Hilltop School Garden Party

Stunning artwork for auction on view at Inn Kensington

One of the highlights of Hilltop School’s s o c i a l calendar, this m o n t h the 23rd Annual Garden Party is being held at the Unitarian Universalist Church of Berkeley, on November 11 from 5:30 – 10 p.m. This event promises to be a spectacular event with delicious food, a silent and regular auction, and a live jazz band.

Last year the Garden Party brought in nearly $80,000. All the money raised goes to educational programs and equipment for the children and school. Some of the food delicacies will come from Beauregard’s, Larry LeFebvre of Kensington Fine Foods, and Kensington Artisans. The Dinner Source. Other local businesses contributing food and beverages include Kensington Bistro, Inn Kensington, Arlington Bakery, Arlington Wines, Kensington Circus Pub, Lola’s, 6 Degrees (on raised), Sempredelli’s, Espresso Subito, Trader Joe’s, Colusa Market, and Acme Bread. The fabulous desserts will include Lisa Kirkby’s miniature éclairs.

Organizers hope that the event this year will raise even more money, and be even more fun, than last year. Everyone, parents of Hilltop School kids or not, is warmly invited.

If you would like to volunteer before, during, or after the Garden Party, contact Nette Illivics at 527-7898. If you have any other questions, please call Catherine Muccurto at 527-1297.

The garden party will take place at the Unitarian Universalist Church of Berkeley, 1 Lawson Place, Kensington. Tickets are $45 in advance and $50 at the door. Saturday, November 11, 5:30 – 10 p.m.

KCC Parade and Open House

The Kensington Annual Parade and Open House was another great success this year. Over 200 people walked downtown to the Community Center, led by a police car with flashing lights. Everyone gathered in front of the Farmers’ Market. The people completed their food shopping, and some sampled baked goods and fruit, while police and fire people decorated pumpkins.

Children sat in the fire engine and were given shiny red firemen’s hats. At 12:30 the El Cerrito High School Marching Band and Color Guard, who had collected at the lower parking lot, marched up, and the parade began. With the blast of a police siren, the parade took off, marching slowly up Arlington Avenue to the beat of the drums and tunes from the band.

Many of the children had been given candies to throw to onlookers, who eagerly rushed to pick them up. The Grand Marshall was Ingrid Gillfjallan, Encinitas Police Education to the community. She has been involved with the KCC for many years, and she is presently on the ad hoc committee investigating future uses for the Annex building.

Also in the parade were Cub Scouts Pack 82, Boy Scout Troop 100, Kensington Nursery School, a VW convertible driven by Wolf and Gretchen Gillfjallan encouraging people to read books, and lots of kids and parents.

When the parade made its way to the Community Center, the Boy Scouts mounted an honor guard and raised the flag, while the ECHS Band played the national anthem. Then it was time for the El Cerrito High School Jazz Band to play some jazz standards, while people sat around on the grass and at tables and ate delicious barbecued hot dogs and hamburgers. A table displayed all the pumpkins decorated by the kids.

The Parade and Open House were sponsored by KCC and were made possible by the generous benefactors, The Mechanics Bank and Marvin Gardens. Much of the success of the carnival must go to Esther Hill, who did almost all of the organizing.

K C C P a r a d e a n d O p e n H o u s e

Barbecues, bands, pumpkins, and scouts star in Kensington’s Annual Parade

High school prank puts students in harm’s way

Mature police handling of dangerous situation

At 11 p.m. on October 13, Police Officer Joel Martinez was driving down Coventry Road, slowly negotiating the sharp bends, when he was confronted by a speeding car. The officer pulled over to the side of the road to make a turn and gave chase. He observed three people, wearing black masks and carrying two guns and a rifle, slip out of the car onto the road, and hide behind a car. Martinez jumped out of the police car, pulled his gun, and from the car the three people came out with their hands up. Martinez said it thought they may have been involved in a home invasion or armed robbery. Out walked three teenagers with their hoodies on, and Martinez took them out face-down on the road and called for back up. The masked men turned out to be three seniors from El Cerrito High School who were in a “tagging” competition, which involved spray-painting the opposing team’s homecoming float. The speeding car was driven by a fourth accomplice. It seems the youths’ parents were able to take their kids home to pull their prank wearing masks and carrying air pistols.

They were very lucky that Officer Martinez did not use his firearm. Carrying a gun on the streets, especially while wearing a mask at night, is putting yourself and others in extreme danger. To then run and hide from a police officer compounds the risk. The officer cannot tell at a distance that the guns being carried are air pistols, or that the kids involved may take a chance in what could possibly be a life-threatening situation. Thanks to Martinez’s cool head and professional behavior, no one was hurt in a situation that could have been a real tragedy.

The youths’ parents were called to come and pick up their kids. Some of the parents dismissed the police warnings, saying, “Kids will be kids.” Luckily all the parents were able to take their kids home with them, alive and unharmed.
First, a brief introduction to the document. It is related to the Kensington Outlook, a publication by the Kensington Community Council, containing various advertisements, an advertising form, and details about the community.

Next, attention is drawn to the 'Fall Fund Drive 2006' section, which lists several contributors' names and their respective contributions. The names include natural commentary, such as those who have donated small amounts or those with more significant contributions. The contributors range from anonymous donors to those who choose to be listed.

