

# POINT COUNTERPOINT

A JOURNAL FOR CIVIC COMMUNICATION

WEEKLY 10¢

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August 28 to Sept. 4, 1970

Point Richmond, California





# 1. "Hello Country. Goodbye."

by Dan Robertson



I am loathe to leave the house these fine summer days, for fear I might miss a phone call from the President. Somebody has invented a system so that the president can call us all up on the telephone and tell us that the bombs are falling. Of course, we could probably just look out the window and get the same information.

"I'll be darned. Look outside, darling, Bombs are falling in the streets!"

"Don't bother me with that. The phone is ringing."

Normally, I only answer the phone when I am in the mood for it. The rest of the time I just let it ring. But now, when every call might be from the President, I feel sort of duty bound to answer it. In fact, I have been keeping a notebook next to the phone, where I jot down ideas on how to run the country. After all, when the President does call, I want to conduct myself in a knowledgeable manner. I have a number of suggestions for him, but I am not going to list them here. If I did, we could not send this paper through the mails.

Of course, the President is only supposed to call us up when the country is in a state of extreme emergency, which makes me wonder why we haven't heard from him yet today. I don't know what kind of emergency he is waiting for, but even a placid observer must agree that the country is not now in a state of grace. He could soothe us all if he would just phone us up and say, "Hello. How are you? I hope you are fine. I am fine. Pat is fine. Tricia is fine. We are all fine. The country is fine, too. Isn't everything fine? It was fine talking to you. Goodbye." A simple phone call like that might make us all feel secure and would assure us that, contrary to rumors, there really is a President in the White House.

Well, maybe the President doesn't want to phone us more often than necessary. The

long distance charges would be staggering, and judging from past performance, the phone bill would go unpaid. But Ma Bell is relentless. She might disconnect the President's phone for non-payment and then where would we all be? We would see the bombs falling in the streets, and how do you like that, no phone call from the President!

We could call him up and complain about the bombs, but we would only get a recorded message: "I'm sorry. The number you have dialed is not in service at this time."

Maybe the President is planning to call collect. If he does, most of us will never get the word in time. The phone will ring and the operator will say, "Sir, will you accept a collect call from Washington, D. C.?"

"Washington? Just a minute, operator. Maude, do we know anybody in Washington, D. C.?"

"I don't think so, sweetie. Maybe the Judds. Aren't they on vacation back that way?"

"Hello, operator. Is it the Judds calling?"

"No, sir. It's the President of the United States."

"What does he want?"

"Sir, you'll have to accept the charges before you can find out what he wants."

"Listen, I've already accepted enough of that guy's charges. He's driving me bonkers with his charges. Is this call really necessary?"

"Sir, do you hear that strange sound in the background? That sort of moaning sound? Well, sir, that is the sound of 200 million Americans breathing into their telephones, waiting for you to make up your mind. Now, will you accept a collect call or not? I'll give you a hint. It's about the b-o-m-b-esses."

"Just a minute, operator. Maude, do we want to accept a collect call about the bombs?"

"I don't think so dear. Not unless it's from the Judds."

"Sorry, operator, we don't want the call."

"All right, sir. The President will be disappointed." (page 18, please)

LAST WEEKEND OF

**'TOTAL HILARITY'**

The Masquers' "Little Mary Sunshine" will come to its merry end on Saturday, August 29, with only two more nights to spoof off. Reservations, at 843-5475, might be worth trying for, in case you haven't seen the play, yet.



MONDAY REGISTRATION:

**ART CENTER  
CLASSES**

● Adult classes at the Richmond Art Center begin the week of September 14. Registration for Richmond residents will take place on Monday, August 31. Classes include Ceramics, Figure Drawing, Art Field Trips, Decorations Workshop, Weaving, Painting, Watercolor, Drawing, Batik, Stitchery, Textile Printing, Jewelry, Lapidary Youth Group Leaders Training (free), and Leathercraft workshop.

● The Richmond Ballet, with classes for children and adults, will register students on September 15, at the Art Center.

● Teen classes will hold registration on Wednesday, September 2, for Richmond residents. Ceramics, Creative Arts, Batik, Primitive Weaving and Jewelry will be offered.

● Children may register for Saturday classes in Ceramics, Painting and Crafts on Wednesday, September 2.

● Registration hours are 10 a.m. to 4 p.m. and from 8 to 9 p.m.

**Special *ROKETSUZOME***

On Monday and Wednesday at the Richmond Art Center, for three weeks, a special class will be conducted by Shimada's ambassador to Richmond, Miss Kazuko Aranumi. Classes will be held from 1:00 to 3:30 in Roketsuzome, the Japanese art of dyeing and decorating leather. Registration for this class is the same time as Art Center Adult registration. Fee is only \$2.00, class is limited to 15 students.

TUESDAY.....

**WEST SIDE MEETS**

Beginning a new year, the West Side Improvement Club will meet next week on Tuesday, September 1, at 12 noon, at Our Lady of Mercy Church. Luncheon will be served. Members are reminded to note -- the meeting is on Tuesday, instead of the usual Thursday.

WEDNESDAY.....

**SAVE OUR PLUNGE !!**

A "Recommendation on the Future of Richmond Plunge" will be made on Wednesday evening by the Recreation and Parks Commission of the City of Richmond, at the regular meeting. The public is invited to attend the meeting, which begins at 7:45 p.m. in the City Council Chambers of the City Hall.

To voice support of the retention of the fine facility which our "city fathers" may very well try to rid the city of, now that Kennedy High School has a pool, PLEASE attend the meeting. If you cannot provide physical presence, do the next-best thing: write a note, or call Recreation and Parks Director, Mr. Joseph Salvato, Civic Center, Richmond, 94804. (Phone 232-1212, ext. 491).

The city's only indoor swimming pool, the Plunge can hardly be replaced by a pool at Kennedy School which is not indoor, and is in a rather windy location across town.

The historic features of "Richmond's Municipal Natatorium" give it an added charm, besides its obvious valuable utilitarian features. The evening classes, "noon swims" and after-school classes will not likely be replaced by Kennedy School's pool.

Richmond's Recreation and Parks Department wants to retain the Plunge and its needed programs. However, it needs your support and your voice, to make it obvious to the City Council that it is not just a department attempting to cling to one of its programs.

Join the SOP campaign, and send your SOPpy letters to the City Council as well as to the Recreation and Parks Department.

Start today -- be an S. O. P.'er.



### 3. "LAST RUN TO BURNNEY"

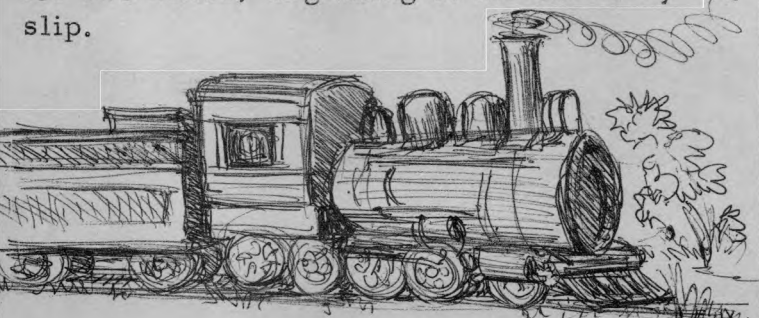
The Pacific Locomotive Association will offer members and friends a last ride the last run of the steam train, the venerable McCloud River Railroad. The trains have run on this line since 1898, and for the last fifteen years, the steam train has been used for excursion service. The popular service will discontinue this fall because of expensive and extensive repairs required to make her acceptable under federal law.

