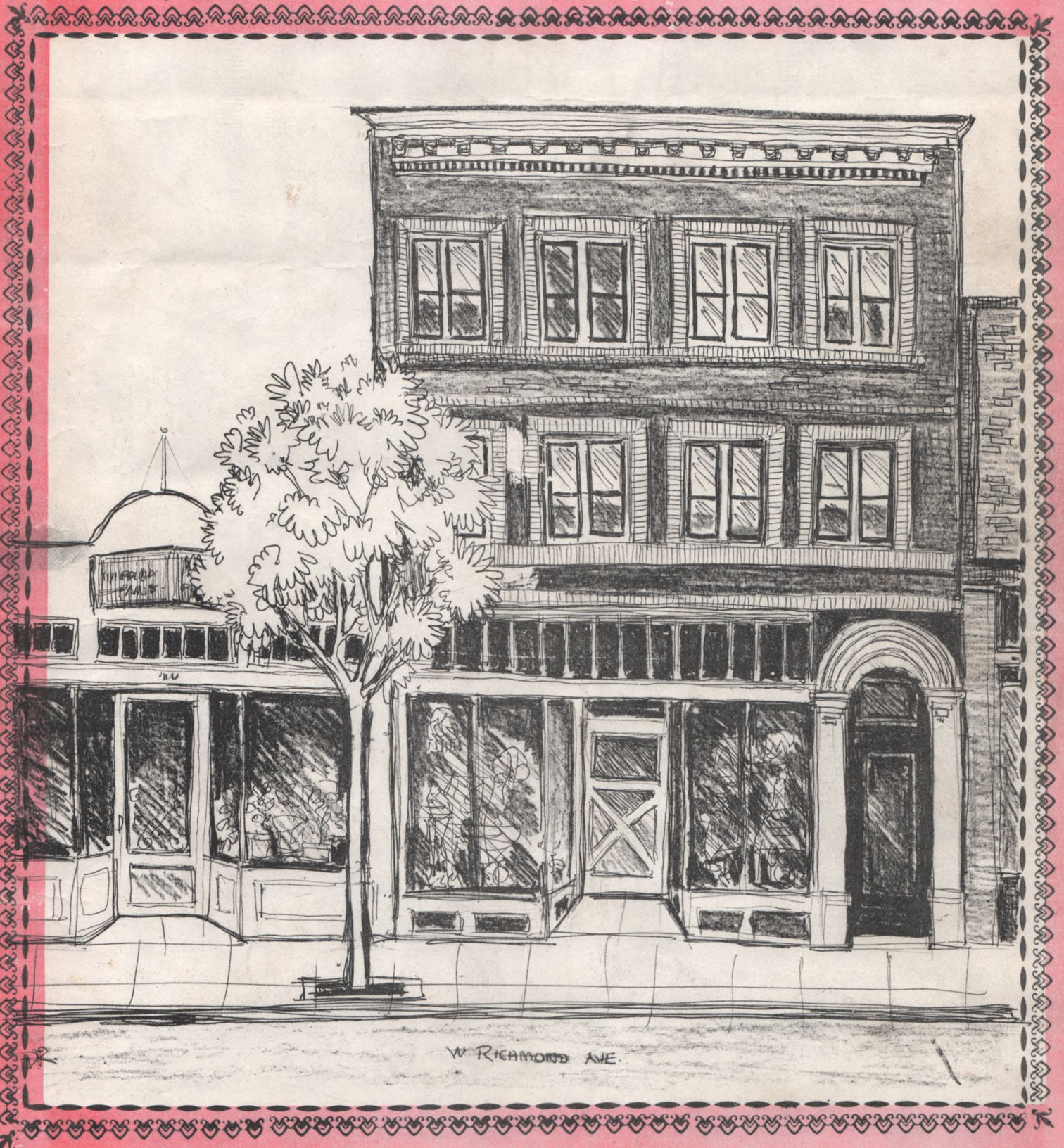


# POINT COUNTERPOINT

A JOURNAL FOR CIVIC COMMUNICATION  
VOL. V. NO. 12.

JUNE 26-JULY 3, 1970

WEEKLY 10¢  
POINT RICHMOND, CAL.




# WHAT'S NICE about a Hill?

by the Special Reading Class  
4th Grade - Washington School

( After making several drafts of my version of two picnics atop Nicholl Nob with my reading classes, I decided that the enclosed composition expressed the feeling we shared those two successive days -- (one wild, windy and foggy and one warm, gentle and clear) much better.)

Marlys Reynolds  
(reading class teacher)



Hills are for climbing  
Hills are for picnics.  
Hills have pretty flowers,  
poppies and lupin.  
When the wind blows,  
the wild grass sways.  
When you are on top --  
You can see the whole world.  
When you run down  
you feel cool.  
We want to keep Nicholl Nob  
For children -  
Forever.

by  
Jesse Aguirre  
Bruce Batchan  
Ray Javellana  
Joel Moore

## council allows cycles on hills

by Gerrie Kretzmer

Point Richmond citizens have no representation on the Richmond City Council. Despite a large turnout Monday night, which included a representative of 60% of the owners of property on the Garrard hills, an impassioned plea from a mother whose children are endangered on the streets of Point

Richmond by the motorcycles, an appeal to the finer nature of the councilmen by Lucretia Edwards, incontrovertible facts on the violation of property rights from two lawyers - Mark Peppard and Ralph Warner -- and Jim Roberts' movie showing erosion all over the hills to a depth of eight feet caused by the motorcycles --

(page 10 please)

## THIS WEEK-END CONDITION

In case you're wondering what to do this week end -- we haven't the vaguest idea. According to our "civic calendar", absolutely nothing is going on.

However, depending on just how far you want to go for entertainment -- there are fairs this week end at: Petaluma, which is coming to an end; and at Pleasanton, which is just beginning. The Vaquero Days Festival in Hollister ends Sunday; the Gilroy Bonanza and Centennial Days will also be celebrated through Sunday; the Golden Gate Arabian Horse Show begins today and ends Sunday; and on Sunday, the Salmon Festival and Barbecue takes place at Klamath. Sunday is also the day for the Novato Horse show and the SCCA Continental Championship Race at Sears Point Raceway at Sonoma (whatever that is).

Beginning on Sunday, in Sonoma, is the Eighteenth Annual National Art Exhibition, which will run through July 11.

## PUPPETS ARE FOR KIDS (OF ALL AGES)

On Wednesday, July 1, right here in Point Richmond, the San Francisco Mime Troup -- YES! -- will appear at the Community Center at 4:00 p.m., with a puppet play for young and old. Admission will be free to the presentation of "Androcles and the Lion" and "Jack and the Beanstalk".

The S.F. Mime Troup, under its new director, Eric Berne, formerly with the "Bread and Puppet Theatre" of New York, is making its first appearance with their new puppet show in Richmond, at the Point Community Center. Everyone is invited to attend this event.



2.

## COME TO A PARTY *with a* PURPOSE

The Senate "Open Space" bill, a vitally important link in the years of study done by ABAG and putting them into action, will have its fate decided in the next two weeks. (Refer to page 13 for a summary of the bill and its purpose).

In order to spur potential letter-writers into action, a "letter writing party" will be held on Tuesday night, June 30 at 7:30, at 55 Western Drive. Dessert will be served, and addresses will be handy. For more information, or to make sure there will be dessert enough to serve you, call Mrs. Kretzmer at 233-2794, before Tuesday.

