

POINT COUNTERPOINT

A JOURNAL FOR CIVIC COMMUNICATION

25¢

Fifth issue

July, 1974

Richmond, California





The Castro Point Railway Museum will be operating again this July 4th but this could be the last year.

George Childs, of the Pacific Locomotive Association, explained the predicament the museum now finds itself in: For several years now the Castro Point Railway Museum has been given space to operate by the owners of the old Blake Brothers Quarry. Now, however, new plans for development in that area may lead to the eviction of the Museum.

The museum has been in touch with East Bay Regional Park's representatives who are hopeful of finding a new home for the museum in one of their many parks. Pt. Pinole is a possibility; another is a new park close to Danville. Mr. Childs is still hoping that they will not have to move. "The cost of moving would be high and would have to be borne by the club," he says, "Besides, we are happy here."

Work, all on a volunteer basis, continues on weekends at the outdoor museum. Every Saturday finds from three to fourteen avid rail enthusiasts hard at work restoring the machinery of an era that will not return. Peter Rogers, the Superintendent of Motor Power, works mainly with the engines. George Wentworth, whose interest lies mainly in the restoration of passenger coaches, has done detailed research to recreate R.P.O. Car #107 accurate in every detail. He even found old color chips to match the paint she originally wore in 1911. The car has a long history, first built by Pullman for the T&NO, then delivered to the Yosemite Valley for use as a combination post office and baggage car, then to MGM in Hollywood where it was used in filming Westerns. The Pacific Locomotive Association bought it in 1968. Now almost completely restored, it is evidence that an era which focused on passenger comfort and gracious living did exist.

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Announcements

Old Fashioned 4th of July This Year

A fireworks display from the top of Nichol Knob will begin at dark this July 4th. One word of warning: it is illegal in this county for individuals to discharge or have in their possession fireworks of any kind. The minimum penalty for conviction is a fine of not less than \$500 or imprisonment in the county jail for a period of not more than one year, or both. Better to watch the more spectacular display to be had for free from Nichol Knob.

Activities this year will include an art show and a parade. One of the East Bay's largest, the art show may be visited from 10:00 a.m. to 5:00 p.m., at Galvin Industrial Park behind the Holiday Inn.

The parade will begin at 10:00 a.m. starting at the Montgomery Ward parking lot north on 41st Street to Macdonald Ave., west on Macdonald past the reviewing stand at the entrance to Nicholl Park to 24th St. north on 24th Street to the Civic Center parking lot between Nevin and Barrett Avenues where it will end. About 50 entries have been received for this year's parade which will have as its Grand Marshal Marty Martin from San Pablo who has won fame as a country-western singer. Funds received from the celebration are used for the American Field Service's student exchange program at De Anza, El Cerrito, Ells, Kennedy, Pinole Valley and Richmond High Schools.

An old-fashioned 4th of July for all who come out to enjoy it.

Community Center

MONDAYS: Movies from 7:00-9:00 p.m. arts and crafts from 2:30-4:30 for elementary and teens.

TUESDAYS: Traditional Belly Dancing lessons from 7:00-8:30.

WEDNESDAYS: Record Hop from 7:00-9:30 p.m. Bring your favorite record

THURSDAYS: Traditional Belly Dancing lessons from 7:00-9:30 p.m.

FRIDAYS: Open discussion on topics of various subjects. 7:00-9:00 p.m.

NOTE: Starting on July 23, Beginning Belly Dancing lessons will be taught on Tuesday nights and intermediate lessons will be taught on Thursday nights. Please call Margaret Williams at the Recreation Building for information on signing up. 232-6140

SPECIAL EVENTS: July 10, Jim Summers from Discovery House will revisit the center for an open discussion on drugs. 7:00-9:00 p.m.

July 17th: Introductory lecture on Transcendental Meditation 7:30-9:00 p.m.

July 24th: Transcendental Meditation follow-up. How and why it works. 7:30-9:00 p.m.

MUSIC

Friday, July 26th at the Pinole High School Football Field: A TWILIGHT CONCERT 7:00 p.m., Ron Daniels conduction. Family fun. No admission charge.

Westside Library's Summer Film Festival

July 1: MAN WITHOUT A COUNTRY

25 minutes Bing Crosby Enterprises
Edward Everett Hale's story of Philip
Nolan is dramatized to illustrate the
value of citizenship. Shows group
of newly sworn American citizens and
their reaction to the story.

OCCURRENCE AT OWL CREEK BRIDGE

27 minutes A French film of Ambrose
Bierce's story of a Civil War inci-
dent in which a Southern spy is to be
hanged. The setting is on a small
insignificant bridge where he has
been caught. The thoughts which go
through this spy's mind prior to his
hanging are the story content.

CUCKOO MAGOO 5 minutes The near-
sighted Mr. Magoo has trouble return-
ing a defective cuckoo clock.

July 8: RETURN OF THE APEMAN 65 min
Bela Lugosi and John Carradine star
in a mystery-horror tale of a man who
turns into an ape.

SALEM WITCH TRIALS 27 minutes

A vivid dramatization of the witch
trials that gripped Salem in the
early 17th Century. The film is from
the CBS TV "You Are There" series and
is done in that format.

GOLDEN MOUNTAIN OF MOTT STREET 34 min

For the first time, juvenile delin-
quency and teenage gangs are a fact-
or in Chinatown as both immigrant
and American-born youths rebel ag-
ainst the traditions of the old, and
strive to identify themselves with
the new culture. This "identity
crisis" is being met by community
action groups, teachers, and social
workers, but the question is raised
whether the long voyage was, after
all, worth the price they are now
paying.

July 15: LAUGHTER ALLOWED 40 min
A collection of Charlie Chaplin
episodes taken from his early silent
comedies. It includes sequences in
a dentist's office, a bar, etc.

RICHMOND STORY 20 min How Richmond
of today grew out of the war boom-
town of yesterday.

INSOMNIA 17 min When an insomniac
tries to read himself asleep with
a vampire tale, the results are al-
ternately comic and chilling, as
the scene shifts back and forth be-
tween the bedroom and a more typical
vampire's abode.

