

POINT COUNTERPOINT

A JOURNAL FOR CIVIC COMMUNICATION
SEPTEMBER 1974 SEVENTH ISSUE

25¢

Richmond, California



CTENOID
SCALES ON
PERCH



CYCLOID SCALES ON
CARP



GANOID SCALES
ON GARPIKE



PLACOID SCALES
ON SHARK



"Fish Are Jumpin"

by Joe Taxi

You've been here for some time now. You've got a thousand chores and obligations and you're thick and bored. Every now and again that Bay out there flashes the sun at you through the trees and houses to catch your eye. Stop everything and get in tune with yourself.

Every day, twice a day, since life began, the tides rise up and flush the shores. Find out when the next high tide will occur. You should have some time.

Pick up some fishing gear. This can mean almost anything: That old rod and reel buried deep in your closet, a run to Thrifty's or K-Mart for the \$7 special, a quick call to a good friend, "Hey man, got a rod I can borrow?", a ball of twine with a bolt on the end for a sinker and a nickle hook.

Truck on over to a bait shop. Cutting Bait on 6th and Cutting or Red Rock Bait under the San Rafael Bridge. Get seventy five cents worth of pile worms. If you are part of the leisure community of the Point and the three beers that sum represents seems an inordinate capital outlay, go to the shore and turn over a few rocks until you find your own.

Soon you'll be hungry. Bag a small loaf of French bread, some lunch meat and cheese and a little paisano

continued p.15.



Announcements

Westside Library's Summer Film Festival

Carol Bold is the new Westside Branch Librarian. She will be continuing the Saturday story time from 1:30 to 2:00 p.m. Also continuing will be the Monday night Film Festival:

- | | |
|----------|--|
| Sept. 2 | Holiday |
| Sept. 9 | Holiday |
| Sept. 16 | The New Morality
Reptiles and Amphibians |
| Sept. 23 | Ancient Games
Anything You Want to Be
Great Annual Bathtub Race
Countdown to Calamity |
| Sept. 30 | Golden Twenties
Big Business
African Craftsman: The
Ashanti |

PTA News

PTA President, David MacDiarmid, foresees an active year for the Washington School PTA. A general meeting will be held the second Thursday of September at Washington School to talk about the new program. The meeting will stress priority setting and reorganization.

The new President is open to any and all suggestions. He is considering a wine-tasting party as a fund-raiser. He hopes for more ideas to come out of the meeting. One possible goal for the fund-raising is the possibility of more class trips.

Community Center

We were sorry to hear that the Community Center will be losing its director, Margaret Williams. She will be moving on to a new position, leaving Bobbie Herron to fill in until a new director can be found.

Monday night will continue to be Movie Night from 7 to 9:30 p.m. Tuesdays through Fridays will be General Recreation from 1:30 p.m. to 9:30 p.m. until a new program can be worked out. This would seem like a good time for suggestions of the uses you would like to see the community center put to. One local merchant suggested that the building might be better used as a museum. Any other ideas?

EAST BAY MUSIC CENTER

The East Bay Music Center Community School of the Performing Arts begins another year of instruction and concerts this September. Instruction is available for young and old alike at modest fees in the areas of music, dance, film and drama. The program planned for this year is particularly rich and varied and should find a niche for anyone interested in the performing arts.

For more information, write to the East Bay Music Center, 2369 Barrett Avenue, Richmond 94804 and ask for a free brochure.

The Tank Issue Gathers New Momentum

NEWS FROM:

EAST BAY REGIONAL PARK DISTRICT

If two tanks holding 40,000 tons of anhydrous ammonia are erected at Pt. Richmond they will be "substantially inimical...to George Miller Jr Regional Shoreline...and such a tank system may well jeopardize total development of the Shoreline." Potential safety hazards were cited.

That is the substance of an amended resolution which the East Bay Regional Park District Directors adopted. The Board asked that the Richmond City Council deny a permit for the erection of the 90-foot tanks in an area only about 900 feet from the park.

The resolution, which three Directors joined in "beefing up" says in part: "This Board finds that the current proposal pending before the Richmond City Council for the installation of two large anhydrous ammonia storage tanks in the immediate vicinity of the George Miller, Jr. Regional Shoreline is substantially inimical to the public investment there." The tanks, the resolution continues "will create visual, noise and other forms of environmental pollution substantially detrimental to the recreation and park experience planned and projected for this shoreline and will create potential safety hazards..."

The resolution attacks the environmental statement for the tank project as not giving "adequate or complete consideration to the negative environmental impact such a project would have on George Miller, Jr. Regional Shoreline."

10 Protons Only 83.7% Nitrogen
10 Electrons and 17.7%
Tenaciously Hydrogen (ated) light
pe Rsisted airy
Over (low
Many reasonable cholesterol)
Arguments run
Remember money 2
talk\$ 3

Doesn't it?

