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RCPC Seeks Web Designer

RCPC is redesigning its website. If you are a Rockridge resident with the right skills, please view the Request for Proposals at http://www.rockridge.org/. RCPC is redesigning its website. If you are a Rockridge resident with the right

FROG Park Re-Opening Re-Celebrated

by Jennifer Edmister, RCPC Boardmember

Tore than five years after a handful of devoted volunteers undertook the project, our community gratefully celebrated the grand re-opening of FROG Park and the completion of Phase II renovations. Hundreds of families gathered in the new Hardy Plaza to enjoy a warm afternoon of food, games, live music and outdoor play. City Council President Ignacio de La Fuente and Councilmember Jane Brunner were on hand to kick off the October 1 celebration, which carried on well into the afternoon.

The Rockridge Community Planning Council (RCPC) acknowledges the Friends of the Rockridge-Temescal Greenbelt (FROG) for their years of tireless devotion to the park. Among the hundreds of community and

corporate sponsors,

FROG Park, page 7



enry the l Frog at the edge of the pond enjoys a reflective moment as the community gathered to celebrate completion of FROG Park Phase II improvements. More photos and story on page 7.

> Рното: JACQUELINE KELLAM

Remembering the Firestorm: 15th Anniversary Memorialized

by Annette Floystrup, RCPC Boardmember

Tany people gathered in front of the Firestorm Memorial Tile

Wall under BART for the 15th Anniversary Commemorative Event on Saturday, October 21. The weather was an almost perfect replica of the conditions of that day. Hot Diablo winds from the north and the smell of wood smoke from Oakland Fire Department demonstration fires were almost too much to bear for some survivors and firefighters alike.

In her speech, Sherry Hu, CBS-5 reporter and the event's Mistress of

Ceremonies, noted that her parents, like so many others, had lost their home that day, but that awareness of the danger of

another firestorm was fading. About 70% of the current firestorm area residents are new since 1991, she said. Firestorms in the Oakland/Berkeley Hills occur with

> regularity about every 20 years... just long enough for many residents to forget the basics or never learn them.

It is tempting to believe that if your house is not in the hills, you are not in danger. But burning debris from the fire rained down on North Oakland and burnt debris landed as far away as the Alameda Naval Air Station. Flames came down the side of Hwy. 24 to within a few blocks of College Avenue.



The Firestorm Memorial Tile Wall tells the stories of pain, loss and growth that emerged from the disaster.

A large firefighting effort was concentrated behind the Claremont Hotel, the rear of which Firestorm, page 2

Albertsons Parking Lot to Close

by Hiroko Kurihara, Chair, RCPC Land Use Committee

t press time, Albertsons Awas preparing to close their parking lot to the public because of Albertsons LLC and Terranomics' difficulty in accessing the loading dock and showing the property to prospective tenants and developers. The RCPC Land Use Committee is working closely with Albertsons representatives and Councilmember

Brunner's office to help broker a solution that keeps the lot open and provides designated parking slots for Claremont Middle School teachers. Merchants are concerned about the closure and might be able to help monitor the lot. Regarding ROSS: Dress for Less Stores as a potential new tenant, the Land Use Committee has learned that the Rockridge

Albertsons, page 3



Firestorm

from page I

had suffered damage in the 1970 Hills Fire; had the Claremont been lost to the flames, the next fall-back and hold position designated was Shattuck Avenue. In other words, all of Rockridge and Temescal were at risk.

The fire killed 25, including Battalion Chief James Riley and five others in a bottle-neck on Charing Cross Road; injured 150; and destroyed 2,449 single-family dwellings and 437 apartment and condominium units in Oakland and Berkeley. The economic loss of the 1,520-acre fire has been estimated at \$2 billion, or higher. It is the largest single loss of homes to a wildlands fire in U.S. history. Our own firehouse, Engine 19, was the first team on site.

Many personal losses were totally irreplaceable. Novelist Maxine Hong Kingston lost all copies of a completed manuscript. Indeed, many people lost their life's work, valuable art collections or simply all their earthly possessions. The most personal losses were often not monetary, but rather sentimental: family pictures, an heirloom, and frightened pets that could not be found in the confusion.

Oakland responded to the disaster with compassion and innovation. While 74 strike teams (five engines each) from all over California were still actively fighting the fire, City government, at the behest of then-Mayor Elihu Harris, established a one-stop disaster recovery center (DRE) at the old Safeway site adjacent to the DMV on Claremont Avenue. Rockridge resident Brooke Levin, now Deputy Director of Oakland's Department of Public Works, headed the effort to coordinate services for residents who lost their homes: utility companies, FEMA and others came together under one roof. The DRE became the national model for Community Restoration Development Centers now operated by FEMA in all large-scale disasters.

Fifteen years later, many of the problems that plagued firefighting coordination have been solved. Today, firefighters throughout California receive ongoing wildlands fire training. Fire departments have acquired modern equipment, and new protocols dictate that no wildland fire shall be left unattended overnight after its first outbreak as the Oakland fire was — even if it appears the blaze has been extinguished. These days Oakland and Berkeley automatically respond to each other's hill fires. Hose couplings, non-standard in Oakland in 1991, are now standard everywhere. Water cisterns have been added, as has a new hills fire station. Radio communications have been improved so that all agencies can now literally speak on the same wavelength when needed.

Just as earthquake preparedness is a fact of life in California, wildlands fire prevention and preparation is too. Take an evening to work out some fire preparedness plans with your family... we have only a few more years until the next firestorm may be upon us.

The Firestorm Memorial Tile Wall

The first tiles for the Firestorm Memorial Tile Wall were created just four months after the hills fire. Brooke Levin, a new City employee at the time, originated the idea for an art project to memorialize, commemorate and heal the wounds of the community. If you have not taken the time to read the tiles, you are missing something essential about Rockridge, as well as healing art and simple wisdom. From children mourning the loss of the local squirrels that used to run on the telephone wires, to people mourning their homes, their neighbors and their loved ones, each tile is touched by the innermost feelings of its creator.

One tile says simply: "Always use your best china."

ROCKRIDGE BRANCH LIBRARY

5366 College Avenue

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.

RöckridgeNews

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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Cy Gulassa	Editor			
Janet Somers	Copy Editor			
Ortrun Niesar	The Muse			
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- Do you have questions about newsletter distribution?
- Want 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

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NEWSLETTER ADVERTISING/DEADLINES

Publication date of the next issue is

- **☞** December 2, 2006
- December deadline is November 16. Advertising rates are \$26/column inch. Sixmonth 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. (Classified Ad contact, page 14.)