In the 'Pet of the Month' section, there is an advertisement for Bella, a friendly Chinchilla mix who seeks a loving home. The contact information provided allows interested individuals to reach out for details about adopting Bella.

The 'FluSh Fund' section appears to be unrelated to the main content and might be a separate advertisement or announcement. It does not seem to be directly connected to the main narrative of the document.

Finally, the document includes a list of contributors who have supported the community. This list is structured in a way that highlights the contributions of various individuals, both named and anonymous, with amounts ranging from $10 to $1000. It is a testament to the community's inclusiveness and the support it receives from its members.

This document offers a comprehensive view of the community's financial support system, highlighting the contributions of its members and the role they play in its growth and development.
LETTERS

KPPCSD elections

We received more than one letter of endorsement for some of the candidates for the KPPCSD board. For the sake of brevity, we are publishing only one letter per candidate.—Editor

Editor—As a former president of the KPPCSD, I have seen the way in which the Board of directors of the Kensington Police Protection and Community Services District conducts its business. Kensington residents should retain these assets on the district board. Kensington meetings have been invaluable in the conduct of district business. Kensington residents need leadership experience on the board in order to bring the community together.

I know Bill Wright for over 20 years and sent my children to school here. I have been disturbed to hear about the abrupt departure of our Police Chief and the complaints filed against the police department. As a community, Kensington is an unusual gem. We have all the right attributes to have the best police department, waste management, and park in the area. A vote for Cindy Kimball will help us achieve that goal. She is the right person for KPPCSD. I hope you will join me in voting for her.

Carla I. Javits

—Former KPPCSD President

Fire department statistics

In August, the Kensington Fire Department handled 226 incidents. Of these, 7 were structure fires and 3 were road fires, 39 were medical emergencies, and 4 were false alarms. There were also 22 incidents involving motorists and cars. Additionally, they also made several water- and gas-related calls and a couple of hazardous material calls, and they responded to some false alarms. There were also occasions when fire fighters assisted the police. Our trusted fire people also assisted with 10 California wildfires and assisted with a Fire Day in Southern California.

After much legal work, the fire department is scheduled to cut the overgrown weeds in August, the Kensington Fire department handled 226 incidents. Of these, 7 were structure fires and 3 were road fires, 39 were medical emergencies, and 4 were false alarms. There were also 22 incidents involving motorists and cars. Additionally, they also made several water- and gas-related calls and a couple of hazardous material calls, and they responded to some false alarms. There were also occasions when fire fighters assisted the police. Our trusted fire people also assisted with 10 California wildfires and assisted with a Fire Day in Southern California.

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Police on duty

The police department has published the hours of scheduled personnel on duty. It includes four sergeants and five officers. Each member of the force works eight days of 10-hour shifts in a two-week period, as follows:

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LISTING UPDATE

This is a selection of my most recent listings.

“My primary goal is to identify and provide all the service my clients need to successfully sell their property.”

355 Rugby Avenue
Berkeley
SBR/2BA
Offered at $799,000

463 Vermont Avenue
Berkeley
28R/2BA
Call for price

249 Cambridge Avenue
Kensington
SBR/2BA
Offered at $855,000

2922-24 Fulton St.
Berkeley
2 - 1 BR/1BA units
Offered at $799,000

If you are considering selling or wish to know the value of your home, call me for a complimentary and confidential appointment.

To view these properties online go to grubbc.co.

The GRUBB Co.

Twenty-five years of experience you can count on.

RUTH FRASSETTO, CRS
510.652.2135/414
rfrasetto@grubbc.co
GRUBBCO.COM

Neighborhood Notes

The Kensington Improvement Club town hall meeting

On Saturday, October 21, the KIC held their annual town hall meeting with approximately 120 residents attending. Lorraine Osmondson explained the progress of the Gateway Project, a plan to place a fountain and landscaping at the southern end of Arlington Ave, which includes replacing the existing sign. There are significant costs involved, mainly from installation of utilities and other cables. Although this is a safety issue as well as an aesthetic one, generally people do not really know what is involved. There are numerous small steps needed for the project, and the cost will almost certainly have to be borne by the community through some kind of bond measure. Lipscotch is compiling a series of frequently asked questions and answers to allow Kensington residents to become educated on the topic. When completed, these will be posted online. After that, KIC will start a process of asking for input from the community, before taking the project to the next stage.

KIC is looking into ways to open up and resurrect the many paths that run throughout Kensington. Some of these paths, which generally run east-west, are well used. Others are overgrown, hidden, and not maintained. There are even some that homeowners have attempted to include into their own property by fencing them in. These paths are a great resource for Kensington, not only allowing walkers quick access to different streets, but also affording good emergency routes. If you know of paths that are in need of attention, or would like to assist in their cleanup, please contact the KIC at 526-3605.

Esther Hill, Director of KCC, told the meeting about the successful, ongoing KASEP classes, the progress of the Flush Fund to raise money to pay for a bathroom in the park, and the need for new volunteers on the KCC board.

Branch Librarian Liz Ruhlmann spoke of new programs for young people and future improvements in the 46-year-old library building.

