Hybrid ablation and the minimally invasive Cox Maze procedures revolutionize the way we treat Atrial Fibrillation

Atrial fibrillation (AFib) is the most common irregular heart rhythm, affecting over two million Americans each year. Without detection and treatment, atrial fibrillation can cause stroke and heart failure.

Stanford Medicine experts are pioneering new treatments for AFib, through medications and groundbreaking new therapies like the hybrid ablation or the minimally invasive Cox Maze procedure. Join us for this free community talk to learn more about AFib’s signs, symptoms, and all of the latest advances in treatment.

SPEAKERS

Paul J. Wang, MD
Director, Stanford Arrhythmia Service
Co-Director, Stanford Center for Arrhythmia Research Professor of Medicine (Cardiovascular Medicine) and Bioengineering (by courtesy), Stanford University School of Medicine

Anson M. Lee, MD
Assistant Professor of Cardiothoracic Surgery (Adult Cardiac Surgery), Stanford University School of Medicine

FREE COMMUNITY TALK

January 12, 2019
9:30am – 11:30am
Crowne Plaza Palo Alto
Mediterranean Ballroom
4290 El Camino Real
Palo Alto, CA 94306

This event is free and open to the public, though seating is limited. If you plan to attend, please register at stanfordhealthcare.org/events or by calling 650.736.6555.
Offering a rare balance of close-in convenience and secluded privacy, this gorgeous 6-bedroom, 6.5-bath estate is as suited to hosting grand affairs as it is to comfortable everyday living. This striking 7,555sf residence is situated on 4.38 acre lot, one of the largest parcels in the City. It offers indoor-outdoor living at its best with sweeping views of the Palo Alto Hills and Peninsula, and balances close-in convenience with a private setting.

Additional features of the home include:

- Stunning Bay and golf course views
- Designed for indoor/outdoor entertaining of any scale
- Secluded privacy with close-in convenience
- Office, wine cellar, recreation/media room, and significant storage/hobby space
- Outstanding Palo Alto schools

931 LAUREL GLEN DRIVE, PALO ALTO

PRIVACY AND CONVENIENCE WITH OUTSTANDING VIEWS

Offering a rare balance of close-in convenience and secluded privacy, this gorgeous 6-bedroom, 6.5-bath estate is as suited to hosting grand affairs as it is to comfortable everyday living. This striking 7,555sf residence is situated on 4.38 acre lot, one of the largest parcels in the City. It offers indoor-outdoor living at its best with sweeping views of the Palo Alto Hills and Peninsula, and balances close-in convenience with a private setting.

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Make a resolution in 2019:
SEE THE LIGHT AT MONTALVO

Witness the beauty, joy, and wonder of an internationally known artist’s West Coast public debut, Bruce Munro at Montalvo: Stories in Light. Come view 10 illuminated installations, each inspired by C.S. Lewis’s Chronicles of Narnia, all on view outdoors and at night—and get enlightened! Guests of all ages welcome.

stART here. Montalvo Arts Center 15400 Montalvo Road Saratoga, CA 95070 munromontalvo.org // Box Office: 408-961-5858 (M-F, 10am-4pm)
Report on Stanford’s growth leaves requests unfulfilled

Cities called for more information about Stanford traffic programs, contributions to local schools by Gennady Sheyner

The final report from Santa Clara County on the likely impacts of Stanford University’s proposed 2.275-million-square-foot expansion is unlikely to satisfy local city leaders, who for months have been calling for the county to require stronger action from Stanford to compensate for the consequences of its growth.

The voluminous report, released on Dec. 21, marks a key milestone for the county’s review process of a project that Joe Simitian, president of the county’s Board of Supervisors, has described as the largest development application in the history of the county, which has jurisdiction over land not governed by the cities.

As part of the review process, Peninsula cities, residents and agencies, including the Palo Alto Unified School District, asked the county to press Stanford not only for more information related to everything from transportation to housing to schools — but also for more promised action. Stanford’s application for a “general use permit” (GUP) would allow the university to build up to 2.275 million square feet of academic space, 3,150 new housing units or beds (this includes 550 that would be available for faculty, staff, postdoctoral scholars and medical residents) and 40,000 square feet for child care centers and transit hubs by 2035.

“Just ask the Palo Alto Weekly Holiday Fund

Supporting a grieving person can be a heavy undertaking. Just ask Lupe Lujan. As a volunteer for the Palo Alto-based grief nonprofit Kara, she knows that a client who is dealing with the death of a loved one can express feelings of anxiety, fear and guilt.

“You really have to show that you are listening to what they have to say,” Lujan said.

Since joining the organization as a bilingual volunteer for the Spanish program about three-and-a-half years ago, she has become attuned to “el proceso de duelo,” or the grieving process.

“It’s an experience she knows all too well, having lost her husband nearly four years ago to liver cancer. Six months after he died, she learned about the Spanish program while working for community radio station KKUP in Cupertino.

At the time, she felt ready to support others through their grief but soon learned she wasn’t. Any time someone mentioned her late husband, she broke into tears. Lujan didn’t start taking on clients until about a year and a half ago.

Nowadays, she regularly sees two clients — one of whom she meets with once a week and the other on a monthly basis. Breathing has become one of the invaluable practices that she has passed along to her clients, to help them clear their heads.

“We can build a lot of anxiety just thinking about our loved one or ‘I should’ve did it that way’ or ‘It was my fault,’” she said. After a few deep breaths, they can get back on track and move along with their day.

This year, a $7,500 grant from the Palo Alto Weekly Holiday Fund backed the training of the bilingual卡拉 program, which supports grief counseling for Spanish speakers.

Board hopes calmer year will aid progress

School district to focus on achievement gap, Stanford growth by Elena Kadvany

When asked about the most significant issues the Palo Alto Unified School District will face in 2019, the Board of Education trustees and Superintendent Don Austin this week pointed to similar concerns, including the longstanding priorities of closing the achievement gap and improving special education services, as well as the looming proposal by Stanford University to expand.

They all also focused on making progress with the district’s bread-and-butter operations, from smarter budgeting to more focused goal setting.

All expressed a hope that the school district will continue to stabilize this year, uninterrupted by the “drama” of high turnover and public controversy that shaped the last few years in Palo Alto Unified.

“It’s like hygiene and safety,” Vice President Todd Collins said. “If you don’t have that, you’re not even in a position to work on the other things. We disciplined ourselves to focus on a smaller set of top priorities as opposed to spreading ourselves thin. We’re in the position to make slow and steady progress. That wasn’t the case before.”

Stanford’s proposed general-use permit, which the district expects will generate enough new students to have a significant

(continued on page 7)
Learn the Guitar this Winter

Carol McComb’s “Starting to Play” workshop includes the FREE use of a Loafer Guitar for the duration of the classes. Regular cost is just $180 for eight weeks of group lessons, and all music is included.

* “Starting to Play” meets for one hour each Monayr rmg for eight weeks beginning January 14th.

For more information about this and Carol’s other classes at Gryphon, visit www.gryphonstrings.com and click on “group classes.”

www.gryphonstrings.com

Palo Alto city manager concludes his final week at City Hall by Gennady Sheyner

James Keene says goodbye after decade in charge

Palo Alto city manager concludes his final week at City Hall

James Keene’s tenure as Palo Alto’s city manager began in September 2008 on the most inauspicious of notes: a global economic collapse that plunged the city into the red zone and forced difficult conversations about layoffs and service cuts.

The following year, he found himself in a tense standoff with the city’s largest employee union over a new contract, a showdown that culminated in a one-day strike by more than half of the workforce and that prompted the city to unilaterally impose a contract. He also faced public outcry after contractors abruptly chopped down 50 mature trees on California Avenue, a move that was quickly followed by the forced resignation of the city’s public works director.

Yet as Keene concluded his decade-long tenure as the city’s seventh city manager on Dec. 28, the vibe at City Hall has become more upbeat compared to 2009.

The city is coming off years of revenue growth, fueled by strong hotel- and sales-tax receipts. Its infrastructure plan is finally moving ahead, with several projects (such as the Rinconada fire station and Charleston-Arastadero streetscape improvements) kicking off this year and several others (including the California Avenue bike garage and a new bike bridge over U.S. Highway 101) set to break ground in 2019.

Keene also leaves a lasting legacy when it comes to environmental sustainability, an issue about which he has particularly strong feelings. Under Keene’s leadership, Palo Alto greatly expanded its network of bike boulevards and became a “carbon neutral” city when it comes to electricity, a national leader when it comes to electric vehicles and an adopter of one of the strongest “green building” codes in the states.

And despite the City Council’s political split, Keene has been enjoying broad support from Palo Alto’s elected leaders. On Dec. 17, his final meeting, the council gave him a standing ovation and passed a resolution recognizing Keene for his four decades of public service, including his prior stints as a county manager for Contra Costa County, Arizona, and city manager for Berkeley and Tucson, Arizona. The resolution includes an Aristotle quote, Langston Hughes’ poem “Motto” and references to Keene as a “philosopher leader,” “inspiring poet” and a “bodhisattva.”