July 22: BLUE ANGEL 90 min

Marlene Dietrich in her classic role
as LOLA, the sultry cabaret singer.
Emil Jannings is superb as the eld-
erly professor who is enthralled and
ultimately destroyed by his passion
for her. In German with English
subtitles.

SWING, BOOGIE AND BLUES 20 min

A collection of popular jazz combo
selections including Nat King Cole,
Irving Fields Trio and others.

July 29: DOUBLE TROUBLE 5 min

Mr. Magoo's nephew Waldo finds him-
self acting as a double in a Western
movie.

THE GREAT TOY ROBBERY 10 min

Santa gets held up and the hero
"accidentally" saves him, getting
back all his toys for him--a wild
western with a Christmas twist done
as an animated cartoon.

MOONRISE 95 min Dane Clark, Lloyd
Bridges, Ethel Barrymore. A man be-
comes a murderer during a brawl,
flees, and his girl tries to per-
suade him to give himself up. Grim
moody drama of the backwoods country

PETER AND THE WOLF 8 min A delight-
ful animation of the well-known
Russian tale, accompanied by Proko-
Fiev's lively music.

TAFERNA

DANCING



Greek Dancing at the Point. Summer Session: Every Wednesday evening 7:30-9:30 at the Methodist Church. Learn the Taverna Dances from Vinita Foor. You don't need a partner for line dances. Come and have some fun. Everyone welcome. No charge.

CRISES INTERVENTION

HOTLINE AVAILABLE

Richmond Discovery Center opened a new switchboard for community information and crisis intervention.

The referral service opened this week with community volunteers and staff on duty from 9:00 a.m. to 9:00 p.m. Monday through Friday and from 12:00 to 4:00 p.m. on Saturday. The number to call for aid and information about all types of problem-solving agencies available in the West Contra Costa area is 233-2935.

Two of the chief areas of concern for the switchboard are alcohol and drug abuse, but they will handle calls on any subject. The switchboard needs community volunteers and also donations. For information or to volunteer call 233-2935.

If you need help or information
Discovery Hotline 233-2935

WASHINGTON FIELDHOUSE ANNOUNCES ITS NEW SUMMER SCHEDULE

The Washington Fieldhouse will be open from 10:30 a.m. to 5:00 p.m. weekdays throughout the summer. The program will be for elementary school age children and will be free of charge.

MONDAYS: Games inside and movies outside.

TUESDAYS: Art and crafts; co-ed softball games.

WEDNESDAYS: Games inside and swimming outside.

THURSDAYS: Art and crafts; co-ed sports.

FRIDAYS Excursions: Oakland museum, swimming, roller skating, fishing, bowling, walk-in movies, etc.

Excursions will be free except for entrance fees for some of the activities. For additional information contact Stephanie Harris or Vernell Greer at the Fieldhouse, 234-6032.





Mid Dornan
234-5334

HAPPY JULY BIRTHDAY

Don Essary	Dan Robertson
Grethe Tedrick	Julius Matteucci
Trannie Dornan	Ed Palenchar
Judy Forbes	Josephine Palenchar
Barbara Palfalvy	Rose Bozzo
Amy Fletcher	Anne Palenchar (95?)
Sandra Kinter	
Mary Knox	

It's the Spirit of '74! A traditional Old-Fashioned Fourth of July celebration here in the Point awaits those who will stay at home to help promote one of the finest programs existing in the world today, the American Field Service! Parades--bands--floats--games--prizes--food--firecrackers!! This is "where it is" on the Fourth!

School's out and we missed Matt Eakle and John Trowbridge's names on the Ells graduation list. Sorry.

For those who wonder what happens to some of our former graduates--they keep graduating! Ron Barusch earned magna cum laude honors with his AB from Harvard; Michael Horn received his Masters from UCLA; Karla Tedrick a BS from Davis and Steve and Dextra Hardy Christensen their Bachelor degrees from UC Santa Barbara. Congratulations!

It is fitting that we also congratulate and welcome our newly naturalized citizen, Roger J. Prieto, on Contra Costa Street.

It has been 25 years since a spectacular fire consumed and destroyed eight buildings, trucks, cars, and building materials of the Richmond Supply Company and Johnson Truck Lines on Railroad Avenue. Over \$100,000 in damage, five firemen were injured in a fire that took an hour and a half to be considered under control and had actual firefighting lasting for eleven hours.

HAPPY HOMECOMING Marian Tedrick! You will have lots to share having spent your junior year of high school in Denmark.

It's 'happy travels' for lucky Melissa Allyn who is off to spend the month in France with seven other Ells classmates guided by their French teacher.

Nice work for Rosier who earned a Torchbearer award in Camp Fire. There's only one award higher!

Anna Schwartz hasn't allowed that big ole cast on her broken arm to slow her down.

WEIGHT: If you want to lose pounds you might try sleeping less than 6½ hours a night and arranging for the alarm to rouse you several times. London doctors say weight changes are related to sleep patterns and losers tend to rise before 6:30 a.m.

REMEMBER: When a complete lunch on Hot Dog Day at Washington School cost 35¢ and you got a hot dog, potato chips, an orange drink and a doughnut or cupcake! AND when Bessie Squires was president, it included carrot and celery sticks!

TAVERNA

DANCING



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Trivia · continued

American children and their parents are in basic agreement on at least one thing: they don't care much for egg plant, turnips or okra according to a finding of a US Dept. of Agriculture survey. Big winners were corn, white potatoes and tomatoes.

Ed and Josephine Palenchar celebrated their 33rd wedding anniversary in Reno. They were accompanied by their son, Charles, and Mrs. Palenchar's brother Alfred.

New song hits?? "When Banana Peels Start Falling, I'll Come Slipping Back to You" "If You Spring it in the Summer, She'll Fall in the Winter

Charles Camren's garden on Western Drive is the envy of all Point gardeners.

Former residents, June Hein and daughter, Lisa, now of Colorado Springs, Colo., spent a week at the Grethe Tedrick home while visiting and partying with local friends.