Bruce Morrow, Vice President of the KPPCSD, gave a report on the progress of revitalizing the police force from the board’s perspective. He also told of the continuous work in the third phase of the park improvement and the KPPCSD ad hoc committee’s progress in restoring the Annex building. He announced that the board would be soliciting the public’s suggestions for use of the building. He said the task of recruiting a new chief was on track and that the board has established good liaisons with members of the public in the search.

Battalion Fire Chief Lance Maples discussed the fire department’s state of readiness for fight house and wildfires. He said that some of the local firefighters have been serving for extended periods in several California bush fires and are bringing this experience home in case we encounter such fires in Tilden Park and other rural areas. He praised the disaster-preparedness CERT program and encouraged Kensingtonians to enroll. He also mentioned that the Kensington practice of always having an EMS-certified firefighter on every truck was so successful that the practice has been adopted by all fire crews in the district.

Interim Police Chief Brown Taylor addressed the progress of the search committee for a new police chief, the work that has been done and needs to be done in the park grounds and buildings, and improvements in the police precinct, including returning the police to 10-hour shifts. He told the meeting that the police are very well trained, and although we have a quiet and safe community, the police are prepared to react to more serious crimes should they occur.

Supervisor John Gioia spoke of the urgent need to keep the emergency room open at Doctor’s Hospital. The hospital has been losing money for several years, and he is working prodigiously to obtain funds to keep it running. It has one of the two local emergency rooms, but this service is only available to walk-in patients, not ambulances. The hospital also has more than half of the urgent-care beds in the area.

Gioia also mentioned that the Kensington police are very well trained, and although we have a quiet and safe community, the police are prepared to react to more serious crimes should they occur.

California State Representative Leni Hancock spoke about issues she is encountering in getting laws passed, initiatives in the schools, the San Francisco Bay Conservation and Development Commission development of parks and toxic cleanup that needs to happen in the area, and the issues on the November ballot.

Outlook editor John Feld announced that the newspaper will now contain 12 pages instead of 8.

Of the many other issues discussed, a possible ban on gas leaf blowers in Kensington received the most applause.

Marvin Gardens exhibits local artist’s work

Berkeley artist Sarah Whitelotton has a series of paintings and collages at the Marvin Gardens office on Arlington Avenue. The large, colorful images, mainly portraits, will be on show until December. Whitelotton has shown her art throughout the U.S. and describes her use of color as “emotionally intense.”

Rescheduled KPPCSD meeting

Due to calendar conflicts, the KPPCSD meeting, which will include the swearing-in of the new board members elected on November 7th, will be held two days earlier than usual, on December 12, at 7:30 p.m. in the Community Center.

Donations of old glasses sought

West Coyote Optometry is looking for donations of your old glasses. If you have a pair of glasses that you do not need anymore, please take them to their office. Among the Lions Clubs of the Bay Area, there will be other collection points to donate these glasses to the less fortunate. Please help give the gift of sight to those who need it. West County Optometry is located at 11780-B San Pablo Avenue, El Cerrito, CA 94530, (510) 234-1730, and at www.eyeunify.com/westcountypo.ym.
The “Great” El Cerrito Prudential office would like to announce
VICTORIA CURTIS, Top List – 2005. 18+ years experience.

VICTORIA LYNN CURTIS
Broker Associate, Prudential Real Estate, Expertise, Experience.

Prudential California Realty and Sarah Baggett, Branch Manager of The Great El Cerrito Office, are pleased to announce a new addition to our Team of Real Estate professionals, Amy Kurzer. Amy is an 11-year Kensington resident and a 30-year Bay Area resident. Her two children attend Kensington Elementary School where she is a committed fundraiser. Amy is active in the Kensington community and has a thorough knowledge of the Kensington real estate market. Amy comes to us from a previous career as an attorney where she honed her negotiation and transactional skills. With her knowledge, skills, and enthusiasm, Amy is uniquely qualified to help you with your real estate needs.

AMY KURZER 510-387-0723
amy.kurzer@pruvely.com
www.pruvely.com/amy.kurzer

The Kensington Police Protection and Community Services District, 526-4147. Community Center rental: Call Esther Hill at 525-0292 for classes and tennis court reservation information. Fees: Residents $12 for drop-in, $40/4 weeks (1 class/week), $80/8 weeks (2 classes/week). Nonresidents add 10% ($13.20 per class/$44 or $88). At the Community Center.

In this class, you will learn how to gently and permanently let go of your stress by stimulating specific acupuncture points. The Emotional Serenity Process is deeply rooted in energy psychology and Oriental medicine. It balances the energetic system (acupuncture meridians) where the emotional blockages are located. For more information, please contact Delphine Hano, at 526-8467, or www.emotionalserenity.com. Call or visit the KCC office to register.

Tues., Nov. 7, 7–8 p.m.
Fees: $35 for Kensington residents.
Nonresidents please add 10% ($38.50) at Room A in the Recreation Building (Building E).

Relaxation Class
In this class, learn how to profoundly relax your whole body and mind. Students find this class helpful for letting go of stress and anxiety, increasing relaxation and well being, and feeling more peaceful. Instructor Delphine Hano has been a holistic and intuitive practitioner for people and animals since 1985. For information visit www.emotionalserenity.com.

