_\_\_\_
- G. Mormon Tabernacle? \_\_\_\_\_
- H. Golden Gate Bridge? \_\_\_\_\_
- I. Lincoln Memorial? \_\_\_\_\_
- J. The Alamo? \_\_\_\_\_
- K. Mount McKinley? \_\_\_\_\_

Answers: ① Arizona ② New York ③ New York  
④ California ⑤ South Dakota ⑥ Colorado  
⑦ Utah ⑧ California ⑨ Washington, D.C.  
⑩ Texas ⑪ Alaska

What are the names of these **CLOTHES?**

See how colorful you can make them.





# HEALTH Comes first

by A. H. MEADS

## Why "Balanced" Diets Often Fail

In recent years there have been dozens of "balanced diets" offered to the American public. Books, magazines, daily newspapers - all have championed some special diet. Millions of words have been published to prove that certain menus contain the proper number of calories, vitamins, etc.

Unfortunately, most of these dietary planners have all made one common mistake: they neglected to mention the three main factors which can "unbalance" any menu ever designed. They spend too much time telling you which foods to select, and they kept giving you elaborate charts on calorie-counting.

Meanwhile, however, many of these health experts forgot to warn you about three important rules. No matter how wisely you choose your food for any meal, you must also pay attention to these three facts:

1. The order in which you eat your food.
2. The temperature of food when it is served.
3. The preparation of food, the method of cooking.

The "balance" in a balanced diet will definitely disappear unless you follow the proper procedure in these three areas. Your food cannot be digested and assimilated correctly if you ignore any of the three points listed above.

Modern research continues to show that milk is helpful as we assimilate our daily diet. One group of people is known to drink more milk - and less coffee and alcohol - than the average. It is quite possible that this wise course is an important factor in their general good health.

A survey has been under way for several years among 60,000 adventists throughout California. In April of 1958 a report was given to the California Medical Association by Dr. Ernest L. Wynder of the Sloan-Kettering Institute of Cancer Research in New York, and Dr. Frank R. Lemon from the College of Medical Evangelists in Loma Linda, California. Their hospital records showed 90% less Cancer cases and 40% fewer heart attacks among adventists compared to non-Adventists!

The impressive size of this study - among 60,000 persons - makes it a real contribution to science.

And, in view of the results, I consider **22** it a fine testimonial to the value of milk as a dietary aid.

## Drink Milk To Reduce "High Tension"

Milk has oil-soluble vitamins within its liquid state. Without such oil-soluble vitamins, bodily organs lose their power to assimilate the principal parts of food. The secret is to avoid water, coffee, tea, soft drinks. rely on whole milk!

My point is this: within one family there can be a wide variety of drinking habits. All members may eat the same solid foods, but they take different liquids, at different temperatures, at different times in relation to the meal. (Even this timing is important - you must know which liquids to drink before your meals and which liquids to drink during the meals, and after you finish eating.)

There is a science to the order of eating. Certain food conflict with each other during the process of digestion and assimilation... so we must understand when to eat each food during the course of the same meal.

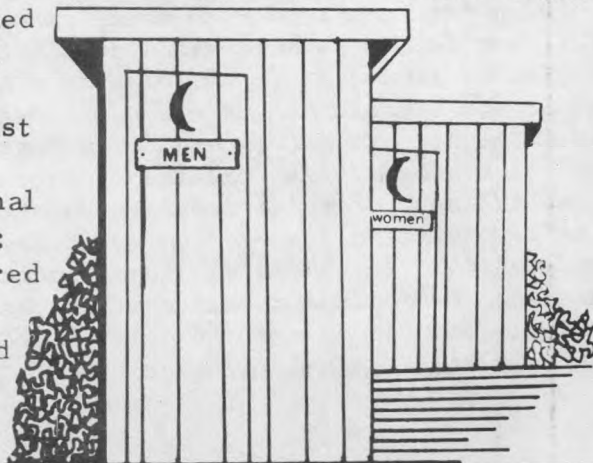
When foods reach the stomach they can react upon one another, in certain cases we may lessen or nullify the food values before they have a chance to be distributed throughout our blood stream.

Many parts of your body require oil-soluble vitamins for specific nourishment. My program is designed to give you the "oils" you need for better health.

When I use the expression "Dietary-Oils," I mean those oils in foods that contain oil-soluble vitamins, the unsaturated fatty acids, organic iodine and other natural factors. The following foods are the most important sources of high-grade nutritional dietary oil:

1. Cod-Liver Oil.
2. Whole Milk.
3. Butter (unsalted, not whipped).
4. Natural Cheeses.
5. Fish body oils.

✱ THE latest thing in portable buildings, designed by and for the East Bay Regional Parks: Featured in untreated red-wood.



23. **ORGANICALLY SPEAKING**  
by a. h. meads

Good evening ladies and gentleman, I suppose by now you have started to select your vegetable crop for next year, and making space in your garden to become an organic gardner.

