

POINT COUNTERPOINT

A JOURNAL FOR CIVIC COMMUNICATION

WEEKLY 10¢

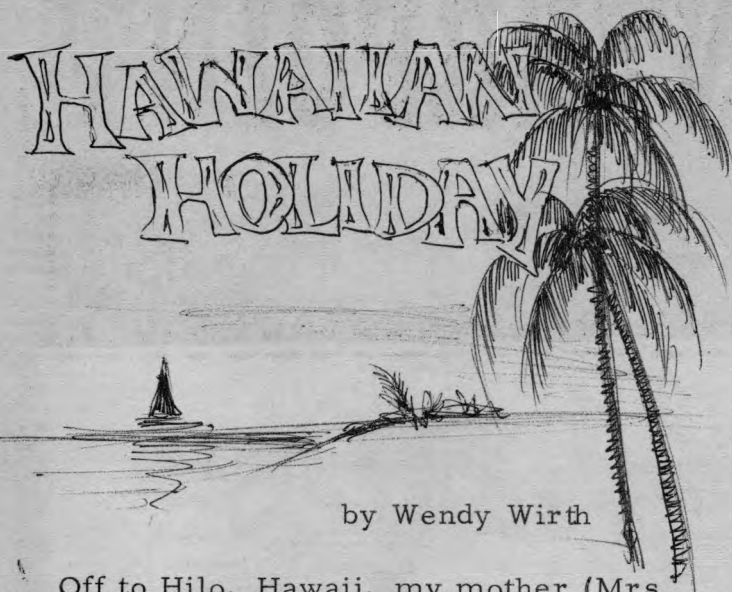
VOL. V NO. 14

JULY 10 TO 17, 1970

POINT RICHMOND, CALIFORNIA



Point Place



by Wendy Wirth

Off to Hilo, Hawaii, my mother (Mrs. Wirth) and I (Wendy Wirth) left from the San Francisco Airport. We stayed in Hilo for one night. Finishing the day, we toured the Cocoanut Island and the gardens. The next day, we took a bus from Hilo to Kona. Kona is on the other side of the Island of Hawaii. We saw Rainbow Falls, sugar cane fields, Black Sand Beach, Lava tubes large enough to walk through--like large tunnels through the lava beds. We stopped for lunch at the Kilauea Crater. The craters seemed like pictures from the moon. While we were there, one of the volcanoes erupted a bit.

Going on down through the Kau Desert an unusual sight was the Mark Twain Tree, planted by the natives in honor of Mark Twain.

The next unusual sight was the miles and miles of lava of the lava flows. No one can imagine the sight. Like someone had spread a black velvet carpet over the roads. In order to build a highway over the lava, the workers had to wait a year after the flow, before it was cool enough to work on.

There is the city of Refuge, and Captain Cook's monument, where he made his second landing. Also in Kona is the Blue Church-- it sits primly on the shore, and bears the legend that long ago, when tidal waves were more prevalent, a huge tidal wave washed the church ashore at its present location, a full mile from its original site.

The big Island, Hawaii, is the youngest. The one with still active volcanoes, the one that sits on the shakiest ground, and the one with the multi-hued black, green and white sand beaches.

Leaving from the Kona airport, we were off to the Island of Maui, the "Valley Isle." My mother and I stayed in our friend Hale Kai O'Kihel's (key-hay) (I have trouble with the names) condominium. We rented a car, which made traveling where we wished more convenient. Lahaina, Maui, has the second largest tree in the world -- the Banyan Tree, which spreads out more like a forest than a tree.



We drove to an old whaling town, and boarded a glass bottomed boat, from which one could view the undersea coral and sea life, as well as looking up through a continuous panorama of sea, mountains and sky.

Maui seems peaceful, and left more in its natural state. The quiet and calm at sunset makes you sleep peacefully until chirping birds awaken you in the morning.

Flying over to Honolulu, Oahu, the Morin family greeted me with a Lei. I stayed with Jean and her family, and toured the island. We began by seeing the famous National Memorial Cemetery of the Pacific, in Honolulu. The same day we drove up to the Poly. This place is one of the windiest spots in the world. I could lean back into the wind at almost a 45° angle, and the wind would hold me up! It's like one time when I was watching "The Land of the Giants", and one of the giants turned on the air conditioning; the little people could hardly move. This was the affect the winds of the Poly had on the people trying to walk up. There is, of course, a legend about this place.

(continued, page 13)

THE WEEKEND

AHEAD

✿ Outdoor concerts this weekend include an afternoon concert Sunday, at 3 p.m. at Port Costa, with a concert of Russian music. The "Country Afternoon Concert" is located in the outdoor theater.

✿ In San Francisco, the midsummer music Festival presents, Sunday afternoon at 2 p.m., an orchestral concert with Kurt Herbert Adler conducting, in the Sigmund Stern Grove in Golden Gate Park.

✿ On Saturday and Sunday the San Francisco Outdoor Art Show, presented by the Artists' Guild of S.F., will take place in Golden Gate Park, at Lincoln and 19th.

MUSICALS, etc

♪ "Li'l Abner", in Joaquin Miller Park, Oakland, will begin July 10, and continue on Fridays and Saturdays to July 25, at 8:30 p.m. Reservations may be obtained at 531-9597.

🎭 From July 16 to September 27, the Marin Shakespeare Festival will present "The Taming of the Shrew," "The Tempest," and "Henry V," plus six special performances of "Brigadoon". Performances are on Thursday, Friday, Saturday and Sunday evenings. For information and reservations, call 456-1490.

FOR SPORTS

The California World Cup, the largest International Water Ski meet will take place at Berkeley Aquatic Park on July 18 and 19. The day's events begin at 11 a.m., and tickets may be obtained locally at Al's Fountain.

MERRY MARY

The Masquers Playhouse will open for a new run of "Little Mary Sunshine" on July 24. The delightful musical comedy will be performed on Friday and Saturday nights through August 22, at 105 Park Place.

