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THE Rockridge News

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Sponsored by The Rockridge Community Planning Council • 5856 College Ave. #130 • Oakland, CA 94618 • 814-6060

RCPC General Meeting Agenda

Thursday, April 27, 2000, 7:30 p.m.
College Avenue Presbyterian Church, 5951 College Avenue

Note Change of Date and Meeting Location

■ What's up with County Government?

Who controls transportation spending for major arteries? Who administers public services such as public hospitals, foster care, and senior citizens services? Who oversees a $1.5 billion budget and employs 8,500 people? The Alameda County Board of Supervisors, that's who! Come to the RCPC April general meeting and get a look at what county government can and can't do for us, up close and personal with Supervisor Keith Carson.

While we'd like to know what the county government can do for us, Supervisor Carson would like to know what we want done. He will conduct a "dot exercise" where, as a group, we define our priorities. Names of issue areas are inked on butcher paper and community members are asked to put a #1, #2 or #3 sticker by those they believe most important. Issues include: Health Care, Public Safety, Youth, Education, Environment, Transportation, Economic Development, Housing, and the like.

The purpose of the meeting is to develop consensus and focus resources on greatest need.

See "Meeting," page 5

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RCPC Signs Transportation and Land Use Coalition Platform

Balanced growth, livable communities are the goal

by Chad Thompson

The board of directors of RCPC has voted to sign the platform of the Bay Area Transportation and Land Use Coalition. The Coalition consists of a broad variety of planning, environmental, transportation and social equity groups whose aim is to help balance jobs, housing and transportation in the Bay Area.

The elements that make Rockridge such a nice neighborhood are central to the Coalition's goal of protecting our quality of life. We believe that continued economic growth can be accommodated without endless sprawl and ever-worsening traffic congestion. The key is pedestrian-friendly development built compactly in locations with a variety of transportation choices. That our neighborhood fits that description is emphasized by the use of Rockridge as a national model of good urban development.

The overarching strategy and goals of the Coalition are best expressed in its mission statement:

"The Bay Area has outstanding beauty, a dynamic economy, and incredible opportunities. However, poorly planned, sprawling development in the Bay Area

See "Coalition," page 7

Rockridge/Temescal Earthday Workday Planned for April 22nd

Earthday 2000 Revisits 51st Street

For the past two years, enthusiastic Earthday volunteers from Temescal and Rockridge have been turning out by the score to beautify the 51st Street public way and its median strip. These workdays have been very productive and rewarding for those involved. Their hard labor has metamorphosed the "park land" along the broad, tree-lined avenue. The plantings, formerly trashed

See "Earthday," page 3

Photo: Susan Montauk



1999 Earthday Volunteers Marti and Dave Morec take a well-earned meal break.

Vote for RCPC Board Members

Rockridge residents are eligible to vote for candidates for the Rockridge Community Planning Council (RCPC) at the General Meeting in the College Avenue Presbyterian Church, Thursday, April 27, 7:30-9 p.m.; or in the Rockridge Library foyer, Saturday, April 22, 10:30 a.m. to 1:30 p.m.

Visit www.Rockridge.org for Rockridge area boundaries.

book corner by Gay Ducey Children's Librarian



Photo: Chris Ahlstrand

Hide and Seek

A mother's handbag is a bewitching babysitter. Ellen Trammel and her sister, Sally, got to play with one when their mother tried on clothes. There was a whistle, a flat stone, a small screwdriver, lots more stuff, and at the bottom bright pennies, which by prior agreement belonged to the finder. But not the dollars. Her mother, Amelia, always kept her money folded in half, by denomination, and she was a watchful spender. She always knew how much she had, and where it was. Now her aging mother visits twice each year, and the last few visits have been trying because of the money. Before the first day is over, Ellen is summoned to her mother's bedroom: "I've lost twenty dollars! It's gone!"

"Aw, Mom, it's not gone; it couldn't be gone. You haven't left the house."

But her mother begins a desperate hunt, getting on the floor, looking behind the curtains. All the while Ellen shadows her, insisting that logic dictates it's not missing. They retrace her steps, and search her handbag, but no, it isn't there. Her mother's grey eyes fill with tears, and she gathers her skirt into tiny folds. Ellen then finds the money folded neatly and tucked under the lamp. Much relief, and rueful laughter from her mother. "I just can't remember anything. Not anything!"

Ellen doesn't like that: "Mom, everybody forgets, especially after traveling."

"No," her mother says, "This is everyday."

The visit is punctuated with the daily losing and finding of the missing twenty dollars, which her daughter insists isn't lost. They search, sometimes for a very long time, until it is found. Each discovery is an opportunity for Ellen to suggest a new way for her mother to organize herself, a new list-making technique, a new mnemonic device, a new container. The search always begins with Ellen saying, "Mother, you know you can find this, remember how you found my missing retainer at the burger place (or something like that)."

"No," says Amelia. " I don't remember."

When her mother has gone to bed, Ellen and her family talk about it and her husband, Brad, says, "You know, this hunting stuff drives her crazy."

"Well, it is money, and it is very important that she believe she can manage it." Ellen retorts.

Her mother leaves to visit Sally, and when she arrives, she calls Ellen to say that she is safe. Ellen asks to talk to Sally: "I need to tell you about

See "Gay Ducey," page 14

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See Community Calendar, page 12 for Library program details.

The Rockridge News

The Rockridge News, founded in 1986 by Don Kinkead, is published monthly in Oakland and is sponsored by the Rockridge Community Planning Council, a non-profit public benefit organization founded to: preserve and enhance the unique character of the Rockridge neighborhood; promote the health, safety and quality of life of its residents; furnish a forum for community involvement, and provide leadership and representation of neighborhood interests.

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Alice Wilson-Fried ..... Writer
Ortrun Niesar ..... The Rockridge Muse
Barry Kaufman ..... Food
Michael Simon ..... Health
Theresa Nelson ..... Neighborhood Merchant
Chris Ahlstrand ..... Photography
Madeline Alcorta ..... Advertising
Susan Montauk ..... Business Manager (Distribution, Subscriptions)
Don Kinkead ..... Graphics & Layout

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Yearly subscriptions to ***The Rockridge News*** can be obtained by sending a check for $18, payable to *Rockridge News* Subscriptions to: *Rockridge News* Subscriptions at the address below.

Contacting *The Rockridge News*

- Are there community issues you'd like to see covered in ***The Rockridge News***?
- Do you have questions about newsletter distribution?
- Would you like to volunteer to be a *Rockridge News* block captain?

Contact us at one of the following addresses or telephone numbers:

www.rockridge.org
The Rockridge News, 5856 College Avenue, PMB 130, Oakland, CA 94618
RCPC Voicemail: 814-6060

Newsletter Advertising/Deadlines

Articles published in *The Rockridge News* may be reprinted only with the permission of the editors. **Publication date of the next issue is ☛ May 6, 2000 ☛ May deadline is April 20.**

To advertise, call Madeline Alcorta at 594-0388. *(RCPC reserves the right to refuse any display or classified ad that it deems inappropriate.)*

Earthday

from front page

and strangled in masses of honeysuckle and ivy vines, now form an airy garden landscape, a colorful *mise en scène* for pleasant walks on the avenue. A few lucky Earthday gardeners have discovered hidden treasure; all have ended their labors with a delicious complementary meal.

