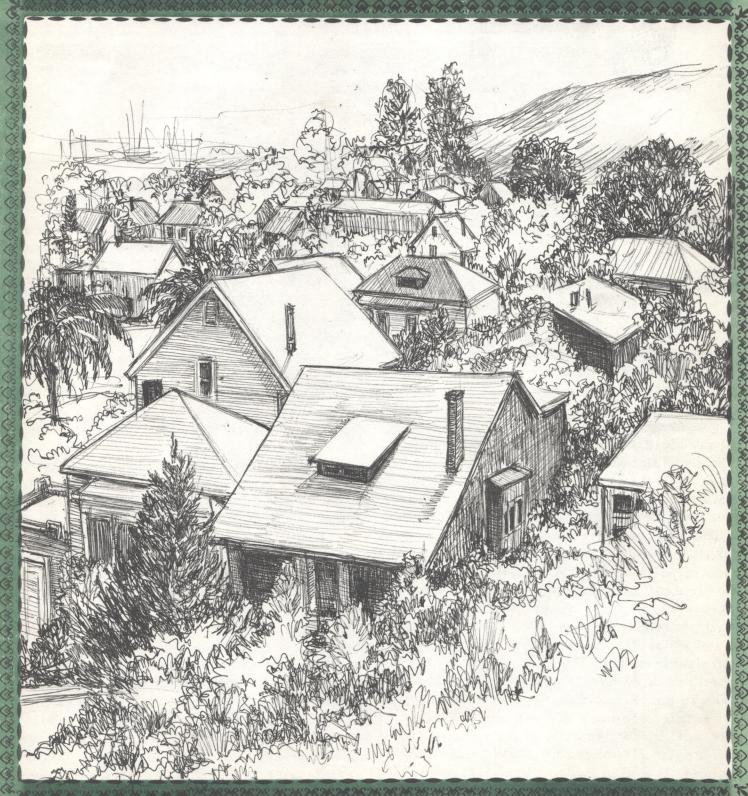
POINT GOUNTERPOINT

A JOURNAL FOR CIVIC COMMUNICATION

WEEKLY 10¢

POINT RICHMOND, CALIFORNIA





One of the feature stories in the first newspaper published by Lyman Naugle in Richmond on July 7, 1900, was the passage of the "Ocean Wave" on its first voyage from Richmond to San Francisco, completing the railroad's first transcontinental line.

The following article, providing background information to accompany the pic ture of the steamer "San Pedro" was provided by William Knorp.

The Atchison, Topeka and Santa Fe Railway built its western terminal at Point Richmond, and provided the final link in east-west transportation by a ferry service from Ferry Point to the San Francisco Ferry building, beginning in 1900.

The first steamer used on this run was a single-ender, the "Ocean Wave", which was originally built for Columbia River service for a different company. At first the boat was used only for supplies, but started taking passengers between the ferry building and Point Richmond in 1900.

A double-ender, the "San Pablo" ap peared spanking new from the Union Iron
Works in San Francisco. It was added to
the fleet in December of 1900, and the two
boats worked successfully together until 1911
when a new and larger boat was built. The
new boat, the "San Pedro", which was 30
feet longer than the "San Pablo" was of a
similar design, with the same type of horizontal compound steam engine to drive her
side wheels, but with two smokestacks.

The 'San Pedro' was one of the most attractive ferry boats on San Francisco Bay, and was continuously in service for the Santa Fe until the company discontinued the ferry service in 1933. The "Ocean Wave" had long been retired, and the "San Pablo" was scrapped in 1937; but the "San Pedro" was sold to the Key System and was used be tween the ferry building in San Francisco and the Golden Gate International Exposition on Treasure Island between 1939 and 1940. She was repainted from white to orange the Key System colors) and packed throngs of people to the fair along with Key System's other ferry boats. During this time she was known as the "Treasure Island", renamed by the Key System when they acquired her from the Santa Fe.

After the exposition closed, the boat was sold to the Martinez-Benicia Ferry Company, but they never used her. She was too large for the piers in Benicia and Martinez, and the company decided not to build larger piers to accommodate her. The "Treasure Island" remained moored to the pier at Benicia until she was sold to the Navy. She then served as a barrack until she was finally scrapped following the war, in about 1947. She could have run many more years, not being very old, for a ferry boat. Many ferries were active at a greater age than she; however she is remembered well by steamboat buffs as being one of the most picturesque vessels on San Francisco Bay during the steamboat era.

THE BIG SKI!



This week end - July 18 and 19, at Berk-eley Aquatic Park, beginning at 11 a.m. each day, the California World Cup, International Water Ski meet will take place. Tickets may be obtained locally from Al Frosini, at Al's Fountain on Standard Avenue. Call him for information at 232-2998.

Jumer.

FOLK FESTIVAL

Folk singing, folk dancing, folk instruments, folk song improvising and arranging,
and just listening are all part of the Summer Folk Festival at the East Bay Music
Center, already begun, but still open for
registration. The festival will continue to
August 21, at which time a Festival Program will be presented.

Students from grades 3 to 6 will be in one group, and those from grade 7 to 12 in another. Folk singing is Monday afternoon, Folk Dancing, on Thursday, Making folk instruments, on Tuesday afternoons, and Listening to Folk Music on Wednesdays. Arranging and Improvising Folk Music will be on Thursday afternoons.