Can you identify Franks Wills? (Few people can yet he was the Watergate Security Guard who touched off one of the now infamous chapters in modern politics.)

Miss Beck's fifth grade class at Washington School gave her a surprise party before school ended and the students supplied all the goodies they felt essential for a great party!

Honor awards in Scholarship, French and Choral were earned at Downer Junior High by Sara Warren.

We welcome the personable new City of Richmond Public Works Director, Bob Latchaw and his wife, to the Point.

Like the feeling of a rural community Stroll around the 700 block on Golden Gate Avenue where Gloria and Charles Schwab boast 30 animals around their domain. Included are turtles, rabbits, guinea pigs, cats, dogs, chickens and a goat. Mice too?????

Lest we forget, happy day to Sir Tippy and Miss Petunia Smith!

Ingvar Elle, working on his Rabbit Raising Merit Badge, has added ten babies to his rabbit family at last count. About July 19th eight of the special, cuddly species will be for sale for two dollars. If interested call 233-1334

Cousins from England spent several days at the Rev. Richard Smith household. A blimey good time was had just "catching up".

Enjoy having the POINT COUNTERPOINT around again? Why not drop the editor a line to let her know. She welcomes suggestions or criticisms or just a plain "thanks" for her efforts. Address is 8 Western Drive in the Point.

Each one of us is a noble creation! Let us not fail to exhibit it in action and good deeds.

Faster reaction time, better short and long-term memory, improved perceptual ability and the gradual elimination of the use of non-prescribed drugs, appear with regular practise of TM, according to pilot studies. And from the "Journal of Counseling Psychology" comes evidence of

psychological benefits from TM.

These scientific verifications come as no surprise to meditators. They simply substantiate the experiences that people have been talking about since Maharishi Mahesh Yogi began teaching the technique in 1958. The results are an individual matter; everyone finds some which are obvious immediately and others which appear more gradually. From the first meditation, most people notice the deep relaxation and with it, less physical and mental tension. The range of experiences which follows is impressive.

Clearer thinking is vital to everyone, and to lighten the burden of accumulated stress and strain is an asset, both to the enjoyment and the creative accomplishment of daily life. Residents of Point Richmond are welcome to attend a free public lecture on Transcendental Meditation, July 17th at 7:30 p.m. at the Community Center in Point Richmond.

Have Some Time?

MERIT BADGE COUNSELORS NEEDED

Merit badges are used to earn progress awards in Scouting. To earn a merit badge, the boy must present satisfactory evidence that he has met the special requirements. However, Counselors to advise and check the boys are needed in any of the more than 100 fields; i.e., Auto Safety, Electricity, Home Repair, Leatherwork, Masonry, Fishing, Stamp Collecting, Bee Keeping, Woodwork, Dog Care etc.

Counseling is done at your convenience and if interested, or for more information, call 234-5334. Your skills can assist a boy.

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Castro Point Museum... cont.

Each car and engine at the museum has a romantic history behind her and much love and work put into her restoration. One engine worked for many years pulling logs in the High Sierras. Another is the original engine used in the Blake Brothers Quarry, converted from gas power back to deisel power during World War II. Many cars were donated by various railroads; some are owned by individuals in the club. All in all they make up an impressive display, and for us, an exciting experience.

This July 4th Engine No. 2 (pictured on the cover) will be running along with a flat car and caboose for passengers. It takes from 4 th 5 hours to fire up the steam engine which will run continuously from about 9:30 a.m. Rides will be on a donation basis. Passenger pick up will be at the Pt. Molate Beach. Bring your comeras. It looks like a fun family outing and hopefully, not the last for the Castro Point Railway Museum.



My Front Porch

- Maude Jensen

(A sonnet written for my creative writing class)

In Summer when the days are hot
I find my porch the choicest spot
When friends drop in to chat with me
That's where we sit and sip iced
tea.

Kind screens protect us from the flie
And soften stares of passer-bys.
The friendly maples, broad and tall
Give welcome shade to one and all
We're entertained by Papa Wren
Who flies away. Then back again.
And when the twilight fades to night
Out comes the firefly with his
light.

For me. I choose to sit out there--
Let others have conditioned air!

HERE AND THERE

with Dorothy King

Dorothy King has been ill this month with an attack of bronchitis. But she is better now and is already working on next month's column which will feature some items on the new businesses in town. Glad you're feeling better Dorothy.



Spring Day at the Point

Smoke stacks yellow jacks
Empty wine bottle in the ice plant
No need for a scarf
Sun warms your back
Tickled and chilled by two flies
Buzzing up my bare back and neck
Makes you swish your hair
Like a horse tail
Reaching out touching pine needles
Scratch if you like
Pull off your fancy shoes if you will
And if your seat isn't right
Just stand up for awhile
Maybe take a walk with me
For the slower we go the more we'll

see

Bumble bee bumble bee
Both of us colored the same
Let us agree have your look-see
Then be on your busy way please
Cactus and cat-tails
Ivy and weeds galore
At the Point on a log
In spring sun for ever more
But letting myself be freaked
By a pesty mosquito
And that bumble bee is back again
So, my miracle will be
To stand up and walk away from them

Spring-1972

-Michael Phantom
Bryant



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& patio of fashion

LUNCH

MON-SAT.
11:30-2PM.

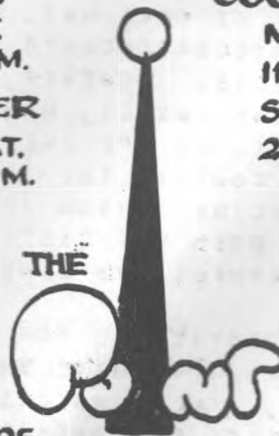
DINNER

MON-SAT.
6:15-10PM.

COCKTAILS

MON-SAT.
11AM-2PM.

SUNDAY
2PM-10PM.



233-4295

32 WASHINGTON AVENUE



BY A. H. MEADS

THIS MONTH I AM GOING TO TAKE UP POLLUTION AND ENVIRONMENTAL PROBLEMS (PEP) FOR SHORT.

