THE Rockridge News
20th Year
No Newsletter In August
www.rockridge.org
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Sponsored by The Rockridge Community Planning Council • 5245 College Ave. PMB 311 • Oakland, CA 94618 • 869-4200

**RCPC Land Use Committee**

**Community Meeting**
**The future of the Albertsons site: July 27, 7:30-9 pm Rockridge Library.**

*Report by Hiroko Kurihara, Committee Chair*

## Albertsons to Close; Community to Meet

Implications of the Albertsons Supermarket closing, set for August 6, will be considered at a community meeting to be held Thursday, July 27, 7:30-9 p.m. in the Rockridge Library. Albertsons sold 37 of its Northern California stores to Cerberus Capital Management, Supervalue, and CVS. Cerberus now owns the Rockridge store and is preparing to sell it. The closure date is final. The purpose of the meeting is to gather community input that can be shared with the new owners. We hope to have a Cerberus representative present to participate in the discussion.

*Other Land Use Committee Notes and Reports: Page 6*

# Rockridge Library's 10th Anniversary Celebration Features 'Writers on Reading'

*by John Gussman, Friends of the Rockridge Library*

*The greatest part of a writer's time is spent in reading, in order to write: a man will turn over half a library to make one book.* — Samuel Johnson

*Books are a languid pleasure.* — Montaigne

Is the reading of books, by those who are authors themselves, part of an industrial cycle, as Dr. Johnson seems to have thought? Or is it more like spreading compost in the sun, in the hope that something will grow? Or is it just luxury and indolence? The interesting question of the relationship between reading and writing, from the standpoint of those who write for publication, will be aired by a panel of distinguished local authors in early September.

The discussion, titled "Writers on Reading," will be the centerpiece of the Rockridge Branch Library's 10th Anniversary celebration, now being organized by the Friends of the Rockridge Library, in collaboration with the staff of the Rockridge Branch.

The overall celebration — including ceremonial presentations, festive displays, and refreshments — will be held on the evening of September 12, from 7 to 9 pm, at the Rockridge Branch Library, 5366 College Avenue. The doors will open at 6:30 p.m. The panel discussion will be held in the community meeting room upstairs, with special activities for kids down below.

The "Writers on Reading" **Library Celebration, page 5**

**NCPC Town Hall July 20**
**Police; Security; Defense**

**Earthquake Kit Raffle Drawing**

# Meet New OPD North Oakland Commander

*by Susan Montauk, Chair*
*Greater Rockridge NCPC*

The Rockridge community will have its first chance to meet Lieutenant Jim Meeks, the recently appointed Oakland Police Department North Oakland Commander, at the July 20 Greater Rockridge Neighborhood Crime Prevention Council Town Hall. Others featured on the program are Reed Brothers Security and self-defense and martial arts instructor Vanessa Wilson. Crime rates in Oakland have soared this year and many in Rockridge have adopted a bunker mentality. This is a chance to hear how OPD is coping and how you can create a safer environment at home and on the street.



**Lt. Jim Meeks, recently appointed Oakland Police Department North Oakland Commander.**
Photo: Susan Montauk

Lieutenant Meeks was born and raised in Oakland, attended Oakland public schools and UC Berkeley, and is currently living with his wife and three children in Castro Valley. He would prefer to live in Oakland but housing prices preclude that choice. At the very least, he would like the City Council to consider extending low interest housing loans to new recruits to make it possible for them to live in the city **NCPC Meeting Agenda, page 13**

**Town Hall Meeting**

**NCPC Town Hall Meeting**
**Thursday, July 20, 7-9 pm**
**Rockridge Library, 5366 College Avenue**

- **OPD North Oakland Commander Jim Meeks**
- **Reed Brothers Security: home and car**
- **Self-defense expert Vanessa Wilson**

■ **Election:** The NCPC Annual Election of officers will be held at the Town Hall Meeting. Anyone over 18 who lives in NCPC beats 12Y or 13X is invited to run for any of the offices of Chair, Vice-Chair, Secretary or Treasurer. Nominations will be taken from the floor. See www.rockridgencpc.com for information about GRNCPC boundaries and the election.

# RCPC Seeks Board Member

Have you been pondering ways to become more involved in your community? Well, ponder no longer. The Rockridge Community Planning Council (RCPC) is seeking qualified applicants to fill a vacancy for a two-year term on its board of directors.

RCPC's mission is "to preserve and enhance the unique character of the Rockridge neighborhood." It has done that for more than 20 years as a 501c3 non-profit corporation through careful monitoring of land use and advocacy for improvements in the cultural and physical amenities of the community. The Rockridge Library and FROG Park had their genesis in RCPC, and *The Rockridge News* has been faithfully published by RCPC since 1986.

Boardmembers attend monthly evening board meetings and quarterly Town Hall meetings. They are also expected to become involved in at least one committee, such as Land Use, Traffic and Pedestrian Safety, *The Rockridge News*, RCPC Website, Parks and Open Spaces and Schools. New committees may be formed by members with special interests. The time commitment for this position is from 5-10 hours a month.

Anyone 18 years or older who is a resident of Rockridge within the RCPC borders (see www.rockridge.org for RCPC boundaries) is eligible to apply. Please send a letter by July 31 describing yourself and your reasons for wanting to join the board to RCPC, 5245 College Avenue, PMB 311, Oakland CA 94618. Call 869-4200 with questions.

# Focus: Rockridge BART Plaza Plans

***by Bob Franklin, BART Boardmember, and Stephanie Upp, RCPC Boardmember***

A portion of revenue from BART parking charges, earmarked for access improvements, is now available to partially fund improvements to the Rockridge BART plaza. These funds offer the Rockridge community an exciting opportunity to begin planning for an overall redesign of the plaza area.

Creating an improved public space around the Rockridge BART station area on College Avenue was the focus of the June RCPC Town Hall meeting. Twenty-three people from the community, the Rockridge District Association (RDA), RCPC, and BART met to provide input on moving this project forward.*

Some of the ideas voiced at the Town Hall meeting include:

- Real-time BART and bus departure information on the street level
- A business directory with a community bulletin board
- Additional lighting to the area under the dark overpasses
- Additional benches
- Ivy removal and landscaping
- Fenced-in play area for tots
- A community-driven, professionally guided redesign of the entire plaza area.

This wish list closely matches one developed by earlier UnderBART efforts. During 2003-2004, the UnderBART committee crafted a vision statement, which included specific features on how to better utilize this central location. A 2004 survey

➧ **Planning BART Plaza, page 12**

* RCPC apologizes for any inconvenience to those who went to the BART station expecting the Town Hall to move its discussion there as mentioned in the June issue of *The Rockridge News*. Group participants decided to continue the robust discussion in the library.

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*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.

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- Do you have questions about newsletter distribution?
- Would you like to volunteer to be a *Rockridge News* block captain?
- Would you like to write a letter to the Editor?

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: 510/869-4200**

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**Publication date of the next issue is**
☛ **September 2, 2006**
☛ **September deadline is Auguse 17.**

**Advertising rates are $26/column inch. Six-month pre-pay rate available. For display ads, call Jo Ellis at 653-3210 (after noon), or e-mail joellis1@hotmail.com. *(RCPC reserves the right to refuse any display or classified ad that it deems inappropriate.)***

# Temescal Begins Neighborhood Planning Process

*by Jane Brunner,*
*District One Councilmember*

Almost 200 Temescal residents attended a meeting on April 27, to begin the process of developing a neighborhood plan for Temescal. The purpose is to develop guidelines that can frame the type, size and style of new buildings in the Temescal area for years to come. Comments and questions from neighbors reflected both the diversity and intelligence of our residents.