I overheard some interesting information this last week, which leads me to beleive that there are a few people at least who are interested in Organic Gardening. Seem like there were a few inquiries at the Public Library, this is a very good sign; "GOOD GARDENING".

**Organic Classrooms Are Here !**

Colleges, schools, every phase of American education have all caught the organic spirit - as new down-to-earth courses start meeting today's demand in our hall ( and fields) of learning!

An educational explosion is taking place right now. Its fuse is the galloping ne intrest in getting back to the land, teamed with a parallel intrest in naturally-grown foods. Its target is the classroom curriculum - be it grade school, university, extension course or the local community center. And its aim is bringing the chance to learn about organic gardening and farming methods at scholastic levels to so many thousands now seeking it.

Just as surely as the engulfing problems of pollution have roused millions to environmental action, so too have modern abuses in agriculture stirred people to do something - especially for themselves and the future - about it. The two aspects are closely, inseperably entwined. More and more at every age have awakened to the death knell for natural resources being tolled by pesticides and sprays, weed-killers and chemical fertilizers.

Increasing numbers are realizing the difference between pollution-causing waste handling and the recycling methods that return organic materials to the soils needing them.

Everywhere you look - in every corner of the U.S. and beyond - there are signs that the educational explosion is building to a higher crescendo. Young people and old ( and plenty in between ) are determined to do something positive about their feelings of urgency and frustrations. They're learning organics. They're appealing for - often insisting on - courses that incorporate natural gardening methods, biological insect control, soil conservation, composting and all other facets, along with updated ecology coverage.

**FOUND**

MALE, SILVER-GRAY SHAGGY DOG.  
Poodle-type. Call 235-2835, if it's yours.

**WANTED**

FURNITURE - for as low a price as possible, by students who must move: Sofa-Bed, Chest of Drawers; Small dinette set with chairs; Double Bed (orbox springs & mattress); Stove (gas, preferably); Refrigerator; Washer and Gas Dryer. Please call: 234-2036.

WAITRESS: Part time, from 11:30 a.m. to 1:30 p.m. Call 232-6774.

**TO RENT:**

Three or Four-Bedroom Home needed des- perately. Mrs.R. Walker. 237-7778

Two-Bedroom Flat or Duplex, for family with 5-month old child. Up to \$125. Unfurnished. Call (message phone) 237-3453.

One or Two-bedroom Apartment. Up to \$150. No pets, no children. Single. References. Call 752-4307 eves.

COMIC BOOKS: Interested in Buying, sel- ling or trading. 232-7440 ,Greg Brock.

OLD NEWSPAPERS: Job's Daughters, call 234-0814.

OFFICE EQUIPMENT, needed by Huscicon. Addressing equipment, polaroid camera, staplers. call 235-6347.

**FOR RENT**

HOUSE, in Point Richmond, 1 block from water. View. Three bedrooms, 2 baths. 2 Fireplaces. Rumpus room. Call 234-8218.

**FOR SALE**

WHITE SHOE SKATES. Girls. Almost brand new. Call 235-3897.

COCKATIEL BREEDERS. \$7.00 each. Call 233-9477.

STOVE: Occidental Automatic. White. Excellent condition. \$100. Call 234-5746.



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## FREE

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BEAUTIFUL fluffy Kittens. Gold, silver  
Black, striped. One month old.  
Phone 235-1547 or see at 428  
Washington Ave.

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## FOR SALE (cont.)

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OAK Firewood. \$40 per cord, \$23 per  
half-cord. Call after 6 p.m.  
232-8706.

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LATE MODEL Kenmore Electric Stove  
Timer. Oven never used. White,  
30". Large oven. \$65. Call  
LA 5-8006 or 234-7505

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FOLDING PLAYPEN \$6. 237-1658

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FOR SALE (or trade) BY OWNER -  
MODERN TRIPLEX in Point Richmond.  
Two large two-bedroom units, one  
open plan one-Bedroom unit. Low  
maintenance design and construction.  
Low vacancy rate. Reasonable rents.  
Reasonable price. No hurry involved.  
PRINCIPALS only. Please call:  
368-8431 in Redwood City, for further  
information.

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## SERVICES

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Three-to Four-Piece BAND  
for private parties. Not yet booked for  
New Year's Eve. Call H. Moll,  
234-8667.

---

DRESSES HAND-MADE. For little girls  
and young ladies. Terms settled in-  
dividually. Call Barbara Foth, 237-  
1658.

---

BABY SITTERS:  
Darlene Austin: 234-6037  
Helen Mailo, in my home, weekends.  
3 yrs. and up. 232-3429  
Day Babysitting in my home: 237-7808

---

IRONING & MENDING in my home. Mrs.  
Beardsley: 234-0178

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CLOTHES ALTERATIONS: Reasonable rates.  
Professional Seamstress, in my home.  
Emelia Fornalski: 235-8894

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## SERVICES (continued)

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24.