The TemeRock Garden Club sponsors this yearly event and sends out the clarion call to join the earth brigade at 51st and Shafter at 9 a.m. on Saturday, April 22. Winter rains have yielded a new crop of snaking vines and rampant weeds. Areas along the street need serious pruning and planting. Some tools will be provided, but it's best to bring your own — a bucket comes in very handy. New Iris cuttings are needed to replenish the northeast corner garden of Shafter and 51. Plan to take a lunch break at noon thanks to Bielle Moore, aide to Jane Brunner, who has prevailed upon local food establishments to regale our hungry volunteers. For information, call 547-3855.

Jane Brunner Approves Funding for Hardy Dog Park Improvements

Park group hails Councilmember as a dog's best friend

by Lynda O'Neil, President, HPDOA

Members of the Hardy Park Dog Owner's Association would like to publicly express their sincerest gratitude and appreciation to Councilmember Jane Brunner for approval of our petition to fund improvements to the dog park. We have the potential here to create a real community asset.

The first order of business is to resurface the play area. The Dog Park was a CalTrans storage area and the existing pavement was not designed for frolicking dogs (or people). Much of it is unpaved, and heavy winter rains create persistent sloughs of unsafe and unsightly mud. I will be meeting with Brunner aide Bielle Moore and Jim Ryugo of Parks and Recreation to draft a final plan for improvements. Our goal is a comfortable and inviting space with a paved play area, permanent seating, and attractive, low-maintenance landscaping that is practical and aesthetically pleasing — and a complement to the Greenbelt Park planned to run from Hardy to Rincon Park.

We have a lot of creative ideas for improving our space, many of which are mentioned in our newsletter available at the park, the Rockridge Branch Library, and a number of local pet stores. New members are always welcome!

For information, contact me at 655-5268, by mail at HPDOA, 5337 College Ave., #436, Oakland, CA 94618, or by email at hpdoa@homestead.com.

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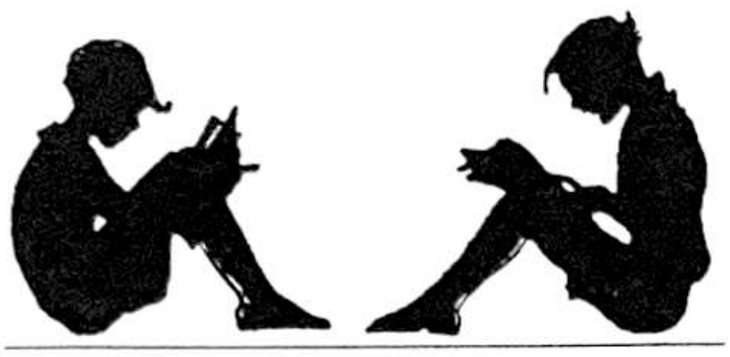
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How Will Measure A Affect Rockridge Schools?



It may be up to us to make sure our schools get what they need

by Alice Wilson-Fried

Remember Proposition 13 way back in the '70s? How it was supposed to trim all the fat from schools, as well as other public agencies, but in reality cut deeply into essential programs? That "economic flight" helped the once first-rate facilities and programs in the Oakland school system to fail abysmally, a situation recently confirmed by a state audit that identified hundreds of inadequacies.

But times are rapidly changing. As Mayor Jerry Brown attracts industry and revitalizes downtown, the demand for good schools is intensifying. When on March 7 eighty-three percent of voters approved Measure A, the $303 million bond measure slated for construction and modernization of facilities, they gave schools a literal vote of confidence and a chance to begin rebuilding themselves.

As parents and citizens, we must learn what our schools need in order to assure that the items are included in the great "fix up." With that idea in mind, I recently visited Claremont Middle School and spoke with William Kaufner, Assistant Principal, to ask what improvements Claremont needed and whether Measure A would pay for them. He said that no specifics have been released, but allocations will be based on an architect's report and the severity of need.

Touring the school grounds with Mr. Kaufner, I learned that two-thirds of the campus buildings have been standing unchanged since erected in 1951 and are in need of new floors and an alarm system at the very least. And even though Measure B provided money to re-pave the Birch Street part of the schoolyard, the entire surface, replete with dips and cracks, could use an overhaul. In a school that services 600 students, the cafeteria seats only 80, the gym is antiquated, and there's no auditorium. Imagine, no place for our kids to put on plays, musicals, art shows, especially now that it's been proven that kids involved in the arts are not only good students, but develop strong character and self esteem.

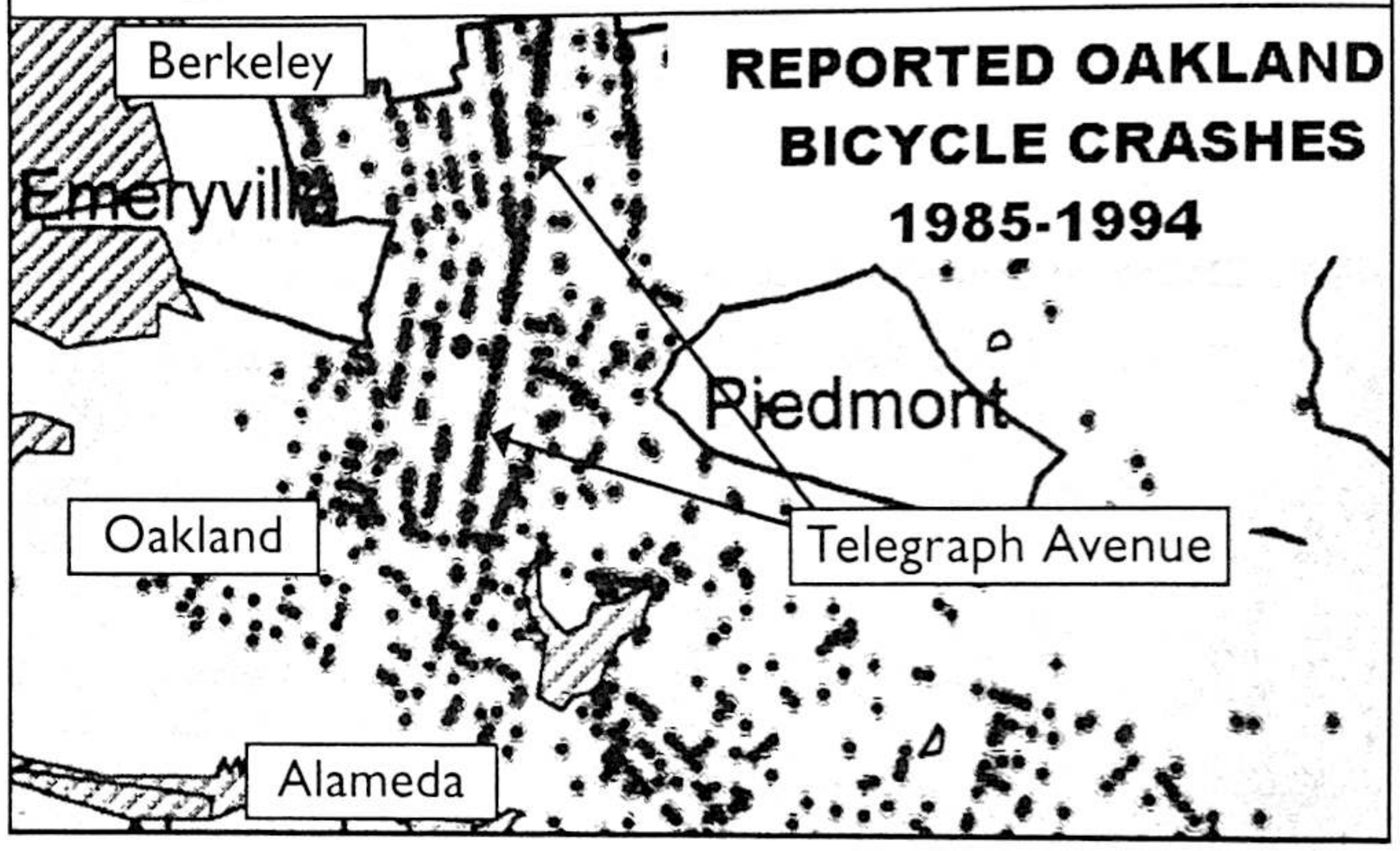
"Mr. Kaufner," I asked. "If there were such a thing as a better-school fairy godmother, what would you ask for?"

