

POINT COUNTERPOINT

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POINT RICHMOND, CALIF.



by Pat Galton

1. NO SUGAR FOR THE Strawberries



by Dan Robertson (!)

Unless you have led a sensible and reasonable life so far, you have probably run across these Forest Rangers that the government has guarding the gates of the campgrounds. These forest rangers have all read John Muir books and have got autographed picture of Henry Thoreau scotch-taped inside their pith helmets and have been to Forest Ranger college, but all they do all day long is walk around picking up pieces of paper with pointy sticks, cleaning latrines, and telling everybody that the campgrounds are full.

I know all about it, because I tried to go camping at several of the U.S. of A. campgrounds this past week, and every one was full up by 10 o'clock Monday morning. The forest rangers said so. They said, "Well, if you want to go way up in the wilderness areas, you might find a primitive campsite, but that's about all," and I said, "Nothing doing. I have read about these bears and so on that you have out there in the wilderness areas, chewing people's sleeping bags and kneecaps and so on. Don't you have a nice camping spot next to a bar, with a shower and a soft bed?"

"Sorry," said the Forest Rangers, but they were not sorry at all. Finally, at one campground, I slipped the head ranger a twenty and said, "I'll have a space up front, Captain, near the water, and keep the change," but he handed it back and said, "Sorry, we're full."

Well, probably he wouldn't know what to do with an extra twenty anyway. None of these campgrounds are next to anywhere, and probably the rangers don't smoke or drink, (Smokey the B. probably doesn't allow it.) and there are no extra girls around these campgrounds after dark,

so even if he had an extra twenty dollars, your average Forest Ranger wouldn't know what to do with it. Probably he would just shred it up and feed it to the squirrels.

But who knows? Maybe when it gets dark, these Rangers turn into regular Jekylls and Hydes. Maybe they go off to their little houses in the woods and have orgies, where every ranger has four or five cigarettes in his mouth at one time, with one hand wrapped around a bottle of rum another around a pretty girl (or Smokey the B., depending on how hard up he is and how far it is to town and so on.)

Probably, these campsites are not really filled up at all. Probably the rangers just stand at the gates shoosing travelers away, so the rangers can have the whole campground to themselves. At night, they build huge campfires and kick sparks all over the place, and drop film wrappers right down on the ground, and stuff themselves with homemade squirrel pie. When you see a Ranger picking up pieces of paper with a pointy stick, remember that he is probably just cleaning up debris from last night's Ranger Party!

Well, we tried a lot of places, but they were all filled up. Even when my wife told them about her Girl Scout Badge in canoeing and I showed them what a keen edge I had on my Case pocket knife, they turned us away.

Frankly, I was relieved. Camping is not good for humans, because in the wilderness, a man becomes a magnet for troubles. He attracts flies, fleas, mosquitoes and bees. Sharp knives slice him, searing bacon fat drips on him, poison oak climbs loving around his ankles, spiders make nests in his tangled hair, and Things keep him awake all night long. The food is always filled with dirt and is undercooked or overcooked, and there is never any sugar for the strawberries. Man becomes aware of himself in the wilderness, all right, mainly because it is hard to ignore a shivering, bruised, wet, exhausted body, especially when that body is your own. (page 17, please)

YOU DON'T KNOW YOU'VE GOT IT... TILL YOU'VE HAD IT...

- or -

"OH, BLOW YE WINDS SOUTHERLY "
(or South-easterly, or even
Easterly, but NOT West
or Northerly!)

Even the former secretary of the Chamber of Commerce at one time admitted that the placing of a dangerous Chlorine-manufacturing plant on South Garrard Boulevard in Point Richmond was the unfortunate result of an over-zealous employe in the City Manager's office. Their location on that site was not just unfortunate, it was illegal; for they manufactured chlorine in a non-manufacturing zone. Their welcome by the city at the time, and the city's willing ignorance of several regulations, later gave the company quite an advantage. For, later, when Point Richmond became aware of the hazard, the company's manager welcomed all callers, and willingly admitted their "illegality". He also gladly pointed out that everything had been completely agreed to by the city, and that, if anyone was at fault, it was the city, not he; and he added that, should the city now change its mind and require that its regulations be enforced, the company would likely file a law suit.

And so, even after many encounters between people of Point Richmond and the City Council on the subject of Tops Chemical Company, the company is still there, considerably expanded since the first complaints began rolling in. Improvements have been made; the open ditch carrying caustics to the bay no longer usually does so. A sewer connection finally brought an end to the complaints of dog owners whose dogs were severely burned by the caustics. And, with the opening of the enlarged facility, the new safety devices were pointed out, as being the answer to any possible objections voiced by Point residents that the deadly Chlorine gas could escape without detection.

2.
Their major facility sits on filled land near the bay, leased to them by the Santa Fe Railway Company. The public had been completely unaware that any expansion was to take place until the building appeared. It was especially unexpected, since Santa Fe had stated that the land would not be ready (it needed more fill, and time to settle) for any buildings until approximately 1975. Filled land is exceptionally dangerous in this area because of its instability during earthquakes.

But there was no earthquake this week. There was an undetected leak. Undetected until those affected needed hospital care. The gas is odorless, and the symptoms suffered by those in the vicinity were a pain in the throat and tightness in the head and chest. Fifteen people require medical attention at about 5:30 on Tuesday. Had the leak occurred last Sunday, during the Richmond Rambler's "Scramble", the number could have been far more dramatic.

Point Richmond people got tired of its fruitless battles against its neighbor long ago, but many are no less concerned with the potential dangers just down the road.



In case you get this paper in time, this evening (Friday, August 21) you are all invited to an evening of International Folk Songs And Dances -- a Fiesta -- presented by the students and faculty of the East Bay Music Center, located at 24th and Barrett in Richmond, at 7:30 p.m.

The East Bay Music Center is in its second year of unique existence, offering music education to anyone, to all ages, in almost any phase of music. Lessons are given in choral and instrumental music, individually and in groups. The fall quarter will soon begin, and registration for lessons will take place from September 7 to 16. Information about the Center and its facilities may be obtained by calling 234-5624.

3.