ITS PURPOSE IS "TO RETURN NATURE TO THE WAY IT USED TO BE." ALONG WITH OTHER POLLUTION PROBLEMS IN COMBATING, WITHOUT THE USE OF CHEMICAL SPRAYING, THE INSECT THAT SEEMS TO PLAGUE AND IRRITATE SUBURBANITIES THE MOST - THE LOWLY, BLOOD-THIRSTY MOSQUITO.

NOW THE BEST INSECT TO CONTROL THE MOSQUITO, YOU HAVE GUESSED IT THE PRAYING MANTIS, IT WILL REPLACE THE CHEMICAL SPRAYING.

SOME NEWS MEDIA HAVE STATED THAT, YOU ARE, AS THEY PUT IT, "TAMPERING WITH NATURE...AND DISTURBING THE NATURAL BALANCE." THE EDITOR THAT MADE THE ABOVE STATEMENT BELIEVED THAT WE ARE BREAKING THE CARDINAL RULE OF ECOLOGY BY INTRODUCING PRAYING MANTISES. "YOU ARE CORRECT: YOU DON'T TAMPER WITH NATURE THE NATURAL BALANCE IS NOT DISTURBED. THE WEAKNESS IS YOUR LOGIC CENTERS AROUND THE FACT THAT MAN HAS ALREADY DISTURBED THE NATURAL BALANCE, SO MUCH SO THAT WE HAVE CREATED A HABITAT THAT HAS RESULTED IN AN INCREASED MOSQUITO AND RAT POPULATION.

"LET'S PUT IT THIS WAY. MAN HAS BEEN USING HIS INTELLIGENCE TO CONTROL "PESTS" INSECTS. HOWEVER, INSTEAD OF CONTROLLING THE INSECT, MAN HAS SUCCEEDED IN KILLING OFF THE PREDATORS THAT HELPED CONTROL THE 'PEST'. WHEN INSECTICIDE POISON IS POURED OVER THE LAND IT DOES NOT DISTINGUISH BETWEEN THE HARMFUL AND BENEFICIAL INSECTS."

BY USING PESTICIDES FOR AT LEAST THE PAST 30 YEARS, "WE HAVE KILLED OFF, AS A RESULT, OTHER INSECTS THAT EAT MOSQUITOS, LIKE DRAGONFLIES, AND EVEN SOME OF OUR VERY GOOD FRIENDS THE "BIRDS". BY USING INSECT SPRAYING

WE HAVE BEEN UPSETTING THE ECOLOGICAL BALANCE, AND BIOLOGICAL BALANCE WITH PESTICIDES.

"WE HAVE GONE TOO FAR IN OUR INSATIABLE SEARCH FOR COMFORT," "WE'RE WILLING TO SACRIFICE THE WHOLE LANDSCAPE IN TRYING TO MAKE THE OUTDOORS A BIG, STERILE ROOM,"

PEP'S 10 POINT PROGRAM FOR PEST CONTROL:::

1. CHOOSE DISEASE AND INSECT-RESISTANT PLANT VARIETIES AS MUCH AS POSSIBLE.
2. PLANT A MIXTURE OF TREES AND SHRUBS OR GARDEN PLANTS INSTEAD OF ONE VARIETY. IT REDUCES CHANCES OF AN INSECT OUTBREAK.
3. CHOOSE CORRECT PLANTING AND HARVESTING DATES; SERIOUS INSECT DAMAGE CAN OFTEN BE AVOIDED THIS WAY.
4. REMOVE DEAD OR DISEASED PLANTS TO REDUCE THE SOURCE OF PEST POPULATIONS.
5. ROTATE CROPS TO BREAK CERTAIN INSECT CYCLES.
6. USE PROPER CULTIVATION PRACTICE TO CONTROL INSECTS. ABOVE ALL, PRACTICE GOOD GARDEN SANITATION.
7. ENCOURAGE BIRDS BY PROVIDING FOOD, HABITAT AND HOUSING FOR THEM, SINCE THEY EAT ENORMOUS NUMBERS OF INSECTS.
8. DESTROY INSECTS BY USE OF TRAPS, INOCULANTS, AND MECHANICAL MEANS. (OFTEN A GOOD WATER BATH IS VERY EFFECTIVE.)
9. USE NOT TOXIC REPELLENT MATERIALS SUCH AS RED PEPPER, ONION JUICE, FLOUR- AND-BUTTERMILK MIXTURE, ETC. SOME PLANTS ACT AS A TRAP CROP. THERE ARE NATURAL INSECTICIDES, SUCH AS ROTENONE AND PYRETHRUM WHICH BREAK DOWN RAPIDLY, BUT THEY ALSO CAN HARM BENEFICIAL INSECTS.
10. USE LADYBUGS AND PRAYING MANTISES, LACEWINGS AND TRICHOGRAMMA WASPS FOR BIOLOGICAL CONTROL.

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HEALTH

Comes first

by A. H. MEADS

IT HAS BEEN FOUND THAT MAGNESIUM IS PARTICULARLY LOW IN THE BLOOD OF DIABETICS. THIS WAS REVEALED BY H.E. MARTIN, ET AL., (JOURNAL OF CLINICAL INVESTIGATION, 26,216, 1947).

COULD IT BE THAT DIABETES IS CAUSED, AT LEAST SOMETIMES, BY THE COMBINED DEFICIENCIES OF VITAMINE B-6 AND MAGNESIUM? THERE ARE MANY CLUES THAT INDICATE THIS TO BE A FRUITFUL AREA OF INVESTIGATION.

CONSIDER THAT SATURATED FATS, WHICH MANY INVESTIGATORS HAVE FOUND TO BE ANATHEMA TO THE DIABETIC, INCREASE THE NEED FOR MAGNESIUM AND VITAMINE B-6.

BOTH HIGH-PROTEIN AND HIGH-CALORIE DIETS INCREASE THE NEED FOR VITAMINE B-6 AND CAN ACCELERATE THE HARM DONE TO THE PANCREAS IF THE VITAMINE IS LACKING OR INADEQUATE. THIS COULD EXPLAIN WHY PERSONS WHO ARE OVERWEIGHT ARE ESPECIALLY SUSCEPTIBLE TO DIABETES.