To register for the Folk Music Festival, call the East Bay Music Center at 234-5624, or visit the center at 2369 Barrett Avenue (Grace Lutheran Church). Registration is \$10 for new students, \$5 for students currently enrolled. Scholarships are available where needed.

SHAKESPEARE

The Marin Shakespeare Festival begins this Weekend, and continues, on Thursday, Friday, Saturday and Sunday evenings thru September 27, at Forest Meadows Theater at Dominican College. Reservations may be obtained by calling 456-1490. Productions include the Taming of the Shrew, The Tempest and Henry V, plus special performances of Brigadoon.



The Masquers are looking forward to full houses again this summer when they bring six weekends of "total hilarity" (N. 'Y. Herald Tribune) to their Point Richmond Playhouse. Depending on an all-star cast to fulfill their hopes, the choice of the musical, "Little Mary Sunshine" seems an excellent one for the summer show. Written by the late Rick Besoyan of Alameda, the show brought rave reviews from New York's toughest critics in its off-Broadway appearances a few years ago.

Knowing that the "big" Broadway musical can so often be just a disappointment when presented by local little theaters, the Masquers for several summers have put their talents to filling their intimate stage heap to the brim, the rim and the apron with light, bright, "small musicals" -- and with much success.

Now they bring us "Little Mary Sun - shine". The content? Well, remember Jeanette MacDonald and old what's-his-name? This kind of great old musical is being spoofed, but good, Friday and Saturday evenings, July 24 through August 29. The curtain goes up at 8:30 sharp, Mas-quers Playhouse, 105 Park Place, Point Richmond. Call 843-5475, after 5, for reservations.

BLUEBEARDS

The last in a summer series of Sunday Afternoon Concerts in the Country will be held on July 26 in the outdoor theater at Port Costa. Well-known musica director Donald Pippin, will present "Bluebeard's Castle", Bartok's opera on the popular legend, at this final concert.

Plan on a pleasant pastoral afternoon at Port Costa, with the concert beginning at 3 p.m.

• The present exhibit of Bay Area artists at the Art Center continues to Aug. 2.

AMessage Somewhere

Put a few isolated headlines and news stories and recent observations together, and you might come up with a message...

- A group of southern California fruit growers experimented last year with a new plastic tent that protected their fruit trees from the atmosphere. The fruit trees became more healthy, and doubled their production. Their conclusion: It wasn't plant diseases, but air pollution that caused their trees to produce meager amounts of saleable fruit.
- Thailand foreign minister Thanat Khoman suggested that the United States is on the verge of a national mental collapse, saying that U.S. allies could no longer expect a "well reasoned and bal= anced reaction from their disturbed partner."
- Psychologists in the midwestern and eastern states have a term for a certain type of lethargic reaction to life, when observed in a patient, called the "Los Angeles Syndrome."

A PLAN for future use?

A special meeting of the General Assembly of the Association of Bay Area Governments (ABAG) will take place on July 30, 7:30 p.m. at the Hotel Claremont in Berkeley. The most important feature of this meeting will be the presentation of the Regional Plan for 1970 to 1990. A great deal of study has taken place up to this point, on the Regional plan, and it may be a very important document for the future of the Bay region.

CHICKEN Dinner

July 22 is the date of the Chicken dinner at the Point Masonic Temple, 210 Washington Ave. It will be served from 5 to 8 p.m., \$1.75 for adults, \$1.00 for children. Everyone is invited.



* GIANTS GAME....

July 22 is the Giants Game. The fee is \$1.50, and money and permission slips must be returned by July 17 (Friday).

* EXCURSION....

The next excursion is to the Lafayette Reservoir on July 29. The cost is \$1.15 (for chartered bus and insurance). The children can swim, fish and go out in a boat (with the recreation leader.) Deadline for permission slips for this fun trip is Friday July 24.

* FILMS....

The city has rented films and is showing them at two locations every Saturday. On July 18; "The Courtship of Eddie's Father" is being shown at Sheldon School at 11 a.m. and at the Children's Library at 2 p.m.

Next week, "The Ugly Dachshund" is scheduled.

* FUN ON THE BEACH DAY....

On Friday, July 24, weather permitting, we are planning to go to Keller's Beach for a fun day of romping in the water and relaxing in the sun. Children should bring a lunch and their swim suits if they wish to go in the water. Permission slips must be turned in by Thursday afternoon, July 23.

★ FUN IN ROOM 19....

We have been fortunate enough to be given a classroom for our use throughout the summer. Therefore, the center of operations for Washington Sum - mer Recreation is Room 19. Drop by and visit our wonderful, air-conditioned class-room!

YEARS AGO

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

July 17, 1920....

'WAGE RAISE ANNOUNCED BY STANDARD OIL "

"Increases in wages for all Standard Oil refinery employees except bricklayers and clerks was announced this morning. All employees receiving less than : \$6 per day will receive an increase of 80 cents per day and those receiving more than \$6 per day will be given 60 cents per day. "

"What was the most delightful social event yet held by the Rotary Club of this city was the dinner -dans ant at Henry Cutting's Ye Daisy farm near, Hayward last evening, when the members of the club entertained their wives and ladies at a combined social and business

"It will no longer be necessary for Rich-· mond confectionary stores to go out of town for their ice creams. Edward Phillips...has installed a modern plant at 193 Espee Avenue."

July 19, 1920....

meeting. "

"The Foundation Company resumed work on the \$8,000,000 addition to the Standard Oil Refinery. The employees who were released when the plant shut down two months ago because of lack of materials have been summa moned back to work.