The close of the season, October 10 and 11, will be a last run to Burney, through the colorful autumn scenery on a 120-mile trip. Saturday's trip, on passenger equipment will go to Burney; Sunday's trip, on open excursion cars, will go over the steep grades of the original line from McCloud to Mt. Shasta, using one of the last main-line switchbacks to be found in America.

The tour planned by the Association includes a chartered reclining seat motor coach trip, leaving Friday evening, and returning Sunday evening. Fare of \$59 includes all transportation, two nights at the luxury Shasta Royal Inn, the steam train excursion, box lunch on the train, visits to Burney Falls, the Joss House and Museum and the Saturday evening banquet.

Further information about the tour may be obtained by writing to Henry Luna, 1244 Paloma Ave., Burlingame, 94010.

The Pacific Locomotive Association is planning switching operations at the Castro Point Railway on September 13, on their steam trains that run down the Bay shore for two miles, beginning at the old ferry slip.



## CLEANING ? ... CALL COLLECTORS

If you are doing your fall cleaning now and come across some books that you don't need, please save them for the Richmond Museum Association's book sale. But call Marlys Reynolds right away, to have them picked up -- the book sale is coming up soon, and is for a most deserving cause. Call her, at 234-4617, and help out the Museum.

All old costume jewelry that you can do without will be happily accepted by Anita Christiansen, as well as old buttons and trinkets, for use at a convalescent hospital. Patients use the jewelry in their therapy program. Call her at 233-3443 or drop the jewelry off at 32 Crest Avenue.

### WEST SIDE

## Library

by Mary Burkhard

#### On Crafts .....

For the craftsmen at the Point, West Side now subscribes to CRAFT HORIZONS which has mainly ceramics and weaving -- and lovely examples they are, too. We have Virginia Harvey's MACRAME, THE ART OF KNOTTING and the latest McCall's and Good Housekeeping's NEEDLECRAFT periodicals. We even subscribe to VOGUE PATTERN BOOK INTERNATIONAL, so now's the chance to get started on some creative project.

#### NEW BOOKS.....

SING A SAD SONG; THE LIFE OF HANK WILLIAMS. This Grand Ole Opry star's career lasted only three short years but when Williams died at the age of 29, he left behind a legacy of music that will live as long as there are people who take pleasure in simple, beautiful melodies and straightforward, plaintive lyrics. This fascinating biography is a fitting portrait of a semi-

educated, good-natured boy from a poor family in the south who scratched his way up the ladder by his own talent and hard work, talent that produced songs like Your Cheatin' Heart, Jambalaya, and Hey, Good Lookin'.

We've had many requests for books on organic gardening and now we have an excellent one titled BEST IDEAS FOR ORGANIC VEGETABLE GROWING. Here in one easy-to-use volume are the best, the most unique and the most rewarding ideas for growing vegetables organically. These vegetable growing techniques have been developed, tested and proven by some of the world's most successful gardeners.

Novels and plays of newspaper life are perennially popular. Gordon Williams' new novel, THE UPPER PLEASURE GARDEN, is in that great tradition. A seaside town in the south of England and the offices of a local weekly newspaper are the setting. Andrew Menzies (Ming to his colleagues), 21-year-old reporter, possesses a nose for scandal and a talent for extracting personal stories from unwilling victims by a mixture of bluff and blackmail. The author uses this somehow engaging character as a mirror through which we view the denizens of Hamport. In the wealth of character portrayals -- many of them brilliantly concise cameos -- Gordon Williams has brought a skeptical eye to bear on the claustrophobic intensity of English small town life. The author's earlier novel, From Scenes Like These, was a semifinalist for the Booker Prize for Fiction in 1969.

 by Mid Dornan  
and her summer help

HAPPY BIRTHDAY, . . .  
Bea Kenoyer  
Gloria Crim  
Floria Parker

"A permissive parent hands his child the license to curtail the freedom of others."

Visiting from Glasgow, Scotland, is 4. the mother of Maurice Doherty, Mrs. Catherine Fallen, who will be here for one month.

~~~~~

When Jason Clarke's grandparents were visiting from Fort Wayne, Indiana last week, Jason (age 9) discovered a three-foot long, snub-nosed steel cylinder on the beach outside his house.

He brought it home, put it in the patio, and then discovered, when he called his parents to look at it, that it was a fully-armed U.S. Navy submarine signal missile!

His parents telephoned the police, who collected it within five minutes of the call. Jason had to help file a report on the find. The police officer advised him not to bring home any similar missiles in the future, but to notify his parents or the police instead.