THERE IS STILL MUCH TO BE LEARNED ABOUT DIABETES. BUT ACCORDING TO NUTRITIONIST ADELLE DAVIS. "ANY PERSON WITH DIABETES OR A FAMILY HISTORY OF THE DISEASE MAY BE WISE TO TAKE AT LEAST 10 MILLIGRAMS OF VITAMINE B-6 AND 500 MILLIGRAMS OF MAGNESIUM DAILY" (LET'S GET WELL. HARDCOURT, BRACE AND WORLD, 1965). B-6 IS PRESENT ALONG WITH ITS BROTHERS AND SISTERS OF THE B-COMPLEX GROUP IN WHEAT GERM, YEAST AND LIVER. DOLOMITE IS A GOOD SOURCE OF MAGNESIUM.

AT THE ONSET OF DIABETES, THE PATIENT EXPERIENCES GREAT THIRST, DRINKING LARGE QUANTITIES OF WATER TO SHAKE HIS THIRST WASHES OUT NOT ONLY B VITAMINS AND MAGNESIUM BUT ALSO VITAMIN C. THIS LOSS OF VITAMIN C IS COMPOUNDED EVERY TIME THE DIABETIC ON INSULIN GETS AN INJECTION. BICKNELL AND PRESCOTT IN VITAMINS IN MEDICINE POINT OUT THAT AN INJECTION LOWERS THE LEVEL OF VITAMIN C IN THE BLOOD.

VITAMIN E:

BECAUSE POOR CIRCULATION OF THE EXTREMITIES IS COMMON CHARACTERISTIC OF DIABETICS AND THE MOST SERIOUS CONSEQUENCES, VITAMIN E CAN PLAY A MAJOR ROLE IN CONTROLLING THIS DISEASE. VITAMIN E HELPS MAINTAIN A HIGH LEVEL OF OXYGEN IN THE BLOOD. THIS OXYGEN HELPS MAINTAIN NUTRIMENT TO THE BODY'S TISSUES AND HELPS TO AVOID THE NIGHTMARE OF ALL DIABETICS --- GANGRENE.

BUT QUITE APART FROM VITAMIN E'S FUNCTION AS A CONSERVER OF OXYGEN, THIS VITAMIN ACTUALLY DECREASES THE BLOODSTREAM SUGAR IN A NUMBER OF PATIENTS, JUST AS IT DECREASES HIGH BLOOD PRESSURE IN MANY HYPERTENSIVE PATIENTS, WE LEARN FROM HERBERT BAILEY'S BOOK VITAMINE E, KEY TO A HEALTHY HEART (CHILTON PUBLISHERS, 1964). "A DIABETIC WHO GETS LARGE DOSES OF VITAMIN E CAN OFTEN-TIMES DISPENSE WITH INSULIN ALTOGETHER OR CUT TO A FRACTION OF THE FORMER DOSE."

WITHIN 24 HOURS AFTER INJECTION OF 300 MG. OF VITAMIN E, BLOOD SUGAR VALUES OF 22 WOMEN AND 10 MEN PATIENTS WERE CONSIDERABLY REDUCED, IT WAS REPORTED IN (THE SUMERY, MAY, 1968), A PUBLICATION OF THE SHUTE FOUNDATION FOR MEDICAL RESEARCH. (NEXT MONTH: DIABETIC DIET).



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The Slavey Contingent



One day not so long ago a contingent of Slavies from the outside came to pay a good-will visit to our town. They were about twenty in all, each one pear shaped from eternal sitting and each wearing a starched white shirt which hung down stiffly to the ground. The shirts were securely tied at the top with a black ribbon bow which ran beneath a very large white collar. All of the Slavies wore thick pieces of enlarging glass over their eyes, the better to study the endless work tapes that comprised their life's work. We showed them through the town in short spurts since they tired very easily of walking and their short legs could not long support the great bulk of their well-rounded bottoms.

It was while we were taking a rest that one of the slavies noticed the children's wading pool behind him. He became so excited that he almost jumped to his feet. This being no small achievement on his part, we immediately followed suit and asked what had affected him so deeply. He spoke in little excited gasps, "That pool! That pool! It's filled with glisten!" Being quite aware of the pool's contents we were happy to congratulate him on one of his more astute observations. As we explained that both children and adults found glisten soothing to the skin, we noticed that the remainder of the contingent had also jumped to their feet and stood staring with open mouths at the pool.

The whole of the Slavey contingent was, soon splashing happily in the pool of glisten and drinking large amounts of it, completely oblivious to our presence or to the serious nature of their visit. We waited beside the pool, intending to resume our tour, until it became evident that the Slavies had no intention of leaving the pool. Outer Happiness stayed by the pool in case the Slavies should do themselves harm from over-exertion, and the remainder of us went back to our usual activities, pleased that the Slavies were enjoying themselves so immensely, but perplexed as to the reason. It hardly seemed possible that our soothing pool of glisten would affect them so strangely.

Late that night the contingent of Slavies stole quietly out of town, thoroughly exhausted, and, according to Outer Happiness, looking an unusual mixture of contentment and embarrassment. We later received word from the Slavey community that their contingent had found the visit "educationally rewarding," and hoped to make such visits an annual event.

Sunflower

WANTED:

A Park You can Walk To

PART IV

The proposed Master Plan calls for the acquisition of a minimum of 34,700 acres, though the preferred acquisition would be closer to 54,000 new park-land acres. Illustrative of the new direction that the District has taken over the past few years is the fact that 13 of the proposed 40 sites are along the Bay shoreline, and ten of them in the Richmond-Berkeley area.

Expansion of the George Miller Jr. Park at Point Richmond is one of five high priority items listed as Regional Shoreline. Overview recommended the acquisition of 300 acres of hills and flatlands, to make the present 8.5 acre site with its adjacent half mile of shoreline, plus the top of Nicholl Knob, into a workable, truly regional shoreline site.