WOODWORK: Fences to Furniture. New  
work and repairs. Reasonable.  
Call 525-7435 eves.

---

YOUR PORTRAIT in Oil. 2 to 3 sittings.  
Call Grethe Tedrick, for an appoint-  
ment. 234-0415.

---

ODD JOBS, garage cleaning, light hauling  
Call 234-8425.

---

CLEANING: Basement, garage, house.  
Very reasonable. 234-6037.

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## TEENS FOR HIRE:

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BABY SITTERS:  
Jennifer & Mike Allaire: 237-6191  
Cathy Enyeart: 235-9572  
Craig Healy: 234-6139  
Sherry & Loretta Mertle: 232-0995  
Melissa Martincich: 235-7306  
May Sinawi: 233-5742  
Linda Taylor: 232-8819  
Lisa Williams: 233-5211  
Wendy Wirth: 233-5618  
Debbie Welch: 234-1040  
Lisa & Michele Walker: 237-7778

HAULING: ODD JOBS  
Call Jerry: 232-3878

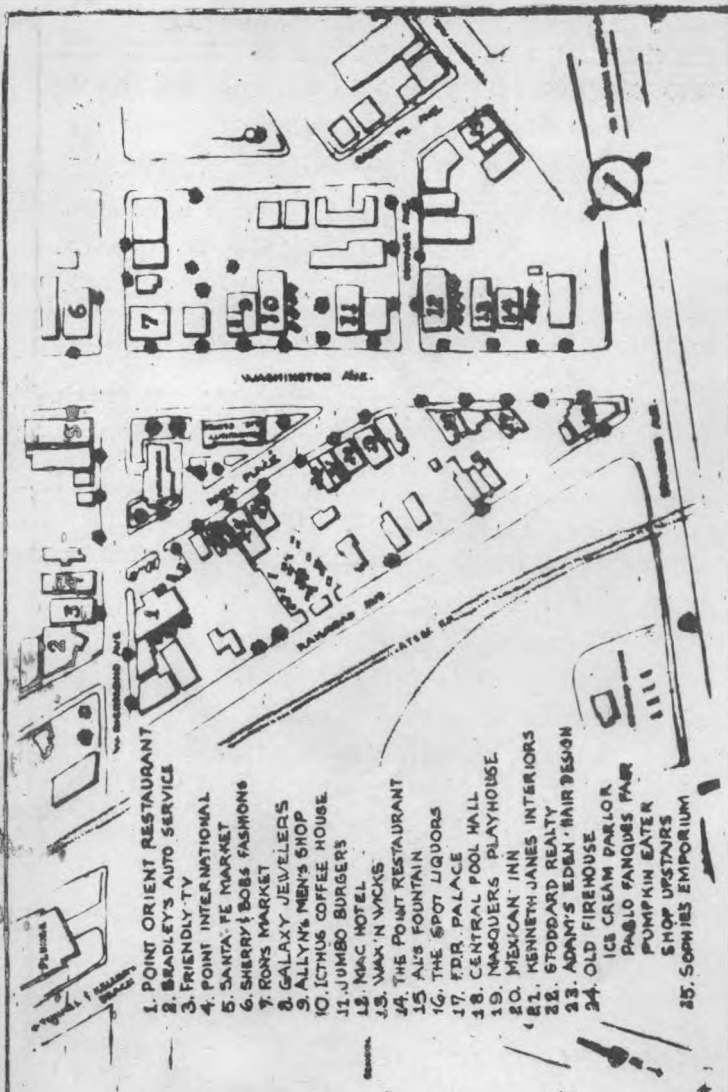
BABY SITTING & HOUSEWORK:  
Sherry Enyeart: 235-4972  
Debra Dustin: 232-6612  
Ellen Rasmussen: 233-1112

ODD JOBS:  
Geoffrey Williams: 233-5211  
Marion Tedrick: 234-0415  
Lisa Williams: 233-5211  
Michelle Healy: 235-3897

PET SITTING:  
Isabel Austria: 232-3429

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WEST RICHMOND MARTINA

SUNDAY CHURCH SCHOOL 9:45 A.M.

PUBLIC WORSHIP 10:00 A.M.

M.Y.F. YOUTH GROUP 6:30 P.M.



## Our Lady of Mercy Church

305 W. Richmond



SUNDAY  
MASS  
8 AM  
10 AM

WEEKDAY  
MASS  
7:30 AM

## POINT RICHMOND BAPTIST CHURCH



304  
WASHINGTON  
AVE.

CHURCH SCHOOL 9:45  
MORNING WORSHIP  
11:00 AM

BYF YOUTH GROUP 6 PM.

EVENING SERVICE 7 PM.

MID-WEEK SERVICE WED. 7 PM.

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