## PRE-FOURTH PROGRAM PUT TOGETHER

Speaking of parties, a pre-Fourth of July work party -- an annual event around these parts -- will take place at the Community Center next Friday evening, beginning at 7 p.m. The purpose of this party, which will only be successful if at least twenty people show up -- is to collate and staple the Fourth of July programs. Sounds irresistible? ....No? Well, then out of the goodness of your hearts, so that visitors on the Fourth will know what's going on, when and where, sacrifice an evening to a dull job, knowing that if only a few people come the dull job will become endless besides. Bring a stapler (if you have one) and some bright conversation and make the job less dull and far faster, (please).

## the 4th. IS FUN

If you're feeling a surge of energy after reading all the pleas for help, this is a good time to ask for more help. The Silhouette booth will need more help on the 4th. It's a good way to escape from the crowd for awhile, and the "work" is fun. Please help if you can. Call 233-4999 or 235-4222 if you're willing to help for an hour or two.

# 3. Celebrating the 4<sup>th</sup> at the Point

The Fourth of July in Point Richmond has a special meaning, celebrating not only the Independence of our nation, but also the effort toward international understanding.

Proceeds of the big celebration at Point Richmond are used to send high school students to live with a family in a foreign country and attend a year of school; and to bring foreign students here for a year. The A.F.S. program has been extremely successful, due in large part to the careful selection of students and the fact that they become a part of a family in another country for a year, thus becoming more part of the culture and community life than if they were living in a dormitory.

The Richmond chapter of the A.F.S. has been able, through the proceeds of the Fourth of July Celebrations, to provide the opportunity for many students to become ambassadors to other countries. The community support has brought, during the 1969-70 school year, one or more students from Sweden, Uganda, Norway, Argentina, Japan, France and South Africa to Richmond. In turn, students have gone from this district to England, Colombia, Belgium and the Netherlands. Last year the cost per student was \$750; this year the cost will increase to \$850.

The AFS motto, "Walk Together, Talk Together" becomes a reality in the day-in day-out activities of family life, and does much to eradicate misunderstandings of cultural differences. In the United States this year, 3,027 students have come from 61 countries and 1,652 Americans have lived in families abroad in 58 countries.

During the year there are many opportunities to meet visiting AFS students, since they are often asked to speak to civic and school organizations. Their descriptions after living here for a few months, of their lives at "home" compared to life here provides their audiences with a greater understanding of their country, while it is perhaps even more interesting to hear their impressions of our culture, education and country.

Activities on the Fourth begin at 11 a.m. with a "Kiddie Parade", and games, booths, food, music, dance, etc. continue until 6 p.m.

Food and refreshment booths manage to keep everyone supplied with energy for a dayfull of activities. A new favorite added to the events last year was the Steam train rides, reached by a shuttle bus that goes back and forth to the Castro Point Railway, where you can board a steam train for a two-mile ride along the bay.

Prize drawings continue throughout the day, the grand prize being two nights and three days at the Sahara Tahoe.

Art exhibits, "Art - in - Action" with artists creating their masterpieces as observers observe, and silent movies provide spectator entertainment; while participation is required for games -- the dunk tank being the most spectacular, but all of them great "old-fashioned" fun.

A kiddie area is provided especially for the small children, with games and amusements they can enjoy.

The last event of the day, after activities have come to a halt, is the fireworks from atop Nicholl Nob. They start (of course) after dusk, and can be viewed from many vantage points in the Point.

## FREE MOVIES

Friday night free movies at the Richmond Library present, this evening "The Buddha", a Japanese film. However, it was announced that this evening's film will probably be the last to be shown at the library.

## IF GRASS ROOTS WERE.....

"Grass Roots" is a powerful term: On investigating a single rye plant, after four months of growth, it was found to have put out 378 miles of roots, or an average of three miles per day. The growth was accomplished by 14 million separate roots,

# REMINISCING

4.

## SEVENTY YEARS AGO....

July 1, 1900....EAST MEETS WEST

Richmond was hardly getting acquainted with itself when it became the gateway to rail traffic to and from San Francisco. The first link in the line connecting San Francisco with eastern destinations, the steamer "Ocean Wave" made its first run to ferry Point in Point Richmond that morning, reaching it at 10 a.m. Officials of Santa Fe and nearly all transcontinental lines were among the 250 passengers landing in Point Richmond that morning.

The first regular train from Chicago to San Francisco arrived at the ferry an hour late on its first run, because of Californians along the way extending their greetings.

In an account of the first voyage from San Francisco to Point Richmond, written in 1922, Frank Bailey, a postal employee reminisced, "The ferry from San Francisco brought a large number of people to look over the terminal and the prospective city. Lots of them thought that Richmond would be a town like Tiburon. Many spent the day fishing and picnicking about the Point."

## SIXTY YEARS AGO...

June 30, 1910....

Richmond was preparing for a big Fourth of July celebration, sponsored by the Building and Trades Council, and the paper proclaimed that the Program would "not only be pleasurable, but will also bring honor and renown to the Building and Trades Council, the City and County for which it stands, and every member of the committee in charge...."

## AND, FIFTY-NINE YEARS AGO...

In July, 1911, The Riordan Hotel was being erected, and promised to "Rank among the best in the country". The hotel, owned by Kate Riordan, looked much the same as it does today, when it is known as the Hotel Mac.

## FIFTY YEARS AGO....

July 1, 1920....

Not one, not two, but three days of celebration were being prepared for in Richmond on this year. Beginning on July 2nd, decorations and plans were complete on July 1, with flags and decorations up on Macdonald Avenue for the big holiday.

On July 2, the paper announced the Big Celebration which began that evening with a "Coronation and Horrible Parade."

Sunday events included baseball and a patriotic program, concluding with a "Big time on Monday."

Queen of the Celebration was Miss Helen Sullivan, who was crowned "Goddess of Liberty" at the band stand at Tenth and Nevin.

The "Calathumpian Parade" included a burlesque band among the "Parade of Horribles."

## BEAUTY CONTESTS, 1924....

The big feature in the Fourth of July Celebration of 1924 seem to be the Queen and the Baby Contests. Prizes for the winners in either contest were diamond rings, first prize being a 20-diamond banquet ring.



## 5. TAXES . TAXES

The meeting on Wednesday evening with Mr. E.F. Wanaka, County Tax Assessor, and Mr. Carl Rush, Chief Appraiser for the County, was an informative one for those who attended. The officials answered questions of Point residents ably, and the general conclusion seemed to be, that appraisals are fair, within the bounds set for the County by law.

The 1/3 blanket increase for Point Richmond was followed this year by single-home policies, with further increases in some cases. The market value determines the appraisal, and the appraisal is set at 25% of the market value, as determined by comparable sales in the area. The County has special industrial, commercial and home appraisers, all "doing their job." The high taxes seem to be more the result of the high selling prices of homes, plus the budgets of the tax users, highest of which is the school district.

## YARN PAINTINGS

A brilliantly colored exhibit of yarn paintings by the Huichol Indians of the Sierra Madre in South America is presently at Kroeber Hall of Anthropology on the U.C. campus, on Bancroft Way in Berkeley.