"Aside from an education-conscious society?" he asked. "Competitive teacher and staff salaries. But wouldn't it be nice if Rockridge community representatives sat on Measure A's review panel to impress upon decision makers the need to enlarge Claremont's cafeteria, remodel the gym and build an auditorium?"

Sounds like a great idea to me.

Telegraph Car-Bike Crash Record Underscores Need for Safe Bike Lanes on Busy Thoroughfare

Each dot on the map below represents a bicycle accident that occurred in Oakland between 1985-1994. The vertical line of dots is Telegraph Avenue, one of the most dangerous bike routes in Oakland. The map, on display at a February 5 forum on striping bike lanes on Telegraph Avenue, represents only a portion of Oakland. The complete map, titled "Reported Oakland Bicycle Crashes — 1985-1994," appears in the Oakland Bicycle Master Plan adopted by the City in July 1999. For a copy, call Kathryn Hughes, Oakland Bicycle Coordinator, 238-6493.



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Meeting

from page 1

"How do you want me to spend your tax money for your community's benefit?" Supervisor Carson asks. RCPC is pretty confidant folks in Rockridge will come up with a few good ideas about that!

Come to the April meeting, meet Supervisor Carson, learn how county government works and help set Rockridge priorities.

Note changed meeting place and date! Thursday, April 27th, 7:30 p.m., College Avenue Presbyterian Church, 5951 College Avenue (at Harwood Avenue).

LOOKING AHEAD:

COMMUNITY CALENDAR

(See main Calendar listings, page 12.)

Jane Brunner Community Meeting:
April meeting canceled.

May 6 Advisory Meeting, 10 a.m. - noon, Peralta Elementary School, 460 63rd Street. Topic: Lake Chabot Golf Course and the Expansion of the Claremont Hotel. Presentation by City Manager Robert Bobb and representatives from the Claremont Hotel. 238-7001, brunner@oaklandnet.com



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Brunner Suggests Prop 12 Money be Used for Long Waterfront Promenade

by Theresa Nelson, Member, Oakland Parks and Recreation Advisory Commission and RCPC Board Member

Councilmember Jane Brunner recently suggested using most of Oakland's $7.8 million share of Prop 12 park funds for a waterfront pedestrian and bike path from Jack London Square to the Oakland Airport. Rockridge Park construction money could come from another provision within the fund.

Brunner's proposal to concentrate the funds on one major project differs from past practice which allocated bond funds throughout the City. This departure from the norm sparked discussions at City Hall and among neighborhood organizations. I asked Councilmember Brunner about her ideas and recently-passed Prop 12.

"We've been talking for years about developing the waterfront," she said, "but have done little. I'd like to see a unique project that everyone can enjoy, like a waterfront trail that starts at Lake Merritt and follows the estuary all the way to the airport, with parks along the way." She asked City staff to study the feasibility of her proposal before allocating any Prop. 12 funds. The estimate for the full-scale Estuary Plan is $154 million (based on 1997 documents).

Brunner said she expects other Councilmembers and the public to have strong opinions about the proposal. "But it's important to remember that Oakland should qualify for competitive funds as well because the bond was written to encourage urban projects rather than simply the acquisition of open space."

A preliminary City staff report issued February 24 recommends that the Rockridge Park proposal be funded by applying for $100,000 from the Riparian/Riverine funds, and $250,000 from the Roberti-Z'Berg-Harris fund.

For more information, or if you're interested in joining the discussion, call Jane Brunner's office, 238-7001.

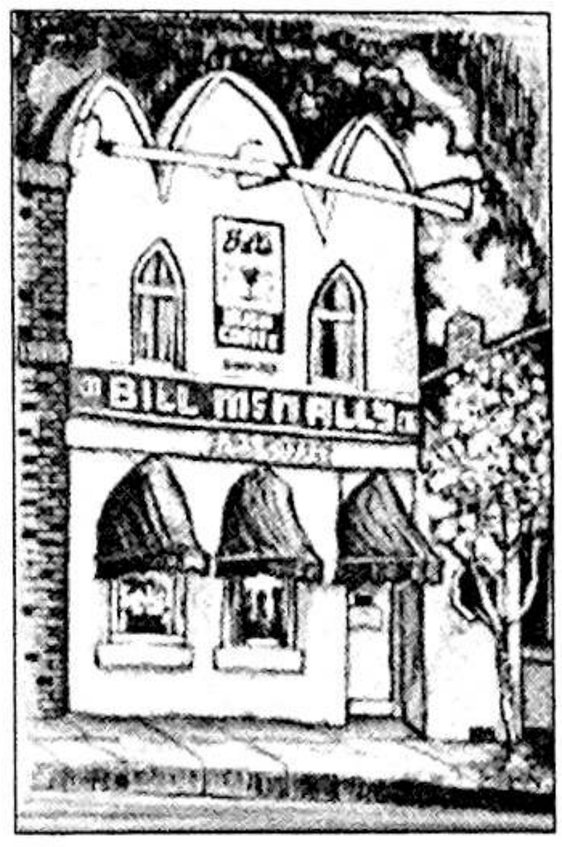
A Closer Look at Prop 12 Funds

Under Prop 12, Oakland will receive $3.7 million and another $4 million under the Roberti-Z'Berg-Harris section, which will require 30 percent matching funds. Also, funds designated for specific programs will be awarded in a statewide competitive process. These include $10 million for California Heritage, $10 million for Riparian/Riverine Habitats, $7.2 million for Non-Motorized Trails, $100 million from Murray-Hayden funds for Urban/Youth Services, $8.1 million for Urban/Cultural Centers, $8.1 million for Zoos and Aquariums, $15 million for Regional Youth Soccer/Baseball, $200 million for State Coastal Conservancy projects, and $10 million for Urban Forestry.