Inhale
Since we're neighbors
(Let's be friends)

H₃

Submitted by
Jim Milstead
303 Washington

Point Richmonders Unite

People from Pt. Richmond seem to be certain of their opinion about the tanks, and are not shy about expressing it. What's more, they are getting results. Channel 5 News and the Oakland Tribune featured stories about the August 27th meeting at City Hall.

Letter writing parties to let the Councilmen know what's happening are next on the agenda. It just may work. And a nice side feature of the protest is the wonderful feeling of warmth and closeness that comes from working together.



THE DECISION-MAKERS

The final decision on whether or not the tanks will be constructed rests with the Richmond City Council. The Point Counterpoint editor recently made a telephone poll of the councilmen, asking each the question, "Is your present reaction to Petromark's proposal to build two anhydrous ammonia tanks at Ferry Point, favorable or unfavorable?" The following are their comments. (Also included are their business phone numbers and home addresses if you care to write letters commenting on the proposal)

B.T. Anderson: "I'm not prepared to share an opinion as I have not heard from sufficient numbers of people in the area. I haven't heard the tapes from the meeting. I reserve my judgment for now. My decision will be based on ecology and economy."

233-8600 5016 Nunn Avenue

Richard Nelson (mayor): "I have not received the whole information. I was surprised that Petromark chose Richmond as their potential site. I've been busy with other issues. But I certainly want to get all the information on this."

234-5300 2329 Macdonald Ave.
(business address)

Nathaniel Bates: "I haven't gotten the EIR yet or heard the planning staff recommendations. I can't prejudge until I've heard all the facts."

874-6562 5303 Fallon Ave.

Nello Bianco: "I was opposed to it before and I continue to oppose it"

235-5696 2901 Roosevelt Ave.

Gary Fernandez: "I have been biased against the tanks from the beginning and have recently been in touch with the parks district to raise some opposition there."

237-6788 240 Western Drive
(home phone)

Stanley Grydyk: "I was favorable at first, but now I'm very concerned. I have read the objections sent to me by various people. I haven't made a final decision but I am less in favor of it than before."

233-8787 681 31st Street

Gay Vargas: "I've always been against that. It's too dangerous. I tried from the beginning to stir up the people out there at the Point. I'm glad to hear they are doing something about it."

232-0465 4 14th Street
(business address)

Don Wagerman: "I haven't read the Environmental Impact Report. It would be unusual to make comments now. I have not made a decision. I don't know that much about it. I will rely heavily on the Planning Commission Reports."

232-7013 2901 Andrade Avenue

A.E. Silva: "Having been a resident of Pt. Richmond, my reaction to the tanks is not very favorable, but I haven't made a decision yet. I haven't read the final EIR or heard Petromark's position, and I think I should reserve my final decision until then."

235-4196 200 24th Street
(business address)

Point

Mid Dornan
234-5334

Happy SEPTEMBER Birthday to:

Marie Peckham	Pat Sinnawi
Sara Warren, JR	Al Prosini
& SR	Donna Roselius
Randy King	Carol Smith
Susan Armstrong	Alice Resh
Oneida Clutts	Robertta Wilson
Susan Amantite	Jane Fernandez
Doris Cort	Robert Omstad

This month our illustrious Golden State with its 156,803 square miles of rivers, lakes, mountains, parks, seashores and freeways is 125 years old.

The end of summer reminds us that it takes two kinds of people to make the world. One kind marvels at the beauty and bounty of the gardens and flower beds and the rest weed and water them.

With summer almost a memory, thoughts can now be turned to school and all the lunches to be faced each day. Or maybe you are one of the lucky parents who has older children that LIKE to eat school cafeteria food. In addition to the proclaimed balanced menus I always felt they should offer a peanut butter and jelly sandwich as a mother service.

Have you figured that Mondays occupy one-seventh of your life!

It's a new granddaughter for Lucille and Drexil Holladay! Daughter Sharon and Jim Holdsworth announce Jennifer Denise arrived on August 7th and is doing well. Cousins Kathy and Tim McCune from Michigan were on hand to welcome her too.

The late Cliff Jones was always the first person to offer a ride to accomodate his many Point friends. Now that his friendly wife, Ida Mae, can no longer drive, it would be a thoughtful gesture if some of those courtesy rides could be returned.

That was a living advertisement line-up outside Judges and Spares the day they re-opened after their month long vacation. Good food is appreciated and ma intains loyal customers.

You might be interested in a new booklet issued by the Agriculture Department titled, "The Real Facts About Food"; it explains why we have to pay more for food.

A neighbor reports she was pouring over the family budget to see how to adjust it to absorb the outrageously soaring food costs. While moaning and muttering to herself a sympathetic pat was felt on her shoulder and her husband said calmly, "Look on the bright side. We could be poor instead of only broke!"

Thelma Slagle has returned from San Antonio, Texas where she visited her daughter, Reba and son-in-law Jim Downs. Reba is teaching and Jim, and Air Force Academy graduate, is in the service.