The yarn paintings, made with strips of yarn pressed into a combination of beeswax and rosin are bright colored because that is what the Indians see in their peyote visions. They collect peyote cactus, and their Head Shaman, or medicine man, is required to lead five trips to collect the peyote, which grows twenty-five miles away, through the mountains. The Indians, who live primarily on corn and squash, are primitive in their life style as well as their painting. The paintings are very imaginative, and the exhibit is worth viewing.



## WASHINGTON PLAYGROUND!

Washington School Playground will open for the summer on June 29, and remain open through August 27.

Playgrounds are open from Monday to Saturday, 10:30 a.m. to 5:00 p.m. on week days, and 1:00 to 4:00 on Saturdays.

Specific activities during the days will be available soon -- but be at the school when the playground opens, if you want to find out what's going on.

Among the special events to look forward to are:

I. The Pied Piper Parades....Bring your whole neighborhood to the playground on June 30.

II. A trip to Micke Grove and Park Zoo, on July 8.

III. A trip to the Giants Games - July 21 and 22.

IV. A trip to the Lafayette Reservoir, on July 29.

V. A trip to the Frontier Village, August 12.

VI. Participating in the big parade down Macdonald Avenue on August 14.

Each week, on Saturday afternoons at 2:00, there will be free movies at the Richmond Children's Library Auditorium.

DAY CAMP applications are now being accepted at the Recreation and Parks Department. The cost is \$15.00 for each two-week session. Call 232-1212, ext. 496 for more information.

Also, for information about special programs -- gyms, weight lifting program, High school baseball clinic, and youth baseball clinic, instructional sports (tennis, archery), and the new Boys Drill Team, call 232-1212, ext. 496, and get complete information.

The Recreation and Parks Department has a complete brochure of events, programs and activities. Stop by and get one.



by Mid Dornan  
and her summer help  
(233-4999 )

## HAPPY BIRTHDAY....

Anita Brougham  
Dianne and Suzanne Squires  
Stephanie Pearson  
Sandra Kinter  
Gordon Campbell

For your enlightenment, an excerpt from the California Administrative Code, Title 5, Education:

"40600. Tenses, Gender and Number. As used in this sub-chapter, the present tense includes the past and future tenses, and the future, the present; the masculine gender includes the feminine, and the feminine, the masculine; and the singular number includes the plural, and the plural the singular."

(And for "no" read "yes" throughout.)

~~~~~

Don't forget the summer "do-it-yourself" Trivia Box in the Ice Cream Parlor.

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## PROGRESS REPORT FROM THE POINT PIONEERS.....

Jon and Richard Doellstedt report that on their bicycle trip to Disneyland, they traveled 420 miles, and averaged over 100 miles per day, cycling 4 days with a one-day layover in Taft for bicycle repairs. They cycled down the east side of the bay, through San Jose to Gilroy, then followed highways 25 and 33 to Ojai, then highway one along the coast, and 91 into Disneyland.

They carried their sleeping bags and other necessary gear with them, sleeping by the side of the road and giving much business to A & W Root Beer stands along the way.

After a bad spill six miles out of Taft, they hitched a ride into Taft, which fortunately had a great bicycle shop. They "lived it up" that night, staying at a motel with swimming pool, visiting the laundromat, etc. and left at 4 the next day prepared to hitch a ride to the summit of the Sierra Madre range (5,000 ft. elevation). When their benefactor of the previous day found they had left town, he caught up with them, loaded their bikes in his pickup and drove them 30 miles to the summit. After camping at the 5,000 foot level, our heroes put in their most strenuous and joyous day cycling 125 miles (topping their previous record) and arriving at Disneyland at 10 p.m.

Their parents, sister and brothers met them the following morning at 8:30 in front of the Disneyland Hotel and there was much rejoicing.

~~~~~

Joel Edwin Spinola received a Master's Degree in Business Administration at the recent 69th annual Commencement of Golden Gate College, which was held in the San Francisco Masonic Auditorium.

Graduating Magna Cum Laude, he is also a Fresno State College graduate, where he received a B.S. degree in accounting. In 1960 he received the "Athlete of the Year" award from there, for his golfing achievements.

A native of Point Richmond, he is the son of the Joseph Spinolas, and the brother of Donald Spinola of El Cerrito.

He is now an executive for the Friden Division of the Singer Company in San Leandro, where he resides with his wife Thelma and daughter Cynthia.

~~~~~

Mr. A.L. Bernes, a Point resident for many years, recently retired as assistant Superintendent of Schools, in charge of Personnel.

~~~~~

## Ice Cream Hero of the Week:

This week's nomination reads: "I nominate Judy Coleman for Ice Cream Hero of the Week. She has nominated many winners without worrying about winning herself. Her heart is full of Ice Cream Love."

7. On Wednesday, July 22, from 5:00 to 8:00 p.m., the ToKalon Club (the Serving Club) of Shiloah Shrine No. 29, order of the White Shrine of Jerusalem, will have a Chicken Dinner in the Point Masonic Temple, at 210 Washington Avenue.

The dinner will be \$1.75 for adults, and \$1.00 for children. For reservations, call 232-6831 or 233-1931. You may pay at the door. Everyone is invited!

~~~~~

A group of third graders wrote thank-you letters, after hearing a musical demonstration in which one of the students participated. Following are excerpts from two of the letters..... "I am very glad you came with the instruments for us to hear you play them. You and Cynthia were very good... Your friend, Sandra."

"I am very glad you could come. I enjoyed you very much. It was very good except for me.... Your friend, Cynthia."

~~~~~

## BEACHCOMBING

"NO-NO'S"

School is out, and hordes of children are on beaches. Some marine life calls the sands along the shoreline "home", and special protection is needed for the invertebrate or "spineless" creatures that live in the intertidal zone -- the area between high and low tides, and in the tide-pools. In this community of marine life, some species are being collected out of existence.

There are State regulations prohibiting the collection of certain invertebrate marine animals.... Enjoy seeing them, but leave them on the beach, so that others may be able to see them, too!



## Startled Fawn

While on the subject of animals, a message from the East Bay Regional Park District also instructs: If you find a baby fawn apparently abandoned in the woods, leave it alone... It probably won't get lost unless you

## Family Camps

There is still time to sign up for a splendid vacation at Berkeley's family camps, at Echo-Lake, overlooking Lake Tahoe, and Tuolumne River not far from Yosemite Valley.

Summer fun includes swimming, fishing, campfire programs, hiking or just relaxing in the sun. There are supervised activities for children, games, nature enjoyment, crafts and excursions.

Rates are moderate for hearty family-style meals and tent platform accommodations. The camps are open to anyone on a daily, weekend, or weekly basis.

For information and reservations, contact the Berkeley Recreation and Parks Department, 1835 Allston Way, or Call Camps, 644-6520.

## Star Party

An East Bay Regional Park District naturalist will play host to amateur astronomers and the general public this Saturday evening (July 4, 1970) at an informal "Star Party" to be held at Sunol Valley Regional Park. .... If you want to see natural instead of man-made fireworks, this is the place to go.