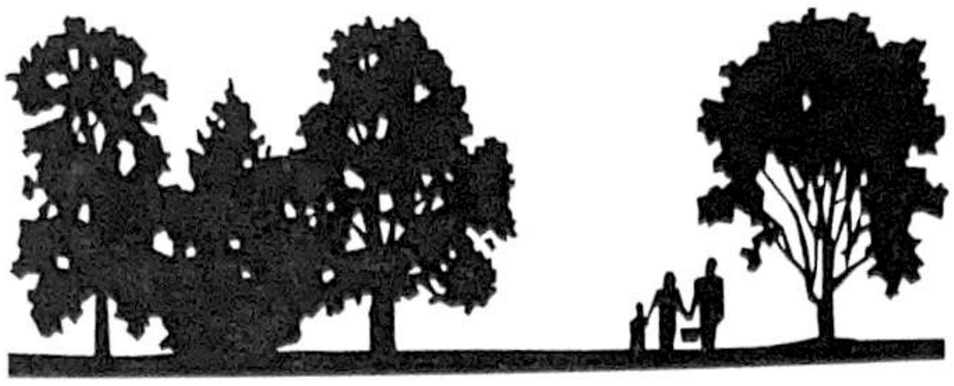
The $368 million in competitive funds sounds like a lot, but it will be awarded throughout the State.

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Rockridge Park Fundraising Plans Launched

Committee formed to raise additional park funds

by Theresa Nelson, Co-Chair, Rockridge Parks Committee

Draft plans for the new Rockridge Park were displayed during the month of March, and drew many comments. The design team will include those comments in revised plans to be presented at a community meeting sponsored by Councilmember Brunner, probably in early May.

Also, in late March, we learned that the designers will incorporate play structures somewhere within the two development areas in phase one (Redondo and Clifton Corridor) to increase the play value of the park for children of various ages.

A group of neighbors also met in March to create a fundraising steering committee and plan to supplement the budget for the new park, similar to the successful fundraising campaign for the Rockridge Library. The Fundraising Committee will identify ways we can to contribute to phase one and future phases of the park plans. Benches, boulders, playhouses, picnic benches, trees, swings, and other furnishings could be supported with donations and recognition.

Currently, the fundraising committee is reviewing questions about the design and items which would attract fundraising, and planning some special events and outreach to gather contributions for the park.

If you'd like to participate, please come to the next steering committee meeting on Monday 10 April, at 7 p.m. at the Rockridge Library, or contact Steve Costa, who is chairing the early organizing meetings, at 655-4818.

Is There a "Safe" Way To Play Tech Stocks?

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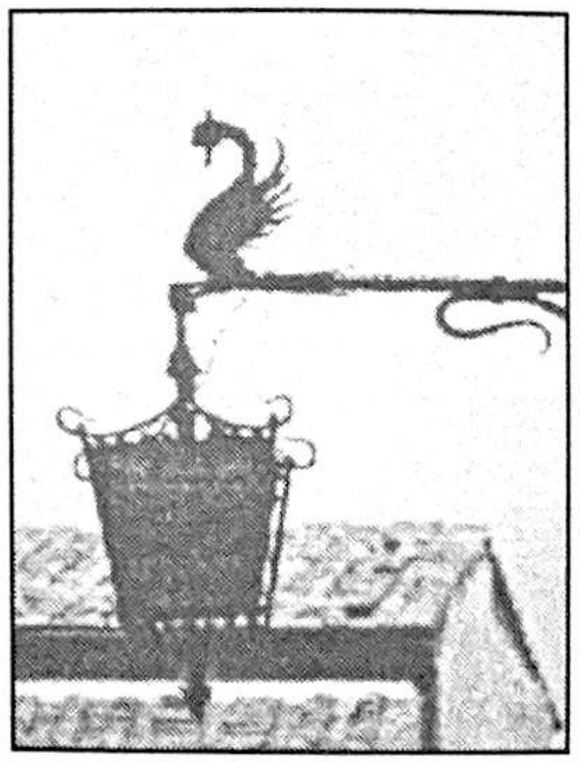
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Coalition Support

from page 1

poses a threat to our quality of life and our environment.

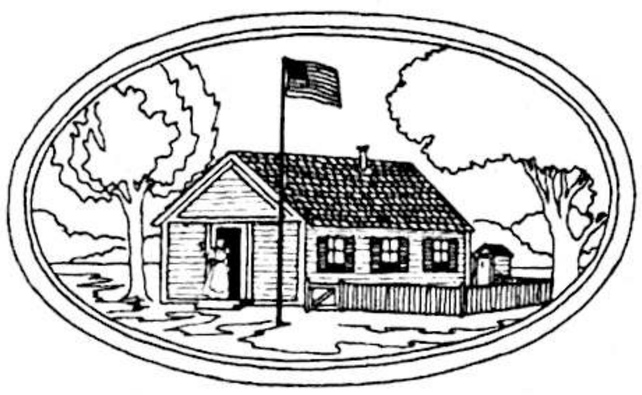
"Member groups in the Bay Area Transportation and Land Use Coalition believe that current development patterns and projections for the future do not have to be our destiny. The Bay Area can retain its environment and quality of life while ensuring that all residents have access to economic opportunities by:

- refocusing public investment to serve and revitalize existing developed areas;
- designing livable communities with housing near jobs, recreation, transit and services;
- providing real transportation choices;
- reforming pricing incentives which promote unsustainable development; and
- addressing important equity concerns.

"The following platform lays out actions to implement these principles. Members of the Coalition will promote the platform through a broad range of activities that include: providing analysis, reports and fact sheets on topics discussed in the platform; educating and involving residents, community groups, business interests, and public officials; encouraging local and regional leaders to actively participate in the Partnership for Smart Growth and other regional consensus-building efforts, and outlining issues for the media.

"The Coalition's overarching goal is to provide information and policy recommendations that allow elected officials and the broader public to choose between current development patterns and a more sustainable Bay Area. We hope you will join us."

For a list of members and latest reports, check out www.transcoalition.org



The Neighborhood Merchant

by Theresa Nelson



"It was my destiny to do something with children," says Nishan Shephard, owner of Rockridge Kids. "I married a teacher, my daughter wants to be a teacher, I live near a school, and I've spent 20 years selling great quality merchandise for children. When we opened in 1993, it was sheer luck that the economy was booming, families were returning to new homes in the fire area, more families were moving to Rockridge, and then this location opened up on College Avenue."

Photo: Theresa Nelson



Rockridge Kids customers check out the merchandise at the College Avenue store.

After 13 years as the manager of Such a Business, an earlier children's store on College Avenue, Nishan knew this was the chance of a lifetime. He took his life savings and borrowed money from his family. "Thanks to the most loyal customers anywhere, we have been successful from day one."

This year, Rockridge Kids is celebrating its 7th year in the neighborhood with a few changes, like new carpeting and lights, and a fresh coat of "celestial blue" and "blue booties," on the store front to match the bright interior décor. A web site will be launched this summer — not to sell items on the internet, but to offer information on store products. It will have a section called "Maxwell's Corner," with up-to-date legal requirements for car seats and other kids products. The store's original logo, the mouse, moon and stars, was drawn by Nishan's then 10-year-old daughter and remains near the door, welcoming adults and children of all ages.

Even on a weekday, a constant stream of expectant mothers, moms, kids, grandparents and friends come in to browse, play and buy. Nishan and his staff clearly love what they do, and it shows. "How many people love their jobs and make a living at it?" he asks. "I get to deal with people in the glow of their lives, so happy to have children. They leave here pleased because we've helped them to find something special."

The Rockridge Kids philosophy is apparent in the enthusiastic assistance to customers, the cheerful hands-on feel of the store, a dedicated staff, and mix of top-quality, well-priced merchandise. Nishan and manager Christian spend a lot of time building rapport with customers.

