

POINT COUNTERPOINT

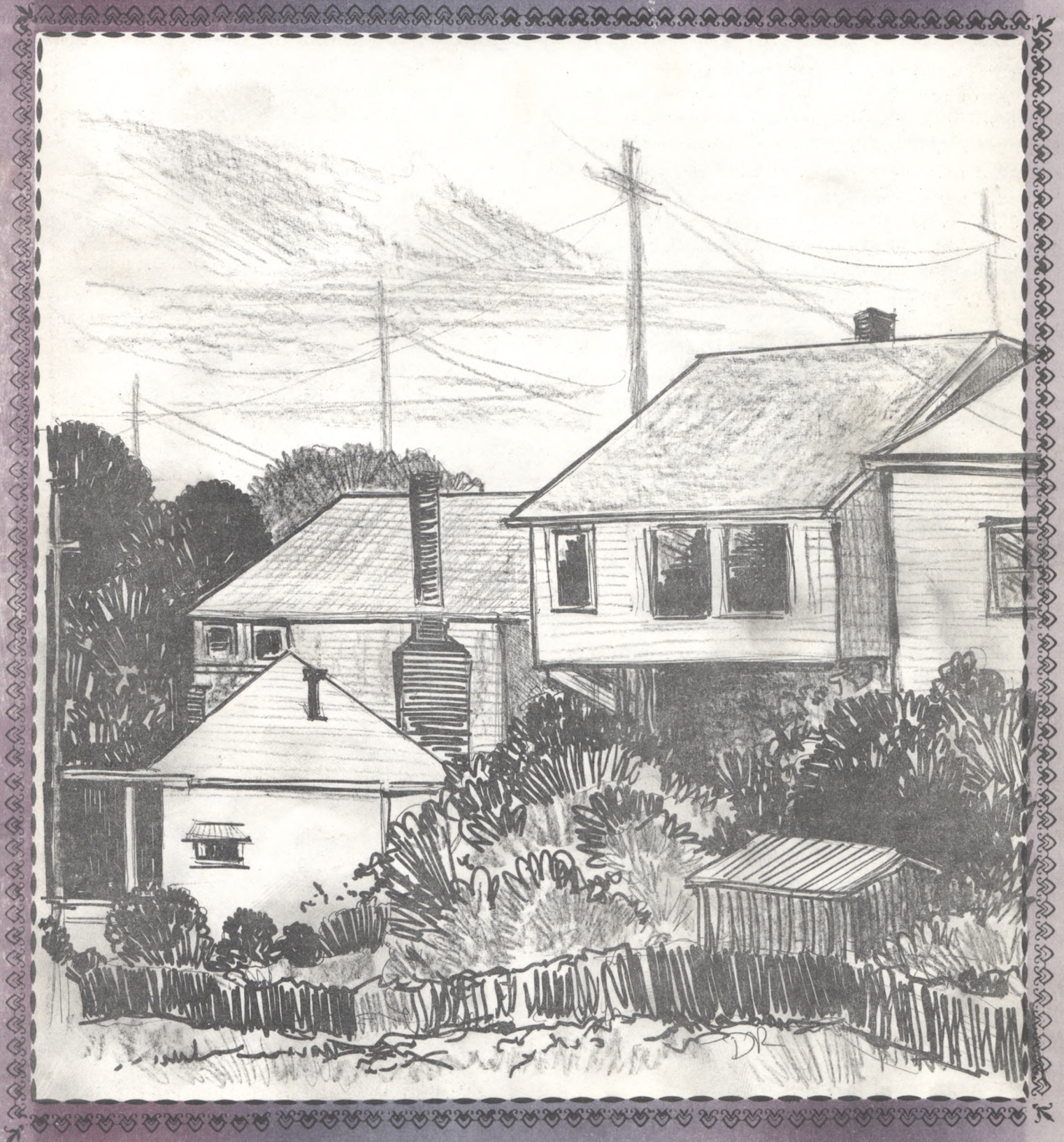
A JOURNAL FOR CIVIC COMMUNICATION

WEEKLY 10¢

VOL. I · NO. 16

JULY 24 TO 31 · 1970

POINT RICHMOND CALIFORNIA



1. HISTORIC RECOMMENDATION FOR EAST BROTHER!

On Wednesday, July 22, the quarterly meeting of the California Historical Landmarks Advisory Committee was held in Monterey. One of the functions of the Committee is to make recommendations to Mr. William Penn Mott, jr., the Director of the State Park and Recreation Department, who has been designated liaison officer responsible for nominations from the State of California to the National Register of Historic Places.

Since Mr. Joseph Salvato, Director of the Richmond Recreation and Parks Department, had submitted an application, in conjunction with the Contra Costa Shoreline Parks Committee, that the East Brother Island Light Station be nominated for the National Register, he was notified of this meeting, and invited Mrs. Veil Hammond, chairman of the Contra Costa Shoreline Parks Committee, and Mrs. Thomas Edwards, vice-chairman, to attend with Mrs. Salvato and himself.

Because the first part of the Committee's heavy agenda was devoted to consideration of applications for registration of Historical State landmarks, the Richmond contingent was able to observe the procedures and working relationships of the California Historical Landmarks Advisory Committee, and was extremely impressed with the competence and erudition of the group. The seven members come from seven geographic areas of the state and are knowledgeable, sophisticated and extremely capable in evaluating the applications that are brought to them for their consideration. The Committee is required to have an architect, an archeologist and a historian among its members, but it soon became apparent that the entire committee is exceptionally well qualified as is the staff that is assigned to assist them.

It was not until past noon that the Committee finished the exclusively California part of its agenda, and turned its attention

to nominations for the National Register of Historic Places. Tension had been mounting in the Richmond group, since there were eighty-one nominations on the list and many of them were famous. But it turned out that this was the first time that the Committee had been asked to consider the list of nominations for the National Register of Historic Places, and, while selective, they welcomed the protection that the National Register will provide for many of the unique and meaningful buildings, towns and areas of our state. Sixty-one of the eighty-one nominations were accepted by the Committee and the East Brother Island Light Station was one of them! The recommendations of the Committee will now go to Mr. Mott, who as Liaison Officer will forward them for the evaluation of those on the Federal level responsible for the National Register.