" Acoustic WEEKENDS "

On Saturday evening, August 22 the Garden of Delights will present at the Sausalito Arts Center the San Francisco Folk Music Club, performing a program of acoustic and Folk music. The program, beginning at 8:30 p.m., will be the first in a series of acoustic weekends, and plans are being made to make this a regular event at the arts center. This program will feature the Sunshine Ceili Band, doing Irish folk numbers; Carol Brown of Mill Valley, a "blond, leggy, deep-voiced singer;" Bill Steele and Mark Hatfield playing humorous songs; Lin Elder of the Magic Mountain Workshop who makes and plays musical instruments; Holly Tanner playing Dulcimer; Jim Hughs with country and western songs; Genny Haley, and Larry Hanks, a very well known Bay Area folk musician.

General admission to the program is one dollar; 75 cents for students. The Center is located on Nevada Street. Call 332-4475 for further information.

eight IN ONE

Eight one-man exhibits opened simultaneously at the Richmond Art Center this week.

Ken Friedman, concrete poet, composer of events, and preacher/minister is showing compositions and gifts which consist of visual musical scores and sculptures, all of which are to be given away to his friends at the close of the show.

Also shown with Friedman's work is an entire Fluxus Kit, a collection of concept pieces by such people as George Brecht, Ben Vautier, Yoko Ono and Friedman, who is a member of this original concept art group.

Barry Klinger, of Berkeley, is showing

96 photographs, all taken in one day, of a picnic in Berkeley. All are mounted in sequence and exhibited all on one wall.

Ceramics will be exhibited by Clayton Bailey of Crockett who was recently featured on the ABC TV network "American Craftsmen"; Ron Cooper, who will be exhibiting special formula clays to be sold and given away to specific artists who will make works to be exhibited in December, 1970; Jun Kanedo of Temple City, who came to the United States in 1963 after several shows in Japan; David Kuroaka of San Jose, winner of many prizes, will exhibit Raku pottery; Patrick Siler of Oakland, is exhibiting 27 teapots of stoneware; and Joe Soldate, presently teaching at the Pottery Northwest Center in Seattle, who will exhibit two large floor pieces that extend the length of the gallery.

group EVENTS

If you are planning a group picnic, a youth group overnight camping trip, or use of Tilden Park's Brazilian Building, the new number to call for reservations is 531-9034. You may call from 9 a.m. to noon, or from 1 p.m. to 4 p.m. weekdays. The regular East Bay Regional Park number, 531-9300, is still the proper one to call for information, assistance or brochures.

reminder

If you haven't yet taken time to look at the proposed Hoffman Freeway designs, do so in preparation to the Public Hearing that will take place at Cortez School on September 16, at 8 p.m. The exhibit, and people to explain it, is located at 1421 Wright Avenue, Richmond.

Today's lesson in anatomy.....

The Head: "The head is kind of round and hard, with hair on it and brains in it. The face is on the front, where the food goes in and faces are made.. The neck is what keeps the head out of the collar." "

WHAT'S GOING ON DOWN TOWN?

The League of Women Voters of the Richmond Area and the Social Concerns Commission of St. Luke's United Methodist Church are sponsoring an informational meeting in the Loofbourow Room of the church, at 32nd Street and Barrett Avenue, on Tuesday, August 27, from 10 a.m. to 12 noon.

Mr. Napoleon Britt, Executive Director of the Redevelopment Agency of Richmond, will present the modified plan for the redevelopment of the downtown area.

The League, the Council of Churches, The Social Concerns Commission and the Committee for Saving Downtown Richmond and other groups, had supported the proposed redevelopment plan, 10-A (that provided for a regional shopping center and commercial development). The City Council, however, did not approve this plan, and directed the Redevelopment Agency to produce a plan on a smaller scale and at less cost. Mr. Britt will speak about the proposed development scheme from Sixth Street to the BART Station; the land use proposal including what buildings are to remain, and the pattern of re-use.

All interested persons are invited to attend. Child care is provided for a small fee, in the nursery.

For further information concerning this important informational meeting, you may call Ruth Duncan at 234-4794.



Beginning today, the State Fair will take place in Sacramento, until September 9.

In Concord, this weekend and next, the Summer Music Festival will take place. For information, call 682-6770.

From August 27 to 30, the Hall of Flowers in Golden Gate Park will house the San Francisco County Fair Flower Show. (The preview is from 6 to 8 p.m. August 27.)

20th Anniversary - PANCAKES

Tickets are on sale now for the annual YMCA-YWCA Pancake Breakfast. This year, they are celebrating their 20th year at the Memorial Youth Center. An open house is planned at the time of the breakfast to acquaint people with the facilities and the programs.

The breakfast will be held Saturday, September 19, from 7:00 to 10:30 a.m.

A special treat will be added to the event -- the Richmond Band will entertain. Band music and Breakfast -- get your tickets now.

PLEASURE FAIRE

Each weekend in September, the Annual "Pleasure Faire and Ha-penny Market" will be held in Marin County near the Civic Center. Shuttle buses will again run from the Center to the Faire. Costumes are encouraged, wares of all kinds are sold, strolling musicians are playing, and entertainment of all sorts will fill the woods in Marin.

LA RAZA Studies

A brochure has just been published by Contra Costa College describing ten courses starting in September under the auspices of the newly-organized LaRaza Studies Department.

The LaRaza Studies Associate of Arts degree is described by college President Robert Wynne as an interdisciplinary program which offers the opportunity to pursue a major leading to the bachelor of arts degree at a four-year institution. The major is designed to prepare students for careers in teaching, government and business. Since many colleges offer advanced degrees in LaRaza studies, counselors should be consulted for major requirements. More information may be obtained at 235-7800, ext. 251.

REMINISCING

----- FIFTY YEARS AGO -----

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

August 21, 1920...

COTTON PRODUCTION AT PALO VERDE

"That California is becoming the "state universal" is once more shown in the growth of the cotton raising industry, a pursuit in which John Rihn and Charles J. Rihn, both Richmond residents, have invested much and about which they have become quite enthusiastic...."

BAND CONCERT AT WEST SIDE PARK

"A large crowd heard the third of the municipal band concerts, which was held last evening at the West Side band stand..."

POPULATION OF CONTRA COSTA...

"....Martinez was the largest city in the county, but is now relegated to third place...."

First - Richmond: 16,813
Second - Pittsburg: 4,715
Third - Martinez: 3,852

August 21, 1920...

STREET CARS MAY BE HIT BY POWER ORDER...