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The Zoning Counter

The Zoning Counter is a compilation of recent applications filed with the Oakland Planning Department. Individuals may contact the case planner or the Planning Department for additional information by phone or on-line at www.oaklandnet.com.

5219 DESMOND STREET

Proposal: To convert the basement of an existing residence into a living area, to expand the kitchen and construct a new deck, to convert the attic into a new upper story addition with a rear deck, and raise the building roof 2 feet.

Applicant: Kearny Chun **Phone:** 510/658-9921

Owner: Kearny and Violet J. Chun

Planning Permits Required: Regular Design Review for a residential addition and alteration to an existing single-family dwelling. Variances to allow new living area in the basement located 10.19" from the side property line where 5' is required and to allow a new upper story addition to be located 4.19" from the side property line where 5' is required.

Case Planner: Mike Rivera at 510/238-6417 or mrivera@oaklandnet.com

6756 MANOR CREST

Proposal: A 619 square foot second-story addition located at the rear of the existing residence. **Applicant:** Sheryl Drinkwater, Friedman

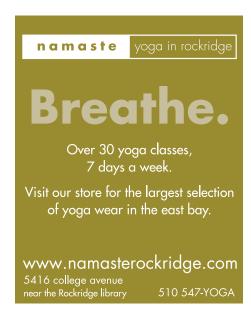
Brueggemeyer Architects **Phone:** 510/848-3390

Owner: Michael and Sarah Mages

Planning Permits Required: Regular Design Review for a new 2nd story residential addition to an existing single-family dwelling. Minor Variance to allow the second story addition to be located 4' from the side property line where 5' is required.

Case Planner: Mike Rivera at 510/238-6417 or mrivera@oaklandnet.com

More Zoning Counter, page 13



Upper Broadway and Claremont Triangle Traffic Recommendations Set for Review

by Steve Meyer, RCPC Board Member and Chair, TPBS Committee

"I risk my life every time I cross the street." "My street seems to be used as a shortcut by morning and afternoon commuters." "I would ride my bicycle more often if there were more bike lanes available." These and similar sentiments are shared by many Rockridge residents. Traffic calming and pedestrian and bicyclist safety are perennial issues in any urban setting.

Two areas of Rockridge have recently been the primary focus for the RCPC Traffic, Pedestrian and Bicycle Safety (TPBS) Committee: Upper Broadway and the "Rockridge Triangle" of Claremont, College, Alcatraz, and Telegraph Avenue. Proposed improvements include additional bike lanes, reduced traffic lanes ("road diets"), additional crosswalks, traffic circles, and parking and traffic restrictions. Though any one of these proposals could dramatically enhance resident safety, care must be taken to ensure that problems are not simply shifted to adjacent areas (e.g., speeding traffic moved off one street could become an issue on a parallel street), affecting another resident's quality of life.

To avoid such negative impacts, detailed traffic studies are planned and coordinated by the City. Traffic, bicycle, and pedestrian flows are monitored at various travel times, and then modeled with computer software so traffic engineers can test the impact of proposed changes. They can also estimate the impact of changes 10 and 20 years into the future.

To learn more about the studies, plan to attend the next TPBS Committee meeting, Tuesday, November 14, at 7 p.m. in the Rockridge Library. Jason Patton will provide an update on the Oakland Bicycle Master Plan (which includes proposed bicycle lane additions and traffic lane reductions on Upper Broadway), and a representative from the Oakland's Public Works Department will discuss the study proposed for the Rockridge Triangle area.

Keep up-to-date on these issues; join the RCPC TPBS Committee Yahoo Group. E-mail your name, address, e-mail, and phone number and your area(s) of interest to: RCPC_Traffic_Pedestrian_and_Bicycle_Safety_Committee-subscribe@yahoogroups.com.

Questions? E-mail Steve Meyer at meyer770@sbcglobal.net

RCPC Land Use Committee

Albertsons Parking Lot from page 1

site is most likely not among the 40 sites under consideration by the company. Nevertheless, we will be sending a letter to senior management at Cerberus Capital, to convey the concerns and preferences for the site expressed at the community meeting last July. We'll keep you posted.

Neighborhood Planning Process Resumed

In 2004, RCPC began a neighborhood planning process by studying the 1994 Rockridge Area Plan (RAP) and seeing where we might go from there. RCPC outlined a comprehensive planning strategy that included an inventory of land use, surveys, focus group discussions, community meetings and educational panels. In addition, the Land Use Committee has worked with the Institute of Urban and Regional Planning (IURD) from UC Berkeley to create an

inventory of uses and a map of the building heights along College Avenue.

In January 2005, the RCPC Board held a strategic planning session that included an informational panel on "Smart Growth for Communities." In June 2005, the Land Use Committee held a community-wide meeting on Transportation and Transit Oriented Development (or TODs). A few months later we convened three "kitchen klatches" at peoples' homes with 6-8 neighbors attending each session.

Now, a year later, the Neighborhood Plan Working Group has resumed the process of defining a plan to reflect the desires of the community regarding schools, parks, housing options, multi-modal transportation and safety improvements. Please contact me if you'd like to participate: H2oakland@sbcglobal.net or 510/384-3146.

NCPC Crime Beat Report

by Susan Montauk, GRNCPC Chair

October brought more than the usual late blast of Indian summer to Rockridge:

it also brought hot flames from fires set to two houses on the 5300 block of Locksley Avenue late on the evening of October



9. Police believe one arsonist ignited front porch items at both houses within minutes of each other. Neighbors reported that a solicitor had come to their doors asking for money shortly before the fires.

While the fire fighters worked to put out the first fire, neighbors quickly extinguished the second. That same day another arsonist struck in the backyard of an antiques store at 65th Street and Telegraph Avenue. A suspect was apprehended but police believe there is no connection between the Telegraph and Locksley fires.

Although Oakland has been in the media spotlight the entire year because of a surge in murders — 123 so far, nearly double the January-October 2005 tally of 68 — Rockridge has seen a downward trend in burglaries, robberies, general thefts and vehicle thefts. August and September burglary incidents were down by about 60% from last year.

Visit the Rockridge NCPC website at www.rockridgencpc.com for crime maps; bring your crime concerns to the Neighborhood Crime Prevention Council meetings, the third Tuesday of each month. The next meeting will be held November 21 at California College of the Arts. The website shows the meeting room and a map.

