Commission creates hurdle for President Hotel
Page 5

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Page 34
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Commission creates hurdle for hotel conversion

Recommendation: ‘Grandfathered’ residential downtown buildings must stay residential
by Gennady Sheyner

In a bid to correct a zoning error, Palo Alto’s planning commissioners endorsed an ordinance on Wednesday that will restore the right of owners of downtown buildings that are out of compliance with city code to use the building for different purposes.

However, they made an exception when it comes to residential buildings converting to non-residential use — a provision that creates a fresh legal hurdle for the owner of the President Hotel Apartments and that is almost certain to invite a lawsuit.

The Planning and Transportation Commission voted unanimously on Wednesday to scrap a zoning restriction for “grandfathered facilities” — buildings that were built before the current development standards were created and that don’t comply with these standards. The provision, which was inadvertently inserted into the code in 2016 as part of a broader “code cleanup,” states that the usage of grandfathered facilities cannot change, even to uses that are otherwise allowed under city zoning.

In explaining the impacts of this error, interim Planning Director Jonathan Lait pointed to several redevelopment projects that have been stymied by this administrative error — including the former Cheesecake Factory building on University Avenue that owner Roxy Rapp is trying to convert to retail space and the former North Face building on Alma Street that the owner has been trying to turn into “personal services” from retail.

“This ordinance isn’t about one particular property; it’s about policy direction that affects downtown properties as a whole,” Lait emphasized at the meeting.

Even so, most of the debate and
discussion centered on the impact on the President Hotel Apartments and that is almost certain to invite a lawsuit.

Low-income housing agency triples rent
Some tenants who aren’t part of Section 8 program fear they are being priced out
by Sue Dremann

The Palo Alto-based organization sent a letter earlier this month to 22 tenants of Webster Wood Apartments who are in its “contract” rent program, the alternative to being in the federal Section 8 Housing Assistance Payments program.

Contract rents can be at market rate and apply to tenants who were at one time receiving Section 8 housing assistance but whose financial circumstances improved to the level where they were no longer eligible for the federal program. Those tenants are able to stay in a Palo Alto Housing unit if they pay the higher rent, according to the nonprofit’s president and CEO, Randy Tsuda.

Joseph and Evelyn Halletky are 41-year tenants at Webster Wood. The couple received a letter on Jan. 11 informing them that their rent
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COMMUNITY

Avenidas Lifetime of Achievement honorees unveiled

May garden party will honor notable seniors, fund support programs
by Palo Alto Weekly Staff

From launching a theater company with national reach, to advocating for legislation and programs for those facing end-of-life choices, to preserving tens of thousands of acres of Peninsula hills, baylands and coastside as open space, the people honored with this year’s Avenidas Lifetimes of Achievement Award have engaged in meaningful and creative efforts to create change in their local communities and beyond.

The recipients of the annual award are Gloria Hom, Robert Kelley, Ginny Lear, Ward and Mary Paine and Mike and Ellen Turbow.

The honorees were announced at an evening reception on Thursday at the Crowne Plaza Hotel in Palo Alto. They will be formally celebrated at an after-noon garden party on May 19, the main annual fundraiser for Avenidas, a Palo Alto-based nonprofit organization that offers tools for positive aging to seniors and their families on the Midpeninsula.

“Avenidas believes it is critical to tell the stories of those who have gone before us and paved the way,” Avenidas President and CEO Amy Andonian stated in a press release. “Our area is so rich with intelligent and innovative people who go out of their way to give back, and it is truly heartwarming.”

Hom has worn many hats throughout her life — including those of an economist, professor, businesswoman and civic leader — as she’s promoted quality of life in her community. As an educator, the Palo Alto native taught generations of students over a 35-year span. She was named “Outstanding Educator of America” and trustee emeritus for the California State University system and received the Seal of California in recognition of her years as a member of the California state Board of Education. Outside the classroom, she attended every Republican National Convention from 1980 through 2008. President Ronald Reagan appointed her to serve on the Advisory Council of the White House Conference on Library and Information Services, and President George H.W. Bush appointed her to the Sallie Mae Board of Directors.

Kelley, a Menlo Park resident, forever changed local theater after founding TheatreWorks in 1970. The theater company’s first show, “Popcorn,” was an overnight sensation that convinced the city of Palo Alto to provide ongoing support and established the values that define the company today: innovation, diversity, education and a celebration of the human spirit, according to the Avenidas press release. Over the past 49 years, TheatreWorks has grown into one of the 50 largest regional theater groups in the country. The company has produced 430 shows.

The company has produced 430

(continued on page 12)

HOUSING

Council finalizes new housing policies

California Avenue area, El Camino Real targeted for denser housing
by Gennady Sheyner

Palo Alto’s effort to spur the construction of much-needed housing, launched by the City Council more than a year ago, concluded Monday night with the adoption of a slew of zoning revisions that speed up the approval process and grant density bonuses to certain residential projects around California Avenue and along El Camino Real.

The newly approved zone changes aim to both grant developers new incentives to construct residential developments and provide them with an alternative to Senate Bill 35, a state law that created a streamlined approval process for residential projects that designate at least half of their units as below-market-rate units. By contrast, Palo Alto’s new “housing incentive program” preserves the city’s existing review process and includes a less stringent below-market-rate housing requirement (15 percent of the units must be below-market-rate).

Palo Altos program also offers significant density bonuses, which are allowances for developers to construct units that increase the square footage. In the California Avenue area, residential density would more than triple, with permitted floor-area ratio (a measure of the square footage of the building to that of the land) increasing from 0.6 to 2.0.

Along El Camino Real, allowed floor-area ratio would be increased from 0.5 or 0.6 (depending on the zone) to 1.5.

Both programs are similar to the one that the council approved for downtown on Dec. 3. There, the permitted density increased to 3.0. Interim Planning Director Jonathan Lait told the council that the goal is to “encourage more housing, and for that housing to take place through a local process that we still want to maintain.”

In addition to allowing more floor area, the council officially scrapped the requirements of numbers of housing units on a parcel. With the new rules, as long as a project meets all the development standards — height, setback and

(continued on page 8)

News Digest

Nonprofit tries to get reprieve for tenants

As tenants of President Hotel brace for eviction, a local nonprofit that focuses on fair-housing services issued a letter on Jan. 25 to the building owner, requesting that two of the remaining residents be granted a temporary reprieve because of their disabilities.