A 20% power reduction was ordered by the State Power Administrator.... It is now believed that the effect of the curtailment will be felt beyond the shutting off of electric signs and the shifting of the burden of the heavy load hours.... It may be possible that the street car company will be asked to take off cars...."

August 23, 1920...

"RICHMOND TO BE BOOSTED BY C.C. SECRETARIES OF ALL CALIFORNIA..."

"... When Richmond came up for a report the industrial feature and the harbor bond expectations were well received, some of the Los Angeles and other California Secretaries becoming so interested that they promised a visit to Richmond. From an industrial standpoint, Richmond had a fine showing."

"One of the especial features of the San Rafael-Petaluma trip was the campgrounds maintained by these cities... All of the campgrounds are reported to be highly successful and strong for advertising the city maintaining them, as well as adding to the commercial trade...."

ACTION ABOUT ACTION IN ACTION...

"The action of the Western Motor Transportation Company in disregarding the action of the City Council last Monday night in refusing a permit for the operation of the company's bus line on Macdonald Avenue to Fourth Street, will probably be a matter for discussion and action at the council meeting tonight."

PROCTOR - GAMBLE PLANT AFFECTED BY IMPORT RATE...

"Proctor and Gamble, who recently purchased a large tract in Richmond and are preparing to erect a large manufacturing plant there, wired the Chamber of Commerce to inquire about the discrimination between Pacific coast rates and those to the Atlantic and Gulf seaboard."

August 25, 1920....

FORCES UNITE AT MASS MEETING TO CARRY HARBOR BOND ISSUE...

Bond vote on August 28. Citizens and taxpayers met at the Chamber of Commerce last night.



August 25, 1920...

"EXPECT TO START WORK IN SPRING ON P & G PLANT...."

"Actual construction of buildings for the new \$3, 000, 000 plant of Proctor and Gamble in Richmond, is expected to be underway by next spring, it is indicated by correspondence between H. W. Wernse, receiver for the Point Richmond Land and Canal Company, and the company.... A survey for the filling and the leveling of the property has just been completed, and preparation of the ground for the factory will consume several months, it is said..."

August 26, 1920...

"WAREHOUSE OVERFLOWS WITH CARGO"

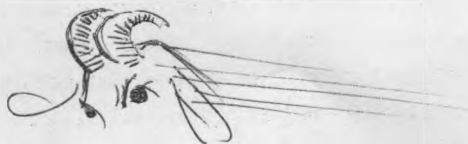
"The need for additional warehouse space at the Richmond Municipal dock was never shown stronger than today, when the present warehouse was crowded to the doors with sugar cargo unloaded by five boats awaiting cars for shipment throughout the country..."

August 23, 1920...

WOMEN ATTACK POUNDMASTER

"The encounter took place early yesterday when the poundmaster and his assistant started to take up eight goats running loose on the hills of Point Richmond. These goats are said to belong to the two women. One attacked the boy, and Poundmaster Meader released the goat he had captured and went to the boy's assistance. The other woman appeared and began fighting with the officials. Meader was finally forced to retreat, and later swore out a complaint charging the women with interfering with an officer. They were arraigned, and released on \$50 bail each."

Meader states that frequent complaints have been received by him regarding damage to gardens and yards by goats allowed to run loose on the hills of the West Side. Drastic steps will be taken if necessary to enforce the city ordinance requiring that goats be kept tethered or penned."



GLOOM LOOMS

6.

Far from resolving our anxieties and questions, the East Bay Regional Park District Board, at their Budget Work Session this week were very pessimistic in their responses to the questions of Joseph Salvato, Richmond Park and Recreation Department head, and the members of the Contra Costa Shoreline Parks Committee.

Their reason for not including land acquisition funds for the Point Richmond shoreline park in next year's budget was that negotiations about the flat-land were stalled at the level of discussions with the representatives of the Santa Fe Railroad.

It was the Regional Park staff contention that Santa Fe was so capricious and vascillating that it might take years to resolve all the little legal niceties necessary to free the Santa Fe land involved, thus permitting purchase of the beautiful hill lots so essential for hiking and view-admiring.

Much taken aback by the harsh and peremptory tones of the Board, the members of the Contra Costa Shoreline Parks Committee, crushed and saddened, departed to think of some new proposal which they might present for the Board's consideration at next Tuesday's important meeting, when the budget will be accepted by the Board.

--L. Edwards



The Happy Van will visit Washington Playground on Monday, August 24, at 2:00 p.m., to put on a FREE Puppet show for the children.

The Happy Van has had previous visits to Washington, with games and animals -- one duck, 3 guinea pigs, and 2 rabbits. The children enjoy their visits and look
(next page please)

7. forward to return visits.

The Playground will close on August 28 for the summer. It will resume, with school time hours (3:00 to 5:30) on September 14.

Judy Davis
Mark Ewing,
Playground Leaders.

Point TEENS

by Fred Goss

Thanks to all the people of the Point who helped make our rummage sale a success. We made a grand total of \$56.00, most of which will be used to purchase a coke machine for the Rec.

Next week John Blum will begin organizing soft ball teams for all ages, ten through ? . If you like softball, drop by the Rec anytime for more information.

This week end four members of the Point Rec Center, Missy Martincich, Tina and Barbara Comer, and Debbie Welch, will be headed South for a one-day excursion to Disneyland. They will be part of a city-wide trip sponsored by the City of Richmond.

We'll be short two staff members for a couple of weeks. Arthea Senger, the Teen Center Supervisor, is on a three-week vacation which will take her to Disneyland and Hawaii. She'll be back to work September 7. Gladys Ferguson is ill and will be out for two weeks. We all wish her a speedy recovery.

WEST SIDE

Library

by Mary Burkhard



REMEMBER -- There are story hours at West Side twice a week -- Wednesdays at 1:00 for preschoolers, and Saturdays at 11:00 for younger children.