One issue heard at the meeting was the need for more information regarding future development in Temescal. People wondered whether AC Transit will be improved enough to handle more people on the Telegraph and Shattuck traffic corridors. Others asked what effect additional density will have on traffic and parking in the neighborhood. Some questioned whether new development will be good for the pedestrian-friendliness of the area.

My office is planning two separate panel discussions over the summer that will bring experts in to discuss what future development could look like. Please save the dates for the following meetings:

**Meeting #1:**
**Density, Transit, Parking, Traffic**
July 13, 2006, 7-9 PM
Faith Presbyterian Church,
430 49th Street

**Meeting #2:**
**Buildings and Community Character**
*Date/Time to be determined*
*Location to be determined*

To follow those meetings, my office is also planning a half-day design workshop in September. Workshop participants will look at maps of the available buildable lots in Temescal, match building heights and styles to the locations, and develop a detailed plan of what could work for the neighborhood.

The follow-up the workshop will be a presentation by planning staff of options for a neighborhood plan that reflects the ideas derived from the four meetings.

Please contact me directly at 238-7001 to be notified about these meetings.

# Residents Voice EIR Concerns At Caltrans Caldecott Hearing

*by Kent Deverell, RCPC Board Member*
*Co-Chair, Fourth Bore Coalition*

When Caltrans staff invited residents from Rockridge and surrounding communities to comment publicly on the environmental review the agency prepared for the proposed new Caldecott Tunnel bore (fourth bore), they got an unexpected earful from neighborhood representatives concerned about impacts of the project.

Held June 15 at Claremont Middle School, the public hearing was planned to give Alameda County residents a forum to ask about the project and comment on Caltrans's Draft Environmental Impact Report (DEIR). Released in May, the DEIR provides Caltrans's assessment of the environmental impact of the project related to noise, air pollution, local traffic and construction.

Following an overview of the project and proposed construction methods presented by Caltrans, more than 60 speakers representing a variety of neighborhood groups, decried the inadequacy of the DEIR and pressed Caltrans for a more thorough and comprehensive study consistent with the scope of the project.

Speaking on behalf of a number of groups, Ann Smulka, Fourth Bore Coalition Co-Chair, said, "We have members with decades of experience in these types of projects, and their overwhelming consensus is that the [DEIR] contains a superficial analysis of many of the localized, project-specific impacts, regional and systemic impacts, and cumulative impacts of the project. Almost the entire Rockridge area was excluded from the study, for example. This is a massive project, and North Oakland and Berkeley deserve better as we are the areas most affected, both during the five years of around-the-clock construction and beyond."

The Fourth Bore Coalition represents organizations on the Alameda County side of the tunnel, including Claremont Elmwood Neighborhood Association (CENA), RCPC, FROG Park, the North Hills-Phoenix Association, Parkwoods (a housing association on the north side of Highway 13 near the Oakland side of the tunnel entrance), and the Montclair Traffic and Pedestrian Safety Improvement Council.

Over 200 residents from Rockridge and surrounding communities attended the public hearing.

Speakers in support of the project consisted primarily of representatives from local labor unions, a handful of residents who spoke of the perceived benefits of an improved reverse commute, and a representative from the Oakland Chamber of Commerce, who mentioned the possibility for increasing the inflow of shoppers to the Oakland area.

The City of Oakland is currently drafting a formal response to the DEIR. Rockridge residents are encouraged to contact our City Councilmember Jane Brunner with their views: jbrunner@oaklandnet.com or phone 510/238-7001.

Residents are also encouraged to submit comments on the project to Caltrans by July 12, the close of the official public comment period. Comments can be submitted via e-mail to Caldecott_Public_Comments@dot.ca.gov or mail to:

Gregory C. McConnell,
Sr. Environmental Planner
Attn: Sheryl Dorado,
Associate Environmental Planner,
Dept. of Transportation, District 4,
Environmental Analysis
Mail Station 8B, P.O. Box 2366
Oakland, CA 94623-0660

To view the Draft Environmental Impact Review documents for the project online, visit http://www.dot.ca.gov/dist4/caldecott/draft_ea_eir.htm.

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# Rockridge Spotlight: Artist Peter Heelan

*by Janet Somers*

Peter Heelan, carpenter, bagpipe player, and oil painter, just got back from his native Ireland, where an exhibition of his landscapes and farmhouses was held at a Dublin gallery.

"It was the first time Irish people have seen my paintings," he said recently from his living room, where George the cat had plopped himself down on the floor. "It was great. I was very happy with the show."



**Peter Heelan**
PHOTO: NORA DALY

Heelan, 51, is a craftsman who also makes furniture for his house in the workshop-garage where he paints. "I see painting almost as a trade, a skill, something that you can learn," he said. "I'm in love with the work itself – the color, and playing with it."

Although Heelan says he "bullied his way" into friendships with local artists to learn from them, he is mostly self-taught. "Ever since we moved into this house, I've had a desire to see paintings on the wall," he said, referring to the 1913 two-story craftsman he lives in with his wife, Sabra Daly, their daughter, Nora, 15, and their son, Niall, 11. "We couldn't afford them, so I decided to do them myself. I got a book out of the Rockridge Library – 'How to Paint with Oils.' I was an optimist! I was just groping around. I learned all about composition; I learned about color. I've always had an interest in impressionism. The California impressionists from the 20's and 30's, like Armin Hansen, are a constant source of wonder to me."

Heelan is continuing in a long line of artists here. "Rockridge has a tremendous history," he said. "The Society of Six was more or less born in this area; they were colorists. [Painter] Louis Siegriest lived down by the DMV; the Siegriest house is kitty-corner to the DMV parking lot. And [graphic artist] Maurice Logan's family were caretakers of Lake Temescal."

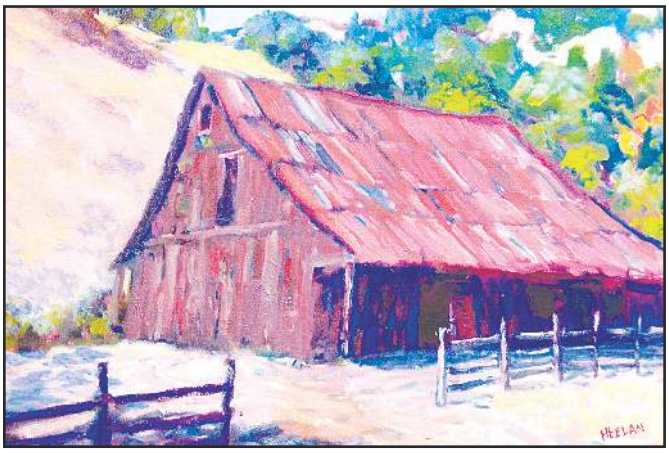
Heelan paints mostly landscapes of Ireland and northern California. He usually starts with photographs, composing them with painting in mind. "I take reels and reels of film," he said. "I do now have a philosophy of painting, about the order of importance of things to happen for somebody to enjoy a painting. It shouldn't spin you out or leave a mystery corner where you get stuck; it should ideally encourage a path that doesn't eject you from looking at it." The idea for the exhibition came about a year and a half ago when Heelan, who travels to Ireland every couple of years to visit family, was sitting in the Cobalt Gallery and Café in Dublin with Mick O'Dea, a well-known Irish painter and friend. O'Dea introduced Heelan to the gallery's owner, who agreed to a show; it ran mid-May through mid-June.

