

POINT COUNTERPOINT

A JOURNAL FOR CIVIC COMMUNICATION

WEEKLY 10¢

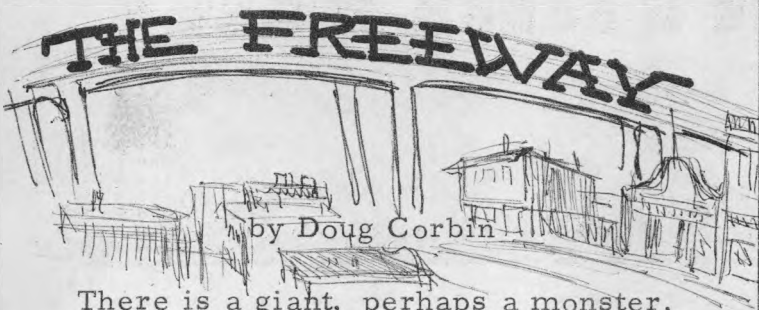
VOL. V · NO. 17

JULY 31 TO AUGUST 7, 1970

PT. RICHMOND, CALIF.



1.



There is a giant, perhaps a monster, gestating in our midst. And unless each of us takes a few minutes from our daily routine to check on the development of the embryo, it might be catastrophic for all of us here at the Point and in Atchison Village, if you will pardon a mild understatement.

I am talking about the proposed Hoffman Freeway.

That we will get it eventually is a certainty. Construction is scheduled to start in 1974. Further, the route is pretty much fixed. A "freeway agreement" has long since been signed by the City Council and much land has already been acquired by the highway commission. At this end, it crosses Cutting at Sixth, then heads west while it parallels and snuggles up to Virginia Avenue (one block north of Cutting), passes behind the Holiday Inn and strikes Garrard at a spot about 100 feet north of the Garrard-Standard Avenue Intersection. The next segment -- and of course, it is this portion which critically affects the Point Richmond downtown -- passes just to the south of and over Standard Avenue, stretching between Garrard and Marine where it hooks up with the already existing bridge approach.

Those matters are beyond the reach of mortal Point Richmond man, but the nature of the structure and ultimate appearance are within our grasp. They will be decided at a public hearing at City Hall on September 16, 1970.

There are five choices being offered us and three of these five (plan 5, 5-D, and plan 5-E) have this in common: an elevated viaduct is supported in the air by concrete legs spaced in pairs on either side. This concrete trough extends the entire one-half mile between Garrard and Marine, right beneath our very noses. Landscaping will be limited, if practices elsewhere are any

guide, to feeble attempts at camouflaging the enormous twenty-five feet tall concrete pillars punctuating the acres of empty (except for litter) macadam beneath this great speedway in the sky.

To those who say "the new parking spaces may come in handy, so why not?" I suggest a ground level inspection of the neighborhood of the San Francisco Hall of Justice or of any of the several areas of Oakland adjacent adjacent the Bay Bridge where local citizen action has failed to block construction of elevated viaducts.

Perhaps citizen action could not have been expected to stop such construction in the past; the San Francisco Embarcadero, for example, went up in the latter '40's or early 50's, halcyon days for Detroit's machines and for those who would sacrifice any city amenity to give them unrestricted mobility. Aesthetic considerations fell pretty well down the list of priorities in those days. And elevated portions of the Nimitz and San Francisco Central Freeway cast their pall over land filled largely by warehouses and such.

But this is 1970 and the place is adjacent a charming area of low buildings which depends for its economic survival on some semblance of visual appeal.

Of the five alternatives now proposed, none is depressed and landscaped in the Point Richmond area, presumably because of the high water table. But if this most desirable structure is nixed for engineering reasons, at least we should demand the second-best possibility -- which is embodied in plans 5-A1 and 5-B.

Plan 5-A1 shows a bridge extending over Garrard and the Santa Fe Tracks and short bridges over Castro and Marine. Otherwise, the roadbed would be on 25 feet of fill (mostly dirt, not rock from our hills) and would have sloped, landscaped shoulders on either side. In time, trees would obscure the road, and, to some degree, screen our the vehicular roar.

Plan 5-B resembles 5-A1 but omits the frontage road proposed by the latter which would extend from the intersection of Castro and Cottage to the intersection of Wash-

ington and Standard immediately adjacent the present Delfino Street. (Incidentally, plans 5-D and 5-E also include this front-age road, while plan 5 does not.)

Anyway, go see for yourself. The display at 1421 Wright Avenue (one block south of Hoffman at Fourteenth St.) is open from noon to nine weekdays. There's someone on duty to explain that the half mile stretches of brown appearing in three of the Point Richmond proposals (as well in adjacent Easter Hill) represents a viaduct, a euphemism for a third dimension of concrete, filling the sky with grey ugliness. He'll explain other things, too.

And mark September 16 on your calendar. If we're not present in force at the scheduled hearings with petitions spelling out our community view, one of the three plans already regarded with approval by various individuals on Richmond's City Planning Commission (because of the parking dividend) will surely be visited upon us.

MEET THE HIGHWAYMEN

Before September 16 -- on AUGUST 12, there will be a meeting with Highway Department officials, at 1421 Wright Avenue. The Point Richmond Civic Group will meet there to ask questions and get more information about the various proposals.

Prepare for September 16th -- come to the Civic Group meeting on Wednesday, August 12, at 7:30, arranged for by Civic Group President, William Kretzmer.

Previous actions of the Civic Group in regard to the proposed Freeway were last taken in 1966. At that time it was learned that one of the proposed off-ramps would obliterate Kenny Park at the corner of Castro and Standard Avenue. It was proposed, and endorsed by the Recreation and Parks Commission of the City of Richmond, that this park be replaced by the Highway Commission in the area directly facing Washington Grade School. (A vacant area, zoned residential). The Highway Commission

2.
representative stated that the matter would be taken into consideration when Kenny Park was acquired by the Highway department. Some time during the next four years, the Highway department will acquire the park, and it will be well for Point residents to keep in mind the park's replacement.