Seen canoeing and swimming in Russian River at Odd Fellows Park over a recent week-end was Anita and Bernard Christensen.

Trivia . continued

With the announced increase in MA Bell rates, even the cost of talking has gone up!

With admitted bias, this writer takes issue with the Point Richmond map on the back cover to point out it does not identify one of the oldest established businesses on the Point whose proprietress is one of the most knowledgeable about the history of the Point. Yep, I'm referring to the Richmond Supply Company on W. Richmond Ave.--or had you guessed!

Do you own a "genre" painting?

Consider the Ministers and Politicians poor kids who are so vulnerable to criticism. With this in mind, I note the delightful sons of Congressman Jerry and Jo Waldie, Jon and Jeff. Jon, 18, has such repore with all ages he's a formidable candidate for a public office already!

The free road map is going the way of glass dishes and green stamps. In a test program, Standard Oil has installed vending machines at 100 of its stations asking 10 or 15 cents per map. They are considering too, a tear-away sheet type map. It was Gulf Oil that distributed the first maps in the East 60 years ago in 1914. The demise of the free road map will mark the end of an era and it is sad to think that future generations will never know the triumph it was to successfully refold one of the things.

If it's true the brain is like a sponge, I wish I could squeeze mine out once in awhile to get rid of the stuff I don't need anymore to absorb more profound knowledge.

Who but two carefree, uninhibited nineteen year old boys would drive from Nebraska to the Point to visit relatives on a "spare tire"! They wanted a recommended dealer!

An Arabian proverb put it: "blessed is he who speaks a kindness; thrice blessed he who repeats it." Why not be thrice blessed.

Jeanne Eger is back in town. Last year's PTA president and prime mover in getting the Point Counterpoint back in print, has taken a job in San Francisco and is now looking for an apartment in Pt. Richmond. Says Jeanne, "It sure feels good to be back."

Congratulations to the new Mr. and Mrs. (formerly Sue Goldsmith) John Strayer.

Rapport.

John Aguirre has been hospitalized for third degree burns at Brookside Hospital. He can have visits and would probably appreciate cards and letters, too.

*****Long overdue but finally here, we have a new map on the back cover.



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Find Out About TM

Suzanne Koford

What do football star Joe Namath, top model Samantha Jones, play write William Gibson, and Major General Franklin M. Davis have in common? Along with some 500,000 Americans, they practice a simple mental technique called Transcendental Meditation. A short introductory talk on the technique will be offered to the Richmond community on Wednesday, September 4, 7:30 p.m. at the Pt. Richmond Community Center.

Not a religion, a philosophy, nor a way of life, "TM" is a simple and effortless technique, practiced for twenty minutes twice daily which produces a state of extremely deep rest coupled with expanded mental awareness.

A substantial and growing body of research indicates that the deep rest gained during Transcendental Meditation is a highly effective method for the elimination of stress and fatigue while the state of increased awareness allows the individual to realize normally untapped resources of energy, creativity, and intelligence.

Psychological and physiological studies show that individuals practicing TM enjoy some of these results: greater clarity of mind, improved memory and learning ability, more harmonious relationships with family, friends and co-workers, greater efficiency and productivity, growing self confidence, a sense of well-being, improved health, and the ability to deal successfully with complex and stressful situations.

Continued

The comprehensive range of results has motivated some 50 companies to offer courses for their employees and executives. Some 88 West Point officers and cadets began TM last spring. TM is now being used in public education, is an adjunct to psychiatric therapy and has become a rehabilitative technique in prisons and drug programs. Even professional athletes--Joe Namath, Bill Walton, as well as members of several baseball teams are now practitioners of TM. They hope that the deep rest gained during TM will help them to last out the season, improve coordination, reaction time, and concentration.

Teachers for the International Meditation Society, the non-profit group sponsoring Wednesday's lecture, describe the technique as effortless and very easy to learn. It's been taught with success to a tremendously broad spectrum of people. There are about 9,000 individuals practicing TM in the East Bay. Free literature and additional information on the technique is available by calling the International Meditation Society at 548-1144.



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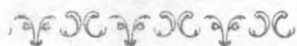
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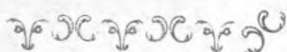


Dorothy King

Did you know that Al Chelkauskas of the Central Pool Hall bought the Mandrake night club in Berkeley at 10th and University?



Jim Wallace, Betty Moore's son is coming home for a week's stay from the army. He is stationed in Missouri where he is learning the art of welding.



Mr. and Mrs. J.L. Roy just returned from their vacation in Oregon.



From the Pottery Public: we make our pots in back and sell them in front; we also give lessons to Pt. Richmond's aspiring potters.



From the Shoulder Pad: The Shoulder Pad evolved gradually from a fleeting fantasy to a real live store. It all started in 1971. I had just been laid off from my job and we were in the process of moving to the point. Since my old man and I have been collectors for a long time we decided to sort through our junk and sell some of it at the Alameda Flea Market to bring in some extra money. So I went out there one weekend and found it both fun and profitable. I began selling on a regular basis for almost a year, specializing in clothes and jewelry more and more as time went on. Then I decided to see if I could make a go of a store.