July 19, 1920....

" High Grade Carbons, for motion picture machines and arc lights will be manufactured here by the Standard Carbon Company. "

July 20, 1920....

"That Richmond will be the mainland terminal of the Lincoln Highway and transcontinental military road became known today when it was learned that a party of United States Army Engineers plan to come here...to go over the ferry situation for the purpose of making recommendations for the es-

> tablishment of a direct ferry line to con= nect the highway with San Francisco,

without going by way of Oakland. "

'Richmond Oil May be seized by the Navy, if the require ments of the navy are not met by the oil companies of the Pacific Coast. "

"Harbor Bond Election to Be Held September 28. " 111111111111111111111

"TAX RATE OF CITY IS \$1.67. BUDGET FOR YEAR SHOWS"

"The budget for the year 1920-21 was presented to the city council ... calling for a total of \$314,600 in the general fund, \$78,000 in the bond interest and redemption fund and \$23,570 in the Library fund. To this the council added \$12,000 for the school fund and \$30,000 for the purchase of a site for a Community center building, bringing the CO total for the year to \$453, 170. "

HAPPY BIRTHDAY

Hilary Lord
Mike Ferguson
Francis Smith

Fred and Mary Schultz were back in town visiting former friends and neighbors. They now live in Lower Lake, Lake County. $\omega\Omega\omega\Omega\omega\Omega\omega\Omega\omega$

Marion Tedrick is spending a few weeks with friends in Escondido, California; she might be spending some of that time in Mexico.

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Remember -- if you find that you have extra books lying around not being used, they will be put to good use if you donate them to the Richmond Museum's book sale. The sale is in September, and until then they will be gladly picked up if you will call Marlys Reynolds at 234-4617.

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If you catch up on your letter-writing during the summer, the following prayer at the dedication of a new post-office may make you say"amen"...."And, dear Lord, help us to remember our Zip Code number!" $\omega\Omega\omega\Omega\omega\Omega\omega\Omega\omega$

With Stephanie Pearson in Europe for the summer, Jennie, her sister, decided to visit friends near Birmingham , Alabama. $\omega\Omega\omega\Omega\omega\Omega\omega$

Michael and Jerrold Allaire went on a deep sea fishing trip on July 7, and caught SEVENTEEN deep sea fish!

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More than a hundred sports, antique, vintage and classic motorcars will be exhibited at the Golden Gate Concours d'Elegance, Sunday, July 19, 11 to 4 at the Presidio.

GUTHO IS EDUCATED?

Here are some ideas on the "educated" person by Socrates (469-399 B.C.)

First, those who manage well the circumstances which they encounter day by day and those who possess a judgment which is accurate in meeting occasions as they arise and rarely miss the expedient course of action.

Next, those who are honorable in their dealings with all men, bearing easily what is unpleasant or offensive in others and being as reasonable to their associates as it is humanly possible.

Furthermore, those who hold their pleasures always under control and are not unduly overcome by their misfortunes, bearing up under them bravely and in a manner worthy of our common nature.

Most important of all, those who are not spoiled by their successes, who do not desert their true selves, but hold their ground steadfastly as wise and sober-minded men, rejoicing no more in the good things that have come to them through chance than those which through their own nature and intelligence are their scince birth.

Those who have a character which is in accord, not with one of these things, but with all of them, these are educated -- possessed of all the virtues.

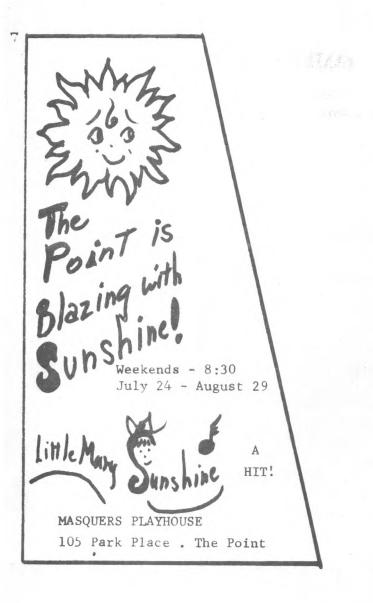
TAX PROTESTORS

Anyone interested in joining with other Point residents to protest the latest general reassessment should phone 233-0493 immediately.

Ice Cream Hero of the week this week is Dr. Ed LeDonne, who has probably done more for the dogs and cats in this community than anyone else. Have a cone, Doc.

NEW COMMISSIONER

Recently appointed to the City's Library Commission is Point resident Rosemary Corbin, formerly on the Library staff. Mrs. Corbin is a well-qualified new commissioner.





Annual STEAK BARBECUE

Women's Division Contra Costa Branch California Democratic State Central Committee

5un-July 19-1970

12 noon-6 pm

Fernandez Park~ Tennant Avenue, Pinole Doog PRIZES RAFFLED

Donation: \$2.50 adults, \$1.00 children

Openspace Shuf-Out

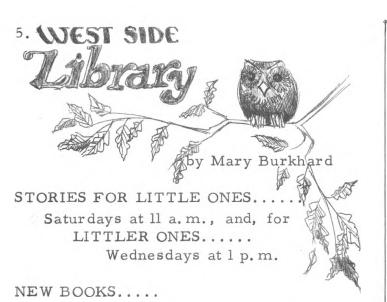
The Open Space bill, which would have 'guaranteed an orderly growth, and safeguarded open space in the Bay region' came to a vote before the Senate Finance Committee on Monday of this week. It failed to pass the approval of the committee by a narrow margin of one vote. With 300 people in the audience, including both conserva tionists and developers, the vote swung to the side of the developers, in spite of the 16,000 signatures on petitions in favor of the "Open Space" bill, plus letters -- the number was not quoted, but in this area alone, 250 letters were written by people contacted by Gerrie Kretzmer, who extends her thanks to all those who showed their interest and concern by writing. Senator Marks has announced his intention to try for a re-hearing of the bill, the importance of which is obvious, in an area already suffering from a lack of intelligently planned growth.