Write the dates down now on your calendar:

August 12, 1970: 7:30 p.m., 1421

Wright Avenue: Civic
Group Meeting.

September 16, 1970: Public Hearing,
Richmond City Hall.


A BIT ABOUT NEXT WEEK

Outside of that earth-shaking (or earth-moving?) news, very little is new on the weekly schedule. The Masquers will go into the second week of their production "Marry Sunshine", which should brighten up the week-ends, and the editor of this paper will take a week off. (Perfect chance to say, "which will brighten up our week.")

During the next week, news may be left at the same address, but if you are calling in an ad, etc., and receive no answer at that number, try 237-3453. News may also be left with Louise Genosick at the Old Firehouse Ice Cream Parlor or with Linda Werner at 66 Scenic.

Anyone wishing to try their hand at editing will find us only too willing to take another week off -- Let us know!

Articles, letters, poetry, prose and art work are always welcomed. Please, even if you have no desire to compile a newspaper, do contribute to it. It's the variety derived from numerous contributors in the community that keeps this paper going. (Art work, by the way, can be copied without damaging the original work.)



AT THE ART CENTER

• The Richmond Art Center is sending out invitations to the next preview. The art - choke on the front hails the Richmond Art Center Rental Gallery exhibit, which will be previewed on August 6, from 5 to 7 p.m. The exhibit will continue for only a week, from the 6th to the 12th, so potential painting-renters should get their early.

• Beginning August 17 at the Art Center, a group ceramics exhibit will be featured. It includes the work of Clayton Bailey, Ron Cooper, Jun Kaneko, David Kuraoka, Patrick Siler, and Joe Soldate. The reception for this exhibit is on August 20, from 6 to 8 p.m. and the exhibit continues through September 13.

* STAR PARTY *

Unless there is a heavy cloud cover this Saturday (August 1), Sunol Valley Regional Park will again host a star party. The park, located just off Route 680 in southern Alameda County begins its party at dusk with the help of astronomy buff William O. Roberts. In case of cloudy weather, the party will be postponed until August 8.

THE BEAUTIES OF HOME

After reading and hearing comments and reports on the recent Richmond activities --- the abandonment of Richmond's downtown development, the delay of another year on the 23rd Street Underpass, (considered one of the State's worst traffic bottlenecks), the placid acceptance by City officials of a BART Station design considered poor by many who have seen it; -- The cartoon depicting a bird with a voracious appetite, standing with mouth open and eyes shut, asking someone to please put that ugly bug in her mouth because she couldn't stand the sight of it, somehow reminds one of Richmond.



HAPPY BIRTHDAY...

Colleen Campbell
Harriet Hardy
Veora Heiney
Nina Wilbanks
Mid Dornan
Neil Armstrong
Karla Tedrick.
Michel Hoft
Mary Snodgrass
Belated.... Claude Hill
David Ciabattari
Dale Price
Leslie Kretzmer
Sir Tippy Dornan and
Miss Petunia Smith

Mike Kinter is undergoing surgery once more, on his leg.

~~~~~

Mrs. Zimmerman (known to many for - mer Washington School students as Mrs. Thompson) spent a day in Point Richmond with a friend, Mrs. Jones, visiting and renewing old friendships. Mrs. Zimmerman taught at Washington School for many years.

~~~~~

Dorothy King is thoroughly enjoying her stay in Oregon, visiting her son. Among her tours were a visit to a Clam and Oyster Factory, after which she feasted on delicious steamed clams.

~~~~~

A new resident in Point Richmond is Lisa Fowler, who has just moved into her home on Western Drive.

~~~~~

This week's Ice Cream Heroes are Mr. and Mrs. Maurice Doherty, for extraordinary patience and courtesy.

(leave your nominations for ice cream heroes at the Ice Cream Parlor)

REMINISCING

FIFTY YEARS AGO

4

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

GRAND PLANS FOR THE RICHMOND HARBOR

(With a \$100,000 bond election approaching, to complete Richmond's harbor, plans, proposals and publicity bubbled daily from headlines.....)

July 30, 1920.... "British Shipyards Would Compete For Building of New Ferry Boats for Richmond -San Francisco Run."

A letter from the British Consul General to the Richmond Chamber of Commerce was cited.

July 30, 1920...

"Steamship Company Will Dock Ships Here."

"Richmond has been selected as the western terminal for the Atlantic, Pacific and Gulf Steamship Company... recently organized in Baltimore with Dukes, the multi-millionaire tobacco man and many other capitalists as the stockholders. ...the space required will take not only the present wharf building but also the big warehouse which will be built from the proceedings of the \$100,000 item which will appear ..in the coming election."

July 31, 1920....

"Richmond- S.F. Ferry Boats to Cost \$900,000.

Two "fast steel boats" to take care of the increased auto traffic expected with the completion of the ocean-to-ocean military highway....."

"Wallace Supported in Plans to Get Ferry Now Regardless of Personal Interests Affected."

.... "Director John F. Galvin said that Secretary Wallace had been hired by the Chamber to get results and that when the Six Minute Men came here that Wallace did the right thing in showing them every courtesy."

August 2, 1920.... "1,000 Annapolis Mid-Shipmen to be Entertained here Wednesday; Richmond Harbor to be Viewed."

August 4, 1920....

"Sub-Port of Entry Here is Sought by Commission."

"Plans to have Richmond made a Sub-Port of Entry will be discussed at the meeting of the Industrial Commission, to be held at Martin's Grill...."

August 5, 1920 (smaller headlines)

"Port of Entry Prospect still Very Doubtful"

... The Richmond Industrial Commission, which has again taken up the matter in view of the actual increase in shipping and the great increase that will come with the completion of the inner harbor, it developed

that it may be a long road toward the goal of Richmond becoming a sub-port, even though our city is the second shipping point...."

"Favorable Bond Vote Topic of Commission."

Other news of that week included the arrest of a man who lived on an island off Ellis Landing, for stealing plans valued at \$50,000 in retaliation for the staling of his dog; Bids were opened for a new addition to the High School; British prepare for war with Russian Reds; Babe Ruth makes 39th Home Run; and, in Southern California, a Mexican Captain Slain by Cantu; and Cantu Offered High Rank to Give up Governorship of Lower California.



