THE Rockridge News

www.rockridge.org

VOL. 19 ■ NO. 11 ■ ISSUE NO. 207 ■ December 4, 2004 CIRCULATION: 5,100 RESIDENCES; 200 BUSINESSES

Sponsored by The Rockridge Community Planning Council • 5245 College Ave. PMB 311 • Oakland, CA 94618 • 644-4228

Season's Greetings!

NO December RCPC Meeting

See January 2005 meeting preview below.

Help Set RCPC's 2005 Agenda

RCPC Board seeks community input for 2005 planning.

by Jessica Pitt, RCPC Vice-Chair

We need your input! In late January, the RCPC Board will hold its annual strategic planning retreat. At this day-long planning session, the board will set program priorities for the coming year, review the budget, and allocate funding for the 2005 fiscal year. We want to make sure that Rockridge residents weigh in and help set the direction for RCPC.

Share your ideas about transportation, traffic, crime, parking, improvements under BART, commercial development, high density housing, sustainable community.

Please join us at the January 20 General Meeting to share your ideas about where RCPC should focus its attention and resources in 2005. If you have ideas about what RCPC should be doing to improve the

2005 Agenda, page 8

Coming This Fall: Rockridge Kitchen Tour

Calling all kitchens and friends of kitchens

by Jennifer Edmister



It's that time again! The Rockridge Community Planning Council seeks renovated or classic kitchens to consider for the 2005 Rockridge Kitchen Tour, coming in October. Past tours have featured a variety of exquisite Rockridge kitchens, from bungalow style to country, from traditional to contemporary. If you or someone you know is putting the finishing touches on a kitchen remodel, or is already enjoying a fantastic new kitchen, please let us know! Submissions and questions may be directed to Jennifer Edmister at toejrb@earthlink.net or to RCPC at 644-4228, attention Kitchen Tour.

Councilmember Jane Brunner plants an Aristocrat pear tree on Apgar Street, the first of 1,000 planned for Oakland.



Photo: Cy Gulassa

1,000 Free Trees For Oakland

Only 999 to go

by Cy Gulasssa

When City Councilmember Jane Brunner first moved into Rockridge, the trees on her street were mere saplings planted by neighborhood activists and the area looked promising but bare. Three decades later, those saplings have grown into the wonders that give North Oakland its distinctive quality

Trees, page 11

Rockridge News Editor Wins Bid to be Peralta Trustee

Rockridge News Editor Cy Gulassa won a decisive victory over opponent Melanie Sweeny-Griffith for trustee of the Peralta Community College District in Area 6, receiving over 72 percent of the 40,000 votes cast November 2 in Montclair, Rockridge and North Berkeley. He will be sworn in along with three other trustees at a December 14 ceremony in the Peralta Colleges District Office, 333 East 8th Street, Oakland at 7 p.m.

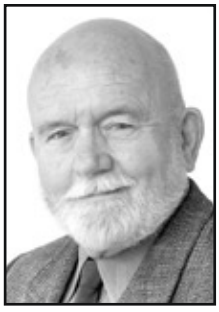


Photo: Brian Gulassa

New Peralta Board Member Cy Gulassa.

Gulassa says he won because voters are disgusted with the long history of "questionable decisions and deal-making" by the current board. "The same board that voted itself trips to China and Africa to recruit foreign students and to outsource work to a company that had ties with the previous chancellor, just voted in a lame duck session in November to enter into a contract to sell off Laney lands to a developer—two weeks before the four new board-member majority is scheduled to be sworn in," he said in an interview. "This is exactly the kind of collusive behavior that has to end."

Vowing to provide accountability to the people who pay the $100 million in taxes annually to the District, Gulassa is calling for a comprehensive audit, strategic planning, financial transparency, and a new system of decision making that includes members of the community, students, faculty and staff. "Unlike the boards of private companies, community college trustees are accountable to the citizens who actually own the colleges. I intend to fulfill my responsibility to the community that so overwhelmingly supported me."

In My Opinion

Was It Worth It? A Summing Up by Two Rockridge Volunteers for John Kerry

Susan Montauk: Now that the pundits, analysts and policy wonks have had their say about what went wrong for the Democrats, it's time for us left-coast liberals to put aside our disappointment and reflect upon the positive outcomes. "Positive outcomes; can there be any?" you ask. Well yes, actually.



Susan Montauk

Speaking as a first-time national election volunteer, I can honestly say that, regardless of the outcome, the experience of actively supporting a candidate was an empowering and gratifying one. And for the volunteers I met along the way, it was a unique energizing adventure. Friends, neighbors, strangers, we were all united in our concerns and we put our words into action. That solidarity of purpose made a lasting impression on all our lives.

My story is like that of many others: over a period of many months, I invested my hopes, money, time and energy to the campaign. In July I hosted a fund-raiser for my candidate. Throughout the summer and early fall, I worked with a local grassroots group to register new voters (350 of them at the UC Berkeley campus alone), phone-bank to swing states, and canvass door-to-door in Reno, Nevada. And, the remarkable thing about it was that there were millions of volunteers doing the same all over this nation.

Quite a few friends have very kindly thanked me for my efforts in this campaign. I am somewhat embarrassed by their gestures — first, because my efforts paled in comparison to those of so many others; and second, because I derived such a rich sense of fulfillment from the experience that I feel *I* should be the one to extend thanks.

The spirit is still alive. One volunteer group that will be reorganizing to capture that spirit can be accessed online at www.eastbay4kerry.com.

Lisa Gibson: During the summer, my husband Gary and I hosted two John Kerry fundraisers that netted $6,000 and sponsored two Sunday afternoon phone banks that placed over 2,500 calls to Ohio voters. We thought only a few political junkie friends would join our first debate party, but over 50 guests arrived, thanks to our notice on the Kerry website. That night those strangers became part of a growing community of friends united by a desire for change in Washington; we co-hosted parties for the remaining debates and felt like family.



Lisa Gibson

During the final four days of the election, Gary and I volunteered with MoveOn.org to get out the vote in northeastern Pennsylvania where I grew up. Though I had no political organizing experience, I was designated precinct leader in the overwhelmingly Republican town of Clarks Summit. I was in charge of coordinating volunteers, knocking on doors, soliciting volunteers and making

▸ My Opinion: Fundraisers, page 10

GARDEN CLEANERS

$5 FREE *DRYCLEANING with garment orders over $28*
or $3 OFF orders over $15
Dry Cleaning only ☛ Present with incoming order

EXPERT SHIRT LAUNDERING!

Garden Cleaners
5808 College Avenue, Oakland
601-1188
Mon – Fri 7 – 7 • Sat 8 – 6
Across from Albertson's & Zachary's Pizza

ROCKRIDGE BRANCH LIBRARY
5366 College Avenue
597-5017
Hours:
Mon, Tues: 12:30 – 8 p.m.
Weds, Thurs, Sat: 10 a.m. – 5:30 p.m.
Friday: 12 – 5:30 p.m.
Sunday: **CLOSED**
Library program details: See Calendar, page 15.

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.

***Rockridge News* Production**
Cy Gulassa ..... Editor-in-Chief
Ortrun Niesar, Claire Isaacs ..... Writers
Barry Kaufman ..... Food
Jo Ellis ..... Advertising & Community Calendar
Theresa Nelson ..... Neighborhood Merchant
Lydia Gans ..... Photography
Susan Montauk ..... Business Manager
Don Kinkead ..... Graphics & Layout

RCPC Board of Directors, 2004-2005
Daniel Ferdelman ..... Co-Chair
Deborah Weinstein ..... Co-Chair
Jessica Pitt ..... Vice-Chair
Mike Taylor ..... Secretary
Ehab Bandar ..... Treasurer
Jennifer Edmister, Cy Gulassa
Hiroko Kurihara, Susan Montauk, Mike McDonald,
Theresa Nelson, John Potis, Camille Reed

Newsletter Subscriptions
Annual 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:
Editor: editor@rockridge.org
www.rockridge.org
The Rockridge News, 5245 College Avenue, PMB 311, Oakland, CA 94618
RCPC Voicemail: 644-4228

Articles published in *The Rockridge News* may be reprinted only with the permission of the Editor.