Nov. 2-7, 8 p.m.
Fees: $12/Kensington residents.
Nonresidents please add 10% ($13.20) at Room A of the Recreation Building (Building E).

Stress Relief Class
In this class, you will learn how to gently and permanently let go of your stress by stimulating specific acupuncture points. The Emotional Serenity Process is deeply rooted in energy psychology and Oriental medicine. It balances the energetic system (acupuncture meridians) where the emotional blockages are located. For more information, please contact Delphine Hano, at 526-8467, or www.emotionalserenity.com. Call or visit the KCC office to register.

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KENSINGTON OUTFALK NOVEMBER 2006

KENSINGTON COMMUNITY EDUCATION

Youth Classes
Tennis
Instructor: Alex Brown (524-5495)
In this class for students in grades 6, 7, and 8, Alex Brown teaches the fundamentals of tennis, including strokes, tactics, and sportsmanship. Class consists of instruction, drills, and play, and continues through the school year. Students must register by the month for one or two days a week. Tu es. and/or Thurs. 3:40–5:20 p.m.
Fees (payable monthly): $10 per class/resident.
$11 per class/non-resident.
At Kensington Tennis Courts.

Gymnastics
Instructors: Jean Jay and Judy Baker.
For more information call Judy Baker at 233-1833.
Morning Kindergartners: 11:45 a.m.–1 p.m.
Advanced Beginners, Grades 1–3: 2:30 p.m.–3:30 p.m.
Advanced Beginners, Grades 4–6: 2:50 p.m.–3:50 p.m.
At the Community Center.

Adult Classes
Tennis
Alex Brown, USPTA tennis pro, offers classes to a minimum of four students. To register, call Brown at 524-5495.
5 classes: $40 per resident/$45 non-resident.
Tues. and Thurs., 9–10 a.m.
At the Tennis Courts (West court)

Hatha Yoga
Enjoy a hatha yoga practice to calm, restore, and revitalize, each Monday. Classic yoga postures and quiet attention to the nuances of movement help create a satisfying personal practice. This class draws on the instructor’s knowledge of dynamic yoga styles (such as Ashtanga and vinyasa) and subtly challenging yoga styles (like Iyengar, Integral, and Yin Yoga) to help students find their own perfect balance. Yoga postures, breathing techniques, and philosophy are covered. All levels of experience welcome.
Instructor Claire Lavery has been practicing and teaching yoga since 1988. She focuses on breathing, alignment, and adjustment to help students enjoy the journey. To speak with Claire, call 681-3077. To register, call 525-0292.
Mon., 6:15–7:15 p.m.
Thurs., 5:30–6:30 p.m.
Fees: $12 for drop-in.
$40/4 weeks (1 class/week).
$80/8 weeks (2 classes/week).
Nonresidents add 10% ($13.20 per class/$44 or $88).
At Room A in the Recreation Building (Building E).

Yoga for Health
Harmonize your body, mind, and spirit with basic yoga poses, correct body alignment, breathing techniques, and relaxation. Develop strength, flexibility, endurance, and grace. Therapeutic concerns such as wrist, knee, neck and back pain, and stress reduction will be addressed. All experience levels required. All ages welcome.
Please bring a mat to class.
Instructor Nicole Becker, a registered Yoga teacher, trained in Anusara Yoga and has studied acupressure and Qi Gong. She strives to make each student feel cared for in his or her practice of yoga. For more information, contact Nicole at 527-6443. To register call 525-0292.
Tues. and Thurs., 9:15–10:15 a.m.
Fees: Residents $12 for drop-in.
$40/4 weeks (1 class/week).
$80/8 weeks (2 classes/week).
Nonresidents add 10% ($13.20 per class/$44 or $88).
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KENSINGTON COMMUNITY COUNCIL:

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Please call the office unless otherwise specified. Some classes have enrollment limits; those registering will be notified if they cannot be enrolled.
Reservations are for weekends and holidays only; the earliest is for 9 a.m. the following week.

KCC KENSINGTON COMMUNITY COUNCIL

KENSINGTON COMMUNITY COUNCIL:

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KenSInGTon CommUnITY CoUnCIL

KENSINGTON AFTER SCHOOL ENRICHMENT PROGRAM

Monday–Friday 10 a.m.–4 p.m.
Esther Hill, Administrator, 525-0292

To register for class:
Please call the office unless otherwise specified. Some classes have enrollment limits; those registering will be notified if they cannot be enrolled.

Tennis court reservations:
Reservations are for weekends and holidays only; the earliest is for 9 a.m.
Call Esther Hill at 525-0292 for classes and tennis court reservation information.

Tennis court fees:
$2 per 45-minute reservation (singles) for Kensington residents; $5/non-residents.

Community Center rental:
For information on renting the Community Center, call Helen Horwitz at the Kensington Police Protection and Community Services District, 526-4114.