FOLK MUSIC PROGRAM ²

A special music program is planned for the period of July 13 to August 21, by the East Bay Music Center (24th and Barrett). Besides the regular schedule of private and group lessons on almost all instruments, and vocal lessons, the Center is providing this unique program:

FOLK SINGING: Mondays.

FOLK DANCING: Thursdays.

MAKING FOLK INSTRUMENTS: Tuesdays.

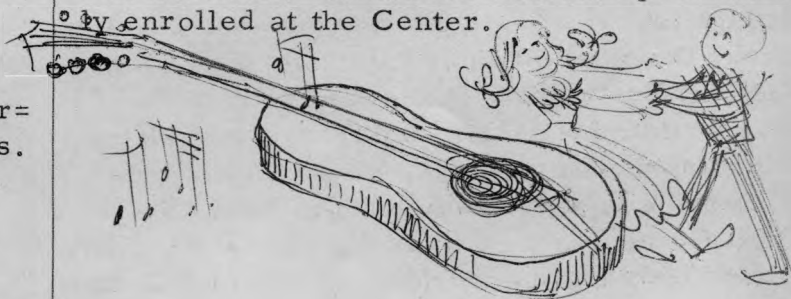
LISTENING TO FOLK MUSIC: Wednesdays.

ARRANGING AND IMPROVISING FOLK MUSIC: Thursdays.

Lessons are arranged in age groups, with grades 3 to 6 at 2:00 p.m. (2:30 for the arranging class), and at 3:00 p.m. for grades 7 through 12 (3:30 for the arranging class).

The program culminates on August 21 with a Folk Festival Program.

Registration is taking place now for the courses: Register at the Music Center at 2369 Barrett Avenue (Grace Lutheran Church), or call for further information: 234-5624. Fee for the courses is \$10 for new students, and \$5 for students presently enrolled at the Center.



ART

Continuing to August 2, the Richmond Art Center is presenting an exhibit full of vibrant color, conveying visually images experienced during meditation, with or without drugs. An Exhibit of Bay Area artists, the paintings "in a small way try to act as an historic survey, as well as being a show of current work by artists having similar aesthetic values and sensibilities."

3. **FOURTH** **A GLANCE BACK**

The big Family Fourth of July Festival was a big success. From a charming beginning, with the Kiddie Parade, to the final fireworks in the evening, the day maintained a festive atmosphere. The art exhibit, and the Art-in-Action portion were exceptionally good this year, and one could have spent half the day looking at the variety of fine arts on exhibit.

The usual number of games, food booths and activities were available, the usual number of people were dunked in the dunk tank, with the usual number of shrieks and cheers when someone was dunked, and a more-than-usual number of firecrackers seemed to be exploding -- both before and on the Fourth. The fact that firecrackers can be very dangerous will be testified to by several people who went home or to the hospital that day with burned legs or arms or feet.

Preparations for the Celebration included the assembly of 4,000 free programs to be given out on the 4th. Assembly operations which took place on Friday evening at the Community Center went faster and more smoothly than ever before, thanks to the number of people who joined the assembly crew. Because it is a job with little glamor, we would like to thank those who "signed in": Dorothy King, Gerrie Kretzmer, Paulette Weill, Bill Moore, Sherri Mertle, Arty Senger, Mik Mecartia, Marjorie Clark, Dianna Loretz, Robin Thompson, Lee Loretz, Roni Roselius, Jodi Roselius, Fred Goss, Gregory Williams, John Gaspard, Louie Santos, William Genosick, John Paulson, Linda Werner, John Werner, Lisa Walker, Anna Healy, Kaye Joye, and Barbara Comer.

During the Saturday festivities, the loudspeaker periodically announced special events and kept people aware of what was going on in various areas. It was also used for locating an amazing number of "lost" parents, and a few lost children. Among the unscheduled (and unwelcome) events were 10 grass fires, and the appearance of a Santa Fe train that blocked the street for 18 minutes.

SUMMER *Dates*

Here are a few dates to jot down, for summer entertainment:

From July 22 to September 6, the Ice Follies will be playing at Winterland in San Francisco.

July 23 to 26, the Oakland "Antique Show" will be held at 10 Jack London Square, beginning at 1 p.m.

From July 25 to 26, an Outdoor Art Show will take place in Oakland, at the corner of Macarthur Freeway and Grand Avenue.

From July 28 to August 2, the Moiseyev Dance Company from Russia will perform at the Opera House in San Francisco. Reservations may be made by calling 397-0717.

The Tom Jones Show will appear at the Cow Palace at 8 p.m. July 31. Reservations will be needed.

The Contra Costa County Fair will be in Antioch, from July 29 to August 2, at the Fairgrounds.

“MORE SHORE”

The Point Pinole may be open to public use this summer, according to the East Bay Regional Park District, which is trying to arrange an interim agreement with the state to permit limited operation immediately. The 161-acre parcel, including 1300 feet of bay frontage will be covered in the interim agreement, but not all of it will be used in the first year. Negotiations with the state are proceeding, and there is a plan to erect a 10-foot-wide, 260-foot long wooden fishing and recreation pier in the area for added public access.

Besides the Point Pinole area and the Point Richmond shoreline area to be developed by the Regional Park District, additional waterfront park area is being planned in negotiations with the East Bay Water District, at Mallard Slough on the Sacramento River at West Pittsburg. This would be primarily a fishing and picnic area.

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

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

JULY 10, 1920....

"PROCTOR & GAMBLE CO. PLANS TOLD BY ANDERSON"

"When A. E. Anderson, manager for the P & G Company was in Richmond deciding on a location for the corporation's western plant, he appeared before the Council and told them as much of the plans of the company as he could divulge.

"His statements, however, covered the ground as far as the people of Richmond... would care to know and they showed a big enterprise.... he said the company had selected a site of more than fifty acres and that it would cover every foot of it with buildings, shipping facilities and other improvements."

