Church Divinity School of the Pacific

Moving & Thriving on Holy Hill
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Welcome!!!

Welcome to Church Divinity School of the Pacific!
Welcome to a great experience of life on “Holy Hill”!
Welcome (if you’re new to the area) to Berkeley!
Welcome!!

Whether you will be commuting, living in the dorm, or in an apartment, the countless details and the bigger unknowns can be a bit overwhelming. We hope that the checklists, vocabularies, phone numbers, addresses and websites, helpful hints and personal observations contained in this guide help you feel at home in your new community.

We offer this "Moving and Thriving Guide" as a handy where-to-find-it reference that will make the process of getting settled quicker and easier. Coming here on your own or with family in tow, we hope that you will find this to be useful, encouraging, accurate, and exciting glimpse into all the marvelous experiences that await you!

All phone numbers in this booklet are Area Code 510 unless otherwise noted. Each one of us is looking forward to meeting you and will be glad to hear from you!

The CDSP Community
Welcome to Church Divinity School of the Pacific and the great adventure of education and formation in this wonderful place. Many people, both in front and behind the scenes, contribute to the vitality you will find here. Remarkable faculty, committed students and dedicated staff imprint themselves on the life of the school in often surprising ways. Alums continue to be engaged learners and encouraging leaders in a variety of contexts.

Our partnership with other member schools and centers of the Graduate Theological Union enable interfaith dialogue and collaborations that are uniquely possible here. Our geographical location on Holy Hill, next to the University of California in Berkeley, in the San Francisco Bay Area, on the Pacific Rim all offer unrivaled beauty, opportunity and interface. CDSP stands solidly within the Episcopal tradition – and on the shoulders of those who came before us – while reaching out for new and innovative ways to become God’s Future Church. It is one of our core values to extending hospitality and welcome to all whom we meet.

This Guide to Moving and Thriving on Holy Hill stands in that great tradition of welcome and inclusion. It was originally written and compiled by Debbie Konieczny, wife of seminarian Ed Konieczny – now the Right Reverend Ed Konieszczny, Bishop of Oklahoma and member of the CDSP Class of ’94. As a seminary spouse, mother of two, and bank employee with a very demanding job, Debbie understood all too well the challenges of relocating a family, supporting a spouse through the often stressful years of schooling, and finding ways to meet her own needs as a member of the CDSP community. In a straightforward letter, she wrote eloquently about her experience here as a student spouse. It still rings so true that we continue to share Debbie’s letter exactly as she wrote it. We hope her letter, and the Guide itself, will be helpful to you.

Like another great strength of CDSP – that of nurturing conservators of our rich past who are also innovators of relevancy to a new generation – this Guide to Moving and Thriving on Holy Hill has also changed in the years that we’ve been sharing it. The contents reflect our new realities, share new ideas, and provide our best experiences of Holy Hill, Berkeley, the East Bay, and Northern California as they are now.

We hope this will help you imagine yourself here. We hope it will give you good guidance and solid information that will ease your transition. We hope you will add your own contributions as you, too, learn what it is to move here and to thrive.

May the journey be a blessing.
May you find all that you hope for here.
May there be enough surprises to make life sweet (and just a bit tangy).

The Rev. L. Ann Hallisey, D.Min
Dean of Students
"There is no music in a rest, but there is the making of music in it. In our whole life melody the music is broken off here and there by 'rests', and we foolishly think we have come to the end of the tune. God sends a time of forced leisure -- sickness, disappointed plans, frustrated efforts -- and makes a sudden pause in the choral hymn of our lives, and we lament that our voices must be silent and our part missing in the music which ever goes up to the ear of the creator."

"How does the musician read a rest? See him beat time unvarying count and catch up the next note true and steady as if no breaking place had come between. Not without design does God write this music of our lives. But be it ours to learn the time and not be dismayed at the 'rests'. They are not to be slurred over, not to be omitted, nor to destroy the melody, not to change the keynote. If we will look up, God will beat time for us. With the eye on God we shall strike the next note full and clear."

Dear Friends,

I am sharing the words of John Ruskin with you and a few thoughts of my own. They come with love.

It was a long journey, before Ed admitted that he had heard "The Call." Funny how spouses and partners know of the call before "the called" are willing to accept it. Anyway, after many prayers and discussions, here we were, on our way to seminary. Ed the student, I, the employed, and a new adventure for the kids. Excitement filled our hearts with anticipation of a new life in commitment to God.

As we said goodbye to our family, friends, belongings and income, the stability was suddenly gone. We prepared as best we could financially; we had and have the support of a wonderful parish. The love of our friends would certainly sustain us through three years. I truly was happy.

It wasn't long after we arrived when I was faced with a whirlwind of emotion. Suddenly everything was unfamiliar. The man I knew, his job, his reactions, his steady base, and our time together had changed in an instant. Even our roles in our family were changing. I started feeling sad, lonely, cheated and angry for giving up a life that had become too comfortable and easy. But whom could I be mad at? I had agreed, I had even prayed for "God's will to be done." Whatever the sacrifice for God and my husband, I would make.

But it wasn't like I thought it would be! And what was worse, I had no one I felt safe sharing these negative thoughts with. I was truly alone. I couldn't even face God. Here we were, the old life gone, the new life not here yet. Three years of in between time. As in John Ruskin's piece, we had found a "rest."

The grace comes in the "rest." "There is no music in a rest, but there is the making of music in it." This is a strange time. You'll meet new friends, share a lot of laughs and love, say a lot of hellos and good-byes. Seminary is a whirlwind of changes. The secret is to become involved. If you're the spouse or partner, do something for you. Don't be afraid to talk to someone. If you're the seminarian, take time for your family. If you're alone, adopt a family. If you start feeling lost, look up, for God is truly keeping time. Keep in mind that this is only a prelude to a wonderful score of music written just for you.

Love and God Bless,
Debbie Konieczny
HELPFUL CONTACTS

CDSP
Main Office - Shires Hall
2451 Ridge Road
Berkeley, CA 94709-1217
510-204-0700 or (800) 353-CDSP
FAX 510-204-0749

Dean of Students:
Ann Hallisey
510-204-0716 - ahallisey@cdsp.edu

Director of Recruitment:
Dianne Audrick Smith
510-204-0715 - dsmith@cdsp.edu

Director of Reception & Housing:
Melville Hayes-Martin
510-204-0705 – mhayes-martin@cdsp.edu

Registrar:
Margo Webster
510-204-0753 - mwebster@cdsp.edu

Superintendent of Buildings & Grounds:
Steve Sibbitt
510-204-0737 - ssibbitt@cdsp.edu

Ombudsperson
Lauren Lenoski – llenoski@ses.cdsp.edu

Financial Aid Office
2465 LeConte Avenue Berkeley, CA 94709
510-649-2469
E-mail: finaid@gtu.edu

GTU Main Office
2400 Ridge Road
Berkeley, CA 94709
510-649-2400

GTU Registrar
2465 LeConte Avenue
Berkeley, CA 94709
510-649-2462

GTU Library
2400 Ridge Road
Berkeley, CA 94709
510-649-2500
http://www.gtu.edu/library

Insurance
Health insurance is available through the GTU. Students enroll or waive out when registering for classes. The provider is Kaiser Permanente (www.kp.org and http://studentnet.kp.org/gtu). The link to this site is labeled “Health Insurance” on the Students page at www.gtu.edu

VOCABULARY

As you’ve probably already guessed, Berkeley and the Bay Area have their own characteristic “persona”! This vocabulary of acronyms, nicknames, terms, and titles will help you decipher some of it… If the “alphabet soup” gets confusing, please ask! (Heads up: San Francisco is never called "Frisco", but it may be called “The City”!)


All Saints Chapel: This is where we go when we want to worship together “in church” – between Gibbs Hall and Easton Hall. Daily worship opportunities are: 7:30 Morning Prayer; 11:30 Mid-Day Eucharist (don’t miss the Tuesday Senior Sermons!); and 5:30 Evening Prayer. This is also the site of our Thursday Night Community Eucharist at 5:45pm.

Anglican Cycle of Prayer: Prayers offered each week in chapel, expressing our vigorous missionary history and commitment.

BART (Bay Area Rapid Transit): Almost like Disneyland’s monorail system, this is a terrific network of trains that can take you on many adventures. www.bart.gov will get you all the info you can possibly take in!

Blue Sheet: Weekly CDSP community newsletter, sent electronically with printed copies available – once upon a time, it was printed on blue paper.

Brewed Awakening: The best coffee in town, right on Euclid – great gathering place.

CALL: Offers not-for-credit on-line courses, weekend programs, continuing education… This is how CDSP offers continuing theological education to the wider Church. The acronym stands for Center for Anglican Learning and Leadership. www.cdsp.edu/center.php
**CDSP:** Church Divinity School of the Pacific.

**Celtic Cross:** Organization composed of faculty, students, staff and partners/spouses expressing the missionary outreach concerns of the community. Outreach money comes from pledges, Community Night offerings, the soda machine, and our famous Cal Game parking service.

**Community:** We’re for it! Seriously, everyone is a welcome, and appreciated, member of the CDSP community, whatever our peculiar connection is (see Community Care Committee note). It is the place of life and spirit and fun and adventure and trouble and growth and...

**Community Care Committee:** brings pastoral care resources to the community (which includes all members of the community: seminarians, staff, faculty, and spouses, partners and families of same)

**Community Council:** Council of students, spouses/partners, staff, and faculty members. This council addresses community concerns, and plans community events and activities.

**Community Night:** Thursday night Eucharist, dinner and programs, designed as an evening of community for seminarians, faculty, staff, families, and friends.

**Commuter Lounge:** Lounge in the east end of the Tucson Common Room for commuting students to relax and study quietly. Some computers available for use, plus it is connected to the Internet for laptops. The space includes lockers (bring your own lock) and a kitchen.

**C.P.E (Clinical Pastoral Education):** Ten weeks of chaplaincy work training, typically in a general or psychiatric hospital or prison, usually undertaken during the summer between the first and second years of seminary. Something required by diocesan ordination processes; application for this happens early. Be on the look-out for our Fall “CPE Information Day”.