So in March of 1972 the Shoulder Pad became a reality. And now over 2 years later, here I am still in the old Firehouse selling my wares-- clothing, jewelry, and collectables from the 20's, 30's and 40's. I'm trying to keep my prices lower than the shops in Berkeley and the City in an effort to draw people out here and it seems to be working and getting better all the time.



A Search For Pt. Richmond's Living Historians

Two Troop 111 Eagle Scout Candidates, Gary Darling and Tony La Jeunesse, are conducting a survey to locate the six "Most Pioneer" residents of Pt. Richmond.

The object is to interview for ultimate publication in the Point Counterpoint, persons with interesting viewpoints on "THEN AND NOW".

Personally, I know of many residents who lived in the Point prior to 1915, so, you Pioneers, please notify my better half, Mid Dornan, 234-5334, when you are available for your personal interview. This project could lead to some real interesting reading.

R. Dornan

Founder's Day Celebration Here

The Business Association of Pt. Richmond has an adventurous project in the works... A Founder's Day celebration with profits going to beautify the Point.

The celebration, tentatively scheduled for October 26 and 27th might include such things as art booths, antique car show, drawing for prizes donated by merchants. The celebration is still in the planning stage, says Frank Cosgrove, of the Mexican Inn. The biggest problem now is getting a permit from the police Department to rope off the streets in the Point.

If it goes through, he says, the beautification program would be aimed mainly at more plantings around the stores, with no attempt to make the Point more "plastic".

Good luck. It sounds like a wonderful idea. If you think so too it wouldn't hurt to encourage some of your local businessmen.

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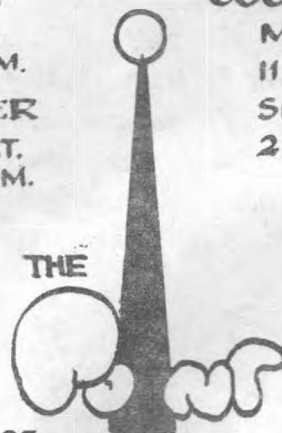
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& patio of fashion

LUNCH
MON.-SAT.
11:30-2 P.M.
DINNER
MON.-SAT.
6:15-10 P.M.

COCKTAILS
MON.-SAT.
11 AM-2 P.M.
SUNDAY
2 P.M.-10 P.M.



233-4295

32 WASHINGTON AVENUE

Sara's Name Day



In the morning of our annual Name Day we were all curious and excited as we waited for the ceremonies to begin. There would be twenty-five sixteen-year-olds and five seventeen-year-olds, and, of course, Sara, who was now twenty-one. A few children usually kept their given names from childhood and a few usually put off their choices for an extra year, as had the five seventeen-year-olds. The majority generally had made their decisions by age sixteen and some had told what they would be called as adults even before the actual ceremony. There were always some surprises, though, and often a last minute change and these made the day especially exciting.

Sara's case was unusual. When at twenty years old last year, she had still been unable to find the name that was right for her. She was sure that Sara was not right but no amount of thought and living had yet provided an alternative. Sara had left the town shortly after Name Day last year and had wandered outside until only last week. It was rumored that she had seen and stayed with the Rhinestone Lady. We all sincerely hoped she had been successful in finding her name. We had little time to wait. Sara, being the eldest, was first to appear.

We noted at once that she had cut her hair very short. She wore a flaming red silk dress and across her forehead had painted a ferocious green dragon breathing orange flames around the corners of her eyes. These positive details, we felt, must surely indicate the selection of a name. As we waited in silence, Sara spoke out decisively, "I will henceforth be known as Radical Change." We all smiled and applauded loudly and it was not until later that we really began to ponder the significance of Sara's choice. Many new names were added to our records that day: Cut Diamond, Melting Snow, Blue, and others equally beautiful.

We discussed Name Day for many days after, but always at the mention of Sara's new name, eyes became puzzled and even perhaps, a little worried.

Sunflower

Richmond Museum Now

Doris Cort

I visited the Richmond Museum last month to search out some Pt. Richmond history and was both enchanted and depressed by what I found. Enchanted with the wealth of relics and antiques, clippings and books about our colorful past, pictures and maps of the earliest settlements, but depressed because these treasures are not as appreciated as they should be by Richmond residents.

Mrs. Ethyl Kerns, who volunteers her time and energy in protecting and enlarging the collection, said there are very few active members now and funds for the museum are limited. The museum has been vandalized repeatedly in recent years and very narrowly missed burning down altogether when someone threw a fire-bomb into the basement section.

The museum is now open only by appointment. Groups or individuals are welcome. Appointments can be made by calling Mrs. Kerns at 232-8069. Memberships are available at \$5 per year and new members are sorely needed.

Mrs. Kerns said she is hopeful that the museum can be moved from its present location at 400 Nevin Ave. to a larger and more central spot.