New Look for Men

The newest thing in physical fitness for men is now at the "Y". The West Contra Costa YMCA now has a contraption used by NFL and AFL football teams, called the "Exer-Genie."

According to Bill Frank, Building Program Director at the Y, every team in the NFL and AFL used the Exer-Genie for their training program last year, and the only team that didn't, the Miami Dolphins, came in last.

The Y Men's Physical Fitness program is geared to meet the needs of each individual in the program. Members of the Y can become active in this new physical fitness program Monday through Friday from 5 to 7 p.m. with the use of the Exer-Genie, jogging, and calisthenics. Also included are volleyball and basketball at noon, evening basketball, swimming and adjacent tennis courts.



An outstanding new book at West Side is LIVING POOR: A PEACE CORPS CHRONI-CLE by Moritz Thomsen. This one isn't like most of the lachrymose memoirs being penned by young people newly released from their stint abroad. This book is written in a very different spirit and with a different purpose. It is not, as some might suppose, the account of a starry-eyed Establishment liberal determined to impose the American Way of Life on other countries near and far, but the reflections of a mature, introspective, sensitive and witty 48-year-old pig farmer who spent two years in Ecuador as an agricultural extension expert. Thomsen does not recall his service in Ecuador with unmixed emotions: he recounts his own failure, his frustrations, his antagonisms and resentments. On the other hand, he does illustrate how, with enough humility to match his concern, a North American can become a welcome, useful -- if not truly indispensable -- member of a Latin American peasant community. The attractiveness of this book is further enhanced by the author's own line drawings which both in tone and content nicely complement his prose style. A most entertaining book, well laced with gentle humor.

Another noteworthy new arrival is CHILDREN IN TROUBLE by Howard James. Case history after case history reveals that no community in America is doing enough for children in trouble. -- A shocking indictment of the inadequacies and failures of our method of handling juvenile problems. It is an alert to the American public of the urgent need for improving the system.



We have started an Arts and Crafts Class on Tuesdays from 1:30 to 3:00 p.m. Mrs. Alice Ross, long time art specialist and art instructor for the City of Richmond is the teacher. We started making mobiles on Tuesday and will be doing many other Art projects.

Next Thursday, July 23rd, Teens will be entertaining 20 children from Jefferson School summer session. We will be helping the youngsters make animals out of racks. After visiting us, the group plans to visit the Ice Cream Parlor and Fire Station, and Ron's Market.

Last Tuesday, Velma Healy taught us to make a delicious dish, Chorisso (a Mexican sausage) with Rigatoni (an Italian Pasta). Some of our chief chefs were Ricky Dustin, Hisham Sinawi, Jenny Allaire, Mark Healy and Tina Comer. The youngers teens are planning a trip to the criminal court at the County Building in Richmond, on Tuesday, July 28th at 1 p.m. Any mother who can help with transportation please call 232-6140 and notify Gladys Ferguson or Arthea Senger.

We have a new leader at the Center, Bill Moore, who has been a leader of the Belding Teens. Bill is a very interesting, personable young college student.

MEETING AT MONTEREY

On July 22nd, the State Historic Sttes Committee will meet in Monterey. Be - cause they will be considering possible historic sites, including the East Brother Island Light House, several people from this area plan to attend the meeting. Anyone interested in attending may obtain information about time and place from Louise Hammond, at 235-6717

With a \$25 membership fee, men can participate in any or all of the following programs:

Run for your Life
Swim for your Life
Build strength and Endurance with the
Exer-Genie Exerciser
Swim, Play Basketball, and Volleyball
Calisthenics

Mike Barbero, Staff Supervisor, is available for advice. The phone number is 234-1270.

Football Training Time

The West Contra Costa YMCA has developed a Football Clinic and a workout period for all boys interested in playing football in high school.

The Clinic is held Monday through Friday from 5 to 7 p.m., and is offered to all boys who have a YMCA membership. Memberships are available for only \$15 per year for high school boys.

The Clinic covers: Football fundamentals, "Exer-Genie" exerciser circuit (the only one available in the east bay), and a Running program to get into shape.

For further information call 234-1270.

Vacation College

An unusual Danish-style educational experience, a Vacation College, is beginning its seventh session on August 16 at the University of Oregon in Eugene. Mrs. Gerta Ross, well known in the Richmond area for her Swedish Fit'N Trim classes, is on the faculty of the one-week college. The theme of this year's Vacation College is "Understanding Contemporary American Society", with lecture-discussions in both morning and afternoon in two groups, one concerning human aspirations, the other, challenges to America's future. Mrs. Ross will be a part of the recreation program at the college. Anyone wishing infor mation concerning the Vacation College may write to Grace Graham, director, Vacation College, University of Oregon, Eugene, Oregon, 97403.