59 Arlington Avenue, Building E (across the grassy field above the tennis courts in Kensington Park) • Kensington, CA 94707-1037 • kccrev@yahoo.com
Prize winners

Marvin Gardens gave out 250 pumpkins, and approximately 20 children entered the contest. Realtor Crystal Elliot said the five-and-under entrants were very serious about their decorations. The winners are:

**Five and under:**
1. Annika Brydon, age 4
2. Sierra Parks, age 3.5
3. Anna Weier, age 4

**Ages 6–9:**
1. Ella Brydon, age 7
2. Teddy Overway, age 8
3. Gabe Bruce, age 8

**Ages 10 and up:**
1. Maggie Scarpa, age 10
2. Joe Scarpa, age 10
3. Hanna, Francis and Tiana, age 13, made a cowgirl and brought chairs and a table for their pumpkin people to use.

Judging were realtors Crystal Elliot, Mitch Lucio, Marnie Fischer, and Alice Wilson. Maggie Scarpa, Regina Kong, and Madeline Lawrence, winners of the Mechanics Bank poster coloring competition, each received a $50 savings bond.

KCC Parade and Open House
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**Ages 10 and up:**
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Judging were realtors Crystal Elliot, Mitch Lucio, Marnie Fischer, and Alice Wilson. Maggie Scarpa, Regina Kong, and Madeline Lawrence, winners of The Mechanics Bank poster coloring competition, each received a $50 savings bond.

Selected Listings

**1834 Arlington Boulevard · El Cerrito**
Designed by architect Henry Hill, this house is on the market for the first time since 1964. Features include three bedrooms, two baths, panoramic bay views, patio entrance, and a lovely Japanese garden. Near the Mira Vista Golf and Country Club. $699,000
Anita and Alice Wilson 524-0800

**243 Colusa Avenue · Kensington**
Charming, remodeled 1928 3-bedroom, 2-bath cottage plus detached remodeled studio with bath. Formal dining room, fireplace, private backyard with patio, sweet fruit patch. New: windows, roof, heating system tile, white oak floors. $599,000
Barbara Kaplan 527-9111

Call for more information, or view all our listings at marvingardens.com
Stolen signs
For many years, KPPCSD board members were elected unopposed, and now we have more people running for office than there are vacant seats. Recently someone entered yards on Coventry Road to steal election signs. Is this a sign of increased community involvement or criminal malice? The signs were promptly replaced.

Hilltop kids collect for Katrina school in Louisiana
The children of Hilltop School are once again collecting money for their recently adopted sister-school in Baton Rouge, Louisiana. After last year’s hurricane Katrina, children at Hilltop School chose to support Progress Elementary School when it opened its doors to children displaced by the storm. Kensington students wanted to help children left homeless, so they adopted Progress Elementary as a sister school.

On consecutive Sundays, November 12th and 19th, students from Hilltop will be selling holiday cards at the Kensington Farmers’ Market. Proceeds from the sale of the student-designed and handmade cards will benefit the Louisiana school, which is still catering to those made homeless by the storm.

A series of Hilltop events last year, organized by the students and parents, raised thousands of dollars for the school. These included several performances of the musical All That Jazz and sales of holiday cards and wristbands. The Farmers’ Market is on Sundays from 10 a.m. to 2 p.m. behind Ace Hardware.

Bring a friend to lunch
Arlington Bell Choir, left to right: Dorothea Fines, Linda Young, Kevin Lui, Elena Courter, Shanti Moorjani, Helen Winters, Jill Bryans, Anne Lau, Elena Caruthers, Shanti Moorjani, Dorothelle Fites, Linda Young, Kevin Rogers.

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KPPCSD legal fees

The KPPCSD board incurred $4,195 in legal expenses in August; this was down from a July total of $24,858 and represented 16.4 hours of billable time from the San Francisco offices of Hansson Bridgett. The legal issues dealt with included the ongoing internal investigation (2.6), workers compensation (4.4), landscape maintenance contract (4.1), and review of draft policies (2.0). The work was done by three partners and an associate.

Cooper’s ride

This summer, Cooper Rogers, a 15-year-old Kensington resident, decided he wanted a challenge: a solo ride from Stinson Beach to the finish line in New York City. It opened its doors to children displaced by the storm. Kensington students wanted to help children left homeless, so they adopted Progress Elementary as a sister school.

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Friends of the Kensington Library fall book sale

"It was not the best of days, but it was the best of fall sales," said Larry Sullivan, president of the Friends of Kensington Library (FKL), while apologizing to Dickens for the misquote. He was of course referring to the somewhat inclement weather during the FKL fall book sale. As usual, tables overflowed with donated books and were surrounded by a throng of people looking for a good read. In fact, the people started arriving more than a half hour before the sale started. This was the most successful fall sale ever. FKL has a two-day sale and a half-day sale, which account for about 60% of their income. The rest comes from donations. The Boy Scouts helped put out the tables, and sterling work was done by volunteers Marge and Bob Chapman, Miriam Adkins, Dave Hampton, Maj-Britt Hilstrom, George Judy, Hanni Lederer, Miz Chafe Powle, Deborah and Leo Ruth, Janet Seim, Marge Smelser, Larry and Annie Sullivan, and Claire Wasser, and by the staff of the library and the steadfast team who manned the cash table. FKL is always looking for more volunteers to help with book sales and could use new board members to help with fund-raising and publicity. If you would like to volunteer, please speak to a librarian or call 524-3043.