Yet his image as Palo Alto’s folksy philosopher king also helps explain some of his biggest limitations as a city manager. Philosophers are generally known for more bold ideas than for fixing bugs once these ideas are implemented. Keene’s critics can point to the city’s “nuts-and-bolts” engineer, to make the necessary repairs.

Furthermore, a philosopher can talk, talk, talk about bringing ultra-high-speed internet to every Palo Alto home or to separate the railroad tracks from local streets for rail transit, a project that Keene referred to as the largest in the city’s history. But as recent years show, implementing these projects is another matter. The project once known as Fiber to the Premise (the expansion of the city’s fiber ring) has been in limbo for the last two decades, and Palo Alto remains well behind other Peninsula cities in planning for grade separation, despite Keene’s calls for more urgency.

Keene’s legacy on land use is also decidedly mixed. Under his leadership, the city successfully prevented the drastic replacement of nearly 400 mostly low-income residents from the Buena Vista Mobile Home Park and completed negotiations with Stanford University Medical Center on a major expansion of its hospital facilities — a giant project that continues to unfold.

That said, Palo Alto has continued to fall well short of its goals on housing. The council came nowhere close to meeting its 2018 goal of producing 300 units per year and it hasn’t built an affordable-housing project since 2012, when the Tree House project went up on Charleston Road.

During Keene’s tenure, voters approved a successful referendum in 2013 to overturn an approved housing development that included 60 units for low-income seniors and 12 family-senior homes. The city continues to face Keene times as many jobs as housing units (the highest rate in Santa Clara County). And even though Keene
18 people who serve as Kara's Spanish grief-support volunteers. From graduate students to mental health professionals to retirees, the volunteers come in with diverse backgrounds, according to Executive Director Jim Santucci. One was previously a client herself.

Keene also took some heat from the public for the city's involvement in two projects that had not yet materialized: the 2010 proposal by billionaire John Arrillaga to build office towers and a theater at 27 University Ave., and the 2014 proposal to convert the historic President Hotel from an apartment building to a hotel (its original use). In both cases, the negotiations between the city and the developer occurred largely behind closed doors, prompting anger and skepticism from land-use watchdogs, government watchers and even some council members.

He can, however, point to plenty of significant achievements when it comes to fiscal management. Even though employee costs continue to rise, Palo Alto finds itself in a far more enviable position than what was anticipated.

Part of this has to do with the strong local economy. Local property values are sky-high, while unemployment level (2.5 percent) is well below the state and national levels. Palo Alto’s latest long-term revenue projections are continuing to rise by more than 3 percent in each of the next 10 years, including a 5.9 percent increase in 2020. 33,6

Grief support can also uncover the layers of their loss, including the support of their grief. She turned around to find a man who pushed her to the ground. He straddled her, touched her genitals over her clothing and made threats — you're there for someone else." Puga-Dempsey recalled speaking with a Kara volunteer who was attending a Day of the Dead service for the first time.

She expressed how wonderful it was to express grief in a different way," Puga-Dempsey said. "It's a little hard sometimes. ... Sometimes the tears do come out," Lujan said. "It was important is how you treat someone else or how you're there for someone else."

As a volunteer, Lujan understands the sensitivity of the task. "I couldn’t care, it’s something that you can give support to."

For nearly two weeks, the organization had an altar set up to which community members could add to the decorations, she said. The three-tier altar eventually overflowed with photos of the deceased, pictures of sugar skulls painted with attractive designs, baby's breath, live white roses, flowers, tall white candles in glass containers, a variety of fruits, corn and carefully woven bread — all sitting on papel picado, or tissue paper flags cut into elaborate designs, in a rainbow of colors. The city also served as an open house for the organization.

Puga-Dempsey recalled speaking with a Kara volunteer who was attending a Day of the Dead service for the first time.

"I'm beyond a language. It's really providing the service in a person's heart language," he said. The nonprofit chose Spanish because of that community's great need. The Spanish language lacks a word for grief — a fact that only makes the community's great need.

"This is one of the holidays we often celebrate more than anything," Puga-Dempsey said of her family.

As a volunteer, Lujan understands the sensitivity of her role in supporting her clients who at times confide personal details they have never told anyone. "It's a little hard sometimes. ... Sometimes the tears do come out," Lujan said. "What's important is how you treat someone else or how you're there for someone else."

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Correction
The Dec. 28 story “Whatever happened to ... incorrectly stated the City Council was considering a lease with Harriet Richardson will resign from the city council later that evening secured an arrest warrant for assault to commit a sex offense, criminal threats, false imprisonment and sexual battery. With help from Menlo Park police officers in Palo Alto, detectives found his red 1993 Toyota Corolla empty in the 800 block of East Battery Road. According to the police, no arrest was made. Alvarez nearby inside a home in the 1100 block of Saratoga Avenue. Alvarez was arrested without incident and booked into the Santa Clara County Main Jail in San Jose on the warrant, police said. He was also booked for an outstanding misdemeanor warrant for driving under the influence of alcohol or drugs in San Mateo County.

Public Agenda
A preview of Palo Alto government meetings next week
CITY COUNCIL ... The council plans to elect its new mayor and vice mayor and consider several nominations for departing council members Karen Holman, Greg Scharff and Cory Wolbach. The meeting will begin at 6 p.m. on Monday, Jan. 7, in the Council Chambers at City Hall, 250 Hamilton Ave.

HUMAN RELATIONS COMMISSION ... The commission plans to meet at 7 p.m. on Thursday, Jan. 10, in the Community Meeting Room at City Hall, 250 Hamilton Ave.

ARCHITECTURAL REVIEW BOARD ... The board plans to hold a joint meeting with the Historic Resources Board to provide input on the Peninsula Corridor Electrification Project. The meeting will begin at 6:30 a.m. on Thursday, Jan. 10, in the Council Chambers at City Hall, 250 Hamilton Ave.

UTILITIES ADVISORY COMMISSION ... The commission plans to hear an update on activities related to distributed energy resources and infrastructure planning efforts. The meeting will begin at 7 p.m. on Wednesday, Jan. 9, in the Community Meeting Room at City Hall, 250 Hamilton Ave.

www.PaloAltoOnline.com • Palo Alto Weekly • January 4, 2019 • Page 7

Upfront
City loosens rules for autonomous robots
Automatic delivery robots will be able to travel both faster and farther in Palo Alto in the new year.

The City Council revised on Dec. 17 the rules for the city's autonomous robots, known as "personal delivery devices" (PDDs), the program, which made its robot deliveries in May, has been rolling out slowly, with only three companies obtaining permits and performing some test deliveries, according to a new report from the Public Works Department.

But unlike none of the robots have been active recently, according to staff, one company is trying to push the program's boundaries. Starship Technologies has requested that the city extend its one-year pilot program and the operating area for the robots, which were initially limited to downtown and California Avenue.

The expanded area, which the council approved, also includes Stanford Shopping Center, the Stanford University Medical Center and the Stanford West apartment complex west of Sand Hill Road.

Starship Technologies also requested the city raise the speed limit for its robots. The city's initial regulations established a speed limit of 2.4 mph, which is considered slow walking speed. Starship Technologies has requested an increase to 5 mph, consistent with its operations in Rey, Austria.

Though the council has agreed to the measures proposed by Starship Technologies, the local program remains in place only on an interim basis. The Public Works report noted that there has not been enough robot activity to date to determine whether permanent regulations should be adopted.

The council approved the new rules for autonomous robots by a vote of 8-1, with Councilwoman Lydia Kou dissenting. Kou said she objected to the extension of the council approved since the pilot program was created in late 2017.

Police arrest man for sexual assault
A man accused of sexually assaulting a woman right after she unloaded items from her car in Palo Alto early Saturday morning was arrested Wednesday afternoon, police said.

The man, 28-year-old Daniel Eduardo Alvarez of East Palo Alto, allegedly committed the assault around 3:30 a.m. Saturday in the 2500 block of El Camino Real near Grant Avenue, according to a police release. The woman told police she felt someone grab her buttcks.

She turned around to find a man who pushed her to the ground. He straddled her, touched her genitals over her clothing and made threats if she yelled, according to police.

Her boyfriend heard her scream, interrupted the assault and the man fled south on El Camino Real, police said.