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Library's New Millennium Catalog Goes 'Live' on Halloween

by Alison Bowman, Oakland Public Library Community Relations Assistant

esides the usual ghosts and ghouls, this Halloween brought a special treat to Rockridge Library users when the Oakland Public Library inaugurated its brand-new Web-based Online Catalog System that will advance the Library's technology into the 21st Century. The Millennium system by Innovative Interfaces, Inc. of Emeryville, went "live" on October 31 and replaceed an obsolete system that was over 16 years old with one that is more user-friendly, graphical, and accessible from all standard Web browsers. The new catalog has a host of additional benefits for customers, such as the ability to manage their own accounts, view the catalog in multiple languages, and eventually have access to over 5 million items from nearly 50 public and academic libraries that are part of Millennium's LINK+ system.

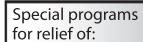
"Thanks to the voters who passed Measure Q in 2004, we're happy to be able to provide our community with this state-of-the-art technology," said Gerry Garzon, the Library's Deputy Director. "We think they'll be pleased to see the changes and the new possibilities that the Millennium Catalog offers them."

Some of the specific improvements for the public include the ability to sign up for e-mail alerts, set preferred searches, view hold items, and have access to book reviews, publishers' summaries, and the tables of content for books in the Oakland Public Library's collections. The public will also be able to reserve computer time throughout the system (not just at the Main Library) and view catalog items in English, Spanish and Chinese. Once the LINK+ system is in place, users will be able to order and receive items from a variety of other public and academic libraries within a matter of days.

To make the new Online Catalog System less "frightful" as it began use on Halloween, Oakland Public Library staff were joined by trained volunteers at some sites to help make the transition a smooth one. Users should not hesitate to ask staff members for assistance while they get accustomed to the new Millennium Catalog and learn its features.

The Millennium Online Catalog System is being funded by Measure Q, a parcel tax measure that received over 77% "yes" votes on the March 2004 ballot.





- Low-back pain
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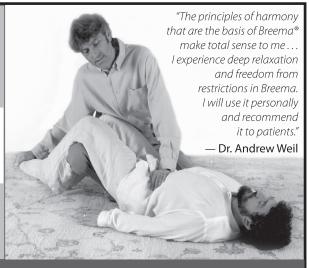
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Claremont Middle School on a Path to Success

Come visit; see the school's advantages for yourself!

by Lyn Hikida

eighborhood enrollment in Claremont Middle School increased dramatically this fall, with a significant jump in numbers from two "feeder" elementary schools. Peralta more than doubled its Claremont enrollment, with 13 of its students entering this year, compared with six last year. Chabot's figures increased 150 percent, as 30 of its students enrolled in Claremont for 2006/07 compared with 12 in 2005/06.

Claremont is a relatively small school, with approximately 420 students. The advantages of small neighborhood schools are numerous: kids are close to home and it's easy for families to continue relationships that formed in elementary school.

"We can and should create a vibrant K-8 system in Rockridge," said Tony Mills, whose children attend Claremont and Chabot. He cited Albany and Piedmont as examples of schools systems making communities more appealing.

Claremont Principal David Chambliss, now in his fourth year, cited three improvement strategies he's focusing on: "We're building on areas of strength in instructional leadership; we're supporting students who are struggling academically; and we are getting all families involved."

In terms of performance, Claremont PTA President Julie Harris said Claremont is on target for English and language arts, but struggling with math. To address this, the school instituted double math periods in





2005, allowing teachers to give individual attention to both low- and high-performing students. The school also holds adult math nights for parents to improve their math skills to better support their children's homework.

"I view supporting our schools as a commitment to our community, and if my kid is going to be attending neighborhood schools for the next 11 years, I intend to invest in them as much energy and enthusiasm as I possibly can," said Christopher Waters, Co-Chair of the Peralta Parent Teacher Group and parent of a second grader. "We have several wonderful Peralta grads who attend Claremont. They like their school, and I'm sure we will too."

To families who are considering middle school options, Harris said: "Set aside what you think you know. Come inside and see what it's like."

For information about scheduled tours of Claremont, call 510/879-2010.

Peralta Elementary School Steps Off on the Right Foot

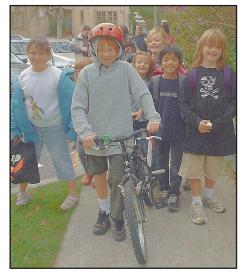
by Melanie Grubman, Safe Routes to Schools Education Coordinator

id you see them; droves of families with strollers and kids on bikes or skipping along the sidewalks near Alcatraz Avenue and Dana and 63rd streets early last October? If you did, you witnessed Peralta Elementary School's celebration of International Walk to School Day. That day, Peralta elementary school nearly doubled the number of kids who walk to school and reduced car rides by a third. Students were shocked when they saw on a wall-sized graph that the number of walkers literally walked off the charts.

October's Walk to School Day was the kickoff event for the Safe Routes to Schools pilot program. Coordinated by the Transportation and Land Use Coalition (TALC), the program addresses pedestrian and traffic safety around schools based on the 4 E's: encouragement, engineering, education and enforcement, and fosters collaboration among teachers, school administrators, city officials and law enforcement officers.

Rockridge's Peralta Elementary is one of three schools in Oakland chosen to participate in the program, which has received international attention for its success rates and its approach to some of this century's most pressing problems: childhood obesity, global warming and automobile dependency.

To join the Safe Routes to Schools task force at Peralta, get information about the next event, or to learn how you can help out, please contact TALC at sr2s@transcoalition.org or call Melanie or Sandra at 510/740-3150.



Peralta School students join in International Walk to School Day.

PHOTO: MELANIE GRUBMAN



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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.

ULTRA AND RCPC: ONE AND THE SAME? Editor:

We are concerned about the Rockridge Community Planning Council's apparent affiliation with a new pro-development group that advocates infill high-density development in the Temescal and Rockridge areas. This group is known as Urbanists for a Livable Temescal Rockridge Area (ULTRA).

Although the article on ULTRA in the September 2, 2006 edition of *The Rockridge News* asserted that "ULTRA is not affiliated with RCPC," it now appears that several members of the RCPC Board, including the Chair of the RCPC Land Use Committee, are currently members of the ULTRA group.