Newsletter Advertising/Deadlines
Publication date of the next issue is
☛ January 8, 2005 (!)
☛ January deadline is December 20.
Advertising rates are $22/column inch. Six-month pre-pay rate available. To advertise, call Jo Ellis at 653-3210, or e-mail joellis1@hotmail.com.
(RCPC reserves the right to refuse any display or classified ad that it deems inappropriate.)

Neighbors Call for Improved Safety at Dangerous Broadway/Lawton Intersection

by Abby Pollak, Chair; Rockridge Boulevard Neighborhood Association

The Rockridge Boulevard Neighborhood Association (RBNA), representing 55 households on South and North Rockridge Boulevard and Rockridge Place, has been working vigorously to improve signage and effective lighting at the Lawton/Broadway/ Rockridge Boulevard crosswalk. On election day, the group set up a petition table at the crosswalk and, by the time the polls closed, more than 350 neighbors had signed a petition calling for crosswalk safety improvements.

The almost-invisible crosswalk strikes a certain amount of terror into pedestrians who use it: parents with strollers and dogs, children going to school, adults walking to the BART station or to College Avenue for shopping. Countless people have complained that even when they're in the crosswalk, drivers don't stop.

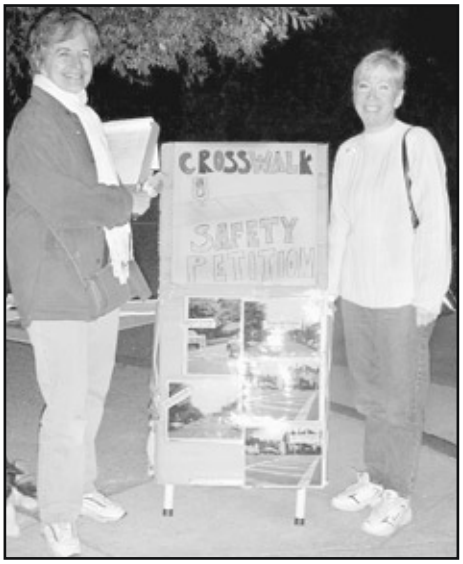
Drivers, too, find themselves in perilous positions as they turn onto Broadway from Rockridge Boulevard or Lawton Avenue. There's so much jockeying and angling for who gets to turn first that drivers often neglect to check the crosswalk for hapless pedestrians.

Because of the dramatic increase in traffic, the danger of a car crash or pedestrian injury has risen sharply. Despite a posted speed limit of 35 mph, cars have been clocked travelling at 40 to 55 mph. There have been fender-benders, serious car accidents, car-bicycle collisions, and a few serious injuries, including one earlier this year when a pregnant woman crossing at



Abby Pollak (below, left) and Eileen Marrinan worked until dark on election day to collect over 350 signatures on a petition calling for safety measures at the Lawton/Broadway pedestrian crossing. See location detail at right.

PHOTO: CY GULASSA



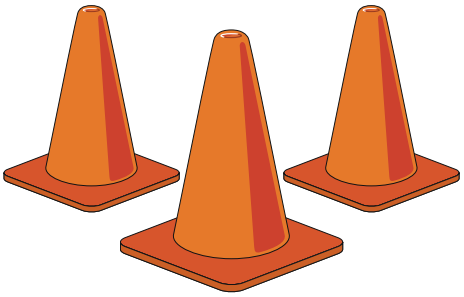
night was hit by a car. The distraught driver kept saying, "I didn't see her! I didn't even see the crosswalk!"

Neighbors are grateful to the City for recently changing the bulb in the street light on the east side of the crosswalk, but still feel far from safe. The RBNA will be asking the City for: four "Slow Crosswalk" and "Slow School" signs in reflective chartreuse; a mid-crosswalk "State Law" sign displaying the speed limit and a warning to stop for pedestrians; wide new reflective stripes in the existing crosswalk; and small reflective lights sunk into the roadway along the parallel crosswalk lines. These low-cost lights, solar powered and electronically activated, are similar to those already installed at Broadway and 28th and Claremont Avenue above College.

While acknowledging Oakland's difficult financial situation, RBNA feels these improvements are a relatively cheap solution to a high-cost peril.

Representatives of the group hope to meet with Jane Brunner to present supporting documentation and the petition with 350 signatures in the near future.

RBNA thanks everyone who stopped by and signed the petition, and everyone who worked on the campaign and will keep neighbors informed on this safety initiative. For more information: tabbies@earthlink.net.







Oakland Fund for Children and Youth Boosts Local After-School Programs

by Patrick Daughton, Chair; OFCY Planning and Oversight Committee

Launched in September, the $3.4 million Afterschool Initiative of the Oakland Fund for Children and Youth (OFCY) is providing Emerson Elementary School, Claremont Middle School, and Carter Middle School, among others, with an array of innovative after-school programs.

The Initiative grew out of community concern for the scarcity of programs that keep students on campus and off streets after school hours. After months of discussions and neighborhood meetings, a plan was crafted, and late in 2003 the Planning and Oversight Committee, a City of Oakland commission charged with governance of the fund, issued a call for proposals.

Successful respondents then created partnerships with local schools. A collaboration led by AmeriCorps' Bay Area Community Resources, including the Museum of Children's Art (MOCHA) and the arts education non-profit Opera Piccola (Italian for "small works"), was awarded $213,000 to serve students at Emerson and Martin Luther King, Jr., Elementary School. Teachers and partnership staffmembers will provide after-school academic assistance, enrichment programs and supervised recreational opportunities.

After-school activities for Claremont's 300 students include a daily program of tutoring and homework assistance, mentored laboratories, drop-in recreation and club activities, and a variety of enrichment classes focused on youth empowerment and community service. Titled the Student and Family Education and Enrichment Collaborative, the partnership, which was awarded $100,000, includes staff from the popular Destiny Arts Center and the East Bay Conservation Corps.

At Carter Middle School, Opera Piccola, in cooperation with AmeriCorps, will offer drama, dance, music, art and photography through its PRIDE collaborative. Resident artists plan to use the $100,000 grant to take 11-14-year-old students on four field trips over the school year as well as offer monthly family workshops and a Family Art Night.

Funding for all programs under the Afterschool Initiative is renewable through June 2006. However, as Carter Middle School has once again been placed on an Oakland Unified School District list of campuses slated for probable closure in 2005, the future of this partnership is uncertain.

These programs, as with 20 other programs funded throughout the City by the Initiative, are free to enrollees and operate every school day at the school site for a minimum of three hours after the end of classes. In each case, fund dollars have been leveraged to great effect by local support and the federal 21st Century Community Learning Centers Program.

After-school activities for Claremont's 300 students include a program of tutoring and homework assistance, mentored laboratories, drop-in recreation and club activities, and enrichment classes.

Funding for OFCY consists of 2.5% of the unrestricted portion of the city budget. As required by the Kids First! Initiative, Measure K, passed in 1996, expenditures are limited to direct services to children.

OFCY funds include $50,000 for the TryUMF program at Oakland Technical High School; $75,00 for the ArtGate arts and literacy program at Carter; and $45,000 for a comprehensive after-school program for 50 children at the North Oakland Community School.

Each year the Planning and Oversight Committee solicits proposals for competitive grants. Approximately $5.5 million will be available for the 2005-06 funding cycle to qualified, non-profit service providers or public agencies serving Oakland children or youth. RFP forms and granting criteria may be downloaded at www.ofcy.org. Information is also available at 238-6379. Applications are due January 6, 2005.