So it would be premature to schedule a Victory Ball to celebrate the "Rescue of the East Brother Island Light", since we all know that there are fits and starts and endless delays in a matter of this nature, and that it is folly to assume that all is well and that we may not be called upon for further efforts. But because this is an encouraging step forward, it is an appropriate time to thank all those who have joined the Contra Costa Shoreline Parks Committee to save the East Brother Island Lighthouse Station, and to assure them that with their continued support we will persevere until the rescue is complete.



Merry MARY

The Masquers' "Mary Sunshine" begins this weekend, and will continue to delight weekend audiences until August 29. Call for reservations (after 5), 843-5475. The curtain goes up each Friday and Saturday night at 8:30, for an evening of bright, spoofy musical entertainment. Don't miss it.

COUNTRY MUSIC

This Sunday is the last Sunday-in-the-Country Concert at Port Costa. At 3 p.m. in the outdoor theater, "Bluebeard's Castle" by Bartok will be presented. The El Sobrante Art Guild has been exhibiting each weekend in Port Costa also, so watch for their exhibit if you're in Port Costa on a week end.

MARCHING BAND MUSIC

On Monday, July 27, the University of California Marching band will give a Welcome Home Concert, featuring all sorts of hoopla at the San Francisco Opera House at 8:30 p.m. Who are they welcoming? The University of California Marching Band! Where have they been? On a cultural tour of Japan, for a month. The band has a tremendous repertoire, and the Welcome Home Concert should be thrilling to anyone who enjoys band music. Tickets are being handled through John Kornfield Associates, 870 Market Street, San Francisco.

ARTS & ANTIQUES

In Oakland this weekend, the Oakland Antique Show takes place at Jack London Square, and the Oakland Outdoor Art Show will be at Lake Merritt, at the corner of Grand Avenue and the MacArthur Freeway.

BIG DAY ROUND THE BAY

July 30 will be an important day for the Bay Area. City and county representatives to the General Assembly of the Association of Bay Area Governments will meet at 7:30 p.m. at the Hotel Claremont to take action on the area's first comprehensive regional plan.

Regional Plan, 1970-1999 is a summary of ABAG's view concerning the quality of the living environment of the Bay Area. Effort was made to incorporate the recommendations of the 1969 plans prepared by the Bay Conservation and Development Commission and by the Bay Area Transportation Study Commission. Unlike City and County general plans, the regional plan is not the basis for zoning or subdivision regulations. It will provide planning recommendations and policy guidelines for regional development and conservation. The ABAG plan will help Bay Area citizens to focus on regional goals and priorities.

When approved, the plan will also assure local jurisdictions continued eligibility for federal assistance funds for open space acquisition, water and sewer system improvements, mass transit and highway construction.

Two assumptions of Bay Area growth are included in the plan:

- Population will increase from 4.6 million in 1970 to 7.5 million in 1990.
- An additional 1.5 million jobs will be generated in the nine counties in the next twenty years.

The Association's plan advocates a "city-centered" region. At least 75% of the area's new population could live in and around existing and new communities located in a series of general "growth corridors."

Roughly defined, the growth corridors circle the Bay, swing north through Marin County to Santa Rosa, northeast from Vallejo to Vacaville, east through Concord to Antioch, east through the Livermore area, (next page please)

3. (continued from page 2)

and south from San Jose to Morgan Hill.

Future urban building should take place in the growth corridors in three ways:

1. Rehabilitation, redevelopment, infilling of partially developed areas and vertical expansion of existing communities.

2. Planned expansion along the edges of existing communities.

3. Planned new communities and greatly expanded existing smaller communities.

The city-centered growth policy can be implemented by planning transportation, open space, and utility systems such as water supply and sewer lines to encourage growth where it is desired.

Regional Plan, 1970-1990 suggests community centers (towns or combinations of towns with over 50,000 population) should be strengthened by clustering stores, offices, educational institutions, entertainment centers, sports and convention centers and the like. This clustering will counteract the urban sprawl found in most metropolitan areas, make utilities and services more economical and allow preservation of land for open space. (Richmond: take heed!)

In addition to open space used for recreation, watershed, and flood plains, the Plan recommends that lands used for prime agriculture and specialty crops should be saved. These include Livermore, Napa and Sonoma Valley Vineyards; Santa Clara orchards and crop lands; and prime agricultural lands in northeast Solano County, eastern Contra Costa County and southern Sonoma County. Salt ponds, Suisun Bay marshes, and the ocean coastline are proposed as part of a permanent open space system. First priority would be given to securing additional open space lands in and around existing urban areas.

Controlled development areas have been established close to most communities. These areas represent lands that could be used for urban expansion after 1990 or for permanent open space.

Because the location of basic industries is a major factor in achieving balanced community development and guiding urban growth, Regional Plan 1970-1990 offers a choice of sites for industrial development which are

within or adjacent to most communities. Land designated residential is related to land providing basic employment for each subregion. This could minimize long commutes to and from work. Growth of employment within the inner core of existing communities is given a high regional priority.

The Plan's transportation system is designed to shape and serve a region of multiple communities located within defined growth corridors. The system proposed will include regional rapid transit in and between growth corridors and mass transit in all metropolitan communities.

Representatives to ABAG's General Assembly from 84 member cities and eight member counties are expected to discuss the Regional Plan in detail before taking action. The meeting is open to all interested citizens.

OUR PLUNGE

~ FOR EVERYONE ONLY

Because there is to be a new pool at John F. Kennedy High School, and because the Richmond Natatorium (Plunge) has been losing money of late, there are dark rumors that those responsible for the budget would like to do away with our friendly neighborhood swimming pool, and direct us to fall in line and take our turn at Kennedy pool.