A half hour's time spent there reaped a wealth of information including the following notorious (and in hindsight, humorous) expose from Editor Naugle's "Record" (the first Point Richmond newspaper) of 1902.

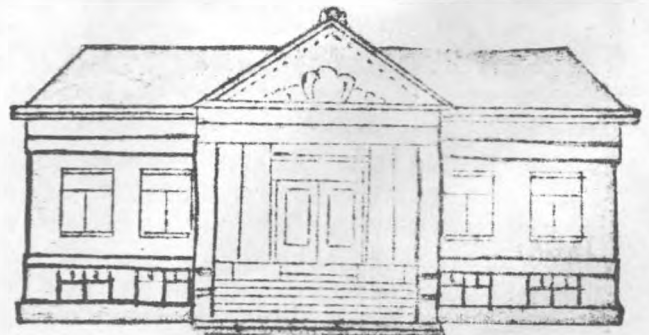
"There is a saloon on Washington Avenue, across the street from Lang's drug store and Sugrue's mercantile establishment, that would put to shame the lowest dive in the Barbary Coast district of San Francisco.

The place in question is in the old Union Hotel building, and is conducted by one Joe Silvia, who has a similar dive in San Francisco. This place of Silvia's is a resort for thugs, sure-thing gamblers and lewd women. Night before last was pay night at the oil works, and the gang was over from across the bay in force to fleece the laborers. There were white women, Mexican women and all sorts and conditions of men in drunken revel.... and the night was made hideous by the drunken ravings and obscene epithets of this offscouring of humanity. And all this, too, in the most respectable portion of this respectable town. Across the street live families of the best people in Richmond--tender women and little girls and boys who are compelled to listen night after night to this outrageous travesty on decency."

(Result: Silvia's saloon licence was revoked and his establishment padlocked)

NOTICE

Richmond Museum will be participating in the El Portal Shopping Center Charity Sale on September 13th and 14th. Books will be sold to raise money for the museum. Hard covers will go for 25 cents each and paperbacks for 10 cents each or 3 for 25 cents. Donations are welcome.





BY A. H. MEADS

AUGUST: ITS TIME TO START PLANTING OPERATIONS FOR THE WINTER SEASON. BULBS AND SEEDS OF THE MANY FLOWERS AND VEGETABLES CAN BE SOWN IN SEED BEDS. ALL NEW SEEDLINGS MUST RECEIVE SPECIAL CARE, ESPECIALLY IN WATERING, AND ESTABLISHED PLANTS MUST BE PROTECTED FROM THE BAKING SUN BY MULCH.

VEGETABLES:

START WINTER VEGETABLES IN SEEDBEDS IN THE LATER PART OF THIS MONTH. THE VARIETY IS ENDLESS:- RADISH, RUTABAGAS, BLACK-EYED BEANS, CABBAGE, BROCCOLI, BRUSSELS SPROUTS, CHARD, KALE, LEAF LETTUCE, FALL PEAS, LATE POTATOES, SALBIFY, LATE SPINACH, TOMATOES, TURNIPS, BUSH AND POLE BEANS, SWEET CORN, PUMPKIN AND WINTER SQUASH.

IN MANY AREAS, THE FALL CROP OF IRISH POTATOES AND BE PLANTED IN THROUGHLY IRRIGATED ROWS. WHEN SUMMER CROPS ARE HARVESTED, PULL OUT THE OLD PLANTS AND WEEDS AND ADD THEM TO THE COMPOST PILE. THE INTERNAL ACTION OF THE HEAP SHOULD PROVIDE ENOUGH HEAT TO KILL WEED SEEDS.

FOR BETTER RESULTS, SHRED MATERIALS BEFORE COMPOSTING AND KEEP MOIST.

FLOWERS:-

MANY BULBS CAN BE PLANTED NOW INCLUDING: MADONNA LILIES, IRIS, CALLAS, FREESIA AND WATSONIA. WINTER BLOOMING ANNUALS CAN BE STARTED NOW, INCLUDING- TETRA-SNAP DRAGONS, CANDULAS, AND GIVE ROSES A SUMMER BOOST WITH AN APPLICATION OF COMPOST WATER. MIS A SHOVELFUL OF COMPOST IN A BUCKET OF WATER FOR EACH PLANT.