~~~~~

Mrs. Lillian Bethel, mother of Sherry Hartynyk, is in Richmond Hospital for treatment. Her friends wish her a speedy recovery.

~~~~~

About 30 WSCS members and their families enjoyed a day of picnicking and swimming on Tuesday at the Dornan cabin in Odd Fellows Park on the Russian River. An added surprise to the guests was the arrival the day before of the Doug Clark family from Southern California. Jessie Clark is a past president of the local WSCS, and they were enroute to Olympia, Washington, where Doug has accepted a special assignment in Aberdeen for a year.

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Another family of former Point residents, the Ted Hein family, has made another move. This time to Colorado Springs, Colorado.

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This week's nominee for "Ice Cream Hero of the week" is Herbert Hunn of Crest Avenue, for beautifying the empty lot on Crest, with geraniums, nasturtiums, etc. The lot, which neighbors are all enjoying, lies across from 55 Crest.



# ...REMINISCING...

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

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

August 28, 1920.....

## EAST BAY TO COOPERATE...

'Oakland, Alameda, Berkeley and Richmond will cooperate in a general survey of all harbors of the bay district...to advance facilities for shipping...."

## TOO MUCH TRANSPORTATION?

A suit, brought against the Western Motor Transport Company by Richmond, the San Francisco-Oakland terminal Railroad, and the Richmond - Albany busline, was delayed for a few days, and in the meantime, ran their buses down MacDonald Avenue...

## BIDS OPEN FOR NEW GRANT SCHOOL:

## 125-TON STEAMER TO PLY BETWEEN HERE AND SAN FRANCISCO.

Planned twice-a-day trip, carrying Richmond commodities.

August 30, 1920.....

## MARIN MORE PATRIOTIC?

Local senatorial candidate, incumbent Sharkey was without opposition; but Marin proposed to run a local candidate against him. Sharkey's opponents here favored the competitor, stating that each locality should take turns providing senators for the State.

## WEST SIDE MEETING ON HARBOR...

"The big meeting in the western section will be held under the auspices of the Point Richmond Commercial Club...active in development work for the city...."

August 31, 1920.....

## NEWSPAPER CONSOLIDATE

"Consolidation of the Record-Herald and the Richmond News into one publication was announced by the publishers today."

## TAX RATE FOR YEAR FIXED AT \$1.87 FOR RICHMOND.

## WINE MEN CRUSH GRAPES UNDER DRY LAW....

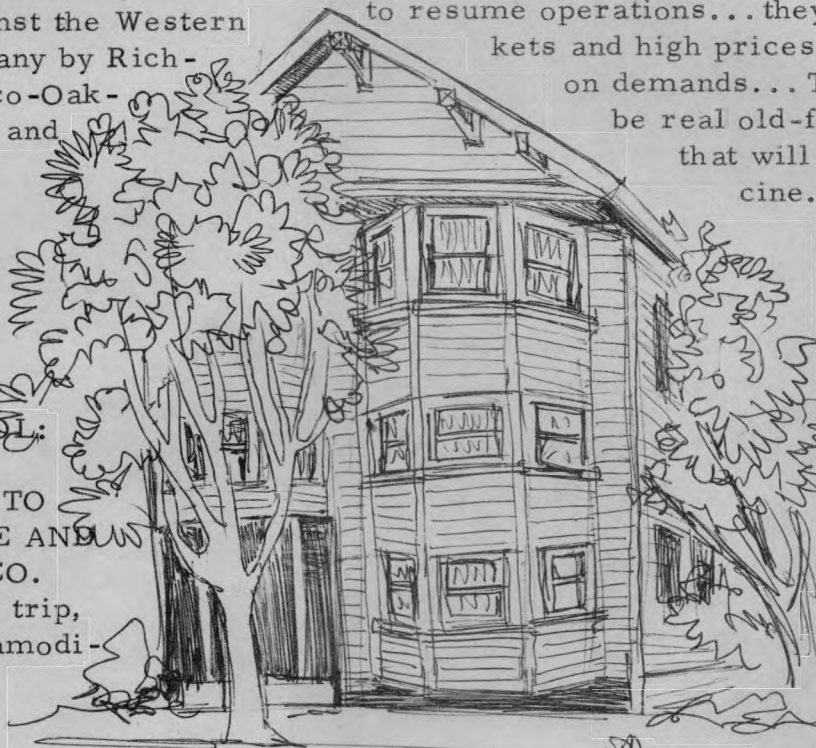
"Wine men...are now busy preparing to resume operations...they have big markets and high prices, with no limits on demands...The juice will be real old-fashioned wine that will go into medicine...."

September 1, 1920

## "MAYOR LONG, SENATOR SHARKEY WIN..."

## BUS BUYS ITS COMPETITION....

The Albany Bus line was purchased by Western Motor Transport Co., thus eliminating competition, and a law suit."



## RICHMOND HELPS VALLEJO.

Pledges of help in Vallejo's fight to keep the Mare Island Naval Base came from Richmond leaders, as Mayor Long, Ed Garrard and others, who had grown up in Vallejo.

## "HANDS AROUND THE BAY"

Attorney Wilbur Pierce put "Richmond on the map" with descriptions of Richmond's harbor and industries...."

## RICHMOND TRAVELS UPHILL....

Development of land and homebuilding was rapidly spreading up the eastern hills of Richmond, sites selling at \$1 down, and \$1 a week.

# Point Teens

by Fred Goss

Saturday night, August 30, the third annual Battle of the Bands will be held at Contra Costa College gymnasium. There will be seven bands. The show runs from 9 p. m. to 1 a. m. The bids are supposed to be \$1.25 in advance, and \$1.50 at the door. BUT -- if you buy your tickets at the Rec you can get them for \$1.00 each.

All our people returned safely (and exhausted) from Dizzyland. The only problem seemed to be no time to sleep and not enough gas for the bus on the way back. The City said it was such a success that other long-distance excursions now are very likely to be offered.

It's not yet official, but the Snow Trip will be a 4-day affair next year in February. Reservations may have to be confirmed in September.

In case you're counting, it's been ten weeks since we had a band here on Friday night. If you know of any groups who could play down here, please let us know. Fridays are really getting to be a drag at the Rec.

## HERE AND THERE

with Dorothy King

Last week, the Dornan's were visited by Mid's sister and family from Cheyenne, Wyoming.

\*\*\*\*\*

Welcome to a new Pointer: An eight-pound, 12-ounce baby girl was born to Mr. and Mrs. Jim Pease on Wednesday, August 26.

\*\*\*\*\*

The Galaxy Jewelry store was the victim of robbers on Tuesday, who entered the store in the afternoon, forcibly taking some diamond rings. Carol Yacorzynski, who was in charge of the shop, was luckily

unharmed, since the two were armed, and 6 shots were fired. The two escaped via Santa Fe Avenue, and have not so far been apprehended.

\*\*\*\*\*

### My - Vacation, ( continued)

My son Randy's trailer-cabin was very nice. People in St. Helens never lock their doors. But, since I don't live there, I always locked the door. Randy and my dog, Chris, stayed with me the first night. I awoke at 7 a. m. and at 10 a. m. Pauline Chamberlain picked me up, and we went to breakfast with Randy. We then went to Pauline's son's home, where I met Loren and Millie Chamberlain. After relaxing and playing cards, we had dinner and I went back to the trailer. The next day, Pauline invited me to visit the paper mill where my son works. He runs one of the big machines at the Boise Cascade Paper Mill. We met Mr. Bob Harris, manager of the mill, who gave us each a hard hat to wear on our tour, so that nothing would hurt our heads. His description of the paper mill operations was fascinating....

The history leading to the invention of paper, spans thousands of years, and four continents. Man began graphic communication on walls of caves, by drawing picture stories. Ancient Babylonians, who lived in the country now called Iraq, wrote messages on heavy clay tablets, which were portable. Egyptians wrote on thin strips of the stems of a native plant called papyrus, from which modern paper derives its name. Persians made parchment by splitting the skins of goats, sheep and calves, and soaking them in lime and scraping them smooth and drying them. In China, in 105 A. D., a young scholar named Ts'ai Lun experimented with the inner bark of the mulberry tree. He pounded this material into pulp and added water. The mixture dried in the form of a matted fiber. On these sheet messages could be written. It was the first real paper. It took at least 600 years for Ts'ai Lun's paper-making secret to make its way beyond the Great Wall of China into Central Asia. It reached Europe by about the twelfth century. By this time, rags were being used for pulp instead

(next page please)