Since the Kennedy pool is being built in conjunction with the school and the athletic program there, it is obvious that it can only be a part-time pool for the general public (And, being an outdoor pool, it would be part-time even if available, in the cool Richmond climate). The needs of babies, middle aged ladies, and family groups (to mention only a few of the non-student population) will have, necessarily to be curtailed, to provide ample time and space for school programs. Surely, since we do not have movie houses or roller-skating rinks, we can afford in our town, to keep our venerable, handsome, more-than-adequate public swimming pool. Watch for developments. We may need to write letters, phone City

Councilmen and attend City Council meetings to defend our Plunge. A facility of this sort could be renovated to run more economically, but it could not be replaced. It would be poor economy to consider doing away with it.

A BALLAD OF RICHMOND PLUNGE

John Nicholl was a good Richmond man.
He said, "I'll find oil or gold where'er I can."
So he drilled him a well on the way to
the tunnel,
And he hit a gusher--but what blew from
that funnel
Was clean artesian water--just great
for a swim,
So he gave the land away. That was nice
of him.
With water free, and flowing, and a nice
plot of land
The little town of Richmond built itself and;
Plunge so grand.
When Richmond grew it built a pool
upon its other hem;
Now some would like to close the plunge.
That's not very nice of them.



FM STATION DUE IN RICHMOND

by Cal Newton

Twenty-three years ago, Richmond's first and only radio station, KRCC, broadcasted from Nicholl Nob. As the old transmitting building still stands today, KRCC was operable for only about a year. Since 1947, Richmond, irrespective of its fairly large population, has lacked a community radio station of its own -- a radio station that would entertain, as well as be a civic communicator of the happenings in Richmond. In response to Richmond's situation, just such a radio station is being formed.

This unique radio station, called KGRS, is exclusively being created in the public interest of Richmond, by the Corporation for

Community Radio, Inc.; a non-profit 4. corporation headed by Corporation President Tim O'Malley, and legally represented by attorney Bill Whiting. KGRS will be a 10-watt stereo station broadcasting from Nicholl Nob, with an assigned FCC frequency of 91.3 MHz, on your FM dial. On from 6 a.m. in the morning to 1 p.m. at night, KGRS hopefully will be in operation by the end of this year.

Being an educational station (supported by donations from its listening audience) there will be no commercials on KGRS to interrupt its programs. The context of the new radio station will include musical selections from classical to soul, orchestral to folk, and rock to whatever fits you.

News features of the Richmond scene is a main objective of the radio station. KGRS will have 10 reporters covering the news situation in Richmond. This increment of news reporters in the City alone, will give a wider, and clearer perspective of just what's occurring here; communication and civic awareness is the station's goal. National and state news will be made via Teletype.

As a further means of communication, KGRS will broadcast continuous public announcements sent in by its listeners. Announcements that will inform, and make cognizant social and civic affairs. From luncheons to dances, you have to know what's going on!

Many more things are being planned (for example a dramatic radio series called "The VIP", or Very Important Problem) and will prove to be enjoyable, interesting and provocative. KGRS is being made with Richmond in mind -- you in mind. Be watching for its premiere. Listen to it, support it. Remember, Richmond is your city, and your city needs its own radio station, KGRS.

Donations of time and support of KGRS will be gratefully accepted. Call either Tim O'Malley, 654-3157, or Cal Newton, 233-7820.



REMINISCING

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

Articles from old Richmond newspapers of fifty years ago, courtesy of Rosemary Corbin and the Richmond

Library.

.....

July 24, 1920.....

C of C ACTIVITY RENEWED...

"W. J. Wallace, newly appointed Secretary.. is getting action at once. All old bills ..have been paid, ..the Secretary starts out with a clean financial slate.

"Wallace reported that he had placed signs on the Sacramento, Martinez and San Jose roads announcing that Richmond has established a free camp-grounds for motor tourists.

"A more active participation in the affairs of the Chamber by the motor car dealers is planned."

VICTORY MEDALS TO BE PRESENTED

"The American Legion of Richmond will join Legions all over the country in observance of Armistice Day, November 11. Plans are being formulated for the presentation of Victory medals to all who served in the army or navy during the war..."

HARBOR EDUCATION CAMPAIGN...

July 25, 1920.

"Plans for an educational campaign for the \$100,000 Inner Harbor bond issue to be voted on September 23 were outlined at a meeting of committees from the Richmond Chamber of Commerce, and Industrial Commission at a dinner at Martin's Grill..."

July 27, 1920.....

IMPROVEMENTS..STREETS, PARKS AND PLAYGROUNDS

"The annual report of H. D. Chapman, superintendent of streets and city engineer, covers the improvement of the city's streets, extension of sewers, and makes recommendations for development of parks, city planning, etc."

SIX-MINUTE FERRY MAY ESTABLISH LINE HERE

"The six-minute Ferry Company, which operates ferries between Vallejo and Crockett and between Vallejo and Mare Island, is considering establishment of an auto ferry between Richmond and San Francisco."

July 28, 1920.....

NEW FERRY SUBJECT OF MEETING...

"Chamber of Commerce directors and manager of Six Minute Ferry Co. meet to discuss establishment of auto ferry line."

"NEW SYSTEM OF LIGHTS FOR AVENUE"

Underground lines had been under discussion for lighting Macdonald Avenue, and no agreement was reached, until a power company representative suggested that "the power company and others will not be forced to go underground in the business section" if the lines for the street railway and the power company consolidated, with iron poles on which the lights could be hung.

July 28, 1920....SANTA FE TO RESUME ITS FERRY....

"Santa Fe will resume its passenger ferry at Ferry Point this September, is the widely circulated report."

"Los Angeles Has 13th Earthquake in Twelve Days."



FINE FILM • SUNDAY •

Here's a late notice, especially for parents with pre-school or kindergarten children:

A new film, reported to be exceptionally good, will be shown on Sunday afternoon at 2 p.m. in the Richmond Library Auditorium. The film, "Blocks: A Medium For Perceptual Learning" deals with block play and its educational possibilities. Anyone interested is invited to come. The film is free.

the **ISABELLA GARDNER MUSEUM**

by Louise Hammond

"In Xanadu did Kubla Khan, a stately pleasure dome decree."

... But it could not be richer or more beguiling than the Venetian palace built by Isabella Stewart Gardner in sedate Boston, at the beginning of this century.