The dark side of gluten

In October in the library, Kensington resident Ann Marks showed a documentary that she made on gluten intolerance. Marks is not usually a filmmaker, but she made this film because she felt that the issue is important to many people and gluten-free information was not getting distributed. Gluten-sensitivity is often associated with celiac disease, but Marks feels that it may actually be a precursor to the disease. Apparently, I out of every 200 Americans may have celiac disease, yet as many as 15%, or about 1 in 7, may have gluten intolerance. The symptoms can be manifold: low energy, loss of skin color, bowel problems, chronic fatigue, delayed growth, infertility, Changorosis, persistent flu-like symptoms, muscle and joint pains, asthma, chronic sinusitis, food allergies, irritable bowel syndrome, rashes, eczema, hypoglycemia, and as well as a heightened sensitivity to mold, dust, and chemicals.

"These symptoms usually disappear quickly after gluten is removed from the diet," says Marks. Many people who remove gluten from their diets notice positive changes within a few days, while others require several weeks. Although some notice dramatic changes, others experience a gradual change, often not noticeable until gluten is suddenly reintroduced into the diet. For people with an acute sensitivity, eating a slice of bread can bring symptoms.

Gluten is a major constituent of wheat, rye, and barley. It is the part of the grain that binds the dough in baking. Sometimes it is difficult to identify which prepared foods contain gluten, but common ones include soups, cakes, candies, most cereals, pastas, sauces, gravies, soy sauce, communion wafers, many supplements and vitamins, medications, and Playdough.

Marks says that few U.S. doctors understand gluten intolerance, and few tests are available. She advises that the best test is to go gluten-free for a period of time and notice dramatic changes, others experience a gradual change, often not noticeable until gluten is suddenly reintroduced into the diet. For people with an acute sensitivity, eating a slice of bread can bring symptoms.

Dog danger

A reader has asked us to pass on that xylitol can be fatal for dogs. Xylitol is a sugar-free sweetener found in some human foods. It can be fatal for dogs. Xylitol is a sugar-free sweetener found in some human foods. It is safe for humans, and is often used by people with diabetes, but should never be given to dogs.

Unfounded lawsuit

An elderly Kensington gentleman, who, in July of this year, suffered a fall from a steep curb into a "culvert," filed a claim against KPPCSD for personal injuries for $50,000. The KPPCSD informed the resident that this was not within their scope of authority, as the responsibility of Contra Costa County. The KPPCSD meeting it was stated that the suit was also filed against other organizations. The fall happened on the 600 block of Coventry Drive, and the man suffered from a fractured shoulder.
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**November 2006**

**KENSINGTON OUTLOOK**

**Tuesday, November 7**

**Election day** Remember to vote.
**flu shots** at the Pharmacy, 525, 526-6414.

**Arlington Children’s Choir** ages 12-16, 4-6:00 p.m. Arlington Community Church, 52 Arlington Ave., 526-9146.

**Acting Company** for ages 9-16, 6-7:30 p.m., for adults 16-106, 7:30-9 p.m. At theater training for 8 weeks with two performances. Arlington Community Church, 52 Arlington Ave., 526-9146.

**Family Storytime** All ages welcome. 7 p.m. Free. Kensington Library, 61 Arlington Ave., 524-3043.

**Wednesday, November 8**

**Kensington Fire Protection District 7** p.m. Community Center, 59 Arlington Ave., 527-8395.

**Chancel Choir** 7:30-9 p.m. Arlington Community Church, 52 Arlington Ave., 526-9146.

**Thursday, November 9**

**Grizzly Peak Pflaggers** meeting. Everyone welcome. 7-9 p.m. Community Center, 59 Arlington Ave.

**Evening class** Sparks for growth. Revs. Chris Clohessy, Bill and Barbara Hamilton-Halwak. 7:30 p.m. Free. Unitarian Universalist Church of Berkeley, 1 Lawson Road, 525-0302.

**Almost Famous. A Jazz Musical.** 8 p.m. 515/510 seniors. The Hillside Club, 2286 Cedar St., Berkeley, 845-1350.

**Dance Company** see November 2.

**Saturday, November 4**

**Home Composting Workshop** hands-on training in making, maintaining, and harvesting a compost pile. 9–11 a.m. Community Center. Reservations 800-750-4096.

**Writing Your Ethical Will** Linda Blachman. 9:30 a.m.–4 p.m. Donation. 535. Unitarian Universalist Church of Berkeley, 1 Lawson Road, 528-9310.

**Bay Area Classical Harmonies** (B.A.C.H.). Director: Andrew Chung. 7:30 p.m., general, 515, seniors, and 510, students: Arlington Community Church, 52 Arlington Ave., 526-9146.

**Personal Theology** Flight from Enlightenment, with Prof. Bill Garrett. 10:30 a.m. Free. Arlington Community Church, 52 Arlington Ave., 526-9146.

**Farmers’ Market** Tea-infused chocolate tasting from Truance and Charles Chocolatier of Emeryville. 10 a.m.–2 p.m. Behind Ace Hardware, Arlington Ave.

**Taubman Piano Seminar** Master classes and demonstrations. 9 a.m.–4 p.m., Berkeley Piano Club, 2650 Haste St., Berkeley. Donation 5335. Concert, 7:30 p.m., $30, 533-6213.