**Crossings:** CDSP’s newsletter to alumni/ae and friends of the Seminary.

**Cuddesdon Exchange:** Student Exchange program with Ripon College, Cuddesdon, Oxford, England. (There is also a Far East exchange program with several seminaries in such places as Singapore, Manila, Hong Kong, and Tokyo.)

**Customary for Chapel Worship:** A "How-to Guide" for worship practices and leadership.

**D’Autremont Dining Hall:** located on PSR’s campus, this is the place where we gather to eat together. Meal tickets are included in student fees each semester. (25 meals for $125)

**Denniston Commons:** Located at the center of CDSP, where you can socialize, have a cup of coffee or tea and where you can find a wireless hotspot for Internet access! The entire GTU community gathers here.

**Easton Hall:** This is the place of numerous gatherings, conferences, and retreats. We are honored to host groups and individuals from all over the world.

**Euclid:** the commercial street in our neighborhood -- mostly restaurants, but also a copy shop, book store, gift store, travel agency, and a pharmacy can be found here.

**Exegesis:** Understanding and interpreting Scripture with an appreciation of the language, idiomatic expressions, historical situations, etc.

**FAFSA:** Free Application for Federal Student Aid. (Also found online at [www.fafsa.ed.gov/](http://www.fafsa.ed.gov/))

**Federal Work Study (FWS):** Available paid employment for recipients of Grants-in-Aid.

**Field Education:** Experiential program for ministry in parishes, institutions and community agencies. Can be done concurrently, usually in the second year. One year of concurrent Field Ed. is required for the M.Div.; some dioceses require two years. May be completed as an intern year.

**Follies:** A talent show featuring seminarians, families, friends, faculty and staff held each Spring at CDSP.

**Gibbs Hall:** Guest housing as well as meeting spaces. The Upper Room, Gibbs Parlor, Sacristy, and Classroom “C” are in Gibbs.

**Gibbs Society** This is CDSP's Planned Giving Society -- check out the Celtic Cross in Denniston Commons and the names surrounding it. Maybe one day, your name will be there too?

**GOE (General Ordination Exam):** Four-day exam usually taken in January of the final seminary year. Covering seven canonical areas, this is a big-deal-sometimes-stress-inducing event for those who intend to be ordained. (Together, we do a lot to support them through it!)
GTU (Graduate Theological Union): A consortium of nine seminaries, and multiple associated centers, of which CDSP is one of the founding member schools. Collectively, we offer over 600 courses by more than 117 full-time faculty members.

Holy Hill: The several block area around Scenic, LeConte, Ridge Road and Euclid. Within this area are six of the nine GTU seminaries, and eight of the affiliated centers.

Homiletics: A course in preaching and sermon preparation.

Intersession: A well-deserved change of pace in January before Spring semester begins. Various weeklong classes are offered at this time. M.Div. students are required to complete one course for credit in each of two Intersessions (not to be confused with "intercession" or prayer!)

Koinonia: The organization within the seminary devoted to the care of seminary spouses and partners. (The word itself is Greek for “community” or “fellowship”.)

LaVal's: A block from CDSP, the pizza's hot, the beverages cold. Venue for “Staff Meeting,” a student-initiated segue from Thursday Community Night.

Library: The Flora Lamson Hewlett Library is a cooperative effort of all GTU Member schools and one of the finest theological libraries in the nation – beautiful, too! http://library.gtu.edu

Liturgics: A course in the history, theology, and interpretation of the liturgy and forms of worship.

MUNI: The San Francisco bus transit system includes buses, light rail, streetcars, and cable cars.

Nichols: CDSP Apartment complex located two blocks from campus: 1700 LeRoy.

Ombudsperson: The elected member of the Community Council directly responsible for individual and corporate student concerns. S/he has a seat, voice, and vote on the Board of Trustees.

Parsons Hall: Single-room student dormitory housing for CDSP, located at the seminary. Some residents are students of other schools in the GTU.

Reading Week: One week in the Fall without classes, but with assignments.

Rota: This is the list of worship assignments that the Worship Committee (see below) publishes weekly in the Blue Sheet (see above). M.Div. students are automatically assigned – from the very beginning so read your Blue Sheet! Students in other programs, as well as spouses and children are also welcome to volunteer. Know that you will be trained for your work before you’re assigned.

Sacristans: The people who assist in the preparation for worship services, assist the clergy and lay participants in vesting, publish the rota, and train others for chapel service.

Schola Cantorum: The choir that sings for Thursday Night Community Eucharist. Weekly practices are Thursdays at 1pm and again at 5pm.

Shires: Administration and classroom building for CDSP located at 2451 Ridge Road.

Spring Break: One week in Spring without classes or assignments. Like Reading Week, only more fun.

St. Dorothy’s Rest: Located about 90 minutes away, this rustic hide-away is an Episcopal retreat center and summer camp. Each class (Entering, Continuing, Graduating) gathers here annually -- with their families -- for a weekend of reflection, fellowship, and relaxation.

Staff Meeting an informal and lively post-Community Night gathering (See LaVal's)

Student Mailbox: Every student (resident and commuter) is assigned a mailbox and should expect to receive important communiqués in that box. Get your assignment and combination from the Front Desk at Shires.

Student Mentor: A student who volunteers to assist an incoming student with any questions or concerns that might arise -- organized by the Dean of Students Office.

Tucson Common Room: Community room across from Denniston Commons, used for meetings and social gatherings.

Virginia Apartments: Family housing located approximately one block from CDSP. 2480 Virginia Street.
Our vocabulary continues with the following list of affiliated schools in the GTU (remember that one? Graduate Theological Union – a marvelous human experiment in ecumenism and mutual ministry!)

### OTHER GTU SCHOOLS & AFFILIATED CENTERS

#### AFFILIATED SCHOOLS

- **ABSW** American Baptist Seminary of the West (south side of Cal campus) 841-1905
- **DSPT** Dominican School of Philosophy and Theology (Vine Street @ Arch) 849-2030
- **FST** Franciscan School of Theology (Holy Hill) 848-5232
- **GTU** Graduate Theological Union (Holy Hill) 649-2400
- **JST** Jesuit School of Theology (Holy Hill) 841-8804
- **PLTS** Pacific Lutheran Theological Seminary (top of Marin Dr. bordering Tilden Park) 524-5264
- **PSR** Pacific School of Religion (Holy Hill) 848-0528
- **SFTS** San Francisco Theological Seminary (San Anselmo) 415-451-2800
- **SKSM** Starr King School for the Ministry (Holy Hill) 845-6232

#### AFFILIATED CENTERS AND PROGRAMS

- **CARE** Center for Arts, Religion and Education 849-8285
  2400 Ridge Road, Berkeley CA 94709
- **CLGS** Center for Lesbian & Gay Studies in Religion 849-8206
  1798 Scenic Avenue, Berkeley, CA 94709
- **GIS** Center for Islamic Studies 649-2400
  2400 Ridge Road, Berkeley CA 94709
- **CJS** Center for Jewish Studies 649-2482
  2400 Ridge Road, Berkeley, CA 94709
- **CSRC** Center for the Study of Religion and Culture
  2400 Ridge Road, Berkeley, CA 94709
- **CTNS** Center for Theology and the Natural Sciences 848-8152
  2400 Ridge Road, Berkeley, CA 94709
- **IBS** Institute for Buddhist Studies 650-938-7192
  PO Box 390460, Mountain View CA 94039-0460
- **NCB** New College Berkeley 841-9386
  2029 Durant Avenue, Berkeley, CA 94704
- **PAOI** Patriarch Athenagoras Orthodox Institute 649-2450
  2311 Hearst Ave. Berkeley, CA 94709
- **SAT** School of Applied Theology 625-1651
  2400 Ridge Road, Berkeley, CA 94709

### AUTOMOTIVE CONCERNS

California law requires registration of vehicles within 20 days after establishing legal residence in California. If you plan to return to your home state after graduating from CDSP, you may want to consider maintaining legal residence in that state, but check the current California law to see if that is possible. Pertinent factors include whether: 1) you and/or your spouse/partner will earn income primarily in California, thus requiring income tax returns to be filed here; 2) you maintain business or diocesan connections in another state while at CDSP; 3) you intend to seek assistance, positions, or affiliations for which proof of legal residence in California would be beneficial; 4) you want to vote or become involved in local politics. **You must abide by California laws while living here.**
There are all kinds of rules and regulations on the automobile aspect of life in California. Fortunately, the website for the Department of Motor Vehicles is comprehensive and quite good (from FAQs to making appointments). Please check this website first: www.dmv.ca.gov.

Department of Motor Vehicles

800-777-0133

Closest offices (in “Oakland” on the web-map) are: 6400 Manila Avenue, El Cerrito and 5300 Claremont Ave. Oakland

Helpful Hints: Be prepared by checking on your required documentation now! (www.dmv.ca.gov). Registration fees can be a shock. These offices can be extremely busy, so schedule an appointment. It is also highly recommended that you study for the written test for a California Driver’s License. Don’t wait to do this! You will be charged an extra fee on top of the usual charge if you don’t get a license within 10 days of moving to California. That’s right, you have less time to get a license than you do to register your car. (DMV doesn’t seem to care that sometimes you can’t get an appointment within the next month. Grrrr.)

“F” Sticker: With the exception of meter parking, the city of Berkeley requires stickers on cars parked on the street. These are organized by zone and granted only to residents, so your car must be registered in California using a Berkeley address. CDSP Housing is in the “F” zone – hence the “F Sticker” which costs $30/year. If you have proof of local residency – even if you don’t own a car – you can buy day passes for $2.00 from the city for parking in the “F” zone. One can purchase up to 20 in any calendar year.

City CarShare & ZipCar: Have lots of Berkeley locations, including on LeConte (City CarShare) and on University (ZipCar) – A serious choice in the Bay Area! www.citycarshare.org and www.zipcar.com

Life without autos is possible in Berkeley and the Bay area – if you need a car once in a blue moon, there are numerous rental options. Hertz has a great crew on San Pablo; 1061 San Pablo Avenue, 558-1438. Enterprise has an office on Oxford at the corner with University, 705-8989

… and what about Car Care?