"Anderson asked for but little. He requested cooperation of the people and of the officials.... that necessary railway franchise would be granted, and that the council would do what it could to see that work on the inner harbor was carried along."

JULY 12, 1920....

"WOMAN TO MAKE SUPERVISOR RACE AGAINST CASEY"

"Mrs. Wanda Muir Hanna, daughter of the late John Muir, will be a candidate for supervisor from the second district."

"ROOSEVELT TO RESIGN"

"Franklin D. Roosevelt will resign his office as assistant secretary of the navy about August 1 to take the stump in the

presidential campaign, it is announced."

"McVITTIE TO GET MANAGER JOB TONIGHT..."

"According to reports... the council this evening will appoint James A. McVittie, the present city auditor, as city manager, under the new ordinance just adopted."

OPPOSITION TO ANTI-JAPANESE RESTRICTION

A senate investigation was conducted in 1920, in San Francisco regarding land holdings of Japanese people, who were restricted from buying land in California. Further restrictions were being considered by some legislators. A charge of "land fraud" was made, showing that some Japanese had bought land with the help of people who purchased the land in their own name, for Japanese buyers. The investigation included a Japanese settlement near Sacramento, and led to consideration of severe restrictions on immigration.

JULY 14, 1920....

"LA FOLLETTE OVATION IN THIRD PARTY CONVENTION....."

"A demonstration which threatened to stampede the joint convention of amalgamated liberal groups into nominating Senator LaFollette as its presidential candidate started during the afternoon session.

"Milk to Go Up Here August 1, Dairymen say."

"Housewives here May Join Boycott of Milk Dealers."

"No Raise in Electricity Rates Here Says Rooker."

"Babe Ruth Makes 28th Home Run."

"Gas Rate of P. G. & E. is Raised by Commission."

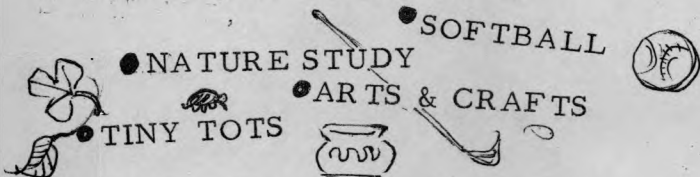
"Committee of 48 repudiated the Farmer Labor Party as failing to organize a new political party this year."



5. WASHINGTON PLAYGROUND

THE DAILY PROGRAM... 10:30-5:00
is a fun-packed day.

a variety of activities from



provides opportunities for all ages.

A SEMI-HARDBALL TEAM for junior high boys has been organized.



EXCITING EXCURSIONS highlight the Recreation Program at Washington School. Next week an excursion is planned for Mini-People (Grades Kindergarten through third) to KNOWLAND PARK and ZOO on JULY 16.

The fee is \$1.55 (for bus, insurance and entry to the park). Permission slips must be turned in by Friday Afternoon (july 10), so if you are interested, please come to the playground immediately.

The next excursion is to the GIANTS GAME on JULY 22. Other excursions include trips to Lafayette Reservoir and Frontier Village.



NEXT WEEK IS NATURE WEEK.....

MON: NATURE HIKE & SCAVANGER HUNT
TUES: NATURE HANDICRAFTS
WED: PLANT GROWING
THURS: MINI PEOPLE EXCURSION
FRI: ECOLOGY CONTEST & PET SHOW

Friday (July 10) is the Carrom Tournament! Starts at 1:00 p.m.

COME OUT AND HAVE FUN!

...Judy Davis
Recreation Leader

WEST SIDE Library



By Mary Burkhard

STORY HOUR.....

There will be stories tomorrow morning for any children who appear at 11:00.

NEW BOOKS.....

Now that all the fireworks have gone up in smoke, it's time to get back to some reading. If you're taking a vacation soon, bring along some library books! It's possible to borrow books for a 6-week loan. The following would pleasantly pass an idle hour:

BY THE WATERS OF WHITECHAPEL is a new novel by Bernard Koss. In it, Aubrey Field, thirty-five, balding, and not exactly slim, daydreams of a rich future; but home is with his mother above a sweetshop in Whitechapel. "It was useless, he was trapped. She would never let him go." Then fate in the guise of Zena, the beautiful blond daughter of a Kosher butcher, intervenes. From the moment Aubrey meets this femme fatale, life becomes enormously more complicated. In pursuit of Zena, Aubrey determines to break free. He passes himself off as a young barrister with a fast sports car and forges his mother's signature to a check. One incredible experience follows another; and for awhile it seems as though Aubrey's fantasies are about to become reality. Against the background of a Jewish East London that is fading and changing, this novel is one to remember. The pathetic but endearing Aubrey Field finally escapes from his mother and his despair, but not in a way he or the reader would have imagined.





by Mid Dornan
(and her summer help)

HAPPY BIRTHDAY

Wendy Mythen
Julius Matteucci
Frank Matteucci
Jo Palenchar
Ed Palenchar
Trannie Dornan

A new book of poetry for children will be released at Christmas time. The poetry, written by Marie Bell of Golden Gate Avenue, is entitled Beyond Your Nose, published by World Publications. Each poem is based on an illustration drawn by a child.

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Goodies.... Observed early Sunday morning, after the 4th of July Celebration, two teenagers picking up what was left of the debris from the day before, and filling waste cans with it.

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ENGAGEMENT ANNOUNCED:

Miss Barbara Katherine Rieger, daughter of Mrs. Betty Rieger and the late Mr. Gebhard Rieger of 77 Scenic Avenue, Point Richmond has announced her engagement to Mr. Dino R. Ciarlo, son of Mr. and Mrs. Severino Ciarlo, long time residents of Fremont, California. The wedding date has been set at July 18, 1970 in Our Lady of Mercy Church, Point Richmond.