On Sunday, detectives identified Alvarez as the alleged attacker and later that day secured an arrest warrant for assault to commit a sex offense, criminal threats, false imprisonment and sexual battery. With help from Menlo Park police officers in Palo Alto, detectives found his red 1993 Toyota Corolla empty in the 800 block of East Battery Road. According to the police, no arrest was made. Alvarez nearby inside a home in the 1100 block of Saratoga Avenue. Alvarez was arrested without incident and booked into the Santa Clara County Main Jail in San Jose on the warrant, police said. He was also booked for an outstanding misdemeanor warrant for driving under the influence of alcohol or drugs in San Mateo County.
upfront

**Stanford**

(continued from page S)
p.m., for example, rather than 5.6 p.m. It asserted that Stanford commuters are not new and are not just before or after the “peak period” and thus are not being counted. To support this position, the city presented a consulting firm, Hexagon, which showed that some of the new commute patterns as evidence that the morning peak hour frequently occurs after 9 a.m. and the afternoon peak frequently occurs after 6 p.m.

“Of the likely reasons why this appears to be a disconnect between Hexagon’s analysis and our own data as evidence that the morning peak hour frequently occurs after 9 a.m. and the afternoon peak frequently occurs after 6 p.m.”

The county, however, was not swayed. It offered its own data, measurements, and showed that in every year since 2014, the pattern of traffic during the broader peak periods remained consistent, directly contradicting the Hexagon assertion.

“Focusing the no-net-new-commute-trips standard on the peak hour, the shoulder hours or encouraged peak-hour spreading,” the county’s response states.

Palo Alto also urged the county to demand more details from Stanford about how it plans to ensure traffic does not get worse, including impact assessment and mitigations. But the county’s analysis instead emphasizes the “flexibility of accountability” approach that was the bedrock of the 2000 permit, in which Stanford can establish its own criteria for project impacts. That impacts meet the goal of not adding new commute traffic during peak hours. That said, the FEIR identifies several new and existing programs that Stanford has proposed to implement as part of its growth path. These include new dedicated bus lanes and express bus services, dynamic real-time carpooling apps like Scoop, the use of parking rates to discourage driving, financial incentives for non-driver commutes, and increased use of telework and flexible work schedules, according to the FEIR.

The county suggests that the change that the county did institute in response to community concerns was a requirement that Stanford pay a “fair share” for improvements at intersections, services that are expected to see an increase in reverse-commuters. These include the El Camino Real and Hillbrow intersections in Menlo Park and the Alma Street and Charleston Road intersection in Palo Alto. The precise share is based on the number of reverse-commute trips that would be attributable to the Stanford project.

When it comes to housing, Palo Alto also argues that the county should require Stanford to actually build housing and transportation improvements before it constructs new academic space. The environmental analysis does not propose any policy, noting that the issue is better suited for a policy debate. The lack of any environmental analysis by staff. Separate from the environmental review process, the county also requested that Stanford deduct the gain in amenity fees associated with increased housing. These include a higher “affordable housing fee” in which Stanford will pay for each square foot of affordable housing, known as inclusionary zoning.

Stanford, however, last month filed lawsuits in federal and state courts challenging some of which it argues violates the “equal protection” clauses of the U.S. and California constitutions. It also asserted that it’s got to be the second one,” she said.

“Overnight success is years in the venture capital world: unflashy “ditch-digging work” is typically the “agile teams” — collective teaching practices that largely haven’t changed developed over the course of his first six months in the district. The plan will focus on operations, planning for staff succession, school safety, equity and special education, he said.

“The result of that process is a proposal that balances the needs of the university and the community while addressing potential impacts over the life of the permit,” Palter said in a statement that Stanford released just after the report was issued.

**School board**

(continued from page S)

Financial impact on the district, was at the top of the list for several members of the board. The board unanimously approved a resolution asking the Santa Clara County Board of Supervisors to request that the board itself require Stanford to build and lease land and money to offset the impact of additional students generated by the expansion, which proposes building more than 2 million square feet of academic space by 2035. The Santa Clara County Board of Supervisors is trying to negotiate a potential development agreement with Stanford by this spring.

The resolution asks that Stanford be contractually required to pay annual payments to the district, with the payment based on the number of students attending the district who live in tax-exempt eligible housing owned by Stanford; to set aside land for a new elementary school; and to include a direct contribution by mandated developer fees to mitigate the cost of building a new school.

“People are very impressed by the result at the end, but the process in the district is completely unspectacular. They put one foot in front of the other over and over and over again, and it becomes a habit and a culture. That’s the habit and culture were trying to create in PAUSD,” he said.

Elena Kadunov can be emailed at ekadunov@pawekky.com.
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with a gift to the Holiday Fund

Each year the Palo Alto Weekly Holiday Fund raises money to support programs serving families and children in the Palo Alto area. Since the Weekly and the Silicon Valley Community Foundation cover all the administrative costs, every dollar raised goes directly to support community programs through grants to non-profit organizations.

And with the generous support of matching grants from local foundations, including the Packard, Hewlett, Peery and Arrillaga foundations, your tax-deductible gift will be doubled in size. A donation of $100 turns into $200 with the foundation matching gifts.

Whether as an individual, a business or in honor of someone else, help us reach our goal of $350,000 by making a generous contribution to the Holiday Fund.

With your generosity, we can give a major boost to the programs in our community helping kids and families.

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I wish to designate my contribution as follows: (select one)

☐ In my name as shown above
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OR:  ☐ In honor of: ☐ In memory of: ☐ As a gift for:

(Name of person)

Thank you, donors

As of Dec. 31, 343 donors have contributed $279,330 to the Palo Alto Weekly Holiday Fund.

28 Anonymous $121,525

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Last Year’s Grant Recipients

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<th>Organization</th>
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<tr>
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Non-profits: Grant application & guidelines at www.PaloAltoOnline.com/holiday_fund
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Werner Graf....................................
Vincent Steckler......................... 500
Norm & Nancy Rossen............... 100
Debra Satz & Don Barr..............
John & Lynn Wise....................... 150
Lawrence Yang & Jennifer Kuan....... 1,000
Delle Maxwell.......................... 2,500
Steve & Gayle Brugler............. 1,000
Andy & Eva Dobrov................. 150
Kate & Marvin Feinstein........... 200
Scott Pearson.......................... 500
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Sherry Brown........................ 250
Charlie Williams.................... 125
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Gavin & Patricia Christiansen......
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Barbara Allen.......................... 100
Veronica Tincher...................... 100
Kay Sabin....................................
Leannah Hunt......................... 250
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David Mitchell...................... 200
Gary A Fry.............................. 250
Lindsey Draper...................... 100
As A Gift For
Logan Marsh & Gabby Perez ... 1,000
Businesses & Organizations
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Arrillaga Foundation............. 10,000
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Jannis Ule维奇.................... 100
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Ron Wolf................................
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Sally & Craig Nordlund......... 500
Ted & Ginny Chu............... 500
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Wileta Burch......................
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Tom & Pat Sanders...........
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Kaaren & John Antoun........ 1,500
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Bill Land........................
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Ted Linden..................... 200
Mary & Don Snow.......... 150
Ben Barres...................... 100
Kathleen Morris..............
Our Loving Parents Albert &
Beverly Feizilzaz...........
August L. King.............
Bob Kirkwood..............
Julia Schwartz................
Lee Domenik...................
Marts Beeley, M.D................
Margaret McAvery - "Granny"...
Carol Berkowitz............
Don Kenyon................... 100
Judge Bart Phelps...........
Emeril J. Moore............ 200
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Sandy Latty & Betty Meltzer...
Mary Floyd & Susan Thomas...
Jack Sutorius............. 300
Jim & Dottie Meilberg......
Robert Spinrad................
Boyd Paulson Jr.............
Edward & Elizabeth Buurma...
Samuel Benjamin Kurland...
In Honor Of
Melissa Baten Caswell.........
Lucy Berman’s clients....... 2,500
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Scott......................... 200
Polly.............................. 200
Hayley......................... 200
Jake............................ 200
Garrett......................... 200
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Marlyn Sutorius............. 300
Physicians, Kaiser RWC........
Businesses & Organizations
Alta Mesa Cemetery &
Funeral Home........... 2,000
Bleibler Properties....... 1,000
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Power Industries........ 500
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David Mitchell

David Mitchell, a Palo Alto attorney, environmental advocate and community volunteer, died on Dec. 19, after a battle with lymphoma. He was 83 years old.

Mitchell was born in Berkeley and raised in Los Angeles, his family said. He joined the Cub Scouts during World War II, then the Boy Scouts and later Explorer Scouts in San Gabriel. In 1951, he became an Eagle Scout. He went on to attend Stanford University on a full undergraduate scholarship funded through the Dofflemyer Scholarship Fund for Eagle Scouts.

Mitchell also earned a full scholarship to attend Harvard Law School, where he met his wife, Lynn, who was pursuing a graduate degree in education. They went on to live and work in Los Angeles before an offer to start a law firm in San Jose drew them to northern California. Mitchell was a founding member of Palo Alto-based firm Hopkins & Carley and since 1993 had practiced with Hoge, Fenton, Jones & Appel in San Jose. He worked primarily in estate planning, family business succession and nonprofit law, his family said.