Library

by Mary Burkhard



We've a new novel at West Side worthy of a review. This one is courtesy of Saturday Review Magazine...

THE BAY OF NOON by Shirley Hazzard is a novelist's novel -- all technique and sensibility. The Naples setting is more than a place well observed and a background for action. The city is somehow part of the characters, of their shared experience. The story is concerned with attachments and dislocations, beginning with Jenny's estrangement from a brother, and continuing in her relations with three other characters in Naples -- a Scot, Justin Tulloch, and two Italian lovers, Gioconda and Gianni. Gioconda has written a novel, Del Tempo Felice, based on her affair with a young artist, which has been made into a popular film, directed by Gianni. Jenny is introduced to Gioconda, becomes fascinated by her, is drawn into her life. These four characters are observed in their intimacy and later in their betrayals of each other. Lovers change places, friendships are broken, fates are dealt out unpredictably. What is striking about all this is the circling indirection and the portentous suggestions of an evil lurking just beneath the surface of life. The closing section of the novel in particular is a tour de force with its sudden revelations and startling transitions.

POSITION OPEN

The Richmond Art Center director, Hayward King, has resigned his position, and the position is now open to applicants. Qualified individuals may apply to the Director of Richmond Recreation and Parks Department, Mr. Joseph Salvato.

The "Co-op Low Cost Cook Book" is available through the Consumers Cooperative of Berkeley, 1414 University Ave., for 95 cents, and is highly recommended.

Pint Teens

by Arthea Senger

This week's report should have been written by one of my co-workers as I was absent three days -- three very interesting days spent as a juror in Martinez Superior Court.

While I was gone, Mrs. Alice Ross conducted her weekly Art Class. Twenty participants created linoleum block printings. Each week we gain more prospective artists.

Also on Tuesday, Gladys Ferguson, Mrs. Seaborg and Bob Haws took thirteen younger teens down for a visit to the Richmond Municipal Court. Judge Baldwin met the group and personally conducted them on a tour of the County Building, spending some time in the Law Library. They then visited three trials which were in progress. Two of the trials were drug cases. Everyone enjoyed themselves and learned a great deal.

In case you haven't heard, we have acquired four tumbling mats. All day long we have shoeless young boys lined up to take their turns. Fred Goss and the older boys have demonstrated different exercises. It gives everyone a lot more exercise than shooting pool.

We are perpetually short of money! Now being about \$150 in debt, we are planning a white elephant and Bake sale on Saturday, August 10th. Please clean out closets, and let us know if we can pick up any objects at your house. We will look forward to any donations. Please call 232-6140, and come down to see us that day -- what is useless to one person is most valuable to another. Also, remember the Cake Sale!



WASHINGTON PLAYGROUND

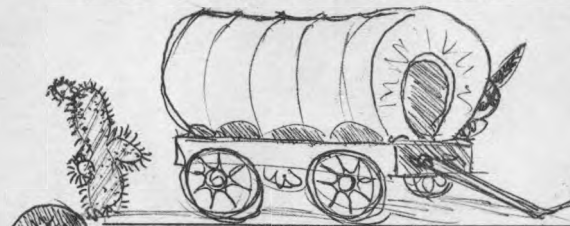


The next district-wide excursion is to FRONTIER VILLAGE, on August 12. The fee for this trip is \$3. This pays for buses, insurance, entrance and EIGHT RIDE TICKETS.

Deadline for permission slips and money is AUGUST 7. It sound like this excursion should be a lot of fun!

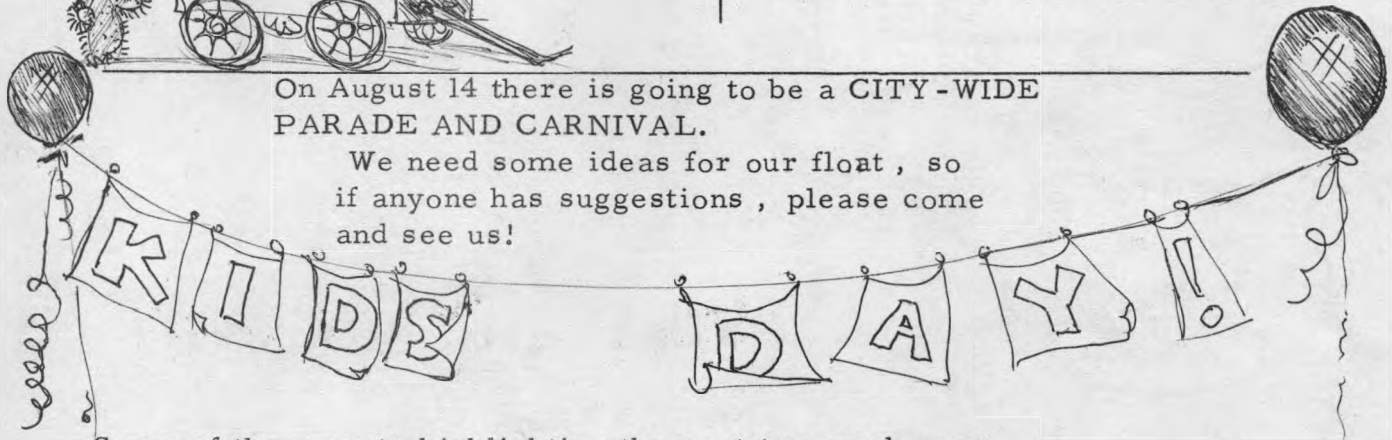
Washington Playground has planned an excursion to TILDEN PARK on Friday, August 7.

We plan to spend the whole day there, so children should bring a lunch and a swim suit if they wish to swim. Permission slips for this excursion must be returned by Thursday morning, August 6. We need PARENTS to drive us to Tilden and pick us up at the end of the day. Please talk to a Recreation Leader if you can help with transportation.