## 7. Here and There, continued.

of Mulberry Bark, but every sheet of paper was still made by hand. The first major improvement over Ts'ai Lun's centuries-old method came in 1799 when a Frenchman, Nicholas Louis Robert, patented the first machine for making paper in a continuous sheet. Made on a hand-cranked machine based on flour-milling principles, the process was later improved by an English firm of London stationers. The Fourdrinier brothers added improvements, and to this day the paper-forming section of the paper-making machine bears their name. Both Linen and cotton rags were used throughout this period, but they were so scarce that the search for a cheaper, more abundant raw material continued.

Experiments were carried out with raw hemp, jute and many other plants as well as with asbestos. In 1800, an Englishman named Matthias Koops, published a book on paper made from straw.

During the American Revolution, officers of Washington's Continental Army wrote commands on paper fragments that looked more like grocery lists than history-making Military Communications. When Washington was President, the situation became so serious that Congress appealed to housewives to save rags for paper manufacture. The need for a new and reliable source of raw material was becoming acute. Elsewhere in the world men had been at work on the problem for almost a century. In France early in the eighteenth Century, Rene de Reaumur idly watched a wasp at work. First it rubbed tiny wood fibers loose from a dry post and mixed them with secretions from its body. "If a wasp can make paper from wood, why not man?" he thought, and the soundness of his logic was proved more than a century later. In 1844, a German named Keller patented the first practical method of imitating the wasp's work -- a wood-grinding machine in which sticks of wood were forced against a grindstone and water was added. In England, in 1851, a process for breaking down wood into fibers by chemical action was developed by Hugh Burgess and Charles Watt. Wood was cut into chips and cooked in a caustic soda solution until the fibers separated.

The resulting wood pulp was then made into paper. The age-old problem was solved. Paper could be made from wood -- and wood was both cheap and plentiful. From then on, it was just a matter of improving the methods and building machines for making paper better and faster. In 1867, an American Chemist, Benjamin Tilghman, patented another chemical method for making wood pulp, called the sulphite process. In 1889 a German chemist named Dahl developed a third chemical process in use today, the sulphate process. For a land rich in forests and water, like America, the treatment of wood by chemicals proved to hold the most promise of all the paper-making methods. In less than a century since these developments, this nation's pulp and paper industry has grown up.

Approximately 800 mills in the United States produce nearly half the world's pulp, paper and paerboard. Most of this country's paper - about 97% - comes from wood. The trees that supply wood for pulp and paper grow as a crop. The crops of trees can be grown over and over again, on the same land. Almost any tree species can be used for pulp and paper today. Some trees, thought valueless for paper making a few years ago, are now being used, thanks to research and technical improvements. Parts of trees once left in the forest after logging, and wood scraps once burned as waste after lumber manufacture also are converted to paper and other pulp products. Some pulp mills operate entirely on chipped wood left-overs from veneer mills and saw mills.

----- More on vacation next time. -----





# Something to get Excited, about!

(AND PLEASE DO!)

Those who attended the Budget Sessions of the East Bay Regional Park District (and these are boring, unpopular meetings to attend) from Contra Costa County, were rewarded with a big nothing.

As taxpayers who contribute to the East Bay Regional Park District's budget, all of us should have been there; however, one assumes that our representatives on the Board will assure our county of a fair share of expenditures.

This should be the case. However, West Contra Costa's representative, Paul Badger, from Pinole, is a one-man minority. He is filing a "minority report", which will probably do no more good than his one-man "ho" vote, on the budget.

The only other Board member from Contra Costa County is Fred Blumberg, the only man on the EBRPD Board who refused to visit the park site at Point Richmond. Such representation is likely to show on the budget.

And it does.

Although Contra Costa County contributes 64% of the amount that Alameda County does, it will derive 53% of the 1970-71 funds. The percentage must go down to approximately 39%, when carried-over amounts are considered. (The amounts carried over in Contra Costa County, for the Point Richmond shoreline park totaled 287,000 dollars, and for Briones, \$478,000.) The carried-over amounts for Alameda county must only be \$235,000 total, since the total budget is approximately \$6,900,000, and the new appropriations amount to \$5,974,177.

This means, according to the figures published by the Park District, that, if new appropriations set aside by the District equalled the 64% contributed by our county, we would have \$1,150,000 MORE in the budget than is now allocated.

The East Bay Regional Park District will be asking for increased tax rates soon, since

(next page, please)

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they are working on "a tightly drawn, carefully scrutinized economy budget" not adequate to cover the needs of the two-county system. If the summary figures in their press release are correct, one can hardly advocate an increase in the taxes Contra Costa County contributes. For investing 64% as much as Alameda County, we receive 39% as much, based on a tax rate of 10.3 cents per \$100 valuation as compared to Alameda's 9.8 cents. And this does not take into account the percentage of time spent by staff members in working for one county, as compared to the other. If one uses the Point Richmond Shoreline Park as an example, one could very well assume that staff effort is very lacking in our area, as well.

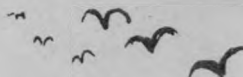
Contra Costa County joined the East Bay Regional Park District with the hope of using its money more wisely, for park purposes. If you consider Alameda County parks a greater advantage for our county, we have accomplished that purpose.

MEANWHILE; BACK AT THE  
BEACH.....

The Contra Costa Shoreline Parks Committee is attempting to help solve the dilemma of inaction at the shoreline. The EBRPD insists that negotiations with the Santa Fe Railway have delayed action on the park. Essential agreement, however, was reached long ago. The Committee, aside from attending meetings and writing letters, has published their third "Tiny Tennis Shoes" book:

A RARE ITEM IN THE BOOK DEPARTMENT

Would you like a first edition of the latest "Tiny Tennis Shoes" book? Save Our Bay Park has just been published, and is available for only 25 cents. Send a stamped, self-addressed envelope to the Committee Treasurer, Mrs. Hans Shaper, 219 Bishop Avenue, Point Richmond, 94801, or drop in at Stoddard Realty, 119 Park Place, and pick up a copy there.





The community has now begun to take shape, and is planned to include some 20 private residences and a Crafts School complex. Ten people are in residence, and building has begun. Members of the community will own the residential areas in partnership.