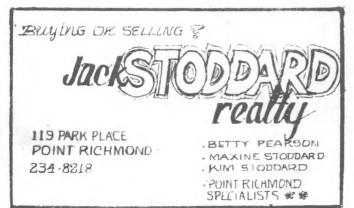






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RICHMOND, CALIF.

How are things on the

The July newsletter of the 'Save San Francisco Bay Association" gives the following report on the first six month's existence of the new Bay legislation, as carried out by the Bay Conservation and Develop ment Commission.

"In the past six months permits have been issued for 20. 2 acres of fill, all con nected with port or marina activities and unanimously approved. Almost every application carried conditions imposed by the Commission to further protect the public interest. Many of these conditions were suggested at the public hearings. A permit was denied for a large marine and its 20-acre fill where the location and design clearly threatened to add to pollution and water stagnation in the South Bay. Supervisor Godfrey (Solano County) cast the only vote favoring this New permanent access has been guaranteed in shoreline applications -- at a Burlingame restaurant; on the south and west sides of the Emeryville fill; and a fishing pier is to be provided in the Port of Oakland fill."

The Commission, in response to an alert from Save the Bay, received a record amount of mail and wires urging opposition to the proposed Richardson Bay Plan of Marin County which would have been a precedent setting misinterpretation of the BCDC law. Marin Supervisor Michael Wornum was the only Commissioner voting for this plan.

The Richardson Bay proposal illustrates the serious problems that will continue to exist when local governments are unwilling to accept BCDC criteria as their own. Pressures can be expected to continue at the local level to weaken the Bay Plan.

A WATCH ON THE BAY....

To minimize the problem of localities unwilling to abide by the law, local Bay Watcher committees have been established in Marin and Santa Clara counties, and they are under discussion elsewhere. Anyone interested may contact Save the Bay at P .O.

Box 925, Berkeley, 94701. Members divide the chores of collecting information on and reporting about incipient shoreline or fill projects. They also call attention to questionable fills or actions not conforming to permit requirements and are providing a quick and efficient early warning system. As these groups organize, hopefully in every county, both local developers and government officials can be saved time and money now wasted on expensive planning for illegal or ill-advised Bay fill projects.

The BCDC meets the first and third Thursday of each month, in the State Building, San Francisco, at 2 p.m. (phone 557-3686).

The newsletter continues:

"The good record of BCDC is a tribute to continued public concern. Without a visible audience, and letters from the public when there is a crisis, the BCDC could experience the problems which have faced the Regional Water Quality Control Board for years. At its meetings, almost all of the audience consists of those who seek to pollute the Bay, instead of citizens supporting strict enforcement of the water quality control law.

"Many important acres need to be bought. Nature Conservancy, a national organization, was created to buy important natural areas at non-inflated prices which might later be purchased by a public body. Save San Francisco Bay Association has been cooperating with this organization and urges concerned people to make contributions. Tubbs Island in San Pablo Bay has been secured. An option has been taken on an 80acre wildlife habitat which, it is hoped, will become part of a larger national wildlife reserve in the South Bay. Donations are tax . deductible and they form a long-run revolving fund so that contributions are eventually used many times. Checks can be sent to: S. F. Bay Project, P. O. Box 26687, San Francisco, 94126.















TOYS CLOTHES CHILDREN'S ACCESSORIES



Visit a New Park

The third largest Regional Park in the East Bay Regional Park District, the newly acquired Del Valle Regional Park, five miles south of Livermore, also contains the District's largest lake.

And, in the five-mile lake is now a new yellow and white 30-passenger tour boat, scheduled to be launched on July 18.

The boat was especially designed for touring, and is 27 feet long, has an eight foot beam and draws only eight inches of water, fully loaded. The tour boat, powered by twin outboards, is unsinkable and has a fiber-glass hull.

It will be making regular trips to land and pick up fishermen and picnickers at specified landings, and will also be available for charter parties in the evening.

Rainbow trout, yellow catfish, black bass, blue gill, sunfish and brown bullheads can be caught at the lake, which covers 750 acres. Ten thousand catchable trout are being planted there this month by the State Fish and Game department.

Hiking, horseback riding, picnicking, swimming and a variety of boating are offered at the park. There are also 50 family campsites available. Admission in \$1.50 per vehicle on weekends and holidays, and \$1.00 on week days.

There is a new four-lane boat launching ramp and on weekends, especially, the waters are dotted with sailing craft. In addition to rowboats and paddle boats, small sail boats will be rented to those who can show Red Cross cards attesting to proficiency or pass a short skills test. These are special class "Banshees" which are self-bailing and are 13 feet overall.

Only 129 Days 'till....

On some warm summer day, drop in at 4017 Macdonald Avenue and look at Christ-mas cards. The American Cancer Society is thinking ahead -- and all their new Christ-mas card designs are now ready for viewing and ordering. Five handsome and different holiday greetings are now available for order at the Cancer society's office. They are

tax-deductible because the cards represent as is noted on them, gifts to cancer research which will go on long after the cards are disposed of.

Brightly-colored envelopes are "in" this year, and, besides white, the ACS envelopes will come in red, brilliant blue or cheerry yellow.

Suitable for business firms as well as individuals, and for Sabbath as well as Sunday observers, the holiday cards may be ordered now for early delivery, imprinted with the donor's name or not, in units of 25, by calling, writing or stopping at the offices of the American Cancer Society. The Richmond office is at 4017 Macdonald Avenue, phone 232-9130.