PACIFIC UNION
GMAC Real Estate
Donna DeBardi

Rockridge Specialist
510.338.1374
debardi@sbcglobal.net


Realtor® Specializing in Rockridge
Saraya P. Motley
510-280-2162
RED OAK REALTY

Winter Sales Continue to Sizzle!

Address	Bed/Ba.	List Price	Selling Price	Close Date
6015 Colby Street.	5/2	$749,000	$749,000	11/01/04
5371 Broadway	2/1	$565,000	$630,000	11/02/04
6016 Harwood Ave.	3/3	$849,000	$880,000	11/05/04
5449 Shafter Ave.	4/1	$699,000	$810,000	11/09/04
5343 Broadway Terr.	1/1	$279,000	$279,000	11/10/04
379 60th Street	3/1	$849,500	$860,000	11/10/04

Please contact me if you are interested in buying or selling.
Visit my website at www.eastbayhouse.com!
If you're thinking of buying or selling, give me a call for a free consultation.

FORL Grants Fund Rockridge Library Grounds Improvement and Research Materials

by John Gussman,
Friends of the Rockridge Library

The Friends of the Rockridge Library (FORL) is ending 2004 with two significant grants to the Rockridge Branch Library. The first will provide for new landscaping around the building except for the front façade, where the wisteria — loved by many — will remain. The north side of the building will be enhanced by a planting of non-invasive timber bamboo, which will accentuate the soaring "cathedral" windows.

The second grant will allow the library to acquire a major reference work, the recently enlarged and updated Dictionary of National Biography, or DNB. The new DNB is, within its scope, *the* definitive biographical encyclopedia, with nearly 55,000 articles (spread across 60 volumes) covering the lives of people who played important parts in the history and culture of the British Isles, the United States and Canada. The new edition is the fruition of 12 years of labor by Oxford University Press. It has been hailed as "one of the great publishing achievements of this century" (*Atlantic Monthly*), a "roll call of the great and the good, the eccentric and the bad" (Reuters), and "a work which makes superlatives superfluous" (*New York Times*).

Pat Lichter, the Rockridge Library's Branch Manager, notes that biographical research is a popular and constant pursuit in the library. She expects that students and researchers will make good use of this resource for many years.

Library users should look for the DNB to appear in the library early in 2005. Also, they will have *access to the online edition* of the DNB from their home computers, starting in mid-December. For more information, call the Rockridge Library at 597-5017.

FORL has donated other important reference sets to the Rockridge Library in recent years, including the 20-volume Oxford English Dictionary (Second Edition) and two sets of the popular NOLO Press legal self-help books (including one set of volumes available for check-out).

FORL gratefully accepts donations from Rockridge neighbors and other interested persons. Those wishing to donate should send donation checks payable to "Friends of the Rockridge Library" to: FORL, 5245 College Avenue, #311, Oakland, CA 94618.

Hip Hop Thrives in Rockridge Dance Studio

by Jodi Schiller

Corey Action, one of the hottest hip-hop dancers and choreographers in the Bay Area, brings his gifted teaching to New Style Motherlode, 5451 College Avenue. Corey and partner Teela Shine Ross opened the New Style studio in 2000, after teaching at the Alice Arts Center for many years.

New Style Motherlode offers 23 classes for aspiring dancers of all ages and skills, including Hip Hop, belly dancing, jazz, and praise dance (a form of ecstatic worship dance originating in African-American churches). Carolee Kaplan, who has been taking Hip Hop classes for three years, says, "Not only is Corey an amazing dancer, he also has a big spirit that communicates to everyone in the class and makes them feel high, welcomed and included." Janice Litva, whose son Lee also attends, says, "Lee has become more self-confident and independent since starting New Style. Here everyone is a winner."

New Style is not just a classroom. It also hosts the hottest hip-hop dance troupe in the Bay Area—New Style Motherlode. The troupe recently performed at the annual Hip-Hop Dance Fest at the Palace of Fine Arts in San Francisco. Choreographed by Corey, the dance was a fantastic production involving elaborate Indian themed costumes and pageantry. Dancing to a song from Corey's just released album, "Time for Some Action" (yes, he sings as well), the troupe broke through the "cheerleading" look of other Hip-Hop groups to dramatize a story about India and Hip-Hop. New Style offers something fresh in the Hip Hop world — a blend of storytelling with a vision of Hip Hop as a world-class dance form. Producer Kim Cook praises Corey as "a rare and authentic dancer who incorporates original hip-hop with dynamic explorations," and he is now in talks with Corey and Teela about producing an "All New Style Motherlode" performance.



Corey Action and Michelle Paris at New Style Motherlode on College Avenue.

Photo Jodi Schiller

In addition to New Style Motherlode, Corey is director of Diamond, a young person's dance troupe designed to give kids a hopeful way to explore their energies and dreams. The program, which includes dance etiquette, stage production and make-up, gives participants the tools and experience needed to pursue a career in any artistic field. Students must maintain a grade point average of 3.0 and attend three dance classes a week. The goals of the New Style training program are threefold: to instill self-determination, respect for the talent of others, and an appreciation of Hip Hop's cultural roots.

For schedules and more information, go to www.NewStyleMotherlode.com.



Rockridge Cornucopia

Barry A. Kaufman

All Dressed Up

Last month I shared my new found love for salads. I mentioned that the newer gourmet greens used in *au courant* salads need very little dressing because the greens are themselves quite flavorful. That said, there is nothing like a good dressing to enhance the perfect salad.

Think of a dressing as a sauce for a salad. Just as a sauce should complement rather than mask the flavor of the principal food, the dressing for a salad should complement the main ingredient. The main salad ingredient could be the greens, a fruit (apples or figs), a cheese (goat or blue) or even a fish (crab or smoked trout.). If you order a smoked trout salad at a restaurant, you want to taste the fish. Ingredients should be lightly coated and never swim in dressing. A good rule is that with salad dressing, less is more.

Although a great many ingredients can be used to make a salad dressing, most are based on either a mixture of oil and vinegar, called vinaigrette, or a mayonnaise or other egg emulsification. The simple vinaigrette, or French dressing, is an emulsion of oil and vinegar seasoned with salt and pepper. The standard ratio is three parts oil to one part vinegar or other citrus juice such as lemon.

Many types of oil can be used to make a salad dressing, like canola, walnut or safflower. However, the best vinaigrette is made with extra virgin olive oil. Olive oil is the only oil extracted from a fruit rather than a seed, nut or grain. Like wine, olive oils vary greatly in quality. The label designations — virgin, extra virgin and pure — refer to the acidity of the oil and the process used to extract the oil. I tend to use high quality extra virgin olive oil for salads and the less expensive pure olive oil for cooking.

Different types of vinegar can be used to make salad dressing. Red wine and balsamic vinegar are most common. Depending on the main salad ingredient, I may use rice wine, cider, white wine, champagne, or raspberry vinegar. I usually don't use flavored vinegars such as herb and garlic as their flavors tend to overpower the dressing. Citric juices such as lemon, lime or orange can be substituted for all or part of the vinegar in salad dressing.

Herbs, spices, shallots, Dijon mustard and sugar are a few of the many flavoring ingredients used to enhance a vinaigrette dressing. Shallots, herbs and garlic should be finely chopped before being added to the dressing. Salt and pepper should always be added to enhance the flavors.

When preparing a vinaigrette dressing, first combine the vinegar, seasonings, and other flavorings in bowl. Vigorously whisk in the oil, pouring it in a slow steady stream. As you toss the salad, add the dressing in small amounts until the greens have a light sheen.

For an all purpose vinaigrette dressing, I recommend Jacques Pepin's basic recipe.

Jacques' Simple Vinaigrette

2 teaspoons chopped garlic
1 shallot, chopped
2 tablespoons Dijon mustard
½ teaspoon ground black pepper
¼ cup balsamic or red wine vinegar
1 cup extra virgin olive oil

Put all the ingredients in a jar, screw on the lid, and shake well. Taste and adjust the seasoning, adding more oil or vinegar as needed. For a Caesar dressing, add 1 chopped anchovy and a raw egg.