The citizens' Task Force Master Plan report says, "The combination of the Bay Shoreline and the dramatic hill forms make the Point Richmond area a unique open space resource in the entire East Bay. Adequate flat land is available for high-use shoreline recreation facilities and the hills are well suited for use as an undeveloped viewshed and vantage point. Spectacular views of the Bay to the West and the urban environment to the East are visible from the ridge. The conjunction at this site of Bay and land, hill and flat, developed and natural, makes this site a potential environmental education area.

The existing Regional Parks holdings in this area (Nicholl Knob and 8.5 acre flat parcel west of Garrard) are too small alone for form an effective parkland unit. However, if expanded, the site has the potential of providing a wide variety of recreational opportunities. First priority acquisition should be the land necessary to connect the existing holdings to form one park entity to be managed as a unit."

The District's chief of Land Acquisition, Hulet Hornbeck, reported at the Master Plan "unveiling" meeting

that as part of a program to help hold down the ultimate costs of buying the new park lands, the District

over the past months, had been securing options to purchase many key parcels in the proposed park sites in the two-county District. A good number of these options were for Point Richmond, for parcels just below the ridgeline on the Bay side of the hills involving "a good part of the view shed." Mr. Hornbeck did not say how many parcels, acres or land owners were involved. The options permit the District to purchase the parcel at the price quoted in the option, usually within one year. The options do not commit the District to the purchase, nor do they prevent the District from buying up other pieces ahead of the option properties.

Of relevance to the George Miller Jr. Park is the item in the Master Plan about "Vehicular Recreation Areas". In response to a task that has been thrust upon the Park District because no other agency appears to be equipped to handle it, Overview has proposed the creation of suitable sites for the 80,000 motorcycle and off-road vehicle riders in the District which will be accessible to riders in each county.

Now, does all this sound like progress? Yes, of course it does, although it is hardly the park which in 1964 was promised for 1969. But it is fortunate that the Contra Costa Shoreline Parks Committee has been tempered in the fire of past disappointments, delays, and frustrations into a tough and resilient group. For a new and interesting development threatens what seemed to be authenticated gains and progress.

Long ago, the BCDC agreed in principle to the concept of a shoreline park at Point Richmond. But when a hearing on this matter was scheduled in the fall of this year, the item was suddenly removed from the agenda without explanation. Enquiry revealed that though it has originally appeared that there would be no difficulty in obtaining the permits for the fill necessary to create the

Continued p. 15

little peninsulas, devised by Arbegast and Newton, (to extend the beach area available to the public)

this design would necessitate eight acres of fill. It must be understood that the BCDC is under considerable fire for the permits to fill the Bay which they have granted, as well as for the illegal filling which they have not prevented or penalized. In June, 1973, the BCDC granted applications for only 4.36 acres of fill in the entire bay, but many bay shore cities are now eager to create parks or marinas or housing developments along their shores, and are awaiting a precedent-making BCDC decision upon which they can base their application for fill. Obviously, eight acres at the George Miller Jr. Park site would be a precedent which would trigger a host of such applications.

Therefore, the BCDC has suggested several alternatives for the Park District to pursue, instead of putting fill into the Bay. These include (1) reshaping the shoreline plan to eliminate fill altogether, (2) deleting from 1 to 3 acres of the fill by modifying the current plan and eliminating the extensive mounding and screening along the railroad tracks, or (3) seeking agreement with Santa Fe to move the tracks inland, permitting the creation of a beach and waterfront facility at the present shoreline without any fill. Any one of these proposals mean continued delay, and especially the last one. For not only would the Santa Fe object strenuously to the very idea of moving its tracks, but the idea would shatter the integrity of the terrain and put an end to the idea of acquiring the hills as part of the park.

So where are we now in our quest for a shoreline park? We have long had the support of our City Council, our County Board of Supervisors, our neighboring cities, our Legislators at Federal and State levels, and numerous park and open space groups. We have been given the blessing and recommendation of Overview and the Citizens Task Force, and our park has a priority rating in the Master Plan.

We have beautiful plans created by talented and dedicated professionals. Project funds are awaiting and tax money (though it must be shared and will never be enough for all the demands of passionate park pusher in two counties) will be forthcoming. Options have been obtained, 80,000 cubic feet of fill is stockpiled on 8.5 acres of park-owned land. We have suffered through the buffetings of the mighty railroad, the water company, and the motorcyclists, and have endured the misunderstandings of those who accuse us of frivolity and say that we should use our feeble energies at creating industrial job developments (forgetting that "man does not live by bread alone" but needs spiritual re-creating as well)

But are we one bit nearer to seeing the realization of our dreams for a shoreline park for the people of our region? Or are we at the beginning of another long series of delaying tactics guaranteed to exhaust our patience and our tempers? As one Shoreline Parks Committee said to another, "It is not possible for us to live long enough to hope to see our park come true."

Who knows the way to Ponce de Leon's Fountain of Youth?



How to Get Rich And Famous Playing Bluegrass



Lots of people probably don't know that Point Richmond is the headquarters of one of the Bay Area's genuine bluegrass bands.

Boomtown, stars of concert stage, pool hall and pizza parlor, actually got its start on the road to fame and glory about two years ago in the garden of Doug and Kathy Lord's house on Western Drive.

The Lords were having an outdoor fund-raiser for the Gene Swan District Attorney campaign, and some friends and I sat under the trees and played our banjos and guitars to add a bit of a festive air to the occasion.

Bluegrass music is funny stuff—dismissed by most folks as the nasal whinings of hillbillies, it can really get to you if you study it some. A woman I knew who had been a violinist in her youth, and who later took up the fiddle, told me once as she was struggling to master an intricate fiddle

tune, "Playing these is very much like playing Bach."

From the Lords' garden The Boomtown Lulus (as we were known then) began a meteoric rise.

Al Chetauskas had just bought the Central Pool Hall and we began playing in what we called "The Main Showroom."