CAR WASHES:

Solar Car Wash
2434 San Pablo Avenue; 843-3015
1198 University Avenue; 843-4024

Berkeley Touchless Care Wash
2176 Kittredge; 644-8229

AUTOMOBILE SERVICE:

Art’s Automotive
540-7093; 2871 San Pablo Avenue

Don’s Automotive Repair
664-0964; 2144 San Pablo, Berkeley

Model Garage excellent Volvo & Toyota service
540-5899; 2920 Shattuck Avenue

Plaza Auto Service AAA recommended
527-9383; 6801 Fairmont, El Cerrito

Grandma’s Garage
527-1065; 821 Gilman, Berkeley

Tony and John’s Foreign Car Service
549-1345; 2730 Telegraph Avenue

BANKS

Since new accounts take about ten working days or so for delivery of new checks, make sure you bring ready money with you --- or better yet: set up your account before you leave home (with on-line banking and debit cards and multi-state banks, you may not need to make a change.) Berkeley is still small-town in that many stores hesitate to take out-of-state checks. Also, many area banks offer free checking or other services to students, so be sure to ask. For various reasons, some students have had a hold put on their first deposit of a Student Loan check for as long as two weeks. You may want to ask about each bank’s policy on this as well.

Banks in the area (and their websites) include:

Bank of America (www.bankofamerica.com) Citibank (www.citibank.com)
Chase (www.chase.com) Wells Fargo Bank (www.wellsfargo.com)
Patelco Credit Union (www.patelco.org) a local credit union with an office at 2033 Shattuck Ave. with online banking and access to a nation-wide network of credit unions.

Important Note:

If you like your current bank, we strongly recommend working with them first to see if they can accommodate your move and financial needs.
Bicycles are an excellent way of getting where you want to go, especially in Berkeley with its wonderful “Bicycle Boulevards”. In addition, the hills of the area can provide an amazing workout.

**Licensing:** California state law (Berkeley city ordinance) requires that all bicycles be licensed. It can also aid police in retrieving stolen bikes. Use the National Bike Registry before you leave home! [www.nationalbikeregistry.com](http://www.nationalbikeregistry.com). This is a great source for all kinds of information on bicycle safety.

**Bike Shops:**

- **Recycle Bicycle** 3121 Sacramento (down from Ashby BART) [http://recyclebicycleshop.com/](http://recyclebicycleshop.com/) 666-130 a good selection of used bikes at reasonable prices; I have appreciated their services, including free or deeply discounted products and labor, even after the warrantee expired.
- **Mike's Bikes** very close to Holy Hill. 2161 University Ave at Oxford 549-8350 [www.mikesbikes.com](http://www.mikesbikes.com)
- **Missing Link Bicycle Cooperative** 1988 Shattuck Avenue 843-7471 One store for buying stuff and one for fixing stuff. Very helpful, patient workers. They won't call you stupid for not knowing your front from your rear...derailleurs. [www.missinglink.org](http://www.missinglink.org)
- **Performance Bikes** 1442 San Pablo (just south of REI) 725-4540 has good prices, great selection, and promise that if the bike you ride for a couple of weeks is not the right one, they'll trade you for another, no questions asked. [www.performancebike.com](http://www.performancebike.com)
- **The Pedaler** 3826 San Pablo Dam Road, El Sobrante 222-3420 It's a little far, but it is a great store with highly knowledgeable and friendly people. [www.theped.com](http://www.theped.com)

**Useful Websites:**

- [www.ci.berkeley.ca.us](http://www.ci.berkeley.ca.us) Berkeley is a very bike-friendly city. If you go to this website and then Quick Link to “Transportation Division”, you will find all kinds of great information about bicycles and Berkeley.
- [www.ebbc.org](http://www.ebbc.org) the East Bay Bicycle Coalition is a great resource for cyclists - help planning trips, getting maps, lobbying for better bikeways, and so forth.

*Be sure to get a strong U-lock and a cable lock.* Given the number of bikes in Berkeley as well as the location of the city in the Bay Area, bike theft is definitely a problem. *And a helmet!!!*

**Belle's Bikes** – There is a bicycle borrowing program at CDSP. Sign up sheets and release forms are available in Parsons Hall with the bikes.

**Books**

Berkeley is an awesome center for learning and education. You'll find great used-book stores within walking distance.

- **Borders Books** 5903 Shellmound, Emeryville 654-1633
- **Half-Price Books** 2036 Shattuck @ Addison 526-6080
- **Moe's Books** Four floors of used books – a “Berkeley Experience”! 2476 Telegraph, Berkeley 849-2087
- **Pegasus Books** 1855 Solano Avenue 525-6888
- **Sagrada** Excellent multi-faith religious books & gifts 2349 Shattuck Avenue 649-1320
- **Berkeley Public Library** is excellent with great services and a liberal lending policy! [www.berkeleypubliclibrary.org](http://www.berkeleypubliclibrary.org) is worth exploring – as are the real sites!

**Books on the Internet:**

We have an online bookstore in collaboration with all member schools of the Graduate Theological Union and Amazon.com: [http://www.gtu.edu/about/facts/bookstore](http://www.gtu.edu/about/facts/bookstore). Then click on the link to CDSP. Once there, you will see a
sidebar listing all classes by course number. You can purchase the books from Amazon directly from this page, or use the class page as a list and acquire your books elsewhere. (This also provides another aid in helping you determine which electives you might want to take.)

**New books:** www.amazon.com; www.barnsandnoble.com; www.christianbook.com

**Used books:** www.powells.com Powell's in Portland, Oregon, lists all of their new and used books on their web site. They buy books every day, so it may be worth rechecking their page regularly for hard to locate books.


**New & Used books:** www.Bookfinder.com searches a variety of bookstore websites all at once to find new and used editions of a book. www.indiebound.org lets you see a variety of local independent bookstores, including location and website (if available).

### CHILDCARE & KID-FRIENDLY OPPORTUNITIES

Before you do anything else, do this:

check out the Berkeley Parents Network [http://parents.berkeley.edu/](http://parents.berkeley.edu/)

This is an amazing resource for parents of every child of any age!

The Bay Area can be a great place to be a child – and to be a parent… There is an abundance of fun stuff to do, great places to play, interesting experiences to grow with… Throughout the Bay area, official and unofficial resource centers provide free listing and referrals to private and public pre-school and child care providers. Also contact your local school board. Many activities are offered through local community centers including classes, field trips, and camps. In this guide, see the sections: “Recreation & Fun” and “More Places to Go & Things to See”.

There are numerous sources for referrals to public and private pre-school and child care providers in the Bay Area. A couple of these are:

**Alameda County Schools & School Districts:** this great website has a link to all California County School Districts. [http://www.alameda-coe.k12.ca.us](http://www.alameda-coe.k12.ca.us)

**Bananas**  
Child Care Information and Referral Service  
5232 Claremont Ave., Oakland, 94618  
658-6177 main number  
658-0381 referral  

**Berkeley:** a good city in which to be a kid -- search for opportunities online at the city web-site: [www.ci.berkeley.ca.us](http://www.ci.berkeley.ca.us)

There are three **Montessori Schools** in Berkeley (and some walking-distance from “Holy Hill”): The Berkeley School (two campuses through age 14)  
[http://www.theberkeleyschool.org](http://www.theberkeleyschool.org) ; Montessori Family School (two campuses through age 12)  
[www.montessorifamily.com](http://www.montessorifamily.com); Cedar Creek Montessori (P-K) 510-525-1377. Enlarge your search and you will find Montessori schools in San Leandro, El Cerrito, Albany, Montclair, Alameda, Oakland…

**Parents’ Press:** 14546th St., Berkeley, 94710  
524-1602  

**The Orange House** The Orange House is a family child care located blocks from CDSP, open full time and tailored to families with toddlers ages 2 and 3. This is an engaging, play-based program with a daily schedule that includes indoor and outdoor playtime, art projects, music and movement activities, lots of children's literature and continuous learning through creative play and social interaction. Healthy snacks are provided and a nap/rest period follows lunch each day. CPR/First Aid certified and inspected for your child's health and safety. We are open Monday-Friday 9am-5:45pm, with varied schedules available. Contact Betsy Gonzalez (CDSP ’09) for first-hand reference (betsygonz@gmail.com)

Helen Alvarez 510-841-9047

This is just a start. Many in the CDSP community will be glad to share their favorite parenting-support resource. For babysitting, don’t be shy: some seminarians enjoy babysitting; some spouses/partners do; and some older children are excellent babysitters! Y et another benefit to living in community is that there is almost always someone with whom to trade baby-sitting!

**Helpful Hint:** Don't be afraid to tell someone that you need a night alone without the kids! You'll be surprised at the understanding response and the immediate offers to "adopt" your babies for the evening. You might even invite one of those single seminarians over for the evening. The love that kids offer may be just the thing!

**A note about Community Nights:** Children are always welcome and we hope they will join in the Thursday night liturgies and festivities. We offer a wonderful catechumenate program for children ages 3 and up during the Liturgy of the
Word for those who would like to attend. This “Godly Play” classroom is fully equipped for education and used as the West Coast Training Center for Godly Play instructors and trainers. There’s a rug in chapel for infants and toddlers. At last count, we had six high chairs, plus two booster chairs, for children’s dining comfort. Children eat free on Community Nights.

Our child-population fluctuates widely (both in numbers and in age-ranges) from year to year. We will do everything we can to welcome and integrate all “our” children: please ask for what you need if you’re not finding it here… (Contact the Dean of Students: Jan Smith Wood jwood@cdsp.edu; 510-204-0716)

### CHURCHES & SPIRITUAL FORMATION

Your first year is an opportunity to "church shop". Once Field Education begins (most often in the second year), seminarians are usually expected to be with that congregation on Sunday. We encourage you to sample all the different churches and rich liturgical experiences in the area. If you have a family, this allows time to find a welcoming place, regardless of where Field Ed takes the seminarian (some families go with their student, other families stay with a different congregation for their entire CDP experience… another something to ponder together!)

The following is a short list of Episcopal Churches in the local area (out of about forty). While CDSP is firmly nested in the geography of the Diocese of California ([www.diocal.org](http://www.diocal.org)), we are also in proximity to the Diocese of Northern California ([www.dncweb.org](http://www.dncweb.org)), the Diocese of El Camino Real ([www.dcrweb.org](http://www.dcrweb.org)) and the Diocese of San Joaquin ([www.diosanjoaquin.org](http://www.diosanjoaquin.org)). Each website includes a Congregation Directory and links.