Mitchell devoted much of his practice to protecting the environment for future generations. He represented families who owned apricot, prune and cherry orchards on the Peninsula as well as major almond growers and dairy farmers in California. For 23 years he served on the Peninsula Open Space Trust board of directors, lending his legal expertise to the complicated process when people donate their land for open space.

Mitchell was also a “pillar” of the First Congregational Church of Palo Alto, said Senior Minister David Howell. He led capital campaigns and building projects and served on search committees.

Mitchell was also a longtime board member for the Palo Alto Community Fund and volunteered with the Rotary Club of San Jose, the Stanford Historical Society and Friends of Music at Stanford. He and his wife won Avenidas’ 19th annual Lifetimes of Achievement Award in 2006. In 2015, they won the Boy Scouts of America’s Distinguished Citizens Award, given to those whose contributions have had lasting effects on the Peninsula community.

A memorial has been scheduled for Jan. 20 at 2 p.m. at The First Congregational Church, 1985 Louis Road, Palo Alto.

Lorraine Margaret Hlavka

Lorraine Margaret Hlavka died Dec. 10 at the age of 95. Born in rural Minnesota in 1923 and raised there on a farm, she met her husband Lloyd in Omaha and was married in 1947. They moved to California in 1955 and bought one of the first Eichler houses, where she lived the rest of her life. She worked for the Palo Alto school system until retirement. She enjoyed bridge, traveling and square dancing and volunteered for the Santa Clara Valley Square Dance Association for several years. She especially enjoyed her family and visiting relatives, many of whom live in the Bay Area. She is survived by her four children, nine grandchildren and six great-grandchildren.

A memorial service will be held at 1 p.m. on Jan. 12 at Spangler Mortuary in Mountain View.

Jeanne Kileen Scherba

On Friday, December 21st, 2018, longtime Menlo Park resident Jeanne Kileen Scherba, loving mother of four children, Jim Scherba (Janice), Rick Gannon (Kathy), Rod Scherba (Jodi), and Nancy Whelan (Jim) passed away at her home after living a full life of 90 years. She was a devoted grandmother to Tony Scherba (Lauren), Billy Scherba, Angela Schramm (Steve), Mathew Gannon, Kyle Scherba, Tori Scherba, Ray Whelan, and Danny Whelan. Jeanne was born in 1928 to Theodore Thomas Kileen and Kathryn Marie Rosetta Kileen. Jeanne was a native San Franciscan and attended Presentation Academy then went on to graduate from UC Berkeley with a degree in political science and a certification in education. At Cal she was a member of the Alpha Xi Delta Sorority. Jeanne had a passion for gardening and flower arranging and spent over 20 years volunteering at Filoli. Other endeavors included volunteering for the PTA, Children’s Home Society, and the Atherlons. Jeanne was happiest spending time with family and friends and tending her garden. A memorial mass will be celebrated at the Church of the Nativity, 210 Oak Grove Ave., Menlo Park on Saturday, January 5th, 2019 at 11:00 a.m. In lieu of flowers, the family requests donations in the name of Jeanne Scherba to St. Jude Children’s Research Hospital at 501 St. Jude Place, Memphis TN 38105 (StJude.org) (800) 478-5833.
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Sales Volume of the Top Listing Agent or Team at Palo Alto Top Real Estate Brokerages

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Search Criteria as compiled by BrokerMetrics® using MLS Data: October 1st, 2017 - September 30th, 2018, Palo Alto, Residential Property: (Single Family Home, Condominium, Townhouse)
The Year in Film

Underdogs Step out of the Shadows on the Big Screen

by Peter Canavese

The Top 10 Films of 2018

10. ‘Vice’
Adam McKay’s bold take on former Vice President Dick Cheney suggests a meeting of Olivier Stone and Michael Moore. The film’s success is inseparable from the masterwork of its lead performance by Christian Bale, aided by hair and makeup to play Cheney from age 22 to age 71. Filmmaker and star acknowledge Cheney’s humanity while exposing the depths of his ruthless- ness in doing an end run around the Constitution as the shadow President alongside Sam Rockwell’s amusingly uncomplicated George W. Bush. Steve Carell is even better as a merrily amoral Donald “Rummy” Rumsfeld. At a time when Washington, D.C.’s, rules seem to be looked at from the rearview mirror, “Vice” hits hard.

9. ‘Eighth Grade’
In his feature-film debut, comedian Bo Burnham delves into an underrepresented population — that of junior-high-schoolers and #MeToo reckonings, this year’s movies not only became a treasured escape valve but also a place to reflect and hearten the evolutionary dawn of a hopeful new Hollywood culture. So even as the old dead white guys made out well (with “It’s All True” reviving Shakespeare and “At Eternity’s Gate” returning to Van Gogh), so too did the young black folks. “Black Panther” revolutionized African-American representation by taking a seat (may, a throne) at the blockbuster table, while “Sorry to Bother You” and “Blindspotting” told potent, black-comic tales that literally hit close to home for Bay Area audiences (both take place in Oakland). Kudos, too, to “The Hate U Give” and “BlackKkKlansman” for continuing the conversa- tion.

Women also began to find themselves more often in leading roles with men as decorative sup- port — “The Favourite,” “Roma,” and “Widows,” as well as the un- derseen “Support the Girls” — while LGBTQ audiences could see themselves in films like “Love, Simon,” “Can You Ever Forgive Me?” “Boy Erased,” and “The Miseducation of Cameron Post,” among others.

Like any year, there were only a few masterpieces but many excellent films and off-the-beat- en-path treasures. Three of those dealt with another trending topic: how an increasingly challenging economy pushes Americans to the widening margins of society. “Lean on Pete” and “The Rider” gave the subject a Western-tinged spin, while “Leave No Trace” put the spotlight on a PTSD fa- ther trying to keep his daughter off the grid with him, and the sprawling “A Bread Factory” looked at shrinking funding leaving artists and educators in the lurch. No one could fail to notice “Mission Impossible: Fallout” (a terrific, old-school actioner), but how many sought out the fringe-y genre pleasures of “Annihilation” (sci-fi), “Hereditary” (horror), and the gonzo Nicolas Cage two-fer of “Mandy” and “Mum and Dad” (grindhouse)?

No matter which genres piqued your interest, this year’s selection of documentaries, animated won- ders, thrilling adventures, chilling tales, searing dramas and punchy comedies made the movies a con- sistently interesting place to be in 2018.

So get out your pencils and pads (or iPhones) and take some notes as you read about which films were this year’s gems and which ones viewers should steer clear of. And away we go...

6. ‘Can You Ever Forgive Me?’
From master of wicked political satire Armando Iannucci comes this unfortunately timely histori- cal comedy. Set amidst the titu- lar crisis in 1953 Soviet Russia, “Stalin” hilariously recounts the absurdity of tyrannical govern- ment and back-stabbing power politics. A crack comic ensemble, led by Steve Buscemi as Nikita Khrushchev (and ranging from Monty Python’s Michael Palin to a stage star Simon Russell Beale), enacts this hysterical, high-stakes farce, wittily adapted from a well- researched French graphic novel. Just like a certain American pres- idency we could name — with revolving-door cabinets and mer- curial terrors — the story around the death of Stalin is one you just couldn’t make up.

5. ‘First Reformed’
Having experienced so many himself, writer-director Paul Schrader specializes in long, dark nights of the soul. The man who dreamed up Travis Bickel now brings us Reverend Ernst Toller of the First Reformed Church of Snowbridge, New York, an ear- nest pastor struggling against...
4. **Roma**

Alfonso Cuaron was not kidding around when he set off to make “Roma.” He writes, directs, and coedit this nostalgic look back at his childhood years in the titular Mexican neighborhood. Unlike so many semi-autobiographical coming-of-age pictures, “Roma” finds Cuaron neglecting his own character. Instead, Cuaron finds fascination in the story of Cleo, the family’s maid and nanny (effectively played by Yalitza Aparicio, here christened as an actor), following her into her personal life, dashed yearnings and enduring spirit. The ultimate strong, silent type, Cleo anchors a swoony, sad, funny tale shot by Cuaron in gorgeous black-and-white that evokes classic neorealism.

3. **At Eternity’s Gate**

Julian Schnabel co-writes and directs this exploration of Vincent Van Gogh’s later years, with an emotionally resonant Willem Dafoe as the painter. Himself a painter, Schnabel takes an expert’s interest in Van Gogh’s suffering career and astonishing work, evoked here in beautiful location photography of landscapes that help us see what Van Gogh saw, but “At Eternity’s Gate” turns out to be more than just another in a long line of Van Gogh dramas. Rather, we get a vivid portrait of the artistic temperament and a philosophically intriguing consideration of genius, madness, and how observers of both rush to ill-informed judgments.