Project Sentinel, the nonprofit that provides housing and medical services in Palo Alto and other jurisdictions, is urging AJ Capital, the new owner of the building at 488 University Ave., to provide “reasonable accommodations” for two tenants who have disabilities, the nonprofit’s Executive Director Ann Marquart told the Weekly.

The two residents, Dennis Backlund and Michelle Kraus, had both publicly appealed to the council in recent weeks and months to reach out to AJ Capital to grant them a temporary stay. AJ Capital had purchased the historic building last year with the goal of converting it into a hotel.

“We are requesting reasonable accommodations on their behalf,” Marquart told the Weekly.

Backlund, a former historic preservation planner in Palo Alto, personally addressed the council on Monday and asked council members to request “in a non-binding manner” that AJ Capital extend the lease of remaining tenants until the end of June.

While the city opted not to intervene with AJ Capital, Marquart said her agency plans to do just that. The agency is relying on the Fair Housing Act, which prohibits discrimination in housing on the basis of race, color, religion, sex, national origin, familial status and disability.

—Gennady Sheyner

Transitional kindergarten program to expand

The Palo Alto school district is expanding its transitional kindergarten program to provide early education opportunities to children who might not otherwise have access to them.

The program, which aims to prepare children socially and academically for kindergarten, is currently housed at Greendell School on Market Street. Next fall, there will be transitional kindergarten classes at Barron Park and Duveneck elementary schools, which the district hopes will make it easier for families who live far from Greendell, particularly in East Palo Alto, to enroll their children.

It’s possible that a 4-year-old could get in the first school district bus of the morning in East Palo Alto at 6:56 a.m. and wouldn’t arrive at Greendell until 8:25 a.m., said Anne Brown, chief academic officer for the elementary schools.

The program expansion was announced as part of Superintendent Don Austin’s proposed three-year district plan last week. Brown said it was prompted by Barron Park’s new principal, Eric Goddard, who wanted to find ways to better serve children who arrive in the district without any preschool experience.

“Some know how to write their names (and) some have never held a pencil,” Brown told the Weekly.

“Children who have had a quality preschool education come in with better behaviors, stronger social and emotional skills,” Brown said.

The publicly funded transitional kindergarten program, which started in California in 2012 and is not mandatory, serves 4-year-olds who turn 5 between Sept. 2 and Dec. 2. There are currently 76 students enrolled in the Greendell program.

—Elena Kadvany

Suspected home burglar nabbed by K-9

A Palo Alto police canine took down a man Tuesday who allegedly entered a historic Crescent Park home in the 900 block of University Avenue and resisted arrest when confronted by officers.

Police were responding to a 911 call made at 5:08 p.m. from a woman in her 60s who reported that she’d arrived home to find her kitchen window smashed, according to a police press release.

Officers arrived, entered the three-story house and heard rustling sounds coming from upstairs, the police stated. They called out to the suspect, who allegedly came down wearing a shirt that belonged to a resident of the home. The 53-year-old man told the police that it was his house.

He resisted officers’ commands, at which point a police canine was used to take him into custody, the press release states. He received minor injuries from the canine encounter and was treated by Palo Alto Fire Department paramedics. He was taken to a local hospital, which is standard procedure following a canine apprehension.

The man, a San Jose resident, was arrested for felony residential burglary, misdemeanor possession of stolen property, and misdemeanor resisting arrest and booked into the Santa Clara County Main Jail.

Detectives will be investigating to determine if the arrestee is connected to other residential burglaries.

Anyone with information about this incident is asked to call police at 650-329-2413. Anonymous tips can be emailed to paloalto@tipnow.org.

—Palo Alto Weekly Staff
Palo Alto-led consortium of cities is preparing to buy Midpeninsula Media Center’s headquarters on San Antonio Road in Palo Alto in a deal that would effectively allow the local government to take the city’s cable TV fees and use them for capital projects.

Councilwoman Lydia Kou said she was particularly concerned about what exactly constitutes “affordable housing” and over how far the council should go to favor affordable housing over the market-rate variety. Under the city’s existing definition, the term can apply to housing for “moderate income” residents, who make up to 120 percent of area median income, which amounts to about $125,000 for a family of four, according to Lait.

Councilman Tom DuBois favored the more restrictive definition of 80 percent of area-median income. In discussing zone changes around California Avenue, DuBois argued that only projects geared toward low-income residents should be eligible for the new “affordable housing overlay” district and exempt from the city’s ground-floor-retail requirement.

“I remain concerned that what we’re calling affordable-housing overlay is going to favor market-rate housing and I want to make sure it’s attractive to projects that are below market rate to have some additional incentive,” DuBois said.

Others countered that even the “moderate income” level is well below Palo Alto’s market rate. Vice Mayor Adrian Fine, the lead author of a colleagues’ memo that prompted the zoning revisions, pointed to the 57-apartment complex that the council approved last year for the corner of El Camino and Page Mill. Despite consisting entirely of “microunits” of between 500 and 700 square feet, the developers plan to charge rents of well above the “moderate income” level — about 180 to 190 percent of area-median income, Fine estimated.

“Yeah, we should be providing more regulatory flexibility for those low-income units,” Fine said. “But here in Palo Alto, we’d be lucky if we got a project for 80 to 100 percent.”

After DuBois made a motion regarding a ground-floor retail requirement, exempting projects geared toward 80 percent of area median income, Fine proposed an amendment raising it to 100 percent. Fine’s amendment failed by a 3-3 vote, with Filseth recusing and DuBois, Kou and Greg Tanaka dissenting. The council then voted unanimously to support the 80 percent level.

**Staff Writer Gennady Sheyner can be emailed at gsheyner@paweekly.com.**
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Hotel conversion (continued from page 5)

all public comments focused on the proposed conversion of the 75-unit, six-story President Hotel, a mixed-use building in the area, a project that has generated significant community opposition and that cast a large shadow over Wednesday’s zoning debate.

David Lanferman, an attorney representing the building owner, Adventurous Journeys Capital Partners LLC, told the commission that the conversion is consistent with both the city’s Comprehensive Plan and with the state’s Ellis Act, which empowers landowners to get out of the rental business.

In a further blow to AJ Capital’s project, the commission voted not to include in the ordinance a newly proposed waiver process for developers who want to exempt their projects from the restriction on residential conversions. The wording, which was recommended by both the city’s legal counsel and the City Council, was crafted for applicants who would assert that the restriction “is pre-empted by state or federal law.”

Lanferman, however, opposes the waiver proposal, saying it would make the restriction too easy to get around because the restriction itself is illegal.