- **All Saints' Episcopal Church** ([www.saintsalive.net](http://www.saintsalive.net)) 569-7020
  - 911 Downing Blvd., San Leandro
- **All Souls’** ([www.allsoulsparish.org](http://www.allsoulsparish.org)) 848-1755
  - 2220 Cedar Street, Berkeley - good place for families with children, in easy walking distance
- **Canterbury House** ([www.berkeleycanterbury.org](http://www.berkeleycanterbury.org)) 845-5838
  - 2334 Bancroft Way, Berkeley -- Episcopal campus ministry for UCB
- **Christ Episcopal Church** ([www.christchurchalameda.org](http://www.christchurchalameda.org)) 523-7200
  - 1700 Santa Clara Avenue, Alameda
- **Church of the Advent of Christ the King** ([www.advent-sf.org](http://www.advent-sf.org)) 415-431-0454
  - 261 Fell Street, San Francisco -- quintessentially Anglo-Catholic
- **El Buen Pastor** ([www.elbuenpastor.madreanna.org](http://www.elbuenpastor.madreanna.org)) 650-245-7759
  - 178 Clinton Street, Redwood City - Hispanic congregation on the Peninsula, south of San Francisco
- **Good Shepherd** ([www.goodshepherdberkeley.org](http://www.goodshepherdberkeley.org)) 549-1433
  - 1823 9th Street, Berkeley - small, friendly, inclusive mission church – Sunday Eucharist at 11am
- **Grace Cathedral** ([www.gracecathedral.org](http://www.gracecathedral.org)) 415-749-0300
  - *Cathedral Labyrinth*: There are two: indoor and outdoor. The outdoor Labyrinth is open 24/7.
- **Our Saviour** ([www.oursaviouroakland.org](http://www.oursaviouroakland.org)) 834-6447
  - 1011 Harrison Street, Oakland - 11am Sunday Service in English and Mandarin
- **St. Aidan's** ([www.saintaidan.org](http://www.saintaidan.org)) 415-285-9540
  - 101 Goldmine Drive, San Francisco - known for creative liturgy and commitment to social justice
- **St. Augustine's** ([www.staugustineberkeley.org](http://www.staugustineberkeley.org)) 832-6462
  - 525 29th Street, Oakland - historically African-American congregation
- **St. Clement's** ([www.stclementsberkeley.org](http://www.stclementsberkeley.org)) 843-2678
  - 2837 Claremont Boulevard, Berkeley - Rite I and 1928 BCP, quite a family congregation
- **St. Gregory of Nyssa** ([www.saintgregorys.org](http://www.saintgregorys.org)) 415-255-1552
  - 500 DeHaro St., San Francisco - known for experimental worship in Liturgical Dance and Meditation
- **St. Mark's** ([www.stmarksberkeley.org](http://www.stmarksberkeley.org)) 848-5107
  - 2300 Bancroft Way, Berkeley - excellent music, across Cal’s campus from CDSP
- **St. John's** ([www.stjohnsoakland.org](http://www.stjohnsoakland.org)) 510-339-2200
  - 1707 Gouldin Rd. Oakland, CA – very progressive, known for involvement in community organizing
**TAIZE Prayer & Meditation:**
Mercy Center, 2300 Adeline Drive, Burlingame ([www.mercy-center.org](http://www.mercy-center.org)) 1st Fridays, 8pm
New Spirit Community Church, PSR Chapel ([www.newspiritchurch.org](http://www.newspiritchurch.org)) Wednesdays, 7pm
Trinity Episcopal Church, Bush & Gough Street, San Francisco ([www.sftrinity.org](http://www.sftrinity.org)) Wednesdays, 7:30pm

**SPIRITUAL FORMATION: Spiritual Direction, Pastoral Counseling, and Therapy**
There are times when Spiritual Formation, like Life, “happens when you have made other plans.” While it is true that our spiritual formation takes place all the time, whether we intend it or not, it is equally true that we are called to be attentive to intentional spiritual formation. Spiritual direction, pastoral care, and therapy are concrete, persistent, and purposeful means by which we do this. All community members are encouraged to engage in regular spiritual direction and seek pastoral counseling and/or therapy as the need arises. We provide a Directory of Spiritual Directors, Therapists and Retreat Centers, updated annually. If you’d like one before Orientation Week, please ask the Dean of Students.

Community worship during the week at CDSP is a broad-ranging abundant array of possibilities – there are more than fourteen opportunities to join in corporate worship on campus: 7:30am Morning Prayer, 11:30am mid-day Holy Eucharist, 5:30pm Evening Prayer, plus 5:45 Thursday Community Night worship and fellowship. Seminarians and family members alike are invited to experiment and see what works best to help you connect with God and God’s grace, love, and blessing.

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**CLEANERS & LAUNDRIES**

There is a laundry facility in each apartment complex and in Parsons. Other options include:

**Bing Wong Laundromat**, 1400 Shattuck 848-2808
*Cleaners and Bundle Wash*

**Advanced European Tailoring**, 114 Addison Street (between Oxford & Shattuck) 843-3881
They were the cheapest on shirts within walking distance of Holy Hill

**Albany Washing Well**, 749 San Pablo Avenue, Albany. 524-4546
The best in town for cleaners, and the most reasonable!

**Red Hanger Cleaners**, 1600 Shattuck Avenue 849-2097

**Sam’s Cleaners**, 1784 Shattuck Avenue Wonderful, inexpensive 843-5559

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**CLOTHING**

There are many shopping options including independent stores and shops, outlet malls, and chain stores:

**Local Shopping Streets: Shattuck, Vine, College, Solano, University, and Telegraph** have wonderful small shops with local owners, boutiques and consignment shops, that are fun adventures in and of themselves. Walking is a great way to see the sights, get your bearings, and find the shops that tickle your fancy, soothe your creative “eye” and keep you on budget.

If you’re looking for the tried and true, or are in a hurry, there is always:

**Costco**, 4801 Central Avenue, Richmond 527-5668

**Hilltop Mall** There are actually three malls between the Hilltop Mall Road and Richmond Parkway exits off I-80.

**Marshall’s**, 10794 San Pablo, El Cerrito 527-5668

**North Face Outlet** - 1238 5th Street on the Corner of Gilman and 5th Street 525-3530

**Nordstrom Rack** - 1285 Marina Blvd., San Leandro (Marina exit off Highway 880) 614-1742

**REI**, 1338 San Pablo Ave., Berkeley 527-4140

**Ross Dress for Less** 2000 El Cerrito Plaza, El Cerrito 528-0640

**Target**, 1057 Eastshore Hwy., Albany 982-0512
**E-MAIL:** The internet is a very important means for us all to stay connected. All students are given a school email address and required to activate it. We don’t require a lot, but we do require this! Because email is such an important aspect of our communications, an email account is created automatically for each entering student. This is hosted on Google Apps for Education – a system that provides additional services such as calendaring, chat, and word-processing applications.

This will be your official school email address (first initial and surname@ses.cdsp.edu). Students are asked either to check this account regularly or to set the account to forward all incoming email to another email address.

Our list serves include:
- **CDSP-students@cdsp.edu:** all students are automatically subscribed to this list.
- **CDSP-faculty@cdsp.edu:** email list for the Faculty.
- **CDSP-adjuncts@cdsp.edu:** email list for CDSP Adjunct Faculty
- **CDSP-staff@cdsp.edu:** email list for CDSP staff members
- **CDSP-commuters@lists.gtulink.edu:** a discretionary list for all commuter students
- **CDSP-koinonia@lists.gtulink.edu:** a discretionary list for all partners (partners and spouses)

For information and/or assistance, email should be sent to techsupport@psr.edu

**INTERNET SERVICE PROVIDERS**
A complete listing of Internet Service Providers (ISPs) in the 510 Area Code may be found at in the SBC California Smart Yellow Pages (or on-line at www.smartpages.com) On line, you might check [www.theispdirectory.com](http://www.theispdirectory.com) and either search by area code (510) or city (Berkeley, CA)

**COMPUTER & PRINTER ACCESS:** CDSP has wireless hotspots throughout the campus. The Commuter Lounge includes a computers, a common-use printer, and wireless/wired Internet Access. These are for the exclusive use of CDSP students and only for CDSP commuter students from 6am to 6pm on weekdays. Commuter students may secure a key to the Commuter Lounge from the Director of Reception & Housing: Melville Hayes-Martin mhayes-martin@cdsp.edu

**LIBRARY COMPUTER RESOURCES**
The GTU and UCBerkeley Libraries may be accessed via the net. The GTU library site is: [http://library.gtu.edu/library](http://library.gtu.edu/library)
This is a good way to imagine yourself at seminary before you arrive! Have fun poking around. The Cal Library URL is [http://www.lib.berkeley.edu/](http://www.lib.berkeley.edu/). Have fun here, too.

Training in all services (GRACE, Index of Religion, etc) is available at the Library. Make the Librarians your friends -- you will be amazed at how much research can be done from home using the Library access, but you’ll need to get a Library Card during Registration in order to do so.

**LAPTOP USERS TAKE NOTE:** Not all classrooms in the GTU have grounded (three-prong) outlets; some have only one outlet. If you plan on using a laptop in class,

a. carry a two-prong adapter and an extension cord;

b. carry a cable-type computer lock with you and chain your laptop to the nearest immovable object if you must leave it unattended.

c. Invest in a good battery (or two)

**VIRUSES:** *Take this seriously!* The GTU is a very high-risk environment. **PLEASE:**

1. know for sure that everything you put on your system is CLEAN & LEGAL
2. Use your own disks (not other people's)
3. Get a virus-checker: keep it updated, and use it!