Individuals and families who are seriously interested in such a community may join for a trial membership of from three to six months. During this time, private sleeping quarters and a common dining and shop facilities will be provided. Full members will build their own residences if they intend to live on the ranch year-round. Condominium type ownership, with three other families, can be arranged for occasional residents.

The ultimate goal of this community of craftsmen is to design a small residential community that respects the integrity of both the land and its inhabitants, ensures the personal privacy and provide community areas for community members.

Persons interested in further information concerning this unique community may contact Dr. Fred Gordon at Big Basin Ranch, Boulder Creek, Ca., 95006, or phone (408) 338-3344.

## HEALTH

*Comes first*

by A. H. MEADS

*Some individuals crave more water than others, at more frequent intervals. It is my belief that a well balanced body chemistry rarely manifests a great or constant thirst for water. If you are trying to adjust to my dietary plan ( or at any time when you are thirsty ), you will find that a piece of celery, carrot, cucumber or fresh fruit will usually meet your thirst needs.*

*Then during the day, if necessary to satisfy thirst, water may be taken approximately four ( or more ) hours after a meal or other food intake, or about half an hour before a meal.*

*Most foods have within themselves the necessary amounts and types of water for their own salubility. Drinking water with meals is a false and useless attempt to speed up digestion. Let your food be "broken down" with the aid of protein, fat and carbohydrate digestive enzymes and food splitting acids. This is a natural function of the body. (next page)*

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The more slowly food is absorbed the more it is exposed to the intestinal flora and the less chance there is of constipation.

I have been sometimes ask why I am so adamant against water, why I issue so many warnings on the subject. Let me clarify my stand by repeating that I am actually in favor of drinking water - but only at certain times of the day. The timing is what counts.

Drink water to your hearts content upon arising, 30 to 60 minutes before breakfast, and again about half an hour before the evening meal. Be guided by the following simple rules:

1. No water with your meals or midway between meals.
2. NO ICED WATER AT ANY TIME.
3. Never add water to milk. ( Obviously, I do not recommend powdered milk.)
4. Never add water to soup to cool it.
5. If you must drink coffee ( which is water, with high surface tension ) do so at least fifteen minutes before breakfast. If you feel you must have coffee during the day, then drink it black, preferably at least 30 minutes before your noon and / or evening meal and four hours after your previous meal.
6. Avoid using flavored, carbonated water, or seltzer. ( Social occasions sometimes require that you take a drink. A "straight Scotch " or " Scotch and water" would be better than a " Scotch and soda". Better still, abstain.)

Someones asked, " what about drinking water when I take pills, tablets, vitamins and other medication?"

The answer is try to take capsuls and medication with water early in the morning, upon arising. Another "safe" time is about 30 minutes before the evening meal. If your prescription requires pill-taking more than twice a day, perhaps you can use milk as the accompanying liquid.

I'm pointing out how water may be bad for you at times, I do not want you to forget how good water and how necessary it can be at the right times. In pointing out how good and necessary oils are for your body, I do not want you to forget that there are good and bad oils. In the same way you know that food is good and essential for you, but there are of course good and bad foods. All these matters, and how to use your common sense in choosing the foods and liquids you consume, will be covered later.

(Next: Why "Balanced " Diets often Fail.)

*select liquors*

**THE SPOT** BAR & LIQUOR STORE

1 STANDARD AVE • 232-6789

BEER • SOFT DRINKS • POOL

**8**

**CENTRAL POOL HALL**

49 WASHINGTON AVE.

**RON'S MARKET**

233-9044 160 WASHINGTON

Fresh PRODUCE • MEATS BEER & WINE

*Small*

**JOB PRINTING**

"instant-print" service  
233-4999 now & then

DR. ENTERPRISE



## About ADVERTISING UTILITIES

How many times have you wondered why PG & E finds it necessary to advertise gas and electric appliances? Is there some other form of energy available to householders? Is there, perhaps, a trend back to wood-and coal-burning appliances? If there were competition, perhaps the gas and electric rate increase (they are asking for 70 million more per year in electric rates) would be easier to object to, and not so objectionable. But, when a part of the budget is spent to advertise gas and electric appliances, when one can't buy anything else, it seems unfair.

A petition is now before the Public Utilities Commission objecting to the advertisement of PG & E. Perhaps someone is considering a petition concerning the telephone company's advertising too.

## JOBS AVAILABLE....

Job opportunities are good for electronic technicians. The electronics technology department of Contra Costa College testifies to the need for technicians. Several times a week the phone rings, and another inquiry for leads on students to fill technician vacancies is received from Bay Area industry.

Students interested in electronics technician training are urged to call the college immediately, at 235-2583. Fall semester electronics classes begin Thursday, September 10.

Day classes offered will be Basic Electronics, Intermediate Electronics, Television Servicing, and Solid-State Electronics.

## MONEY AVAILABLE

Every Tuesday night at eight, for ten weeks, a course that may not tell you "how to become a millionaire in ten easy lessons" but that will make you more competent when it comes to understanding the investment business, will be taught by Allan B. Jonas of Merrill, Lynch, Pierce, Fenner and Smith. Call the college for enrollment. No fee, no prerequisites.

# GALAXY JEWELERS

140 WASHINGTON AVE.  
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point richmond

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REPAIR

BUYING OR SELLING?

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POINT RICHMOND SPECIALISTS

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101 WEST RICHMOND 233-1527  
COMPLETE AUTO REPAIRS

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FM/AM Clock Radio

108 W. RICHMOND AVE.  
RICHMOND, CALIF.

PHONE  
233-4158