I found myself in Boston a few weeks ago and guided by my Bostonian niece, I was lucky enough to see this oddly beautiful home. Now open to the public on certain days of the week, Tuesday, Thursday, Saturday and Sunday, it contains some of the most notable paintings and works of art that are known.

Mrs. Gardner shocked staid old Boston society by keeping secret just what she was building (by forbidding any visitors to the construction) until it was completely finished. Born in New York City in 1840, she was taken to Paris when she was 15, to study. There she met Julia Gardner of Boston and became intrigued with stories of that city. Later she married Julia's brother, John Lowell Gardner.

Boston became the center of a lively group of artists and musicians, in her salon. She devoted her money and energies to collecting art under the direction of Bernard Berenson, whom she had known as an undergraduate at Harvard. Others guided her, but she had strong tastes and preferences of her own.

Her husband died in 1898 and she then be-

gan building her marvelous "palace" 6. to house her collection, entertain notables, and present musicals with famous artists in a room specially built for concerts.

Built around an open courtyard which has a Roman mosaic for flooring, the building is similar to a Renaissance Venetian palace, four stories high. The courtyard is glassed in and filled with seasonal flowers from its own green house. Blue hydrangeas, orchids, and gloxinia were arranged in dazzling splendor when I was there. It must be an amazing experience to visit the palace in midwinter!

Titians, Veroneses, Giorgiones' are displayed with other masters of Italian, French, German, Flemish and Spanish Schools. There are nearly 2,000 catalogued holdings, and as a relief from this staggering opulence, I enjoyed reading some of the letters written by her guests which were displayed under glass in many rooms. Such varied notables as Mrs. Grover Cleveland, D.H. Lawrence, Walt Whitman, and Samuel Clemens listened to concerts by Paderewski, and practically every known singer, pianist and violinist as well as dancers and actors of world fame.

The fourth floor was her personal living quarters -- I couldn't help wondering if any of the guests ever dared wear an old bathrobe around in the morning.

Small, and not particularly beautiful in the style of her day, Mrs. Gardner caused a lively stir by having her portrait painted by John Singer Sargeant with her famous pearls around her waist instead of her neck! This was too much for her otherwise indulgent husband, who forbade its display. He died soon after, so up it went in the Veronese room!

When you visit Boston and if you can tear yourself away from the fascination of earlier history, Paul Rever's home, and other centers of our country's beginning, find out if the Gardner museum is open and enjoy a sumptuous time, listening to free concerts at three in the afternoon of the open days.



TRIVIA

by Mid Dornan
and her summer help
(235-4222)

HAPPY BIRTHDAY....

Judy Forbes

Debbie Hardwick

Barbara Quien

Katheryn Werner

Renee Rosier

David Ciabattari



Renee Rosier celebrated her tenth birthday on Wednesday, July 22, with a family gathering at her home on Idaho Street. Cake and Ice cream were served by her mother, Dee. Among the gifts received was a two-week stay at Camp Seabow CampFire Girls' Camp. Renee leaves on Friday morning for the fourth session. Family members attending the party were: Her parents, Dee and Charlie Rosier, and sister Rahne; from San Pablo, her grandparents Mr. and Mrs. Levi Rosier; From Crockett, her grandparents Mr. and Mrs. Merced Sepulveda; also from Crockett the following Aunts, Uncles and Cousins: Mrs. and Mrs. John Neihouse; Mark, Craig and Aaron Neihouse; Mr. and Mrs. John Sepulveda and Kevin; Unable to attend were former Point Richmond residents Mr. and Mrs. Ed Rosier, Leslie and Jeffrey, who were vacationing in Clear Lake, where Renee and Rahne recently spent a week with them.

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During the vacation of Betty and Wendy Wirth in Hawaii, they enjoyed a visit at the lovely home of Mr. and Mrs. Joe Morin, formerly of Point Richmond. From their home in Iwa Beach, the louvered windows on one side looked out over the ocean, and on the opposite side of the house, another ocean view could be enjoyed. Joe has done a lot of work on the house, and the lanai is enclosed in glass.

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Drexel and Lucille Holladay are enjoying a vacation visit from their grandson, whose home is in Grand Blanc, Michigan. Grandson

Stephen, has been here for two weeks. His parents, Jerry and Dorothy McCuan are former residents, and, in fact, met in Point Richmond, where they were both employees of the Point Richmond Theater, which has now been transformed into the Point Orient Restaurant.

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Point residents are not typical. And one Pointer, at least, is thankful they're not. She was walking up one of the streets in the residential section when she was "clobbered" by an assailant. Her calls for help brought immediate response from one of the houses on her way. And that just hardly ever happens, in other places.

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Ice Cream Hero of the Week.....

This week's nomination goes... 'I nominate Joe Spinola as Ice Cream Hero of the Week. This is for his honesty and perseverance in finding the owner (a 21-year-old lad) who had lost his wallet loaded with pictures, money and important papers.

Joe found it on his way to work at Standard Oil Co., so after a long distance phone call and a couple of local calls (made by Elsie), the grateful owner was happily awakened early in the morning from a sound sleep, to receive his wallet.

p. s. - There is a method in my madness -- I might get a lick of Joe's ice cream award!

p. p. s. -- This is the second time Joe has found and returned a wallet -- the other contained \$60.00!

POINT TEENS



by Arthea Senger

Our Tuesday Art Class was great -- We had 18 teens drawing, painting and making mobiles. Next Tuesday, Mrs. Alice Ross will instruct us in making mono-chrome prints.

(continued on page 18)

LOOKING FOR A LAKE?



If you long for a lake, for fishing, boating, or just lazing, there are eight of them within half an hour, according to the East Bay Regional Park District. Most of them provide parking at the water's edge, for a fee, but free parking is nearby, also.

The \$1.50 annual fishing permit provides revenue for a fish planting program for the lakes. Fishermen must also have their State fishing licenses.

LAKE CHABOT...