“If a property owner is making a residential use of it and wants to change the use, the statute says you can’t unless you apply for waiver. The state says you have to grant the waiver. It is a pointless exercise,” Lanferman said.

The developer said the hotel project’s critics, meanwhile — some of whom attended the commission meeting — called the waiver clause “unfair,” with some suggesting a need for more input from city staff on behalf of AJ Capital.

“This waiver smacks of the pro- motion of AJ’s interest without ever designating them by name,” Palo Alto resident Beth Rosenthal said.

Jeff Levinsky, a resident who discovered that the 2016 addition of the administrative building to the Preliminary Planning Plan, he wrote, specifically states that states “within the existing commercial areas and not on the main corridors.”

The restriction, he argued, would “frustrate or obstruct the attainment of the fundamental policies of the Comprehensive Plan.”

Lanferman also argued in his letter that the prohibition would constitute “spot zoning” (despite the fact that it would apply to every grandfathered property in the city) that would have to be removed from the final ordinance to meet state requirements.

“We haven’t been granted and their residential use has been wiped out or something like that,” Levinsky said.

But Lanferman argued in a letter that the new restriction is “very problematic,” creating “unaccept- able inconsistencies between the zoning ordinance and the city’s Comprehensive Plan.

Son San, a Palo Alto resident, agreed that the applicability of the Ellis Act to this ordinance, he declared to answer, citing “attorney-client privilege.”

“I don’t believe that the city can or should offer the commission confidential advice about this topic.”

“Why wouldn’t I just use the same process that we are using generally for any applicant that feels we’re not treating them fairly in respect with the laws?” Summa asked.

Commissioner Doria Summa, who led the effort to delete the waiver process from the draft ordin- ance, took issue with city staff’s assertion that the ordinance may not be legal. When she pressed Deputy City Manager Peter Feldman about the viability of the Ellis Act to this ordinance, he declined to answer, citing “attorney-client privilege.”

“My understanding is that the city does not have the right to stop renting, it ‘does not give them the right to change to a dif- ferent use.”

“The Ellis Act does not present the threat that you’ve heard,” Levin- sony said.

While the city is debating the zoning change, residents of the President Hotel have been moving out, and with a Jan. 31 deadline to vacate the building, most have already left, although two of the building’s disabled residents have been given an extension to vacate the building and seek to get a grant from the city toward a temporary reprise. Project Sen- tience Solutions, a nonprofit that provides housing mediation services, urged AJ Capital in a letter on Jan. 25 to provide “reasonable accommoda- tions” for the two.

On Jan. 29, the city of Palo Alto formally notified AJ Capital about the city’s requirement that tenants be given an opportunity to lease — a rule that has not been followed or enforced in the historic apartment building. The provision may give the building’s few remain- ing tenants some leverage in a potential legal battle against AJ Capital.

Iqbal Serang, a President Ho- tel tenant, urged the commission Wednesday to do what it could to protect the residents.

“Isn’t it shameful that we can forward this idea where 75 units of housing that is compact can be eliminated forever,” Serang said. “Ignoring the fact that there is a responsi- bility for you the commissioners and our representatives on the council to help protect us individuals who are in dire need.”

Staff Writer Gennady Sheyner can be emailed at gsheyner@pawekly.com.

City Council (Jan. 28)

Media Center: The council supported staff’s proposal to continue negotiating with the Media Center regarding the purchase of its building at 900 San Antonio Road.

Yes: Unanimous

Zoning: The council made a series of revisions to the city’s zoning code, including the creation of a “housing incentive program” for California Avenue and El Camino Real.

Yes: Unanimous

Board of Education (Jan. 29)

Teacher housing: The board expressed interest in a county project to build affordable housing in Palo Alto for teachers. The district has a five-year plan to attract new teachers to the district and provide them with higher salaries and benefits.

Yes: Unanimous

Hoover portables: The board approved a $508,736 contract to set up interim classrooms at Hoover Elementary School.

Yes: Unanimous

Stormwater: The commission heard an update on the city’s Green Stormwater Infrastructure Plan.

Yes: Unanimous

Housing: The commission recommended approving an ordinance that amends the “grandfathered facilities” clause to allow downtown buildings that don’t comply with current development standards to convert to other allowed uses. The ordinance also prohibits conversions from residential to non-residential use.

Yes: Unanimous

Planning and Transportation Commission (Jan. 30)

Stormwater: The commission heard an update on the city’s Green Stormwater Infrastructure Plan.

Action: None

Housing: The commission recommended approving an ordinance that amends the “grandfathered facilities” clause to allow downtown buildings that don’t comply with current development standards to convert to other allowed uses. The ordinance also prohibits conversions from residential to non-residential use.

Yes: Unanimous

Algebra (continued from page 5)

percentage of low-income and minority students was a C in both years, the percentage taking Algebra 1A and 1B’s increased.

Eight percent (just four students) received an A in Algebra 1 and 1A in 2015-16, but 14 percent took Algebra 1A in 2015-16 and 21 percent last year.

Special-education students’ grades also improved from the first to second year of the pilot course. In 2017-18, seven special-education students received A’s, seven received B’s, eight received C’s and six received F’s, the report states.

Critics of the pilot feared it would dilute instruction to the detriment of higher-achieving students. (There was similar res- istance to a teacher proposal to merge two levels of freshman English at Palo Alto High School in 2014.) According to the report, this did occur the first semester of the Algebra 1A pilot.

Both teachers and students “ex- pressed the challenge of differen- tiation within the wide range of student knowledge and abilities, and teachers and students both ex- pressed concern that the highest-achieving students were not being challenged enough.”

Several students reported in fo- cus groups that because the class was “easy,” they were thinking about taking Geometry A over the summer and taking Algebra 2/ Trigonometry A the next year.

Teachers adjusted the course af- ter meeting with a middle school math instructional leader to learn and implement differentiation practices, visiting other local al- gebra classes and receiving addi- tional training.

Rolling out the class was also a “major undertaking” that first year with a team of three new teachers, including student teachers, to new to teaching algebra altogether, according to the report.

By year two of the pilot, the teachers said they felt they had learned to handle the challenges around differentiation and stu- dent support through professional learning, team planning and sup- port from Gunn and the district.

They were revising the final exam to better match with the new course and experimenting with standards- based grading, which measures student achievement by specific learning goals.

Gunn is continuing to track the first and second cohorts of Algebra 1A students.

There are currently 133 students enrolled in the course, according to the district.

The data report is dated March 2018 but had not been publicly released at the time of the vote.