# FRIENDLY TV



# CURRENT EVALUATION OF TELEVISION

**Abbott and Costello Cartoons**—These old films were not produced for juveniles, and they have always been poor fare for children. These animated versions are mediocre, and emphasize the undesirable.

**Adam 12**—Usually this is a constructive presentation of police in action. Violent incidents are part of legitimate story content. NABB suggests older members of family be present when youngsters are viewing.

**The Addams Family**—An unusual family with whimsical imagination and humor. Emphasis is on difference, not horror.

**American Rainbow**—A new irregularly scheduled series for children. It opened with "Christopher Discovers America," which rated an E for effort, but missed its mark.

**Astro Boy Cartoons**—A worthless, nightmarish series. Boy robot fights crime.

**Atom Ant**—Retired from NBC schedule by public pressure, this will likely emerge in other places. A super insect. Violent solutions for all problems.

**Gene Autry Show**—Excessive violence in a crime-and-killing-is-fun format. Old, but it's still around.

**The Avengers**—A former fixture on ABC, this is now syndicated and scheduled by stations less sensitive to the national revulsion against tv brutality. Horror devices. Highly objectionable for children.

**Banana Splits**—This was launched more than a year ago with much fanfare by the network as a replacement for network tv's excessive violence and ugliness in children's shows. It began as a disjointed, noisy, confusing program and that's what it still is. It still contains far too much violence and it is saturated with commercial plugs. Unsuitable for children of any age.

**Batman Cartoons**—A mediocre animated copy of the mediocre, live-action original. Watch out for this on your local station when CBS is forced by public opinion to drop it.

**Beany and Cecil Cartoons**—Wit and humor in animated series based on the original "Time for Beany" show.

**Bewitched**—Good family entertainment. Well produced. Magic tricks appeal to children.

**The Big Valley**—In past seasons this show has been scheduled in late evening periods by ABC. Now syndicated, it gets

The following list, especially for parents, is the latest evaluation of television programs shown during children's viewing hours. This 1970 appraisal was compiled by the non-profit NABB — a watchdog group composed of concerned educators. Necessarily abbreviated to fit space limitations, this partial listing, we hope, will stimulate adult awareness of current tv fare, encourage them to watch and decide — rather than read and ban. For membership information and the complete survey and analysis of more than 300 programs, write to National Assn. for Better Broadcasting, 373 N. Western Ave., Los Angeles, Ca. 9004. Price is \$1 per copy.

multiple showings each week in early hours where its extreme violence and frequent sordid themes are accessible to children. NABB suggests parents evaluate this carefully before making decision to permit child viewing.

**Birdman**—Mad scientists with elaborate gadgetry. Violent action settles every thing. Superman theme. Forced off NBC by public opinion, this will probably crop up elsewhere.

**Bozo Cartoons**—Rowdy and silly. Not frightening—just noisy.

**The Brady Bunch**—Saccharine, with too many children to allow for clear plot or characterizations.

**Bugs Bunny/Road Runner Hour**—Reruns of cartoons. Above average in story content and production.

**Bullwinkle Cartoons**—Re-runs, but still worth watching. Bullwinkle is one of the best of the animated shows—satiric in a way that youngsters understand. Use of language is clever and intriguing.

**The Californians**—one of NBC's old ones. Unsavory mixture of corruption, violence, and organized vice.

**Captain Kangaroo**—This continues to be the top program for pre-school children in commercial tv. Robert Keeshan and his talented staff continue into their twelfth year.

**Casper Cartoons**—Re-runs. The cartoons by themselves are beguiling, but parents need to watch this show to see what other cartoons are added.

**Cattanooga Cats**—Rock music in a raucous mix of violent action. Stories are rough, with little motivation. Unacceptable for children. Many commercials.

**Cisco Kid**—An old one, but still around. Violent, but less objectionable than most westerns because of appealing character of the late Frank Yaconelli.

**Cool McCool Cartoons**—Tedious animated repetition of slapstick violence. At best

a waste of time.

**Jacques Costeau Specials**—These documentaries are must viewing for everyone. If you miss them—or let your children miss them—you should have your license to look revoked.

**Cowboy In Africa**—The episodes are inconsistent in quality, but the series has creative appeal and entertainment values. Intriguing backgrounds. Animals are treated with real concern.

**Daktari**—Delightful animals and some fairly attractive humans. One of the few shows with real values for children.

**Daniel Boone**—Excessive violence in some episodes. Unsuitable for smaller children because of this. Appealing scenic backgrounds. Story values are above average for tv westerns.

**Dastardly and Muttley**—This is supposed to be a part of network tv's evolution toward creative programming for children. It is, however, ugly, noisy, and full of violent action. Loaded with commercials.

**Davey and Goliath**—A Lutheran-sponsored puppet show. Beguiling characters. Excellent production.

**Death Valley Days**—An unusual western with positive qualities in story material and characterizations. Occasional excessive violence makes this unsuitable for unattended children.

**Dennis the Menace**—Jay North as Dennis is a beguiling rascal. Good production. Talented cast.

**The Deputy**—Callous, highly objectionable crime series.

**Discovery**—Potentially exciting and interesting material, but often production is uninspired. Recommended, despite its low-budget shortcomings.

**Eight Man Cartoons**—Grotesque. Frightening. Robots, disguised as men, have superior powers. Responsible broadcasters would ban this show from their stations.



# PROGRAMS FOR YOUNG CHILDREN 16.

- F Troop**—A wacky show that is sometimes really funny. May be too rowdy for some unattended children.
- Family Affair**—One of the good things that has happened to tv this season is the placement of this show in its early evening period where it is now readily accessible to young audiences. A pleasant and amusing program.
- Fantastic Four**—Moved from the former Saturday morning children's ghetto, this animated mediocrity is now on ABC Sundays. Weird super "things." Frightening situations.
- Fantastic Voyage**—Typical of the discredited noise, violence, and menace entertainment dredged up by ABC for its child viewers. Rubbish.
- Father Knows Best**—One of the best of the older tv situation comedies. Good taste. Entertaining.
- Felix**—Dated and violent. Mad scientists.
- Felony Squad**—Violates all standards of taste or moderation in presenting brutal, callous crime.
- Fireball XL5**—Clever production techniques wasted in a show that is tense, excessively violent, and full of evil characters.
- Flash Gordon**—Terror, torture, cliffhanger suspense. An example of irresponsible programming for children.
- The Flintstones**—Wily women outwit the male characters. Ingenious animation of animals, very poor human relationships.
- Flipper**—The dolphin and its antics intrigue youngsters. Because of juvenile involvement in dangerous situations, NABB suggests that if children watch this they do so in company with other members of the family.
- Foreign Legionnaire**—These old discredited violence series never die. A five-times-per-week trap during the kiddies' hours on independent stations.
- Frankenstein, Jr. and the Impossibles**—One of the worst of the animated shows. Ugly, noisy, and almost plotless.