Miss Rieger graduated from Holy Names High School in 1959, and from the University of San Francisco in 1963 with a B.S. in Nursing. She has been employed at San Francisco General Hospital.

Mr. Ciarlo, a graduate of the University of Santa Clara, with a Masters Degree in Engineering from the University of California in Berkeley, is employed at Liver-

more-Lawrence Radiation Laboratory.⁶

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There is a new resident, living with Carla Heffner in Point Richmond, presently receiving visitors at all hours. Her name is Rebecca, and she is a charming, gentle angora Goat! Come visit her at 209 Scenic.

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Mr. and Mrs. Basil Cherniak are visiting daughter Stephanie and husband in Canada, and during their stay, assisted their daughter in welcoming an eight-pound baby daughter. The Doctor arrived the next day and announced that everyone was doing fine.

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An interesting display, in honor of its 125th Anniversary, is decorating the "City of Paris" in San Francisco. With furnishings, fashions etc., of the vintage of its opening, the store is bedecked with the florid fashions of those days. Photographs accompany the "live" displays.

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A sad Fourth of July was spent by Mr. and Mrs. Butts of Contra Costa Avenue, whose grandson drowned on July 4th, at the Russian River.

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Before we set our hearts too much upon anything, let us examine how happy they are who already possess it.

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This week's nominee for Ice Cream Hero of the Week: Greg Williams, for diligent work for the 4th of July celebration.

Nominees for Ice Cream Heroes may be placed in a box in the Ice Cream Parlor, or sent direct to Point Counterpoint.

And, don't forget the "Trivia" box, for do-it-yourself trivia writers, also in the Ice Cream Parlor.



7.

Recipe

CHEDDAR CHEESECAKE



This is a cheesecake with a new taste-- and it's terrific with blueberry toppings.

- 1 1/4 cups vanilla wafer crumbs
- 2 Tbs. butter or margarine, melted
- 2 packages (8 oz. each) soft cream cheese
- 3/4 cup sugar
- 3 eggs
- 1/2 tsp. grated orange peel
- 1/4 tsp. grated lemon peel
- 2 Tbs. flour
- 1/2 cup shredded sharp cheddar cheese
- 1 cup whipping cream
- 1 pint fresh strawberries (or blueberries)
- light corn syrup.

1. Mix crumbs with butter; press over bottom of 9-inch springform pan. Bake in pre-heated 350° oven 5 minutes.
 2. Combine cheeses and sugar in bowl; beat until fluffy. Beat in eggs, one at a time. Blend in peels, flour and 1/2 cup of cream.
 3. Pour over crumb crust in pan. Bake in 350° oven for 40 minutes, until cake is set in center. Cool on rack.
 4. Arrange whole strawberries on top of cooled cake. Brush with corn syrup. Whip remaining cream until stiff; then, using a pastry tube, pipe in border around the strawberries.
- (canned blueberries , thickened for topping, is also great).

CAMP

The first two-week camp session at the "Y" camp Ravencliff, has begun, and applications for other sessions are still open. Information and applications are available at the "Y", 3230 Macdonald Avenue, or by calling 234-1270.

The fee for two weeks is \$65, and many boys are selling candy-coated peanuts to pay their way. Hikes, crafts, special carnivals, "olympics" and overnight hikes are included.

BASICS ...

ON AIRPORTS

A report, presented today to the Regional Airport Study Committee of ABAG will report the following basic findings:

. The amount of airspace in the Bay Area is limited and constant; therefore, complex operational techniques are needed by the FAA and airports to handle traffic. This includes coordinating the direction of runway operations of San Francisco and Oakland airports.

. Today, about 75% of commercial aircraft operations occur at San Francisco Airport instead of being distributed among the three airports, simplifying controls; however, as airline operations increase at Oakland and San Jose, airspace problems will compound.

. Because airspace is limited aircraft operations at military airports in the Bay area affect operations at the major civil airports.

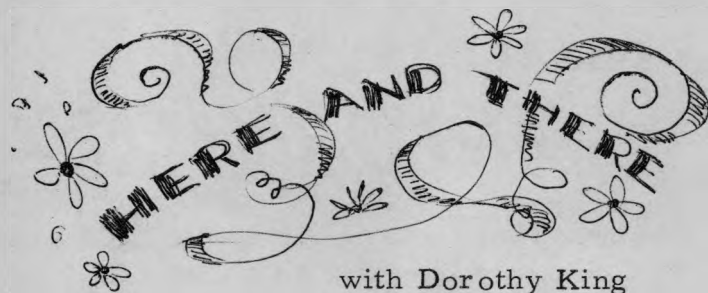
. Expanding existing facilities will cause more "low altitude conflicts", causing delays in take-offs and landings.

. Total capacity of Bay Area noncommercial airports presently exceeds demand; but many of these airports are distant from population centers, and are not readily accessible to satisfy demands as private plane ownership increases.

. Present Bay Area airports can accommodate 720,000 air carrier take-offs and landings and more than 6 1/2 million noncommercial aircraft take-offs and landings each year.

The above report, by R. Dixon Speas Associates, Inc. to the ABAG study committee, saved you a trip to hear it, in case you were interested... and it was a trip worth saving.

ABAG's special meeting, of the General Assembly will be held on Thursday, July 30, 7:30 at 7:30 p.m. at the Hotel Claremont in Berkeley. The Regional Plan, 1970 to 1990 will be presented at this meeting.



A beautiful wedding in a beautiful vegetable garden on a beautiful day made the Fourth of July even more memorable for those who attended.

Thea Kendall and Dan Robertson were joined in marriage in the midst of blooming vegetables in the verdant garden of Mr. and Mrs. Joe Spinola.

In the procession down the red carpet between green rows of plants were the flower girls, Cathy and Becky Robertson, followed by a bagpiper, Wayne Ward, who was dressed in Renaissance kilts. The bride and groom were followed by Helen Robertson, the groom's mother, and Elmer Hall, the groom's uncle; Paul and Thea van Loghem, the bride's mother and father, and Joe and Elsie Spinola, honorary members of the procession.