Heelan moved to the U.S. at age 23. "I was working [as a carpenter] in Dublin and I met somebody who was coming out," he said. "We landed in New York and visited his relations, and then we hitchhiked down to Pittsburgh. Then we struck out west. Essentially, we ran out of money here."

His hair is cleancut these days, but Heelan says he had "hair down to here" and a long, flowing beard then. The vagabonds landed in San Franciso, slept on the floors of friends' houses, and hung out at the Plough and Stars, an Irish pub on Clement Street, where Heelan jammed Irish music with other musicians. There he met his wife, who plays Irish music on the concertina, an accordion-like instrument. They moved to Rockridge 14 years ago. Ever since, friends have been coming over regularly to play, and on weekends neighbors can sometimes hear the rhythmic, plaintive strains of traditional Irish music coming from the big brown-shingled house.

"The way I see the world of art is, there's me, and then it opens out into infinity," Heelan said, making an expansive gesture with his arms. "Learn, learn, learn; get better, get better, get better. I'm trying, trying; that's all I'm doing." He smiled.

To see Peter Heelan's artwork, visit www.pheelan.com.

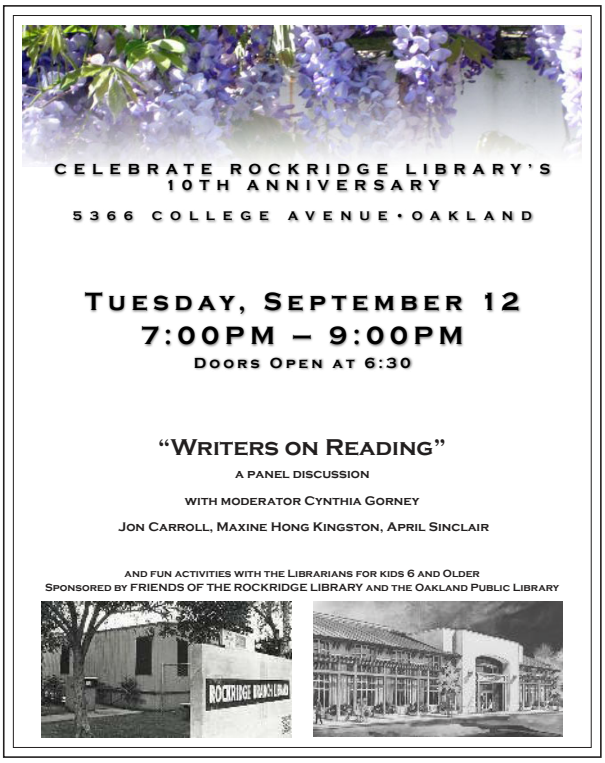


**"Anderson Valley Barn," 2004, oil on board, 16"X20". Anderson Valley passes through hills and agricultural valleys, ending in the redwoods where the Navarro River meets the sea just south of the town of Mendocino.**
COURTESY OF PETER HEELAN




# Library Celebration

from page 1



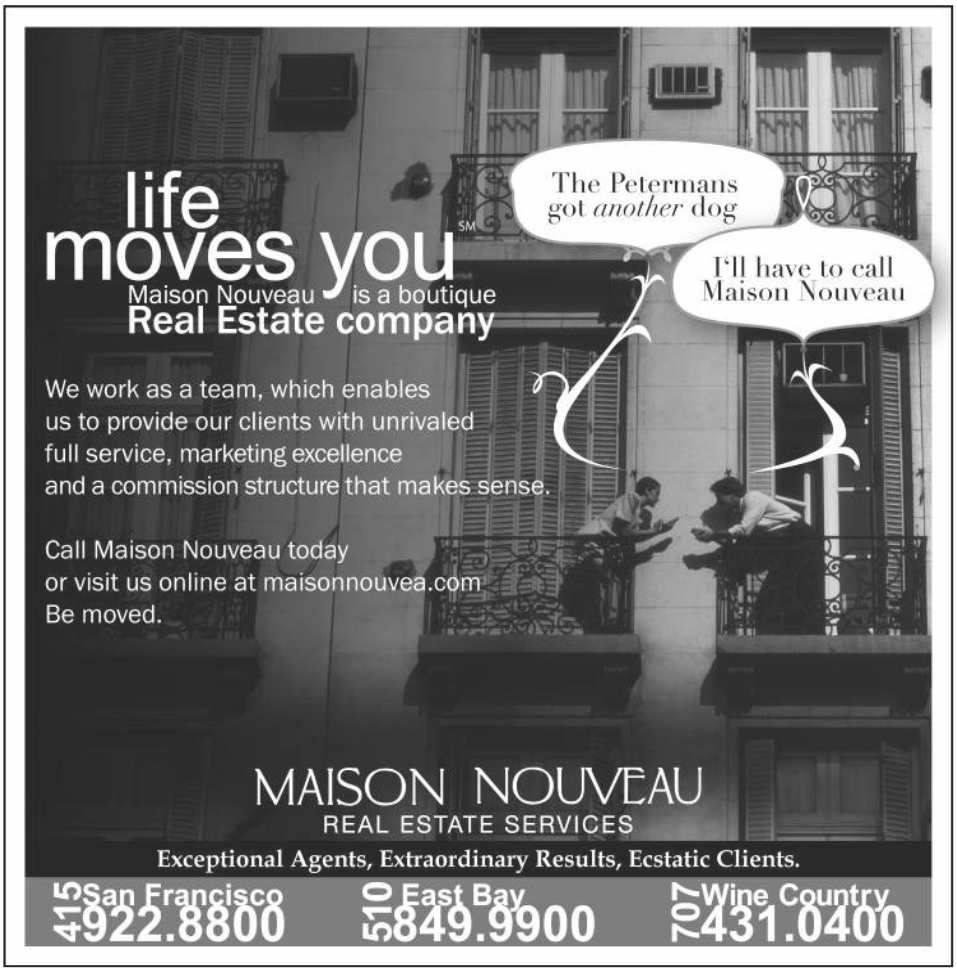

panelists will draw upon a collective wealth of experience in various genres of writing:

Maxine Hong Kingston is a highly acclaimed author of both fiction and nonfiction. Her memoir, *Woman Warrior: Memories of a Girlhood Among Ghosts* (1976), and its sequel, *China Men* (1980), both received the National Book Critics Circle Award. A stage adaptation of *Woman Warrior* premiered at the Berkeley Repertory Theatre in 1994, and went on to other stages around the country. Ms. Kingston's most recent book is a work of nonfiction, *The Fifth Book of Peace* (2003).

Jon Carroll, the well-known writer and columnist, has had a colorful career in periodical literature, having served as editor for such publications as *Rolling Stone*, the *Village Voice*, and *New West*. Since 1982, he has been with the *San Francisco Chronicle*.