When we expressed our concern to the RCPC Board about this perceived conflict of interest, the board voted on the matter, apparently without recusal by the ULTRA members. They determined that it was permissible for RCPC Board members to also be members of ULTRA, even though ULTRA's goals appear to be at variance with the mission statement of the RCPC to "preserve and enhance the unique character of the Rockridge neighborhood." Does the allegiance of these RCPC Board members lie in protecting and preserving the Rockridge way of life or are they now aligned with a pro-growth group that is dedicated to high-density infill projects not previously allowed under College Avenue's C-31 zoning?

As frequent observers at the RCPC Land Use Committee meetings and as longtime residents of Rockridge, we don't understand this apparent conflict of interest, or at very least the perception of a conflict of interest, on the part of some of the RCPC board members. We feel that the affiliation with the ULTRA group calls into question the RCPC's ability to make credible, unbiased land use decisions on behalf of all the residents of Rockridge.

We feel that clarification from the RCPC Board is in order.

Christine Acker and Margaret Wahlberg



ULTRA AND RCPC: RCPC CHAIR JESSICA PITT REPLIES

After Ms. Acker and Ms. Wahlberg brought their concerns to the attention of the RCPC Board in late September, the board engaged in a lengthy and thoughtful discussion of the matter. The board does not feel that it is desirable to try to restrict the participation by board members in other organizations; or that the Rockridge community would support new eligibility conditions for service on the board, based on individuals' outside affiliations or the lack thereof. As in the past, the board will monitor all internal appointments, including the chairmanship of the Land Use Committee, to assure that such appointments serve the stated purposes and goals of RCPC, and that RCPC's goals are not subordinated to any outside agenda.

The current members of the RCPC Board share the goal of making Rockridge the best neighborhood that it can be. I believe that our record over the past several years shows a firm commitment to upholding C-31 zoning and preserving and enhancing the character of our neighborhood. This is evident in the appeals that we have brought before the Planning Commission and our efforts to reach out to new businesses moving into the neighborhood to encourage uses and building designs that are consistent with the character of Rockridge.

Over the past two years, the board has initiated discussions within the community about the future growth and development of Rockridge. We believe that a healthy debate has occurred and we welcome input from Ms. Acker, Ms. Wahlberg, and others. Toward this end, the RCPC is undertaking a participatory community planning process that will involve multiple forums—including Town Hall meetings, surveys, and small discussions in people's homes—to elicit the community's vision for the future of Rockridge. The purpose of this planning process is to find out from as many neighborhood residents as possible what they envision for the future of our neighborhood.

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Park build volunts Phase II construction.

▼ Frog Tom Dolan, fairy Hanna Paige Schurman and Jennifer Cooper start the parade through Frog Park.



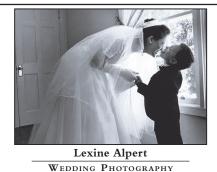
 Park lovers gather to enjoy lively entertainment and listen to speeches. PHOTO: THERESA NELSON



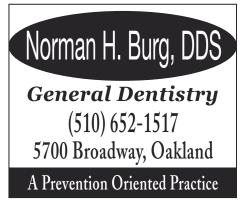


tables. Photo: Susan Montauk

Councilmembers De la Fuente and Brunner congratulate Friends of FROG Park. Photo: Theresa Nelson



WEDDING PHOTOGRAPHY 510 547-4807 WWW.LEXINESWEDDINGPHOTOS.COM



FROG Park

from page I

and the volunteers and city officials who made this dream a reality, we offer special thanks to the following Phase II supporters:

FROG COMMITTEE: Theresa Nelson, Jennifer Cooper, Howard Ferrier, Ronnie Spitzer, Mike McDonald, Lisa Ferrier, Christie Beeman, Barney Smits, Joan Marie Wood, Karen Cheever, Steve Costa, Lisa Kaplan, Carol McClellan, Carroll Moore, Jimmy Pederson, Ian Reed, Eileen Fitz-Faulkner, Al Hussian.

KIOSK VOLUNTEERS: Mike McDonald, Mauricio Argueta, Jeff Clapp, Josh Feldman, Chris French, Michael Lyons, Ian Reed, Mark Rogero, Gene St. Onge, Fernando Sorto.

JANE BRUNNER'S STEERING COMMITTEE: Rose Barquist, Margie Calahan, Jennifer Cooper, Steve Costa, Bruce Douglas, Sally Fitzhugh, Beth Maher, Francesca McCrossen, Theresa Nelson, Margaret Pinter, Jackie Hoeppner-Freitas.

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Public Art: Mark Brest van Kampen, Claire Isaacs-Wahrhaftig, Cheryl Crawford.

Thanks also to the grand re-opening committee: Theresa Nelson, Jennifer Cooper, Jacqueline Kellam, Kristen McClusky and Jennifer Edmister.

FROG Park and the new Hardy Playground remain a wonderful testament to community spirit and cooperative effort.





Rock ridge Cornucopia

Barry A. Kaufman

On the Side

y mother had one rule when it came to serving dinner: Every plate had to have a main source of protein, a starch dish and a side of vegetables. Nutritionally a very good idea, but the side dishes came out of a can or were frozen. We had steak with canned corn and frozen spinach or chicken with canned blue lake string beans and Franco American spaghetti. Peas, beets, and beans were always out of a can. Dinner salads consisted of iceberg lettuce, sliced tomatoes and what my mother called Russian dressing - a mixture of mayonnaise and ketchup. The only time we had a fresh side dish was when she served roast beef and a baked potato.

When preparing a meal, we tend to focus on the entrée: roast chicken, grilled beef, a piece of fish or sautéed shrimp. After we look up our main course recipes, home chefs tend to fill in with simple and often unimaginative side dishes to serve with the entrée. Sautéed chicken breasts in a lemon-caper wine sauce are quick and easy to prepare, but sides of baked potato and boiled string beans make the dish ordinary. Curried couscous with pine nuts and currents and escarole with garlic makes the dish spectacular. Following my mother's rule, we shall have a protein, a starch and a vegetable.

Italian cooks recognize side dishes as part of the main event. In Italy, restaurant menus include antipasti, pasta, secondi, and a list of contorni, or side dishes. Typical contorni include sautéed spinach, broccolini,

and fagiolini (beans). In Italy, I would often order a simple antipasto and one or two contorni with a glass of wine – a perfect light supper. For most Americans it is difficult to think about "side dishes" as central to the entrée. Preparing for a dinner party, we may spend hours cooking the entrée and, as an afterthought, cook some side dishes. Thanksgiving dinner is often the only time where side dishes become an important component of the meal, as little preparation is needed to cook the turkey.