The ceremony, written by the groom, was read by Cliff Berrier, a Unitarian minister from San Francisco. The bride's dress, a full-length white empire style dress with hand-dyed batik trim in red and blue, was created by Roberta MacFaden, as was the groom's shirt.

Champagne was served after the wedding by Ed Hoiland and Doug Lord, and the Bride's sister, Ansje van Guilder, Cathy Lord and Millie Allaire were in charge of the food, which was brought by Bob Young from Chinatown in San Francisco (Deem Sun).

The three-tiered wedding cake was decorated with figures of the groom, as an artist with palette, and the bride, as an architect with t-square and blueprints. The figures were created especially by the bride's mother.

Also created especially for the occasion were the strings of beads exchanged by the bride and groom. The groom presented the bride with a hand-made gold filigree ring.

Among the guests in attendance were The groom's aunt and uncle, from Los Ang-

8.
eles, Mildred and Elmer Hall, (who just celebrated their 50th wedding anniversary); The groom's mother from Ohio, Helen Robertson; the groom's brother and sister from Belmont, Bill and Rose Robertson; the bride's mother and father from Sebastopol and the bride's sister and niece from Santa Rosa.

After the reception the relatives of the bride and groom were entertained at a luncheon hosted by Joe and Elsie Spinola. The bride's niece, Patty van Guilder, caught the wedding bouquet.

Photographs were taken by Dan's brother, a professional photographer; and other participants were Jerry Allaire, who acted as usher, his son Mike, who provided impromptu fireworks after the ceremony. The reception continued informally at the apartment of Bob Read.

Al Frosini will be participating in the California World Cup, the biggest International Water Ski Meet, in July at the Berkeley Aquatic Park. See him for tickets.

Mary Burkhard didn't quite make it to the 4th of July celebration -- she was trying to find the Rouge et Noir Cheese factory in Petaluma. She finally succeeded, and her relatives visiting from out of town enjoyed the trip.

Dale (Moose) Riley was seen proudly pushing a baby carriage around the Point on the Fourth of July, introducing his new pride and joy, Dale Riley, junior.

Loil, of A.K.A. 7107 Interior Designs, is back from a short stay in Sausalito, and can now be reached at 36 Cottage Avenue, Studio 6.

"Crazy Boy" has moved to Sausalito, and is living in a houseboat. He will have a record out sometime in December.

Colonel Dempsey is back from a vacation in Redding.

Happy Birthday to Claude Hill.

9.

Dino Dorelle, a former Point resident, is living in San Francisco, where she hopes to find a house.

Scott Ross was injured in an automobile accident on the Fourth of July and is sent wishes for a speedy recovery.

Dwight Roselius, of Springfield, Ohio, is visiting in Point Richmond while on a tour of the Western States. He is staying with his Uncle and family, Ronald Roselius.

Don't forget the Chicken Dinner, to which the public is invited, at the Point Masonic Temple, 210 Washington Avenue, on July 22. The dinner will be served from 5 to 8 p.m., Adults, \$1.75 and children, \$1.00. Reservations may be made in advance by calling 232-6831 or 233-1931.

AH · WILDERNESS!

Reactions to the City Council's decision to locate a shopping center in the Hilltop area instead of downtown Richmond have been rather strong, at least in Point Richmond. We, here, are close enough to the main business district of Richmond to care what happens to it...and react to the rather shocking action of the Council. Write to your Councilmen if you feel strongly -- Richmond is something we are part of, and should care about. With the widening of Macdonald Avenue, hopes rose that soon something would happen in that area soon-- A wider street leading to nothing is a waste of tax money to say the least. ("Down the garden path ... to a dump?")

IN THE SWIM

The next session of free swim lessons at the Plunge is about to begin -- check at the Plunge for schedules of the various classes. Morning hours are taken up with four sessions of free swimming lessons, and other special lessons are offered at various times during the week.

MATERIAL

INFORMATION

A helpful article, especially for women, was found in a Consumer's magazine. When buying material, or a dress, it is natural to look for fabric content. However with all the types of fabrics available, it can be confusing even after you've found what the fabric content is. Here is a list of some fabrics and their characteristics:

Acetates: (Acele, Estron, Celaperm) Look like silk, but cost less. Deep luster, nonabsorbent, melts. Usually dry clean. Iron on wrong side, or use cloth. Some nail polish removers and perfumes dissolve material.

Acrylics (Acrilan, Creslan, Orlon, Zefran): Resemble wool. Long wearing, resist fading & wrinkling. Low absorption; electric; pills; retains pleats. Machine wash & dry, except if bonded. Use warm water for colors, cold for dark. No ironing if removed from dryer immediately. Use fabric softener to eliminate electricity.

Nylons: (Celanese, Dupont, Enka, Nyltelle, Caprolan): Inexpensive, strong, resilient, elastic, nonabsorbent, resists wrinkles, fades, melts, pills, static. Washable, Whites-hot water, colored, warm water; Wash whites only with whites. Use fabric softener for electricity. Bleach whites.

Polyesters (Dacron, Kodel, Fortrel, Trevira): Crease resistant, quick drying, maintains shape, durable, non-absorbent, oils difficult to remove, may yellow, may pill, picks up perspiration odors. Machine wash, tumble dry. Wash often. Hot water for whites, warm for colors. Remove from dryer immediately. Fabric softener for electricity. Bleach whites.

Triacetate (Arnel) Can be permanently pleated, holds shape, texture, some may wrinkle, may melt. Machine wash, easy care; machine dry unless perm. pleated. If tumble-dried, knits need no ironing.