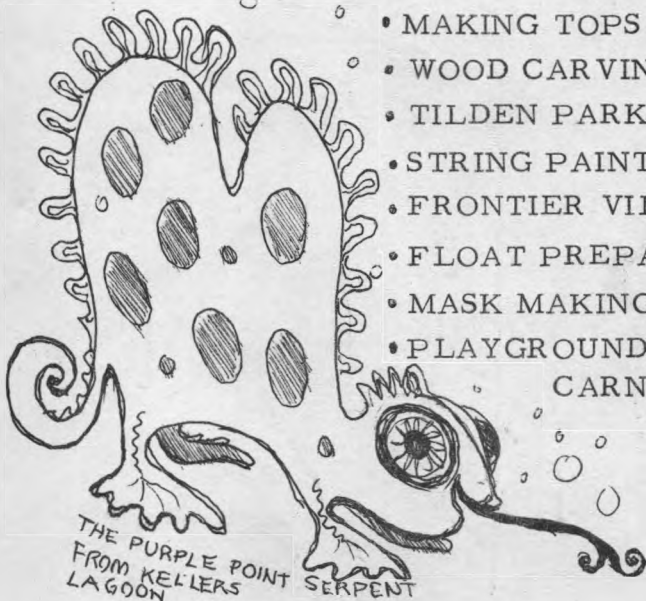
On August 14 there is going to be a CITY-WIDE PARADE AND CARNIVAL.

We need some ideas for our float, so if anyone has suggestions, please come and see us!



Some of the events highlighting the next two weeks are:

- | | |
|-----------------------------------|-------------------|
| • MAKING TOPS (Arts & Crafts) | August 3 |
| • WOOD CARVING (Arts & Crafts) | August 5 |
| • TILDEN PARK EXCURSION | August 7 |
| • STRING PAINTING (Arts & Crafts) | August 10 |
| • FRONTIER VILLAGE EXCURSION | August 12 |
| • FLOAT PREPARATION | August 4, 10 & 13 |
| • MASK MAKING (Arts & Crafts) | August 13 |
| • PLAYGROUND PARADE AND CARNIVAL | August 14 |



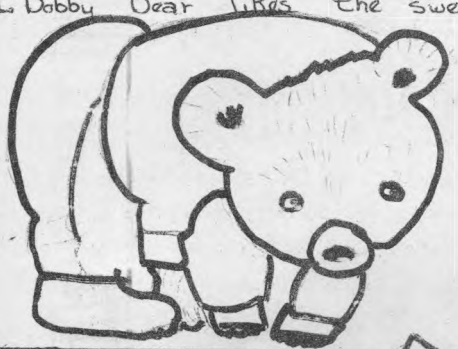
Judy Davis,
Mark Ewing
Recreation Leaders



younger Generation

The Seasons / Color the Pictures

1 Bobby Bear likes the sweet smell of flowers in the Springtime



He likes the hot, lazy days of Summer



In the fall, he likes to play in the fallen leaves

What season is left _____?

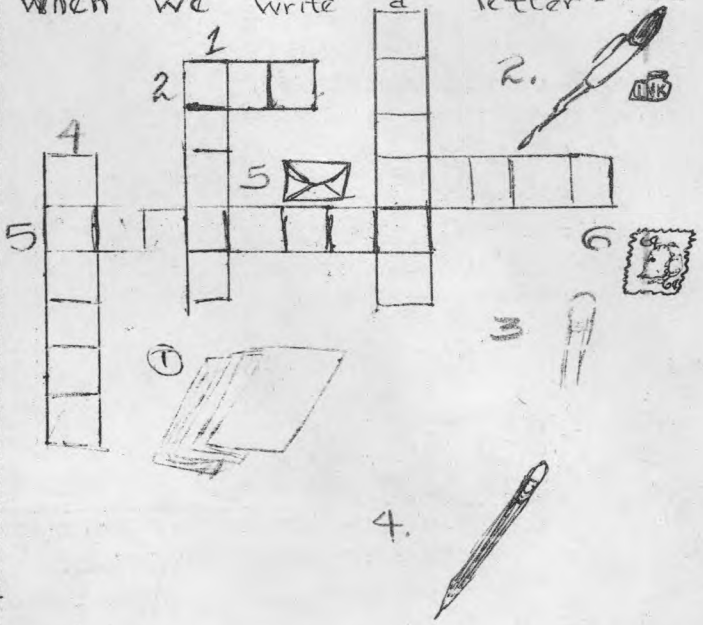
19 AUGUST						
SUN	Tue	Wed	Thurs			Sat
						1
					7	
			13			
		19				
	25					
31						

Here is your calendar for August. Fill in the missing parts, cut it out and put it into your billfold or purse.

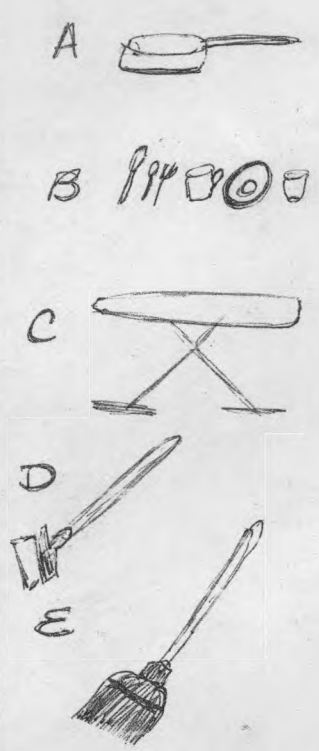
How many days are in August? _____
What is the abbreviation for August? _____

PICTURE PUZZLE

When we write a letter - - - -



Can you mate these pictures?
What goes with what?



Let's learn a Game

What you need:

A deck* of playing cards

*There are 52 cards in a deck and 2 Jokers.

*There are 4 suits:

Spades: ♠ (black)

Clubs: ♣ (black)

Hearts: ♥ (red)

Diamonds: ♦ (red)

*There are 13 cards in each suit: Ace, or 1 - 2, 3, 4, 5, 6, 7, 8, 9, 10, Jack, Queen, King.