Telescopes will be set up, and you may bring your own. The park is located just off Route 680 in southern Alameda County. If it is cloudy, the party will be postponed until July 11,

## La Raza

A new department is being started at Contra Costa College, a La Raza Department, begun in cooperation with the Richmond Human Relations Commission and Richmond's United Council of Spanish Speaking Organizations. Currently being offered are History, of Mexico and the American Southwest, Politics of the Mexican - American Community, Psychology of the Mexican-American, and Minority Economics. The College is interested in developing additional

## to Camp ~ for Peanuts

The "Y" sponsors a well-liked money-earning project that is available to any boy registered for Camp. They sell candy coated peanuts, and pay their own way to Camp.

Camp Ravencliff is located about 200 miles from the Richmond "Y". The cost per two-weeks session is \$65 for "Y" members or \$70 for non-members. Sessions are: July 6-20, July 20 to August 3, and August 3 - 17, and August 17 to 31.

Programs at Ravencliff consist of Camp fires, swimming, hiking, singing, crafts, fun, boating, and fun-packed adventures.

The "Y" also has day camps, and programs including volleyball, basketball, ping pong and family night. For further information about "Y" programs, call 234-1270 or stop at the "Y", 3230 Macdonald Avenue.

## Tax News

Permissive override taxes, which would authorize school boards to levy taxes for specific purposes are used for school lunch programs, education for mentally retarded children, child care centers, adult education, and development centers for handicapped.

The Governor's program would have left all these out, some have been restored. However, the override for school lunches was not one of them.

Assemblyman Knox obtained an amendment which will save the district 2.5 million dollars, and enable them to continue on the three year financing program for mentally retarded education, retirement of employees, etc.

## Getting Away

The following article was written by a U.C. student... Betty Moglen.

When the world gets to be the size of the University and tight schedules make you feel like an automaton and you wonder

why you are doing it--wake up at 5:30 8. or 6 a.m. and go on a hike in Tilden Regional Park. The city is sleeping and this is stolen time. The sun is just up and the sky is still pink. It's cold and windy.

Tilden's trails all have breathtaking views. You're all by yourself amid acres of natural beauty complete with rolling hills and redwoods. Sometimes you might break out in a wild run, throwing your head back and laughing with the branches as they wave and bend for another sunrise. Sometimes you may stand frozen taking in a bird or leaf or panorama. The cars will go by and you'll turn your head away. Touch your nose -- it's ice cold. Your hair blows freely in the morning breeze.

The brown smog envelopes the city and hangs over the water. Up on your vista point you feel far away from it and the slumbering city. The freeway starts to move with cars taking people to work. You look away from the rat-race and gaze upon the timeless hills which show time only by becoming gentle. You want to be like the hills.

The trees shed their bark and it's like walking on a cushion. There are forks in the road, but you know that doesn't matter. Forks in the road matter only in the rat-race. Here, you know they are equal and beautiful and welcome you. The roads and the trees welcome you because you have come to be with them and be part of them. They know you are familiar to their essence and have not come to despoil and control them. You too are blowing and bending in the wind. Nothing here asks your name and number. You are now more than ever a free spirit.

It's a challenge to get up at 6 a.m. It's the kind of challenge that rewards a hundred-fold whatever the expenditure.

Renewed in body and spirit, you race off to your 8 o'clock class. Everyone else is sleepy but you have awakened when the world was meant to, at dawn. Things go more smoothly that day and things have better perspective. After all, you have risen above and looked down whilst they slumbered. You feel whole. You are whole, not a compartmented, departmented person, doing things without knowing why. There is freedom

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## LETTERS

Dear Editor:

I have been a member of the Washington School faculty for the past several years and a rather long-time resident of Point Richmond. I feel great concern regarding the differences that have arisen between the Washington School PTA and the Washington Parents group. This schism, in turn has also affected the faculty of the school and many citizens of the Point.

My concern deals with the negative uses of energy and intellect that seems to have polarized the two groups.

When the children from the Nystrom School district \* were bused into our area many trying situations arose. Gradually the differences between the children have been worked out by the children themselves. The differences in children caused by social and economic inequalities are much more difficult to resolve. The schools are the focal points for these problems.

Therefore a common goal for any community group interested in better education should be based on employing capable teachers, maintaining reasonably-sized classes, and securing special programs. Then we may be able to help the child who fails--because he thinks he is a failure.

I am alarmed to think these aims may be lost in the battle for power, personal attacks and emotional skirmishes that have taken place recently.

We may need separate parental groups in our community. Certainly people who are alert enough to question are needed to prod the more placid and accepting members into action.

Heaven knows--this is no Age of Reason! But, let us try to be reasonable enough to hear one another out -- to weight--to conjecture, then act together to improve our school program. The children need it.

Marlys Reynolds

\* A voluntary invitation carried out under the auspices of the Washington PTA.

Point hills & Motorcycles, continued  
from Page 1.....

-- despite all this, the Council again voted against an ordinance that would keep the motorcycles off private property.

The ordinance did have the support of two Councilmen, Gay Vargas and Booker T. Anderson. Remember these names when you vote for councilmen. Councilman Anderson, in presenting a motion to support the ordinance asked a vital question: "Why, in something this crucial, is there no recommendation from the Police Department or the City Manager?"


Richmond Ramblers owns the property their clubhouse is on, plus a small flat area directly next to it. They own no hill land. Nevertheless they use the hills constantly to the terror of anyone trying to walk there. Trail bikes without mufflers whine up and down during all hours and all weather --wet weather is particularly exciting to this group -- the hills become slushy, sliding challenges. Motorcyclists come from all over California to compete on Point Richmond hills. Last year a national competition was held.

Why does Richmond government allow people from all over the United States to destroy these hills? The ordinance would have required the motorcyclists to get written permission to ride on private property. Where are these property owners? Why don't they take advantage of the laws of trespass and complain to the district attorney about the destruction of their land? Those few who have taken action --Clayton Pinkerton and Santa Fe, have found their posts and signs knocked down and ignored.

The government of Richmond has taken a clear stand against the desire of property owners in Point Richmond, not only on the question of motorcycles, but on industrial expansion; air, water and noise pollution; traffic hazards that promote accidents and injuries to people and property, and numerous other problems. This, in microcosm, mirrors the frustration felt by the younger generation against the Establishment. This produces the rage that incurs violence. Point Richmond residents won't resort to violence -- they know it brings further re-

next page, please

# Adam's Eden



## HAIR DESIGNS

139 park place  
237-9860

### STACEY WELLS

*Hair Shaping*  
FOR MEN: TUESDAYS  
FOR WOMEN: WED. thru SAT.



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& FUR FOR FALL

## SHERRY & BOB'S

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pression. But if we must work through the democratic process of government, we have got to elect councilmen who will listen to us. Three have tried -- Doug Lord, Bill Eger and Ron Roselius. Let's try again --and again--until we get the representation promised in a democratic society.

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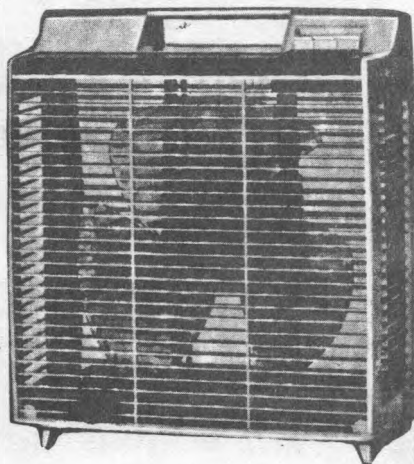
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# Organic insect prevention and repellants

by Judy Waldman

Here is a helpful list of methods for preventing or repelling garden pests:

**CUTWORMS:** Import toads; Rotenone dust or spray; nail planted along-side stem of plant.

**ANTS:** Red pepper in hills; attract other bugs; grow tansy.

**APHIDS:** Soapsuds on plant, then spray with water; grow onion family nearby to prevent attack.

**SLUGS, SNAILS:** Sink dinner plates to rim and fill with beer or vinegar and water; try redwood sawdust as a border around bed; try wood ashes as border.