The five designs offered are:

Beautifully embossed candles lithog - raphed on foil, with vibrant blue, green and gold borders.

Simple and distinguished, another traditional card has "Season's Greetings" hotstamped in shiny gold on gold foil, with a center snowflake.

Season'g Greetings in gold stands out against a brilliant Christmas red background which is in turn framed in gold.

Golden doves bearing a banner" peace on earth" fly on a deep blue card with gold inside the fold.

A slim contemporary card, encased in yellow envelope, features a glowing multi-colored candle.

HE CONTE

GOLDEN PEACH PUDDING

4 cups sliced peaches
1/2 cup water
3 Tbs. minute tapioca
3/4 cup sugar
1/8 tsp. salt
2 Tbs. lemon juice

1/2 cup flour

6 Tbs. sugar

2 egg yolks beaten 'till thick

2 egg whites

1 tsp. cream of tartar

Bring peaches and water to boiling over direct flame. Combine tapioca, sugar and



POUISE HAMMOND

NEW DECORATING IDEAS 235-6717

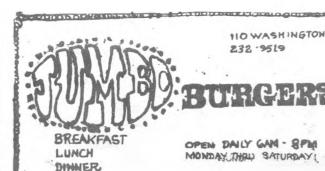
FABRICS - ACCESSORIES - FURNITURE CARPETS - DRAPES



PENDLETON SHIRTS
JARMAN SHOES.
ROUGHRIDER SPORTS VEAR
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136 WASHINGTON AVE. PT RICHMOND, CALIFORNIA 232-4761





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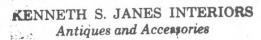
F.DR.

PALACE

35 WASHINGTON

HOURS MON, thru SAT. 1:00-5:90





232-1551 115 Park Place Point Richmond, California





ORGANICALLS/ SPEAKING 44 a. h. mends

Can Be Control Pests Without Pollution?

The answer as we see it now is YES!!!!

Instead of paisons that threaten the earth's
survival, let's start applying "compatible
controls" for wholesome food production =
ideas ranging from UHF sound, hormones and
good-any logs to lacteria, linds and beer!!!

A popular tune just a few years back started with the words: "What the World Needs Now..." There's no doubt it still needs love that traditionally makes it go 'round. But it even more desperately needs some sharp changes in the way man is treating it - especially if we hope to have him last much longer for love or anything else.

Insects, and how they've been tackled is a sickening case in point. "Every mouthful of food any American eats in the next century," explains Nobel Prize-winner Joshua Lederberg at Stanford Univ., "will contain at least one molecule of DDT - even if DDT were never used again!" Put another way, the gardener

· Recipe ·

· continued from the opposite side ·

salt. Add gradually to fruit mixture and boil briskly I minute. Add lemon juice. Pour into greased baking dish and keephot in oven.

Sift flour once and measure. Add sugar gradually to egg yolks, beating until light. Beat egg whites and salt until foamy. Add cream of tartar and beat until stiff in peaks, not dry. Fold egg yolk mixture into whites, then fold in flour, a small amount at a time. Spoon over hot fruit mixture. Bake at 350° for 50 minutes. Serve hot.

nromoted poison back in 1942 (when it was first applied to food crops, and entered waters soil, air and all living things) had half of the DDT remaining in his own polluted environment in 1956, and one-quater of it still there today. What's more, in 1984, after another 14 years elapse, one-eighth of that paison will be right there causing trouble.

Since the mid 1940's, when large-scale use of "hand" pesticides began, "something on the order of a millian metric tons of DDT have been distributed over the earth," estimates Dr Goran Lofroth of the Institute of Bio-Chemistry, Stockholm, Sweeden. Because of its persistance, mush of this poison remains in the environment concentration increases on the way up the natural food chain - so that while amphiods (tiny sand fleas) contain approximately .014 ppm, the small fish feed on them contain 3.6 ppm, and Coho salmon as much as 20 parts per millian.

When accumulated poison reaches high proportions, damage to the organism results. Persistant pesticide residues present serious hazards to cosumers. They simply do not deterioate or disappear from out lood, and neither washing or cooking distroys them. Taken into our bodies, they are stored in fatty tissue - and evidence of danger to both man and beast continues to mount: a close link between pesticides and cancer; reproduction disrupted in birds and wildlife; mother's milk now laced with about four times as much DDT than permitted in milk sold to the public; and unborn babies capable of doubling the mutation rate in man, according to famed British geneticist Dr. Osny G. Fahmy. (continued next week)



POINT

RESTAURANT

237-4999 199 PARK PLACE

Cocktails Lunches Dinners Banquets
elegant chinese food

TUES-THUTS 11:30-10:00 SAT 4:00-11:00 .. CLOSED MONDAY





BREAKFAST: 7:00 - 11:00

LUNCH: 11:30 - 2:00 MON. FRI.

DINNER: 5:00-10:00 WED. THURS John The Control of t

SPECIAL STEAK HOUR* 5:00 TO 7:00 ~ WED. TO FRIDAY

6:00 11:00 WASHINGTON AYENDE FRI. - 6AT. 233-4295

BOB SMITH . HIS MUSIC . HIS GUITAR . FRI . SAT. EVE .