This 315-acre reservoir, with an average depth of 30 feet, is situated in the hills above San Leandro. It was created in 1875 and opened to the public in 1966. It is the East Bay's most popular fishing spot, and since its opening, it has received 125,000 trout and 6,500 catfish. A new marina with a concession stand and complete line of fishing supplies is expected to be completed this fall. Rental rowboats and canoes are available, but private boats are not allowed here, being a supply reservoir. The biggest trout taken from the lake weighed in at five pounds; and recently a 24-inch, 9-pound bass was caught. There are substantial numbers of black bass, bluegills, red and green-ear sunfish, carp and crappies in the lake also.

CONTRA LOMA, an 81-acre reservoir near Antioch, offers rainbow trout, striped bass, red-ear sunfish, crappie and a variety of Delta-type fish. A concession stand and rental rowboats, "yak-yaks" and paddle boats are available. Fishing piers have been built, also.

DEL VALLE....A 750-acre reservoir with an average depth of 40 feet, is situated southwest of Livermore. A planting of 50,000 trout will be made this summer, to supplement native bass, bluegills and

next page, please

Adam's

Eden



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HIT!

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yellow catfish. A concession stand and rental boats are available, as well as launching facilities for private boats. No fishing permit is required here.

DON CASTRO is a 23-acre reservoir near Castro Valley. Its average depth is 20 feet. It has basically the same type of fish as Lake Chabot, with some native trout. It is primarily a warm-water fishery, and catfish have been planted.

LAKE TEMESCAL, a popular swimming lake near the intersection of Highway 24 and the Warren Freeway, also offers fishing. Bluegills now in the Lake will be supplemented with Catfish and other warm water species. Crawfish can be caught in abundance, and boats are available during the summer at the concession stand.

ALAMEDA BEACH, with two miles of shoreline along the bay, is fine for the surfer, and good catches of striped bass, stingrays and sharks have been reported. A fishing pier is planned here.

CULL CANYON is a 19-acre reservoir near Castro Valley, with black bass, bluegills, channel catfish and miscellaneous fish, on a limited basis. There is a concession stand, but no boats.

LAKE ANZA is a 10-acre lake in Tilden Park, presently being tested for fish-planting possibilities. At present, Anza has virtually no fish, but there may be plantings later in the year.

Fishing permits are available at Lake Chabot, Don Castro, or by writing East Bay Regional Park District, 11500 Skyline Boulevard, Oakland.

A 14-MILE HIKE

The thirty-second annual Bay Regional Golf Tournament gets underway Saturday and Sunday, July 25-26, at Berkeley's Tilden Regional Park Golf Course.

Some 84 golfers, led by defending champ Ed Holdsworth of San Jose, former champ Bob Riddell of Orinda and Phil Torres of Alameda will participate in a 72-hole championship chase for the top prize of a \$200 merchandise award.

The tournament will be concluded on the weekend of August 1-2. Entries for the championship (6 handicap or better) will be accepted almost until the last minute on July 25. Entry fee for all contestants, including the three higher handicap divisions, will be \$22.50, including all green fees.

GOLFERS, AHoy!

On August 15th, the first non-federal National Recreation Trail in the nation will be dedicated, at 10 a.m. "Skyline Trail", the 14-mile segment running through Redwood and Anthony Chabot Regional Parks, will be marked by a shield-shaped trail marker in red, white and blue which will be uniform for all trails in the National Trails system. Horseback riders, hikers and nature studiers will be using the trail which eventually is to be extended to 30 miles, reaching to Alvarado park in Richmond.

A NOTE FROM CRESTMONT

Starting in September, one of the four bedroom apartments in Crescent Park will resound again with the lively voices of 20 children. This is school for some involved kindergarten, first and second graders.

Crestmont School won't make your kid stand in line. Or wash his hands when they aren't dirty. Or sit in a chair when he wants to swing through the air. Or look at a worksheet when there's mudpies on his mind. Or play kickball if he wants to study the eating habits of rats.

Crestmont School hopes only to help your kid feel good about himself and about learning. This past year they cooked (and ate) sukiyaki, blintzes and pizza. They went to the races, and their horse came in. One little girl did a tie-dye mural which is now hanging over her bed. Another girl finished first grade math while in kindergarten. A scientific little boy explored the mysteries of "cold lung disease". One Crestmont second grader says he worships Zens. They did for a finish "Risoletos de Oro" (Goldilocks), in Spanish, as their class play.

Parent involvement is an important Crestmont ingredient. One parent participates by teaching Spanish four days a week. An accredited teacher, with free school experience, and teaching aids from the University of California complete the staff. Other unique features include low tuition (\$35 a month/kindergarten, \$45 a month/first-second grade), a racially mixed classroom and even scholarships. For information call Pat Brenner, membership chairman, 237-9524.

1500-ACRE CYCLE-PARK

A 1500-acre Mechanical Park is being developed in southeast Alameda County with private capital. Carnegie Cycle Park is situated 12 miles east of the new Del Valle Regional Park near Livermore. The East Bay Regional Park District has had a 60-acre motorcycle hill in Chabot Regional Park for the past seven years - the only such facility in the area.

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LEGISLATIVE PICTURE

The following description of bills now in the process of passing through the legislative channels was a part of a recent newsletter of the Save San Francisco Bay Association.

Coast Protection and Planning....

The Bay is part of an estuarine system which includes the ocean as well as the rivers which drain into it. A Coast Commission is needed to prevent further haphazard development not in the long-run public interest. (Planning, for example, would include consideration of the effects of piping Bay Sewage into the ocean). AB 640 (Assemblyman George Milius) and AB 730 (Assemblyman Alan Sieroty and John Dunlap) provide for a strong comprehensive zoning authority. AB 231 (Assemblyman Pete Wilson) is considered by the Sierra Club to be a "weaker" bill because it leaves too much of the initiative to local governments.

Southern Crossing.....

SB 331 (Senator Alquist) provides a delay of two years before construction of this controversial new bridge across the Bay. The bill needs help to pass Assemblyman Foran's Transportation Committee. Existing data on the bridge is out-of-date. A delay would allow evaluation of the wisdom and need for this large expenditure of public funds. Public transportation requirements and existing traffic problems are not adequately considered. The bridge has no definite or funded throughway connections at either end.