**CABBAGE WORMS:** Sprinkle salt on maturing heads and young plants. Sprinkle with bone meal; interplant tomatoes or sage.

**FLYING INSECTS:** Black-light trap.

**CORN BORERS:** Few drops of mineral oil on the silk, just as it is formed on the ear.

**CUCUMBER BEETLES:** Sprinkle wood ashes over seed hill at planting; Cedar sawdust on ground when growth starts (also good for squash bugs).

**OTHER CUCUMBER BUGS:** Dust ashes on wet leaves, especially under sides.

**CARROT WORMS AND BUGS:** Ashes well mixed in soil before or at planting.

**POTATO BEETLES, RED SPIDER, MEALY BUGS, MEXICAN BEAN BEETLE:**

Boil cedar sawdust or chips in water, let cool, then spray.

**BLISTER BEETLES:** Container of boric acid and water.

**JAPANESE BEETLES:** Small trenches with turpentine-soaked rags along rows.

**CARROT WORMS:** 1 quart crude black molasses to 3 gallons water. Pour over carrots when 2"-3" high. Repeat if necessary.

**ASPARAGUS BEETLE:** Interplant tomatoes.

**HARMFUL NEMATODES:** Interplant marigolds (takes 2 years to destroy them)

**POTATO NEMATODES:** Cabbage family interplanted.

### PLANTING COMBINATIONS

Other especially helpful planting combinations for preventing pest infestations:

**RADISHES:** Keep beetles off squash, cucumbers, and melons.

**NASTURTIUMS:** Help squash, beans, broccoli, cucumbers and melons.

**MINT,** Members of the Onion family and Herbs are generally beneficial. (Onions growing near roses, fuschias, in pots of begonias, etc. will ward off aphids).

### SPRAYS

Ground red red pepper pods, and onions, with an equal amount of water added, then strained through a cloth is useful to repel all insects.

Also, beneficial insects may be ordered and "planted" in your garden.

## A ROAR FROM DISTANT HILLS...

A motorcycle park - a legitimate place to ride motorcycles, is open, with a 1,246 acre site for riding, on the Alameda-San Joaquin County line.

A day of riding the rolling hills costs \$2.50 for motorcycles, \$1.50 for minibikes. Picnic facilities are available, and patrol riders are available to help with mechanical failures or other problems.

For information on the park, call



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**ENGLISH**  
Architects  
233-0867

The following article was "lifted" from the Sierra Club's "Yodeler", and is a concise description of the Open Space bill -- SB 1400.

#### NEW HOPE FOR OPEN SPACE

If wooded foothills turn you on, and urban sprawl turns you off, take heart. California State Senate Bill 1400—and a maximum effort from conservationists — could put a halt to uncontrolled development in the nine Bay Area counties. The bills, sponsored by San Francisco's Senator Milton Marks, would create a San Francisco Bay Area Regional Open Space Commission, chartered for two years and financed from the General Fund. Similarities to the Bay Conservation and Development Commission are clear.

The Open Space Commission would have three major objectives: First, completion of a detailed study of the area's land, including an inventory of open space, best uses of the land, open space needs of the population by 1990, and a cost benefit analysis of the consequences of uncontrolled development. Second, it would prepare an enforceable regional open space plan based on environmental quality, ecological carrying capacity, and economic factors. Third, it would study economic means for preserving open space, including purchase, regulation, taxation, and joint action between governmental and private entities.

The Commission would have 27 members, including representatives from the nine counties, the Association of Bay Area Governments representing the cities, U.S. government agencies and state agencies concerned with open space, and the general public.

During its two-year lifetime, the Commission is to have permit powers over development. Thus, all development in existing open space as defined in the bill must be approved by the Commission unless it deals with public recreation on public lands, agriculture, is within BCDC's jurisdiction, or is permitted under permits already in force.

SB-1400 is a good measure, though it is presently incomplete and could be made stronger. The Sierra Club's Open Space Committee is working with other citizen groups on a set of amendments that would close certain loopholes in the bill, require public representatives to be experts in conservation or related fields, and define the interim permit jurisdiction as broadly as possible, so that the Commission will be really effective.

Your help is needed now. First, write to your Senator and Assemblyman, c/o State Capitol, Sacramento, CA 95814, saying you support enactment of a strong Bay Area open space bill.

Then, join the fray. Drop a card to Ed Royce, Bay Chapter Open Space Committee, 842 S. Livermore Ave., Livermore, CA 94550, and say you'd like to lend a hand. Also, send \$5.00 or more to help pay for the mailings, telephone calls, and publicity that will get SB-1400 passed. Make checks to Sierra Club — Open Space Fund and send to Ed Royce. Hurray for wooded hills!

DWAIN FULLERTON  
ED ROYCE

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145 PARK PLACE  
237-4073  
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# WANT TO BE A WALKING ENCYCLOPEDIA?

The following information, written sideways, is not an article. It is the copy of a card published by the Sierra Club, for handy reference for your wallet or purse. Cut it out, fold in thirds, and it will fit in your wallet as a handy guide to legislators, regional, state and federal agencies, and libraries (for any other information you need quickly).

CUT ALONG LINES

| POLLUTION CONTROL AGENCIES:                                                    |                                                                       |
|--------------------------------------------------------------------------------|-----------------------------------------------------------------------|
| AIR                                                                            | WATER                                                                 |
| BAAPCD (Regional)<br>939 Ellis<br>S. F., CA 94109<br>771-6000 (24 hr.)         | RWQCB (Regional)<br>364 Fourteenth St.<br>Oak'd, CA 94612<br>464-1255 |
| Publ. Health (ARB)<br>2180 Milvia<br>Berkeley, CA 94704<br>843-7900            | SWRCB (State)<br>1416 Ninth St.<br>Sacto., CA 95814<br>(916) 445-9434 |
| Air Resources Bd.<br>1108 Fourteenth St.<br>Sacto., CA 95814<br>(916) 445-1511 | D F & G (State)<br>Ferry Bldg.<br>S. F., CA 94111<br>557-1472         |
| NAPCA (Fed)<br>50 Fulton<br>S. F., CA 94102<br>556-1105                        | FWQA (Fed)<br>760 Market<br>S. F., CA 94102<br>556-5876               |

LOCAL NOISE, ODOR, NUISANCES, etc.  
 CALL POLICE OR SHERIFF DEPT.