RockRidge PRINTING Inc.
Full Service
Commercial & Social Printing
Offset & Digital
Mac/PC or Traditional
Art Work Supported
Friendly & Helpfull Service
rrprint@pacbell.net
5453 College Ave
Oakland, 94618
510-653-7414
fax 510-653-3535

"SHOULD YOU SAVE FOR YOUR KID'S COLLEGE OR FOR YOUR RETIREMENT? OR BOTH?"

ANNUITIES, MUTUAL FUNDS, LIFE INSURANCE AND A PLAN.

Susan Bernosky 510 450 9050
Anthony Rutz 510 450 9050

Allstate FINANCIAL

Allstate Financial is the marketing name for Allstate Life Insurance Company (Northbrook, IL), its subsidiaries and certain affiliates. Securities offered through Allstate Financial Services, LLC. (LSA Securities in LA, and PA). Registered Broker-Dealer. Member NASD, SIPC. Office of Supervisory Jurisdiction: 2920 South 84th Street, Lincoln, NE 68506 877-525-5727.
© 2002 Allstate Insurance Company allstate.com



Back-to-back: panelists at a recent forum on back care sponsored by the Rockridge District Association. From left: Chiropractor Fred Githler, Physical Therapist Steve Ryan, Medical Doctor Frances Dalton, Yoga Instructor Julie Rappaport.

Rockridge health care specialists literally bent over backwards to explain to an attentive audience how to get their aching backs back in shape at a recent forum sponsored by the Rockridge District Association (RDA) and moderated by Sara Wilson, Market Hall manager. The advice ranged from highly technical discussions of the origins and treatment of back pain to muscle balance and the basic principles of yoga, all delivered to a rapt, lunch-hour group eager for information.

A simple way to prevent a common cause of back pain, according to the experts, is to remember the basic advice freely bestowed by parents and drill sergeants: sit up straight, stand tall and do a lot of walking. Slouching in chairs, standing with curved back or belly out, leaning forward as you walk as if you were still on your touring bike or lugging a backpack or baby sling, and doing repetitive work or exercise involving only certain groups of muscles are sure ways to earn chronic pain and a trip to a therapist.

The first order of business with a new patient, says Chiropractor Fred Githler, is to watch him or her move around the office and elicit a family history and life style. "My first job is to learn the causes, then relieve the pain and effect a permanent cure," he says. That can be as simple as an exercise routine, a different mattress, a change of diet, a yoga class or a consultation with a doctor or other health specialist.

A visit to the office of physical therapist Steve Ryan, who teaches clinical anatomy at UCSF and dance kineseology at Mills College, also begins with a patient's history and includes a "neuromusculoskeletal" examination that covers a physical, hands-on examination of nerves, muscle balance and joint mobility. His multifaceted approach to treating low back pain calls for improving the patient's muscle flexibility, strength, coordination and posture. A major problem, he says, is that often the inner layers of abdominal muscles, which keep the spine aligned and reduce wear, grow weak with age and need to be toned. Weightlifter abs and sit ups alone won't fix the problem. A good exercise for strengthening these critical muscles is to repeatedly pull in the belly button while other muscles are relaxed. But in the end, Steve says, strength and coordination mean nothing without a conscious effort to move properly. His strategy includes teaching patients how to take care of themselves.

The causes of back pain can be very complex and should be taken seriously, according to Dr. Frances Dalton. Aside from muscular origins and viral infections and that stab of pain when you sneeze or reach for a book, back pain may be caused by skeletal problems like arthritis, osteoporosis or even breast cancer, or a herniated disc or pinched nerve. Symptoms of a pinched nerve, as opposed to a muscle spasm, include numbness and tingling that radiates to extremities, she says. She advises a thorough diagnosis and says it's a fallacy to think that medication is bad because it merely "masks" the pain. While not a cure, medication can prevent the condition from becoming hard-wired into the nervous system, which intensifies the symptoms and complicates recovery. If problems persist, X-ray may be necessary and if extremities are involved, an MRI is best. The last resort is invasive surgery. The bottom line, she says, is "Always listen to your body."

There are a lot of different types of yoga but for back pain, therapeutic yoga is best, says Julie Rappaport, who teaches yoga at Namaste on College Avenue. The core secret is to learn to breathe properly (raise arms and inhale through the mouth, then lower arms and exhale through the nose, and focus eyes inward to become aware of the inner body and spinal movement). But remember, she warns, that hormonal and emotional changes affect mobility. "The best approach to yoga is to shop for a class that's perfect for you and inform the instructor of any problems."

In addition to yoga, Julie believes that the two best exercises for keeping healthy forever are walking and swimming. Julie recently published a book entitled *365 Yoga*.



The Rockridge Muse

by Ortrun Niesar

Make a Joyful Noise

What would the month of December be without music and celebration to brighten our spirits in this darkest month of the year? For many weeks, many of your neighbors have been busy practicing to bring you outstanding concerts and dance performances. Here are some events you will not want to miss.

A Ceremony of Carols (Dec 4, 5 and 19)

This wonderful work by Benjamin Britten will be performed by the Berkeley Community Chorus at St. Joseph the Worker Church, 1640 Addison Street, Berkeley. The program will also feature Vivaldi's *Gloria, Alleluia* by Randall Thompson and the *Agnus Dei* by Samual Barber. Call 510/964-0665.

Rachmaninoff All-Night Vigil (Sun, Dec 12, 4 p.m.)

Often hailed as Rachmaninoff's greatest work, this beautiful *a cappella* setting of the Russian Orthodox Vespers and Matins services was written by the composer in 1915 as a plea for peace in response to World War One. It will be performed by the renowned Bella Musica Chorus at St Mary Magdalen Catholic Church at 2005 Berryman Street, Berkeley.

Berkeley Ballet Theater Nutcracker (Dec.10-19)

Come one and all to see this wonderful, fresh production of the Nutcracker playing at the Julia Morgan Theater. The ballet is directed by Sally Streets, winner of the 2003 Isadora Lifetime achievement award and Robert Nichols. It features members of the Berkeley Ballet Theater Youth Company and some wonderful guest artists. This is fun for all, young and old. Call 845-8542.

African-American Spirituals and Christmas Music (Sun, Dec. 12, 4 p.m.)

Join the Oakland Bay Area Community Chorus, under the direction of William "Bill" Bell (aka The Jazz Professor), for an afternoon of traditional Spirituals, gospel, hymns and Christmas music, including Handel's "Hallelujah Chorus." Our Lady of Lourdes Church, 2808 Lakeshore Avenue, Oakland. Tickets $20/$10, at the door or call 653-6783.

Oakland Interfaith Gospel Choir (Dec. 4)

You can bring the spirit of Christmas, of hope and joy, into your heart with the award-winning Oakland Interfaith Gospel Choir. They are giving their annual Christmas Concert at the Paramount Theater, 2025 Broadway, Oakland. Musical director is Terrence Kelly.

Christmas Eve Celebrations

It's not a time to be sitting home alone. Celebrations are planned all over— quiet, intimate, stately or grand. You might call St. Augustine's on Alcatraz or the College Avenue Presbyterian Church. In Berkeley, First Congregational Church on Durant traditionally presents a midnight worship service with a diverse program of music and liturgical dance. Or visit Grace Cathedral, St. Ignatius or Glide Memorial in San Francisco. Expect crowds, so be sure to go early to find parking and a good seat.

Other Favorites

The San Francisco Symphony features *Peter and the Wolf* (Dec. 11) and a wonderful Choral Christmas Spectacular (Dec 17-19) at Davies Hall. Call 415/864-6000.

We wish every one a very wonderful holiday season!

Ortrun Niesar can be reached at 510/652-6664 or via oniesar@aol.com.

RCPC Agenda 2005

from page 1

College Avenue business district, develop the UnderBART area, improve traffic and pedestrian safety, beautify the neighborhood, and support our local schools, parks and library, this is your opportunity to share them with the Board.