April Sinclair was transplanted to Oakland from her native Chicago. She is the author of three novels which have attracted wide notice for their vivid depictions of urban social life, as experienced by the postwar generation of African-Americans. Her first novel, *Coffee Will Make You Black*, was named 1994 Book of the Year in the Young Adult Fiction Category by the American Library Association and earned her the Carl Sandburg Award from the Friends of the Chicago Public Library. Subsequent novels include *Ain't Gonna Be The Same Fool Twice* (1995) and *I Left My Back Door Open (1999)*. Before taking up her pen as a novelist, Ms. Sinclair worked for over 15 years in community service programs, directing a countywide hunger coalition, and teaching reading and writing to inner-city children and youth. She continues to promote the cause of literacy inside prisons, juvenile halls, alternative schools, and drug rehabilitation centers.

The moderator, Cynthia Gorney, is a nationally known journalist. From the mid-1970s to the 1990s, she was affiliated with the Washington Post, serving for a time as South America bureau chief. Since 1998, she has been a professor at the U.C. Berkeley Graduate School of Journalism. Her work has appeared in various magazines, including *The New Yorker,* the *New York Times Magazine,* and *Mother Jones*. Ms. Gorney has published two books, including a 1998 book on the nationwide controversy over abortion.






# Land Use Committee

from page 1

■ **In May, committee members heard from local developer Ron Kriss** proposing a new 51-unit building with 5,000 sq. ft. of retail space on Telegraph Avenue in the Temescal District. The committee is following this because the same developer recently received approval from the City to build 67 units at the corner of Telegraph and 51st Street and has acquired The Kingfish Café and Pub site in the 5200 block of Claremont Avenue.

■ **In the Fairview Park area of Rockridge**, residents are seeking changes in the operation and upkeep of Jack In The Box.

■ **Newly elected RCPC boardmember Annette Floystrup and Land Use Committee Chair Hiroko Kurihara met with Justin Horner** from Councilmember Brunner's office to discuss C-31 zoning along College Avenue and Conditional Use permits issued for the area. This item will be brought to the RCPC board for further discussion.

■ **A new California Asian Noodle House** will soon occupy the former Double Rainbow site at the corner of Claremont and College Avenues. The owner, Louis Kao, is locally based and committed to the neighborhood. He expressed an interest in working on pedestrian safety issues. Design of the "green" restaurant will be presented to the Land Use Committee once it is completed. Expect to see hot as well as cold noodle dishes that include flying tobiko and seared ahi sometime in September.

## The Zoning Counter

### Zoning Application

**Location:** 5862 Birch Court

**Proposal:** To construct a new detached two-story, 1,288 sq. ft. second dwelling unit on the rear yard of an existing single-family dwelling.

**Applicant/Contact Person:** Mark L. Guillern

**Planning Permits Required:** Major Conditional Use Permit in the R-35 Zone, Design Review for new construction, and Minor Variances for: 1) Building rear setback 2) Off-street parking (3 parking stalls required; two uncovered parking stalls proposed).

**For further information:** Contact case project planner Mike Rivera at 238-6417 or by e-mail at mriver@oaklandnet.com

The Land Use Committee meets every second Monday as needed. To participate or for more information, call Hiroko Kurihara at 510/384-3146 or e-mail H2oakland@sbcglobal.net.




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# Letters to The Editor

The Rockridge News *welcomes letters to the editor. Include your name, address and a phone number for verification. Only your name will appear with your letter. Letters may be edited for clarity and brevity.*

### Home Security Brings a Balance of Risk

**Editor:**

*The Rockridge News*, June issue, had a great article with some specific suggestions on how to help prevent crime. The suggestion that caught my eye was "Research the best kind of locks for your home. For instance, a front-door inside key lock is recommended over a typical dead bolt."

Because my door has glass panels, I fear a break-in and I've installed that kind of double-keyed bolt. But they do present possible problems in case of fire or emergency. If a visitor or even a resident needs to make a fast exit in a confused situation like a fire, the need for a key could be a terrible delay. It's a balance of risks and every household has to think carefully about the pros and cons of this question.

Double-key bolts on major exit/entry doors are not allowed by the current fire codes in Oakland, but, personally, I have kept my lock, with an extra key placed nearby.

***— Roberta Heintz***

### Both Green *and* Tidy

**Editor:**

100% biodegradable and compostable bags that fit perfectly in the kitchen Waste Management compost pail are available at Berkeley Bowl. Called BioBag Kitchen, they come in 3-gallon packs of 25 and work for food storage as well.

***— Leslie Aguilar***


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# FROG Park Corner

**A monthly update on what's happening at the best community-built and maintained park in Oakland**



# Progress Report: Hardy Park Improvements

## Donation Deadline Extended

*by Mike McDonald, RCPC Board and Frog Steering Committee Member*

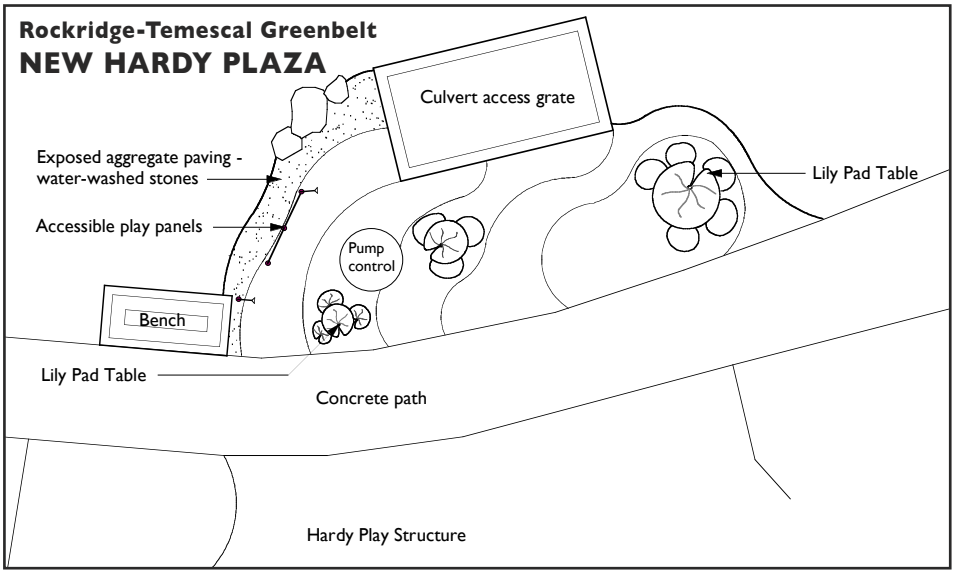
### Hardy's Lily Pad Plaza and Kiosk Plans Approved

Final plans for Hardy Park's Lily Pad Plaza and the Information and Donor Recognition Kiosk have been approved. Both projects will be under construction shortly in conjunction with the Phase II projects, and are expected to be completed by early Fall.

Lily Pad Plaza, located directly across from the play structure area at Hardy Park, will consist of a specially scored and treated concrete surface (to replace the current rocks and dirt), with custom designed "Lily Pad" picnic tables and benches, interactive ADA-accessible play panels, public art, and more. Special thanks to Jennifer Cooper, Frog Vice-Chair, for spearheading the Lily Pad Plaza project and to Chris French of Chris French Steel Fabrication and Mark Rogero of Concreteworks Studio, both of Oakland. Chris and Mark, along with Josh Feldman, generously donated their time to help design the unique steel and concrete tables and benches that will be fabricated into custom lily pad shapes of varying sizes and heights. Chris and Mark also agreed to donate (in-kind) more than $6,000 towards the fabrication and installation cost of the tables and benches, making the project possible.