**Healing circle for animals**, guided meditation for pets and owners. 4:30–5 p.m., RabbitEars, 303 Healdsburg Ave., 528-2253.

**Animal communication** One-on-one session with animal whisperer. 5–6 p.m. RabbitEars, 303 Healdsburg Ave., 528-2253.

**Farmers’ Market** cheese, wine, live music, a silent live auction. Food from many local businesses and caterers. 5:30–10 p.m. $45 in advance. Unitarian Universalist Church of Berkeley, 1 Lawson Road, 527-1297.

**Sunday, November 12**

**Beginning computer classes** for adults. Based on students’ needs. Class is limited to 3 students. Call to reserve a spot. 6–7 p.m. Kensington Library, 61 Arlington Ave., 524-3043.

**Census Bureau** 2006. 7:30 p.m. Arlington Community Church, 52 Arlington Ave., 526-9146.

**Sunday, November 19**

**Beginning computer classes** for kids. Based on students’ needs. Class is limited to 3 students. Call to reserve a spot. 6-7 p.m. Kensington Library, 61 Arlington Ave., 524-3043.

**Kensington Community Council** 7 p.m. Community Center, 59 Arlington Ave., 525-0292.

**The Castorla Knitting Group.** 7 p.m. Kensington Library, 61 Arlington Ave., 524-3043.

**Bell Choir.** 7:45-9 p.m. Arlington Community Church, 52 Arlington Ave., 526-9146.

**Kensington Amateur Radio Operators** 7:30 p.m. Community Center, 59 Arlington Ave., 524-9815.

**Beginning computer classes.** See November 6.

**Ball Choir.** See November 6.
CALENDAR


El Centro Art Association, demonstration of watercolor techniques by Nuri artist Ben Farnham. 7:30 p.m. Free. Garden Room, El Centro Community Center, Mainor Lane. 234-9208.

Tuesday, November 14
Flu shots at the Pharmacy, 525, 526-6414.

Arlington Children’s Choir see November 7.


Acting Company see November 7.

Wednesday, November 15
Chancel Choir. See November 8.


Acting Company see November 7.

San Francisco’s Chinese Historical Society of America. 7 p.m. Free. El Centro Library, 6150 Stockton Ave, El Centro, 526-7512.


Saturday, November 18
Flu shots at the Pharmacy, 525, 526-6414.

Non-anesthetic teeth cleaning for cats and dogs. Non-invasive and effective mouth exam, teeth and gum cleaning. 11 a.m. - 4 p.m. Rabbit Lab, 303 Arlington Ave, 525-6155.

Bilbo Club’s 1st Annual Arts and Crafts benefit show and sale. 11 a.m. - 5 p.m. Elks lobby 10:30 a.m. 5310 2286 Cedar St, Berkeley.

The Music Party. song, dance and poetry. Adult, chamber, and the youth and children’s choir. 7 p.m. 520 seniors, 515. Unitarian Universalist Church of Berkeley, 1 Lawson Road, 525-0302.

Sunday, November 19
Personal Theology. My Spiritual journey with Focusing. Ann Wiener. 9:30-10:30 a.m. Free. Unitarian Universalist Church of Berkeley, 1 Lawson Road, 525-0302.

Farmers’ Market. NURSING DAFFODILS. Bottle signing andThanksgiving dinner advice. Hilltop students sell holiday cards to benefit Katrina victims. See November 5.

Sunday meditation. see November 5.

Contra Costa Chorale Concert
Mozart, Bach, Gibbons, Persicetti, and Dello.

Joins, also Octavint, and Cara Bradbury. 7 p.m. 515 seniors, 512, students and under 12, no charge. Unitarian Universalist Church of Berkeley, 1 Lawson Road, 527-2026.

Monday, November 20
Beginning computer classes. See November.

Bell Choir. See November 6.

Tuesday, November 21
Berkeley Garden Club: Great Garden Books and Resources, talk by Ann Leyhe, 2 p.m. Epworth Methodist Church, 1953 Hopkins St., Berkeley, 524-7296.


Kensington Children’s Choir. See November 7.

Family Storytime. All ages welcome 7 p.m. Free. Kensington Library, 61 Arlington Ave., 524-3043.

Acting Company. See November 7.

Wednesday, November 22
Chancel Choir, see November 8.

Thursday, November 23
Thanksgiving Day.

Worship Service. 12 noon, Thanksgiving Dinner. 5 p.m. Unitarian Universalist Church of Berkeley, 1 Lawson Road, 527-2026.

November 25

Sunday, November 26
Farmers’ Market closed for Thanksgiving holiday (you’ve probably had enough of food!)

Personal Theology. Projection as a Spiritual Discipline. Jeremy Taylor. 9:30-10:30 a.m. Free. Unitarian Universalist Church of Berkeley. 1 Lawson Road, 525-0302.

Sunday meditation. See November 5.

Monday, November 27
Beginning computer classes. See November 6.

Book Club. Things Fall Apart by Chinua Achebe. 7 p.m. Kensington Library, 61 Arlington Ave., 524-3043.

Bell Choir. See November 6.