How to play: **8♠**
8♦ **CRAZY EIGHTS** **8♥**

for 2 or more players

Dealer deals 8 cards to each player.

Then he places the next card face up (so the number shows) in the center of the table with the rest of the deck face down beside it.

If the face up card is a seven of hearts, the first player to the left of the dealer may play three ways:

A- He may play another heart.

B- He may play another 7

C- He may play an 8 —

If he plays an 8, he may choose it to play any suit (usually the one in which he has the most cards)

8.
The other players play the same way. If a player cannot play in one of these three ways, he must draw from the "face-down" cards — one at a time — until he can play. The winner is the player who runs out of cards first.

If there are no more cards to be drawn from the "face-down" pile, shuffle the discard pile and replace the "face down" cards with it.

What do these people use when they work?



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sunday at the Lake

Scenic Lake Chabot, nestled in the gentle hills of Anthony Chabot Regional Park, will be the subject of two public nature programs during the month of August.

East Bay Regional Park District Naturalist Ron Russo, will lead a series of Sunday afternoon nature hikes at Lake Chabot from 3:30 to 5 p.m., August 2 through August 30.

The "Ways of Nature Hikes" will feature short talks on lake and hillside ecology and then a chance to explore the shores of Lake Chabot. All are welcome. Meet Russo in the picnic area near the Snack Stand at the Chabot Marina. (Russo, by the way, is the naturalist who wrote the charming and informative booklet "Magic World of Mushrooms.")

Also set for the month of August are Sunday "Family Tours" on the "Ecology of Lake Chabot", aboard the lake's tour boat, the "Chabot Queen". These meet at the boat dock at the Chabot Marina at 12 noon and are scheduled to last to 2:30 p.m.

Because the seating capacity of the Chabot Queen is limited, registration is required. To register, please call the Tilden Nature area, 524-1034.

To reach Lake Chabot, take the MacArthur Freeway, (U.S. 50) to the Estudillo off-ramp in San Leandro. Turn left onto Estudillo, which leads into Lake Chabot Road. Follow Lake Chabot Road 2 miles to the Lake Chabot Marina entrance on the left hand side of the road.



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JULY * AUGUST

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Can you take a letter?

For the first time, the business department of Contra Costa College will offer a course in beginning secretarial skills as part of its evening college program, which begins Tuesday, September 8.

The course will be offered in the evening program because there has been considerable demand for education in this area.

The course will meet on Monday and Thursday evenings from seven to nine, and will be taught by Mrs. Sarah Van Hook.

Classes at Contra Costa College are tuition-free and open to anyone eighteen years old or over, and to high school graduates. Information about admission may be obtained through the admissions office, in building E, or by calling 235-2583.

The Secretarial course emphasizes shorthand and typing skills, punctuation, and how to handle many kinds of business communication forms.

Admission requirements must be completed by August 7.

LETTERS

Point Counterpoint
An Open Letter:

There is a uniqueness associated with the Point that I cannot easily define. One aspect seems to be a sense of pride in the locality. As I write this a thought occurs to me that the very ingredients present here in the Point could serve as a useful guide for all communities in America.

It is important for all of us to get back in touch with the greatness of America and reinforce our sense of pride in being "an American."

In order to gain an understanding of what factors are involved in developing pride or lack of it within a community, I am interested to hear from the residents of the Point, their comments and ideas related back to their own experience on why they have developed this pride in the Point. I suggest that the Point Counterpoint be the medium of expression.

Yours truly,
Louis A. Rigali

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Sidewalk Stargazers

A group whose main objective is to give everyone the opportunity to observe the heavenly bodies meets on the sidewalks of San Francisco (at the corner of Jackson and Broderick) at 7:00 p.m. the first Saturday night after the first Quarter Moon.

They call themselves the "San Francisco Sidewalk Astronomers". They wander about, allowing people to look through their telescopes. Theirs are not ordinary telescopes, either. They make their own, and, besides being larger than portable telescopes usually are, they are hand-made and hand-designed, with colorfully painted exteriors.

Members of the group often assist in the Regional Park "Star Parties", bringing their telescopes and tales to enlighten the onlookers. John Dobson, who set up three large telescopes on a hill at White Sulphur Springs Camp, when Huscicon was conducting an outdoor education camp there, enjoyed conducting the children through the skies, as they scrambled up the ladder to peer through the largest telescope. He also has a colorful slide show of various celestial scenes, which, along with his telescopes, he is happy to bring to groups of any sort. The services of "Sidewalk Astronomers" is free, and if you are interested in inviting John Dobson to an interested group of amateur astronomers, his phone number is 567-2063. (Visibility is best when the moon is in its first quarter.)

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Security Service

The Richmond Security Patrol and Alarms Systems announces that it is now open for business and ready to begin patrol service for Point Richmond. Their rate month is \$20 per home for a 100-home minimum. Within 90 days they will also have home burglar alarms available to all home owners interested in that phase of protection.

Anyone interested in the patrol service or the Burglar alarms is invited to call the company at 233-1348 or 234-9272.

our Legislature

SIXTEEN BILLION PILLS.

Of the sixteen billion amphetamines and barbiturates produced legally in this country each year, (nearly 100 pills for every man, woman and child) over half are directed to illegal markets. Amphetamines or "speed" is the principal component of diet pills. Barbiturates are used in sleeping pills.

Bills which would restrict this flow of dangerous drugs were heard before the Committee on Health and Welfare on June 23rd in Sacramento, and all received a "do pass" recommendation.

The Subcommittee on Alcoholism and Drug Abuse, headed by Assemblyman Campbell (R-LaPuente), selected the most feasible ideas for controlling the flow of drugs and amended them into AB 219, the Drug Abuse Control Act of 1970. The rewritten bill establishes procedures for the regulation and control of restricted dangerous drugs and chemicals from which such drugs can be made, when shipped or transferred.