**THE THREE MOST IMPORTANT RULES FOR SEMINARY COMPUTERS:**

1. Back up your documents: make multiple copies on separate media.
2. Secure your computer physically: unfortunately, computer theft is a reality.
3. Secure your systems: update your operating system; update your anti-virus, anti-spyware, and firewall regularly and frequently.
**WEBSITES:** We hope that the following websites will be helpful to you. Their subject matter ranges all over the map. Many of these are also listed elsewhere in this Guide… When you find a good one, please alert the Dean of Students Office (jwood@cdsp.edu)

- http://www.ci.berkeley.ca.us
- http://www2.oaklandnet.com/index.htm
- http://www.ci.emeryville.ca.us
- http://www.el-cerrito.org/
- www.511.org
- www.actransit.org
- www.sfmuni.org
- www.bart.gov
- www.w511.org
- www.w511.org
- http://www.missionstclare.com
- www.episcopalchurch.org

- CDSP's blog
- http://anglicaninsights.wordpress.com/
- www.anglicansonline.org
- www.episcopalcafe.com
- www.anglicancommunion.org
- http://anglicaninsights.wordpress.com/
- CDSP's blog
- www.parents.berkeley.edu/
- www.yelp.com
- www.craigslist.com
- http://library.gtu.edu
- www.christianbooks.com
- www.abebooks.com
- www.bibliofind.com
- www.powells.com
- www.IndieBound.org
- www.powells.com

**GROCERY STORES & FARMERS’ MARKETS**

- **Albertson's,** El Cerrito Plaza 526-6065
- **Andronico's** Shattuck and Cedar 841-7942
  - also on Solano Avenue/524-0513; University Avenue/548-6552; Telegraph Avenue/845-1280
- **Berkeley Bowl,** 2020 Oregon (at Shattuck) Berkeley 843-6929
- **Berkeley Bowl West,** 9th & Heinz, Berkeley 898-9555
  - Great place for produce. You cannot do your shopping quickly here. Take your patience with you; it’s worth the parking hassle and long lines.
- **Costco,** 4801 Central Avenue, Richmond 898-2000
- **Produce Market,** on Shattuck at Vine, next to the Cheeseboard – a small, family-owned, local shop that has great prices and wonderful fresh produce.

**Farmer's Markets**

- Saturday 10am – 2pm:
- Tuesday 2pm – 7pm:
- Tuesday 10am 2pm
- Thursday 3pm – 7pm:
- Tuesday and Saturday 9am – 1pm:
- Saturday 10am – 9pm, Sunday 10am – 5pm:
- Saturday 8am-2pm

- **Grocery Outlet,** 2900 Broadway 465-5649
  - 2001 4th Street 845-1771
- **Monterey Foods,** 1550 Hopkins 526-6042
  - Produce heaven at affordable prices. Take the time to buy it here.
- **Safeway,** Shattuck and Rose in Berkeley 526-3086
- **Trader Joe's**
  - 5700 Christie Ave. Emeryville 658-8691
  - El Cerrito Plaza 524-7609
  - University Avenue, Berkeley 204-9074
- **Whole Foods,** 3000 Telegraph Avenue 649-1333

**Got CSAs?**…as in Community Supported Agriculture? The following list of local (within 100 miles) CSA farms has been compiled by Monica Turk Burden (Koinonia '09). **Thank you, Monica!**

**Vegetables/Fruits:**

- Full Belly Farm (in Guinda, 88 miles away), [www.fullbellyfarm.com](http://www.fullbellyfarm.com)
- Capay Organic Farm (Farm Fresh to You; in Capay, 76 miles away), [www.capayorganic.com](http://www.capayorganic.com) or [www.farmfresh2you.com](http://www.farmfresh2you.com)
- Eatwell Farm (in Dixon, 59 miles away), [www.eatwell.com](http://www.eatwell.com)
- Riverdog Farm (in Guinda, 88 miles away), [www.riverdogfarm.com](http://www.riverdogfarm.com)
Terra Firma Farm (in Winters, 59 miles away), [www.terrafirmafarm.com](http://www.terrafirmafarm.com)

**Meat CSAs**
- Marin Sun Farms, Point Reyes Station; (415) 663-8997 or [www.marinsunfarms.com](http://www.marinsunfarms.com)
- Clark Summit Farm, Tomales; (707) 876-3516 or [www.clarksummitfarm.com](http://www.clarksummitfarm.com)

**HAIR SALONS**
- **Blow Hair Salon**, 2112 Berkeley Way, Berkeley 644-1971
- **Mayfair**, 1705 Solano Avenue, (a lot of people go to Jenny) 527-1953
- **Solano Hair Design** 1547 Solano Ave (Timmy Tam does a great job on short curly hair) 525-7070
- **Supercuts**, 6046 College Avenue, Berkeley 653-4702
- **The Cutting Room**, 2079 University Avenue, Berkeley 845-7553
- **Vine Street Salon**, 2118 Vine (at Shattuck) Ingrid is great with curly/wavy hair. 644-2444

**HARDWARE**
- **Ace Berkeley Hardware**, 2145 University Ave. 845-0410
  - A close to campus multi-purpose store
- **Home Depot**, 11939 San Pablo Avenue, El Cerrito 235-0800
  - 3838 Hollis Avenue, Emeryville 601-9400
- **OSH (Orchard Hardware Supply)**, 1025 Ashby, between San Pablo and I-80 540-6638
  - 1751 Eastshore Blvd. El Cerrito 234-9818
- **Pastime**, 10057 San Pablo Avenue, Albany 526-6615
- **Tool Lending Library**, 1900 Russell (part of Berkeley library system) 981-6101
- **Truitt & White**, 642 Hearst Avenue (Lumber and construction) 841-0511

**Found stuff:**
- **East Bay Depot for Creative Reuse**
  - www.creativereuse.org
  - 4695 Telegraph, Oakland 510-547-6470
- **Urban Ore**
  - www.urbanore.com
  - 900 Murray St. Berkeley 510-841-7283

**HEALTH, HOSPITALS & MEDICAL/DENTAL CARE**

**INSURANCE**: CDSP requires all students taking 6 or more units to have adequate health insurance while they are enrolled at CDSP. Students with less than six units are strongly encouraged to have health insurance (although they are not eligible for the GTU/Kaiser plan if taking less than six units). Kaiser Health Plan is available to CDSP students through the GTU ([www.kp.org](http://www.kp.org))

**EMERGENCY NUMBERS:**
- General Emergency 911
- Police and Ambulance 644-6743
- Fire Department (Berkeley) 644-6665
- Poison Control Center 547-2928

**HOSPITALS:**
- **Alta Bates Hospital** Ashby near Telegraph, Berkeley 540-0337
- **Alta Bates Summit Medical Center** Hawthorne Ave. at Webster, Oakland 655-4000
  - Pharmacy 654-6278
Children's Hospital Medical Center: Martin Luther King, Jr. Way, Oakland 428-3000

Kaiser Permanente Alameda Medical Offices: 2417 Central Avenue, Alameda 752-9200
Kaiser Permanente Medical Center
280 W. MacArthur, Oakland 429-5000
901 Nevin Avenue, Richmond 307-1555
Kaiser care is limited to those insured by Kaiser and both are accessible via BART and Kaiser’s shuttle service.

OPTICAL:
UC School of Optometry  www.cal-eye-care.org  642-5761
Great price on eye exams
Solano Eye Care, 1621 Solano Ave., Berkeley 526-3937
Friendly, caring and competent

DOCTORS AND DENTISTS: For selection assistance, check your Insurance Policy’s Provider List or contact:
Alameda-Contra Costa Medical Association, 6230 Claremont Avenue, Oakland 654-5383
www.accma.org

Alameda County Dental Society Referral Service  547-7188
1345 Grand Avenue, Suite 102, Oakland or www.alamedacodentsociety.org

SUICIDE PREVENTION
Suicide Prevention Lifeline 1-800-273-TALK 643-2900 ext. 26
Peggy Yang: peggyyang@uclink.berkeley.edu
www.sprc.org/suicide_prev BASICS/get_started.asp
Berkeley Health and Human Services, 1925 Derby St. (at MLK Way), Matthew Mock 644-6617
www.sfsuicide.org in San Francisco 24 hour line at 415-781-0500
http://lifeline-gallery.org/  National Suicide Prevention Lifeline
Suicide Prevention Resource Center  www.sprc.org
Other websites for Suicide Prevention Resources: www.suicidology.org  www.spanusa.org,
www.cdc.gov/ViolencePrevention/suicide  www.sprc.org
12-STEP GROUPS
Alcoholics Anonymous
www.eastbayaa.org
Alanon and Alateen
www.al-anon.org
Overeaters Anonymous:
www.oaaeastbay.org
Narcotics Anonymous
www.naalamedacounty.org
Co-Dependents Anonymous: similar to Alanon but not specific to Alcohol).

HOUSING

ON CAMPUS: Students living in Parsons Hall enjoy the advantage of low-cost housing, prepared meals served in the GTU Dining Hall, and convenience to classes and the GTU Library. There is also a well-equipped kitchen for residents to use. Laundry facilities are available on the first floor, and upper floors may be accessed by stairs or by elevator.

OFF CAMPUS: Two seminary-owned apartment complexes, (1700 LeRoy and 2480 Virginia) are available to seminarians. Availability is determined by a number of factors and leases are annually contracted.

ALTERNATIVE OFF CAMPUS HOUSING Other rental possibilities exist throughout Berkeley and the surrounding residential areas. Other seminaries in the GTU consortium sometimes have available housing. Please ask Melville (mhayes-martin@cdsp.edu) for information and applications. Other sources include:

International House 2299 Piedmont Ave. Berkeley, CA 94720 Housing Info: 642-9470
Contact: www.ihouse.Berkeley.edu to download Housing Application

www.craigslist.com a well-known resource for finding apartments, but places are rarely posted until they are actually vacant. This makes it hard to plan ahead (and a bit scary!) but TONS of places open up in August and September. Craigslist can also be a good place to find housemates to share a bigger place. But beware- there are plenty of scammers there too! This site is good for all manner of searches. Nation-wide.

www.kands.com a management company that has many buildings within walking distance of Holy Hill.
MOVING/UNLOADING HELP
There are lots of moving options, of course. Here are two that we have found helpful in the past.

Help-U-Move (www.helpumove.com) 800-966-2664
Starving Students (www.ssmovers.com) 888-931-6683

If you are driving a rental truck yourself and moving into CDSP housing, it is good to be in touch with Melville Hayes-Martin (mhayes-martin@cdsp.edu, 510-204-0705) with your travel plans and estimated arrival.