2. **If Beale Street Could Talk**

“Exquisite” is the word for Barry Jenkins’ follow-up to his Oscar-winning “Moonlight.” The poet of current cinema, Jenkins applies a lush aesthetic to his source material, James Baldwin’s 1974 novel of a black family struggling against institutional and social injustice and, more specifically, a young couple’s emblematic struggle to even begin to pursue happiness. While the film’s themes remain at the forefront of our national conversation, Jenkins maintains a romantic, spiritual tone that keeps the film from ever feeling didactic. Top-notch performances all around, one of the year’s most beautiful scores and gorgeous production design and cinematography add up to everything we want from a film drama.

Yalitza Aparicio plays a middle-class family’s maid in Mexico City during the 1970s in the drama “Roma.”

Stephan James and KiKi Layne star in “If Beale Street Could Talk.”

Orson Welles, center, Peter Bogdanovich, left, and John Huston appear in “The Other Side of the Wind,” a semi-autobiographical bookend of Welles’s 1941 “Citizen Kane” that has been released 33 years after his death.

**THE BOTTOM FIVE FILMS OF 2018**

5. **Love & Bananas: An Elephant Story**

How do you make a 77-minute documentary seem endless? How do you take a worthy subject—the need for elephant conservation—and make it annoying? You be Ashley Bell, a documentary filmmaker who also happens to be an actress and therefore cannot resist (perhaps commercially considering as much as ego-driven ones) putting herself front and center. Cut half an hour and send this w坳Animal Planet w凹 film凹 to even begin to pursue happiness. While the film’s themes remain at the forefront of our national conversation, Jenkins maintains a romantic, spiritual tone that keeps the film from ever feeling didactic. Top-notch performances all around, one of the year’s most beautiful scores and gorgeous production design and cinematography add up to everything we want from a film drama.

**THE BEST HEROES**

5. Paddington Bear (Ben Whishaw) in “Paddington 2”
4. Kayla Day (Elise Fisher) in “ Eighth Grade”
3. Mr. Rogers in “Won’t You Be My Neighbor?”
2. Black Panther (Chadwick Boseman) in “Black Panther”

**THE BEST VILLAINS**

5. Jeremiah Sand (Linus Roache) in “Mandy”
4. Eleanor Sung-Yong (Michelle Yeoh) in “Crazy Rich Asians”
3. Ben (Steven Yuen) in “ Burning”
2. “Killmonger” (Michael B. Jordan) in “Black Panther”
1. Dick Cheney (Christian Bale) in “ V ice” (Honorable mention: Adolf Eichmann (Ben Kingsley) in “Operation Finale”)

**TOP DOCUMENTARIES**

5. “Divide and Conquer: The Story of Roger Ailes”
4. “Dark Money”
3. “Nassa Chape”
2. “Monrovia, Indiana”
1. “Minding the Gap”

**THE BEST FILMS OF 2018 GOES TO:**

1. **The Other Side of the Wind**

A long-availed Holy Grail for cineastes, Orson Welles’ “The Other Side of the Wind” finally dropped in 2018, 33 years after its maker’s death. “Wind” in many ways serves as a sort of semi-autobiographical bookend to “Citizen Kane” in ruthlessly dissecting a deeply flawed but high-powered master of his domain — in this case, Hollywood. John Huston plays film director Jake Hannaford, a Hemingway-esque macho man whose bravado barely conceals secrets and insecurities. Welles obviously intended his unfinished film to be an intellectual and emotional whirlwind; Welles edited about 40 minutes before his death, and Oscar-winner Bob Murawski creditably finished the job, granting us a gift from the movie gods.

**THE ANIMATED WINNERS**

5. “Isle of Dogs”
4. “Incredibles 2”
3. “Ralph Breaks the Internet”

**ABOUT THE COVER:**


Peter Canavese is a freelance movie critic for the Palo Alto Weekly and author of the website GrouchoReviews.com. You can reach him at pennave@bcp.org.
Release the Kraken! And while you’re at it, bring out a Mad Dragon, a Lava King and a Drunken Tiger. Maybe even a Foxy Lady.

While the campy film “Clash of the Titans” has nothing to do with the menu at Octopus Japanese Restaurant in Menlo Park, someone was inspired enough to name one of the special sushi rolls after that classic monster. In fact, someone was pretty motivated about naming most of the restaurant’s specialty items with wit and whimsy. Thankfully, each of the 50-plus rolls includes a photo and detailed description of its contents on a multi-paged menu.

Like many foods we’ve adopted from other countries, Americans have given sushi our own spin. Purists may object to fusion-style sushi — the oversize rolls with nontraditional ingredients like jalapeños, cream cheese or even Spam. The rolls at Octopus are more civilized and the contents more traditional. And size does matter.

My favorite was the Ask Jamie ($15.50) stuffed with unagi (eel), avocado, mango and macadamia nuts, topped with thin slices of hamachi and salmon and drizzled with savory-sweet unagi sauce. It was an intricate blend of flavors, with the more delicate fish layered on top so they were not overwhelmed by the heavier tones from the fillings, and the crunch of the nuts was counterpointed by the creamy smoothness of the avocado.

In fact, that point-counterpoint was a strong suit in all the rolls we sampled. Avocado coupled with crisp cucumber, velvety seared tuna paired with pops of salty fish roe, spicy tuna matched with low-key tempura. The attention to texture was just as apparent as the freshness of the ingredients. Rolls were large and tight, yet fish held their own, offering just enough give when you bite — yielding without being mushy.

The Kraken ($20) really was a monster, loaded with hamachi, salmon, crab and cucumber, topped with spicy octopus, salmon, unagi and avocado. Despite the variety of ingredients, it was easy to detect the more subtle components despite the more aggressive ones, including the somewhat heavy hand with the sauces layered on top.

The same goes for the Fire Dragon ($15.50), composed of shrimp tempura, spicy tuna and kanikama (imitation crab) inside, with tuna, hamachi, ebi, avocado, roe and green onions on top. This roll, like several others on the menu, is marked as spicy but the spiciness was subtle, not overpowering.

Each dish we ordered was attractive in presentation. Rolls were assembled with care and very generous in size, though some of the compositions could be challenging to eat.

Octopus took over the location from longtime occupant Akasaka and redid the interior with wood flooring, pumpkin-colored walls and rustic architectural elements. Owner Jeffrey Son has 10 years’ experience working in Japanese restaurants and opened Octopus about 18 months ago in partnership with his father, who has been in the restaurant business for more than 30 years. Together they came up with the roll concoctions, often with help from the staff members, while Son invents the names. A friend created the distinctive restaurant logo.

The restaurant also features excellent-quality traditional Japanese dishes, including katsu, teriyaki, maki, sashimi and nigiri. The bento box ($13.50 for two items) is generous in size and attractive visually. The option I chose included sweet salmon teriyaki and crisp vegetable tempura, and came with miso soup and firm, tasty rice. The nabeyaki udon soup ($15.50) came loaded with thick, dense noodles garnished with chunks of carrot, zucchini, daikon and enokitake mushrooms, all topped with a large shrimp tempura.

Service was inconsistent, varying between personable and responsive one evening to perfunctory and rushed another. Sitting at the bar eliminates that X factor, with direct interaction with the sushi chefs.

Octopus has a lot going for it: creative fusion cuisine, high-quality ingredients, good value and a plethora of selections. You don’t have to be a fan of monsters to find a satisfying experience here. ■

Freelance writer Ruth Schechter can be emailed at ruths315@sbcglobal.net.
A NEW MAX MARA LINE...

Max Mara, the brand behind the iconic (and now in high demand) red coat that House Democratic leader Nancy Pelosi wore during her contentious televised meeting with the U.S. President in December, is expanding its women’s clothing line at Stanford Shopping Center. The Italian fashion house is scheduled to open Weekend Max Mara on Jan. 30, just eight storefronts away from its Max Mara shop on the Garden Walk. The new retail space will feature Max Mara’s casual, outdoor weekend collection that includes coats, denim, T-shirts, knitwear and other wearable items designed for weekend wear. Launched in 1951, the House of Max Mara was allegedly among the earliest fashion labels to profile working women as its aspirational icon. Founder Achille Maramotti began his line by making high-end coats. Today, the label includes 19 fashion lines and is the largest clothing company in Italy.—L.T.

BAKING CO. CLOSES DOORS...

The last day of 2018 was Palo Alto Baking Co.’s final day of business at 381 S. California Ave. “It is with great regret that we inform you Palo Alto Baking Company will be closing indefinitely come the new year,” according to a note posted on the bakery’s front door a week before New Year’s Day. The bakery had operated for 12 years on California Avenue, selling pastries, desserts, bread, sandwiches and soups. Though the brick-and-mortar space closed on Monday, Dec. 31, Palo Alto Baking Co. will continue to sell wholesale baked goods, vending cakes and specialty cakes. Customers can place orders by calling 650-521-3234 or emailing paloalobaking@yahoo.com. Ownership did not immediately return an interview request.—E.K.