When choosing sides to serve with your entrée, there are several factors to keep in mind. The side dishes should reflect the mood of the meal. If the entrée is an elaborate preparation with complex flavors, the side dish should be simple, with a minimum of flavors that would compromise the entrée. On the other hand, if the entrée is quite simple, like roast chicken, you may want to have a more elaborate side to make the meal more special. The side should enhance and complement the entrée. If, for example, your entrée is made with a cream sauce, your side should not be too rich. You also would not serve a starch side alongside a starch entrée like pasta. For me, color is an important factor when selecting a side. You don't want your plate to be all white or beige. Think bright green, red or orange sides when serving fish. And finally, serving portions are important. Keep sides to small servings. Remember, we want to complement the entrée, not overwhelm it.

Here is one of my favorite winter sides, perfect with a roast leg of lamb or chicken – lots of color and flavor.

Rosemary Roasted Carrots, Turnips and Pearl Onions

(Adapted from *Sides*, by Melicia Phillips, Clarkson Potter, publisher, 1995)

- 1 tablespoon extra virgin olive oil
- 2 carrots, peeled, cut into 1-inch rounds
- 3 medium turnips, peeled, cut into 1-inch pieces

12 pearl onions, peeled

Salt and pepper to taste

1 tablespoon chopped fresh rosemary Preheat the oven to 375°

Place olive oil in a small roasting pan and put pan in the oven to preheat, 4-5 minutes. Add the vegetable to the hot roasting pan. Season with salt and pepper and roast for 50 minutes, stirring occasionally. Stir in the rosemary and continue roasting for another 10 minutes, until the vegetables are browned and cooked through.

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





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Children's Story-Reading Workshop is Serious Fun

by Jennifer Vetter, Chair, Friends of the Rockridge Library (FORL)

ay Ducey, longtime children's librar-Jian at Rockridge, likes to say: "The children of Oakland deserve nothing but the very best." She begins and ends her twice-yearly story-reading course with this inspirational statement, but the real inspiration is in her example.

Brimming with enthusiasm and mischievous humor, Ducey has so much fun reading stories, singing songs and interacting with kids that you can't help but want to join in. I took her course last winter and I had a ball!

Books for Wider Horizons is a program sponsored by the Oakland Public Library that trains and sends volunteer story-readers to Head Start preschools all over the city. Gay's training course is extremely popular, but it is not for volunteers with only a casual interest. There are six two-hour classes on weekday evenings, culminating with an all-day Saturday graduation performance. Before taking the course, volunteers must commit to doing a weekly storytime at a Head Start Center for at least a year. Retirees and students with flexible schedules have the easiest time working this weekly commitment into their schedule, but there are also story readers who work full-time and do this on their lunch hour. Some story readers have been doing this for many years, and they come back for the guest presentation session of Gay's course to demonstrate and talk about their most popular and effective tricks, in one case, literally: Raleigh Ellisen does simple magic tricks with a handkerchief as part of his story time.

The first class covers how to choose children's books, from familiar old classics to fun new titles, that work well as read-alouds for a large group of children ages 3 to 5. Subsequent classes cover early childhood development, what to expect of this age group, and how to pace a successful storytime by interspersing books with songs, stretches and fingerplays. (Fingerplays are songs or rhymes accompanied by hand movements, such as "Where is Thumbkin?" and "The Itsy Bitsy Spider.")

Kris Olson, the energetic program director, says spots are available in the winter course. Anyone interested should contact her at kolson@oaklandlibrary.org or 510/238-7453. The classes are held 6-8:15 p.m. on February 6, 7, 8, 20, 21, and 22. The final graduation performance is on Saturday, February 24.

Although the attrition rate for volunteer story readers is relatively low, people do move away or start new jobs, so there is always a need for more volunteers to sign up.

Gay Ducey explained that Julie Odofin, of the Oakland Public Library, had the idea for the program more than 10 years ago. At Odofin's request, Gay submitted a proposal; the program got underway with direct funding from Head Start, and other grants. The first two training classes were held in the Temescal branch library, but the subsequent sessions have all been hosted at the Rockridge Library.



Gay says, "I have always thought of the library as serving not only the people who come in, but equally the people who do not come in. How do you reach those kids? Go to them." The children's librarians would love to do this outreach themselves but they can't, Gay explained, so they train volunteers to be ambassadors for the library and its treasures of books and reading. Gay recounts, "We had never before had a program where volunteers were performing a task that traditionally belonged to librarians."

Another of Gay's sayings is, "If you hook 'em young, you've got 'em for life." She encourages her story-reading recruits to ham it up and have fun because it's the most contagious way to spread a love of books and reading.

"There's a good deal of emphasis just now on early literacy," Gay says, "using reading time with preschoolers to prepare them for independent reading. Children can, and will, learn to read, but if they don't learn the exhilaration, the wonder, the funniness, the love of literature for its own sake, we've missed the point."



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East Bay Depot Finds a New Home

Attention, Rockridge artists

by Allysyn Kiplinger

On Monday, October 9, The East Bay Depot for Creative Reuse, long a source of recycled art goodies for Rockridge artists and college students, signed a 5-year lease for a 4,800 sq. ft. store front at 4695 Telegraph Avenue in the historic and vibrant Temescal District neighborhood of Oakland. Our current store at 6713 San Pablo Avenue near the Oakland/Berkeley border will remain open while we move to the new location.

"After a year-long search, the Temescal site was chosen for its accessibility from many locations. Our new retail location will allow The Depot to serve even more successfully teachers, students, artists, non-profit groups, and families in the East Bay and beyond," said Linda Levitsky, The Depot's Executive Director. "We will

continue to provide low cost art and educational materials, and educate the public to the environmental benefits of reducing, reusing and recycling."

The Depot, an arts and crafts reuse non-profit organization, was founded by Oakland teachers in 1979. In 2004 approximately 440 tons of materials were diverted from landfills and made available as arts supplies.

"Our 27 years of existence with support from our local community have allowed us to grow from a small non-profit to one that is a role model in the field of reuse. We look forward to the next phase in The Depot's great work," said David Elliot, President of the Board of Directors.

Thank you, customers and donors, for your support during our site search. Watch for the grand opening in early 2007!