The Community Information and Donor Recognition Kiosk will be located at the entrance to Hardy Park and will contain a community bulletin board, detailed maps and history of FROG Park, a donor-recognition plaque area, seating and a tool and supply storage shed. Special thanks to Wilson Associates/Market Hall, whose generous donation of $5,000 made the kiosk possible. Thanks also go out to Lisa Ferrier for design of the kiosk and the donor

FROG Park Progress, page 13




## FROG Park Donation Form

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Send this form with your check or credit card information payable to: FROG Park/RCPC, 5245 College Ave PMB #311, Oakland, CA 94618. All donations are tax-deductible to the extent allowed by law. Federal tax ID#94-3011284. For more information, call: 510/644-4228.

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Asphalt Play Court ..... $5,000

Lily Pads by Hardy play area ..... $12,000

Public Art ..... $ _____

Maintenance Fund ..... $ _____



Rockridge Cornucopia

Barry A. Kaufman

# Industrial Food - What's in Your Dinner?

**A brief interview with Michael Pollan, author of *The Omnivore's Dilemma***

While you probably know the source of your favorite food, did you ever wonder about all the steps involved in its journey to your plate? Berkeley journalism professor Michael Pollan did, and the result is his best seller, *The Omnivore's Dilemma: A Natural History of Four Meals*. An investigative journalist, Pollan describes meals by tracing the route taken by three major food chains that make up the American diet—industrial, organic and hunter-gatherer. Not since Upton Sinclair's *The Jungle* has there been a more searing account of the politics and economics of the food we have on our dinner table. I recently had a brief chat with Michael Pollan, a Rockridge resident.

**Barry Kaufman:** Thank you. I know it has been a busy time for you. How did you come to focus on food as your journalistic interest?

**Michael Pollan:** I started out writing about nature and gardening. I love nature but I don't like to camp. I am interested in the relationship of humans and nature. I see nature close up. What is the nature of the cup of coffee I drink in the morning? I'm interested in how we engage in the natural world of food and how it engages us. Not until you are in an industrialized potato field, where nothing is alive except for the potatoes, do you begin to understand how our relationship to the natural world has been shaped by modern agricultural chemistry.

**BK:**. You're a professor at the UC Berkeley School of Journalism. The dean of the school is Orville Schell, who at one time was co-owner of Niman Ranch meat. Do you and Dean Schell discuss your interest in food journalism?

**MP:** Yes, we talk about it a lot. I don't think it's a coincidence that I'm at the UC Berkeley Journalism School. There are not too many journalism schools that would have a position for a food investigative reporter. It's interesting having a university dean with a real understanding of the food industry.

**BK**: You've seen Al Gore's *An Inconvenient Truth*. Did you see an overlap of your work on industrialized food and the film's critique of global warming?

**MP**: [No,] I thought it was a real oversight. He didn't deal with the food issue; the food issue is a big part of the energy issue and global warming. Very few people appreciate it, but over 17% of our fossil fuel use goes into industrial food production. The production of industrial fertilizer, the processing of food and the transportation of food consume a huge amount of fossil fuel. If we all started to buy and eat organic food, we could conserve a great deal of petroleum.

**BK**: In reading your book, I found myself thinking about Upton Sinclair's *The Jungle*, which I was required to read in high school. I was wondering if you saw your work as part of the muckraker tradition.

**MP**: Interesting you should mention that because *The Jungle* is required reading for my class. What is remarkable now is that the conditions Sinclair described in the meatpacking industry in 1906 are very similar today. We have an exploited immigrant population, a very ineffective federal regulatory agency, and unspeakable cruelty to animals. Things have not gotten much better and in many ways things are worse.

**BK**: You've been called the "food police." Do you see yourself that way?

**MP**: It's interesting how the food industry frames my book as a "police action." They spend billions of dollars marketing industrial food and I'm labeled as the food police! I'm offering critical information for people to make other choices, and I'm characterized as representing the forces of control and repression. I think it's Orwellian.

**BK**: Thank you so much for your time. I understand you're moving from Rockridge to North Berkeley. Rockridge and North Berkeley are great places to live if you have a deep interest in food and the welfare of our planet. Good luck in your future projects.

---

Michael Pollan urges us to buy locally. We are very fortunate in the Bay Area to have so many year-round farmer's markets. The ingredients for this month's recipe are available in abundance this time of the year at our local farmer's markets.

## Green Bean and Radish Salad

(adapted from BeesOnline)

1 lb. green beans, trimmed
¼ cup extra virgin olive oil
½ lb radishes, trimmed and quartered

Cornucopia, page 9




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## Cornucopia from page 8

2 garlic cloves, chopped
1 tbsp organic honey
Salt and pepper

1. Blanch green beans in salted boiling water 3-4 minutes. Drain, quickly plunge into ice water, and drain again.
2. Heat olive oil in large pan. Add green beans, radishes and garlic. Cook until vegetables are soft, 5 minutes.
3. Add honey, season with salt and pepper, and cook until vegetables are just beginning to caramelize, about 2-3 minutes more. Serve at room temperature.

Barry Kaufman is a graduate of the California Culinary Academy. Barry is available for cooking classes. His email is kaufman42@earthlink.net

# Year-Round Temescal-Rockridge Farmer's Market to Open July 16

***by Jane Brunner, Councilmember Oakland District 1***

My staff and I have been working with the Temescal Telegraph Business Improvement District (BID) for the past year to bring a farmer's market to the Temescal and Rockridge neighborhoods. I am delighted to announce the opening of a new, year-round farmer's market on Sunday, July 16.

In addition to fresh produce, the market will sell flowers, baked goods and fresh fish. We will also be entertained by local musicians performing every week.

The taste of fresh picked vegetables and fruit can't be beat. Also, for urban dwellers like us, it's always fun to get to know our local California farmers.

Please join me and the Temescal Telegraph BID for the grand opening, and remember the market will be open every Sunday from 9 am-1 pm.

**Farmer's Market Grand Opening**
Sunday, July 16, 2006; Claremont DMV parking lot, 5300 Claremont Avenue, 9 am to 1 pm. (Time of the opening ceremonies to be announced).





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## The Neighborhood Merchant

by Theresa Nelson

# August...

## for Men and Women

When you walk into "August," you're entering an environmentally conscious store that's also a sleek art gallery. And indeed, the simple white walls, exposed oak beams and concrete floor are the perfect showcase for men's and women's clothing and accessories, many from sustainable manufacturers. The set of massive, horizontal limestone slabs near the recycled wood counter is both a sculpture and a display area for shirts.

Co-owner Louesa Roebuck offers tea to customers as she assists them with their search. Some of the younger set visit with parents to see the store's current sculptures: giant (over 6-foot) white rabbits, made of opalescent-painted Styrofoam, by artist Ama Torrance. Every two months, the store displays new artwork. In July, Louesa features works by the artists of the Creative Growth Gallery in Oakland.