"I REALLY NEED A JOB"

YOU'RE IN LUCK! Alameda County is one of the most important industrial areas in the state. The county's primarily based on manufacturing, shipping, food processing, data processing, research and development, wholesale, retail and service industries, finance, printing and publishing, government and educational employment, and tourism. In other words, there really is a lot to do! "But where do I start?" you ask? The GTU is a good place to search for a job, and there are these employment assists:

Check these websites:
www.craigslist.com
www.edd.ca.gov
www.eastbayworks.com
www.idealist.org
www.opportunityknocks.org
www.hotjobs.com
www.diocal.org

SUBSCRIPTION NEWSPAPERS
There are still quite a few. Figure out what's what online: www.insidebayarea.com/subscriber-services
Papers listed are: The Alameda Times-Star, The Argus (Fremont), The Daily Review (Hayward), The Tribune (Oakland), San Mateo County Times

San Francisco Chronicle's website is: www.sfgate.com

FREE NEWSPAPERS
East Bay Express, Bay Area Reporter, San Francisco Guardian, Berkeley Voice

PET SUPPLIES & SERVICES

Campus Vet, 1807 Martin Luther King near University. 549-1252
City of Berkeley Low-Cost Spay/Neuter Clinic 2070 Martin Luther King, Jr. Way 644-6721
Claremont Veterinary Hospital, 5331 College Avenue, Oakland 652-5835
East Bay Vivarium 1827 5th Berkeley 841-1400

This is a fabulous stop and a great stress reliever for those who like reptiles and amphibians. The animals are very well cared for and displayed. Great place to take kids.

Pet Food Express 1101 University Avenue 540-7777
Petsmart 1001 Eastshore Highway, Albany (next to Target) 841-4412
University Veterinary Hospital 810 University Avenue 841-4412
VCA Albany Veterinary Clinic 1550 Solano Avenue 526-2053

PHARMACIES

CVS Pharmacy
1451 Shattuck Avenue Berkeley 849-0832
El Cerrito Plaza 524-6886

Walgreen's Drugs 2187 Shattuck Avenue Berkeley 849-4286
PHYSICAL FITNESS

University of California (Cal) Rec. Club 2301 Bancroft Way, Berkeley 642-7796
The Cal Gym is a great resource at $140/semester and $140/summer. Full access to pools, machines, weights, yoga and fitness classes (including mats and equipment) and more.

YMCA 2001 Allston Way, Berkeley 848-9622
www.baymca.org

24 Hour Fitness 2072 Addison, Berkeley (www.24hourfitness.com) 548-4653

Curves (for women) www.curves.com
2855 Telegraph Avenue, at Russell, Berkeley 540-9256
1537 Shattuck Ave. Berkeley 666-0904

The Athletic Playground Emeryville. (www.athleticplayground.com)
Classes in acrobatics, tumbling, trapeze, general conditioning, and so forth- they make fitness really fun!

POST OFFICES & MAILING SERVICES

U.S. POST OFFICE FACILITIES
Main Branch 2000 Allston Way, Berkeley 649-3155
1831 Solano Avenue, Berkeley 649-6717
1191 Solano Avenue, Albany 649-6718
1521 Shattuck Avenue, Berkeley 649-6763

PRIVATE FACILITIES:
PO Pack (UPS, FedEx, notary, mailboxes) 1700 Shattuck Avenue, Berkeley. 843-1176
Mail Boxes Etc. 2625 Alcatraz Avenue 547-6384
1563 Solano Avenue 528-6919
FedEx-Kinko's 2295 Shattuck 204-0775

RECREATION & FUN

One of the Bay Area's greatest assets is the wide variety of possibilities for recreation, culture, and entertainment. Here are just a few that cost little or nothing.

Helpful Hint: You can get more information about outdoor and indoor events that are happening in the Bay Area at REI. They have tons of brochures just inside of the door on events in the area and many of them are cheap and fun!

Helpful Hint: Don't forget www.511.org. This public transit guide can get you to “popular destinations” via public transportation! You'd be amazed at the places you can go and how inexpensively. Besides, when you use public transportation, getting there is half the fun! (especially with kids or in a group!)

Helpful Hint: There are numerous bike trails and walking trails. A favorite is under the BART tracks. A trail for bikers and walkers, and it also has exercise islands for a complete workout. Best of all, it's free! (Just watch out for the vicious man-eating raccoons.)

ADVENTURE PLAYGROUND: (see “Berkeley Marina”) kids build the structures that they play in!

ALBANY POOL: An indoor pool open almost all year. There are also outdoor community pools located in Berkeley.

ANGEL ISLAND: Large island in Bay. You need to use ferry to get there. Great hiking, bicycling and picnic place. No overnight. Historical museum about Chinese immigrants. www.angelisland.org

BERKELEY MARINA: Adventure Playground is a "must do." Free! Kids will find a collection of wood, nails, hammers, saws, and paint they can use to create to their heart’s desire. Fully supervised, this lot has things to climb on, swing on, pull on and -- if that isn’t enough, you can sign the kids up for fishing, sailing, and exploring, most of which are also free. Accessible via Number 51 AC Transit bus line.

COLLEGE AVENUE: Extends from Bancroft Way in Berkeley past the Rockridge BART station into Oakland.

EAST BAY REGIONAL PARKS: check the website! www.ebparks.org 95,000 acres in two counties!!
**MUIR WOODS**: Marin County. Great hiking and nature exploration. Watch out for poison oak. Most trails are clear of it. Wonderful redwoods.

**ROSE GARDEN**: When life gets a bit over the top, take time to walk to the Rose Garden, north on Euclid between Bayview Place and Eunice.

**SAN FRANCISCO**: Take time to explore “The City” (a 20-minute BART ride gets you to the Embarcadero exit) and check out **GOLDEN GATE PARK** ([www.golden-gate-park.com](http://www.golden-gate-park.com)) You’ll find a wonderful museum, botanical gardens, boat rides, picnic grounds, bike trails, and a lot of fun.

**SOLANO AVENUE**: Starts in Berkeley at the Alameda and continues into Albany with many good shops and restaurants.

**TILDEN PARK**: The spot to go for the whole family. Pond, petting farm, museum, golf course, sports fields, bicycle paths, flower gardens, nature paths... For runners, cyclists and hikers, wild solitude just ten minutes by car from campus (or catch bus 65 a block from CDSP). With miles of ridge and canyon trails and stunning views of the Golden Gate and Mt. Diablo, it’s a pastoral Eden to restore your soul. Details at [www.ebparks.org](http://www.ebparks.org)

**OTHER ENTERTAINMENT CLOSE-BY**

**OUT & ABOUT**: There are SO many amazing places to go to and see while here… see the sunset from Indian Rock (walk to Oxford Street and then north to the end); steam trains in Tilden Park; batteries on the Marin Headlands; Bay Map in Sausalito; driving up the Sacramento River on the south bank; John Muir’s house in Martinez; General Vallejo’s house in Petaluma; old city plaza in Sonoma; Monterey Bay Aquarium; the missions all along the coast from San Diego to Sonoma; various and awesome regional, state, and national parks (Yosemite is only a four-hour drive from Berkeley); explore wine country on a day trip; rush tickets at the Zellerbach Hall are a great thing as are half price theatre tickets in San Francisco at Union Square. There are several books in the Dean of Students office to help you plan day trips and short adventures to make the most of your time in Northern California.

**OAKLAND’S FAIRYLAND**: Can’t grow up around here without a trip to Fairyland! [www.fairyland.org](http://www.fairyland.org)

**PARAMOUNT/GREAT AMERICA**: An amusement park in Santa Clara County [www.cagreatamerica.com](http://www.cagreatamerica.com)

**RAGING WATERS**: Also in San Jose, this offers many hours of wet fun [www.rwsplash.com](http://www.rwsplash.com)

**SIX FLAGS/MARINE WORLD**: Located right off I-80 near Vallejo. An all day serving of fun. Animals, shows, rides, and lots of excitement. [www.sixflags.com/parks/marineworld](http://www.sixflags.com/parks/marineworld)

**ZOOS**: There are two fine ones in the area! The Oakland Zoo and the San Francisco Zoo [www.oaklandzoo.org](http://www.oaklandzoo.org) and [www.sfzoo.org](http://www.sfzoo.org)

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**RESTAURANTS**

To attempt to list all the wonderful restaurants in this area would be almost impossible. Just about any you’ll try will hit the spot. Below are a few that come highly recommended by CDSP community members -- some for taste, some for price, others for fun.

We are fortunate to have an abundance of good restaurants on Euclid between Ridge and Hearst, and around the corner (uphill) on Hearst: quick, reasonably priced, interesting… (Many take ATM or Credit Card if you’re short on cash-in-hand) A good break from unpacking those boxes and moving in! 😊

**AJANTA RESTAURANT**: 1888 Solano Avenue. Indian food. Really good food. Various degrees of spiciness. They have a great lunch menu. 526-4373

**ALBORG**: 2142 Center, 848-8877, Persian restaurant near BART. Flavorful dishes, a little more exotic than the usual Middle Eastern food, good place to take visitors.

**ANGELINE’S LOUISIANA KITCHEN**: at Bancroft and Shattuck.

**BARNEY’S**: 1600 Shattuck at Cedar or 1591 Solano - wonderful burgers for meat eaters and vegetarians. You only need a half order of fries. A local institution [www.baryneshamburgers.com](http://www.baryneshamburgers.com)

**BETTE’S OCEANVIEW DINER**: 1807 4th Street in Berkeley - A famous place for Breakfast and Lunch only. There is pretty much always a line, so be prepared to wait and it is worth the wait.

**BREADS OF INDIA**: 2448 Sacramento Street, Berkeley Excellent Indian food. 848-7684

**BONGO BURGERS**: Euclid Avenue, next to the seminary. Lines out the door at lunchtime!
**BRAZIL CAFÉ:** at Oxford and University is excellent and fun – it’s a lean-to in a parking lot that was photographed for National Geographic! … so Berkeley…

**BREWED AWAKENING:** Euclid Avenue, next to the seminary. **Great** coffee!!


**CAFÉ GRATITUDE** on Shattuck, north of University Avenue. This is part of a small San Francisco chain, 100% vegan, live-foods restaurant that serves absolutely delicious food. The staff is completely blissed-out all the time and the dishes are called things like “I am satisfied” and “I am gracious”. If you love a food adventure and seek to sustain the earth through supporting “slow food” establishments, then you have to visit this place.