Power Plants Power

AB 818 (John Briggs) would give authority to a commission to locate power plants anywhere in the state regardless of local or regional laws. For example, in the Bay where thermal pollution would be particularly serious, neither BCDC nor Water Quality Control requirements would be binding. Save San Francisco Bay has urged that the bill be amended so that all Bay Area environmental standards be observed and permits be required in order to protect the

unique qualities of the Bay. Letters can be sent to your own legislator and the Governor.

New BCDC Duties Proposed

AB 1310 (Assemblyman Knox) adds the duties of planning for regional sewage disposal to the BCDC with provision for an increased staff budget. The BCDC has taken a neutral position on this bill. The problem is that the Commissioners already have full agendas without adding a very difficult and controversial area of study.

Letters to your legislators are the most effective means of voicing your opinions on matters that concern you.





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HEALTH Comes first

by A. H. MEADS

Danger Signs..... And How To Read Them

The mirror of your future health is the way you look and feel today. The mirror on your wall can reveal whether you are really well... or whether you are eating your way into illness and infirmity.

It is definitely possible to predict certain ailments by self-examination in your own mirror at home. Preliminary symptoms can be recognized easily, if you know what to look for and how to interpret what you see.

Before I list the "danger signs" - so you can check your own reflection - let me make one point very clear. I am not proposing that you rely solely on self-diagnosis. If you feel ill, go see your doctor for a complete physical and laboratory test. But I do maintain that you can anticipate many illnesses - and perhaps prevent them - by taking a close look at yourself, now.

Face up to the fact that your complexion, your eyes, ears, hair, etc., all reflect your inner health. They can serve as a barometer and warn you of health complications ahead.

Let Your Mirror Speak

Do your eyes appear dull, have they lost their brightness and luster?

Is there any encrustations in the corners?

Is there puffiness at the lower rims of your eyes?

Are the eyelids redrimmed?

Do you suffer from burning eyes and dimness of vision?

Are there fatty deposits (patches or tiny mounds of cholesterol) in eyelids and around the eyes?

If you have answered "Yes" to any of these questions, your diet may be at fault, and it is time to take corrective measures.

Now hear this..... examine your EARS. Check these warning signals:

Are your ears particularly pale, lacking in color?

Is there a scaliness in or around the canals of your ears?

Do you experience "buzzing" and ringing noises?

Is there dryness, a lack of earwax?

Too little earwax is a definite symptom of an oil deficiency. Improper eating habits - and the wrong foods with insufficient or incorrect oils - are causing your blood stream to fail to deliver specified dietary oils where they are needed in your body.

Now Lets Look At The Hair

Is your hair too dry, lifeless-looking?

Are you troubled with dandruff?

Are you becoming bald, or is your hair turning prematurely gray?

Is your diet causing your hair to be excessively oily?

Do you have dental worries, a rapid rate of decay?

Other Symptoms

Does the tip of your tongue seem too red? Orker red than the rest of your tongue (you may be on your way to a vitamin deficiency.)

Is your complexion marked by acne, eczema, blackheads or unsightly blemishes?

Does the skin of your cheeks, nose or forehead show enlarged pores?

If you are a woman, do you tend to have excessive hair growth on your face?

All of these minor mysteries of health are telltale signs that illnesses can soon develop. There are of course exceptions to the rule, certainly - conditions caused by infection, congenital defects, or injuries.

Mostly take steps to lubricate your system.

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ORGANICALLY SPEAKING

by a. h. reads

"Old Pests Come Roaring Back"

Turning to stronger and stronger insecticides certainly isn't the answer. Pests quickly develop resistance, then immunity to chemical compounds used to clobber them indiscriminately. Look at it the way Dr. Robert van den Bosch, head of the Univ. of California's Division of Biological Control at Albany, puts it: "Modern agricultural chemicals," he says, "are ecologically crude in their effect on insect components in the environment." These chemicals are designed to kill off 100 to 1000 species, including the beneficial insects. (Remember, there are merely 700,000 known species of insects - and one of people). "Chemical sprays as they are used today create an insect vacuum for a time. Then, all the old pests come roaring back at a level increased 15 times. It's a disruption of the natural balance - and it's happening all over the world."

There are already over 100 insects resistant to one insecticide or another, contends F. R. Lawson, director of the USDA's Biological Control laboratory at Columbia, Mo., "and a few which resistant to all insecticides currently available. If you knock off all natural enemies also, you're in serious trouble."

One nonchemical alternative is to pit insect against insect - to identify and encourage the natural enemy of a pest in order to help keep it under control. Another promising development is the synthesizing of "juvenile hormones," substances similar to an insect's own natural hormones which regulate its growth. Applied in microscopic quantities at the right time, the hormones can prevent insect larvae from growing into adults and reproducing.

Still another exciting area of research is to use microbes to fight insects. So far, some 280 insect viruses have been isolated. Unlike chemicals, but like natural enemies and hormones, virus are highly specific. A strain of virus will kill just one insect and will harm no other form of life.

Recently legislation calling for reduction of chlorinated hydrocarbons and other "hard" pesticides has prodded scientists to concentrate on these new methods of control.

(Next Week: Bug Eat Bug System)



Presented by



YOUNGER

GENERATION

July 24, 1970 16.

Connect the dot from
1-23 and see who gets
the worm.



Mr. Scat has lost his
cat, but you can help him find
it. Where is it?

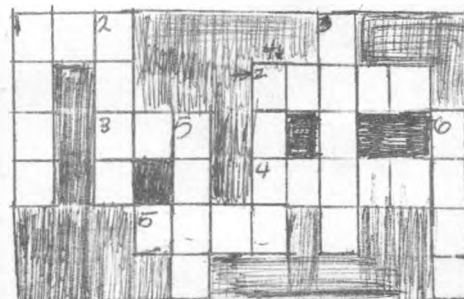
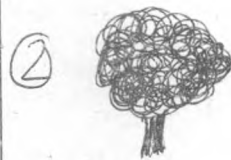


ACROSS



Apple
what's left?