- Gentle Ben**—Good family relations, appealing presentation of natural scenes in Florida Everglades. Uneven story content.
- George of the Jungle**—An animated spoof of Tarzan, Superman, and others. Satire has a definite appeal for older youngsters.
- Get Smart**—Satiric treatment of espionage. A funny show.
- Gidget**—Precocious teenagers dominate their families.
- Gigantor Cartoons**—Grotesque, ugly, and discredited. Gigantor is a robot controlled by a boy who helps the inept police. Much violence.
- Green Hornet**—Concentrated crude violence.
- Gulliver**—Tiny bad guys against tiny good guys. All the charm of the Gulliver classic is lost in this transition to formula network tv animation. Unsuitable for children.
- Gumby**—Ingenious animation and real story values with much appeal for younger children. Gumby itself is recommended, but parents should check other cartoons aired within the same program.
- Gunsake**—Early evening is a very poor time for Gunsake, which still contains a number of elements unsuitable for youngsters. Along with the humor and the sometimes light treatment there is a lot of violence and the questionable social values represented by Kitty's bar girls.
- Guns of Will Sonnet**—Shoddy and phony sentimental nonsense about the search of a son for his killer father. Forced off the ABC network by public opinion. Highly objectionable for children. An insult to adult intelligence.
- H. R. Pufnstuf**—Combination animation and live action. Shrill, and frightening for younger children. Too much noise. Too many characters. Pitch-type commercials with yelling announcer.
- The scope of this evaluation is largely limited to review of programs produced and televised by commercial stations. This does not imply lack of recognition by NABB of the spectacular success of such programs as Sesame Street, Misterogers's Neighborhood, Friendly Giant, Capt. Noah, etc., or the scores of fine dramatic and documentary productions from non-commercial sources. Educational tv programs will be reviewed by the NABB at a later date, when resources become available.*
- Hardy Boys**—A disappointing new animated series that is pedestrian in its treatment of essentially mediocre story material. Not particularly offensive—it's just not very good.
- Have Gun, Will Travel**—Some episodes extremely violent and sadistic. Not for children.
- Hawkeye**—Violence. Settlers and Indians fight.
- Heckle and Jeckle**—Rowdy chase-type animated violence.
- Here Comes the Grump**—Animated violence action, with "good" characters pursued by the evil Grump. Unacceptable as entertainment for younger children.
- Hot Wheels**—Realistically animated series about young racing drivers. Includes information about road safety. Above average.
- I Spy**—Melodrama. Good productions, but show is much too violent for child audiences.
- Jambo**—This is a delightfully entertaining wildlife series with appeal for everyone. Ivan Tors, as producer, once again demonstrates what talent and responsibility can accomplish in creative program production.
- Jesse James**—Robbery, vengeful murder and sadism in a show that glorifies violent crime and criminals. Highly objectionable for children.
- The Jetson's**—Re-runs of cartoons that are superior to most. Recommended for children. Interesting space gadgetry.
- Jonny Quest**—Animation is better than in most such shows, but there is much crime and terror. A contradiction of the network's announced policy of de-emphasizing violence.
- Journey to the Center of the Earth**—One of the most repulsive animated shows ever made. Terrifying situations with children in constant peril.
- Kimba Cartoons**—Art quality is good, but content is not suitable for children. Small animals in stories that illustrate the superman theme.
- King Family**—These are special musical shows geared to holiday occasions. Entertaining, and the kids are treated like kids—not performing dogs.

Keep these pages as a reference, The list will be continued in next week's issue.

# ORGANICALLY SPEAKING *by a h. meads*

Organic Gardening this week will tell you how to plant your excess yard for a years supply of food; these figures will be for one person, multiply for each additional person in the household: The fact this will be a chart, it will take up the full width of the page:::~::~:

Fruit or Veg.	suggested servings per person per year	amount to store or preserve for each person	Amount to plant per each person	distance between rows in ft.
Apple	360	3 bu.	1 tree	
Peach	100	12 qt.	1 tree	
Pear	50	9 qt.	$\frac{1}{2}$ tree	
Cherrie	30	6 qt.	$\frac{1}{2}$ tree	
Plums	30	5 qt.	$\frac{1}{2}$ tree	
Apricots	30	5 qt.	$\frac{1}{2}$ tree	
Red Raspberry				
Berries, Black Raspberry	60	8 qt.	40 plants	3 ft.
Blackberries			or more	
Grapes	30	6 qts	3 vines	6 - 10 ft.
Strawberries	50	4 qts	20 plants	15 inches
Asparagus	50	6 qts	20 crowns	1 - 2 ft.
Rhubarb	50	4 qts	10 crowns	1 - 2 ft.
Tomatoes	300	30 qts	15 plants	3 ft.
Cabbage	180	50 lbs.	36 plants	2 ft.
Lettuce	90	-----	15 ft.	36 - 18 inch
Spinach	40	6 pts.	30 ft.	14 - 18 inch
Carrots	120	30 lbs.	30 ft.	12 - 15 inch
Turnips	60	15 lbs.	25 ft.	12 - 15 inch
Beets	60	10 lbs.	20 ft.	$1\frac{1}{2}$ - 2 ft.
Parsnips	15	10 lbs.	6 ft.	2 - 3 ft.
Onions	60	12 lbs.	20 ft.	1 - $1\frac{1}{2}$ ft.
String Beans	50	8 qts.	60 ft.	$1\frac{1}{2}$ ft.
Broccoli	10	-----	8 plants	2 ft.
Celery	10	-----	8 plants	2 - 3 ft.
Peas	30	4 pts.	45 ft.	3 ft.
Drying Beans	40	7 lbs.	105 ft.	18 inch
Corn	50	11 pts.	100 ft.	3 ft.
Potatoes	685	3 bu.	400 ft.	2 ft.
Sweet Potatoes	50	$\frac{1}{2}$ bu.	50 ft.	2 - 3 ft.
Squash	30	10 lbs.	4 plants	2 - 3 ft.

Don't be too respectful of recommended distances. Try to plant what you need and can where it will go best. If room is critical, remember you can train the non-climbers on trellis, and work with varieties that are not too space demanding.



"Hello, Country, Goodbye!", cont. from P.1.

"That's okay with me, operator. God knows, he's disappointed me plenty of times!"

The President will also have a hell of a time getting through if he calls during business hours and wants to talk to any executives. You know how those secretaries are.

"Hello, this is the secretary of the President of the United States. Will you put Mr. Richman on?"

"This is Mr. Richman's secretary. Please put the President on first and I will connect him to Mr. Richman."

"No, dearie. Put Mr. Richman on and I'll connect him to the President."

"I'm sorry. Mr. Richman is a busy man. You put the President on first and then I'll..." Meanwhile, the secretaries will have to put on their horn rimmed sunglasses, because of all the funny bright light suddenly coming through the windows.

The President will have an even worse time trying to explain about the bombs to the young people. Half the people in the country are under twenty-five, and therefore of borderline intelligence at best, so the President will have to resort to memblwit means to get the message across. He will have to be accompanied by rock bands blaring out appropriate songs ("Where Has All the Everything Gone?"), and will have to use dialogue like this: "Like, uh-huh, you know, wow, I'll run this out on you, mmmmmm-huh we are about to be tripping!" Even when the bombs land, most of these brats will just figure they are on a super-high.