ALL-YOU-CAN EAT... For those of us who won’t be setting diet-related New Year’s resolutions, a new all-you-can-eat Asian fusion restaurant will be opening in downtown Mountain View sometime this month. Superhot Hot Pot & Korean BBQ will serve hot pot, dim sum and Korean barbecue under one roof at 210 Hope St. The space was most recently occupied by Verde Tea Kitchen in February 2017. Superhot manager Jay Wang said the entire menu will be all-you-can-eat model: $29.99 per person for entrees and $18.99 per person for lunch. The owners are a group of partners who own Chinese and Korean restaurants in San Francisco and Los Angeles, Wang said. He declined to name them.—E.K.

Compiled by the Weekly staff; this week written by Elena Kadrvany and Linda Taaffe. Got leads on interesting and news-worthy retail developments? The Weekly will check them out. Email shoptalk@paweekly.com.

MOVIES NOW SHOWING

A Star is Born (R) **½ Century 20: Fri. - Sun.; Century 16: Mon. - Thu.
At Eternity’s Gate (PG-13) Aquarius Theatre: Fri. - Sun.; ShowPlace Icon: Fri. - Sun.
If Beale Street Could Talk (R) Guild Theatre: Fri. - Sun.
Mary Queen of Scots (R) Century 16: Fri. - Sun.; ShowPlace Icon: Fri. - Sun.; Aquarius Theatre: Fri. - Sun.; Century 20: Fri. - Sun.

Superhot

995 Fictitious Name Statement

BAPTISTE POWER YOGA SILICON VALLEY
FICTITIOUS BUSINESS NAME STATEMENT
File No. 9BM009072

The following person (persons) is (are) doing business as:
BAPTISTE POWER YOGA SILICON VALLEY
The name and residence address of the registrant (s) (person) is (are):
Mary Queen of Scots (R) Century 16: Fri. - Sun.; Century 20: Fri. - Sun.

This business is owned by: An Individual.
San Francisco, CA 94117

The name and residence address of the registrant (s) (person) is (are):

San Jose, CA 95113

CERNA GROUP OF MARCUS AND MILLVILLE
The following person (persons) is (are) doing business as:
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San Francisco, CA 94117

The name and residence address of the registrant (s) (person) is (are):

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San Jose, CA 95113

Registrator (s) (person) is (are) transacting business under the fictitious business name(s) listed above: 12/11/2018

This statement was filed with the County Clerk-Recorder of Santa Clara County on December 6, 2018.

矛盾和混乱

997 All Other Legals

NOTICE OF PETITION TO ADMINISTER ESTATE OF
John H. Wharton
CASE NO: 1HPR19048

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the Will or estate, of John H. Wharton:
A PETITION FOR PROBATE has been filed by ROBERT WHARTON in the Superior Court of California, County of SANTA CLARA
THE PETITION FOR PROBATE requests
Call Alicia Santillan at 650-223-6578 or email asantillan@paweekly.com for assistance with your legal advertising needs.

Answers to this week’s puzzles, which can be found on page 27.
NORAD TBD SPADE ARENA RUE ORSON BABY SHARK FATES THE PREATOR COPIERS EBT ROAMS DOPE USA EDGE PAIDAut FOG ALE RUTGERSRTE SER AMOUNT TORK RES WIMP UH AIL BET EMTEDLER NACHOLATOVEGAS OATER ITA EAHTH GLORY VEGNUE
LA COMIDA LOOKS TO BRING MEALS TO MASONIC CENTER THIS MONTH

by Chris Kenrick

The senior hot lunch program La Comida is expanding into a temporary, trial location in downtown Palo Alto this year as the nonprofit continues its search for a long-term home.

Program operators said the nonprofit will start catering hot lunches in the dining room of the Palo Alto Masonic Center on Florence Street sometime this month while maintaining its kitchen and dining room at the southern end of town, where it now serves about 140 lunches a day in the senior apartment complex Stevenson House on Charleston Road.

The lunches — open to anyone 60 and older, regardless of residence or income — have become a vibrant social hub for many older adults. A recent Hanukkah lunch, a vibrant social hub for many older adults, was a great service for our clientele because it runs directly from downtown to Stevenson House," Batchelder said.

For the temporary trial service downtown, meals will be prepared in the Stevenson House kitchen, transported and served hot at the downtown location.

The group currently is seeking new volunteers to help with daily setup in the Masonic Center, which will typically take about two hours, she added. Volunteers can work as few as one lunch shift a week, occasional Saturday evenings or as many as five days a week. It's very flexible, she said.

"You can't help but get kind of attached to the seniors, seeing them day in and day out and watching them grow and change," said Blodgett, a retiree from HP whose wife and college-age daughters also sometimes help out.

"Obviously we primarily serve meals, but we think that's almost kind of secondary to the social interaction that goes on," she added.

Because the service area is smaller at Stevenson House, staff and volunteers must quickly clear and re-set tables for a second seating. On a recent Wednesday the bustling dining room was filled to capacity with 12 tables and 70 place settings. Volunteer August Mozart tapped out jazzy background tunes on a grand piano in the corner.

The south Palo Alto location has an agreement and continues to operate in 2017 from the Avenidas senior center on Bryant Street, which is now undergoing redevelopment. (While co-located for decades, La Comida and Avenidas have always been separate entities.)

It moved to Stevenson House in September 2017 under a one-year agreement and continues to operate there.

"When we were downtown, people would say, 'When are you going to serve south Palo Alto? We need something for south Palo Alto,'" Batchelder said. "And now, here we are, and sure enough it panned out. A lot of folks do come from this side of town, and we're not surprised."

The south Palo Alto location has an agreement and continues to operate since being displaced from downtown to Stevenson House, which is now undergoing redevelopment.

(While co-located for decades, La Comida and Avenidas have always been separate entities.)

Volunteer coordinator Ingrid Lai of Palo Alto began volunteering herself after going through her father's calendar-diary when he died in 2012.

"I looked through it and found that when he was alive, he went to La Comida for lunch very frequently," she said. "He'd write, 'I met a nice person today' or 'They gave me an apple, and I brought it home for a snack.' It brought me to tears."

Lai is now a full-time volunteer, dividing her time among La Comida (three times a week), Escondido School, Momentum for Mental Health and the Rose Kleiner Center adult day care program.

"I really enjoy it, and I thank God for giving me this time where I can help people," she said.

Michael Stillger, president of the Palo Alto Masonic Temple Association, said providing low-cost space to La Comida is one of several charitable projects of his group, which also includes support for education in East Palo Alto through a partnership with the Boys & Girls Club of the Peninsula.

More information about La Comida is available at lacomida.org.

Contributing Writer Chris Kenrick can be emailed at ckenrick@paweekly.com.
JANUARY 2019

Living Well

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**IMMIGRANTS’ ‘RIDE’**... “The Long Ride,” a documentary about the 2003 journey of more than 100 immigrant workers from Northern California to Washington, D.C., will be shown Tuesday, Jan. 8, at 1 p.m. in the Schultz Cultural Arts Hall of the Ohman Family Jewish Community Center, 3921 Fabian Way, Palo Alto. After sharing the film, director Valerie Lapin Garley, will take questions from the audience. Cost is $16 at the door, no reservations needed. For more information, contact Michelle Rosengaus at 650 223-8616 or mrosengaus@paloaltojcc.org.

**THURSDAY HIKERS**... The Avenidas Walkers are a group of senior walkers/hikers who meet Thursdays for hikes of about 2.5 miles to 5 miles. For trailhead and schedule information, contact Mark Alguard at mark.alguard@gmail.com.

**U.N. FILM FESTIVAL**... The 2001 documentary “Ralph Bunche: An American Odyssey” will be shown Wednesday, Jan. 9, at 1:30 p.m. at Little House Senior Center, 800 Middle Ave., Menlo Park. Narrated by Sidney Poitier, the film is the story of African-American scholar and statesman Ralph Bunche, who was the first person of color to win the Nobel Peace Prize in 1950. The free screening is part of the United Nations Association Film Festival for Seniors.

**STAGED READING**... Physician, professor and author Ron Rosenfeld will present a staged reading of his 2004 play “Helios” Tuesday, Jan. 15, at 1 p.m. in the Schultz Cultural Arts Hall of the Ohman Family Jewish Community Center. “Helios” is the story of Eadweard Muybridge, a pioneering 19th-century photographer who was hired by Leland Stanford to settle a wager as to whether a galloping horse ever has all four feet off the ground at once. $15. For more information contact Michelle Rosengaus at 650 223-8616 or mrosengaus@paloaltojcc.org.

**FOOD TRADITIONS**... Culinary historian Erica Peters will discuss the vibrant history of San Francisco’s immigrant foodways Tuesday, Jan. 29, at 1 p.m. in Room E-104 of the Ohman Family Jewish Community Center. Peters is the author of “San Francisco: A Food Biography.” $15. For more information, contact Michelle Rosengaus at 650 223-8616 or mrosengaus@paloaltojcc.org.