HEALTH Compass Sirvis & A. H. MEADS

Ten Factors That Determine Our Health

- 1. Correct Diet. Proper utilization of foods in order to get their values.
- 2. "Natural" foods (to strengthen our daily diet). Dangers of devitalized foods.
- 3. The correct preparation of foods. Retaining of food values in storing and cooking.
- 4. The relationship of liquids to solids.
 Consumption of ail-free liquids and solids
 so that they do not conflict during digest-
- 5. Water intake. Indiscriminate use of drinking water can be harmful.
- 6. The proper food temperature during meals.
 Avoid congealing your foods.
- 7. Proper circulation. Avoid "blood-sludging" in your system.
- 8. Emotional and nervous tension. Modify stress and strain through proper nutrition.
- 9. Heredity. Imitating family eating habits can contribute to the "inherited tendency" of disease.
- 10. Virus and bacteriological infections.

 Increase resistance through diet corrections.

You will note that in the chart key factors center around food, water and nutrition.

These subjects are so important that you need far more information than just a list of "recommended" foods.

In the issues ahead we must consider food selection, preparation, digestion. And we shall also consider "right" versus "wrong" oils in the average diet.

Then, in addition, I shall give you specific list of a complete day-by-day menus. They will be outlined for you at a later date.

Upon recding them, you will find that many of these menus could be classified as part of an "oil-bearing diet". The emphasis is to provide the necessary oils in your system, for use by your body. Proper oil supply on "lubrication" of your body jaints can be an important safeguard for your general health. The oild do not literally lubracate the joints, but derivatives from oils do nourish them and provide elements that appear essential to the good condition of the joints and joint linings.

* Clinical Evaluation *

The value of a diet bearing proper oils has been proven. Not long ago, a series of scientific tests was made to determine whether the recommendation diet would produce good results. A medical center in New England conducted a clinical evaluation of the dietary regimen.

But the medical profession could not recognize this plan unless on until it could be substantiated through a clinical evaluation.

Tests were made on a group of actual patients, unselected cases of arthritis combining through that medical center in New England. The group included patients with oster, wheumatatoid, and mixed types of arthritis. These cases covering all stages of the disease—early, moderate and severe.

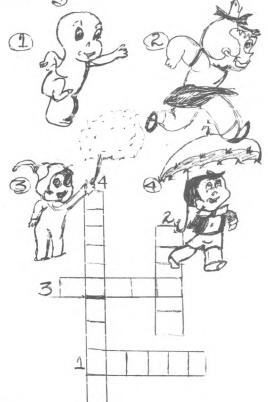
(Reference: Journal of the National Medical Association - July, 1959).

"Ninety-two per cent of the patients nesponded to the dietarty regimen with improvement within periods of two to twenty-weeks." Melp? help! help!

During the last few months we have had a few younger generation" member contribute art work, puzzles, stories, and recepes. However, now that summer is here, play seems to keep you busy. I need, badly, some more ideas for stories, some pictures by our younger generation artists, and puzzles and riddless so and recipes. Mail or bring your goodie to 66 Scenic Avenue or RIZ Bishop Avenue. PIENSE.

Gartoon Characters

How many of these eartoon figures do you recognize from my drawings?



Number one is friendly and can pass through doors and walls.

Number two is playful and a friend of Melvin Wisen-

heimer. Number three is a friend to number one. She is a witch who always has red clothes.

Number four is a boy with lots of money. He has yellow hair.

Making Change

TOMMY went to the store with a \$5 bill. He bought a loaf of bread for 45¢, a carton of milk for 54d. How much change did Tommy get and What coins and or bills do you think he got for changes



Euchon Si E Epoto Andrey & Si Nendy & I on Bills and I bills Albing Albing Albing April & Donny

7. These United States Do You Know the A. How many of the states Capital of ... can you identify by their 1. California 2. New York shapes ? 3. Hawan _ 4. Nevada 3 5. Alaska 6. Kansas 7. Florida 8. Delaware 9. Maryland D. Kentucky Scramble States 1 HATU 2. ZAIARNO 3 WXMCNEIOE 4. GIVIRIAN 5. EEtnense 6. KRAAASSIN 7. ENMIA 8.EXAST 9. HKMLAAOO 10 ARSTHOOLNCILA XXXXXXXX Scramble Cities 1. Ostrob 2. Taltaan 3. Rughbspitt 4. Devellanc 5. Kaneops 6. Nero 7. Trotdei 8. Saltu 9. Sobie 10. Leasett B. Can you tell in which states each of those cities are

Sound 3



The zodiac sign for July 23 to August 23 is Leo. During Leo's first Decan, from July 23 to August 1, the ruling planet is Saturn. The Sun's influence is dominant in this decan, but any waverings will allow the gloom of Saturn to set in. Hence, people of this period may become boastful and arrogant, sometimes resorting to violence if their ideas are opposed. Through control of moods, Saturn's knowledge can be added to the Sun's power, culminating in a generous steadfast nature, free from worry and able to override misfortune.

The second Decan, from August 2 to 11 is ruled by Jupiter, and is one of the strongest of all periods. Common sense is often accompanied by a generous disposition that is both open-minded and open-hearted. The Solarian will to win is coupled with the Jupiterian ability to see it through. People of this period are understanding and tactful in dealing with others. Their great fault is over confidence, which often induces conceit and may cause them to put self-interest above the honesty that this period normally represents.

The third Decan, from August 12 to 21 is ruled by Mars. Here the dominance of the Sun is most forceful. It betokens a brave and virile disposition, a thirst for real adventure, along with honesty and strength of purpose. The danger lies in becoming too impulsive and too dominating in disposition. This can result in serious rivalries in both business and social fields. Friendship is important to persons of this period and they should further it by showing appreciation of others, rather than boasting of their own achievements.