THE Point Teens

by Arthea Senger

Saturday was the fullest work day I can remember. At 9:00 a.m. we were here signing up to place our quilt in the Art Show. Thanks to Doug Pounds at "The Point" Restaurant, and the owner of the Hotel Mac, we were also able to run a bake sale down in the Mac parking lot, to benefit our own Center. Mrs. Calfee, and the AFS committee were kind enough to approve the operation. We also manned the Coca Cola and Tic-Tac-Toe booths for the AFS. At least forty teens helped in our four stations. A few of the most diligent workers were Lisa Walker, Dianna and Lee Loretz, Robin Thompson, Ken Bash, and Dennis Sullivan. A hard working mother was Rae Weirick, who deservedly won the raffle for our quilt. Thanks to all the workers. We cleared \$76.00 !

Tuesday, Judy Coleman was our chief chef, with a delicious corn chowder. Some of her helpers were Babe Joye, Anna Healy, Sherrie Mertle, Ricky Dustin, Craig Healy and Missy Martincich. We really appreciate your help, Judy.

Wednesday, the winners of the pool tournament met at an all-city Pool Tournament at Lucky Lanes. We took with us Center winners Mike Solvang and Sid Clutts in the 15-years and older category, Marco Gonzales and John Trowbridge in the 12 to 15 -year old category, and Tina Comer and Missy Martincich in the girls open age category.

Winners were Missy Martincich, in first place in the girls' tournament; Tina Comer, second place; and John Trowbridge, second place in his category. Congratulations to our winners!



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BREAKFAST:
7:00 - 11:00

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

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

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WED. TO FRIDAY

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WEEKENDS
TO 11:00

LUNCH
11:30 - 2:00



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PROGRESS ~ in the face of PROGRESS

One of the developments that used to be called "progress", the erection of new power lines, caused quite a stir in this area recently. PG & E, which has had an easement leading across land which is now Briones Regional Park in Contra Costa County, this year planned to make use of the land by building a 230,000 volt transmission line over it. Since it would cross an area viewable from over half the area in the park, naturally the East Bay Regional Park District objected -- and strong objections came from conservation groups. The Sierra Club took an active part in attempting to have the power lines under-grounded. This was a losing battle, and the Public Utilities commission voted to allow the lines to cross over the park.

Great metal towers carrying powerful voltage were once viewed as marvels of man's great progress and the development of a growing civilization. With the increase in population, the increase in technological activity, with power lines in every direction along with other signs of power needed by man, such things as metal towers have lost their glamour, and people travel to parks to get away from the signs of civilization, as much as possible. It would have been nice to have had these power lines under-ground. However, after a year of negotiations, the East Bay Regional Park District and P, G & E agreed on an alternate route for the lines, bringing them closer to the park border, and viewable from less than 25% of the park. The compromise route, hailed as a great ecological victory by the Park District, and announced at a special out-in-the-park meeting of the Board of Directors as perhaps a "first" in the nation, in negotiations between a public park district and a private utility, was perhaps worthy of the ceremony and celebration that went with the announcement. After all, how often recently have happy compromises been accomplished between any two groups? Not very. We should perhaps be amazed that after a "year of negotiations" the utility district and the park district are still on speaking terms.

TOO BAD ABOUT GENEVA.....

Philip Noel-Baker, 1959 winner of the Nobel Peace Prize, recalled a conversation with Henri Bonnet at the Geneva Conference of 1925.

Bonnet said, "Oh, yes; the form of the words they've got is good. It prohibits every kind of chemical or bacterial weapon that anyone could possibly devise. And it has to. Perhaps someday a criminal lunatic might invent some devilish thing that would destroy animals and crops."

Noel-Baker added, "In 1925, everyone at the Conference agreed with Henri Bonnet:

Many human beings still do. Unfortunately, for them, publications like a recent booklet produced by the research of the Stanford University Biology Study Group, make agreement with this belief agonizing. After reading the document, and viewing its photographs, statistics and analyses of the "Destruction of Indo-China" anyone believing that the use of chemicals to destroy a land is unethical would be quite sick. Reports on the rise of physical defects in humans, and of birth defects, besides the long-range damage still to be witnessed should only be read by people with strong stomachs. The booklet, published by California Tomorrow, is 25 cents per copy. The last statement in the book is the reported motto of the Aerial Spray Flight of the 309th Aerial Commando Squadron -- "Only We Can Prevent Forests."

OLD BOOKS FOR OLD RELICS

Don't forget -- if you are cleaning out bookshelves this summer, save them for the Richmond Museum. Their annual Book Sale will be held in September, and paper books, text books, novels, etc. will be happily picked up by Marlys Reynolds if you will call her at 234-4617.

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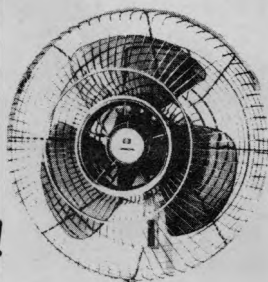
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Hawaii - continued from page 1.

The legend goes that at one time two warriors of great strength were to battle at the end of a cliff. The winner was to be the King. The fight went on and on, and finally, one warrior fell off the cliff, but the wind god was angry with the winner, and ever since that day, he keeps some of his anger on this cliff.

Most people know of Hawaiians, but the other tribes making up the population of the islands include the Togan, Samoan, Maori, Fijian, and Tahitian. At the Polynesian Cultural Center, one can learn about each of these tribes, how they live, their culture and customs, etc.

I could go on telling about all the things I saw, but ending my trip I saw the Sea Life Park, and still took out time to see Honolulu and go shopping.

Yes, the Islands are quite beautiful -- the waves, beaches, leis, legends, sunsets and friends. And, as they say, Aloha.

Here are a few words that I remembered from my trip:

Hilo -- the name of polynesian navigator; it also means threadlike or twisted.

Hoanau -- means to chew.

Naalehu -- lava ashes.

Kona -- leeward.

Upolu -- to cover.

Papaikou - kou (wood) shed.