NEW BOOKS

The books spotlighted today have only one thing in common -- each is a biography. SEIZE THE TIME by Bobby Seale is the story of Huey P. Newton, and the Black Panther party. Bobby Seale, chairman of the Black Panthers, defendant in the Chicago conspiracy case, and one of the New Haven Panther 14, writes from jail about himself, his party, and its leadership. -- the black men who have charged themselves, have changed America, and in the course of it, have caused an enormous controversy about our liberties and institutions. This is the way Bobby Seale describes his book in the Foreword:

"The life and existence of the Black Panther Party, the ideology of the party in motion, is a biography of oppressed America, black and white, that no news report, TV documentary, book or magazine has yet expressed, because to do so, would let the people know what's really going on, how things have happened, and how we're struggling for our freedom. So before the power structure, through its pigs, attempts to murder any more of us, or take more political prisoners in its age-old attempt to keep us 'niggers,' as they like to say, 'in our place,' I have put together the true story of the Black Panther Party." This one is neither artful nor soothing, but timely.

In THE HONEYCOMB Adela Rogers St. Johns takes up her life at 18 where Final Verdict, her biography of her father, left off. The Honeycomb traces Mrs. St. John's fifty years as a newspaper woman during which, as a star reporter and feature writer for the Hearst papers - under the over-all supervision of William Randolph Hearst - she covered the Lindbergh Kidnaping Trial, the romance of Edward VIII and Wallis Simpson, the Huey Long Saga and most of the other great American news stories of the 20th Century. Although she chose what was considered a man's career, she never forgot that she was a woman, and in her recollections she also finds time to discuss her bettersweet marriage to Ike

St. Johns, a profound love affair, her difficulties with being simultaneously a wife, a mother and career woman, as well as more serious personal problems. It's a blockbuster of a story that catches the reader up in its drama and excitement and personal confrontation with the events.

On May 31, 1969, Mario Andretti won the Indianapolis 500 Mile Race. In winning he broke 15 of the 20 race records and established a race-speed average of 156.867 miles per hour. It's easily said but not simple to do -- especially if your first glimpse of the United States occurs when you are 15, a skinny Italian kid who knows little English and is straight out of an Italian displaced persons' camp. WHAT'S IT LIKE OUT THERE? is the story of Mario Andretti's odyssey.

TRIVIA

by Mid Dornan

(and her summer help)

HAPPY BIRTHDAY

Nikki Eaton

Donna Wilson

Sharon Hardwick

Phil Buckley



Celebrating one's fortieth birthday is something like becoming 21 in reverse.

~~~~~

Mr. and Mrs. Allan Smith and sons Bryan and Allan have just returned from a month's vacation, during which they toured the United States, sight seeing from here to New York.

~~~~~

Flying to Omaha, Nebraska last week was B. E. Christiansen of 32 Crest Avenue, to attend a 25-year reunion of his World War II Army Field Artillery outfit. Reunited with several wartime friends for the first time in a quarter of a century, you can just imagine the many hours of reminiscing and updating of their individual pathways since they were last together in the South Pacific. Chris was in the sixth Division that spent 27 months overseas.

Also, Anita Christiansen is actively seeking any and all old costume jewelry, fancy buttons and other trinkets that she can take to the convalescent hospital in San Pablo where her mother is confined. The patients use this material in making various art works as part of their therapy program. If you have anything that you could donate, please call Anita at 233-3343, or drop it off at 32 Crest Avenue.

~~~~~

A man's will left several million dollars to a woman who had, twenty-five years before, refused to marry him; for giving him 25 years of uninterrupted peace and happiness.