Welcome back to the Point, Mr. and Mrs. Harry Moll, who just returned from a month long visit with their children in Arizona.

Belated birthday wishes to Nancy Anderson.

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Mrs. Mary McDuff is entertaining guests guests from New York, Mrs. Elizabeth McNamee and her daughter.

Visiting Barney Beagle from Washington D.C. are his neices.

Hilary Lord can't wait until Saturday.. She will be four years old, and a big girl like all her four-year-old friends.

Craig Brock has been ill with the flu for the last week, and his friends wish him a speedy recovery.

WANT ADS

LOST & FOUND

FOUND: Half-grown male cat on Golden Gate and Summit. White with black and brown spots, has been around for about 2 weeks. Call 234-3202.

FOUND: Bird.1 Parrot-like, but smaller.
Two-tone grey, round red circles on cheeks, and a green top-knot. Call 233-7108 or 235-3897. In case owner is not found, call and leave your number, if you want such a bird.

FOUND: Key Case in park on Nicholl and Washington. Call and identify. 237-3453.

WANTED

ONE or TWO BEDROOM HOME (preferably) flat or apartment, by young professional couple. We have a small dog, but no child-ren. Eugene Salazar, phone 849-4443.

Female to share spartment. Prefer school teacher or someone who would be compatible with roommate who works and attends school full time. \$75 per mo. Kitchen privileges. Small bedroom. share bath. Call 237-3950 Saturday mornings.

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

Needed by Huscicon: Staplers, Addressing Equipment, polaroid camera. All donations tax deductible. 235-6347.

Old newspapers: Call 234-0814.

FOR RENT

ATY

POINT RICHMOND HOME. 3 Bedroom, 2 bath home, Across the street from elementary school, 1 block from bus transportation to work or high school. Small secluded back yard, children and pets welcome. Available September 1. \$250, by owner. Leave messages at 235-4222.

FOR SALE

GARAGE SALE: Over 100 items, priced .05 to \$50.00.

July 17 to 19, from 9 to 6.

Kitchenware, TV, HiFi, hatch covertable, office desk and chair, other household items.

64 Scenic Avenue. 235-3647.

- TWO BEDROOM HOUSE in Point Richmond. Eligible Cal Vet can assume \$16,500 loan, or re-finance. \$2500 down, \$110 per month, including tax and ins. Phone 237-9104.
- WRINGER -TYPE WASHING MACHINE: 5 yrs. old. Good Condition. \$17.50 Call 233-3766.
- 1967 FORD STATION WAGON: New tires, radio, heater. Automatic Transmission. BARGAIN: 237-4073.

PING PONG TABLE TOP. Standard size Plywood. \$5.00. Phone Tedrick, 234-0415

1967 RAMBLER 4-door wagon. Good tires.
__Good condition. \$350. Call 232-6424

SERVICES

BABY SITTING:

Day Babysitting in my home. 237-7808 Weekends, in my home. Helen Mailo 3yrs. and up: 232-3429

Darlene Austin: 234-6037

CLOTHES ALTERATIONS: Reasonable rates, Professional seamstress. In my home. Emelia Fornalski:235-8894

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

YOUR PORTRAIT IN OIL: 2 to 3 sittings.

Call Grethe Tedrick, 234-0415 for an appointment.

ODD JOBS, Garage cleaning, light hauling. Phone 234-8425.

Will Clean basements, garage, home, very reasonable. 234-6037.

TEENS FOR HIRE

HIGH SCHOOL BOY With Pick Up: Light Hauling, Odd Jobs. Call Jerry:232-3878

HIGH SCHOOL Senior wants work after 1 p.m., Babysitting, housework, both. Joann Comer: 235-7200

BABYSITTING:

Jennifer & Mike Allaire: 237-6191

Cathy Enyeart: 235-9572

Craig Healy: 234-6139

Sherry & Loretta Mertle: 232-0995

Melisaa Martincich: 235-7306

May Sinawi: 233-5742

Linda Taylor: 232-8819

Lisa Williams: 233-5211

Wendy Wirth: 233-5618

BABY SITTING & HOUSEWORK:

Sherry Enyeart: 235-4972

Debra Dustin: 232-6612

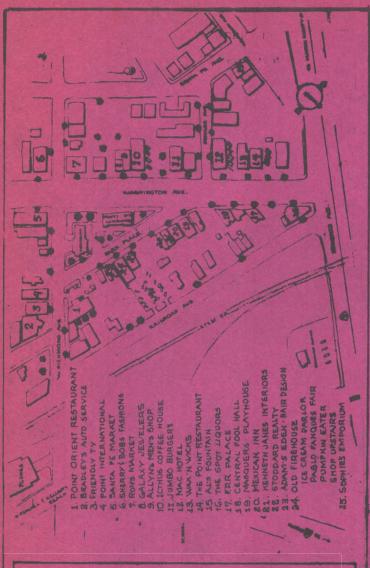
Ellen Rasmussen: 233-1112

Lisa Walker:237-1260

ODD JOBS: Geoffrey Williams: 233-5211 Marion Tedrick: 234-0415

Michelle Healy: 235-3897





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EDITOR DONNA ROSELIUS
ASSISTANT ED: LINDA WERNER (237-3453)
LOCAL NE AS EDITORS; DOROTHY KING (237-47/2). MID DORNAN(234-5334).

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