HAVE COMPOST READY TO APPLY TO FLOWERS AND BEDS. WHEN SUMMER-BLOOMING ANNUALS HAVE SPENT THEMSELVES TURN THEM UNDER OR ADD THEM TO THE COMPOST PILE AND PREPARE THE BEDS FOR THE WINTER-BLOOMING VARIETES,

Happiness

*Happiness is something you
create in your mind,
Not something your search for
but can't seem to find,
Not something that's purchased
with silver and gold,
Not something that force
can capture and hold--*

*It's just waking up
and beginning each day
By counting your blessings
and kneeling to pray,
It's giving up thoughts
that breed discontent
And accepting what comes
as a gift heaven sent --*

*It's giving up wishing
for things you have not
and making the best of
whatever you've got,
It's knowing that life
is determined and planned
And that God holds the world
In the palm of His Hand -
And it's by completing
what God gives you to do
That you find contentment
And Happiness, too.*



HEALTH

Comes first

by

A. H. MEADS

THIS MONTH WE SHALL TAKE UP SOME OF THE HEALTH SECRETS FROM THE ORIENT. THE "GOLDEN RULES OF HEALTH"

1. THE BODY MUST MAINTAIN A 'HEALING HARMONY' OF BALANCES IN ORDER TO ENJOY 'PERPETUAL YOUTH AND HEALTH. SHOULD ANY DISTRESS OCCUR, ORIENTAL HEALERS IMMEDIATELY SEEK TO RESTORE THE BALANCE, CORRECT THE DISRUPTION AND USE ALL NATURAL METHODS TO HELP BRING ABOUT HARMONIOUS HEALING.

THE ORIENTALS HAVE ALSO MAINTAINED THAT SINCE THE BODY IS A CREATION OF A DIVINE DIETY, IT MUST BE TREATED WITH GOD-CREATED NATURAL METHODS AND PLANTS AND FOODS

SINCE ALL-NATURAL METHODS HAVE SUCCEEDED FOR SO MANY THOUSAND YEARS, WE MAY WELL BELIEVE THAT THIS ANCIENT HEALTH PROGRAM OF THE EAST SHOULD BE APPLIED BY THE MODERN PRACTITIONERS OF THE WEST.

THE SECRET OF "YING-YANG" METHOD OF PERPETUAL YOUTH AND HEALTH. IN THE YEARS OF 2697 TO 2595 B.C. EMPEROR HUANG-TI NEI CHING CONCEIVED OF A CIRCULATORY SYSTEM A INTERNAL ARRANGEMENT THAT DIVIDED INTO TWO BASIC PRINCIPLES YIN-YANG.

THE HEALTH INFLUENCE OF YIN SIGNIFIES ACID SECRETIONS IN THE DIGESTIVE TRACT AND THE EXPANSION OF ITS FUNCTIONS; IT IS CONSIDERED A PASSIVE COOL, DARK AND SOMEWHAT RECEPTIVE ELEMENT. YIN-DOMINATED BODY PARTS INCLUDE THE LIVER, HEART, SPLEEN, LUNGS AND KIDNEYS.

THE HEALTH INFLUENCES OF YANG SIGNIFIES ALKALINE SECRETIONS IN THE DIGESTIVE TRACT AND SOOTHING ELEMENT; IT IS CONSIDERED MORE ACTIVE HEALING, WARM, BRIGHT AND MORE INDEPENDENT. YANG-DOMINATED PARTS INCLUDE THE INTESTINAL AND BOWEL TRACTS, GALL BLADDER, STOMACH AND BLADDER.

THE 12 SECRETS OF HEALTH BUILDING

1. IN A COLD (YIN) CLIMATE, EAT MORE GRAINS, VEGETABLES, FISH AND DESIRED MEATS. IN A WARM CLIMATE, EAT MORE FRUITS AND VEGETABLES AND LESS MEATS

AND FISH, THIS IS THE (YANG CLIMATE).

THIS HELPS ESTABLISH A HEALTHY BALANCE IN YOUR DIGESTIVE SYSTEM AND PROMOTES MORE FAVORABLE ASSIMILATION.

2. YOUR FOODS SHOULD BE AS NATURAL AS POSSIBLE. THEY SUGGEST THE ELIMINATION OF ALL CANNED OR BOTTLED FOODS. THEY BELIEVE THAT SINCE THE BODY IS A CHILD OF NATURE, IT SHOULD BE TREATED LOVINGLY WITH FOOD FROM NATURE.

3. YOUR VEGETABLES AND FRUIT SHOULD BE ORGANIC, INsofar AS POSSIBLE. NO CHEMICAL FERTILIZERS OR HARSH INSECTICIDES.

4. IF YOU ARE TEMPTED TO EAT SPRAYED FOODS, SELECT THOSE THAT ARE VERY MILD.

5. YOUR FOOD SHOULD BE FAMILIAR TO YOUR CLIMATE AND ENVIRONMENT. IF YOU MUST EAT SOMETHING EXOTIC OR DIFFERENT JUST CONSUME A SMALL PORTION UNTIL YOU ARE ABLE TO ADJUST YOUR HARMONY TO THIS STRANGE FOOD.

6. ALL FRUITS AND VEGETABLES SHOULD BE IN SEASON AS THEY PROMOTE A BETTER BALANCE TO THE DIGESTIVE TRACT.

7. UNNATURAL BEVERAGES SHOULD BE ELIMINATED SINCE THEY ARE IN DISCORD WITH THE YING-YANG BALANCE. UNNATURAL BEVERAGES INCLUDE; COFFEE, SOFT DRINKS, ALCOHOLIC BEVERAGES, COMMERCIAL TEAS, WHICH ARE SAID TO BE SOOTHING TO THE YING-YANG BALANCE.