~~~~~

Gargantua Barusch, the newest member of the Cypress Point four-legged set, is a charming young dog of unknown parentage. His color is golden, and his expression very appealing. He is becoming very friendly with his next door neighbors, Thomas Edison Hammond and Pepe Hammond, both members of the feline family, who sometimes share a snack with him on sunny mornings. He is already developing a formidable bark, and promises to be as vigilant in guarding the area as his predecessor, the late Prince Barusch.

~~~~~

Mike McLean and Carl Nelson have discovered a violin with a "Stradivarius" label. Anyone interested may see the violin at 222 Tunnel, Point Richmond.

sunday at the



balladeer

**BOB MAYA**

SINGS AND PLAYS

3 ~ 7 P.M.

32 WASHINGTON AVE.



**The Point is Blazing with Sunshine!**

Weekends - 8:30  
July 24 - August 29

*Little Mary Sunshine* A HIT!

MASQUERS PLAYHOUSE  
105 Park Place . The Point

could you be a

## Fungus Foot?

If you are a golfer, it's just possible that you are a fungus - carrier. (Not the athlete's foot type, unless you like to go barefoot on the greens). The insidious "fusarium wilt" affects grass, not feet. It is, however, affected by people's feet, being carried from infected areas to healthy areas on golfers' cleats. "A golfer could be a sort of putting green 'typhoid Mary' without even knowing it," according to Tom Lynch, the East Bay Regional Park's Superintendent of Maintenance. Lynch, armed with a spray gun, is attacking the fungus with fungicides; meanwhile all good golfers are trying to keep their cleats clean.

## Plugging Up The DRAIN in (on) the Bay

Of interest (and concern) to those who hope that San Francisco Bay is in capable hands, but who know better than to assume that public concern is not needed.

The San Francisco Port Commission's application for the large Ferry Port Plaza development in the Bay, just north of the Ferry Building, will be heard before the Bay Conservation and Development Commission on Thursday, September 3 and 2 p.m. in the State Building, Room 1194, 455 Golden Gate Avenue, San Francisco.

This will be the only public hearing on this precedent-setting application, which, in the opinion of the Save San Francisco Bay Association, is the greatest threat to the protection of the Bay which has yet come before the BCDC. Scheduled for the Thursday before Labor Day, it is a difficult time to get a large audience; however, it is important that an indication of public concern be shown.

The port application involves a very large development, including a hotel, shops, parking, more than a million square feet of office space, and some public access around and through the buildings. All this is to be built on a platform extending into the Bay covering more than eighteen acres.

Legality.....

Bay legislation provides that new fill or water covered by structures must be limited to water-oriented uses for which no alternative sites are available. Therefore, such uses as proposed could be considered illegal. The Port, however, claims the project is legal because it would not add "new" coverage for the Bay; existing piers and docks will be torn down and the area exchanged for these non-water uses. This exchange seems, however, not equal in many respects, including the effect on the Bay itself.

Most important is the change away from water - oriented uses.

Arguments:.....

The Save San Francisco Bay Association



gives the following reasons for concern about the proposal:

1. The Bay Commission would relinquish its jurisdiction and leave to owners the decision as to what some new Bay fills or pilings would be used for.

2. Old piers can either be reconstructed for water-oriented uses or for public access and fishing, or they can be removed to create a more open shoreline. It does not need to be a choice between a "beautiful office building or no public access to the bay."

3. The effect could be very serious. Cities and ports and many private owners and corporations have old piers now, and others that will deteriorate over the years. Berkeley for example, has an old pier nearly a mile long. Many acres of the Bay will eventually be affected. Piers inevitably will be consolidated or rebuilt to accommodate such uses as high-rise apartments and office buildings, parking structures, etc. in the Bay. Already final plans are nearly completed for a very high U.S. Steel Building to be placed in the Bay just south of the Ferry Building.

Therefore.....

If the Port of San Francisco is given permission to use the Bay for non-water oriented income producing purposes, many other special interests around the bay will find it worthwhile to do the same. Instead of being protected and developed for Bay uses, the Bay will once again be considered valuable primarily as a source of real estate. The Bay is considered the single most valuable asset of the whole region, and a resource belonging to all the people of the state. The greatly increased future population will need this non-expandable, irreplaceable water resource.

Besides attending the hearing, it is important to voice public opinion by writing to Chairman Melvin Lane, BCDC, 507 Polk St. San Francisco, 94102, and to Mayor Joseph Alioto, City Hall, San Francisco, 94102.



**F.D.R. PALACE**  
**35 WASHINGTON**  
HOURS: MON. thru SAT. 1:00 - 5:00

**Point International**  
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111 W. Richmond  
234-6668  
TUES-FRI-12:00-7:00 SAT-SUN 1:00-7:00 CLOSED MON.  
Visit Our Boutique  
**The CLOTH CLOSET**  
LONG SKIRTS - KNITS - 2-PIECE PANTS SETS  
MEN'S MOD SHIRTS - MACKY DRESSES

**KENNETH S. JANES INTERIORS**  
Antiques and Accessories  
232-1551  
115 Park Place  
Point Richmond, California

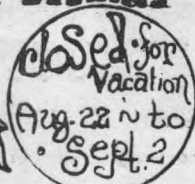
**SOPHIE'S** 151 PARK PLACE  
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by appointment only

# Fantastic

**STORE-WIDE  
CLEARANCE!**

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SWIM SUITS · SHORT SETS ·  
DRESSES · PANTS · SUITS  
KNITS · ETC. famous brands

**to Sept. 15!**

**SHERRY & BOB'S**

201 W. RICHMOND · 232-3908

## Want to Win a Kayak?

The prize for naming a new cruise boat is a \$150 kayak; a coral-and-white one, no less. So, even though you may not have been aboard the new boat which is sailing around the East Bay Regional Park's newest lake, at Del Valle Regional Park, you may want to name it. The 30-passenger cruiser will be named at a gala champagne christening at 1 p.m. Saturday, September 12. The winner will have the honor of swinging the magnum of vintage champagne against the plastic hull, besides winning the kayak.

You may obtain pre-addressed post-card "ballots" by writing to the Regional Park headquarters at 11500 Skyline Blvd., Oakland, or from concession stands at Del Valle, Contra Loma, Chabot or Tilden Parks, Alameda Beach, or Cull, Don Castro and Roberts Recreation Areas.

Deadline for entering names is September 4, at midnight. Rides on the cruiser during Christening Day will be only 25 cents.

## How to fix a TV

An evening course in television repair will be offered at Contra Costa College this fall. The evening course will be given from 7 to 10 p.m. on Tuesday and Thursday, and includes shop practice, demonstrations, and related technical instruction in the testing, repairing and adjusting of black and white television receivers. Instruction in the use of tools and television test equipment is also included.

Prerequisite for the course is the completion of a course in basic electronics or its equivalent in practical experience.

Registration will be by appointment on September 2, 3 and 4. All persons planning to attend, but not enrolled, may obtain the necessary materials by telephoning the admissions office at 235-2583.



# Family Camp Opening:

Vacationers can still enjoy a relaxing, refreshing experience at the City of Berkeley Family Camps at Echo Lake Camp in the Sierra overlooking Lake Tahoe, or Tuolumne Camp on the Tuolumne River, not far from Yosemite Valley.