As Christian says, "When I help a customer find exactly the right item, whether it's a toy, or book, or clothing, that person almost becomes an extension of my family. Some of them I've helped since their kids were infants, so I know what they want in a store." Nishan adds, "We're a hands-on store, everything is at the children's level because we want them to

See "Merchant," page 9

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Rockridge Cornucopia

Barry A. Kaufman

When it comes to food and dining in Rockridge, the opening line of T.S. Eliot's epic poem *The Wasteland*, "April is the cruelest month," does not ring true. April is the month of hope and freedom. From the Christian Easter to the Jewish Passover, no food is more symbolic to the season of hope and renewal than lamb. Jew's and Moslem's dietary prohibitions keep them from eating pork and the cow's sacred nature keeps Hindus from eating beef. However, regardless of dietary restrictions, lamb is enjoyed throughout the world.

Who can resist the spicy complex flavors of Mongolian lamb from China, Italian braised lamb shanks in a rich red wine sauce, grilled Greek lamb kabobs marinated in red wine, garlic and rosemary, curried lamb from Northern India, and of course grilled baby lamb chops with mint jelly? Lamb is truly a food for all people.

In North Africa, lamb tagine is considered the national dish of Morocco. Let's go shopping in our neighborhood and prepare a wonderful meal of Moroccan lamb tagine. A tagine is nothing more than a slow-cooked stew. Moroccan Jews adopted the local Muslim tradition of serving lamb stews sweetened with honey and dried fruits on festive occasions. During Passover, lamb tagines are often eaten to commemorate the lamb sacrificed by the Hebrews on the eve of the Exodus. The next time you are at Garabaldi's on College, make sure you try the Moroccan lamb salad; a simply delightful preparation of thinly sliced cold lamb on a bed of green and couscous.

We in Rockridge are fortunate to have two outstanding butchers, Enzo's and Ver Brugge. Both carry a fine selection of spring lamb. You will need 2 pounds of boned lamb shoulder cut into 2-inch cubes. The rest of the ingredients for the tagine can be found at Yasai Market or Market Hall. Celebrate spring in Rockridge by preparing this wonderful lamb tagine. Make sure you stop by either Paul Marcus Wines or Vino and pick up a wonderful full-bodied red wine.

Moroccan Lamb Tagine

serves 6

- 1 large onion, finely chopped
- 2 garlic cloves, finely chopped
- 4 tablespoons of olive oil
- 2 pounds of lamb shoulder cut into 2 inch cubes
- salt and pepper to taste
- ½ teaspoon ginger
- ¼ teaspoon nutmeg
- ½ pound pitted prunes
- ½ pound dried apricots soaked in warm water until plumped
- 2 teaspoons cinnamon
- 2 tablespoons honey
- ½ cup coarsely chopped walnuts, lightly toasted

In a large pan sauté the onion and garlic over moderate heat until soft. Add the lamb and turn to brown it lightly all over. Add the salt, pepper, ginger, and nutmeg. Cover with water, stir well, and simmer for 1½ hours or until the lamb is very tender.

Add the prunes, apricots, cinnamon, and honey. Simmer 15 minutes longer. Serve the lamb sprinkled with the toasted walnuts.

A toast to T.S. Eliot and the goodness of April.

Next month we will shop and dine in the Rockridge to celebrate Cinco de Mayo. I hope this column will bring you closer to our wonderful Rockridge culinary treasures.

Barry Kaufman is a student at the California Culinary Academy and a Rockridge News *distributor.*

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Studio One for Fun

by Trish West

Studio One, that wonderful community resource, is offering a panoply of innovative classes. If you feel a creative streak coming on with the change of seasons, check out what Studio One has lined up.

Family classes (for you and your 8- to 14-year-olds) include Ceramics, Springtime Basket Making, Eastern European Egg Design, and Family Murals. Studio One's brochure describes the latter by saying, "We will work on a large-scale canvas in groups of all ages. This is an exciting and fun way to learn how to design and paint your own murals. No experience necessary, and all materials will be provided." The Family Murals class meets on Saturdays for six sessions, beginning April 22, 9:30 a.m. to 12:30 p.m. The cost is only $27 per person for the series.

Another family-oriented class is Photo Collage, a way to artfully arrange treasured photos (or photocopies thereof) into a wonderful display piece. This class, which meets at 7:00 p.m. on three Mondays, May 1-15, costs $37.

Studio One offers dozens of classes for adults — from Chinese Brush Painting to Yoga — for teens, and for children. Extended day care is available for child participants, too. Although spring session classes began March 27 (and run through May 27), it's not too late to sign up for some shorter-duration classes. For a complete class listing, call 597-5027.

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Merchant

from page 7

play with the toys. If something breaks, we probably won't continue carrying that item."

A quick look offers a stunning array of items for sale, but none of the mass market, advertising-driven items like war toys and Barbie dolls. A small sampler includes wooden puzzles, stickers, dinosaur models, games, chemistry sets, costumes, doll houses, carpentry kits, model skeletons, take-apart trucks, and stuffed animals, along with a hundred other items guaranteed to thrill kids of all ages.

In the next room infants and toddlers reign. Here too there's everything for young children from indestructible McLaren strollers and supplies for nursing mothers to Baby toys displayed in a bright quilt of colors and shapes. It's hard to think of something you might want for a child which Rockridge Kids doesn't carry.

The success of the store has attracted both imitators and suitors from other places. However, Nishan made the decision to remain in Rockridge and make it work here, despite the tight space and enticing offers from Walnut Creek and Orinda. "We know the customers here, and they like what we do, so why move? We'd even love to expand here because it's a great location in a great neighborhood and customers like the shopping experience."

Nishan's affection for kids and the quality of his merchandise and service are just a few reasons why people love to shop on College Avenue.

As Spring comes to Rockridge, stop by RockridgeKids as you stroll the Avenue to re-explore some of the wonders of childhood.



Beatrice Kinkead Blanchard

Changes on College

Theresa Nelson

Cotton and Company...

Will open in April at its new location, the space formerly occupied by Global Video and Tribeca Café at the corner of Chabot and College.

The new store will feature clothing for newborns to size 16, maternity and nursing clothes and supplies, and furniture, bedding and toys.

The new, much larger quarters will allow consolidation and closure of the business' three existing sites on College Avenue.

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Mental Health Matters

A Walk Not to Take Alone

by Michael Simon

On any given weekday, walk down College Avenue from Broadway to Claremont. You're likely to see some friendly, familiar faces: parents pushing newborn twins, energy-filled college students, seniors strolling alone or arm-in-arm with a partner. Just try to miss the bustle of people rushing in and out of restaurants, cafes or antique stores. We live in a vital community; walk through Rockridge and you'll sense hope, delight and possibility. You may feel comforted that the world that stares back at you from the evening news hasn't completely eclipsed the world you see unfolding in front of you.

Yet by some estimates, for close to 10 per cent of the U.S. adult population this stroll would be torturous, like viewing a movie behind a thick barrier of glass, muted sounds and colors, hopeless and always out of reach.

Depression is a syndrome that is notoriously underdiagnosed and undertreated. One in five Americans will experience a depressive disorder within their lifetime. Everyone feels ups and downs in moods, from happiness and elation to irritation, anger and sadness. A depressed mood can signal that we need to attend to some loss or frustration in our lives. Depressive disorders, however, are medical and psychological conditions in which we have highs or lows that are far out of proportion or even totally unrelated to things going on in our lives. These lows affect thoughts, feelings, physical health, behavior and almost all areas of daily functioning. Major depression is neither your fault nor the result of weakness. A wise woman once told me, not without considerable irony, "Look, I know exactly what to do when I experience a major depression. But if I actually had the energy to do all those things and think it would make a difference, I wouldn't be so depressed, would I?"