Adding More Fuel to the Light

Members of the Contra Costa Shoreline Parks Committee rejoiced on Tuesday when the State Assembly Committee on Wildlife and Conservation, chaired by Assemblyman Miliias, unanimously approved the Senate Resolution relative to the preservation of the East Brother Island Light House. Introduced by Senator Nejedly with Assemblymen Dent, Knox and Dunlap, it requests the Department of Parks and Recreation to evaluate the site for selection to the National Register of Historic Places and to take the necessary steps to nominate it for inclusion in the register. Committee member Lucretia Edwards made the presentation to the assemblymen.

ORGANICALLY SPEAKING

by a. h. meads

Food You Can Grow On A City Lot:::-

Since vegetables are so high is the markets these days; why not grow your own??

Here are six type of growth listed:-

1. In the ground. 2. Partly below the ground and partly above the surface. 3. Close to the top of the ground. 4. On short stems or bushes. 5. On vines which run along the ground and climb. 6. On their own support.

First of all we will need to prepare the soil for planting, with chips-leaves-compost and manure. If ground is really hard you will probably need some sawdust and or sand to work into it to keep it workable when is dries out some.

PLANTING

1. In the ground: Potatoes are a must, sweet potatoes, carrots, parsnits; and for the fun of it a few peanuts, horseradish roots and Jerusalem artichokes.

2. Partly below the ground & above the surface: Radishes about every three weeks so you will have them all summer long. Beets, turnips, rutabagas, dry onions, garlic and chives.

3. Close to or on top of Ground:::- Asparagus, kale, Swiss chard, and spinach.

4. On stems or bushes:::- Green, wax, and lima beans; lettuce, early and late cabbage, cauliflower, broccoli; Brussels sprouts, sweet and hot peppers, early and late cherries, red and yellow tomatoes, ground cherries, okra, eggplant, kohlrabi; zucchini squash.

Also a few herbs, dill and parsley.

NEXT PAGE, PLEASE

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5, On vines along the ground and those which climb:- Green lima beans, butternut, acorn, and Hubbard Squash; watermelon, muskmelon; English cucumbers, these grow to about 20 inches.

Seed can only be obtained through McFayden Seed Co., Ltd., P. O. Box 1600 Brandon, Manitoba, Canada. They are called The "Rollinson's Telegraph". They are sweet and a marvelous slicer.

6. On their own supports:- Corn, berries, grapes, peaches, pears, plums, apples, walnut, almonds, nectarines.

Happy Planting and Good Eating.



HEALTH Comes first

by A. H. MEADS

The Search for the Common Sense Key to Better Health:::-

Stated simply, my approach to problems of health is to collect facts, examine the research of medical authorities through the years and then apply common sense.

Most great discoveries - in every field of science - were made in the same way: by studying proven facts, by collecting evidence already in existence and by being able to see a common link in all this information.

The human body is a complex of chemical elements. Predominantly these are carbon, hydrogen, oxygen and nitrogen. But there are many other elements which are required, even though each may contribute only a tiny percentage. Perhaps this factor is easier to understand if we compare it to the relationship of iron and steel. Steel is well over 90 percent iron. But a small percentage of carbon will convert the iron into steel of one type, a small percentage of tungsten will convert the iron into steel of a much tougher type, and so on.

This human-body complex of chemical elements is generally in balance, but it is a precarious balance. As a practical matter it is impossible to keep the composition exactly the same. Every breath we take, every move we make, every moment of passing time affects the balance, however slightly. The human body is constantly working, using up and disposing of some of its material every instant in its life.

To replace the used-up, disposed-of elements, we eat and drink and thereby try to replenish the supply of chemicals that constitute our body. And this is the core of the whole matter of health. If the supply of food and drink is sufficient - containing enough of all required ingredients in correct proportions - the body will flourish. If it is insufficient, if it lacks some of the needed elements or if the proportions are wrong, the precarious balance will tip, the complex will get out of order, the body will weaken and deteriorate. You will be sick.

Critics will claim that I am ignoring bacteria and viruses. My answer is simple. I maintain that a human body will not be

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so susceptible to bacteria or viruses if the person has been eating the right foods to build up advance resistance.

Infectious diseases - from bacteria and viruses - could not gain a foothold unless the body were already vulnerable, weakened by a type of "malnutrition." If you have been eating the wrong foods, depriving your body of a truly healthy diet, infection strikes.

From the day we are born, proper nutrition controls our growth and our degree of health.

(Next: Some Factors that Determine on Health).



In the July

freedom news

you will find

- details of the Economic Boycott for Peace (a "Don't Buy" list of Pentagon Products)
- a listing of draft-help services in the Bay Area
- Commentary by Dick Gregory and Father Peter Riga
- articles on critical ecological problems of the Bay Area: air pollution, pesticides, hazards of nuclear power plants.

(Did you know a nuclear plant is being planned by P G & E for a site in Solano County?)

PLUS: Growing Raspberries, by organic gardener Lucy Hupp; and a review of the Beatles' film by Dorothy Bryant. Also selected school and local news.

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LETTERS

Dear Editor:

Just back from a sojourn in Ringgold, Pennsylvania (not far from Puncsatawney in case you are wondering) where the most excitement is who will be chosen "Miss Groundhog of 1970." I found a great mountain of mail, but I ignored everything else to quickly look through the back issues of P.C.R. -- Heavenly days -- things are happening!

I'm glad to see that the Bay is still beautiful, and that really -- in spite of everything -- the Point is still alive and kicking, and that both sides of every controversy is able to speak its piece. Congratulations again.

Louise Hammond

Here comes SANTA CLAUS!

You may not feel like shopping for Christmas gifts at this time of the year, but the Christmas Toy Shop committee thinks that this is a strategic buying time, and they're right. You don't have to rush right out and do your Christmas shopping, but, if you are interested in helping the Christmas Toy Shop this year, it is the time to help them with funds to buy early.