The voted 3-2 against asking staff to report back further on the results of the pilot. Board mem- bers Todd Collins, Ken Dauber and Shounak Dharap supported a motion from Dauber to tell district staff that they have “no obligation” to return to the board with a report on the course, while President Jennifer DiBrienza and board member Margaret Moore-Hayes opposed it.

Dauber said Tuesday night that continued evaluation of the class should be staff work and that to expect a future report at the board level would be to continue “down an unproductive road.” Board in- volvement at the individual course level, he argued, could discourage teachers from innovating in their classrooms.

Baten Caswell strongly dis- agreed. The board’s 2016 approval of the pilot prompted periodic evalua- tions that have not occurred. To “no action” with a Jan. 31 deadline to report back with a Jan. 31 deadline to report back with a work plan.

“You can’t just agree on the face of housing that is compact can be eliminated forever,” Serang said. “I strongly believe it’s a responsi- bility for you the commissioners and our representatives on the council to help protect us individuals who are in dire need.”

Staff Writer Elena Kadvany can be emailed at ekadvany@pawekly.com.
Development

Department of Housing and Urban Development is being prompted by new contract rents and utility allowances authorized by the federal Department of Housing and Urban Development.

The notice has left the Haletkys reeling.

“Essentially, that’s an eviction notice,” said Joseph Haletsky, who works full-time to support himself and Evelyn, who is disabled.

The new amount is far above what they can afford together, he said, but there is a possibility that Evelyn could qualify for housing assistance if they split up. He is already looking for housing for himself in La Honda for about $1,400 a month, but it isn’t appropriate for his wife, he added.

“This has been home for 47 years,” he said of Palo Alto.

Tsuda said last week that the contract rent rates — $2,790 for a one-bedroom apartment; $3,445 for two bedrooms; $4,545 for three bedrooms; and $5,355 for four bedrooms — were granted by the federal housing agency after HUD and Palo Alto Housing did separate market studies.

The increases are based on what HUD and Palo Alto Housing’s tenants go through an annual eligibility recertification to determine if they are able to stay in the program.

Even if the Haletkys were to re-apply for Section 8 certification, assuming they could qualify, their current $1,467 rent would increase to about $2,500 per month, Tsuda estimated.

Joseph Haletsky said an abrupt $1,000-a-month increase would leave him in a bind. His last rent increase — last summer — was $70.

“There have been periodic rent raises to what other landlords are doing it. As a result, ‘market rate’ fell considerably behind rents for comparable apartments,” he said in an email to the Weekly.

“This drastic rise brings the rents up to what other landlords charge, but it is so steep that it is a virtual eviction notice for all those whose income is above the subsidy limit. It would seem to be a betrayal of the PAHC mission to provide affordable housing,” he wrote.

Tsuda acknowledged that bind for some tenants, given that contract rent rates had not been adjusted for many years. Those low rates were based on the prior HUD contract. Although HUD had the ability to make annual adjustments, that didn’t happen.

“For years, it was vastly under market rate,” Tsuda said.

According to the letter sent by Evangeline Granadosin, property supervisor, tenants in the contract rent program have until this Thursday to submit their income and asset information for review to enable staff to determine their eligibility for Section 8.

In a follow-up email, Geor- gina Mascarenhas, vice president of property management, said that 19 of the 22 contract households have completed recertification paperwork and/or scheduled meetings to start the recertification process.

Haletsky said he wrote an email to Granadosin but he hasn’t received a reply.

“Palo Alto Housing Corporation was founded with the mission of making and keeping affordable housing in the Palo Alto area. These new rents are a blatant betrayal of that mission that your organization has been so faithful to for almost half a century,” Haletsky wrote in the letter.

Haletsky said he had two small children when he moved to the complex and appreciated the nonprofit for giving him a place to live. As a Palo Alto resident, he founded the Downtown Food Closet and Urban Ministry of Palo Alto; became active in the music and theater scene at Stanford and three local theater companies; and is a member of First Lutheran Church.

“I do not appreciate being thrown away like this,” he said.

Staff Writer Sue Dremann can be emailed at sdremann@paweekly.com.

Webster Wood, a 68-apartment complex at 941 Webster St. in Palo Alto, is managed by the nonprofit Palo Alto Housing. The majority of residents, but not all, are in the federal Section 8 housing-assistance program.

Webster Wood accounts for 68 percent of property management, Gina Mascarenhas has, vice president of property management, said that 19 of the 22 contract households have completed recertification paperwork and/or scheduled meetings to start the recertification process.

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Haletsky said he had two small children when he moved to the complex and appreciated the nonprofit for giving him a place to live. As a Palo Alto resident, he founded the Downtown Food Closet and Urban Ministry of Palo Alto; became active in the music and theater scene at Stanford and three local theater companies; and is a member of First Lutheran Church.

“I do not appreciate being thrown away like this,” he said.

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Public Agenda

A preview of Palo Alto government meetings next week

CITY COUNCIL ... The council will hold a retreat to discuss the 2018 National Citizen Survey, set its annual priorities and discuss council procedures and protocols as they pertain to meeting management and participation in local and regional boards. The retreat is scheduled for 9 a.m. on Saturday, Feb. 2, in the Community Meeting Room at City Hall, 250 Hamilton Ave.

CITY COUNCIL ... The council plans to hold a study session with its state lobbyists relating to the 2019 legislative session, discuss the city’s letter to the Santa Clara County Planning Department pertaining to the negotiated development agreement over the Stanford University General Use Permit; and consider appeals from Crown Castle and United Neighbors pertaining to the interim planning director’s partial approval of Crown Castle’s application for wireless communication facilities. The meeting will begin at 5 p.m. on Monday, Feb. 4, in the Council Chambers at City Hall, 250 Hamilton Ave.

UTILITIES ADVISORY COMMISSION ... The commission plans to consider a new water supply agreement between San Francisco’s wholesale customers in Alameda County, San Mateo County and Santa Clara County; hear a presentation on succession planning, recruitment and vacancies in the Utilities Department; consider preliminary rate changes for electric, gas, wastewater-collection and water utilities and discuss the future of the fiber utility and planning for smart meters. The meeting will begin at 7 p.m. on Wednesday, Feb. 6, in the Council Chambers at City Hall, 250 Hamilton Ave.