8. FOR TEA DRINKING SELECT ALL-NATURAL HERBS. THE ORIENTAL HEALERS HAVE ALWAYS EMPHASIZED THE SIPPING OF ALL NATURAL TEA, WHICH ARE SAID TO BE SOOTHING TO YOUR YIN-YANG BALANCE.

9. MEATS AND FISH SHOULD BE ORGANIC, DO NOT EAT CHEMICALLY TREATED MEAT OR FISH.

10. FOR FOLKS IMPAIRED WITH INDIGESTION, NO LIQUIDS TO BE TAKEN WITH MEALS. THUS WHEN TAKEN, THEY TEND TO DROWN THE YING OR YANG BALANCE.

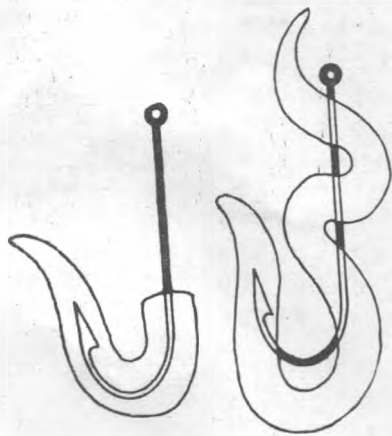
11. THE TROUBLE WITH INDIGESTION OR STOMACH ACHES AS WE CALL IT TODAY, IT IS SUGGESTED THAT YOU SIP-TEPID LIQUIDS- NEITHER TOO HOT OR TOO COLD SINCE EITHER EXTREME IS ANTAGONISTIC TO THE POLARIZED ELEMENTS- AFTER YOUR MEAL.

12. "YOU MUST CHEW YOUR FOODS AND DRINK YOUR FOODS TO HELP CREATE A HARMONIOUS BALANCE".



continued

Gather it all together and follow these instructions carefully. Walk to Keller's Beach. Slowly. Take in the beauty of our hills and trees Forget Everything. Walk down the asphalt path through the thick accacia and jasmine bushes until you reach the bench out on the point which overlooks that shimmering Bay which has been only a peripheral part of your consciousness for so long. Sit down and stare at it for a while. Notice the weather and the wind--it changes all the time. Watch the birds. Look off to the south west--that's the direction of San Francisco--and you'll see the Santa Fe tracks running out to the ferry point. When the time comes to do something you'll know because you'll start remembering all the things you were told to forget. Walk out on the path above the rocky shore for about a half mile. Occasionally you'll notice gaps in the large piles of stone with little access trails to the water's edge. Signs of earlier negligent folk who've left their bottles and cans and burnt out campfires. Slide down to a comfortable rock and call it home. Tie a sinker to the end of your line and about 12 inches above it tie on a number 10 hook--the people in the tackle store can tell you what it is if you don't know--it's small. Hook on



about $\frac{1}{2}$ inch of worm and toss your line out. Rinse off your hands and eat while you wait and watch your line. Depending on the time of year, you can do this in a blustery wind-whipped winter storm, too, you know; and the state of your favor with Lady Luck, you might find yourself tied on to a striped bass, sturgeon, flounder, perch, cabezone, smelt, bullhead, or eel. If you do, you've solved the problem of your next meal. You might hook a shark or ray in which case you might have a battle on your hands to get your hook back. In any event when the fruitful waters of our back yard give up anything you'll be in for lots of fun and surprises. By the time you run out of worms and wine you should know exactly what to do, and I'm sure you'll be a lot better equipped for doing it having stepped out and away for a different look at your life.



September's Recipe

Broiled Salmon with Mustard Sauce

- 1 cup sour cream
- $\frac{1}{2}$ cup finely chopped green onion
- 1 $\frac{1}{2}$ tablespoons Dijon mustard
- 1 tablespoon chopped parsley
- $\frac{1}{2}$ teaspoon each salt and thyme and marjoram leaves
- dash pepper
- 4 salmon fillet (about 2 $\frac{1}{4}$ lbs.) salt and pepper

Stir together the sour cream, green onion, mustard, parsley, salt, thyme, marjoram, and pepper; set aside.

Sprinkle salmon steaks lightly with salt and pepper. To broil, line a shallow pan with foil, arrange steaks on the foil, and broil about 6 inches below a preheated broiler for 7 minutes. Remove pan from oven, turn steaks over, and spread the top of each steak generously with the cream sauce. Return to broiler and broil about 5 minutes longer or until fish flakes with a fork. Makes 4 servings.



Richmond Art Center announces the Designer-Craftsman Exhibition 1974

Preview: Sept. 5 7-9p.m.