The right wall is dominated by two massive, 20-foot-long reclaimed wood shelves piled high with premium denim, one shelf for men and one for women, organized by waist size. On the left are hanging racks made from reclaimed plumbing pipe from the former Naval base at Mare Island, above shelving made of wood from a 1900s-era warehouse on San Francisco's Embarcadero. The center of the store features tables made from antique barn doors from China. The owners designed the store to combine a primitive, natural feel with clean, modern lines; a beautiful space that's not too fussy.

The name of the store – August – has several origins. It opened in August 2005; both owners were born in August; and the androgynous name has flexibility for a store that carries clothing for both men and women. Louesa ran the Erika Tanov store for a number of years, and before that worked at Chéz Panisse and other food and fashion businesses. At Erika Tanov she worked with co-owner Erin Dracos Scott, and over dinner one evening the two decided to open their own store based on the concept of offering sustainable, organic textiles and cashmeres and premium denim. They sought out Rockridge for its sense of community and beautiful weather.



**August inside: The owners designed the store to combine a primitive, natural feel with clean, modern lines.**

Photo: Cy Gulassa

Denim is a key part of August. Louesa says, "There are many manufacturers who strive to create jeans sustainably, who use cotton from West Africa and Peru, where people are coming together to provide better opportunities for workers and services such as childcare on-site. Denim producers know that people are willing to spend a lot on a pair of jeans because they might wear them almost daily. And jeans are very American – like jazz." Premium denim also has a better fit, and the goal of August is to offer something to fit every body type. August carries unusual lines such as handmade and salvaged denim from the Jean Shop, and organic denim and cotton from Edun, designed by Bono's wife Ali Hewson and manufactured in locally-owned factories in Africa and South America.

Louesa's customer service focuses on

Merchant: August, page 13

### August

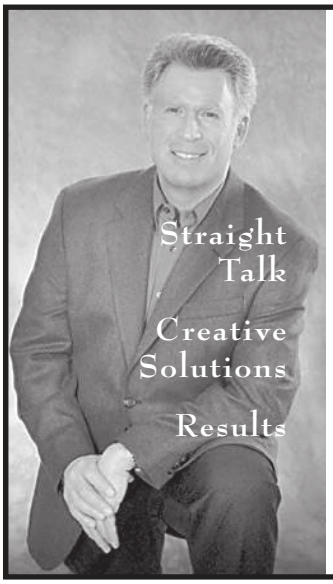
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# The Rockridge Muse

by Ortrun Niesar

## Rockridge Annual Photography Exhibition

The annual Rockridge photography exhibition will take place in the month of October. The venue is the Rockridge Library, but it is possible that the exhibition will expand out to other locations along College Avenue.

It will be interesting to see how the exhibition concept of personal and community character exploration will play itself out this year. It has always been a moving target, broad in definition and surprising because of it. With Ruth Woodruff chairing the event this year, we can look forward to yet another interpretive twist in what our photographers contribute for your viewing pleasure. Ruth had this to say:

"For this year's photo exhibit, we encourage participants to think creatively about our theme: 'Rockridge: How We Live, Work and Play.' There are many interesting literal interpretations of our beautiful and vibrant neighborhood, and documentary photographs that express this ideal have been the mainstay of our exhibit in the past. These contemporary documents of Rockridge will give us something to look back on as the neighborhood changes and evolves. But photographs trigger memory in odd ways, and sometimes the more arcane and abstract images stir up even deeper, truer responses. We encourage photographers to give us their arcane and abstract vision of contemporary Rockridge."

If you are looking for subject matter, it is all around you. In past exhibitions we have admired abstract reflections in shop-front windows; collage work; personal family pieces; fast- or slow-moving images of life on College Avenue and of BART; and the quizzical looks on faces of the elderly. And who can forget the adventurous, roving, stuffed penguins of Thomas and Daniel Dalpino? Traditional themes such as flowers, food and babies can always be rendered in exciting new ways. But there is so much more out there to explore. There is activism in this community. If you're interested in expressing it, and don't know where to start, attend an RCPC meeting! Or page through this newsletter and see if you are inspired by the issues presented here.

## Publishing the Work

As the project develops further each year, the coordinators are looking for ways to archive and publish the work from each year in a collective series. Writers, editors, poets of all ages, give us your thoughts. We see the possibilities for a meaningful collaborative effort. Please contact us if you are interested in participating.

We hope we have inspired you to join us this year and show us the familiar in a new way, or present to us a new idea about who and what we are in this loveliest of neighborhoods. Here are a few of the rules:

- The exhibit is open to photographers of any age and level of experience. We find this mix particularly refreshing. Parent-and-child teams are encouraged.
- We don't care what kind of camera you use. It's the image that counts.
- You must live, work, attend school, or play in and around Rockridge. If you grew up here but have moved, that's okay too as long as you haven't lost touch.

The application deadline is August 25. You have most of the month of September to get your work in shape. For complete rules, and information on how you can participate in other ways, please contact Ruth Woodruff at 510/655-6081 or e-mail her at ruthwoodruff@gmail.com.

## Oakland Jazz Choir To Perform

Just a quick note: The Oakland Jazz Choir, one of our city's musical treasures, will perform at the Chapel of the Chimes on Sunday, July 16, 2 p.m. This is a fundraiser for the group. For more information about the concert, and about auditions that will take place later this year, go to www.oaklandjazzchoir.com.

Wishing you a wonderful relaxing summer.

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




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| 6045 Claremont Avenue | 3/2 | $875,000 | $869,000 |
| 5829 Colby Street | 4/1 | $899,000 | $1,020,000 |
| 5836 Lawton Avenue | 3/2 | $1,150,000 | $1,150,000 |
| 6062 Lawton Avenue | 5/2 | $1,400,000 | $1,815,000 |

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## Planning BART Plaza

from page 2

of BART riders and plaza pedestrians confirmed these priorities. The recent Town Hall was the project's first concerted effort since that time.

Some of these improvements can be started in the near future. Oakland City Councilmember Jane Brunner has committed funding for 10 to 12 benches for the Rockridge Plaza from the College Avenue Bench Project, which installed wooden benches along College Avenue in May 2006.

A committee, open to interested Rockridge residents, is forming to work with an architect to design plans for this area. We then could implement landscape improvements, add the benches, display real-time transit information, and put in a kiosk.

Long-term major changes to this area require securing a grant or a new funding source, which is not unprecedented. The recent remarkably improved 16th and Mission BART plaza in San Francisco is an excellent example of what a strong community vision can do. It turned an unsafe, dirty area into a vibrant, community gathering space. Groups that have expressed an interest in improving the Rockridge plaza include the RCPC, BART, the City of Oakland, the Oakland Police Department, the Rockridge Development Association (RDA), community volunteers, the Bay Area Council, and a Community Benefit District.

To get involved or to submit your comments, please contact:

Bob Franklin, BART Board Member: BobFranklinBART@aol.com or 510/684-0026;

Stephanie Upp, RCPC Board Member: RCPC_UnderBART@yahoo.com or 510/594-0755.

## Methodist Church Building Repurposed

Members of the Rockridge Methodist Church on Hudson Street at College have voted to discontinue being a church effective July 1. The building, owned by the United Methodist denomination, will be available for community meetings and events for a fee.

The interior of the building will be expanded to include small and large meeting rooms and rehearsal and performance spaces. The main auditorium accommodates 150 people. The handsome room, with good acoustics and sight lines, makes it a particularly attractive venue for acoustic music concerts. The community rooms downstairs are large, light-filled and will soon include a small stage original to the building. Three smaller rooms, each with a capacity of about twenty people, round out the offering.