The bill would insure that drugs which are stored in California for shipment to a foreign country, particularly Mexico, actually reach their destination. All export brokers would be required to be licensed in California if they store or maintain drugs for shipment within the state. The bill would make all drug inventories subject to inspection and review by the State Board of Pharmacy. Any person who ships or sells a restricted dangerous drug would be required to submit a monthly report to the Board.

AB220, also by Campbell, would curtail the flow of restricted dangerous drugs from physicians guilty of "overprescribing." It would control the supply, distribution and prescription of dangerous drugs in the same way that narcotics are controlled. That is, dangerous drugs could be sold only on triplicate prescription. One copy of the prescription would be sent to the Bureau of Narcotics Enforcement. This method dramatically reduced the overprescribing of narcotics when first introduced. Presumably it would do the same for restricted dangerous drugs. This bill is being vigorously opposed by the drug companies.

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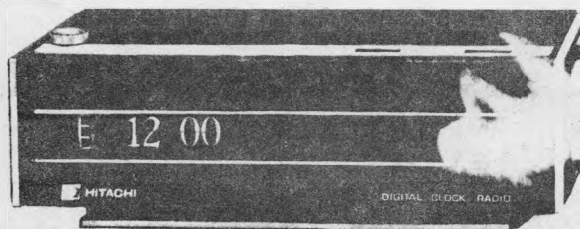
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AB 221 (Campbell) removes marijuana from the general category of narcotics and provides a separate designation under restricted dangerous drugs. The bill makes no other changes in regard to penalties or rules and regulations concerning marijuana.

ENVIRONMENT IN DANGER ?

An Assembly Bill concerning environmental quality has progressed through the Assembly, but now faces an uncertain future in the Senate. The bill was recommended by the select committee on environmental quality appointed by Speaker Bob Monagan.

ACA 55, the Environmental Bill of Rights, has passed the Assembly but now awaits a hearing by the Government organization Committee of the Senate. The bill would declare it to be the policy of the state of California to "develop and maintain a quality environment and insure the people of California clean air, pure water, relief from excessive noise, and enjoyment of scenic, historic, natural, and aesthetic values."

Efforts are being made to get the constitutional amendment through the legislature and signed by the Governor in time to get it on the November ballot for the vote of the people. However, opposition by special interest groups is being concentrated in the Senate. While a special Senate committee has been appointed, it will not make its report until late in 1970. Many students of ecology believe that the time is late and that immediate steps must be taken.

tax assistance

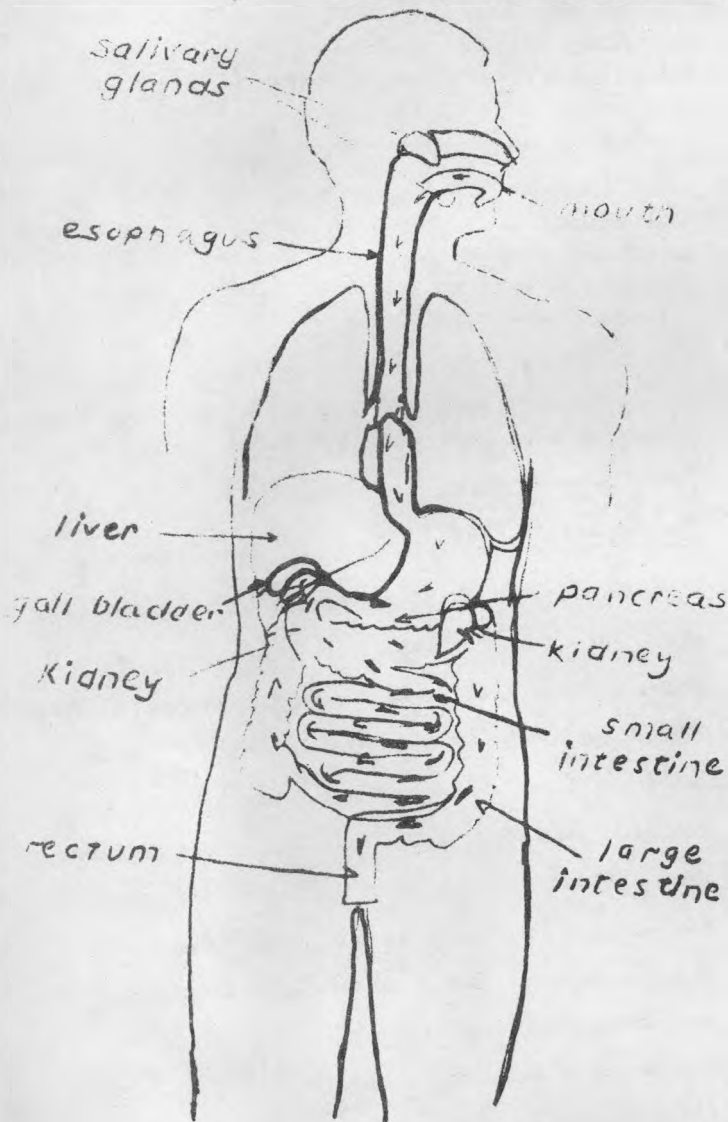
Many senior citizens are apparently failing to take advantage of the property tax assistance which is available to those who qualify, according to Assemblyman John Knox of Richmond. Only 36,000 claims have

To be eligible for Senior Citizens Property Tax Assistance, claimants must be over 65 years of age as of January 1, must own and occupy their home; must have paid the property taxes on the home; and must have a total household income of less than \$3,350.00. Qualified individuals can obtain forms by writing to Senior Citizens Tax Assistance, P.O. Box 1588, Sacramento, California 95807. Forms are also available at Assemblyman Knox's office at 3803 Macdonald Avenue, Richmond, and should be sent to the State Franchise Tax Board, P.O. Box 1588, Sacramento, before October 15, 1970.

HEALTH

comes first

by A. H. MEADS



The Body's Feed Line

Among all the remarkable structures of the human body the digestive system may well be the most intriguing. There is still much to be learned about the details of its mechanism, but enough is known to evoke the awe of anyone who investigates it. But it is very important to remember that there is still much to be learned, that many mysteries remain in the amazing complex of the digestive process.