Exhibit: Sept. 6--Oct. 20

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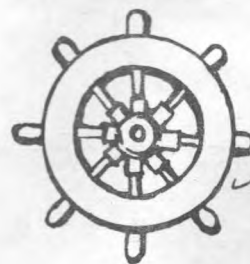
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Sand Candles



School has started but the summer is not over. You might want to take advantage of the warm weather for one last day at the beach. And making candles might be a nice thing to do while you're there.

You will need something for a heat source. Bring wood if you go to Keller's. You need an old pan and a coffee can for melting the wax, paraffin, crayons, if you want color, wicks, pot holders, and some cups, cans, etc. to make the sand mold shapes. You can also use things you find at the beach for making shapes, or just dig some holes in shapes you like.

Get the wax hot. 250 degrees if possible, set the wick into the mold and then pour the wax quickly into the mold. The sand should be quite moist for good results.

The candle may take up to two hours to dry, depending on its size. Brush the sand off, and you may find you are way ahead on decorations for the holidays.

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Editor's NOTES



The search for Pt. Richmond seems to be well under way, thanks to Scout Troop 111. I still need recipies, your old favorites even if they aren't original. Especially from some of you older residents who may have cooked through a depression and can help out some of us younger people who are having trouble cooking good meals in spite of rising food costs.

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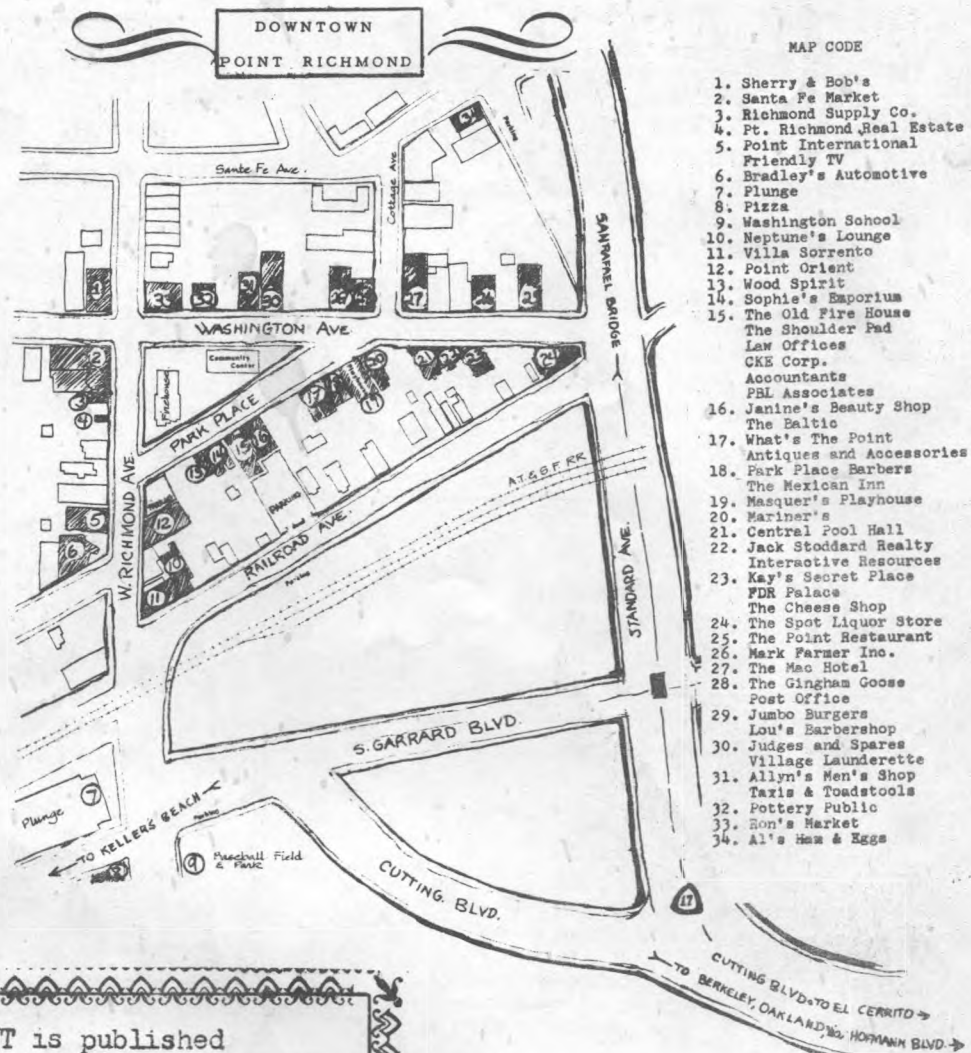
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POINT COUNTERPOINT is published around the first of the month in Point Richmond, California by Doris Cort, 8 Western Drive, 234-6989.

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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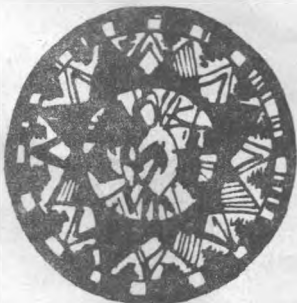
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