The Camps are open to everyone on a week-end, week, or daily basis, with hearty family style meals and a tent platform provided at moderate prices. Both camps offer a wide variety of recreational activities -- swimming, fishing, hiking, boating, sports entertainments, evening camp-fire programs. For children there are staff supervised fun things to do so parents can enjoy their own leisure life.

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

## ORGANICALLY SPEAKING

by a. h. meads

### More About Bees and Pest Control

"We decided to experiment and see if anything so simple and safe would eradicate the pests. Various-sized containers, each holding about one and one half inches of beer were placed around the yard. Some we sank to ground level, others we placed in likely looking spots under a shrub or in the open on our cement walks. By evening every container held a respectable number of deceased slugs and snails, and the next morning several of the traps had to be emptied to make room for new victims."

Sources For Insect Control discussed in These Articles include:

#### Ladybugs

Bio-Control Co. Route 2 Bx 2397, Auburn, Calif. 95603; or L. E. Schroer, Rough & Ready, Calif. 95975.

#### Praying Mantises

Eastern Biological Con. Co., Rt. 5 Bx. 37, Jackson, N. J. 08527; Gothard, Inc., P. O. Box 332, Canutillo, Texas 79835.; Robert Robbins, 424 N. Courtland, East Stroudsburg, Pa. 18301.

NEXT PAGE, PLEASE

## GALAXY JEWELERS

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Vitova Insectary, Inc., P.O. Box 475,  
Vitova, Calif. 92376.

\*\*\*\*\*

### The Chain Store That Dared

*King Soopers of Denver, Colorado, started selling organic produce because their older customers asked the chain for help in living with their allergies. Now the chain expects to stay in the business because their young customers want to live a more natural life.*

*The Colorado chain of 29 supermarkets (organic produce is sold in six of the stores) started selling naturally-grown produce at the request of physicians and their patients about six years ago.*

*"These doctors were allergy specialists," says John Karns, produce specialist for Kings. "They knew we made our own baked goods from unbleached flour and without preservatives, so they sent their patients to us. Before long, we were persuaded to stock organic foods."*

*The supermarket chain, which carries between 25 and 30 organically grown items shipped from California, then contracted physicians and health food stores in their own area to let them know they were stocking their products. Before long, business in those foods began to pick up. The chain it claims has customers from all over the state even from out of state.*

*Organically-grown foods are sold in two ways at Kings, depending to the type of customer. One operation is strictly service, where the shoppers come into the produce cooler and buy right from the crates in bulk.*

*"This type of shopping is preferred by our older, our original customers who like the idea of service and who can discuss the fine points of organic foods (as well as their personal problems) among themselves and our sympathetic clerks," says Karnes.*

*The other on either Monday or Thursday, usually the first day of delivery for the different stores, these coolers are packed with customers who think nothing of buying 25 pounds or more of carrots at a time. Before the day is over, most of the supply is gone.*

*We should suggest that some of our super market sell organically grown food here in the Richmond Area! How about putting some pressure on them with the physicians and Doctors help.....*



# HEALTH

## *Comes first*

by A. H. MEADS

Your Health Depends on Which Way Your Dietary Oils are Absorbed. (continued).

In the case of Ice-cold liquids, which shock the stomach and impede its working, the wrong-way percentage is even greater and perhaps only 30 per cent of the oils which will reach the system through the lymph vessels. In the mean time, while the oil-supply is deficient, some parts of the body will be starved for lack of oil and will definitely be effected by the lack of their needed elements.

What happens to the diverted oils? They pass into the liver and cause extra work for that organ, which must break them down, reduce them into fragments. In this process the liver extracts the vitamins and the key ingredients from the oils and retains them, thereby enriching itself, making it healthier and wealthier at the expense of the other parts of the body, which become impoverished, frail, weaker, disorder and finally sick. The residue is passed along through the circulatory system, some in ready soluble form, some almost insoluble. When the less soluble oils reach the coronary arteries, they may stick and tend to clog the artery passageway. Some of this oil does reach the needy areas, but since it has lost much of its quality and many of its ingredients it can serve as fuel but cannot be properly effective as a "lubricant."

However, very little attention has been given by nutrition experts and physicians to the digestive system's oil routing. But I am convinced that it is a crucial matter affecting health. At the moment there is no real scientific data on the subject; no clinical tests have been conducted to establish the course of the oil, one way or the other. But for the practical demonstration of my point I have ample evidence.

"You Must Learn How To Drink a Glass Of Water."

For many years especially on arthritis, I have said: no water or high-surface-tension liquid from fifteen minutes or more before meal time to at least four hours after a meal. I don't know how many of more the 700,000 people have followed this advice about water

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drinking regimen. But undoubtedly many thousands have done so and many have reported, "Great Improvement" - "Dryness corrected within weeks" - "Quick Relief"!

These people insist that they have gained benefit from this regimen. And I am sure ne physician can say there is any possible harm in it.

Water is necessary to human life, and your **health** depends on an adequate supply. "Medical science tells us that our bodies require a cubic centimeter of water for every calorie our foods produce. Therefore, if you follow a diet containing 2,100 calories per day, you need approximately 2,100 cubic centimeters of water. This is equivalent of eight glasses of water."

No one would be foolish enough to recommend that you 'drown' yourself by drinking eight glasses of water every day. Many foods contain great quantities of water. Milk, for example, is 87 % water. Soup has an even higher percentage. Most fruits, vegetables and meats are actually more than 50 % water.

Millions of Americans who are now living normal healthy lives drink as little as one glass of water daily. Their bodies do not become "dehydrated," nor do they suffer any ill effects.

However, let's never be complacent and look upon water as a "Harmless" liquid. There are some definite dietary dangers involved.

There is no need to "wash down" your food with a glass of water at meal time. Instead of helping your body, you may be hindering the digestive process, you may be detouring needed food elements, you may be causing extra work for your body, as will be explained later.

(continued next week)

# LETTERS

To the Editor:

On the evening of July 31, I got off the public bus in Point Richmond to walk up West Richmond Avenue to my home after my day's work. It is a routine I have followed in all the years I have lived here.

The usual gang of street corner kids were gathered in front of the Santa Fe Market ( I shop there). Some of them I know by name, some I know by sight. It has never occurred to me in the past to be afraid to pass beside them as I return home each evening. Perhaps that has been bad judgment on my part; Fri-



One of the young men was standing at the curb urinating into the street and as I passed he turned and urinated on me. I instinctively grabbed him to protect myself and when I did he hit me full force in the face with his fist. Not one of the young men standing there came forward to help me. I judge from their smiles and laughter it was for them great action. Not one offered help as I would have expected. Please notice I say as I would have expected. I now know better.