What will he say to us more normal people when he calls?

"Hello, there, country. I want to be perfectly clear on this. This is the President calling. Guess what."

Doubtless, we will not have time for many guesses. I intend to say, "I give up, Mr. President. What is happening?"

"Well, country, let's put it this way: Chicken Little was right."

To tell the truth, I am not very optimistic about the President getting through to us in time. After all, he has a couple of girls hanging around the house.

"Tricia, will you get off the phone, please? I have to call up the country."

"Daddy, Shhh! I'm talking to 18. Charles. We'll be through in a minute."

"But, Tricia, really, I am your father and I am the President. This is an important matter. Tell Charley you'll call him back later. If there is a later."

"What's that, Charley? Oh, it's nothing. It's only daddy. He wants to use the phone. Now, what were we talking about?"

"Tricia! I must phone up the country about the bombs falling. It will only take a minute. Now, hang up, or I am going to report you to your mother!"

"Daddy, really! At times you are a boor. Hello, Charley? Hello? Hello? Charley? That's odd. The line has gone dead. Oh, well, you can have the phone now, daddy."

"Forget it, sweetie."

Well, personally, I never expect to get to talk to the President. Even if he does call, I know what will happen at our house.

The phone will ring and Thea will answer it. She will call out, "Dan, telephone call. The President wants to talk to you."

And you know where I'll be don't you? Right!

"Tell him to call back later," I'll say, "Tell him I'm in the bath tub."

## Fall at the "Y" . . . .

Fall classes and programs are starting at the "Y." At a special kickoff to fall, Miss Kazuko Aranami from Shimada will demonstrate the traditional tea ceremony, and speak of Japanese traditions. Besides the swim programs, daytime programs for women include volleyball, tennis, and rhythm gym. Day and evening classes include Women's Self Defense, Yoga, Dance Exercise, Weaving, Kitchen Table Jewelry and Guitar. Saturday's children's classes include Ballet and Creative dance, and a new Saturday fun program.

On October 1, a Special Spree is planned, a fall color tour of the Napa Valley wineries, the Herd Candle factory, lunch at the Marshall house, visits to Vallejo's home and the Sonoma mission. Call 234-1270 for information.

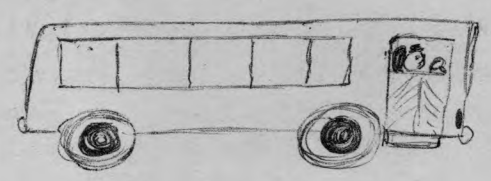


# Paging the Younger

August 28, '70

# Generation

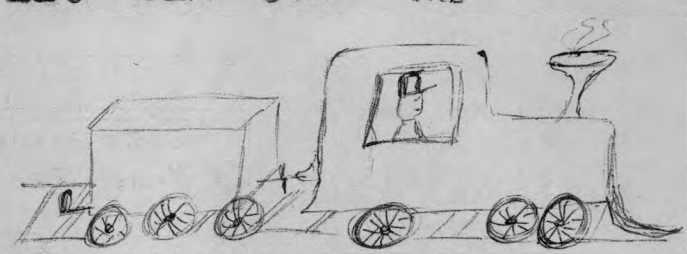
Let's go for a ride on the



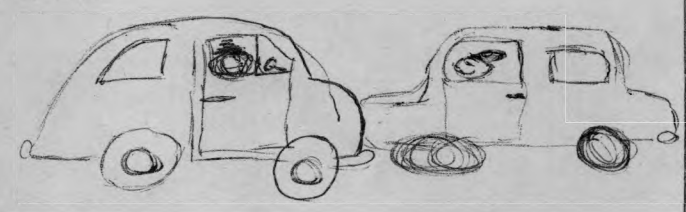
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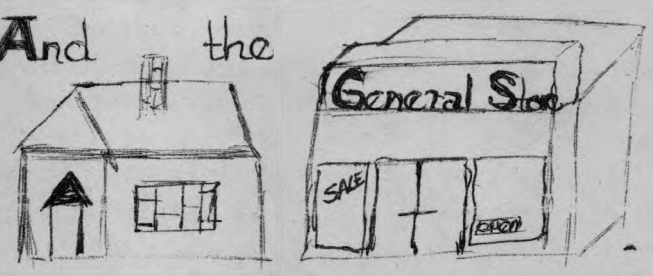
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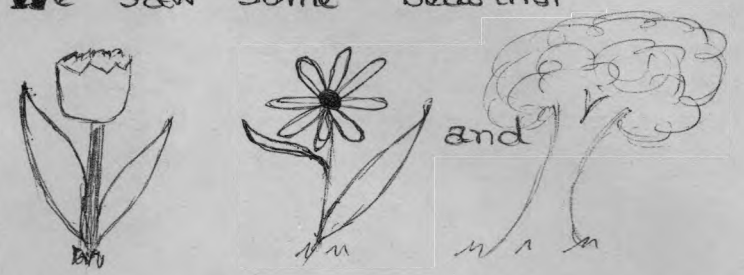


And the



Along the side of the road

We saw some beautiful



We saw a little



playing in the park.

We see



and a

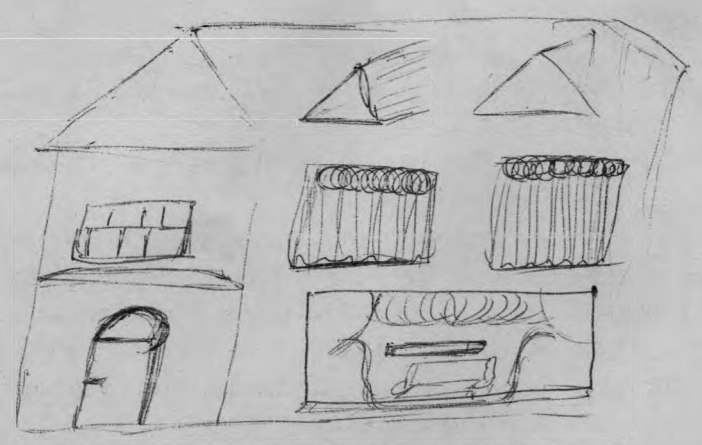


playing together.

After our ride we had an



and went back





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**FOUND**

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LONELY Black and Tan Shepherd has fallen in love with Venus Corbin, and has camped on the doorstep (at 114 Crest) for the past month. Will his owner please retrieve the poor hungry beast. Call 235-5779.

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**WANTED**

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TO RENT: Three or four bedroom home. Need desperately. Mrs. R. Walker. 237-7778.

---

TO RENT: Two-bedroom flat or duplex for family of three, with 5-month old child. Up to \$125. Unfurnished. Call, message phone, 237-3453.

---

TO RENT: One or two-bedroom apartment. Up to \$150. No pets, no children, Single. References. Call eves 752-4307.

---

GAS RANGE; Double -Bed Mattress. Please call Jean Green, 235-1547.

---

COMIC BOOKS: Interested in buying, selling, trading. Call Greg Brock, 232-7440.

---

OLD Newspapers: 234-0814

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**FOR RENT**

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HOUSE, One block from water. View. Three-bedrooms, two baths, two fireplaces, rumpus room. Call 234-8218.

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**FOR SALE**

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\$900 DOWN, FHA.....Point Richmond Special. This extremely neat, compact, two-bedroom home has extra special kitchen, full living room and dining room. Sitting on village side of hill, Fully landscaped, Fruit trees. Asking \$19,500.

STODDARD REALTY 119 Park Place  
Point Richmond 234-8218  
eves: 234-4615 or 232-6424

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REFRIGERATOR: In Good Condition. \$50. Phone 237-7554.

---

WARING 10-Speed De Luxe Solid State, Stand Mixer. Brand new, never used. Mistake in purchase. \$44.00. Call eves: 235-1276.

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**FOR SALE (cont.)**

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20.

STEREO SYSTEM: \$200.00  
'61 Rambler: \$300.00  
TV Tables: \$ 20.00  
Chest of Drawers: \$ 20.00  
Kitchen Cabinet: \$ 15.00  
235-6347

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OCCIDENTAL Automatic Stove. White. Excellent Condition. \$100. 234-5746.

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FIREWOOD - OAK: \$40 / cord, \$23/ 1/2 cord. Call after 6 p.m. 232-8706

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COCKATIELS: Cheap. 233-9477

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KENMORE: Late Model Electric Stove. Timer. Oven never used. White, 30". Large oven. \$65. 234-7655, or LA 5-8006.

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FOLDING PLAYPEN: \$6. 237-1658.

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3 - 4 PIECE BAND, for Private Parties. Not yet booked for New Year's Eve. Call H. Moll, 234-8667.

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HAND-MADE Dresses for little girls and young ladies. Terms settled individually. Call Barbara Foth: 237-1658.

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Darlene Austin: 234-6037  
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Day Babysitting in my home: 237-7808

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

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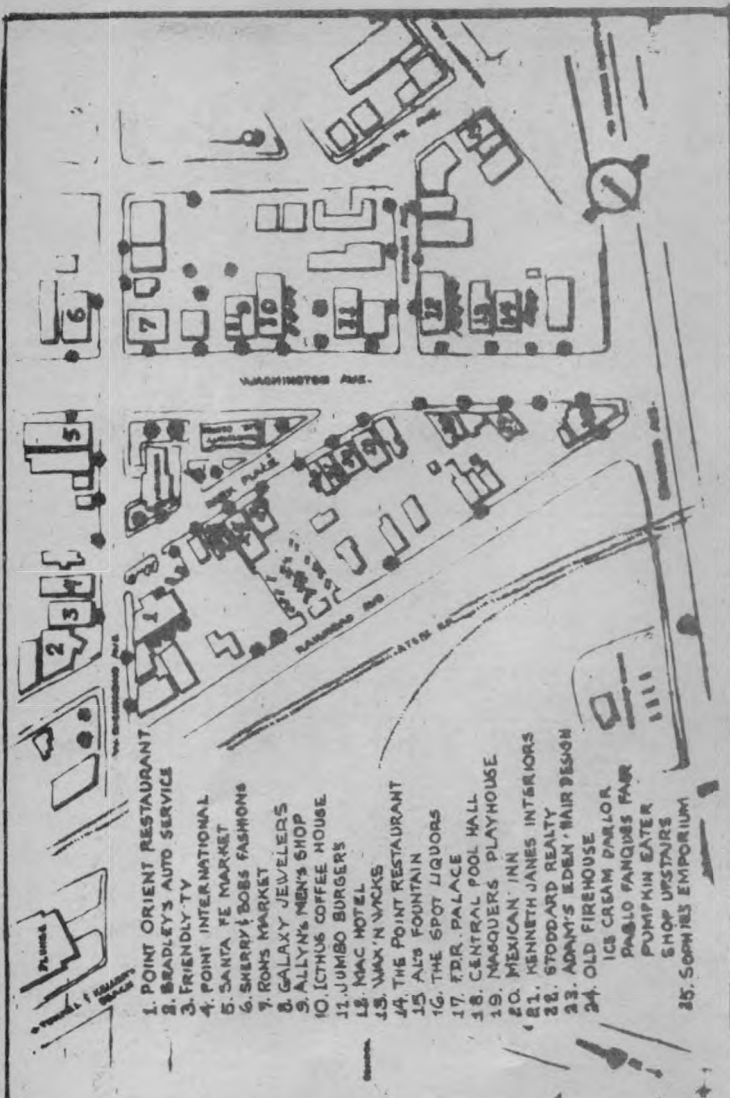
CLOTHES ALTERATIONS: Reasonable rates, Professional seamstress. In my Home. Emelia Fornalski, 235-8894.

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

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(sorry-ran out of space--look for ads next week).



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2. BRADLEY'S AUTO SERVICE
3. FRIENDLY TV
4. POINT INTERNATIONAL
5. SANTA FE MARKET
6. SHERY & BOB'S FASHIONS
7. RONS MARKET
8. GALLERY JEWELERS
9. ALLY'S MEN'S SHOP
10. ICHUS COFFEE HOUSE
11. JUNBO BURGER
12. MAC HOTEL
13. MAX N' WICKS
14. THE POINT RESTAURANT
15. ALO'S FOUNTAIN
16. THE SPOT LIQUORS
17. THE PALACE
18. CENTRAL POOL HALL
19. NAGUERS PLAYHOUSE
20. MEXICAN INN
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25. SOPHIE'S EMPORIUM

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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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