Then Al remodeled and expanded his facilities, and we played there for a while, then a summer at the Warehouse Cafe in Port Costa, last September's "Bluegrass Under the Stars" concert at Woodminster Amphitheater, and recently at the Oakland Straw Hat Pizza Palace and The Pizza Machine in Pleasant Hill.

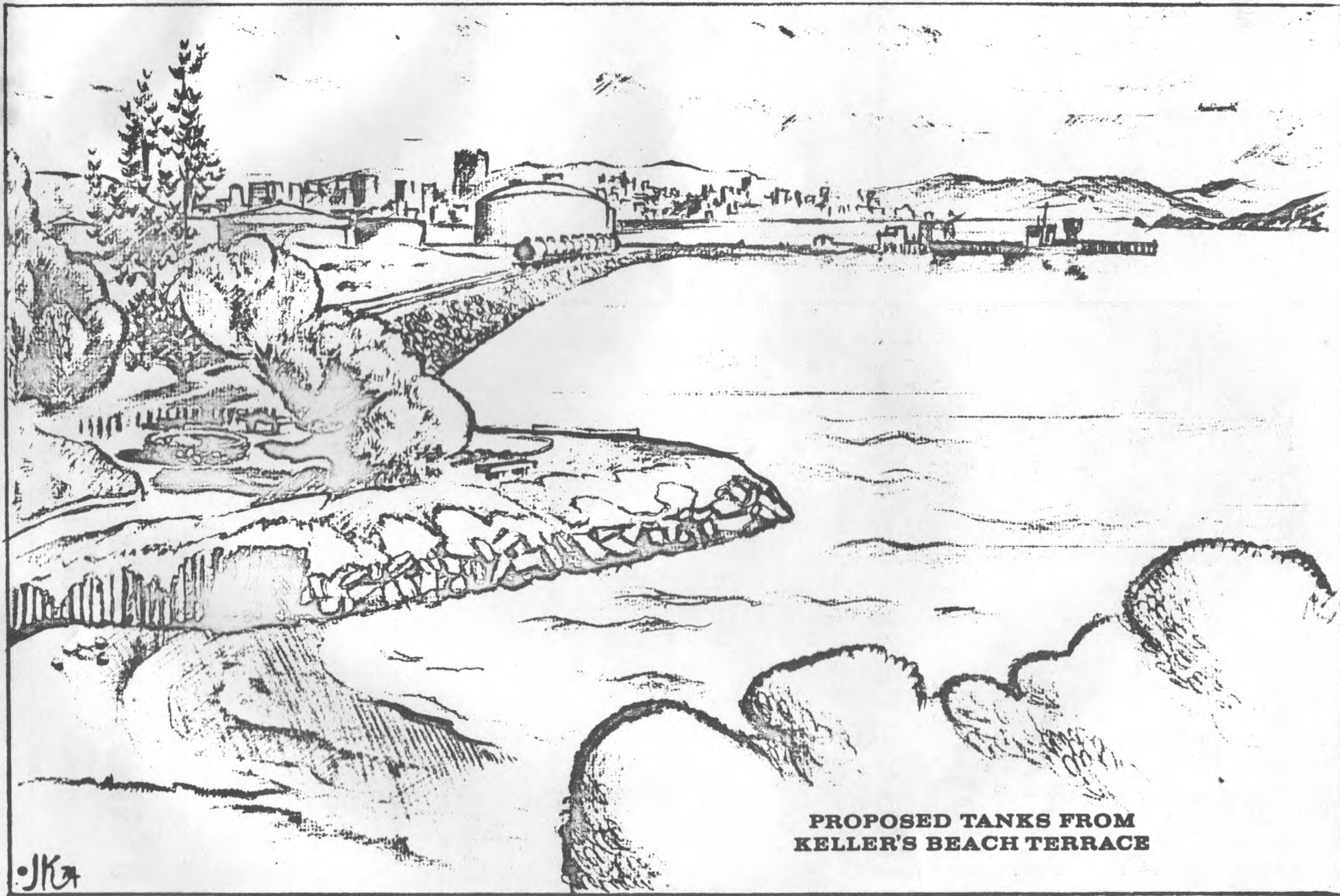
Two weeks ago, we played with the Tanya Tucker Show when the teenybopper superstar came to Rowell Ranch Rodeo Grounds in Hayward.

Saturday, July 13, Boomtown will return to the Central Pool Hall for a one-night engagement. Beer, billiards and bluegrass—an unbeatable combination. Y'all come. George Martin

Boomtown

Plays Saturday, July 13

Central Pool Hall
49 Washington Ave.



**PROPOSED TANKS FROM
KELLER'S BEACH TERRACE**

EXHIBIT 12.

PETROMARK EIR

What's Wrong With This Picture?

This is an artist's rendition of the new view from Keller's Beach, should the proposed anhydrous ammonia tanks be built by the Petromark Corporation. It was copied from the Environmental Impact Report which will be submitted July 24th at 7:30 p.m. at City Hall, to the Environmental Impact Panel of the City of Richmond. Copies of the Report are available at the West Side Branch of the library.

Included in the report are the possible effects of spills or leaks from the tanks or from accidents involving the trucks which will carry the anhydrous ammonia (during peak seasons at the rate of 100 truck trips per day through the tunnel).

The report details the effects of rupture in terms of air pollution, water pollution, fish kill, etc. It also outlines the visual changes which would result from the tank's construction and the sound pollution which would result from the trucks during normal functioning.

The report is well worth reading and reflecting upon. If, after considering the possible effects of these anhydrous ammonia tanks on our community, you decide to join the protest against them, petitions are available for your signature at the library and in several other downtown locations. Remember the July 24th deadline.



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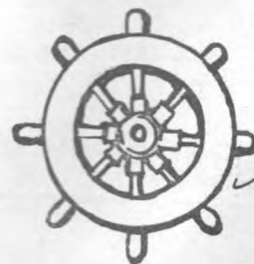
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Art Event

The Richmond Art Center announces
three exhibits in one for the month
of July:

Paintings by Abraham, a solo
exhibit in the main gallery

Drawings and sculptures by
Mayer, a solo exhibit in the
sculpture court-foyer

Ceramics by Richards, Hipkiss,
Clausen and Hollenbeck in the
small gallery.