ARCHITECTURAL REVIEW BOARD ... The board plans to discuss 702 Clara Drive, a proposal to demolish a four-unit building and construct three single-family homes totaling 5,000 square feet; consider a proposal to demolish an existing 1,951-square-foot office building at 190 Channing Ave. and construct a three-story 8,769-square-foot mixed-use building with office and residential uses; and consider a proposal by Stanford Shopping Center to demolish the 94,357-square-foot Macy’s Men’s building and construct a three-story stand-alone building, two retail buildings that would each be 3,508 square feet and a 28,000-square-foot retail building. The meeting will begin at 6:30 p.m. on Thursday, Feb. 7, in the Council Chambers at City Hall, 250 Hamilton Ave.

Avenidas (continued from page 7)

shows, more than 100 new play readings and 70 world premieres, including “Memphis,” which won the 2010 Tony Award for Best Musical. Kelley, whose life remains tightly interwoven with the company, has been a guest director around the country, lectured at local colleges and won many directing awards from Bay Area Theatre Critics Circle, Theatre Bay Area and Backstage West.

Lear has spent most of her life volunteering for organizations, including the Rotary Clubs of Los Altos and Palo Alto, the Foothill College Foundation and the El Camino Hospital Auxiliary. The longtime Los Altos resident co-founded the Los Altos Community Foundation’s “LEAD” program to encourage residents to become better involved in their town. While on the Foothill College Foundation Commission, she helped raise more than $100,000 in one night to support innovation projects. And as fundraising co-chair for the new Los Altos History Museum, she helped raise nearly half of the initial the $3.5 million needed to get the project of the ground. Lear said that from an early age, her parents instilled the values of hard work, simple values and modesty — always with a sense of humor included.

Portola Valley duo Ward and Mary Paine have been key players in protecting a large swath of Peninsula hills, baylands and coastside as permanent open space for public health and enjoyment.

Ward, one of the area’s earliest venture capitalists, helped launch the Peninsula Conservancy Center and then formed the nonprofit Peninsula Open Space Trust in 1977 to protect and care for land in and around Silicon Valley. The Trust has been responsible for preserving more than 76,000 acres of open space in San Mateo, Santa Clara and Santa Cruz counties.

Mary started her environmental endeavors while on the board of the nonprofit Peninsula Conservation Center. She later co-founded the spin-off organization Environmental Volunteers, a nonprofit aimed at introducing natural history and environmental science to children. She played a key role in securing funding for the restoration of the former San Francisco Scouts building in the Palo Alto Baylands that became the educational EcoCenter and the headquarters for Environmental Volunteers.

Palo Alto couple Ellen and Mike Turbow have worked to improve conditions for those making end-of-life decisions and those with disabilities.

Mike, an early pioneer in the hospice movement during the 1970s, helped establish Mid-Peninsula Hospice — which has since expanded and is now known as Pathways Hospice — and volunteered as a medical director for nearly 20 years. He also testified multiple times before the California Legislature, playing an important role in the passage of the End of Life Option Act, which allows medical aid in dying for terminally ill patients.

Ellen turned her attention toward children with special needs after the couple’s son died in 2012. She joined the Children’s Health Council board of directors for two terms and later the board of directors of Abilities United, where she also participated on the capital campaign committee. As a member of the Jewish Family and Children’s Services’ public issues committee, Ellen advocated for better coordination of services for families with disabled children, and in coordination with Abilities United, helped convene a two-county conference on the issue.

Tickets for the May 19 Garden Party are $75 and available online at avenidas.org or by calling 650-289-5445.

Online This Week

These and other news stories were posted on Palo Alto Online throughout the week. For longer versions, go to www.PaloAltoOnline.com/news.

Teen seeks to ban ex from robotics team

A female Gunn High School junior who the district determined was sexually harassed by another Gunn student has turned to the courts to ban the male student from participating in the school robotics team, to which they both belong. (Posted Jan. 30, 3:22 p.m.)

Man pleads no contest to sexual assault

An East Palo Alto man has pleaded no contest to sexual assault charges for running an unlicensed massage business out of his garage, San Mateo County prosecutors said Wednesday. (Posted Jan. 30, 3:36 p.m.)

Police look for stolen laptop, find armed teen

The hunt for a missing MacBook Air led police to a 16-year-old boy who was allegedly found with a stolen gun in the Old Palo Alto neighborhood and arrested late Friday night, police said Tuesday. (Posted Jan. 29, 2:44 p.m.)

City settles racial discrimination suit

After a nearly two-year battle, the city of Palo Alto and its Children’s Theatre managing director have settled a racial discrimination lawsuit for $55,000, according to an agreement released by the city attorney’s office. (Posted Jan. 25, 3:49 p.m.)

Want to get news briefs emailed to you every weekday? Sign up for Express, our daily e-edition. Go to www.PaloAltoOnline.com to sign up.
Elizabeth J. Rose-Morales
August 21, 1936 – January 22, 2019

Elizabeth was born in New Jersey to parents Irene Temple and John Rose. She attended Mt. St. Dominic Academy, Caldwell, NJ graduating in 1956; earned her Nursing degree at St. Joseph’s Hospital, School of Nursing, Paterson, NJ graduating in 1959; and ultimate M.A. degree (1985) in Personnel Management at Redlands University, CA.

Over a long productive career Betty accomplished much. Ms. Rose, RN, worked as an orthopedic nurse at Palo Alto Hospital before its merger into Stanford University Hospital. She later accepted a position as the Nursing Dept.'s ‘nursing unit space planner’ where she planned and expended the resources to SUH’s ER, Trauma Center and all nursing units, especially the intensive care units (ICU’s). Known as “Ms. Rose” at Stanford University Hospital (SUH, later SUMC), she transformed the Neonatal ICU (Dr. Sunshine, Director) by acquiring equipment needed despite budget shortfalls; “because Montclair, NJ, needed the latest technology to become healthy.”

For the first SUH Expansion project (1972) Ms. Rose designed its ICU floor plan which was copied worldwide by many hospitals, including ones in Japan, Germany and the UK.

Ms. Rose represented the Nursing Administration interests during the acquisition of Children's Hospital. She also orchestrated merger plans combining SUMC with UCSF Medical Center during 1999 and was asked to ‘return everything back’ when the merger did not work. She coordinated development of nursing protocols for Open Heart Surgery (Dr. Norman Shumway) and organ transplant. Ms. Rose became part of SUH Facilities Department (Jim McNally, Director) where she was assigned to the Hospital Facilities Planning Unit. Between 1990 and 2000 Ms. Rose located, developed and managed 22 satellite clinics sites along the Peninsula. At one point Betty had hired, orientated and managed over 400 nurses many of whom became ‘Head Nurses’ of their unit. She chose to retire in 2000.