This year, the board will focus particular attention on how RCPC can shape future development along College Avenue. We will be discussing next steps in the land use planning process launched in 2004 and the types of development that RCPC would like to promote in our neighborhood. These are important discussions, and we need to hear from you.

If you are unable to attend the January 20 meeting, but have ideas and opinions that you would like to share with the Board, please contact Vice-Chair Jessica Pitt at 655-1210.

INSIDEOUT
architecture | interiors | landscape

Based here in Rockridge, we specialize in:
- Architectural remodels/additions
- Gardens/outdoor spaces
- New construction

info@aboutInsideOut.com
510.655.7674 T 510.655.7673 F

Jeff Auen



Full Service.
The Difference.

Century 21
North Oak./Orinda/Lafayette

A Time to Reflect —

The Holiday Season is a time for family, friends and sensitivity to the change of seasons. It is common to take time out and reflect upon the year past. Material concerns (real estate being one major issue!) can sometimes overwhelm our perspective on what is essential in life. This special time of the year can assist us in rediscovering peace of mind and heart, expand our generosity, and deepen our appreciation for what we have. May we all take time this season to relax and find joy in the company of family, friends, and our greater community. — Jeff Auen

1-800-805-8827 JeffAuen@Comcast.net
www.HomesEastBay.info

Rockridge Residential/Income Property Investments

Don't Choose the Blues: Dial 1-800/309-2131

Crisis support line helps callers deal with emotional crisis

During the "Holly Jolly Christmas" season, loneliness, depression and despair can surface. ACCSS provides a psychological gift.

by Claire Wahrhaftig-Isaacs

It starts with silence. Next, a sense that someone is there, struggling to speak. Finally, softly blurred, "May I speak to someone? I think I have a problem. I think I want to kill myself."

So might a call begin. It's a regular occurrence at the Alameda County Crisis Support Services hot line. The agency's main mission is the caller who is contemplating taking his life, or may already have acted and seeks emergency help. However, the 80 to 90 staff and volunteers who answer such calls 24/7 are trained to listen, to respond, to support, to calm, to locate resources, and, when appropriate, to make direct suggestions to anyone in the population who is in crisis.

"Am I really going to hell?," these voices ask. "I'm damned. Please help me!"

Once known as Suicide Prevention of Alameda County, ACCSS now responds to a very broad range of crises. Some mentally ill patients ask for assurance that their hallucinations are not real; others beg for ways to overcome clinical depression. Some seek housing, counseling, shelter from abuse, respite from loneliness, or just a warm, reassuring voice. Recovering substance abusers check in to stay "on program." Family and friends of troubled persons call for advice.

"Hi. Umm, I'm not suicidal, umm, but, uh, could I talk to you? I'm really down, and I don't have anyone to call. Is that okay? I won't talk long."



Crissy Brewer, left, Clinical Director, and Nancy Salamy, Director of Community Programs, Alameda Crisis Support Center. Photo: Claire Wahrhaftig-Isaacs

At this time of year, aggravated by the "Holly Jolly Christmas" atmosphere in stores and malls, deep-seated feelings of despair, depression, isolation, frustration, loss and grief can surface more strongly. When a friend says she is "in the dumps" and doesn't know who to talk to, or a relative can't reach his counselor, or grief is tearing you apart, call the Hot Line. It may be just the way to get past a bad moment, or through a really hard day.

"I'm waiting for a ride to my 12-step program, and I'm really anxious." "My shrink is out of town and I've run out of my meds." "My old man's been beatin' up on me a lot lately; I can put up with it, but I've got three kids here." "I suspect someone is cheating my elderly neighbor out of her home."

The phone counselor is that one person who can listen without judging. He or she can often suggest resources unknown to the caller: shelters for the domestically abused and homeless; investigation of child or elder abuse reports; sliding-scale-fee counseling services for the psychologically distressed; patient stabilization for those in need of immediate psychological and medical attention.

Because suicide is the 11th leading cause of death in the U.S. (homicide is the 14th), Clinical Director Crissy Brewer asks everyone to pay attention if you note behavior or conditions like: prior or recent suicide attempts; suicide in the family, which may be genetic or a learned behavior; poor physical health with depression; giving away personal possessions and "cleaning up" one's life; a burst of energy and light-heartedness after a long period of depression; or stocking up on pills.

Most of all, do not ever take a person's discussion of suicide lightly, even if the conversational tone is joking. Drawing the person out is definitely better than pretending, thinking it will go away. And get help. If you don't know where to get it, call the ACCSS Hot Line.

ACCSS will also take your call if you are just feeling blue, down, or unable to cope for whatever reason. They are there to listen.

Next Month: Other ACCSS services: counseling mentally disabled seniors and grieving people; teens education outreach, volunteers.

Crisis Hotline:
1-800/309-2131

Grief and Senior Counselling Programs:
1-800/269-0094

Business Office:
510/420-2460

The GRUBB Co.
REALTORS
510.339.0400
1960 Mountain Boulevard •Oakland
510.652.2133
3070 Claremont Avenue • Berkeley

Oakland Elizabeth House

EnJOYing the True Spirit of the Season

by Courtenay Redis

Believe it or not, you can experience the JOY of the Holiday Season, in marked contrast to the stress, stretched pockets and anxiety that often accompany this time of year.

Free and enjoyable food and company can be found right here in Rockridge throughout the month of December, at Elizabeth House, a transitional program for low-income women and kids at 6423 Colby Street at Alcatraz.

Start the month off right by making your way to the annual Elizabeth House Holiday Open House on Sunday, December 5, from 2-7 pm. Stop in for some warm cider, spiced egg-nog, treats from local bakeries and savory entrées from local restaurants. Enjoy the holiday decorations, including the giant Christmas tree donated annually by the North Oakland/Emeryville Rotary Club. Bring your friends and family, or come alone and make new friends.

Neighbors have also begun adopting some of the Elizabeth House families for gift-giving, and others, like school families at St. Theresa and Head Royce, are signing up to wrap gifts at Elizabeth House later in December. Donations of "gently used" items are accepted throughout the year and can be left in the donation bins by front door. If you complete a donation form, they will send you a receipt for your fully tax-deductible donation.

For more information about Elizabeth House, their Holiday Open House, adopting families for the holiday giving program or to volunteer as a gift-wrapper, call 658-1380 or e-mail holidays@oakehouse.org.



"Come Home to Claremont House"
4500 Gilbert St.
Oakland
(Piedmont / Rockridge Area)
RCFE #011440829



CLAREMONT HOUSE
INDEPENDENT & ASSISTED LIVING

Month to Month Rentals | Housekeeping
Active Social Calendar | Full Laundry Service
Adult Education Programs | Compassionate 24 hr Staffing
Transportation Services | Walking Distance to Shops
Fine Dining | Dynamic Enrichment Program

www.crmscommunities.com (510) 658-9266

My Opinon: Fundraisers

from page 2

calls with the goal of identifying Kerry supporters and turning out the vote on Election Day.

By mid-day on the Big Day, I was leading a team of 10 people from New York and Maryland, and my cell phone kept ringing with more MoveOn.org volunteers asking, "What can I do to help?" I was moved to tears by the powerful sense of community and willingness of people to drive hundreds of miles to do their part. I got very little sleep, but was energized by the sense that I was a part of something much bigger than just a presidential election. This was a historic grassroots effort in what could be the most important election of our lifetime.

Being precinct leader was a monumental task, but it was a great success – even considering the disappointing outcome of the election. We turned out over 130 of our targeted Kerry supporters. I was elated that Pennsylvania ended up going for Kerry, but unfortunately it wasn't enough to give Kerry the 270 electoral votes he needed.