Never again will I be able to think of any one of the young men who stood there laughing that evening as a decent or likeable human being. Will you be their next victim?

It costs in disillusionment and hospital expenses.

And will I be smiling at the young people in Point Richmond today - or tomorrow? Will I still have teeth in my smile? A very good question.

The answer is yes, at those who grant the respect for my person that I have always granted them. I believe in mutual respect.

I would like to have the name of the young man who hit me so that I can direct legal actions toward him.

Sincerely,  
Mrs. Loretta Jahromi

Afterthought---

As one who is working toward a degree in the behavioral sciences I wonder if these same young men who rap at the Rec sessions ever discuss or think about the meaning of sensitivity, respect, and compassion for others than themselves; and as one who has been interested enough in them to sit in on one of their sessions, I am curious to know how they feel about their own perverted behavior last evening.

When I dropped in at the Rec to listen in on their rap session I came away truly believing they desired a better world with nicer attitudes toward all people.

Am I to believe they are not willing to take an active part in bringing this about? Or is the world they want uncivilized, brutal, completely selfish and self-centered?

I feel to condone with laughing consent the disrespect and violence acted upon me by one of their friends is to participate in the violent act itself. (L. J.)




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17. "No Sugar,"etc., continued from P. 1

Next time you see a picture of one of those Indians on a forty day trip into the wilderness, sitting on a rock looking at his navel or raising his arms into the air, just remember this: He is not praying and he is not thinking philosophical thoughts. He is only trying to assess the damage.

As it turned out, because we are pure in thought, and because we believe that good things will happen to us, and because we believe that it is best to go through life with a smile on your lips and a good word for all, and because we never leave our names when we rescue people from drowning, and because we are related to the owners, we finally did get a nice bit of forested ground to camp on near the Russian River.

We rolled out the sleeping bags among the fern and poison oak, gathered around the homemade fire pit and enjoyed a semi-fire. A semi-fire is the kind of fire I make best. All you have to do is get a little bit of paper and shred it up, then lay a bunch of small twigs on top of the paper, then some medium sticks on top of that, then some logs on top of that. Then you light the pieces of paper and stand close to them and rub your hands over them. In a minute or two, the little pieces of paper will go out, and you can throw all the twigs, sticks and logs back into the forest, where they will be good for the ground, and go to bed. That is a semi-fire. Next morning, stay in your sleeping bag for a long time, keep your eyes shut and pretend to be asleep. Pretty soon, your wife will get up, make a real fire and bring you coffee in bed and that is how to go camping.

The only two problems about camping are the day and the night. The day is a problem because that is when you lose track of all the things you will need during the night. You will lose track of the matches, the water supply, the candles and the bourbon, all of which you need to get through a night in the wilderness. The night is a problem because you will be wide-eyed every minute, listening to all those rustling noises and feeling big bumps on your face and limbs, where the mosquitoes have been

chewing, and losing sleep that you will need to drag yourself through the next day. You will tell yourself that you are awake because you want to enjoy the Beauty of Night's Soft Cloak, but the fact is, you are awake because you are afraid to close your eyes for one second, for fear a Thing might carry you off.

Sometimes, though, good things might happen to you while you are camping. For example, while you are sliding down a rocky cliff head first, heading for the snarling surf a hundred yards below, you might flail out and grab a tree, and reflect that the tree is one of nature's wonders, taking in carbon dioxide and giving off oxygen to save us all from asphyxiation. When you cut yourself with your hand ax, you could ponder the modern sciences that have developed antiseptics that give you a better than even chance of not getting blood poisoning, and feel happy in the knowledge.

When a raccoon carries off one of your \$30 boots in the night, you can be happy it wasn't your wallet he got, even though you might be unhappy to discover that you haven't seen your wallet for three days and don't know where it is.

Above all, at about the third morning, when you are dusty, grubby, cranky and stunned, you might have a wife who brings out of the cooler a small bottle of champagne, that she has been keeping hidden and cold for days, and who serves it in crystal glasses that she also brought along. That happened on our camping trip this week.

But while I was sipping it, I heard a chainsaw way off in the distance, and remembered that the rangers' houses are all made of sawn redwood, and could not quite figure out what was happening in the forests. I remembered that even that "Sorry. Campground Full" signs are made of sawn redwood, and decided we should come home.





## A SHORTENED VERSION

The recently adopted State budget contains a directive to the Department of Water Resources to evaluate the possibility of starting the controversial peripheral canal with a "stub canal", which could later be enlarged to the full 43-mile length from the Sacramento River to the pumping plants south of Byron. The stub canal is thought to be the first practical step toward construction of a full canal, to "gain operating experience". Many believe the canal would be detrimental to the delta and bay environment, through the diversion of fresh water.

The budget also states that other alternate interim facilities should also be evaluated.



Belated happy birthday wishes to Bill Moore of Jumbo Burgers.

\*\*\*\*\*

The F. D. R. Palace now has many fine old lamps in stock.

\*\*\*\*\*

The South end of the Community Center has an addition -- some attractive new plants.

\*\*\*\*\*

Mike Lavin has just returned to Point Richmond after a years' stay in New York, and is happy to be back.

\*\*\*\*\*

If your birthday is between August 24 and September 23, your sign is Virgo; a mutable, earthly sign ruled by Mercury. Earth gives Virgo common sense, and Mercury supplies an unusually keen intelligence. The conflict of being a mutable sign, combined with Mercury's influence often produces internal conflict and tends to make a Virgo type a worrier. Virgo is thought to be the patroness of critics and craftsmen, but not of creators or commanders, although there are exceptions, as Tolstoi. Virgo is the patron sign of Switzerland, and Paris, and of cats. It is often connected with diet,

with psychology, and with (in Western 18. Europe) the time of harvest. The traditional Virgo type is somewhat dry and cold, a fussier over detail, a rationalist, discriminating, and a perfectionist, yet prepared to sacrifice himself.

\*\*\*\*\*