Tuesday, November 28
Arlington Children’s Choir. See November 7.

Family Storytime. All ages. 7 p.m. Free. Kensington Library, 61 Arlington Ave., 524-3043.


Jewish Voice for Peace. 7 p.m. El Centro Democratic Club discuss the election results. Amir Terkel and Cecile Surasky of Jewish Voice for Peace, will discuss Israel and surrounding areas. 7:30 p.m. Northminster Presbyterian Church, 545 Ashbury Ave, El Centro, 526-4874.

Acting Company. See November 7.

Wednesday, November 29
Chancel Choir. See November 8.

Thursday, November 30
Stuff in Common. A Different Kind of Book Club, for tweens (ages 9-12) 3 p.m. and teens 4:15 p.m. Kensington Library, 61 Arlington Ave., 273-9256.

Family Storytime. All ages. 7 p.m. Free. Kensington Library, 61 Arlington Ave., 524-3043.


Jewish Voice for Peace. 7 p.m. El Centro Democratic Club discuss the election results. Amir Terkel and Cecile Surasky of Jewish Voice for Peace, will discuss Israel and surrounding areas. 7:30 p.m. Northminster Presbyterian Church, 545 Ashbury Ave, El Centro, 526-4874.

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Acting Company. See November 7.

Sunday, December 3, 2006
11 a.m. – 3 p.m.

Chanukah Bazaar

• Holiday Shopping
• Fine Judaica
• Latke Lunch
• Silent Auction

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Kensington Police Protection and Community Services District Board (KPPCD)

Bill Wright has lived in Kensington for 12 years. His daughter went to Hilltop School. He has 23 years experience as a finance specialist, holds an MBA and is a small business owner. He has led a due diligence team investigating the performance of public and private companies around the country. Bill will bring experience and leadership to the board.

Endorsements

• County Supervisor John Giaia, serving our District One
• Game Preece, WCUSD School Board Trustee
• Paul Feldman, President of Kensington Property Owners Association
• David Klee, past President of the KPPCD
• Cara Fawson, past President of the Kensington Education Foundation
• Lynn and John Price, past President of the Kensington Education Foundation
• Chuck and Nancy Tompsi
• Joan Bales, community activist
• Paul Miller and Gale Borkowitz, past Treasurer of the Kensington Community Council
• Gina Muehlend and Jack Miller
• John Altier
• Tule Hamasek and Yossi Posnanski
• Paul Bornstein and David Rempel
• Jaci and Russell Wall
• Todd Hudson

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Thefts:

- A petty thief stole a wallet containing a driver’s license, credit cards, and $30 from an Acura. Apparently, they had been walking down the street trying to find handles until they found one unlocked. A police sergeant said that a thief is not yet used to learning a rock as a tool to break car windows.
- An elderly person residing on Trinity Ave. wisely called police after a man arrived at her house claiming to be from Adult Protective Services but had no identification. The man was gone when police arrived.
- Another alteration broke out in the Hilltop parking lot over custody, this time between a mother and her ex-brother-in-law. She said she felt threatened.
- A woman who drove her Prius into her garage on Willamette Ave. and forgot to roll up her windows, locked her car doors, or close her garage doors was surprised to find that someone had taken to make off with her credit cards, a checkbook, $300 in cash, a $200 wallet, a set of car keys worth $75, and $600 eyeglasses, and a set of dinner plates.

Theft Suspects:

- Someone was talking loudly to himself while riding a bike on Arlington Ave. He agreed to go home time on Arlington Ave. He agreed to go home.
- Anonymous person advertised their neighbor’s bag. When the thief discovered that all it contained were diapers and baby wipes, they threw it away, into the nearby garbage can.
- A dead skunk was found, dead or alive.
- A dead deer on Lawton Rd. No animal was found, dead or alive.
- Another dead skunk on Lawton Rd., breaking the glass.

Burglaries:

- A Civic was broken into on Coventry Road, between 8:30 a.m. and 8:45 a.m. each day. It is recommend to people surveying her property, after a dispute between 8:30 a.m. and 8:45 a.m. each day. It is recommend to people surveying her property, after a dispute.
- A man on Ocean View Ave. found a toy car without its home on Los Altos Dr., breaking the glass.

Auto Break-ins:

- A dead skunk was found, dead or alive.
- A dead deer on Lawton Rd. No animal was found, dead or alive.

Lost Items:

- A car was reported stolen on Arlington Ave. This one was found and removed.
- A sensible parent told a man on a red bike he was happy to take any weapon off the streets. If you would like to donate a firearm, please call 526-414.

Crime in Numbers:

- Someone made an anonymous donation of a shotgun and a .22 rifle to the police department. The Kensington Police are always happy to take any weapon off the streets. If you would like to donate a firearm, please call 526-414.

Miscellaneous:

- Animal control removed the deer deer.
- Getting to the school.

Kensington Outlook Classified

Classified ad forms are available online at www.kensingtonoutlook.com at the bottom of the page. Ads are at a cost of a minimum of $12. Ad of 2 lines or less consists of 45 spaces or characters. Deadline for classified ad is the 10th of the month prior to publication. Payment must be made prior to publication. Ad copy with check made payable to KCC to Kensington Outlook Classified.

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