I found myself crying a lot on the Wednesday after election day, watching Kerry's gracious concession speech followed by Bush's smug victory lap. I was overcome by a feeling of deep despair, but it was surprisingly short-lived. By Wednesday evening I was again filled with a great sense of accomplishment and connection to a whole new community of kindred spirits that I met through MoveOn.org.

Disappointed but not disheartened, in November we hosted yet another political party, which we called a "Post-Election Coming Together." We hope to galvanize our collective strengths to move on and inspire our friends to build a deeper and more lasting foundation for the future. We must stay involved, forge alliances, and create a sustainable strategy for positive change.

Why wait for the new year to start a new you?



Make an early resolution to join Curves. It's easy, fun and fast and just 30 minutes three times a week gets real results.

Curves
The power to amaze yourself.®

www.curvesinternational.com

(510) 655-8808
Market Hall's Lower Level
Entrance on Shafter, @ BART

Free Parking!!!

Join Now Rest of Year FREE

Over 8,000 locations worldwide.

*Offer based on first visit enrollment, minimum 12 mo. c.d. program. Service fee paid at time of enrollment. Not valid with any other offer. Valid only at participating locations 11/15-12/19.

Trees

from page 1

and make Rockridge an attractive place to live.

Determined to replicate the tree phenomenon started by community activists like Walter Miles in 1971 (see adjacent article), on November 9 Brunner launched a tree planting ceremony on Apgar Street in West Oakland, the first of 16 sites planned for that neighborhood and the beginning of a grand total of 1,000 trees she wants to plant over the coming year.

"Trees are good for the city in so many ways besides just their beauty," she says. "Trees save energy. Trees are good for our health. Trees conserve water and reduce soil erosion. Trees increase property values. Trees slow traffic. Trees promote wildlife. And trees have social and educational value." She hopes her project will spur the City into establishing an ongoing program of planting 2,000 trees per year.

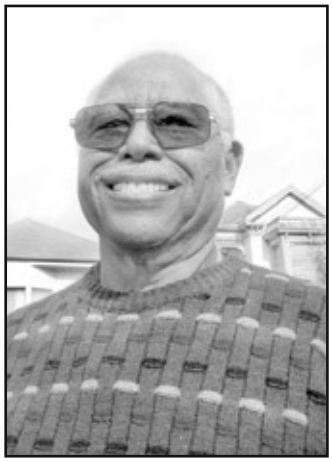
Brunner says a free tree is available by simply calling 238-7001. Identify a location, promise to water the tree for a year, and City staff will cut a hole in the concrete and plant the tree.



Who Planted All the Street Trees in North Rockridge?

by Cy Gulassa

Legend says that Johnny Appleseed planted all the wild apple trees that bloom throughout the Midwest. But have you ever wondered who had the foresight to plant all of those lovely street trees in North Rockridge, the ones realtors say add thousands of dollars to the value of a home? According to Walter Miles, who lives at 445 61st Street, it all began in 1971 with the Telegraph Avenue Neighborhood Group (TANG). "We knew back then that trees not only add beauty, they help define a neighborhood and give it cohesion," Miles said.



Community activist Walter Miles

PHOTO: CY GULASSA

The group decided that every home in the association's area — bounded by Highway 24 north to the Berkeley line and Telegraph Avenue east to College Avenue — should have at least one street tree. The project was organized by city block, each headed by a captain. A UC Berkeley arborist recommended a common tree for each block, and volunteers cut holes in the pavement; City crews then planted the trees. In all, 385 trees were planted, among them Chinese elm, ash and liquidambar. If they could afford it, homeowners paid for the trees; otherwise the association donated them. Homeowners were then responsible for keeping the trees watered during the early stages of growth.

This year, at the November 9 launching of Councilmember Jane Brunner's project to plant 1,000 trees in Oakland over the coming year, Miles said the new trees will transform Oakland neighborhoods, including West Oakland, which until recently has been home to Oakland's most notorious liquor store, a hotspot for trouble makers. "Trees help you think differently about where you live," he said. "Instead of just houses, you suddenly see connections and a whole neighborhood."

Drive under the overarching trees in Miles' neighborhood and see for yourself the enduring gift the association gave Rockridge nearly 35 years ago.

Heavenly high sales prices.
Rockbottom commissions.

Now in Our 18TH year

REALTY ADVOCATES
510-428-0757 | realtyadvocates.com
Serving Rockridge Since 1986





COLLINS ROOFING
Family Owned & Operated



663-6674 Mike
Rockridge resident over 10 years
Quality Work • Free Estimates
Lic # 695711

hiroko kurihara designs
oakland • california
a socially responsible blanket and scarf making company based in Rockridge on strong values and artistry
"buying and giving are one"
www.hirokokurihara.com
• 510.384.3146 •

Your December Matching Gift Helps Complete Frog Park!

by Theresa Nelson, RCPC Board Member and Parks Committee Liaison

The Rockridge Community Planning Council recently announced a special, end-of-year $2,500 matching grant for Phase Two of Frog Park. All gifts made before December 31, 2004, will be matched, dollar-for-dollar, up to $2,500.

More than $15,000 has been raised so far toward the goal of $25,000 for Phase Two. These funds will support native plantings along the Clifton-Cavour pathway, the expanded Plaza at Hardy, and additional play equipment at Hardy, among other items.

Your support is more important than ever. Recently, Frog Park learned that the old irrigation system we hoped to use along Clifton-Cavour will have to be completely replaced, rather than repaired. This costs a lot more than the amount of the repair which was in the budget, and it means that the native plantings and some items would have to be cut from Phase Two.

If we can reach — or even exceed — our fundraising goal of $25,000, we can support the native planting and help ensure completion of the park. Groundbreaking for Phase Two takes place after the first of the year. We need to reach our goal by the end of December so that the plans for the planting can be completed and approved in time for construction. Raising at least $2,500 from the community will bring an additional $2,500 in matching funds, which will help us reach the goal.

A special donor recognition and community information kiosk has been designed and will be built as part of Phase Two. All new gifts of $250 or more will be acknowledged on the main park plaque, along with all gifts of $250 or more from Phase One. You may choose to fund a specific item on the list, or contribute toward a larger item.

Please consider a special, year-end gift to Frog Park. All gifts are fully-tax-deductible. This is your chance to be a part of neighborhood history by making a financial contribution to Frog Park. Just use the special flyer enclosed in this issue of *The Rockridge News*. Select an opportunity which fits your interests, and enclose your check or credit card information with the form today, or contribute via the website at www.frogpark.org. You can help make the match and reach the goal. Frog Park will be completed soon!



Free Recycled Medical Equipment

Need a wheelchair? Hospital Bed? Crutches? Breathing apparatus?

Home C.A.R.E.S. provides free recycled medical equipment to anyone who needs such equipment regardless of income. Home C.A.R.E.S. is located in the First Presbyterian Church parking lot, 2619 Broadway, Oakland.

Open Thursday afternoons, 1-4 pm.
Call 510/251-2273 for more information.



Mon – Fri 9:30 – 6:00
Sat 9:30 – 5:00

CHIMES PHARMACY

Serving Rockridge Since 1909
3210 College Avenue
Near Alcatraz
652-1990

ROBERTS ELECTRIC

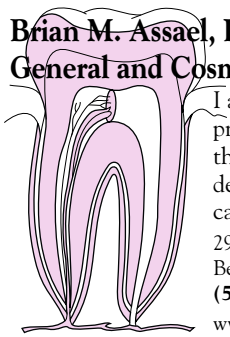
COMMERCIAL RECO RESIDENTIAL
INSTALLATION • REPAIR • 220 WIRING
NEW CONSTRUCTION • REMODEL
FREE ESTIMATES
480 - 23rd **843-6161** OAKLAND
SERVING EAST BAY SINCE 1932 CA. LIC# 728215

SoulWorks Counseling
Building Lives of Meaning & Purpose
If you are blocked, lonely, or longing ...
Awaken Creativity Reclaim Wisdom
Rediscover Wholeness
Call Lily Myers Kaplan 338.0135

across cultural congregation striving to partner with the Rockridge community in lifestyle and service.