DOWN



Recipe!

Peachy Dessert What you Need:

- 6 canned peach halves
- 10 vanilla wafers

Whipped topping (the kind that squirts from a can)

How to Fix:

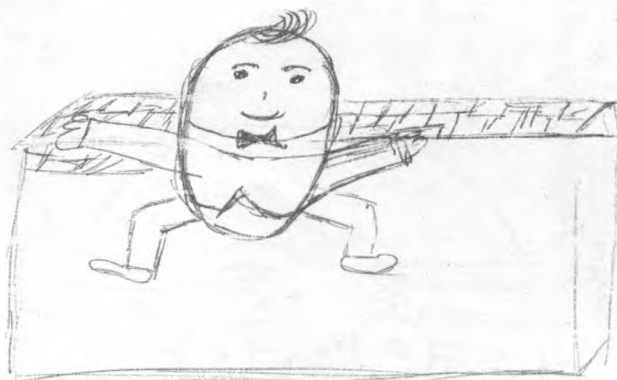
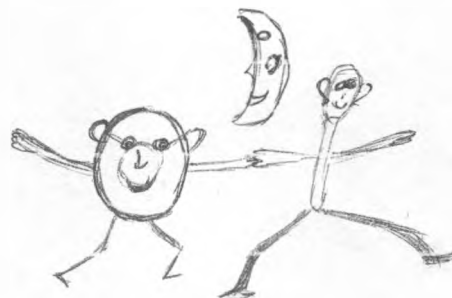
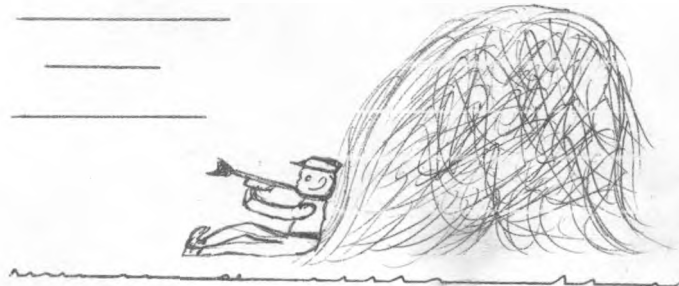
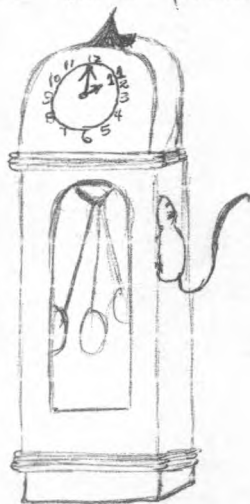
1. Drain liquid off peaches.
2. Put wafers in a paper bag, then crush with a rolling pin to make crumbs.
3. Pour crumbs into a bowl, then roll peach halves in crumbs.
4. Place peach halves in dessert dishes.
5. Squirt whipped topping on top of each peach.

Yum Yum 

deleaches
Peaches

Nursery Rhymes

CAN you tell what nursery rhymes these pictures come from?



Please send or bring your stories, recipes, pictures, etc., to 66 Scenic Ave., or 212 Bishop Avenue.

*from Humpty Dumpty, May, 1970

Point Teens (cont. from p. 7)

Wednesday at 9:30, twenty mentally retarded children came to visit us from Harmon (not Jefferson) school. Teen helpers were Tina Comer, Anna Healy, Ellen Rasmussen, Jim Garden, Diana Loretz and Robin Thompson. We sang a song, helped the children paint rocks, and taught them how to play pool.

The first carrots from our garden were harvested, and they were delicious. The melons are getting bigger day by day.



Dorothy King is spending two weeks in Oregon with her son, Randy. She left Monday night by plane, and before she knew it, she was with her son, who is working and going to school in Oregon.

Last week Pam Paasch participated in a dog show in Concord. She won third place and received a glass with the words, "Contra Costa County Kennel Club" engraved on it, after winning a run-off with three other dogs.

Two classes from Jefferson School toured Point Richmond on Wednesday, visiting the Teen Center, the Fire Station, and finishing with an ice cream sundae as guests of the Old Firehouse Ice Cream Parlor. The students from Mrs. McShane's class were Victor Antaki, Colin Black, Larry Fisher, Danny Golden, Kim Jeffers, David Kelly, Mickey Martin, and Linda Wright. Linda Rhodes was the teacher's aide, and helpers were Pat Oshima and Lisa Van Buren. The students from Mrs. Loretz's class were William Butcher, Theresa Chapman, Joseph Daly, James Epps, Tommy Hooker, Richard Hopgood and Kimi Wralstad. Mrs. Loretz's aide was Barbara Allen and her helpers were Robin Thompson, Diane and Lee Loretz.

Vacation time is work time for George Schuldt, who with the aid of son Ricky, is

laying a brick patio.

Mr. Bob Heldman of Cincinnati is visiting the Hank Allyn family.

Nina Williamson has left on a happy trip to Hawaii. She will be staying for a week at a camp there, and then for a few days with the Morin family, visiting Jean.

Wanda and Chet Sarsfield of Wax 'n Wicks were visited last week by Wanda's parents, Mr. and Mrs. John Smith from Oklahoma.

A couple of weeks ago the Corbin family went back-packing through the Mokelumne wilderness. This was the first back-packing trip for their little son, Jeffrey.

Mrs. Anne E. Holmes, 22, of 315 E. Richmond Avenue, died Monday in a San Pablo hospital. She was a native of Healdsburg.

Linda Scarsella was hostess to two friends who came from Reno to attend the Watchtower Convention at the Oakland Coliseum.

Jim and Nancy Anderson attended the American Legion Convention in Sacramento during the last week of June. The convention was a great success. Nancy, who is poppy chairman for this year, would like to thank all those who contributed to the success of Poppy sales.

Mrs. Leona Pierce from Santa Cruz came for a five day visit with her son and daughter-in-law, Bob and Juanita Goodby. The family went fishing at Clear Lake before Mrs. Pierce returned home.