**ESSAY CONTEST**... The Alzheimer’s Foundation of America invites high school seniors to submit essays describing how Alzheimer’s disease has affected their lives. The grand prize is a $5,000 college scholarship. For details go to alzfdn.org and click on “Teen Scholarship Essay Contest.” Items for Senior Focus may be emailed to Palo Alto Weekly Contributing Writer Chris Kenrick at ckenrick@paweekly.com.

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BACKYARD FRUIT TREES ...

... Want to plant a fruit tree or already have one? Learn what to consider before purchasing one as well as how to keep fruit trees healthy at the UC Master Gardener program’s “Backyard Fruit Tree Basics” class from 7-8:30 p.m. on Wednesday, Jan. 30, in the Orchard Room at the Los Altos Library, 13 S. San Antonio Road, Los Altos. UC Master Gardener Kalpana Jain will lead the free class. She will discuss the various types of fruit trees, good planting locations, pruning, fertilizing and watering, frost protection, and identifying and managing pests and diseases. For more information, go to mgsanclara.ucanr.edu.

NEW YEAR TASKS ... With the arrival of the new year, Realtor.com is offering some seasonal home-maintenance tips. First, handle the holiday cleanup: Take down lights and wrap them around a hanger or wrapping paper tube to prevent tangling. Instead of throwing away holiday cards or tucking them away never to be seen again, recycle them into gift tags for next year. Second, do an early spring cleaning: If you’ve ever considered hiring house cleaners, now’s the time. Focus on those filthy places that people don’t see but you know are there, including the range hood and grills, refrigerator coils, tops of ceiling fans, dusty light fixtures and bulbs (make sure lights are off before dusting), and heating vents.

Home Front

How to ‘hygge’

Danish concept brings cozy atmosphere to local homes

by Elizabeth Lorenz

When you ask someone from Scandinavia, Germany or The Netherlands about the concept of “hygge,” their voice lightens, their eyes light up and they smile knowingly.

When asked to define the term, it takes them a while to articulate it, since it’s almost instinctual.

The concept, pronounced “hoo-gah,” is not coincidentally similar to the English word snug.

It is an old European concept, but fairly new to the U.S., lately being capitalized upon by home decor brands such as Wayfair, Crate & Barrel and even Rachael Ray. Chunky knit or faux fur blankets, rugs and plush pillows can be found under the hygge tab.

“The Danish have championed hygge since the 1800s, and the rest of us are finally catching on to the magic of embracing the cozy mindset, especially during the winter months,” said Vicki Lang, director of public relations and community affairs for Crate & Barrel, which has a store at Stanford Shopping Center.

Lang said the company aims to use the concept to inspire consumers to buy a bit of hygge for themselves.

“Hygge emphasizes enjoying the simple pleasures of life, so when creating hygge-inspired decor we focus on products that set the stage for a cozy night in.” Lang said, pointing to examples like soft throws, plush pillows and soft sheepskin rugs. Hygge also inspires entertaining, she said, with “hearty one-dish meals served in your favorite Dutch oven ... and lots of candlelight.”

Palo Alto resident Anneke Dempsey, who is Dutch, would agree about the “night in” part, but the rest, she said, is about “atmosphere.” Her word for hygge would be the Dutch “Gezelligheid,” and the German word is “Gemütlichkeit.”

Dempsey demonstrated the concept in her own home, lighting candles, turning on her fireplace, putting on warmly lit wall sconces and baking an almond tart, the aroma floating throughout her home.

“I think what you see is atmosphere,” she said, “where people feel comfortable and totally at home — people being with each other in good spirit.”

She said growing up in Holland, the days would start until 9:30 in the morning in winter, and the northern latitude meant shivering cold. Riding home from school on her bicycle in the cold, she would see her house, always a warm place to come home to, to be together with family and eat warm food.

“You don’t have to be rich to have hygge,” she said. “It has to do with wanting to spend time together in a comfortable setting.”

For some, this could extend outdoors. Palo Alto Realtor Dulcy Freeman, who stages many homes to get them ready to sell, said hygge comes up in her work “when having exterior patios and little nook areas staged,” especially in homes with wide, open floor plans.

Mountain View interior designer Susan Bacci said the concept may extend beyond Scandinavia, to include the de-cluttered aspects of midcentury-modern furniture design and the Japanese concept of Zen for creating a “calm and pleasant” environment.

The idea, she said, is “helping people to live in their home and love where they’re living.”

It may not be a coincidence that for several consecutive years, Scandinavian countries, including Denmark and Finland, have ranked among the Top 3 happiest countries in the world, according to the World Happiness Report released annually by the United Nations’ Sustainable Development Solutions Network.

“I think when discovering hygge, customers are drawn to it because it helps them create a spirit of simple warmth and welcome throughout their home,” Lang said.

Dempsey agrees.

“For us, it was coming home where it was warm and safe,” she said. Now in her own Bryant Street home, some of that safe feeling comes from the smells of cooking. “I like making strong chicken stock with a bouquet garni and making fresh banana bread,” she said, closing her eyes and breathing a contented sigh.

Dempsey’s close friend, former Palo Alto Kirsten Harbott, who is Danish, said it isn’t about what you buy, but how you use what you have.

“(Hygge) is a difficult thing to describe as it is so nebulous ... It is being with friends and family, maybe on a winter’s evening, with the rain pouring outside the drawn curtains, the fire lit, many candles burning.

“It is feeling safe and secure with the people around you. It is pulling on a big woollen pair of socks and not worrying about what you look like.”

Then she painted a word picture: “I remember evenings as a child sitting in our living room with the stove lit and the door open so we could see the flames and my father reading aloud from Victor Hugo — this in the days before we had television — and us listening avidly. That was hygge.”

Elizabeth Lorenz is the Home and Real Estate Editor at the Palo Alto Weekly. She can be reached at elorenz@pawweekly.com.
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**SILICON VALLEY REALTORS® Charitable Foundation Donations**

Total Nearly $45,000 in 2018

The Silicon Valley REALTORS® Charitable Foundation donated $44,665 in 2018 to different non-profit organizations that help homeless and low-income individuals and families in Silicon Valley. Funds this year also went to scholarships for graduating seniors from public high schools in the region.

The Silicon Valley REALTORS® Charitable Foundation is a trust which makes grants available to organizations from donations by REALTORS® and affiliate members of the Silicon Valley REALTORS®. In addition to voluntary contributions from members, grants are funded by proceeds from the local trade association’s district fundraisers.

“We offer a range of support and contributions to the communities where they work and live, we are thankful that we are able to continue our commitment to the welfare and prosperity of these communities,” said Eileen Giorgi, President of the Silicon Valley REALTORS® Charitable Foundation. “

The 2018 grant recipients include the following organizations:

Adolescent Counseling Services, which provides a network of skilled family therapists and support groups for teens and young adults in Santa Clara and San Mateo counties; East Palo Alto Kids Foundation, which promotes educational opportunities for students in East Palo Alto and eastern Menlo Park; Westwind 4-H Riding for the Handicapped, which provides children with disabilities the opportunity to have fun while improving their coordination and strengthening their muscles; Youth Community Service, which provides service learning and leadership activities to underserved students in East Palo Alto, Menlo Park and Palo Alto; and Community Services Agency, which provides social services, such as emergency one-time rent and utility financial support, vouchers for clothing, eyeglasses, school supplies, food and more for residents of Mountain View, Los Altos and Los Altos Hills.

In 2018, the Charitable Foundation Scholars Program presented a $1,000 grant to each of 18 graduating seniors from public high schools in Silicon Valley. The foundation has been assisting students with the scholarship grants for the past 19 years, awarding a total of $342,000 in scholarships to date.

The Charitable Foundation also supports further education for U.S. veterans. This year, the John Tripp Silicon Valley REALTORS® Scholarship granted its second $500 award to veterans enrolled at Foothill and DeAnza Colleges. In 2016, the foundation presented $25,000 to the Foothill-De Anza Foundation, an auxiliary organization of the Foothill-De Anza Community Colleges District for the creation of the endowment. The late John Tripp was a veteran of the Korean War and past president of SILVAR and the Silicon Valley REALTORS® Charitable Foundation. 

Information provided in this column is presented by the Silicon Valley Association of REALTORS®. Send questions to Rose Merly at rmery@silvar.org.
SPORTS SHORTS

PLAYER OF THE WEEK — Stanford senior Josh Sharma earned Pac-12 Men’s Basketball Player of the Week. It’s Sharma first first conference honor following a career-high 23 points and a career-best 18 rebounds in Stanford’s 93-86 victory over Long Beach State on Saturday night. He came off the bench, playing 28 minutes, finishing 10-of-15 from the field with three lunks. The senior center had 12 offensive rebounds in the contest, and ranks sixth in the Pac-12 in offensive rebounding...Menlo College senior Destinee Bowie asserted her will in the 14th-ranked Oaks’ 83-72 victory over No. 12 Lady of the Lake on Sunday, making her an easy choice for Golden State Athletic Conference Women’s Basketball Player of the Week. Bowie scored 43 points and had 26 rebounds in Menlo’s two wins during the Peninsula Classic over the weekend.