FOLD

## GET NECESSARY BASIC FACTS FROM:

- 1) Main Library Reference Desks  
 S. F. 556-3191  
 Oak'd 444-8272  
 Berk. 843-0800  
 U.C. 642-2374  
 Almanacs, Encyclopedias  
 3) Reader's Guide to Periodicals  
 4) Governmental Agencies

## MULTIPLY YOUR EFFECTIVENESS. JOIN, WORK WITH CITIZEN GROUPS:

- Sierra Club 981-8634 BCDC 557-3686
- Audubon Soc. 849-1980 FOE 391-4270
- Save S. F. Bay 843-9927 POS 989-3056
- Nature Cons. 989-3056 NCCF 642-6707
- Marin Cons. 456-1912 ZPG 941-3666
- Green Fhts. 369-7422 GOO (805) 965-1519
- Save Redwds. 362-2352 ACT 653-5107
- Tuberc. Assn. 362-1104 SPUR 781-8726
- Plan. Parent. 885-3120 IUCN (UN)
- Ecol. Action 843-1820 TROUT 981-4134
- Ecol. Center 548-2220 CCO2M362-1564
- COAAST (707) 726-6219 PCL (916) 444-8726
- Ducks Unlim. 986-5885 AAUW 664-9752
- Cons. Coord. 322-6671 Izaak Walton L.

FOLD

## Action IMPLEMENTER 1970 Wallet Card



1. Be concerned
2. Get basic facts
3. Become involved
4. Register opinions
5. Sign petitions
6. Join with others
7. Help controllers
8. Call violators
9. Praise good work
10. Pollute less

**SIERRA CLUB**  
 S. F. Bay Chapter  
 220 Bush, Rm. 104  
 S. F., CA 94104  
 981-8634

The PLOT to get land for parks, (Park Land Ownership Today) sponsored by the Contra Costa Park Council is growing-- (The PLOT thickens). On the basis that a few cents buys a square foot of land, the Council is acquiring by pennies, dimes, quarters and dollars, money to buy park land. The first project is the Las Trampas Ridge area. In four weeks, students at Pleasant Hill High raised \$56 for PLOT, collecting aluminum and cardboard for recycling. They even invented a can-smashing machine, to make hauling cans easier.

Several youth groups are buying square feet, and even acres of land for parks that they and their children will enjoy. Information about PLOT, or money for it, may be sent to Mrs. William Sattler, 4050 Poplar Ave., Concord, 94521.

**REGISTER YOUR OPINION WITH:**

- 1) Pollution Control Agencies
- 2) Polluters, Violators, Developers
- 3) Your State and U.S. Legislators
- 4) Your City Planners and Councils
- 5) The Local and Regional Media
- 6) At Public Hearings
- 7) By Calling Talk Shows

**DO THIS, USE:**

- Your telephone
- Post cards
- Short letters
- Flyers, pictures
- Petitions

**EMERGENCIES USE:**

- Western Union
- 15-word "POM's"
- From S. F.: 986-2626
- Oakl'd: 832-6400
- Others: Operator

member these methods are cheap compared to what they can achieve.

**DIRECT - BE BRIEF**  
ervation Is No Spectator Sport

**CALIF. SENATORS**

|                    |                |                  |
|--------------------|----------------|------------------|
| Alfred E. Alquist  | S. Clara       | The State Senate |
| Clark L. Bradley   | S. Clara       | Sacto.           |
| Richard J. Dolwig  | S. Mt.         | CA 95814         |
| Milton R. Marks    | S. F.          | Mar. Nap. Sol.   |
| John F. McCarthy   | Mar. Nap. Sol. |                  |
| Geo. R. Moscone    | S. F.          | Con. Cost        |
| John A. Nejedlik   | Con. Cost      | Alam.            |
| Nicholas C. Petris | Alam.          |                  |
| Lewis F. Sherman   | Alam.          |                  |

**CALIF. ASSEMBLYMEN**

|                      |            |                    |
|----------------------|------------|--------------------|
| Wm. T. Bagley        | Mar. Son.  | The State Assembly |
| Carlos Bee           | Alam.      | S. Mat. Sacramento |
| Carl A. Britschgi    | S. F.      | CA 95814           |
| Willie L. Brown, Jr. | S. F.      |                    |
| John L. Burton       | S. F.      |                    |
| Robert W. Crown      | Alam.      |                    |
| James W. Dent        | Con. Cost. |                    |
| John F. Dunlap       | Nap. Sol.  |                    |
| March K. Fong        | Alam.      |                    |
| John F. Foran        | S. F.      | Con. Cost.         |
| John T. Knox         | Con. Cost. |                    |
| Leo T. McCarthy      | S. F.      |                    |
| Geo. W. Millis       | S. Clara   |                    |
| John J. Miller       | Alam.      |                    |
| Don Mulford          | Alam.      |                    |
| Leo J. Ryan          | S. Mat.    |                    |

**UNITED STATES SENATORS**

|               |                         |                      |
|---------------|-------------------------|----------------------|
| Alan Cranston | New Senate Office Bldg. | Washington, DC 20515 |
| George Murphy | Old Senate Office Bldg. | Washington, DC 20510 |

**UNITED STATES REPRESENTATIVES**

|                        |                        |  |
|------------------------|------------------------|--|
| Philip Burton          | S. F.                  |  |
| Wm. S. Mailliard       | S. F., Marin           |  |
| Jeffery Cohelan        | Alam.                  |  |
| Geo. P. Miller         | Alam.                  |  |
| Don Edwards            | Alam. S. Mat. S. Clar. |  |
| Paul N. McCloskey, Jr. | S. Mat.                |  |
| Jerome R. Waldie       | Con. Cost.             |  |

House Office Building  
Washington, DC 20515

Legislators usually maintain a local office and staff. They can be very helpful. Often you can make an appointment to see your representative personally.

**BE DIRECT - BE BRIEF**  
Conservation Is No Spectator Sport



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

**DINNER:**  
5:00 - 10:00  
WED. - THURS.  
6:00 - 11:00  
FRI. - SAT.

**SPECIAL STEAK HOUR:**  
5:00 TO 7:00 ~  
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EST. 1879

**DINNER:**  
5:00 - 10:00  
WEEKENDS TO 11:00

**LUNCH:**  
11:30 - 2:00

FINE WINES · SUPERB COCKTAILS



The First United Methodist Church will go on a summer worship schedule, beginning June 28. The new time for worship is 10 a.m. Sunday school will be recessed for the summer, but a special activities class for children between the ages of 5 and 9 will be held during the service.

\*\*\*\*\*

Down town Point Richmond is bustling with activity. Galaxy Jewelers will open their new store on Washington Avenue on July 1, in the store formerly housing Alexander's Tik Tok Shop.

Also opening next month (probably by the Fourth), will be a new Health Food Store, next to the F.D.R. Palace on Washington Avenue. Operated by Mr. Douglas McCawley, the store will feature organic foods and a fresh juice bar.

Mrs. Meryl Kanopsk and Michael Holt just opened their shop, "The Village Antiques", next to the Santa Fe Market on West Richmond Avenue. They have all sorts of merchandise, bric-a-brac, jewelry and decorative items. The store will be open from noon to six p.m. and on weekends.

\*\*\*\*\*

Mr. and Mrs. Berl Snodgrass have been vacationing in Reno and Point Richmond.

\*\*\*\*\*

Tommy Parsons, formerly a resident here, is again residing in Point Richmond.

\*\*\*\*\*

Fern Creed is now working for Bank-america in San Francisco.

\*\*\*\*\*

Larry Slagle has returned to Winnipeg Canada, to play football with the Winnipeg Blue Bonnets in the Canadian Football League.