Ms. Rose, RN, will be remembered by her colleagues for her sensitive humane management style. She was remarkable as a ‘problem solver’, for her wisdom, her kindness, her common sense, and an irresistible humor.

In 1986, Betty Rose and husband Hilbert Morales acquired ownership of an English-Spanish language weekly (El Observador, San Jose, CA) to disseminate ‘factual, truthful and useful information’ to the general community with focus on its Hispanic-Latinos (serving its CFO 1986-2016). In addition, the nonprofit El Observador Foundation, Inc. was organized to provide counseling/mentor services; grants in aid; and Journalism-Mass Communications internships in partnership with SJSU's School of Journalism & Mass Communication. Today EO is digitalized and may be viewed at <www.el-observador.com>

When Betty and Hilbert Morales were married at All Saints Episcopal Church, Palo Alto, CA (1981), she became step-mother to his three children: Linda, Tony and Mary. All four grandchildren fondly know her as “Grandma Betty.”

Elizabeth Jean Rose-Morales was preceded in death by her parents, John and Irene Rose, and by her stepson, John F. Rose, Jr., MD, Lancaster, PA; Frederick W. Rose, esq., Ramson, NJ and sister Patricia Rose Cregut, Sarasota, FL, plus numerous nephews and cousins.

Betty died peacefully while sleeping 01.22.2019. May her soul rest in peace. In lieu of flowers or sympathy cards, Betty’s favorite charity was: OBSERVADOR FOUNDATION, INC., 1042 West Hedding Street, Suite 250, San Jose, CA 95126. Established 1983, EO Fdn, Federal I.D. 94-291596 IRS Section 501-c-3 nonprofit, tax exempt funds scholarship/internships for ‘disadvantaged low income local students who will benefit from your thoughtful generosity. Donations may be made to paypal.me/elsobradorfin.
Editorial
The case for a train viaduct in Palo Alto

Palo Alto is only a couple of months away from deciding whether to accept Caltrain’s preferred options for eliminating the four Caltrain grade crossings in town. This will then lead to full-scale engineering and financial analyses prior to submitting a plan to Caltrain for approval and seeking funding help from public agencies.

In a multi-pronged public-engagement process that has struggled to gain the full attention of the community over the last few years, none of the alternatives other than the complete elimination of grade crossings has emerged as a favorite, or more accurately, the least objectionable.

The most common solution, employed by other cities on the Peninsula over the last decade or longer, is a hybrid approach that raises the tracks on earthen berms using imported dirt and lowers the streets that had been at grade so that cars go under the raised tracks. It is the least expensive option, but it creates a rather massy and discontinuous barrier down the middle of the city.

A second alternative under consideration is a much more expensive “trench” option, in which dirt is excavated and trucked away so that the tracks can be submerged but not buried. The road surfaces then go over the open trenches. One major problem with this approach in Palo Alto is the fact that the trench would have to begin south of Oregon Expressway and would run into several creek crossings that would need to be engineered with pumping stations to get the water flow over or under the trench, requiring approvals from multiple regional, state and federal agencies that aren’t by any means certain.

For obvious reasons, neither of these options is very attractive. We need to solve the grade-separation problem but provide no other benefits to the community.

While there is much investigation still to be done, we believe the viaduct option offers Palo Alto not only a solution to a problem but an opportunity to create something truly magnificent for the community — a greenbelt corridor through the center of town.

Imagine raised tracks on concrete pillars from south of downtown to north of San Antonio Road with landscaping and bike, walking and running paths underneath, enabling people to travel almost the entire length of the city away from automobile traffic except when crossing Meadows Drive and Charleston Road.

Since there would be no need for high security fencing to keep people away from the trains, the entire length could be an attractive set of paths that would encourage recreation and transportation without getting into a car or navigating city streets on bike or foot.

Unlike a trench or berm solution, a viaduct would require little earth movement or fencing and open this valuable right-of-way to public use.

Support for the Green New Deal

Editor
Kudos to David Coale for urging our city to lead the nation in embracing the Green New Deal (Guest Opinion, Jan. 24). The Green New Deal is a program to decarbonize our economy as quickly as possible.

Like Franklin Delano Roosevelt’s New Deal, it is a massive investment, in this case in clean-energy jobs and infrastructure. In addition, it decreases the inequality in our economy.

We have been dragging our feet into the transition to renewables promulgated by the Paris 2015 Accords. We need to speed it up because the Earth will not wait for us. It is changing too fast. Temperatures and CO2 levels in the atmosphere and oceans are increasing too rapidly. The crisis we are in is unprecedented.

As a wealthy and influential city, Palo Alto should lead on this.

Steve Ettreim
Ivy Lane
Palo Alto

No to Monopoly-like fake mail boxes

Editor
This message is sent as there is an appeal on the wise and logical choice of the city of Palo Alto to not install a fake mail box at 345 Forest Avenue/Gilman Street.

Having lived now three years at 345 Forest Ave., Palo Alto and overlooking the lovely 1920s fountain and little courtyard, I have seen hundreds of people stop and gaze from various angles at this courtyard and wonderful building.

Any type of extension to the current size of the traffic light — small as the telecom firm will claim it to be — is directly in the view of one of the most photographed local landmarks.

The role of the Architectural Review Board has to be to defend the beauty of our city, and small or large add-on contraptions have no place at this location.

The Crown Castle/Verizon applicant is proposing a node at Forest/Gilman. Let them know that they can keep their nodes away from blocking/changing the view (be it even slightly) of our town.

Further: It would be very helpful for our city that — instead of each time (and there will be hundreds) a small cell is to be placed we have to re-debate the logical and wise idea — this material be placed in vans. It is obvious that we do not want to have green boxes all over town.

Ardian Michael Blum
Forest Avenue
Palo Alto

Palo Alto Online's bloggers are writing about everything from innovation and politics to community services and family. Here are the latest posts from some of our bloggers. Discuss these and other topics with them at PaloAltoOnline.com.blogs.


**Guest Opinion**

_Every year, 16 million American adults experience a severe depressive episode. I was one of them._

On a grey afternoon at the end of 2012, I sat alone in my car, agonizing about whether to kill myself. I didn’t want to die, but I couldn’t bear to live anymore. Suicide would take the weight of fear and despair off my exhausted shoulders.

Although I had endured a major depression in 1991, medication and an effective self-care regimen brought me back to the light of day, I helped raise two wonderful children and built a successful securities-litigation practice. But the demons of depression and alcoholism were waiting in the wings. In 2012, a storm of genetics, drinking, life stressors and the growing ineffectiveness of my medication pushed me back into suicidal despair.

