

ATCHISON VILLAGE YELLOW PAGES

August, 2013

Acupuncture & Chinese Herbs

Traditional Chinese Medicine. 25 Years Experience. El Cerrito office. Special AV rates. Treat: stress, fatigue, asthma, immunity, women's and digestive issues, diabetes, pain, insomnia, hypertension.

Name: **Marcie Zellner, L.Ac.** Phone: **510-528-2408** License: **CA 4645**
e-mail: MARCZEE@SONIC.NET

Alive For Good

I help people write so they can sell it. AFG promotes people's sharing their stories to improve the world. As Gandhi said "What you do might seem unimportant but it's important you do it."

Phone: **510-234-6171** (After hours OK. Message only.)

Buddhist Meditation Group

A small group of Atchison Village residents meditate Tuesdays and Thursdays at 8:00am and Sundays at 9:00am.

Name: **Ron Kane** Phone: **510-730-3099** (Messages)
e-mail: sitstill2000@yahoo.com

Ceramics for Household Use or Gifts

Colorful ceramic cups, bowls, plates, and vases that are affordable for gift-giving or everyday use. See some of my garden totems in my front yard.

Name: **Liza Allen Ceramics** Phone: **510-233-3420**
e-mail: e4liza@gmail.com website: www.lizaallenceramics.com

Computer Service

Install, service and repair computers. Remove Malware and viruses. Assist you in maintaining computer security and prevention of data loss. Backup and restore files.

Name: **Allan Schaaf** Phone: **415-407-4018** (Emergency calls OK)
e-mail: netsecurity@sound-by-design.com

Construction & Plumbing

I can do any plumbing job. I do painting and sheetrock work and fences., tile floors and walls.

Name: **Martin Vargas** Phone: **510-307-1572**

Fixing

Lights, faucets, doors. Triage-what's fixable. Electronic setup. Wireless internet.

Name: **Ormond Otvos** Phone: **510-685-6712** (Call between 10am-10pm)
e-mail: ORMOND@MAIL.COM

Home Health Care

Care Provider Extraordinaire. I provide care for all ages and most medical conditions. Honest, reliable with excellent references.

Name: Lynda M. Otvos

Phone: 510-290-9363 (Emergency calls OK)

License #: CDL D2267005

e-mail: LYNDA@LML.NET

Insurance Needs

I specialize in health plans for folks on Medicare. Also life insurance, Long Term Care and final expense policies.

Name: Luz Alvarez Martinez

Phone: 510-444-3020

Law Office of Karen Wargo

Tax & Bankruptcy Attorney: I represent clients with tax situations, before the IRS and other taxing agencies. I also represent clients in Bankruptcies, Chapters 7, 11 and 13.

Name: Karen Wargo

Phone: 510-233-9100 (Emergency calls OK)

e-mail: wargolaw@yahoo.com

Personal Chef/Home Organizer/Errands/Shopping

As your Personal Chef I can cook all your personal favorites and do meal planning. I can do your shopping and run errands. I can also help with home organization and home health care.

Name: Robin LaRose

Phone: 510-234-5693 (Emergency calls OK)

e-mail: RedLaRose1@gmail.com

Silversmith

Unique hand stamped silver and copper jewelry.

Name: Barbara Postel

Phone: 510-283-1312

e-mail: bpostel@alumnae.mills.edu

Tutoring ESL/K-8

ESL-Taught in Japan and locally. Children and adults – all ages and levels. K-8: Full curriculum specializing in reading/writing challenges.

Name: Patti French

Phone: 510-234-6063 or 510-381-0060/C

(Emergency calls OK)

CAL Multiple Subject Teaching Credential (1999)

ESL Certificate (1989)

e-mail: 4pm.french@gmail.com

All the providers listed above are Atchison Village residents. Any service provided or received is between the provider and the client. AV is not responsible for any issues that come up regarding the service provided or received. Neither AV nor the AV Board is sponsoring or endorsing the registry. It is being developed by residents of AV.