Both unipolar depression — usually intransigent moods of hopelessness and sadness — and bipolar depression — swings in mood from very sad, low periods or intense irritability to periods of frenzied activity — are treatable, responsive to a combination of counseling/therapy and medication. If you or a loved one experiences at least four of these symptoms for two weeks or more, you may be dealing with depression: sleeping too little or too much; eating too little or too much; difficulty concentrating; feeling worthless or guilty; loss of energy or extreme agitation; and thoughts of harming yourself.

Perhaps most insidiously, major depression is a syndrome in which one believes that everything is miserable, has always been miserable and will always be miserable. And this makes depression the business of our community, since depression depends upon hopelessness and communities are built and sustained on hope.

Depression reminds us that even if we believe we should do things on our own, we often must lean on the support of others.

For more information, consider talking to a trusted physician or mental health professional. You can also visit a website like http://mentalhelp.net/ to find a host of online resources that provide guidance in understanding and treating depression.

Michael Simon, M.S., M.A., is a Rockridge resident (and parent), psychotherapist and adjunct faculty member at San Francisco State University in the Department of Clinical Psychology.

He also serves as the Program Director of the Marina Counseling Center in San Francisco.

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The Language Of Dance

If a line must be balanced to
catch fish
I will be the line because I am
the fish

— Carolyn Lau,
Wode Shuofa (My Way of Speaking)

The Rockridge Muse

by Ortrun Niesar

For many years poet/artist/scholar/feminist Carolyn Lei-lanilau stuck her tongue out at — what — the world. A huge red tongue — you know, the famous Mick Jagger pop art piece — shamelessly decorated her garage door on Harwood in the '70s and '80s. My heart hopped a little bit with laughter every time I saw it. So when I finally got to meet Carolyn, it was a real thrill for me. Here was someone who had the courage to say with imagination and humor what we all thought. And we are able to laugh out loud with her.



Carolyn Lau

But there is also another side to Carolyn, a deeply profound and spiritual one. This morning I stood at her door. The tongue has yielded to a coat of paint. But there are clay bowls of fresh cut freesias sitting on her stoop; and in the shadows an enigmatic ceramic Buddha smiles at me through a wreath of burning incense. No one was at home.

Carolyn is a poet whose work has won the 1987 American Book Award for Poetry for *Wode Shuofa (My Way of Speaking)* and was selected for the 1996 edition of The Best American Poetry. Her style is post-modern in the best sense, simultaneously stretched and compressed, cerebral and earthy, irreverent , funny, soulful, edgy and wise. As a scholar, she has made considerable contributions to the study of hermeneutics as she focuses on second-language acquisition and issues of Asian -Hawaiian -American identity as reflected in language.

Carolyn is also an accomplished dancer, a lover of ballet, jazz, modern dance and hula, and has been a student at the Shawl-Anderson Dance Center for many years. Her thesis is that language is a function of the body as much as it is a function of the soul or the mind Inspired by her dance experience, particularly hula, she uses body language — dance — to pry open every day words and texts in search of inner kernels of meaning that can lead to more direct ways of communication and sexual-ethnic understanding.

On Sunday, May 7, Carolyn will present the "Millennium World Premiere Performance of Kolohe Hula" at the Shawl-Anderson Dance Center. Here is your chance to meet Carolyn and discover the real meaning of hula, a dance form that was originally a kind of poetry chanted to the gods. As happens in many art forms, hula has both a sacred and a comic tradition. In Hawaiian, kolohe means mischievous, and what the program is all about is comic dance and discourse as a positive and regenerative aspect of hula. Irreverent, sexual, funny, it is most entertaining, but also rips into our assumptions about genre, gender and ethnicidentity.

Carolyn's dance sketches and discussions will be based on her recent award winning book, *Ono Ono Girl's Hula*, an irresistible read for contemporary culture buffs, anthropologists, feminists and those of us thoroughly confused by what is going on around us in general. Frank Shawl and other dancers, singers and musicians will participate in this unique performance. Al Dodge, known to many in the Bay Area, will be playing slack-key guitar. Warning: Except for disabled and seniors, the audience will be sitting on the floor. It's that energy-body-meets- hard- surface nexus thing, I think. Bring a pillow! For information and tickets, call 654-5921 or 658-5378. The performance takes place at 7 p.m.

Shawl-Anderson Studio A Dance Legacy

Stand on the corner of Alcatraz and College Avenues anytime of the day and you are likely to be charmed by a young dancer, hair up in a bun, legs wrapped in warmers, flitting by you to catch a bus or grab a bagel at Noah's.



Frank Shawl

If you stood at that same corner 42 years ago you might have been greeted by the same scene, because this is how long Shawl-Anderson Dance Studio has been holding forth at that location.

First called Modern Dance Studio and situated on the second floor above Black and White Liquor, in 1968 Frank Shawl and Victor Anderson moved into the space across the street on Alcatraz. And the dancers came from far and wide, year after year. Currently, almost five hundred students are enrolled in 70 classes taught in various styles by 22 teachers.

See "Shawl-Anderson," page 13

RN classifieds

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Your 36-word message: $18 (phone number counts as one word). Mail to: **RN Classifieds**, 5856 College Avenue, #130, Oakland, CA 94618. *May deadline is April 20.*

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COMMUNITY CALENDAR

Submit Items To RCPC COMMUNITY CALENDAR, 5856 College Avenue, #130, OAKLAND 94618 or call 814-6060.

Children's Book Signing Event

Tony Morse, Rockridge artist, and Elmwood author Peter Jan Honigsberg will be reading and signing copies of their illustrated children's book *Pillow of Dreams* (RDR Books, 1999) at Diesel Books on Sunday, April 16, at 3:30 p.m. Diesel is located at 5433 College Avenue.

Children's Support League Of the East Bay

Annual Kitchen and Home Tour on Friday and Saturday, April 28 and 29, from 10a.m. to 4p.m. The tour is a self-guided look at five fabulous Piedmont homes. The Boutique, also part of the Tour, presents local artists and craftsmen. Tickets are $20 in advance, $25 on the days of the tour. $32 tour and lunch, in advance. Proceeds benefit children's charities in the East Bay. Call 510-273-9109.

College Avenue Adult Activities Center

College Avenue Presbyterian Church, 5955 College Ave. All activities Wednesdays, 11-noon. Lunch follows, $1.75. Slide shows (SS) in Lighthouse Room.
Apr.12: Yvonne Ash speaks about Animal Life-Watch.
Apr.19: (SS) "Greece," Charlie Fitch.
Apr.26: (Video) "Vietnam", Cathy Connelly.
May 3: (SS) "Norway", Charlie Fitch.

NCPC Meetings

Neighborhood Crime Prevention Council meets 2nd Thursday of each month, 7:30 p.m., Rockridge United Methodist Church, Manila/College. Public invited.