Visit The Depot's Web site at: http://www.east-bay-depot.org/

Music That Cooks: College Avenue Presbyterian Church Concert Series

on Sunday, November 19 at 7:30 p.m., Music That Cooks will feature the essential music of the Galax Quartet, a local string quartet featuring David Wilson and Cynthia Miller, violins; Roy Whelden, viola da gamba; and David Morris, violoncello. The program reflects the history of the early string quartet, specifically the role of the composer and gambist Carl Friedrich Abel. Modern viola da gamba performers know Abel as the last 18th century virtuoso and as the composer of many imaginative pieces

for solo viola da gamba. Less well known are Abel's string quartets. The concert series of the Galax Quartet at the College Avenue Presbyterian Church, 5951 Colleege Avenue, Oakland, will spotlight not only these early classical and late Baroque works, but recent and newly commissioned string quartets by living composers.

On Saturday December 9, at 6 p.m., the second annual holiday party will feature local singer songwriters David Serotkin and Pollyanna Bush.

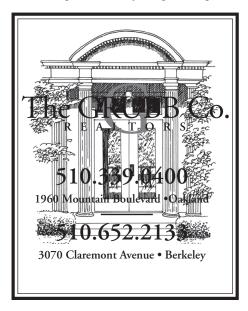
Volunteer Needed to Deliver The Rockridge News

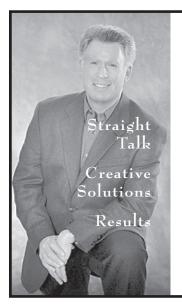
Thanks from *The Rockridge News* to Steven Seche who, as a Block Captain, has been delivering *The Rockridge News* to the upper part of Keith Avenue. Steven is moving on and we need to find a volunteer to deliver his route, 9H, up Keith Avenue from McMillan to Broadway. The job requires about 15 minutes monthly. Contact us at smontauk@gmail.com to volunteer.



Prior to the concert, the program includes a holiday sing along, a storyteller, and a visit and photo op with Santa himself.

Please join us for these fantastic events. For more information, e-mail Musicthat-cooks@comcast.net.





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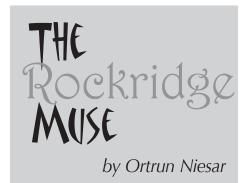
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November Leaves

love this time of the year. It's a little cooler out, the light is changing and the world around us looks different, more golden. In the fall stillness one can sense the growing anticipation of things to come, of darkness and glorious light unfolding just beyond. This year, as in every other, art and music will burst forth in abundance, celebrating the season with creative affirmation of the greatness and goodness of life despite all.

Pro Arts Box Art Benefit Auction

Please support Pro Arts Annual Exhibitions and Programming by raising your paddle at the benefit auction on Saturday, November 18, from 6-9 p.m., at the Pro Arts Gallery, 550 Second Street (corner Clay) in Jack London Square.

Pro Arts brings you East Bay Open Studios as well as a full year of stimulating visual and performing arts exhibitions and programs in support of our local artists and for the enrichment of our cultural environment. You will be able to bid on works by some of the Bay Area's most

From the Rockridge Photo Exhibition



ROCKRIDGE
GENERATIONS: A
recent birthday
party on
Clover Drive
celebrated the
street's oldest
neighbors who
have lived on
Clover for over
40 years each.

PHOTO: CHRISTINE GAROFOLIS

talented artists, and on other fabulous items contributed by private supporters and local businesses. Tom Vacar of KTVU Channel 2 will do the honors. Enjoy great food and eclectic cocktails as well as cool music. It's a wrap for a great night out while you do good. Call 763-9435 or go to www.proartsgallery.org.

December Rockridge Open Studios

It's just around the corner: Our Rockridge artists are preparing a smorgasbord of beautiful things for you with the holidays in mind. Paintings, drawings, prints, collages, sculptures, jewelry, note cards, ceramics, photography and more are featured. Studios will be open the first two weekends of December from II a.m. to 5 p.m. Come to view and buy some wonderful art (much of it is really not very expensive). Refreshments are always served as well. Maps and more information can be picked up at Bosco's Framing, the Rockridge Library and other locations along College Avenue.

Participating artists include:

DECEMBER 2-3

Ann Daniels, 5599 Lawton Linda Lemon, 5524 Vicente Way Liz Maxwell, 5808 Chabot Heli Perrett, 6501 Margarido

DECEMBER 9-10

Chris Barett, 6525 Chabot Gayle Roberts, 6525 Chabot Joan Tanzer, 6525 Chabot Janet Welch, 6525 Chabot Tudi Wherman, 6525 Chabot Diane Jacobson, 5368 Kales

Musical Offerings

Among the many wonderful concerts scheduled for this time of the year, enjoy this year's winter concert of the Berkeley Community Chorus. They will be presenting Leonard Bernstein's "Chichester Psalms," songs by Aaron Copeland and a special memorial to pianist Julian White.

The concerts will be held at St. Joseph the Worker Church, 1640 Addison Street in Berkeley, on December2 at 8 p.m., December 3 at 4:30 p.m., and December 17 at 4:30 p.m.







Sign of the Times						
Address	Bed/Ba.	List Price	Selling Price	Close Date		
5334 Miles Avenue	3/1	\$ 799,000	\$ 769,000	10/06/2006		
5159 Miles Avenue	3/1	\$850,000	\$ 845,000	10/06/2006		
5290 Broadway Terrace	2/2	\$ 519,000	\$ 534,000	10/09/2006		
5681 Keith Avenue	4/1	\$ 1,095,000	\$ 1,125,000	10/12/2006		
5506 Carlton Street	3/1	\$ 1.050.000	\$ 1.125.000	10/17/2006		

Ctober 2005 to October 2006 Comparison of Home Sales: In 2005 we saw a 108% list to sales price; in 2006, we saw a 99% list to sales price, a by-product of the increase in inventory. Average number of days a house was on the market in Oct. 05: 14 days; Oct. 06: 23 days. The median sales price of a home in 2005 was \$700,000, and in 2006 it is \$845,000: That still indicates a 21% increase in value. Visit my website at www.eastbayhouse.com!

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More Letters

from page 6

Rest assured that as we go forward the RCPC Board will be guided by the views and preferences expressed by the majority of community residents—not by individual board members or community members, whatever their affiliations.

— Jessica Pitt

THE HOMELESS ARE PEOPLE, TOO Editor:

I read with both anger and heartache your callous article which attempts to rouse hostility against the poorest of the poor in our cruel society ("NCPC Tackles Homeless Encampments," *The Rockridge News*, October7, 2006). In a neighborhood where houses sell for \$750,000, people don't even have the decency to let the homeless sleep outside on the street. While your article talks about offering them assistance, the graphic shows a cop, the headline verb "tackles" implies violence, and your big brother type of "spy on your neighbor" program by e-mail encourages readers to join in and become cops themselves.