\*\*\*\*\*

Reba Slagle is home for summer vacation from U.C.L.A.

During the summer, F.D.R. Palace will be open on Sunday afternoons.

\*\*\*\*\*

Remember -- during the Fourth of July Celebration, the Point business district will be cut off to auto traffic around the triangle.

\*\*\*\*\*

Mr. and Mrs. Wallace Darling are on their way, in their bus, to Alaska for the summer. Mrs. O'Malley is taking charge of the Ivy Inn while they are away.

\*\*\*\*\*

Markus (Mack) Ruff passed away Monday morning at the Schmidt and Dixon Convalescent Home at 37th and Macdonald Avenue. Mack at one time operated a second hand store in Point Richmond, and was a bartender at the Mariners and at the Star-Light Club.

\*\*\*\*\*

Louise Hammond takes her causes with her wherever she goes -- a card sent from the East, where she is spending most of her time in a Pennsylvania farmhouse, comes from Shelburne, Vermont and contains the picture of Colchester Reef Light-house, which was brought piece by piece from Lake Champlains. She comments that it has the same stairway as East Brother Light House, but it looks a little sad out of water (it sits upon the land next to the S.S. Ticonderoga.)

## BILLS for EDUCATION

Two Bills that would throw an additional burden of \$260 million per year on school district tax payers for operating costs alone, are being considered by the California Legislature. SB 1204 (Moscone) has been given a "do pass" recommendation by the Senate Education Committee. It would provide for State support of private schools, with payments of \$125 per year to parents for each child attending a non-public school. Its companion bill, SB 1201, would require state, county and local school officials to provide textbooks and specified services to private schools.

# HEALTH

## Comes first

by

A. H. MEADS

Surgeons prescribe walking a few steps within hours after an operation. The Hospital procedure, which began originally as a measure against blood clots forming in patients kept inactive too long, showed its value in other unexpected ways - more rapid circulation, faster healing, improved muscle tone, better digestion and elimination. Patients forced to get out of bed and on their feet, no matter how painful it seems, feel a boost in morale. How sick can you be if you can stand up and move around on your own?

### Walk More, Weigh Less \*

If people would walk more they would probably weigh less. Not that walking is the quickest way to chop off a fast 20 pounds. It isn't. But regular walking can keep your weight at a proper level. If you put yourself on an easy, daily walking schedule at the first sign of an unwanted pound, you have an excellent chance of holding your own in the eternal battle of the beltline.

A walk can skim the fat off the top of your calorie day. An hour's worth of walking uses up about 300 calories, and these are the few extra calories that pack themselves into wide waistlines, unflattering hips and multiple chins. As Sussman and Goode point out, nobody gains weight suddenly. It's just the discovery that's sudden-- and painful. If you gain a fifth of a pound a week you may not notice it until the end of the year when the fifths have piled up into ten pounds.

So many of us gain weight after 35, because our activities lessen and we don't realize it. As a man gets older, he becomes more successful. He moves from the old two-story house to a ranch house or even a fashionable apartment. And there goes the stairs. He can afford a second car so walking to the bus stop is out. His executive job no longer calls for trotting around the plant; he sits behind a desk. Economic progress is costing him a healthy heart.

Back home after a tension-filled day, he heads for a snack and a drink (both heavy on calories) to help him relax. A brisk walk would do it better. More than that, the walk eliminates drinking time and takes off some of the excess calories accumulated during the day.

Overweight people hate to work at losing. They come up with this one: walking makes you hungry, makes you eat more, eventually makes you heavier than ever. To quote Dr. Jean Mayer, Harvard nutritionist, "If you don't walk at all, you may well become a little less hungry if you start walking for an hour a day. If you are already active increase your activity, your appetite will go up, but not so much that you won't profit from the activity."

So walk for the help it gives your "second heart"; walk for an easy way to keep your weight under control, and for the good it makes you feel and for the joy of a few private moments in the fresh air.





# Paging the Younger Generation

18.

Safety First with



## Fire Works



First, let us remember that the fireworks are supposed to be used on a very special day, for a very special occasion.

On July 4, 1776 the U.S. signed the Declaration of Independence from England. Every year since that date, July 4 has been the day for celebration and commemoration of that event.

**Do :**



Keep your fireworks in a safe place until the 4<sup>th</sup> of July.

①



Be sure that Mom and Dad are with you when it is time to light the fireworks.

**\*Don't:**



It might burn  
your hands -  
or  
Worse

① Hold the fire cracker after it has been lit



② Throw fireworks at people or animals.

**Do:**



② Keep water, or a fire extinguisher on hand.

## PLAY IT SAFE

## 19. Sum Fun

Add:

$$\begin{array}{r} 1 \\ +2 \\ \hline \end{array} \quad \begin{array}{r} 6 \\ +4 \\ \hline \end{array} \quad \begin{array}{r} 7 \\ +9 \\ \hline \end{array} \quad \begin{array}{r} 3 \\ +2 \\ \hline \end{array} \quad \begin{array}{r} 6 \\ +6 \\ \hline \end{array} \quad \begin{array}{r} 3 \\ +6 \\ \hline \end{array}$$

$$\begin{array}{r} 12 \\ +21 \\ \hline \end{array} \quad \begin{array}{r} 16 \\ +13 \\ \hline \end{array} \quad \begin{array}{r} 19 \\ +30 \\ \hline \end{array} \quad \begin{array}{r} 21 \\ +78 \\ \hline \end{array}$$

$$\begin{array}{r} 237 \\ +222 \\ \hline \end{array} \quad \begin{array}{r} 161 \\ +616 \\ \hline \end{array} \quad \begin{array}{r} 193 \\ +106 \\ \hline \end{array} \quad \begin{array}{r} 601 \\ +308 \\ \hline \end{array}$$

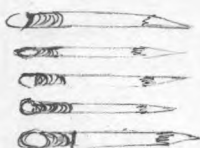
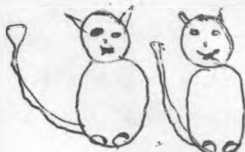
Do you remember how to carry?

$$\begin{array}{r} 889 \\ +111 \\ \hline \end{array} \quad \begin{array}{r} 987 \\ +283 \\ \hline \end{array} \quad \begin{array}{r} 10789 \\ +90781 \\ \hline \end{array}$$

Ask Mom or Dad to check your answers.

For the FINEY TOTS

How many do you see?

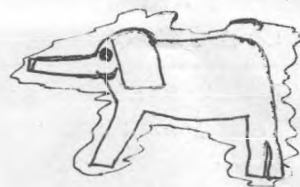


Can you name each of the things in the pictures?