### ● MY VACATION ●

Three months ago my son Randy King wrote and asked me to come up to Oregon for my vacation; then he telephoned in July asking me to come for the 4th; but I couldn't go as I was invited to attend the wedding of Thea and Dan Robertson on the fourth. I told Randy I could be there the 20th of July, and found that if I took the bus, I would leave Richmond about 1:30 p.m. and arrive in Portland at 3:15 a.m.. I talked to my friends and they decided it was better to go by airplane, as it took only an hour to get to Portland. I packed my bag two weeks ahead of time. Finally the 20th arrived, and my friends Donna Roselius and Linda Werner came to my house at 4:30 p.m. to drive me to the Oakland airport. While we were on our way, my stomach started to jump up and down, and I was perspiring. In fact, I was scared, as this was my first airplane ride. The more I thought, the sicker I got. We finally arrived at the airport. Donna said, "I'll take your bag, and what is that you're holding over your arm?" I said it was Randy's sweater. I had told a friend, Richard Barone, that I was afraid to get on a plane, and he asked me if I had something like a security blanket to hold, so I told him about Randy's sweater. He told me to hold it on my arm and I would feel safe. So, when Donna saw the sweater, she asked me what in the world it was doing on my arm, and (a \*@ X neat Virgo) she packed it in my suitcase. She also placed the remainder of my items, which were in a paper bag, in a cute red bag. The three of us then went to the ticket counter and checked my suitcase (with the sweater in it). Then we decided to have dinner. We found that we had an extra hour, so we wandered around looking at restaurants. I wanted to eat at the Hilton, so we ate dinner, and it was wonderful. After dinner we drove back to the airport and it was time to get on the

(next page please)

19.

plane. Linda and Donna kissed me good-bye and my stomach started knocking again. I had to go up the ramp all by myself and my knees were shaking. I decided I didn't want to go and started to cry. I tried to run around and a big fat lady in back of me was pushing me on ahead, and there wasn't anything I could do but continue on. A lady took my ticket and said, "Oh, you have chair 13-A, by the window." So I stumbled to my chair and sat down. I was wiping my eyes when a man sat next to me. The stewardess said, "Fasten your seat belts and take the card next to you," which I did, and on the card it said what to do in case the plane went down; well, I read it and I didn't understand it at all. I thought maybe the man next to me would help me if I needed help. The stewardess said we were leaving the ground. I held on to my seat and the man next to me said, "Your first trip?" I said yes, and I told him I was scared, and he said, "Don't be, everything will be fine. Why I make the trip three times a month and nothing ever happens. My name is Bud Brown. What you need is a drink." So the first thing I knew, I had a water highball. He told me to sip it and I'd feel O.K. Well, you know, I felt much better. Bud spilled his drink all over himself and had to get another one.

Then pretty soon the stewardess came by with some sandwiches, which I ate, as I was starving.

Bud and I talked, and he made me look out the window, and it was really pretty, seeing the clouds and the hills and mountains. The next thing I knew we had to tighten our seat belts again, and we were in Portland. Yes, I was glad to get on the ground again, and as we walked down the ramp again, there was my son and Mrs. Pauline Chamberlain waiting for me. Randy said, "I'm proud of you, mother," and, you know, I felt pretty proud of myself. We went to the cocktail lounge and Randy said I needed a drink; then we drove from Portland into St. Helens, and I stayed at his trailer - cabin.

(more next week)

## FOREIGN STUDENT HOUSING

Foreign students are in need of housing. Students from the Middle East, Southeast Asia, South America, and Africa are attending Contra Costa College, and many will be needing a place to stay. Most of them would prefer to rent accommodations in private homes that are near campus, and some would like to work for the household in exchange for part of their room and board. They also gain a better understanding of English, the American vernacular, and customs, if they are living with a family.

Foreign students on the local campus are usually active in campus life, and most join the International Club.

Persons interested in providing housing for Contra Costa College's foreign students may telephone the college counseling office at 235-7800, ext. 255.

## GAS TAX REFORM BILLS

The Assembly's Constitutional Amendment, ACA 38, which would free part of the taxes which net almost 1 billion dollars, from highway users taxes, to be used for other than just construction and maintenance of highways, and traffic related law enforcement. The amendment to Article 26 will go on the November ballot, if it passes.

Another bill, AB729, forms part of what is called the "Gas Tax Reform Package", AB729 guarantees that no monies will be diverted from one geographical area to another, from a county's gas tax apportionment, and allows counties and cities to use any part of their gas tax apportionment for public transportation and/or the payment of voter-approved revenue bonds issued to finance roads or public transit at their discretion.

The bills are held in committee, and if passed, would go to the senate floor for a vote. Senators should be contacted by their constituents, if they wish the bills to pass. Opposition from the Auto club, trucking and oil lobbies may hold it up.



# RECIPE

## FLUFFY RICE

20.

This recipe, courtesy of Hazel Heater is a healthful way to get nice fluffy rice.

Heat oven to 400° and measure out 1 1/2 cups of unpolished rice. Place the rice in a 12" X 8" X 1" baking pan. Sprinkle the unwashed rice in the baking pan. Bake the rice 30 minutes, stirring it occasionally with a long handled spoon. (Don't be disturbed if it smokes a bit). While the rice is browning, heat 1 quart of water. When the rice is golden-brown, remove it from the oven and pour into a fine mesh strainer, or fine nylon net. Run cold water over the rice, letting the rice be sprayed by the water. Next turn toasted rice into a 1 1/2 quart casserole and add 1 1/2 tsp. salt. Now pour 3 1/2 cups boiling water over the rice. Cover the casserole and bake the rice at 400° for 40 minutes. At the end of the baking time, remove the casserole of rice from the oven and immediately lift off the cover and fluff up the rice with a two-tined fork until it is of a light, feathery tenderness. Serve as usual.

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## 21.

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Call Jerry : 232-3878

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## CIVIC CALENDAR

((( )))

AUGUST 24: the HAPPY VAN visits  
Washington Playground.  
FREE puppet show. 2:00

AUGUST 27: Modified Downtown Plan  
explanation & discussion.  
League of Women Voters,  
St. Luke's Methodist Church  
32nd and Barrett  
10 a. m. to 12 noon.

SEPTEMBER 3 - Thursday  
BCDC Hearing on S.F. Ferry  
Port Plaza proposal. 2 p.m.  
455 Golden Gate Ave. S.F.

SEPTEMBER 4 - Orientation for Downer  
Jr. High Students.

# Orientation at Harry Ells High School

SEPTEMBER 7 - Labor Day

SEPTEMBER 10 - Thursday  
SCHOOL STARTS

SEPTEMBER 16 - Wednesday  
Public Hearing on Hoffman  
Freeway. 8 p.m. Cortez

## BABYSITTING &amp; HOUSEWORK

Sherry Enyeart: 235-4972  
Debra Dustin: 232-6612  
Ellen Rasmussen: 233-1112  
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Geoffrey Williams: 233-5211  
Marion Tedrick: 234-0415  
Lisa Williams: 233-5211  
Michelle Healy: 235-3897

## PET SITTING:

Isabel Austria: 232-3429



# SHERRY & BOB'S

201 WEST RICHMOND.  
POINT RICHMOND

*Continues to September 15*  
**STOREWIDE CLEARANCE!**

*1/4 to 1/2 OFF*

ON SWIM SUITS.....SHORT SETS...  
PANTS SUITS.....DRESSES... KNITS  
famous brands...goldworm..mr.dino..  
mr.eric...y.e.s....de weese...and...  
.....many more.....





# FIRST UNITED METHODIST CHURCH OF RICHMOND

WEST RICHMOND & MARTINA

SUNDAY CHURCH SCHOOL 9:45 A.M.

PUBLIC WORSHIP 10:00 A.M.

M.Y.F. YOUTH GROUP 6:30 P.M.



## Our Lady of Mercy Church

305 W. Richmond



SUNDAY  
MASS  
8 AM  
10 AM

WEEKDAY  
MASS  
7:30 AM

## POINT RICHMOND BAPTIST CHURCH

304  
WASHINGTON  
AVE.



CHURCH SCHOOL 9:45  
MORNING WORSHIP  
11:00 AM  
BYF YOUTH GROUP 6 PM.  
EVENING SERVICE 7 PM.  
MID-WEEK SERVICE WED. 7 PM.

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