What have the homeless people done? You write that they are "believed to contribute to crime and blight." Did you get this kind of playbook from Dick Cheney and Rumsfeld? If you ask me what is blighting this neighborhood, I'd say it was the real estate industry, (heavy advertisers in *The Rockridge News*), jacking up prices, making thousands in commissions for work that has

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absolutely NO productive value to society, and forcing everyone to have to work harder and harder just to have a roof over their heads. If you can't find it in yourself to care for other people, at least don't try to harass them. Try spending one night on the street yourself, or in a shelter if you can find a bed. Do you have any morals at all?

— Andy Couturier

A LEMON BY ANY OTHER NAME? Editor:

This is a question for our esteemed food columnist, Barry Kaufman. Recently, at the Berkeley Bowl, I picked out a so-called "large lemon" for 35 cents. When I got to the checkstand, the clerk turned the alleged lemon around and around in his hand, frowning. Finally he said, "You don't want this. This is a citron and it costs \$18. It must have been in the wrong bin." I said, "Huh? How do you know?" He said, "Trust me, you don't want this!" and put it aside.

I was perplexed. To everybody else in line (I asked them), it looked just like a lemon. (Well, it did have some funny little ridges. But it just looked like a ridge-y lemon!)

Could you please tell me: What is the difference between a lemon and a "citron" (which just means "lemon" in French, anyway), and why would one cost \$18? What do you use them for? And how can you tell the difference?

— Janet Somers

FOOD EDITOR REPLIES TO LEMON QUERY Dear Janet:

Although citron is French for lemon, a citron is a different citrus fruit. A citron looks like a huge lumpy lemon. The pulp is very sour and not suitable for eating raw. The fruit is grown instead for its very thick, lemon-perfumed peel which is often used in baking. They are grown mainly in Southern Italy and on several Mediterranean islands. You'll find citrons this time of the year because in Jewish practice the estrog (Hebrew word for citron) is used during the Feast of Tabernacles – Succot – that is celebrated in mid-October. Citrons are in heavy demand in Jewish communities during the celebration of Succot.

— Barry

More Letters, page 12



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More Letters

from page 12

WINTER HEARTHS BRING HAZE **Editor:**

It's fall, the weather is getting colder, and wouldn't it be nice to have a fire in the fireplace? Well, it's also time to consider whether we want to add the particulate matter pollution of our fireplaces to our Rockridge air. As a source of heat, fireplaces are very inefficient. They seem to be used in upscale neighborhoods, such as ours, more for atmosphere and pleasure than as a necessary heat source. For this vanity use, others pay by inhaling the smoke that billows out around the neighborhood. In our temperate climate there is a lot of outdoor activity, even in winter. To have to breathe fireplace smoke on a warm fall day while gardening or walking, or to have it enter through an open window, is not just a nuisance. It is a health hazard. Particulate matter is inhaled deeply into the lungs and remains lodged there.

Take a look at the hills on these chillier fall days. Haze. Not just from atmospheric conditions. WWW.sparetheair.org can provide more information.

— Mary Jane Makar

More ZONING COUNTER

from page 3

5407 College Avenue

Proposal: To expand a General Food Sales activity (Hudson Bay Cafe) to a full service restaurant on the ground floor and expanding restaurant into a space next door previously occupied by a print shop.

Owners: Robert and Kathleen Brakett

Contact Person/Phone Number: Seyed Madilessi, 510/658-0214

Planning Permits Required: Conditional Use Permit for expansion of ground floor existing food sales to full service restaurant.

Case Planner: Ulla-Britt Jonsson at 510/238-3322 or ujonsson@oaklandnet.com.

LEASH YOUR DOG, PLEASE **Editor:**

I was walking my small dog on a leash on October 11 on Ocean View around 8 pm when two large dogs lunged out of the darkness, off leash, and attacked my dog. Please put out a warning about the leash law; this is a neighborhood with small dogs, small children and we should not have to wait until there's a death to do something about this. The law requires dogs to be leashed.

Thanks.

— Joyce James

New Book Explores Temescal History and Future

Tommunity activist and artist Jeff Norman has just published a book on the history of the Temescal neighborhood. More than two years in the writing, Temescal Legacies: Narratives of Change from a North Oakland Neighborhood looks at five significant changes to the Temescal neighborhood since World War II:

- The founding in the late 1940s of the Studio One Arts program on 45th St.
- The rise and fall of the Sacramento Northern Railway, which ran up
- The community's response to building the Grove-Shafter Freeway (Hwy. 24)
- The East Bay Negro Historical Society and Temescal's changing demographics
- The burying of Temescal Creek and the community's battle to keep it open.

A book celebration is planned for Saturday afternoon, December 9, at the Temescal Branch Library, Telegraph and Claremont Avenues.

Rebecca Lueck, LCSW

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How to Get Into Piedmont Public Schools

and Piedmont Real Estate Market. Free seminar Wednesday, November 8, 6-7 pm, Piedmont Community Church, 400 Highland Ave, in Piedmont. Free recorded information. Robert Jacobus, 1-800/388-9876×105.

Let's Go Shopping

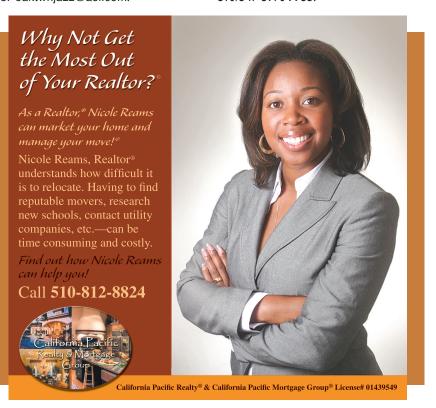
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E-mail Rockridge News Community Calendar items to: joellis1@hotmail.com, phone 653-3210 (after noon), or mail to: Rockridge News Community Calendar, 5245 College Avenue, PMB 311, Oakland, CA 94618. Deadline is the next to the last Tuesday of the month.

COMMUNITY CALENDAR

Councilmember Brunner's Community Advisory Meeting

First Saturday every other month, 10am to noon, Peralta Elementary School: 460 63rd St. (parking on Alcatraz Ave., just east of Telegraph). No November meeting. December meeting topic: "Development in North Oakland" with Claudia Cappio, City Development Director & Developers and Builders of Projects in North Oakland. For information on all District One issues, call 238-7001 or www.oaklandnet.com (the site for all City-related information).