## Tear Fun

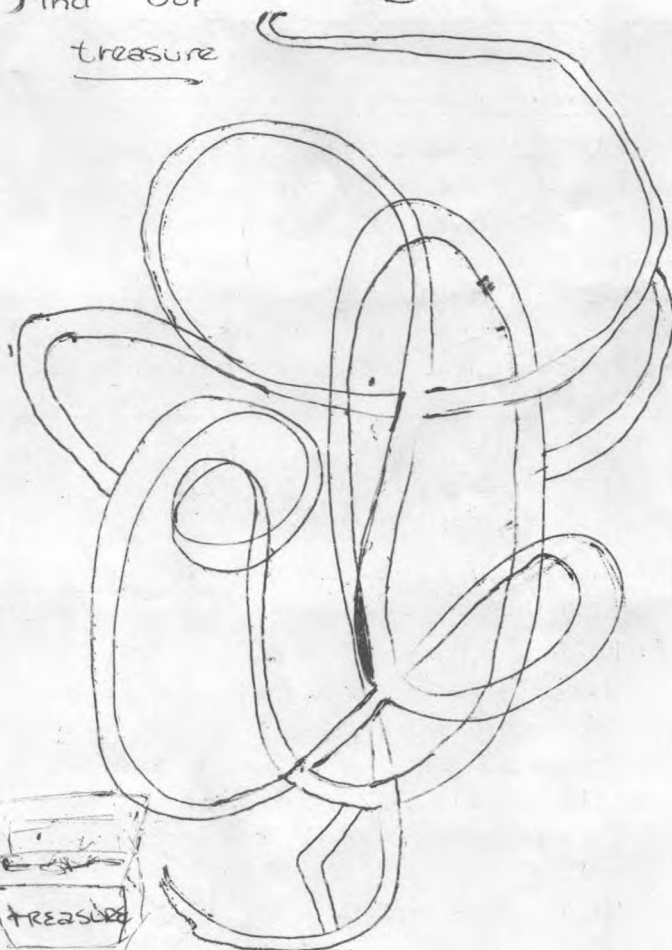
Tear an uneven, zigzag shape from a newspaper. Look at it carefully and decide what it resembles. A house? A funny face? Add eyes, nose, or other details with a pencil or crayon to make it more clear.

To make a permanent picture color your tearouts and paste them onto a larger sheet of plain paper.



~~~~~

Find our treasure



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## FREE

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THREE KITTENS need homes this week.  
Two grey tortoise, 1 black.  
We will sponsor first immunization  
shot. Charlotte Knox: 235-8017.

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## WANTED

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---

STUDIO APARTMENT. Furnished or  
unfurnished. Writer. References.  
799-4677

---

OLD NEWSPAPERS: Jobs Daughters.  
Call 234-0814.

---

CONSIGNMENT CLOTHING:  
Call Point International. 11:30-8:00  
(closed Mondays)

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OFFICE EQUIPMENT needed by Huscicon.  
Staplers, addressing equipment, polaroid  
camera. Tax deductible. Call 235-6347

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## FOR RENT

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---

BEAUTIFUL UPPER FLAT in Point Rich-  
mond. Large living room, nice bright  
kitchen, lots of built-in cupboards.  
Electric stove, hardwood floors. Bath,  
shower. Washer, dryer. Carport.  
Couple or two ladies. Adults - no pets.  
\$125 per month. Inquire at 64 Railroad  
Ave.

---

## Recipe



### SOY BEAN DIP

(made from recipe on opposite side  
of this page)

Put aside a portion of beans, and make  
a dip with remainder. Blend about 6 green  
onions, including tops, 1/4 cup alfalfa  
sprouts (optional) and the cooked soybeans.  
Add enough salad dressing to make it dip-  
able and serve with chips or crackers.

(When this was served to a group for  
the first time, most of them thought it was  
avocado dip!)

---

---

## FOR RENT (cont.)

---

---

20.

ON HILL: Two Room Apartment, with  
stove and refrigerator. Water and  
garbage paid. Partially furnished or  
unfurnished. Single working man or  
woman. References. Available now.  
Call 232-2660.

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FIVE ROOM FLAT: Bay View.  
All utilities paid. Secluded yard,  
\$200 per month. First and last  
month's rent in advance. No lease,  
unless desired. Call 233-3178 after  
5 p. m.

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## FOR SALE

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'64 PONTIAC Le Mans. Convertible.  
Factory air conditioning. Clean and  
very nice. \$575. 519 Tewksbury on  
Sundays or Mondays or after 6 p. m.

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MOTORBOAT: 15 foot boat & trailer. Regis-  
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\$50.

Leigh Wright. 222 Tunnel Ave. 234-8425

---

'61 PONTIAC Convertible - Bonneville.  
Rebuilt transmission. New shocks,  
new battery runs well. \$200 or best  
offer. 519 Tewksbury Sundays or  
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PAIR OF TWIN BED FRAMES: Beautiful  
Mahogany. \$20 each or \$37.50 pair.  
Call 233-4999.

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Want ads are 25 cents per week.  
payment may be left in "Point  
Counterpoint" news stands in any  
of the local stores.

---

PAPER CARRIERS are needed.  
If interested, please call  
233-4999.  
Must be reliable.

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Darlene Austin: 234-6037  
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After 1 p.m. High School Senior.  
Joann Comer: 235-7200

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Garage Cleaning, light hauling. Phone  
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Very reasonable. 234-6037

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Reasonable rates. Professional seam-  
stress. In my home. Emelia For-  
nalski. 235-8894

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In 2 to 3 sittings. Call Grethe Tedrick  
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of you, your kids, your dog, whatever.  
Photos mounted. Reasonable rates.  
Also, negatives printed to your spe-  
cifications. Carolyn: 237-1749

## TEENS FOR HIRE

### BABYSITTING:

Jennifer and Mike Allaire: 237-6191  
Craig Healy: 234-6139  
Sherry & Loretta Mertle: 232-0995  
Melissa Martincich: 235-7306  
May Sinawi: 233-5742  
Linda Taylor: 232-8819  
Lisa Williams: 233-5211  
Wendy Wirth: 233-5618

### BABYSITTING & HOUSEWORK:

Sherry Enyeart: 235-4972  
Debra Dustin: 232-6612  
Ellen Rasmussen: 233-1112  
Lisa Walker: 237-1260

### ODD JOBS:

Geoffrey Williams: 233-5211  
Marion Tedrick: 234-0415  
Lisa Williams: 233-5211

## CIVIC CALENDAR

### JULY 1 - Wednesday

4 p.m. "Androcles and the Lion"  
and "Jack and the Beanstalk",  
San Francisco Mime Troup, pup-  
pet Play for young and old.  
FREE- Community Center, Point  
Richmond.

### JULY 4 - Saturday

OLD FASHIONED FAMILY FUN  
FOURTH OF JULY CELEBRATION,  
IN POINT RICHMOND:  
ALL DAY, beginning at 11 a.m.  
Sponsored by the American Field  
Service student exchange program.  
(Volunteers for booth help please  
call 233-4999 or 235-4222)

### JULY 3 - Friday

7 p.m. until finished: Volunteers  
collating & stapling party for 4,000  
programs for 4th of July celebration.  
Community Center. Bring stapler,  
if possible.

### JULY 12: Sunday

Port Costa outdoor concert. 3 p.m.  
A program of Russian music.

### JULY 18-19: Saturday and Sunday

California World Cup Ski Tourna-  
ment. Berkeley Aquatic Park.

## Recipe



### SOY BEAN SOUP AND/OR DIP

An unusual treat, donated by Hazel  
Heater.

Add 1 cup soybeans to 3 cups water and soak  
overnight in refrigerator.. Rinse well and  
add water to cover. Add:  
small ham hock, or 1/4 c. diced celery  
1 Tbs. oil 2 bay leaves  
1 small diced onion salt to taste  
summer savory (opt.)

Bring to a boil, lower heat & simmer for  
3 hours, or until tender.

(For Dip, see other side of page.)