By early 2013, I was close to catatonic. The grey sludge of apathy and despair oozed into my head. Small tasks felt like the weight of fear and despair off my exhausted shoulders.

Yet, as my father used to say, “While there’s life there’s hope.” Over time, new meds, exercise, other self-care regimens — and the love of friends and family — slowly melted the permafrost of my depression. I began to find the “me” of the past decades, and the world went from dull gray hues to technicolor again.

I am now standing on the far side of the valley of the shadow of suicidal despair, six years sober, and feeling better in many ways than I ever have. I will always have to work hard to stay that way. Although the genetic components of my depression and alcoholism are not my fault, it is my responsibility to do everything I can to stay out of their cold grasp. It helps tremendously to have what I call a SEaL (Supportive, Energizing And Loving) Team. Trusted friends and family, my mentor, AA sponsor, our pastor, and a psychiatrist are on the team. They help me stay focused on six self-care regimens that support my vitality and give me a sense of unlike what I’ve ever had before.

• I exercise at least 150 minutes each week. Studies have shown that exercise can be as effective as antidepressants.

• I take several of those medications every day.

• I work in the service of others by sharing my story of resilient recovery. When I do, people often open up to me. Sharing our lived experiences is an act of courage and inclusion, not an admission of weakness. We build community when we share our wounds.

• I nurture my growing spirituality and faith. Each morning I center myself with Niebuhr’s Serenity Prayer. Some days are better than others, but each is a blessing.

• I am also developing a better perspective on life and putting mindfulness to work in several ways:
  • I understand that perfection and excellence are different animals. Perfection leads to paralysis and indecision. Excellence comes as we slowly master our craft with a light heart and a focused mind.
  • I meditate. As a neophyte, the only worthwhile advice I have is to practice every day.

• When I fret about an upcoming challenge, it helps to list the things that freaked me out over the prior 12 months. Very few actually happened.

• I also strive for active, openhearted gratitude for all that we have, while seeking to acknowledge, and working to mitigate, the needs of others whose suffering is greater.

• I am improving my ability to accept failure and move on. I sure don’t like to fail, but I try not to let my fear of failure paralyze me. It is an opportunity to build resilience. We can only take authentic, quiet pride in our achievements when we have the integrity and courage to own and learn from our mistakes.

• I like and accept myself more than I used to. I try to be one of the authentically nicest persons in the room, rather than the boffin I used to be.

• Finally, I take time to recharge. Every two hours, I walk around the block and eat something good for me. I take vacations. I turn my phone off at 9 p.m. and don’t carry it with me one day a week. When I am having trouble falling asleep, I recite this New Zealand prayer.

  It is enough. What has been done has been done. What has not been done has not been done.

Let it be.

The night is stillness and rest.

May you find some serenity each day.

Palo Alto resident Cameron Stout, an attorney and a mediator, gives talks around the country on his story of recovery, sharing strategies for self-care, resilience and hope. His website is stoutheart.org.
We’re Hiring

Full-Time News Reporter

The Almanac, an award-winning community newspaper and online news source that covers the towns of Menlo Park, Atherton, Portola Valley and Woodside, is looking for an adventurous full-time news reporter with a passion for local journalism.

The ideal candidate will have experience covering local government and community news, and the skills to dig up and write engaging news and feature stories for print and online. Our reporters produce monthly cover stories that highlight issues and people in our community.

We’re seeking someone who is motivated, eager to learn, able to quickly turn out finished copy, and who lives in or near the Almanac coverage area. Social media skills are a plus.

This is a fully benefited position with paid vacations, health and dental benefits, profit sharing and a 401(k) plan.

To apply, send a cover letter, resume, and three samples of your journalism work to Editor Renee Batti at editor@AlmanacNews.com.

The Almanac

Transitions

Births, marriages and deaths

Gurdon Pulford

Gurdon Pulford, a Palo Alto pediatrician for more than 40 years, died at his daughter’s home in Los Gatos on Aug. 31, 2018. He was 96.

Born to Reginald and Ramona Pulford in Detroit, Michigan, on June 22, 1922, he grew up to be- come an outstanding swimmer and scholar. He was president of the senior class at Highland Park High School and was awarded a scholarship to Brown University.

Following his graduation from Brown, he entered Medi- cal School at the University of Michi- gan, where he swam on the renowned Uni- versity of Michigan swim team under coach Matt Mann. During his years on the team, he won six NCAA medals: four gold, one sil- ver and one bronze.

In 1945, Pulford married his high school sweetheart, Florence (At- wood) Pulford. She taught school in Ann Arbor while he attended medical school. After he graduated in 1948, they moved to Oakland for his residency at Highland Hospital, and then moved again to Travis Air Force Base, where he served as a Captain during the Korean War.

The couple had been eager to live in California ever since the duo’s first trip west in 1946 to work as camp counselors at Camp Trin- ity on the Bar 717 Ranch in Trinity County. They loved the ranch and it became an important part of their and their children’s and grandchil- dren’s lives.

Upon completion of Pulford’s military service in 1953, they moved to Palo Alto. He joined the then small pediatric staff of the Palo Alto Medical Clinic (now Foundation) where he practiced pediatrics for more than 40 years. During his tenure at the Palo Alto Medical Clinic, he also served several years as its president. He was an excellent, respected and deeply caring physician and is still fondly remembered by his patients and their families for his gentle manner and their orange plastic sand pile in which he carried his stethoscope and medical equipment.

In 1963, the Pulford family moved to Los Altos Hills where they lived for more than 60 years. In retirement, he volunteered as a nature docent at Filoli for over 20 years and loved be- ing a member of the backwoods “Bandana Brigade.” He enjoyed sailing, hiking, making mosaic tile artwork and swimming. He swam a half-mile a day until he was 92 years old. He had a great love of literature and hosted academic lec- tures in Palo Alto for more than 20 years.

Pulford was predeceased by his wife, Florence, in 1989. He

is survived by children: Shelley Ries of Corvallis, Oregon; Gurdon Pulford of Watsonville; Marilama Vance of Fremont; Ann Wilson of Los Gatos; and Sarah Zweng of Los Gatos; and grandchildren, Kevin, Andrew, Kristina, Charlie, Stephen and Hollis.

A memorial service will be held on Saturday, Feb. 2, at 2 p.m., at First Congregational Church, 1985 Louis Road, Palo Alto.

Marilyn Gordon Lowe

Marilyn Gordon Lowe, a long- time resident of Palo Alto, died on Jan. 7 in San Francisco. She was 86.