College Avenue Presbyterian Church
5951 College Avenue, Oakland 510 658-3665
SUNDAY WORSHIP 10:30 AM • VISIT: CAPCCHURCH.ORG

Brian M. Assael, D.D.S.
General and Cosmetic Dentistry



I am dedicated to providing you with the highest quality dental treatment in a caring environment.
2975 Telegraph Avenue
Berkeley
(510) 848-9796
www. Berkeleydds.com



Rockridge Resident

YOU MAY LIVE 30 YEARS PAST RETIREMENT.

ARE YOU PREPARED?

Leila S. Gough, Associate Vice President-Investments
1999 Harrison, Suite 2050 • Oakland, CA 94612
(510) 452-8060
www.agedwards.com/fc/leila.gough

A.G. EDWARDS℠
FULLY INVESTED IN OUR CLIENTS℠

2004 A.G. Edwards & Sons, Inc. • Member SIPC

[24778-v1-0608]RP-260-0805

ARE YOU THINKING ABOUT SAFETY & SECURITY?
The Holiday Season and Shorter Days are Here!

Lighting – Leave Your Porch Lights On, Get Timers for Lamps, Increase Bulb Wattage
Install Motion Detectors – Between Homes, In Back Yard, Driveways Near Vehicles

Auto Security – Did you know North Oakland has a high incidence of vehicles being stolen & broken into?
Use "The Club" & "Alarms"
Leave NOTHING Visible – No packages, No groceries, No Clothing, No CD's/DVD's/Tapes, No Cell Phone or Cell Phone Chargers.

Mail – Did you know how easy it is to use your mail for ID Theft & fraud?
Deposit Mail in Postal Boxes rather than leaving it in your box for pick-up
Ask a neighbor to remove your mail just after delivery
Install a locking mail box

Recycling- Police reports show that street recyclers are often on probation, have arrest warrants, & support drug/alcohol addictions with crimes of opportunity.
Destroy (shred) credit card applications/receipts, banking and personal information.
Put bins out just before pick-up

Home Alert
Be the Eyes & Ears on your Block
To Start a new Home Alert Group
Call OPD Community Services 777-8617

Altes/Temescal NCPC/Manila 4100 Home Alert (11/04)

At the November RCPC Meeting

Thanks to Rockridge Children's Librarian Gay Ducey, Pegasus & Pendragon Books Store manager Joy Hucklesby, and author Melissa Lion (in order from top, below), the audience at RCPC's November 18 Town Hall meeting learned a lot about what children and teens are reading and what books to buy for holiday gifts. The children's books forum was organized by Jennifer Edmister, RCPC Boardmember.







Mimi's Landscaping
Design
Installation
Consultation
Construction
Rockridge Resident
510.595.9090
Quality service

Christopher's BURGERS
Fabulous Gourmet Beef Burgers. Lamb Burgers. Salmon Burgers & more...
5295 College Avenue (nr Broadway)
Oakland • 510 601 8828

Norman H. Burg, DDS
General Dentistry
(510) 652-1517
5700 Broadway, Oakland
A Prevention Oriented Practice

FIND THE PERFECT GIFT FOR THE LADIES ON YOUR LIST
mr. sandman
The Relaxation Specialists!
Pajamas • Sleepwear • Loungewear • Robes • Slippers • Body Care
5292 College Avenue Oakland 510.428.1302
(between Broadway & Bryant)

RN classifieds

Your Message Could Be Here
Your 36-word message: $18 (phone number counts as one word). Mail to: **RN Classifieds**, 5245 College Avenue, PMB 311, Oakland, CA 94618. *January deadline is December 20.*

Jazz and Classical Piano Lessons
Rockridge jazz pianist with UC Berkeley music B.A. offers lessons in jazz, blues, classical, music theory, ear-training, technique. Experienced, patient teacher, all ages/levels. Janet 653-6783.

Pilates or Gyrotonic®
Free 30-minute private session*.First class FREE* in Pilates, Yogilates, NIA®, Gyrokinesis®, and/or Yamuna® Body Rolling. (*For new clients). Mind-Body Connection, 5255 College Ave, 420-0444 (www.mindbodyconnection.net)

Housecleaning
Reasonable rates. Expert & reliable services from local employment cooperative. Call 534-6766 and we'll send someone to spiff up your home. Ask for our references from Rockridge clients.

Home Repair Expert
Carpentry, remodeling. Doors and windows, glass and locks, small electrical, plumbing jobs, drywall, painting, fences, decks and other odd jobs. Good rates. Rick 510/464-5934.

Temporary Room Rental
Having out of town guests and nowhere to put them? Large, sunny room available in Craftsman home in Rockridge/Elmwood area. See website for photos and info. http://geocities.com/cayenne2810 or call 547-8788.

Antique Repair and Refinishing
Experienced and Knowledgeable. All types of furniture. New finishes, repairs, waxing, p/u & delivery available. Family-run since 1990. E-mail pictures for estimates and questions. Bruce@BayAreaAntiques.com 534-0603.

House To Share
Large, lovely room available to considerate and independent person. House is on a busy North Oakland street. Share with two others. Available February 2005. $500. 510/595-4654

Floral Designs by Olga A. Bolotina
Call me when you need creative & unique floral arrangements for any occasion: weddings, anniversaries, holidays, or simply to decorate your office. 510/910-4733

Tahoe Condo For Rent
Our lovely 3br/2+ba condo in Incline Village is available for rent! Sleeps eight, is fully equipped! Close to everything! Call 652-6664 for more information.

Give the Gift of Art

Give someone the opportunity to express their creativity with a gift certificate for an Extended Education course at California College of the Arts.

Registration for winter/spring 2005 is going on now. Courses offered year-round in Oakland and San Francisco.

To request a catalog or purchase a gift certificate, call **510.594.3710**.

Featuring a variety of weekend workshops and courses:

Art History
Drawing and Painting
Photography
Design
Computer Workshops

CCA CALIFORNIA COLLEGE OF THE ARTS

Visit **www.cca.edu** to browse our course offerings.

MAISON NOUVEAU
REAL ESTATE SERVICES

TO DATE THE MAISON NOUVEAU TEAM HAS SAVED HOME BUYERS AND SELLERS

$605,221.00

IN REAL ESTATE COMMISSIONS!

CALL US TO FIND OUT HOW MUCH WE WILL SAVE YOU.

2% commission

510.849.9900
2701 COLLEGE AVE, BERKELEY

415.922.8800
2420 POLK ST, SAN FRANCISCO

Check Your...

Compiled by Jo Ellis

COMMUNITY CALENDAR

E-mail Rockridge News Community Calendar items to: joellis1@hotmail.com, phone 653-3210, or mail to: Rockridge News Community Calendar, 5245 College Avenue, PMB 311, Oakland, CA 94618. Deadline is the next to the last Tuesday of the month.

Councilmember Brunner's Community Advisory Meeting

Special Meeting: Jane Brunner will moderate a Teach-In on "Election 2004: What happened and what should we do next?" Monday, December 6, 7pm to 9pm, City Council Chambers at Oakland City Hall, 14th and Broadway. For more information: 238-7001, or www.oaklandnet.com (the site for all City related information).

The Greater Rockridge Neighborhood Crime Prevention Council

Steering Committee meets 3rd Tuesday each month, 7 to 8:30pm, Temescal Library, 5205 Telegraph Ave. Residents and business members of NCPC's 12Y and 13X areas are invited to voice their concerns about crime and public safety.