Community cooperation made it possible for the Christmas Toy Shop to exceed its goal for 1969. Now, they are beginning to plan for the 4,000 children, ages 2 to 12, in the greater Richmond area who they plan to assure gifts for in 1970.

Businesses, groups or individuals are now invited to provide funds, toys, books, bags, stick horses, wagons, blue chip stamps or counter decorations. Send your form of support to Mrs. George Carroll, Christmas Toy Shop, P.O. Box 172, Station A, Richmond, California, 94808. And let us be the first to wish you a Merry Christmas!

July 11, 1970



Paging the



Some things to do while waiting for the sun to wake up.

Machines

A. What kind of machines are these?



1 _____ 2 _____ 3 _____ 4 _____
 5 _____ 6 _____ 7 _____

B. Which of these machines must use electricity? _____

C. Which machines do not have to use electricity? _____

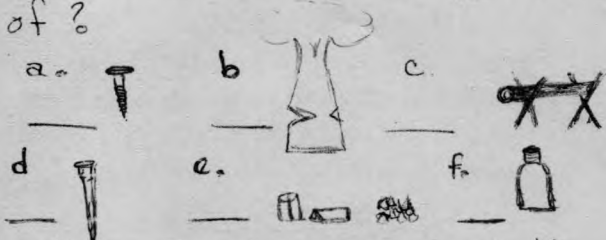
D. Which of these machines have you used? _____

Tools

A. Can you name these tools?



B. Match the tools with the pictures below? How are the tools used? What do you think of?



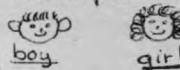
Some of these are tricky!!

Generation

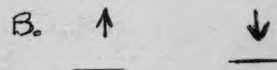
Opposites

Can you tell what each picture means. Each pair is the opposites.

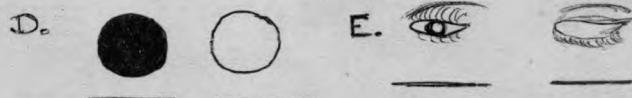
An example:



Think about these.

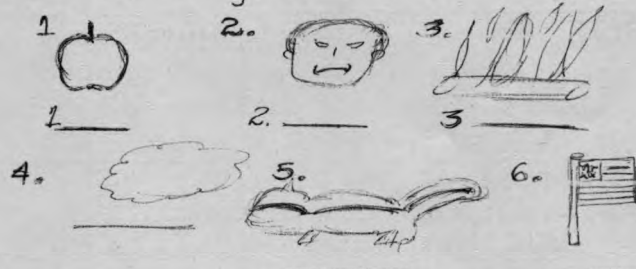


There may be more than one answer.



Colors

What colors do you think of when you see ...



(Helpful hints?) No. 3 is fire; No. 4 is a cloud; No. 5 is a skunk.

ANSWERS: MACHINES: 1. Sewing machine 2. Vacuum cleaner 3. Washer (or dryer) 4. Mixer 5. Typewriter 6. Pencil sharpener 7. Car. Nos. 1, 2, 3, 4 - (5-6 may also be electric. TOOLS: 1. MATCHET 2. AXE 3. HAMMER 4. SAW 5. PLIERS 6. SCREWDRIVER 7. WRENCH. Opposites: There may be other answers but here are some you may have CHOSEN: A. NIGHT - DAY B. UP - DOWN C. QUIET - NOISY D. LIGHT - DARK E. OPEN - SHUT

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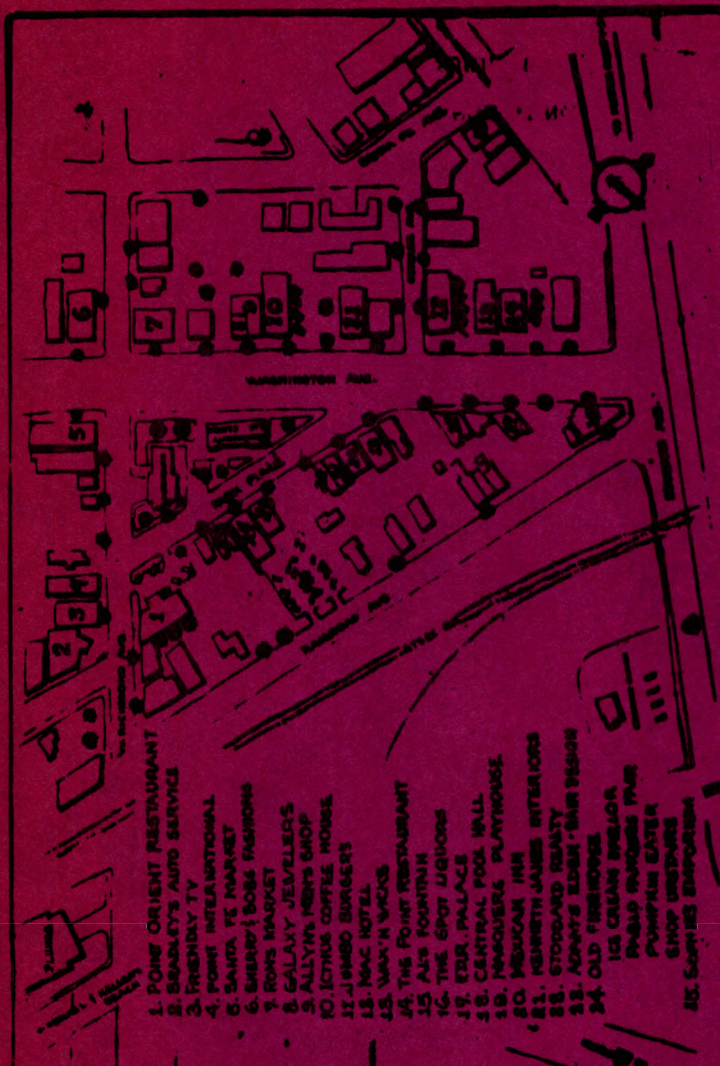
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