**CHA-AM** Located on Shattuck near Cedar Street. This is great Thai food, low to medium cost and not a bad walk from campus.

**CHEESEBOARD PIZZA** The line down the block is testament to the fact that this is truly the most delicious and creative pizza ever. Don’t worry though, it moves quickly! They offer just one kind of pizza each day, (you can check the daily menu at [http://cheeseboardcollective.coop](http://cheeseboardcollective.coop)) and it’s always amazing. It’s also a worker-owned cooperative! 1512 Shattuck (between Vine and Cedar)

**FAT APPLE’S:** 1346 MLK Jr. Way, Berkeley/526-2260 or 7525 Fairmount, El Cerrito/528-3433.. Always a line for seating, but well worth the wait. Great coffee, desserts, hamburgers. Try their pumpkin pancakes.

**FINFine ETHIOPIAN RESTAURANT** 2556 Telegraph Ave @ Ashby. Fabulous vegetarian options.

**GUERRILLA CAFÉ:** the activist-y and organic alternative, on Shattuck and Virginia. Good food, too.

**HERBIVORE: THE EARTHLY GRILL** 2451 Shattuck, 665-1675 organic, vegan, nicely-prepared interesting dishes reasonable cost and a full bar.

**JOSHDUBA:** 2441 Dwight Way, Berkeley. Just off Telegraph, this is a surprisingly cheap and amazingly delicious sushi restaurant. Service can be a little hit and miss when they get really busy, but the sushi is always worth the wait.

**KENSINGTON CIRCUS PUB:** 389 Colusa Avenue, Kensington. Great burgers, fish and chips, and shepherd’s pie, and a great selection of beer, cider, etc. Usually live music on Friday nights.

**LA VAL’S PIZZA:** Euclid Avenue, near the seminary. Don't worry; you'll know this place well by the end of seminary!

**LONG LIFE VEGI HOUSE:** 2129 University. Good, cheap vegi Chinese.

**LUKE’S GRILL:** East 14th Street, at Pelton Center Way, San Leandro, best and most authentic Greek food, nice to take relatives to. 510-614-1010

**MARIO’S LA FIESTA:** 2444 Telegraph Avenue, Berkeley; excellent Mexican sit-down place, wonderful platters.

**NAAN & CURRY:** 2366 Telegraph Avenue, Berkeley. One of the best and cheapest Indian restaurants around.

**NATION’S:** San Pablo and Central in El Cerrito. Open 24 hours. A basic hamburger and fries place; large portions at great prices.

**OFF THE HOOK:** 2270 Telegraph Ave. near Oregon in Berkeley; fresh fish, tends to be slow but worth the wait, also has Mexican items.

**PLEARN:** 2050 University. Thai Cuisine that is recommended highly. The cost is medium and the food is great.

**POMEGRANATE:** University and Sacramento – excellent Mediterranean food, reasonably priced.

**PYRAMID BREWERY:** 901 Gilman - Good beer and pretty good food that is not too pricey.

**SAUL’S:** 1475 Shattuck, near Long’s Drug - Great Jewish Deli, homemade pickles, fabulous sandwiches, soup and entree’s. Not too pricey for the food and atmosphere.

**SPENCER’S FISH GROTTO:** 1919 4th Street -- known for its fish and seafood.

**STUFFED INN** Euclid Avenue near seminary -- kind staff, yummy sandwiches, great soups.

**Vik’s CHAAT RESTAURANT** 726 Allston between 4th and 5th Streets; good food and low prices!

**ZACHARY’S:** 1853 Solano Ave. (525-5950) and/or 5801 College Ave.(655-6385). Experience deep dish, Chicago style delicious pizza. **Cash only.** You can also buy half-baked pizza to finish at home.
MORE RESTAURANTS
BLONDIE'S PIZZA on 2340 Telegraph
FILIPPO'S PASTERIA on College
GOURMET GHETTO (“foodie” heaven!) a short walk from campus
GORDO'S on Solano
SUSHI SOLANO on Solano
CHINA VILLAGE on Solano
FOOD ALLEY on Hearst (uphill from Euclid) includes Top Dog hot dogs, Korean, Vietnamese, Japanese, and Thai foods

If you find another terrific restaurant (or find that any of the above info is erroneous), please contact the Dean of Students Office with your recommendations! jwood@cdsp.edu

"TELL ME ABOUT THE SCHOOLS"

There are a number of private schools and public schools throughout the East Bay area. If you have children, investigate the school your child will be going to, get to know the teachers and administrators, participate in the school life as much as you can… Please contact the school district as soon as you possibly can! This will ease transitions and take away a key stressor for any family! A copy of your Letter of Acceptance and a letter certifying CDSP student status can be used to prove residence. Letters certifying student status may be obtained from Margo Webster, Registrar (mwebster@cdsp.edu or 204-0753)

Important: For enrollment in the public schools, every child MUST have their birth certificate and immunization records! It might help to bring a copy of their grades and any other school documentation you can obtain from your current school. Remember to bring two forms of address verification.

PUBLIC ELEMENTARY AND SECONDARY PUBLIC SCHOOLS:
We hope you’ll find these websites useful:
http://www.publicschoolreview.com/ Rates and reviews schools statistically throughout the country (look for Alameda County, California schools and then your cities of interest)
www.acoe.k12.ca.us This is the Alameda County Office of Education (Superintendent’s Office) and the website has links to all school districts – another good overview!
www.cde.ca.gov/ This is the California State Department of Education – a big overview!

Albany Unified School District, 904 Talbot Ave. 558-3750
http://www.ausdk12.org/?oldURL=1
Berkeley Unified School District, 2134 Martin Luther King Ave. 644-6504
www.Berkeley.k12.ca.us

Oakland Public Schools, 1025 2nd Ave., Oakland 887-0152
http://webportal.ousd.k12.ca.us

Also check the information on “Childcare and Kid-Friendly Opportunities” (pages 10-11)

COLLEGES AND UNIVERSITIES:
There are a number in the area: California State Universities at Hayward, San Francisco and San Jose; Universities of California at Berkeley, Davis, and San Francisco. There are community colleges located in Alameda, Berkeley, Fremont, Hayward, Livermore, Oakland, Pleasanton, San Francisco. Private colleges include: Armstrong University in Berkeley; Mills College, California College of Arts and Crafts, and Holy Names College in Oakland; Stanford in Palo Alto; University of San Francisco; University of Santa Clara.
Choosing a mode of transportation through the East Bay Area is an adventure in itself. What’s your favorite? Berkeley’s got it, plus a few new ways! By phone or by internet: 511 is the answer-spot! “Your Bay Area Travel Guide” is stunningly useful! Dial “511” or go to www.511.org . Current traffic info for the Bay Area can also be found on Google Maps.

**AIRPORTS:**

**Oakland**

OAK is the airport to choose for flights within the West. Its major advantage is ease of access and parking. If you drive, it should be about a 30-minute trip one-way, but only if traffic is good. Better yet, take BART to Oakland Coliseum/Airport ($2.35 from Downtown Berkeley), then hop on the AirBART shuttle ($3).

**San Francisco**

SFO is best for medium- to long-haul trips and has non-stop flights to almost any major city. Take BART to SFO ($8.65 from Downtown Berkeley). Driving is not advisable unless your plane arrives or leaves outside of BART's operating hours; if you must drive, take the Bay Bridge to San Francisco, then 101 South to the airport exit.

**AIRPORT VANS:**

Bay Porter Express  [www.bayporter.com](http://www.bayporter.com)  415-467-1800

Provides transportation from your home to Oakland Airport & SFO. Very convenient, about $40.

**BUSES AND TRAINS:**

**A.C. Transit (Alameda-Contra Costa Transit District) [www.actransit.org](http://www.actransit.org)  511**

Bus service throughout East Bay and to San Francisco’s Transbay Terminal. Get amazing route maps on-line or at many drug stores, grocery stores and BART stations.

**BART (Bay Area Rapid Transit District) [www.bart.gov](http://www.bart.gov)  511**

You'll love the convenience and safety of the Bay Area's Light Rail System.

**MUNI (Municipal Railway of San Francisco) [www.sfmuni.com](http://www.sfmuni.com)  511**

This provides bus, trolley bus, streetcar and cable car service within San Francisco.

**Golden Gate Transit [www.goldengatetransit.org](http://www.goldengatetransit.org)  511**

Bus and ferry rides. Primarily in Marin County. Maps and schedules on-line check out the cool 360' view from atop a Golden Gate Bridge Tower!

**Bear Transit [http://pt.berkeley.edu/around/transit/routes](http://pt.berkeley.edu/around/transit/routes)**

Buses go around and through the Cal campus. Fare is only 50 cents.

**Amtrak [www.amtrak.com](http://www.amtrak.com)  800-872-7245**

Berkeley Station: University Ave & 3rd Street
Emeryville Station: 5885 Londregan
Oakland Station: 245 2nd Street
Richmond Station, Richmond BART Station

**Greyhound Bus** Oakland: 2103 San Pablo Ave.  832-4730

**Emery Go Round ([http://emerygoround.com/](http://emerygoround.com/))**

Free shuttle service connects MacArthur BART station with the Emeryville shopping district

**TAXIS:**

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<tbody>
<tr>
<td>Yellow Cab Direct</td>
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<td>Royal Cab</td>
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<td>Yellow Cab Express</td>
<td>848-1234</td>
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<tr>
<td>Luxor Cab</td>
<td>774-7575</td>
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UTILITIES

Water and trash pick-up are included for CDSP housing (Parsons, Nichols, Virginia) Gas and electric for Parsons (the dorm)

**PG&E** (Pacific Gas & Electric):  [www.pge.com](http://www.pge.com)  800-743-5000
Natural gas and electric utilities supplier for Northern and Central California – this is it, folks.