The exhibit will preview July 18
from 7-9p.m. and will be open
from July 19th through August 18th.
The Richmond Art Center is located
at 25th and Barrett Ave. in Richmond

While it's Hot make your own beef jerky

Beef Jerky

- 1 pound very lean top round steak
- 4 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon chile powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- $\frac{1}{4}$ teaspoon cayenne
- 3 dashes liquid smoke
- $\frac{1}{2}$ cup water

Trim the meat carefully, removing any fat or connective tissue, and place in the freezer to partially freeze (about 1 hour). While the meat is in the freezer, mix the salt, pepper, chile powder, garlic powder, onion powder, cayenne, and liquid smoke in a bowl. Pour in water, stirring to blend well.

When the meat has firmed enough to make thin slicing easy, cut across the grain in slanting slices about $\frac{1}{8}$ inch thick. Place the strips in the marinade, stir, cover and chill several hours or overnight, stirring occasionally.

Remove strips from marinade, drain, and spread on cake racks placed on baking sheets. Expose to hot sun until thoroughly dry but still somewhat pliable (6 to 7 hours). Arrange cheesecloth over the strips while they are drying, to protect from insects, and either cover them or bring them inside at night.

For oven drying, arrange meat on racks the same way you would for sun drying and place in a 150 degree to 200 degree oven with the door slightly ajar. Dry until a test piece cracks but does not break in two when you bend it (about 6 hours). Let cool, remove from racks, and store airtight at room temperature or in the refrigerator. Makes about 8 ounces of jerky.

= ADS =

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Editor's NOTES



I've had one nibble for a Pt. Richmond History column, but am still looking for more. Do you have a favorite recipe? I would like to start a "recipe a month" feature. Send them to, or drop them by 8 Western Dr. or Jumbo's.

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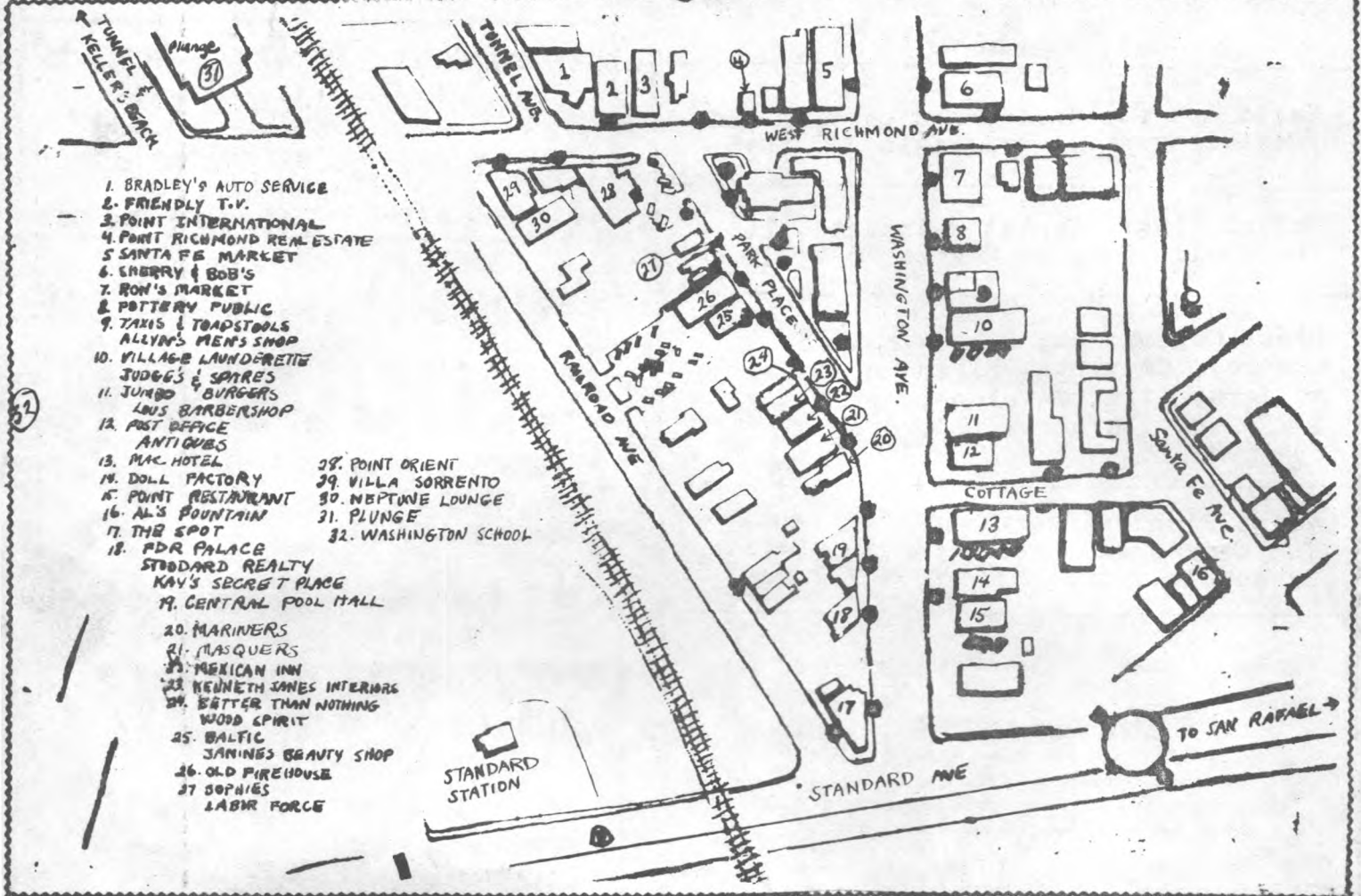
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POINT COUNTERPOINT is published around the first of the month in Point Richmond, California by Doris Cort, 8 Western Drive, 234-6989.

News articles, poems, art work, stories, ads, letters to the editor are welcomed. Articles and letters must be signed.

Deadline is 10 days before the end of the month.

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