The rates are reasonable with discounts given to non-profits. For more information, or to come take a look, call 652-4155, or email rumc@sbcglobal.net


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# NCPC Meeting Agenda

from page 1

in which they work. He is concerned that if a disaster occurred, it would be nearly impossible to mobilize Oakland cops and firemen from all the suburbs to perform the rescue services that would be needed in Oakland.

Lt. Meeks has a 27-year history as a police officer. He was appointed Commander of Police Service Area 2, North Oakland, in January of this year. In 1988 he was promoted to Sergeant, and in 1996 to Lieutenant. He spends his limited spare time with his church where he serves as deacon and mentors and coaches youth. Lt. Meeks will cover a range of policing topics at the meeting and will answer audience questions.

**Meeting Raffle Drawing**

NCPC meeting attendees will receive a raffle ticket at the welcome table when they sign in. Tickets will be drawn at the end of the program and the lucky winner will receive a deluxe earthquake kit.

### Home Security

Randy Reed and Mike Salk, partners at Reed Brothers Security on Telegraph Avenue in the Temescal District, will discuss security options for home and automobile. Randy says they make a great team: Mike's expertise is in electronic access, alarm and cameras, and his is in locks, safes, and security iron. In the 1970s, Reed Brothers had fewer than five employees. Today they employ over 50 and operate one of the largest security hardware facilities in California. Although serving much of Central California, the majority of their business is conducted less than 10 miles from their store.

### Self-Defense

Vanessa Wilson is an instructor at Mills College, where she teaches women's self-defense and martial arts. She holds a black belt from Hand to Hand Kajukenbo Self -Defense Center in Oakland, where she and her colleagues offer self-defense workshops to the community. Vanessa believes everyone has the potential for empowerment. Self-defense classes provide an opportunity to assess one's strengths and abilities, and feel safer in this world.

The NCPC Town Hall meeting takes place Thursday, July 20, 6:45–9 pm, upstairs in the Rockridge Library Community Room, 5366 College Avenue. Light refreshments will be served before the meeting.

# FROG Park Progress

from page 7

signage; Ian Read of Level 4 Studio, LLC, and McDonald Construction, who are donating their time and labor to refine the design and fabricate and install the Kiosk; and St. Onge and Associates Engineering who donated engineering services for the project.

### Donations Pouring In: Deadline Extended

Much-needed donations have been pouring in from local residents and businesses in the last month. Given the continued need for funding, and the donation volume and local excitement, the steering committee voted to extend the deadline for donations to August 31. If you haven't yet had a chance to donate, please do so now. Use the donation form on page 7 or go to www.frogpark.org where you can donate using a credit card or PayPal. Donations are tax deductible.

### Volunteers and Maintenance Supervisors Needed

One of the wonderful things about FROG Park is that it is community-built and maintained. Hundreds of neighborhood volunteers came out for the original build five years ago and dozens more donate their valuable time and skills each month to maintain and improve the park. We need all sorts of volunteers for the regular maintenance days. **Specifically, to look good and be a fun play place, the park needs several volunteer Maintenance Supervisors to help coordinate our volunteer days and troubleshoot maintenance during the year.** For more information, contact Volunteer Coordinator Howard Ferrier at hwferrier@sbcglobal.net or phone 510/653-6463.

☛ **Save the date:** This Fall's volunteer and maintenance day is Saturday, September 16.

### What's Next?

As if there could be more… Oh, yes! Stay tuned for reports on the Creek Flow Improvement Project, and a campaign and design competition for a permanent public restroom at Hardy Park. Both projects are spearheaded by Christine Beeman. Contact Christine if you are interested in either project via e-mail at christiebee@sbcglobal.net

# Merchant: August

from page 10

providing a relaxing atmosphere with open space and lots of room. "Our job is to edit for our customers; not carry everything, but to choose the best," she said. Many of the lines carried by August are theirs exclusively in the East Bay or even the Bay Area.

The women's racks have a lovely variety of clothing, all of which feel and look wonderful. They include minimalist flower-petal-soft cotton dresses and tops from Kristensen du Nord, a blue pleated skirt with green inset pleats from Travata, sage-colored jackets and denim from Sweden's Acne Jeans, and delicate chiffon wrap dresses in pink and green or blue and white patterns from Saltwater. Aoyama Itchome Japanese-style flowered sleeveless dresses look fresh and innovative, and the soft pleated Park Vogel teal jersey V-neck tank dress could have multiple lives in any wardrobe.

The men's racks offer unusual and traditional denim jackets; cashmere polos from Travata (exclusive to the East Bay); hooded shirts from Portland, Maine; and denim from Sweden. August also carries accessories, such as local Sherry Olson's ceramics, John Scott's Asian-inspired vases (found also at Gump's), and Esther Derkx' transfers of photos onto old teapots. They also offer a variety of belts and denim bags, jewelry from Morgana Moore, and imports from Brazil.

Continuing the recycled, reclaimed theme, Louesa recycles fabric into silk-screened, textile business cards, and wraps purchases in organic muslin and twine that can be re-used.

# RN classifieds

### Your Message Could Be Here

Your 36-word message is $20. (Phone number counts as one word). Mail to: **RN Classifieds**, 5245 College Avenue, PMB 311, Oakland, CA 94618. *September deadline is August 17. For information: e-mail* smontauk@juno.com

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E-mail *Rockridge News* Community Calendar items to: joellis1@hotmail.com, phone 653-3210 (after noon), 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.

# COMMUNITY CALENDAR

**Compiled by Jo Ellis**

## Councilmember Brunner's Annual Summer Picnic

**Everyone invited**. BBQ and drinks provided — you bring a side dish or dessert. July 9, 12 noon to 3pm. Temescal Regional Park, North Temescal picnic site. 6500 B'way, next to the highway 24/13 interchange. Parking off B'way ($4 fee). **No Community Meetings July, Aug., or Sept**. For more information on all District One issues or events, call 238-7001 or www.oaklandnet.com (the site for all City-related information).

## Oakland Youth In The Criminal Justice System

**Forum moderated by Councilmembers Jane Brunner and Larry Reid** that will focus on preventing youth criminal activity in Oakland: what is working, what needs to change and how youth involved in criminal activity can get help. Monday, July 10, 7pm, at City Council Chambers, Oakland City Hall (half a block off B'way on 14th St.). For more inf. call 238-7001

## The Greater Rockridge N'hood Crime Prevention Council

**ANNUAL TOWN HALL MEETING**. Speakers include North Oakland Police Commander Jim Meeks, Reed Brothers Security, and self-defense expert Vanessa Wilson. (Story, page 1.) Voting will take place for NCPC officers. Anyone interested in running for office should contact the NCPC at info@rockridgencpc.com. Thursday, July 20, 6:45pm, at the Rockridge Library, 5366 College Ave.

## Rockridge Branch Library

**For Children:**

- **Toddler Story Time:** 1st and 2nd Saturdays, 10:30am: 7/8, 8/5, 8/12, 9/2.
- **Pre-School Story Time:** 1st and 3rd Wednesdays, 10:30am: 7/5, 7/19, 8/2, 8/16, 9/6.
- **Pajama Story Time:** 2nd and 4th Tuesdays, 7pm: 7/25, 8/22, 9/12.