The physical plant of the digestive system consists of a long tube with an opening at each end. There is considerable variation in the diameter of the tube; it follows no straight line but rather weaves back & forth,



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turning on itself many times. The inner surface is covered with projections, convolutions and ridges. The tube extends from the upper opening, the mouth, by which food enters it, to the anus, from which waste products leave it. (perspiration and urination also serve to dispose of waste.)

The process of digestion can be described in very general terms as follows: The food is before you. You see it, smell it, think of it. Your senses alert the salivary glands in your mouth and they start producing juices containing enzymes even before your food is tasted. When it does enter your mouth you chew it to start the grinding-up-process. As you chew, the food is acted on by certain chemicals in the saliva. The wet, partially ground mass moves down the throat, through the esophagus to the stomach. Here additional chemical reactions, plus the physical churning of the stomach, convert the food into a viscous liquid, which then

passes through the pyloric valve into the small intestine. Further chemical changes keep digesting and reducing the food as it travels along the intestinal tract. Here it is broken down into small particles fine enough to pass through the wall of the intestine into the blood stream. The blood stream carries the food to cells throughout the body. Waste products and undigested materials move from the small intestine to the large intestine and on through to the rectum to be eliminated.

It seems simple enough, doesn't it? But the how of this process makes man's most advanced industrial chemical plant appear as though it belongs to the caveman period.
(continues next week)

ORGANICALLY SPEAKING

by a. h. meade

Here is one that you will long remember; what to do with your old used beer, yes I said beer! Get some little aluminum dishes place an inch to one-and-one-half inches of beer in them then place them around the outside of your house in the deep shrubs and ground covers; look at them the next morning, they will be full of slugs and snails making their slow torturous ways up and over the side of the pans, then sinking happy into oblivion. Now isn't that better than insecticide.

And how about bug-eating-bugs: Proves over 99-44/100% effective.

Just how much attention the bug-eat-bug technique is getting - and how effective it's proving - can be seen in a few news reports:

At the Cotton Insects Research Laboratory at College Station, Texas, Dr. R. L. Ridgeway used insects to produce a level of pest control equal to the best obtainable with conventional insecticides. He released

Water will not wash off the beetle from the plant. When insects attack, the ladybug extrudes and odorous fluid deterring the attacking insect.

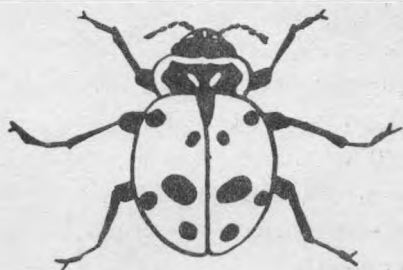
There are approximately 75,000 ladybugs to the gallon, which sells for about \$6.50 delivered. One gallon is recommended for three to five acres of nursery stock.

Many people are now using ladybugs as a control in flower gardens, yards, greenhouses, parks, alfalfa fields, cotton and corn growing areas.

Praying Mantises do their bit too. And they are a lot friendlier than a can of DDT. The mantises, which grow to two or three inches long, will eat any insect they can catch, including wasps.

lacewing larvae - 25,000 per acre - against bollworms and found them 99.5 percent effective. Seed cotton crops protected by lacewings averaged a yield of 1,200 lbs. per acre, as opposed to 400 lbs. per acre for unprotected crops.

Ladybugs has also accomplished the task of reducing an exceptionally high population of pine bark aphids at the H. I. Toumey Nursery at Watersmeet, Michigan. By no means will it eliminate all insect problems at the nursery where there are 20 million seedlings growing. However the aphids are a favorite food. Each ladybug consumes 40 to 50 dry - and will also feed on other insects, eggs, and larva. The heavy-eating ladybug has several built-in protection factors.



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Pam Paasch won Fourth Place in a dog show in Santa Barbara. She competed against many dogs from all over the nation. Congratulations, Pam!

Mr. and Mrs. Reynard Wellman are the proud parents of a new daughter, Erica, who was born on June 26, 1970.

Dale Price celebrated his birthday on July 28th with a champagne party aboard his yacht, "Triffy."

Last Saturday, Katheryn Werner celebrated her second birthday with a party at her home. Guests who participated in the celebration were Sue and Matthew Prine, Dee Ann and Julie Conwit, Joan and Kimberly Neptune, Harvey Newton, Johnny Maxon, Sandra Kinter, Nancy and Robbie Anderson, Donna, Jodi and Roni Roselius, Linda and David Shelton, Licianna and Jenny Wellman and Helen Francisco.

Jumbo Burgers will be closed on Sundays, and on Saturdays at 2:00.

Leslie Kretzmer has a new dog named "Sunshine". Sunshine loves the water, and spends a great deal of time in it.

Nancy Adderson held a festive baby shower for Linda Werner this week. Guests played games and ate white cake decorated with booties, flowers and a stork, and the words "Happy Landing, Mr. Stork." Attending the party were Dallas Maxon, Grandma Shelton, Joan Neptune, Kathryn Siskin, Ginger Scott, Wanda Sarsfield, Roni and Jodi Roselius, Dee Ann Conwit, Helen Francisco and Linda Scarsella, and of course the

guest-and-a-half of honor, Linda Werner.

Lucille Mahoney of the Mexican Inn has been ill since the Fourth of July, but plans to be back at work again next week.

Don't forget to save your books for the Richmond Museum's Book Sale. Any books you wish to donate will be happily received by Marlys Reynolds. Call her at 234-4617 any time until September.

REGIONAL PARK BOARD ELECTION

Elections will be held in three East Bay Regional Park District Wards on November 3, in the general election, to choose Directors for four year terms. In Ward 7, the incumbent is Paul Badger of Pinole, who has served his ward faithfully for several years. The ward consists of El Cerrito, Richmond, Richmond East, Richmond North, San Pablo, El Sobrante, Rollingwood, Bay View, Giant, Pinole, Hercules, Rodeo, Crockett, Port Costa, Oleum, Selby, Martinez, Alhambra, Pacheco, Clyde, Nichols, Vine Hill, Mountain View and portions of Concord and Albany.