Rockridge Branch Library

5366 College Avenue, 597-5017

For Children:

- Toddler Story Time: 1st and 2nd Saturday,10:30am: 12/11, 1/8
- Pre-School Story Time: 1st and 3rd Wednesday,10:30 & 11am: 12/15, 1/5.
- Pajama Story Time: 2nd and 4th Tuesday, 7pm: 12/14, 12/28 (Winter Holiday Special Story Time.)
- **Special Events**:

  * Paper Craft Workshops with Won-Ju: Making Origami Tree Ornaments. Cranes, butterflies and more. Bring a small photo to make a photo-frame ornament. Wednesdays, 12/8 and 12/15, 3pm to4pm. Sign up at Children's Reference Desk or call597-5017.

  * Drop in to make window snowflakes. Kids of all ages welcome. Get details at Children's Reference Desk.

For Adults:

- Lawyers in the Library: Free legal advice. First Tuesday of each month: 12/7, 1/4, 6 to 8pm. Advance sign-up 5pm.

Library Hours:
Monday and Tuesday, 12:30 to 8pm
Wednesday, Thursday and Saturday 10am to 5:30pm
Friday, 12 to 5:30pm
Closed: Sundays. Also closed 12/25 and 1/1.

Amnesty International Monthly Meeting

Diesel Bookstore, 5433 College Avenue. Sunday, December 12, 10am to 4pm. All welcome: chance to join if not yet a member. For more info.: 653-9965 or www.dieselbookstore.com.

Photos With Santa

Santa's Workshop, 5467 College Avenue, 12 noon to 4pm, every Saturday in December. Also: Ride the free College Avenue Trolley on Saturdays until Christmas. Sponsored by the Rockridge District Association.

Oakland Tech High School Events

4351 Broadway

- Information Night for prospective students: Thursday, 12/9, 6:30 to 8:30pm.
- Winter Concert: Friday, 12/10, 7pm in auditorium.
- Cash for College: Presentation on grants, scholarships and loans. Open to all Oakland seniors and families. Tuesday, 12/14, 6:30 to 8:30pm in auditorium.

Get more information at 879-3050.

Oakland Girls Softball League

All Oakland girls ages 6 to 14, sign up now for the 2005 season. Sign up on Saturdays, 12/11,1/8 and 1/15 at Redwood Heights Rec Center, 3883 Aliso St, (Redwood Road at Highway 13). Opening Day March 5; season runs through early June. Begin practice mid-February: no experience necessary; pre-season clinic for all skill levels. Also needed: Coaches, managers, sponsors and volunteers. Learn more at www.ogsl.org or at ogsl hotline, 339-7268.

Activities and Events for Seniors

- **College Avenue Adult Center;** College Ave. Presbyterian Church, 5955 College Ave. Every Wednesday, from 9:30am to 1:30pm. Light exercise, socializing, travel programs and music. Hot lunch available at noon for $2. For details about upcoming field trips and special programs, call Kathy at 531-6724.
- **North Oakland Multi-Purpose Senior Center;** 5714 Martin Luther King, Jr. Way. Center Hours: Monday – Friday, 8:45am to 4:45pm.

December Special Events: Stagebridge, Oakland's premier Senior Theater Group, presents Grandfather's Journey on Friday, Dec. 10, 1pm to 2:30pm. Free for members; $3 for others.

Free Foot Clinic: Monday, Dec. 27, 1pm to 4pm.

The newsletter, "North Oakland Senior Times," provides a full schedule of classes as well as a monthly menu for lunch: (suggested donation: seniors age 60 + $2.25 and $4 for those under age 60). Call 597-5085 to get details about membership, newsletter, classes/events and opportunities to become a volunteer.

Elder Care Support Group

Alta Bates Medical Center, Herrick Campus, 2001 Dwight Way, Berkeley. Free for family/friends caring for older adults. 3rd Wednesday of each month, 4-5:30pm. For information on all support/education groups offered by Alta Bates/Sutter Health: call Monica at 869-4569, or e-mail Monicalcsw@alum.calberkeley.org.

Volunteers Needed

- **Alameda County Community Food Bank**. All welcome, including groups and kids age 10 or older. Assist in the warehouse or office; staff the Hunger Hotline, the Food Bank's toll-free food referral service. Hotline shifts Mon-Fri, 9am-12pm and 1-4pm. Call Volunteer Mgr. Mary Schoen: 834-FOOD(3663) or www.accfb.org.
- **Bambino Thrift Shop**: All Volunteer Shop benefiting Oakland Children's Hospital, 5290 College Ave. Volunteers needed Tuesdays through Saturdays. We will train you to help with pricing, selling and merchandise display. Call manager, Carol Maes: 654-9709.
- **North Oakland Community Charter School** (NOCCS): tutors to work with 1st to 4th graders, one-on-one or in small groups, on math skills, beginning reading and writing skills. Weekly time commitment of at least one hour. Located at College Ave. Presbyterian Church, (next to Dryers ice cream). Contact Jennifer Bloom, Director: 655-0540 or teachers@noccs.org.

CITRON
RESTAURANT
PRIVATE ROOMS FOR ANY EVENT
VISIT OUR WEBSITE
FOR CURRENT MENUS
WWW.CITRON-ACOTE.COM
OPEN NIGHTLY
RES. 510-653-5484
5484 COLLEGE AVENUE, OAKLAND



Are you ready for more room?

Let me help you explore the San Ramon Valley and discover a new quality of life in San Ramon, Danville, Alamo, Diablo or Blackhawk.
Centrally located to all major cities, fantastic schools and a great value.

COLDWELL BANKER
NORTHERN CALIFORNIA

Lorri Cutler 925.831.3319



Don Coelho

COLDWELL BANKER

339-4721

28th year serving Rockridge!

Buying or selling real estate in 2004?

Call me... the proven professional

What's Your Home Worth?

Call Me for an Opinion of Value

Fatima N. Ali

510/845-0211

E-MAIL: Buyali@aol.com

Prudential California Realty



Jan Fougner

OWNER – BROKER



BUYING OR SELLING IN ROCKRIDGE? IF YOU NEED THE SERVICES OF A REALTOR, CALL ME. I HAVE 27 YEARS OF ROCKRIDGE SALES EXPERIENCE AND THE EXPERTISE YOU NEED.

655-2330

ROCKRIDGE REALTY

6019 COLLEGE AVENUE

"YOUR 24/7 REALTOR"

LAWTON ASSOCIATES

REAL ESTATE BROKERAGE



Ron Kriss, Broker

Lawton Associates

510-547-5970 Ext. 55

ronkriss@jps.net

"I Know Rockridge"

gifts,
clothing,
and bliss
at **namaste**



510 547-YOGA

5416 College Avenue

(near the library)

namaste yoga in rockridge

www.namasterockridge.com

MARICA

SEAFOOD RESTAURANT

Early Dinner Special

3 course meal

$18

5:15–6:15 everyday

Serving a wide selection of seafood from the Monterey Fish Market

5301 College Avenue, Oakland

Open 5:15–9:30 everyday *510/985-8388*

Jeffrey Auen

Buyers, Sellers, Investors



Choose a *Full Service Realtor.* Residential & Investment sales, renovation consulting, proven strategies to increase value. Full Service Pre- and Post-Sale. 26 Years in Rockridge.

www.HomesEastBay.info

1.800.805.8827

Century 21

Flush with Confidence

www. PIPE SPY .com

- **Sewer Pipe Diagnostics**
- **Trouble Shooting & Repair**
- **Trenchless Sewer Replacement**

510/465-3000

Berkeley — Oakland — Rockridge

KEVIN BROWN

Broker

654-8707 or 593-4780

PROVIDING

Professional,
Full Service
Real Estate Brokerage
To Rockridge Clients
For Over 25 Years.

SPECIALIZING IN

- ***Residential Sales***
- ***Income Property***
- ***Commercial***
- ***Property Management***

Better Homes Realty

Better Homes Realty

5353 College Avenue
Oakland



Terry Kulka

Proven Results in Selling Rockridge Homes.

Providing top quality service to buyers and sellers of fine homes for 18 years.

A proud supporter of Chabot Elementary School.

Terry Kulka 510/339-4789

terrykulka@att.net

COLDWELL BANKER