**Special Events for Kids and Families:**

- **Sign up for the Summer Reading Program: "Paws, Claws, Scales and Tales"** through August 12. Get prizes for reading. Ask anytime at the Children's Reference Desk.
- **Dance Naganuma Student Performance.** Friday, 7/7, 3:30pm.
- **Prescott Circus Performance:** Tuesday, 7/11, 7pm.
- **Willy Claflin, Puppets and Stories:** Monday, 7/17, 7pm.
- **Painting Animal Portraits:** Kids ages 4 to 9, bring a photo (or use one of ours) to create a large portrait of an animal in acrylic paint. Wear your painting clothes! Thursday, 7/20, 3pm.

a cross-cultural congregation striving to partner with the Rockridge community in lifestyle and service.

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5951 College Avenue, Oakland 510 658-3665
**SUNDAY WORSHIP 10:30 AM • VISIT: CAPCCHURCH.ORG**
**OUR WONDERFUL COMMUNITY MEAL, FRIDAYS, 6-7PM**
**A GREAT OPPORTUNITY TO SERVE**

- **NatYa: Stories and Dance from India.** Tuesday, 8/8, 7pm.

**For Teens:**

**Junior Volunteers Needed to help with the Summer Reading Program.** If you are **between the ages of 11 and 15**, and are available for 2 hours a day during the summer, ( you can work only one time or all summer, depending on how much time you have), call Erica ASAP at 597-5017 to find out the details and set up your volunteer schedule.

- **Bookwormz (Teen-Led Book Club):** watch the film of the book we're reading: Everything is Illuminated. Saturday, 7/15, from 11am to 1:30pm in upstairs mtg. room.
- **Anime Club:** Watch and talk about new anime (Japanese animation) with other teens. 2nd Tuesday of each month, from 5 to 6:30pm, in the upstairs mtg. room. See Dual on 7/11. Film on 8/18 to be decided.
- **Teen Summer Reading Program at the Oakland Public Library:** open to teens entering the 7th through 12th grades. Teens will get a sign-up gift and win other prizes for reading over the summer. Program started July 1 and ends Sept. 5. Register at the Rockridge Library. For questions about this or any other teen event, call Susy, the Teen Specialist Librarian, at 597-5017.

**For Adults:**

- **Poetry Readings by Local Authors.** 7/15 from 2 to 3:30pm.
- **Knitting Classes for Seniors** (50+), in collaboration with the Pleasant Valley Adult School. Instructor: Teri Barr. All levels welcome. Beginners bring light color yarn and a pair of size 8 needles. If experienced, bring projects to work on. Tuesdays, from 12:30 to 2:30pm in the upstairs meeting room. Classes will run through the summer.
- **Lawyers in the Library:** Free legal advice. First Tuesday of each month: 6pm to 8pm. Advance sign-up starts 5pm.

**Art Exhibits:**

- **Gallery:** July: **Aliea Wallace:** Photo Etchings.
  August: **Darril Tighe:** Abstract Watercolor.
  Sept.: **Liliana Thomas**
- **Display Case:** July: **Mittie Cuetara:** Watercolors of dogs and cats.
  August: **Oparna Ewing**
  Sept.: Rockridge Library History Exhibit

5366 College Avenue, 597-5017

**Library Hours:**

Monday and Tuesday, 12:30 to 8pm.
Wednesday, Thursday and Saturday 10am to 5:30pm
Friday, 12 to 5:30pm
Closed: Sundays, and Monday, 9/4.

## Diesel Book/Poetry Events

**All events are FREE and open to the public**

- Monday, 7/10, 7:30pm. **Amnesty International Meeting**. All welcome
- Wednesday, 7/12, 7pm. **Steven Kolter:** West of Jesus.
- Thursday, 7/13, 7pm. **Bay Area Writing Project:** celebrates the graduation of their Young Writers' Camp (4th through 8th graders) reading from their works.
- Sunday, 7/16, 3pm. **Poetry Flash** presents **Mark Turpin** and members of his advanced poetry workshop.
- Wednesday, 7/26, 7:30pm. **Leah Kramer of Craftster.org** performs feats of kitschy craftitude and plays with hot glue guns to introduce *Crafter's Guide to Nifty, Thrifty and Kitschy Crafts*.
- Sunday, 7/30, 3pm. **Poetry Flash** presents Terry Hauptman: *On Hearing Thunder* and **Sharon Doubiago:** *Body and Soul.*

5433 College Ave. For more information about other events through the summer, including Book Discussion Groups and El Grupito, the Spanish discussion group: 510-653-9965 or www.dieselbookstore.com.

## Writers Support/critique Group

ALL writers welcome. Bring at least 10 copies of 5 pages of your prose for on-site reading/discussion. Sponsored by the California Writers Club, Berkeley branch (www.berkeleywritersclub.org/) Rockridge Branch Library, third Saturday of the month from 1 to 5pm. For more information: 420-8775 or Writefox@aol.com.

## Julia Morgan Center Events

- **Family Film Sunday Series:** 3 Classic Short Films: *The Red Balloon, A Cricket in Times Square*, and *The White Seal*. Sunday, 7/16, 11am. Suggested $5 donation to benefit the Julia Morgan Center. Children under 12 must be accompanied by an adult.
- **Benefit performances:** all proceeds from tickets will benefit **The Stage Door Conservatory** and its non-profit musical theater education programs:

**GYPSY:** Friday, 7/28, 7:30pm; Saturday and Sunday, 7/29–30, 5pm.

**42nd Street:** Friday, 8/11, 7:30pm; Saturday and Sunday, 8/12–13, 5pm.

Tickets (available at door): adult $15-20, children/student/senior $10. Presented at the Julia Morgan Center for the Arts, 2640 College Ave. For more information about these and all other JMC events, and the Arts and Science summer camps and workshops: 845-8542 or www.juliamorgan.org

## Sick Plant Clinic

Bring your ailing plants to the University of California Botanical Garden and get a **free diagnosis** by UC plant pathologist Dr. Robert Raabe, UC entomologist Dr. Nick Mills and their team of experts. First Saturday of every month from 9am to noon. No registration necessary. UC Botanical Garden, 200 Centennial Drive, Berkeley (above Cal Memorial Stadium in Strawberry Canyon). For more information: 643-2755 or http://botanicalgarden.berkeley.edu.

## Donations Wanted

The St. Vincent de Paul Society will have their BIG BLUE VAN at the St. Augustine Churchyard for donations of "gently used" items. Cannot accept: computers, appliances, mattresses or pillows. Saturday, 7/29, from 2 to 6pm, and Sunday, 7/30, from 8:30am to 3pm. 400 Alcatraz Ave. (near Colby).

## North Oakland Senior Center

Program Highlights: Computer classes; Health Insurance counseling and advocacy program; trips, tours and theater outings; Alzheimer's Caregivers Support Group; AARP driver Safety classes; Farmers Market every Wednesday from 10:30am to 2:30pm.

Center Hours: Monday – Friday, 8:45am to 4:45pm. 5714 Martin Luther King, Jr. Way. The Newsletter, "North Oakland Senior Times" provides a full schedule of classes as well as a monthly lunch menu ($2.25 to $4). Call 597- 5085 for details about membership, newsletter, classes/events and opportunities to become a volunteer.

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