Just One More Year's delay has been decided upon by our City Council, in the construction of the much-needed Twenty-Third Street Underpass. Deemed one of the most necessary traffic projects in California, with the bottleneck of railroad traffic and a four-street intersection, it will go on for at least another year.

WANTED

RENTALS....

Commercial Artist with wife and two good, clean non-destructive dogs, wants to rent home with yard. Handy with tools, willing to do improvement work. 548-3841.

Couple desires small house or apartment. Will do gardening, carpentry, painting. to \$140.00. References. 843-9755.

Young Professional Couple want one or two bedroom home (preferably) or apartment. We have a small dog, but no children. Eugene Salazar, 1911 A, Berkeley Way. Phone 849-4443.

RENTERS....

Relaxed housekeeper, social worker, 34, wants female to share small apartment. Share bath, kitchen privileges. \$50 a month; or share apartment and board, \$90 a month. Call 233-5068 after 6 p.m.

Female to share apartment. Prefer school teacher, or someone compatible with roommate who works and goes to school. \$75 a month. Kitchen privileges, small bedroom. Share bath. Claudia Burns: 237-3950, Saturday mornings.

ODD JOBS: Married college student desires work painting homes, etc. Reasonable. Call 848-4775.

Old Newspapers: call 234-0814

FOR RENT

Point Richmond home, 3 bedroom, 2 bath. Across street from elementary school, 1 block from bus transportation to work or high school. Small secluded back yard. Children, pets welcome. Available Sept. 1. \$250, by owner. Message phone: 235-4222.

FOR SALE

GOING TO EUROPE: Must sell everything. Furniture, TV, Stereo System, Potters Wheel, misc. 64 Scenic Ave. 235-3647.

FOR SALE (continued)

POINT RICHMOND SPECIAL....

This small, cute but extremely neat two-bedroom dandy; extra-special kitchen, living rm and dining room. Sitting on village side of hill. Beautifully landscaped, and fenced. \$19,500.

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235-3897

KING SIZE Bed Frame, box springs, dresser, with mirror, headboard with bookshelves. Footboard with drawers --all for \$95, or sold separately. Call 235-5433 or see at 465 W. Richmond.

CABINETS of Watch Material: Contains Elgin, Bulova and Gruen staffs, stems, crowns and hands. 234-0812.

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GIRLS BIKE. Needs 1 new tire. Steel basket. Bargain. Call 233-5618 or 233-6969.

TWO BEDROOM HOUSE in Point Richmond Eligible Cal Vet can assume \$16,500 loan, or re-finance. \$2500 down, \$110 a month, including tax and insurance. Phone 237-9104.

1967 FORD Station Wagon. New tires, radio, heater. Automatic transmission. BARGAIN. 237-4073.

PING-PONG table top, standard size, plywood. \$5.00. Phone Fredrick: 234-0415.

Ooops, ran out of space for "Services" and "Teens for Hire". See last week or next week.

NEEDED: Reliable grade school or junior high students for paper carriers: Pt. Counterpoint. Call 233-4999.

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MASS

8 AM
10 AM

WEEKDAY
MASS

7:30AM

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MORNING WORSHIP
11:00 AM

BYF YOUTH GROUP 6 PM.

EVENING SERVICE 7 PM.

MID-WEEK SERVICE WED. 7 PM.

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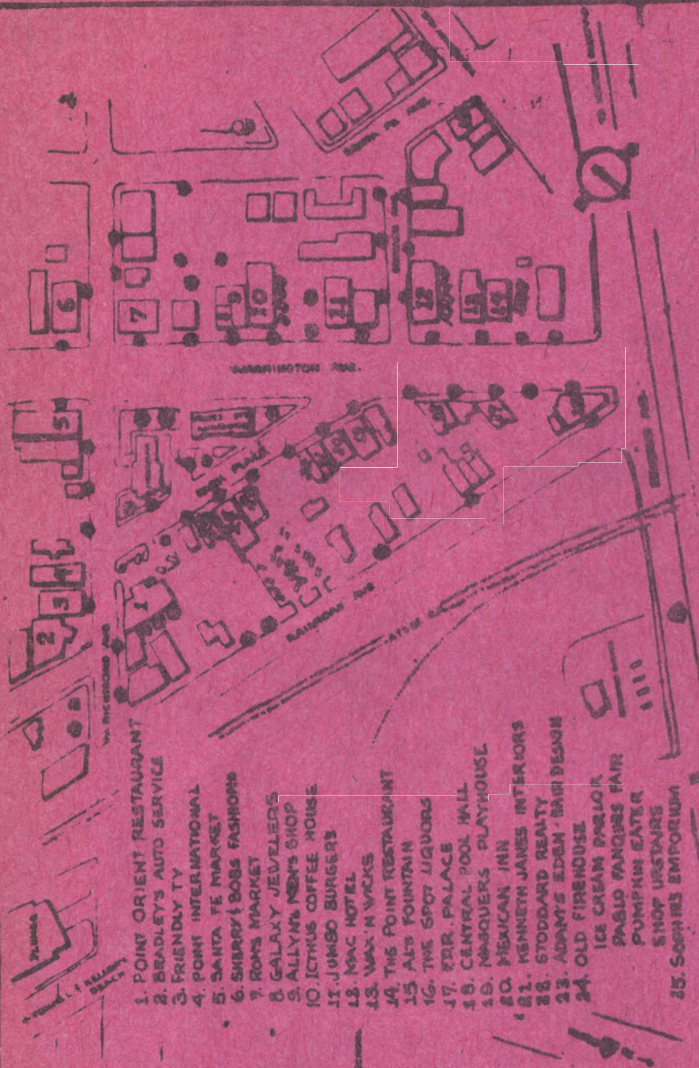
News articles, poems, art work, stories, etc., welcomed. Call 233-4999, 235-4222, 237-3453, 234-5334, or 237-4772; or drop articles in mailbox at 212 Bishop (not used for U.S. mail).

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ASSISTANT EDITOR: LINDA WERNER (237-3453)
LOCAL NEWS EDITORS: DOROTHY KING (237-4772), MID JOURNAL (234-5334)

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