The Greater Rockridge N'hood Crime Prevention Council

Residents and business members of NCPC's 12Y and 13X areas are invited to voice their concerns about crime and public safety. Meets 3rd Tuesday each month, 7 to 8:30pm at California College of the Arts (CCA), 5212 B'way (at College Ave.), Bldg. B-4. Directions and more information: www.rockridgencpc.com.

Rockridge Branch Library

5366 College Avenue, 597-5017

FOR CHILDREN:

- Toddler Story Time: 1st and 2nd Saturdays, 10:30am: 11/4, 12/2, 12/9. Note: closed 11/11.
- Pre-School Story Time: 1st and 3rd Wednesdays, 10:30am: 11/15, 12/6.
- Pajama Story Time: 2nd and 4th Tuesdays, 7pm: 11/28. Note: see below for special event on 11/14.

SPECIAL EVENTS FOR KIDS AND FAMILIES:

 Bilingual Musical Performance by Colibri: singalong in English and Spanish. Tuesday, 11/14, 7pm. All ages welcome.

FOR TEENS:

 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 meeting room. On 11/14 we will watch Naruto. For questions about this or any other teen event, call Susy, the Teen Specialist Librarian, at 597-5017.

FOR ADULTS:

- 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/).Third Saturday of the month (11/18), from 1 to 5pm. For more information: 420-8775 or Writefox@aol.com.
- 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.

- An Inside Look at Video and Computer Games:
 Gen Katz, editor of the web site gamesforgirls.
 com and Family Media Literacy will give parents
 and grandparents an overview of types of games
 available for both girls and boys: how to evaluate
 them and how to get the best value for the money.
 Saturday, 11/18, 1:30 to 4pm.
- Lawyers in the Library: Cancelled on Tuesday, Nov 7 because of Election Day.

ART EXHIBITS:

Gallery: November: **Alvarado Art Group**; oil and watercolor paintings.

December: John Bartkoviak; oil paintings.

Display Case: November: Alvarado Art Group; ceramic sculpture.

December: Dana Davis; photography.

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 Saturday, 11/11 for

Veterans' Day and Thursday and Friday, 11/23 and 11/24 for Thanksgiving.

Diesel Readings and Events

All events are FREE and open to the public

- Wednesday, 11/8, 7:30pm. Mary Roach: Spook.
- Thursday, 11/9, 7:30pm. George Lakoff: Whose Freedom.
- Sunday, 11/12, 3pm. Rhode Montijo: Cloudboy. A book for children; bring the kids for storytime.

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

Rockridge Artists Open Studios

Rockridge Artists will once again be opening their studios around the neighborhood. All media of artwork offered for one-of a kind holiday gifts. Includes ceramics, sculpture, jewelry, paintings and more. The first 2 weekends in December (12/2, 12/3; 12/9, 12/10). Maps with times and directions to participating studios will be available by mid November at the Rockridge Library and many shops on College Avenue. For more information call I iz at 654-5741.

Box Art Benefit Auction for Pro Arts

Free event: Bid on paintings, sculpture, photography and mixed media as well as packages of tickets to fun events, gift certificates, artist-commissioned artworks and more. Tasty samplings from Kincaid's restaurant, eclectic cocktails, music and a live auction conducted by KTVU Channel 2's Tom Vacar. Saturday, November 18, from 6 to 9pm. The 5th annual theme of Box Art includes works of art that incorporate the idea of a box, either conceptually or literally. Silent Auction Preview Exhibition of Box Art, November 11-18 at Pro Arts Gallery, 550 Second St. Open Wednesday through Saturday, noon to 6pm and Sunday, noon to 5pm. For more information: Alesha Colberg: 763-4361 or alesha@proartsgallery.org.

Compiled by Jo Ellis

Holiday Arts and Crafts Fair

Benefit for Oakland Elizabeth House, transitional residence for women and children in North Oakland. December 3, 10am to5pm. St. Augustine Gymnasium, 400 Alcatraz Ave. (corner of Colby). Arts and crafts vendors who would like to participate should apply for an application by mid November. Call Sophie at 658-1380 or sophie@oakehouse.org.

Peralta School Parent Forum

Meet current Peralta parents, discuss their experiences at Peralta School, and find out about our strong academic instruction and vibrant programs in art, music and gardening. Thursday, November 16, 6:45pm. 460 63rd Street. To RSVP for childcare or for more information call 655-273. Get information on Open enrollment procedures at OUSD's student assignment office at 879-8111. NOTE: school tours are now available on Mondays and Wednesdays. Call 879-1450 to schedule a tour date

Jazz at the Chimes

Featuring vocalist Kenny Washington with trio: Glen Pearson on piano, Jeff Chambers on bass and Ranzell Merritt on drums. Sunday, November 19, 2pm (doors open at 1:30pm). Monthly series sponsored by the Lifemark Group Arts program that features Bay Area talent. Chapel of the Chimes, 4499 Piedmont Ave. For more information or reservations call 228-3218.

Wisteria Ways House Concert

Cindy Kallet and Grey Larsen perform folk, traditional, celtic and original music. Thursday, November 16, 8pm. Wisteria Ways, 383 61st Street. Suggested donation: \$15. For more information or to make reservations: 655-2771 or info@wisteriaways.org.

Workshops At Bananas

- Single Parent Support Group: share your experiences with others going through similar joys and frustrations. Mondays, November 13, 20 and 27 and December 4, from 6:30 to 8pm.
- Support Group for Paid Caregivers: babysitters or nannies who work in the homes of families, full or part time, live-in or out. All welcome, including those who speak English as a second language. Share stories and exchange ideas. Topics include children's songs and making your own 1st aid kits.

Bananas, 5232 Claremont Ave. (near 51st and Telegraph). Register by phone or on-line, or get more information, at 658-7353 or www.bananasinc.org.

North Oakland Multi-Purpose 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. Flu shot clinic: for seniors 60 and over, Tuesday, November 14, 9:30am to noon.

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 \$4.00). Call 597- 5085 for details about membership, newsletter, classes/events and opportunities to become a volunteer.

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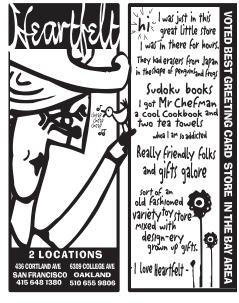
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