Oakland Tours

The City of Oakland was founded in 1852 and May 4 is the City's official Birthday. The Oakland Tours Program is sponsoring a series of events to mark the anniversary, including the Kick Off for this year's Walking Tour Season. Discover Oakland's changing skyline, landmarks, churches and high rises on one of the free guided walking tours. The tours are offered Wednesdays and Saturdays, May through October. On the first Tuesday of the month there is a tour of historic City Hall and the newly renovated Frank H. Ogawa Plaza. Call 238-3234 to add your name to our mailing list and to receive a 2000 Schedule. Log on to www.oaklandnet.com and click on the community link for map, dates and starting places.

Rockridge Branch Library Storytimes

* Toddlers: 10:30 a.m. Saturdays, April 8, 15, 22, 29.
* Preschool: 10:30 and 11:00 a.m. Tuesdays, March 7 and 21 April 4, 18.

Pajama story hour: 7:00 p.m. Wednesdays, April 26. To celebrate National Library Week, we have invited author/illustrator Maria Diaz Strom to read her book, Rainbow Joe and Me, and talk about the art of music and colors and draw with us! For kids ages 3-9. Free!

Lawyers In The Library: free advice 6-8 p.m., 1st Thursday of each month. Signup starts at 5:00 p.m.

Book Discussion Group

A book discussion group focussing on other times and places will meet at Rockridge Library on 5 Thursday nights, 7-9 p.m., April 13 through June 29. For reading list and to register call the Library at 597-5017

Toddler Massage

Rockridge Montessori School, 5610 Broadway, presents Toddler Massage on April 13 from 6-7:30 p.m. Learn about the numerous benefits massage has for you and your child. R.S.V.P. 652-7021.

Sierra Club, San Francisco Bay Chapter

Slide presentation by author/photographer David Weintraub for his new guide book, North Bay Trails, Wednesday, April 26, 7:30-9 p.m., at the Conservation office, 2530 San Pablo Ave. near Dwight, Berkeley.

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Shawl-Anderson

from page 11

Of course, it wasn't always like this. All beginnings are hard. But when Frank and partner Victor came to the East Bay in the late '50s from New York, they understood that a career in dance would be a real challenge. Both had pursued dancing careers in New York, Frank following the modern tradition of Martha Graham and making a mark as a performer, Victor coming from a background of music, ballet, modern dance and teaching. Through these many years Frank taught, coached and performed nationally and internationally while Victor kept the home lights burning. As the years passed by, Frank and Victor maintained their New York connections, prompting personal visits and master classes by many prominent dancers and choreographers, including Merce Cunningham, Charles Weidman, Alvin Ailey, Paul Taylor, Jose Limon and Bella Levitsky, among others.

Now nearly 70, neither Frank nor Victor is giving a thought to quitting.

"Oh, I retired ten years ago,"says Frank. "I mean I don't teach classes any more, but I found myself performing more, and coaching others for the stage. I also work on choreography more."

In 1997 Frank joined New Shoes, Old Souls Dance Company, a Bay Area group of active dance performers and choreographers over the age of 40. Mark Morris has directed this group in performances at the Cowell Theater in San Francisco to public acclaim.

"I love how Mark choreographs pieces that include performers of different ages and body types. He has really opened up new possibilities for dance." In November 1999, Frank was one of four older dancers in a performance called "Still Moving" presented at the Artaud Theater to sold-out audiences. The program involved solo performances by each dancer, followed by discussions among each other and with the audience. "We received standing ovations!"

Lately Frank has been working on a new piece set to the music of Poulenc in which he explores issues of loss, accepting the loss of someone, cherishing the gifts bestowed by that loved one. You call that retiring? Or is this not rather the beginning of something new?

"My role now is to be a mentor for those dedicated dancers who come here with their hopes and dreams. I too had a mentor, May O'Donnell, who was a principal dancer with Martha Graham in the 30s and 40s. May opened my eyes to what dance could really be for me. May is now 94 years old and lives in Manhattan and I am still in touch with her. I hope that I am fulfilling that role for some of my students. By now I have watched generations of dancers develop their talents and I learned to appreciate and respect their differences."

Frank takes two classes every day, without fail, either in modern or ballet . "Oh, I'm not the oldest dancer here by any means," he quips. "Dancing is a way of life, and we have several dancers here who are in their 60s. One wonderful lady has been dancing here for the past 42 years, every day."

Fit and trim, eyes sparkling, Frank explains with engaging exuberance his belief that the ability to dance is in everyone to some degree. Whether or not you become a professional dancer is not that important. What dance can give you in experience, personal adventure, creative and spiritual growth, discipline in mind and body, is a gift for a lifetime.

Frank and Victor are recipients of numerous awards in recognition of their contribution to the art of dance and service to the community. Count among them the Isadora Duncan Award for Sustained Achievement in Dance; the California Dance Educators Association's Heritage Award, and The Oakland Parks and Recreations Recognition Award for Outstanding Contribution. Please accept, too, our thanks, Frank and Victor, for your many years of creative activity in our Rockridge neighborhood!

Time for a photo. Outside the window a bright blue VW with the top down comes to a halt. A young man vaults over the side and comes bounding up the stairs. "Frank, I got that Martha Graham scholarship! I'm going to New York this summer!" Meet Sam Potts, a budding star of jazz dance. Frank is ecstatic.

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ROCKRIDGE CRIME REPORT

Reach Rockridge community policing Officer J. Watson by paging her 1:00-11:00 p.m., Tuesday through Friday, at 330-4539; at the tone, enter your return phone number. Officer Watson urges residents not to hesitate to report suspicious activity to the police using the non-emergency number, 777-3333. Dial 911 to report suspected crimes in progress.

Arrests

Officer Watson, our Community Policing Officer, reports an arrest of a purse snatcher was made in the vicinity of Chabot Road on February 9.

Suspicious Individuals

A man wearing a beige hooded jacket and carrying a bicycle was seen rummaging around on porches on the 5800 block of Colby around 7:00 a.m. on Tuesday, February 15.

A resident of the 400 block of Cavour reports seeing two Hispanic teenage males peering into parked cars using a flashlight at around midnight on Sunday, March 5. The youths left in a waiting dark gray Chevy Suburban. Police were notified.

Robbery

On Wednesday, February 2, an armed robbery occurred on the 5100 block of Manila Ave at around 10:40 p.m. The suspect is described as a Black male, 20-25, 5'8", 160 pounds, wearing a black beanie cap and a puffy jacket.

On Saturday, February 14, at around 11:40 p.m. there was a strong-arm robbery on the 6000 block of Colby. The assailant was described as a black male, 17-19, 6', weighing 180 lb.

Officer Watson reports a business on the 5900 block of College Ave was held up on Monday, February 28, around 7:30 p.m. The suspect was described as a Black male, 6', in his early 30's, clean shaven, medium to dark complexion, wearing all dark clothing.

The Oakland Police reports that a purse was snatched at around 5:00 p.m. on Monday, March 13, in the vicinity of Florio and Auburn by a teenage boy who jumped out of a late model mini-van.

Burglaries

Residential break-ins occurred February 11 on the 5800 block of Presley Way and February 12 on the 5400 block of Lawton Ave. A business on the 5900 block of College Avenue was broken into overnight on February 22.

The police report that a wallet was taken from a residence on Ivanhoe during the night of February 28, apparently while the resident was asleep.

Car Break-ins

A caller reports their car parked on the 5100 block of Miles was broken into around February 20.

A resident of the 5400 block of Claremont reports that their car was broken into overnight on February 22.