CARDINAL CORNER — Stanford allowed the defense to take charge and it led to another football bowl victory, this one a crazy 13 decision over Pittsburgh in Monday’s Hyundai Sun Bowl in El Paso. “Our defense gave up some yards but didn’t give up a bunch of touchdowns,” Stanford coach David Shaw said. The winning touchdown occurred early in the fourth quarter when Stanford’s Kevin Hoglund recovered Shaw’s fumble and ran it in for a touchdown. Stanford receiver Michael Wilson rushed for nine yards, in his only carry, for a first down that set up the tying field goal. Shaw said. “We’re just not as consistent as I’d like.”

ON THE AIR

Friday
College women’s basketball: USC at Stanford, 7 p.m., Pac-12 Networks

College men’s basketball: Menlo at Stanford, 7 p.m., Stanford Live Stream

Saturday
College men’s basketball: UC Santa Cruz at Stanford, 7 p.m., Stanford Live Stream

Sunday
College women’s basketball: UCLA at Stanford, 1 p.m., Pac-12 Networks

College men’s basketball: Stanford at USC, 5 p.m., ESPN

Wednesday
College women’s soccer: George Washington at Stanford, 4 p.m., Stanford Live Stream

College’s basketball: Arizona at Stanford, 8 p.m., Pac-12 Networks

Thursday
College men’s volleyball: Ball State at Stanford, 7 p.m., Stanford Live Stream

League challenges await Gunn, Paly Vikings look to three-peat in boys and girls

By Glenn Reeves

Palo Alto and Gunn are the Palo Alto High boys’ and girls’ basketball teams. They both have the opportunity to three-peat as league champions. That endeavor gets underway on Friday when Santa Clara Valley Athletic League Division One play begins.

The Palo Alto boys were clearly the crop of the current season, going 12-0 in league, becoming the first boys public school team to win a game in the Central Coast Section Division Open Division playoffs, and advancing to the NorCal DI vision championship game.

But that team is gone. An all-senior seven-man rotation has departed as well as head coach Peter Diepenbrock.

Rodney Tention takes over as coach and the team is off to a 6-5 start in nonleague play.

“We’re getting better,” Tention said. “We’re just as consistent as I’d like.”

The starting five includes two infrequently-used reserves from last season’s team — Mar vin Zou and Matthew Marzano — and three players up from the fresh-soph.

Mountain View (10-2), Los Altos (9-3) and Homestead (8-4), Paly’s opponent Friday in the league opener, are off to good starts. So is Cupertino (7-5) and Gunn (6-5), which is back in the De Anza after winning the El Camino Division title last season.

Paly’s high point so far occurred in a 91-84 win over College Park in the opener of the Dougherty Valley Tournament, but the Vikings lost their next two games to Mitty and Clayton Valley.

A lot of size as well as experience departed after last season and Paly has made improvement on the boards a priority.

“We have to gang rebound,” he said. “Mitty got a lot of second and third shots against us. Anthony Yu had 10 rebounds against Clayton Valley, but he’s not going to do that every night. We’ve got to get five rebounds from everybody.”

Paly will be in the crosshairs of league opponents after the way the team dominated the last two seasons. For example, the Vikings beat Mountain View by 42 and by 27 in the two games they played a year ago.

“We’ve talked about, we’re Palo Alto, everybody’s going to be up to play us,” Tention said. “We’re looking forward to it.”

Gunn has won three division titles in the last five years, two in the El Camino and one in the De Anza. The Titans are back up in the De Anza this season and that’s the place coach Brandynn Williams, a Palo grad, wants them to stay.

Rapid maturation, however, will likely be necessary for Gunn to be successful this season as the team is young and inexperienced and has not played a very demanding non-league schedule.

Evan Dray, a 6-5 senior, is the team leader in scoring and rebounding. Sophomore Julian Steinbrenner has shown promise as a zone-busting outside shooter.

The Vikings open league play at Los Altos on Friday at 7:45 p.m.

SCVAL girls

Palo Alto has won the last two and three of the last four De Anza Division titles.

Like both the Palo Alto and Gunn boys, the Palo Alto girls are a young team, mostly all freshmen and sophomores.

The Vikings fans are off to a 7-2 start. Wilcos (10-2), Saratoga (9-3), Los Gatos (7-4) and Cupertino (7-5) are the other top teams in the division.

“I think we can compete if we keep getting better,” Palo Alto coach Scott Peters said. “Every game will be a war...Getting another league title, making it a three-peat is the team’s primary goal.

“Our goal every year is to win league,” Peters said. “You have no control over the playoffs, where you put them. Winning league is something you have more control over, apples to apples.”

Last season Annika Shah, as a freshman, shared the scoring load with senior Carly Leong. This season it’s been all Shah. She has provided more than 50 percent of the team’s scoring in numerous games. Shah has shown promise of complementary scoring will be a key for Paly as the season unfolds.

Palo Alto opens De Anza Division play against Santa Clara at home on Friday at 6:30 p.m.

Gunn coach Hamadah Sharif is in the middle of a difficult situation with only seven mostly inexperienced players on the roster. After a 1-20 ordeal last season the Titans are off to a 2-9 start and will begin El Camino Division play Friday at 6:15 p.m. at Los Altos.

“We have two freshmen in the starting lineup along with a transfer from France,” Sharif said. “We had seven girls who tried out. It’s a tough one with all the private schools in the area.

Amber Fu, the one senior on the (continued on next page)
Across
1 Santa-tracking defense gp.
6 Not yet decided, briefly
9 Club counterpart
14 NBA venue
15 Regret
16 “Citizen Kane” director Welles
17 Extremely annoying kids’ song ("doo doo
doo doo doo doo") which also featured
in themed clothing like a pajama set or
graphic T
19 Greek goddess trio, with “the”
20 Action sequel called the worst movie
of 2018 by multiple critics (with hastily-
edited ads ending in “Rated R”)
22 They use toner
25 Abbr. for some low-income shoppers
26 Goes outside of coverage
27 Grass or weed
29 Network bringing back “Temptation
Island” in January 2019
32 One of 30 on a dodecahedron
33 Words in an infomercial disclaimer
35 Collectible disk for ’90s kids
36 Stout relative
37 College football team ranked 121st out of
129 by CBS Sports (between New Mexico
and Kent State U.)
38 AAA map abbr.
39 To be, in Toledo
40 Receipt figure
41 “The Shape of Water” director Guillermo
del ___
42 Curve in a figure eight
43 Chicken, pejoratively
44 Moving day rental
45 Corney key
46 Paid no heed to
48 Entertainer criticized for a racially
insensitive tweet in October—not a good
look for the Divine Miss M
52 Chip in a Mexican dish named for its inventor
53 Canceled Fox sitcom with a first episode aptly
titled “Pilot” (that’s Pilot with a capital “P”)
57 Western film, slangly
58 “Let’s call ___ day”
59 You are here
60 Great honor
61 Laze, with “out”
62 Nine, in some “Sesame Street” episodes
67 Progressive online news site since 2004
71 “Walden” author
74 Lopsided
75 Deity worshiped by Canaanites
76 “___-Ra and the Princesses of Power”
78 1054, in Roman numerals
79 “Must’ve been something ___”
80 December drink
81 “I totally agree”
82 Outstanding Professional or Business Person
83 Outstanding Business
84 Outstanding Nonprofit
85 Outstanding Citizen Volunteer
86 Outstanding Professional or Business Person
87 “Not the Best of 2018”—we’ve saved the very worst for last, Matt Jones

Down
1 Apprehend
2 “Been Lying” singer Rita
3 Civil War soldier, for short
4 Day or night
5 Some Morse code symbols
6 Links hazards
7 “Perry Mason” star Raymond
8 Apollo astronaut Slayton
9 Convertible furniture for sleeping
10 Chris of “The Lego Movie 2”
11 On the subject of
12 Active type
13 Funny duo!
18 “On ___ Majesty’s Secret Service”
19 Leave the airport
20 Greg who missed the entire 2007-08
season after his #1 NBA draft pick
21 Origami step
22 Commotion
23 A bunch
24 Cellphone forerunners
25 “I want ___” (fluorescent)
26 Great honor
27 Excavate
28 City
29 “I totally agree”
30 “I want ___”
31 Dating from time immemorial
32 “___-Ra and the Princesses of Power”
33 Pedicurist’s stone
34 Cartoon crimefighter ___ Ant
35 Collectible disk for ’90s kids
36 Stout relative
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129 by CBS Sports (between New Mexico
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(continued from previous page)

Why you can’t find the City Council agenda.

Looking for the Palo Alto City Council agenda for Monday night’s meeting?

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