**WATER AND REFUSE:** If you live in CDSP housing, these services are included in your rent.

Water (EBMUD)  [www.ebmud.com](http://www.ebmud.com)  866-403-2683
Berkeley Sanitary Service  232-5872
East Bay Sanitary Company  237-4321

The East Bay has an incredibly comprehensive waste management program: check  [www.stopwaste.org](http://www.stopwaste.org)

[http://berkeleyrecycling.org](http://berkeleyrecycling.org) is a great resource for finding out what you can recycle here, and how and where to do it. Recycling centers, drop-off places for batteries and other hazardous household waste, special pick-up days, and more. You can drop things off at the recycling center at the corner of 2nd and Gilman, they're open 7 days a week, 8:30-4.

**TELEPHONE, INTERNET & CABLE PROVIDERS:**

Comcast Cable  [www.comcast.com](http://www.comcast.com)
AT&T  [www.att.com](http://www.att.com)
Other options  [www.theispdirectory.com](http://www.theispdirectory.com)

MORE PLACES TO GO & THINGS TO DO

**COFFEE SHOPS:**
Free Speech Café at the Cal library
Cafe Strada, 2300 College Ave
The Musical Offering 2430 Bancroft Way
People's Café on Shattuck near University

**VIDEO STORES:**
Blockbuster 2352 Shattuck Ave and 1101 University Ave
Reel Video near Shattuck & Dwight - funky store organized by categories such as “chick-flick,” enormous collection

**PUBS & BARS:**
Albatross Pub 1822 San Pablo (oldest bar in Berkeley)  [http://albatrosspub.com/](http://albatrosspub.com/)  843-2473
Becketts Irish/British style pub -- 2271 Shattuck Ave.  647-1790
Blake's Bar Restaurant & Night Club 2367 Telegraph Ave  848-0886
Jupiter German-style beerhouse -- 2181 Shattuck Avenue (at Center) across from the Downtown Berkeley BART station. Dial 510-THE-TAPS for directions, or 510-THE-ROCK for information on music and specials.
Raleigh's  2438 Telegraph Ave
Spat's Restaurant & Saloon 1974 Shattuck Ave
Triple Rock – America's Oldest Original Brewpub! 1920 Shattuck Ave.  510.THE.BREW (843.2739)

**MOVIE THEATERS:** Check local newspaper or  [http://www.imdb.com](http://www.imdb.com) for listings
UA on Shattuck  2274 Shattuck  800-fandango #498
Landmark's California Kitteridge @ Shattuck  464-5980
Landmark's ACT 1 & 2 Center @ Shattuck  464-5980
Shattuck Cinemas (Landmark) 2230 Shattuck  464-5980
Pacific Film Archive 2575 Bancroft
Part of the Berkeley Art Museum, it's one of the best cinematiques in the world, just a short walk across the UC campus. Over 600 films from every film-producing country shown each year, with many filmmakers present for Q&A with knowledgeable audience  .[www.bampfa.berkeley.edu/filmsseries/aboutpfa](http://www.bampfa.berkeley.edu/filmsseries/aboutpfa)

THEATER:
CONCERT VENUES:
Freight & Salvage Coffee House  Legendary local venue for traditional, folk and roots music:  www.thefreight.org
Greek Theater  at the top of the CAL Campus
Ashkenaz Music and Dance Community Center  1317 San Pablo Ave.

BEACHES:
Baker's Beach (Presidio, San Francisco)
Bean Hollow (south of Half Moon Bay)
China Beach (Pacific Heights, San Francisco)
Crown Beach (Alameda)
Muir Beach (Marin, just of Highway 101)
Ocean Beach (western side of San Francisco)
Point Reyes (35 miles north of San Francisco on Highway 1)

STORES FOR STUFF:
Ikea  4400 Shellmound, Emeryville  420-4532
Costco  4801 Central Avenue, Richmond  898-2000
Office Depot  1025 Gilman Street, at San Pablo, Berkeley  525-0176
Bed, Bath, & Beyond  El Cerrito Plaza  559-3763
Oaks Jewelers  1783 Solano Ave.  526-7563

(Closed Sunday and Monday)  This is a family-owned business since 1948.
They were at least 30% less than other repair bids I got -- very nice to deal with and fast.

Goodwill - 2058 University Ave- lots of great things for moving into an unfurnished apartment!
Out of the Closet – 1600 University Ave. - is also a great source for furniture, kitchen stuff, and clothes, and the money
goes to medical care for people living with AIDS.

Dirt Cheap Mattresses, a clearance warehouse  1061 Eastshore Highway  (510) 526-9300
We got a fabulous brand-new mattress for about 75% off. Stock changes every day, but it's worth a look!

Berkeley Horticulture Nursery  www.berkeleyhort.com, 1310 McGee Avenue
They have all kinds of amazing plants, for food and for house. They're very knowledgeable
and helpful -- and it's just around the corner from Monterey Market!

MUSIC STORES:
Amoeba Music, 2455 Telegraph Avenue, Berkeley  549-1125
Musical Offering  2430 Bancroft
At the back of a small cafe, a very discriminating selection of classical and early music, and information about local
concerts.  www.musicaloffering.com

Rasputin, 2403 Telegraph Avenue, Berkeley  848-9004
tons of used CD's and records

MUSEUMS:  THERE ARE TONS, BUT THESE ARE A GOOD START!

Oakland Museum of California  (10th and Oak, by the Lake Merritt BART station) Devoted to the art, photography,
history and natural history of California. Don't miss the experiential traverse of the state's diverse life zones from the ocean
to the desert. It's the ideal introduction to your new habitat.  www.museumca.org

San Francisco Museum of Modern Art: Good collection and interesting exhibitions. Easy walk from BART.
www.sfmoma.org

Exploratorium in San Francisco is a wonderful place for children and adults. Parents, your children will learn science
while having fun. Children, prepare to be embarrassed, you will have to drag your parents out at closing time
www.exploratorium.org

Lawrence Hall of Science is a public science center designed for visitors of all ages to participate in interesting activities,
watch films, conduct biology experiments and operate computer terminals. Accessible via Number 65 AC Transit bus line.
www.lhs.berkeley.edu
**INDULGENCES:**

Ben & Jerry's on Oxford, near Center Street

Gelato Naia, 2106 Shattuck Avenue, best gelato this side of Italy

Amare Gelato, on Shattuck in front of the BART station – better than Naia, I think.

The Cheese Board Collective, 1504 Shattuck Avenue, outstanding collection of cheeses and fresh-baked breads, friendly and knowledgeable staff, also check out their pizzas a couple doors down

Virginia Bakery, on Shattuck at Virginia: down-home baked goods, unpretentious, coffee cakes and danish rings are the best! The prices aren't bad, either. I especially recommend any fruit danish...yum!

Ici! Awesome ice cream on College between Russell and Ashby. Bring a book to read or a friend to talk with while you wait in line – lines can go around the block, but they move fast and it's *worth* the wait!

Nail Spa on 6251 College Ave. in Oakland (10% student discount).

Wine selection at Andronico's

BBQ at Everett and Jones on San Pablo

Cheap gas at University Ave. entrance to 80

Wine country: the Russian and Alexander River Valleys in Sonoma County produce some terrific wines that are very reasonably priced (as low as $10 a bottle). It's pretty countryside, too, and an easy day trip up Highway 101 from Berkeley.

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**SOME UNSOLICITED ADVICE OR**

**“WHAT I WISH SOMEONE HAD TOLD ME.”**

- Berkeley Public Library has a **tool-lending library** at the corner of Russell and Martin Luther King, where you can borrow hand and power tools. Any California resident is entitled to a free Berkeley Public Library card. (www.berkeleypubliclibrary.org)

- If you're a "night-owl," check out **Nation's** on San Pablo and Central. One of the very few 24-hour coffee shops in the area.

- Good religion & friendly therapy at **Stillwaters**, housed in the Presbyterian Church at 1940 Virginia.

- A list of **spiritual directors** is available through the Office of the Dean of Students. Don't be afraid to ask for help!

- Make at least **one good friend** outside the seminary community. Having someone to talk to who is not involved in the church or the process can sometimes give you a new perspective.

- Get here a couple of weeks before Orientation starts. You will need the **settling in time** and, if your experience is like mine, you will need the time to wrestle with the DMV.

- Take it **one day at a time** -- sometimes one breath at a time.

- If you can, leave **big cars** behind. Berkeley parking spaces are tiny!

- This is the **perfect place** to live with just a bike! It's fast, cheap, convenient, and healthy!

- Also, **apply for CPE early** in the fall! Try to submit your applications in October for the following summer, especially if you want to do a program in the Bay Area- they fill up very quickly!!

- Figure out what feeds you and do it regularly. Guard time for yourself zealously – there is always something you should be doing, but you can’t do any of it without **taking care of yourself.**

- Wherever you live and however your course of study is structured, come to **Community Nights** as often as you can, relax with those gathered.

- Looking for a **different place to eat**? Solano Avenue between San Pablo and the Alameda has dozens of little restaurants.

- Get to know **Tilden Park**, Golden Gate Park, the Greek Theatre and the Paramount Theatre.

- Check out **Alameda as a place to live**. If you have a family, try St. Paul's, a school for kids in North Oakland.

- **Summer CPE** (Clinical Pastoral Education) is extremely hard work. Plan vacation time afterwards, instead of plunging directly into the semester's work.
• Always take some time off.
• There is little free parking in the area. Check out carpools and public transportation as alternatives.
• Hang out at for lunch, between classes, and in the evenings, so you can talk with fellow students. You travel this way only once!
• Trader Joe's on University in Berkeley, at Powell Street Plaza in Emeryville, and El Cerrito Plaza has great buys on vitamins, coffee, cheese, wine, and a host of other special items.
• Your GTU library card gets you privileges at UCB especially the Doe Graduate Library, which has a pretty decent theological section.
• Partners and Spouses: Become involved in Koinonia; take time to be a part of Community Night. When invited to potlucks, go. What you give is dwarfed by what you'll get in return!
• When need and opportunity coalesce, therapy is one of the greatest gifts you can give yourself.
• Register to Vote in California! Check this website: http://www.sos.ca.gov/elections/elections_vr.htm