Key dates in the East Bay Regional Park Board elections are: August 10, first day for signatures on petitions; September 4, last day for signatures on petitions; August 15, first day for filing of statements of candidacy; September 4, last day for filing statements of candidacy and for certification to the county Clerk.

NEW AT C.C.C.

Contra Costa College has a new dean of student services, Dr. Paul L. Holmes. Dr. Holmes will leave a post as assistant to the president of Laney College in Oakland to assume his new duties. He has been at Laney since 1965.

The college's new director of community services is Harold J. Moore, community relations coordinator with the City of Hayward.

LOST

REWARD for return of lost black, long-haired male cat, Six months old.
Lost in Point Richmond. "Harold"
Please call 237-1708 before 7 a.m.
or after 6:30 p.m.

BLACK LABRADOR PUP. Nine months old.
License No. 59250. Owner misses and
loves him. 36 Cottage, or call 234-8254.

FOUND

HANDBAG. Empty. Looks nearly new.
Found on Contra Costa near Golden
Gate Ave. If you lost a purse, phone
to identify. 237-1876,

WANTED

ATTIC-OWNERS ATTENTION: Have you
tucked away in your attic an old-fash-
ioned curtain-stretcher for lace or net
curtains? Would like to buy such a
stretcher, or would welcome informa-
tion on where one could be obtained.
Please call 232-3118.

HOUSES OR APARTMENTS:

Commercial Artist with wife and two
good clean quiet non-destructive dogs
wants to rent home with yard. Handy
with tools, will do maintenance or im-
provement work. Gil Robles: 548-
3841.

Couple desires small house or apartment,
will do gardening, Carpentry, painting,
etc. To \$140 a month. References.
843-9755.

Young professional couple wants one or two
bedroom home (preferably) or flat or
apartment. We have a small dog, but
no children. Eugene Salazar, 1911 A,
Berkeley Way, Berkeley. Phone
849-4443.

WANTED: Female to share apartment. Pre-
fer school teacher, or someone compati-
ble with roommate who works and attends
school. \$75 a month. Kitchen privileges,
small bedroom, share bath. 237-3950
Saturday mornings.

18.

WANTED: Married college student desires
work, painting homes, etc. Reason-
able. Call 848-4775.

Old Newspapers wanted: call 234-0814.

Needed: Addressing equipment, staplers,
polaroid camera, by Huscicon. Call
235-6347.

FOR RENT

One-Bedroom Mordern unfurnished apart-
ment in Point Richmond. \$125 a
month, plus utilities and 50-50 depo-
sit. Carport, Washer, Dryer.
Call owner anytime: 368-8431 (Red-
wood City), Harten.

DINING ROOM TABLE, two leaves,
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223-8345.

FRUIT JARS: Pints, quarts. Call 232-
3556.

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Call 233-6969.

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• RECIPES •

• SWISS CHARD - ITALIAN STYLE

Clean and peel stalks from 2 bunches of Swiss Chard. Place in shallow pan. Add:

- 1 Tbs. tomato sauce or fresh tomatoes
- 1 Tbs. olive or blended oil
- 1 pinch sweet basil
- 1 pinch rosemary
- 1 pinch marjoram
- 1/4 tsp. salt
- 1/4 tsp. brown sugar, or more to taste
- 1 Tbs. cider vinegar
- 1/4 cup water.

Cover and simmer slowly until stalks are tender. It's better to add the cider vinegar just before vegetable is ready.

• SWISS CHARD - CHINESE STYLE

- 1 bunch Swiss Chard
- 1 bell pepper
- 1 medium dry onion
- 1 stalk celery
- 2-3 strips bacon or 1 Tbs. oil
- 1 Tbs. Soy sauce
- 1 tsp. brown sugar
- 1 tsp. agar agar

Wash Swiss Chard, separate leaves from stalks. Cut pepper and other vegetables into 1/2 inch strips. Heat oil or fry bacon pieces until hot in heavy skillet. Fry stems of chard together with celery for 3-4 minutes, add onion and bell pepper, mix frying them 2 minutes. Finally add chard leaves, soy sauce, sugar and simmer covered for 3 minutes. Take off cover, thicken with agar agar and serve.

• SWISS CHARD is also one of the vegetables that can be added to the soup base and noodles sold at the Santa Fe Market, called "Sapporo Ichiban". Follow directions on the package, and add almost any vegetables you wish, but don't cook more than a couple minutes.



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Darlene Austin: 234-6037

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Mrs. Beardsley: 234-0178

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HIGH SCHOOL SENIOR wanting work after 1 p.m. babysitting or housework or both. Joann Comer: 235-7200

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Cathy Enyeart: 235-9572
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
Michelle Healy: 235-3897

SHERRY & BOB'S

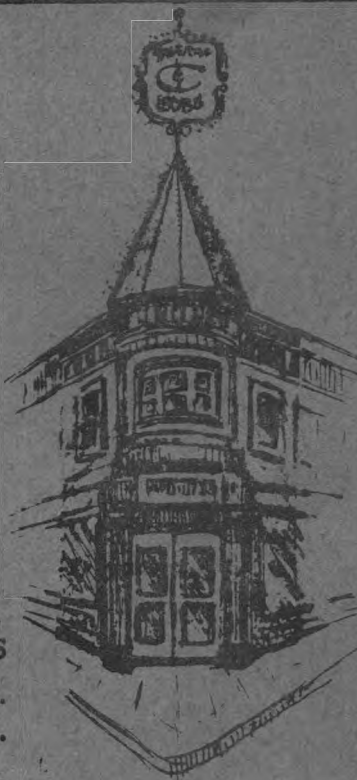
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11:00 AM

BYF YOUTH GROUP 6 PM

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MID-WEEK SERVICE WED 7 PM

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Bay Area Air Pollution Control Bd. 771-6000
Water Quality Control Bd. 464-1225
Public Health. 234-7900
Sonic Boom (Hamilton AF Base), . 838-3711