A car on the 5800 block of Ocean View was broken into on February 28. Access was gained by slicing the car's convertible roof.

Three cars parked on Manor Crest were broken into on the night of March 5 and stereo systems were stolen.

Vandalism

Windows of three College Avenue businesses were broken this month: two on the night of March 3, and one on March 9.

ROCKRIDGE CRIME ALERT HOTLINE
Dial 814-2255 (814-CALL) to report suspicious activities or to hear weekly updates on criminal activity in Rockridge

Gay Ducey

from page 2

mom and this money deal, where she thinks she's misplaced it and she hasn't. So we had to find it about ten times a day. And she gets so upset. I'm telling you just so you're ready for it."

"Oh, yes," says Sally. "I know that one, but I've already been to the bank. That's what I do: I go to the bank and get a bunch of twenties. Whenever she loses one, I start her looking for it, and fold up a new one and put it into her wallet. After she leaves I just go through her room and dig out the cash."

"Don't you think that's a little deceptive? I mean, she needs to know she can learn to find it herself."

"No," says Sally. "I think she needs to know she's all right. And she is."

Below find books about family changes:

Mama Let's Dance, Patricia Hermes, J-F.
Mom Is Dating Weird Wayne, Mary Jane Auch, J-F.
Good Night, Mr Tom, Michelle Magorian, J-F.
Walk Two Moons, Sharon Creech. J-F.

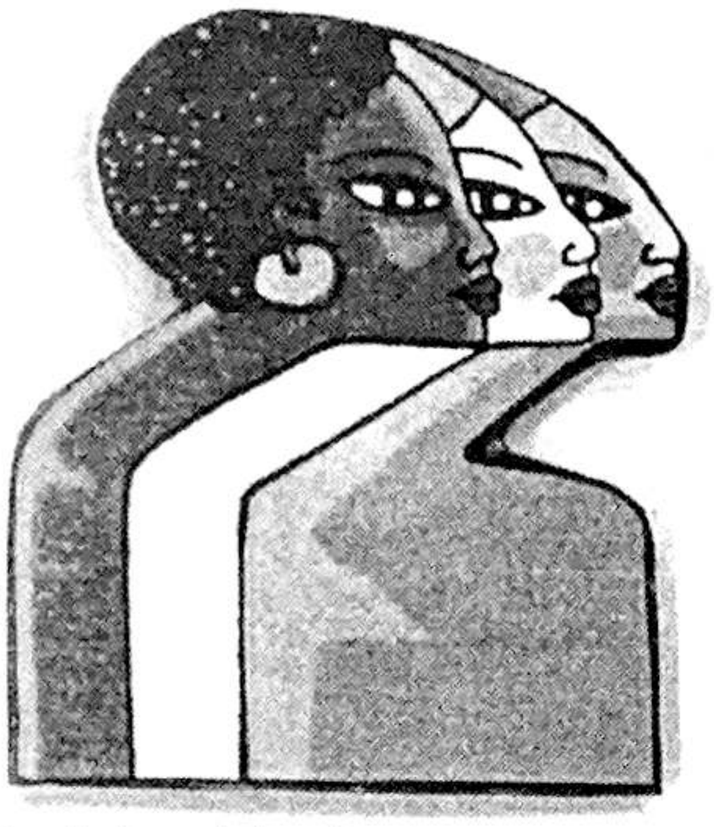
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Local Artist and Bookstore Collaborate to Celebrate Women's History Month and Support the RR Library



The design of the pins donated to Diesel Books in celebration of women's history.

Profits from donated pins buy books for Rockridge Library

In honor of National Women's History Month, Rockridge artist Mary Siegfried donated two dozen hand-painted pins to Diesel, A Bookstore, for sale at $11.95. Profits from the sale, extended to April 15, will be used to purchase books about Women's history for the Rockridge Library.

The design on the pin, one of a number of the artist's multi-cultural themes, honors women's tradition of nonviolence. Since creating the pin in 1989, the artist has made approximately 7,000 pins in her Rockridge studio, giving most of them at cost to women's organizations for resale as a way of raising funds. The sales have generated over $40,000 in support of women's causes.



Photo: Chris Ahlstrand

Women's History pin designer Mary Siegfried and honoree Dorothy Eng pictured at a recent Diesel Books event.

Books purchased as a result of the fundraiser will be presented to the library in honor of several Rockridge women with remarkable histories. These include:

Mable King, a life-long advocate of peace and human rights, who had lunch at the white House with Eleanor Roosevelt in the early '40s, and held several positions with organizations promoting peace and international understanding before moving to the Bay Area in 1968 to become Director of Heald College in Oakland;

Dorthy Eng, founder and past president of the Chinese Young Women's Society in Oakland, was recently honored at the Smithsonian and at the White House for her work as organizer and director of the Servicemen's Center in World War II (Dorothyis also a *Rockridge News* distributor in her neighborhood);

Sharon Banks, who served as CFO of AC Transit from 1991 until her untimely death last December, was nationally recognized as a leader and trend setter in public transportation.

The date for the ceremony will be announced in April.







Don Coelho

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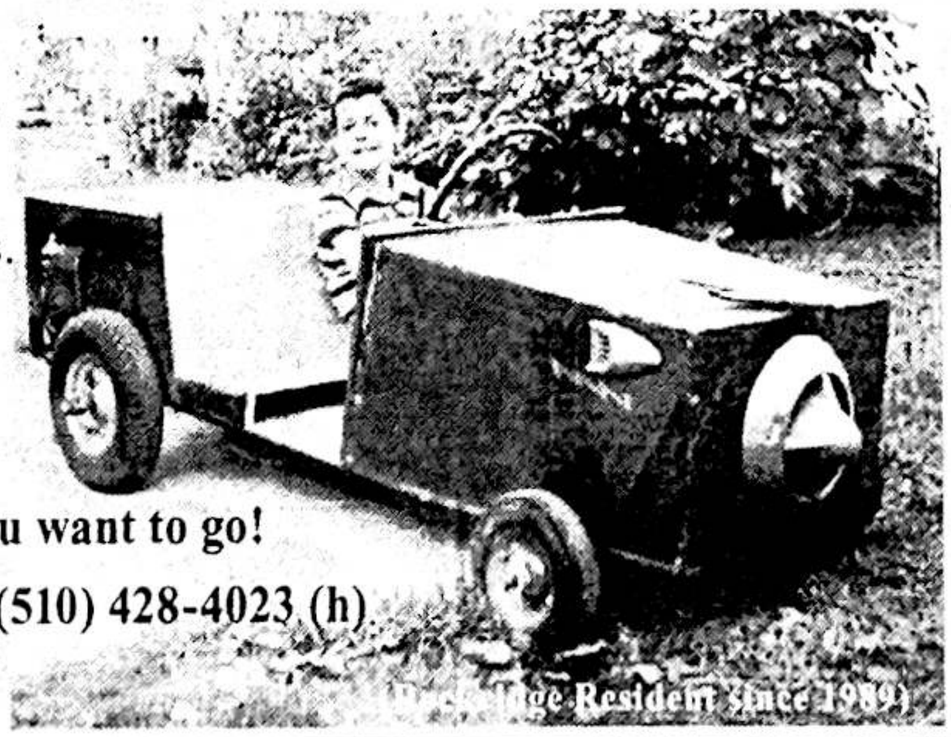
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