Born in Berkeley on Feb. 29, 1932, to Royal and Lisle (Hubsch) Lowe, she graduated from Albany High School and later went on to major in music at the University of California, Berkeley, where she graduated in 1954. She taught at ele- mentary schools in the Bay Area during the early 1960s, as well as in Berlin, Tokyo, and Brazil. She also worked for Cultor Artist Management, Inc. (CAMI) as an advance person for the summer concert se- ries in the Rocky Mountains.

She loved teaching young chil- dren and created several children’s story books.

An ardent traveler, Lowe vis- ited many countries and promoted world travel. She was an observant Christian Scientist and loved cats.

She was a kindred spirit who will be missed by many whose lives she gently, sweetly and kindly touched.

She was preceded in death by her sister, Joan Small and is survived by: nephews Howie (Cindy) Small and Robbins (Darlene) Small; second cousins Randolph (Donna) Koch, David (Marla) Koch, and Rolland (Janice) Koch; and grand nieces and grand nephews.

No service is planned.

Michel Joseph Lateur

Michel Joseph Lateur died on Dec. 23 following a brief and sad- den illness. He was 89.

Born in San Francisco on Dec. 25, 1929, to Gaston Leon Joseph Lateur of Belgium and Josephine De Poot of France, he graduated from Sequoia High School in 1947 and imme- diately enlisted in the Air Force where he served for four years. He worked at American Standard for 10 years and at Stanford Linear Accelerator Center for 27 years, during which he made notable contributions to the SLAC 20 GeV spectrometer, Mark I and Mark II detectors.

Lateur lived his life with energy and curiosity. He enjoyed tinkering with his inventions and was especially proud of his patents.

He constantly dreamed of ways to better the world. He loved fixing houses and was never too busy to help a neighbor or a friend. He was an outgoing person, who mainta- ined life-long friendships while making new ones and found joy in traveling the world with his wife, Carmen. He loved family gather- ings and seeing his family grow up.

Lateur was predeceased by his oldest son, Charles Leon. He is survived by his wife of 34 years, Carmen Carvalho Lateur; children Steven Michael, Michelle Jeanne, Paul Joseph, and Giselle Ma- rie; eight grandchildren; and six great-grandchildren.

A celebration of life will be held on Saturday, Feb. 2, at 11 a.m. to 3 p.m. at Crippen and Flynn Woodside Chapel, 400 Woodside Road, Redwood City.

Lawrence (Larry)

Albert Bross

Albert Bross was a former educator who taught his- tory and government at Palo Alto High School for 30 years, died in his Los Gatos home on Jan. 24. He was 90.

Born in Brooklyn, New York, to Morris and Anna Bross in 1928, he graduated from Tilden High School in Brooklyn and the University of Bridgeport in Connecticut before earning a Master’s degree from the Univer- sity of Oregon.

He was a proud Seaman First Class in the Coast Guard during the Korean War. Along with his then- wife, Loretta, Bross moved to San Jose, where they raised their fam- ily while he worked as a teacher in Palo Alto. Since 1988, he has lived full time in Ocean View.

A modern renaissance man, Bross became an accomplished artist and sculptor. He loved shar- ing his work and stories with all who invited him into his home— which was everyone. He made friends easily and kept them close for years. He cherished the commu- nity of Ocean View and was willing to share his ideas on its improve- ment with all who would listen (and some who wouldn’t).

He is survived by his brother, Seymour Bross; son, Michael Bross and his wife, Cinda; and daughter Rachel Bross; four grandchildren Leah Bross, Michaela Wright, Ben- jamin Bross and Sarah Wright; and great-grandson David Bross, and their families.

In lieu of flowers, the family re- questes that donations be made to Arroyo Grande Library (600 West Branch, Arroyo Grande, CA 93420), where Bross found great joy among his books and the li- brary’s willingness to forgive his late returns.
Source: TrendGraphix January 1 through December, 2018. Displaying the top 5 brokerages in Palo Alto based on All Property Types, Total Property Sales in Units
Samia Cullen  
650.384.5392  
sccullen@apr.com  
License # 01180821

**Sold** Rare custom built 7,743 SF Estate with an open floor plan on approximately 19,000 SF lot and incredible resort like backyard.  

**Palo Alto**  
$1,080,000

Carol Li  
650.281.8368  
cli@apr.com  
License # 01227755

**Sold** Sold off the market. Rare 15,000 sq ft, flat lot in Old PA! Great for building a custom home or restoring the current Craftsman Tudor.  

**Palo Alto**  
$10,000,000

Dana van Hulsen  
650.248.3950  
dvanhulsen@apr.com  
License # 01749772

**Coming Soon** New 5,648 sq. ft. Napa farm house in Old Los Altos. Just blocks from Downtown. 6 bedrooms, 5 baths plus 2 half baths. 12,781 sq. ft. lot.  

**Los Altos**  
$7,390,000

John Forsyth James  
650.218.4337  
John.James@apr.com  
License # 01138400

**Coming Soon** Expansive Crescent Park Estate. Sold in 2 days. 5 bedrooms, 5 bathrooms plus a guest house on an extra-large 21,000 sf lot. Beautifully remodeled and very special.  

**Palo Alto**  
CALL FOR PRICE

Derk Brill  
650.543.1117  
dbrill@apr.com  
License # 01256035

**Sold** Sold with multiple offers. Recently constructed 4BD/3.5BA featuring pool, detached guest house in an outstanding location.  

**Palo Alto**  
$6,750,000

Jennifer Buenrostro  
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jbuenrostro@apr.com  
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**Coming Soon** West Menlo: 5BD/4.5BA + office, recreation room. Mediterranean-style home built 2009. Las Lomitas Schools; near Stanford & Sand Hill Rd; huge lot & interior.  

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**Stunning 5 yr new home on sunny, level acre with 5 bedrooms, 4.5 baths, complete with guest house, pool/spa and koi pond.**  

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Square footage, acreage, and other information herein, has been received from one or more of a variety of different sources. Such information has not been verified by Alain Pinel Realtors. If important to buyers, buyers should conduct their own investigation.
Arti Miglani
650.804.6942
amiglani@apr.com
License # 0150085

Sold Our strategic marketing plan and the prep work done sold this home in one week with multiple offers. Thinking of moving? “Let me tell you how I work. Let me work for you.”

Palo Alto $575,000

Umang Sanchorawala
650.960.5363
usanchor@apr.com
License # 01471341

Sold Beautifully renovated Mediterranean style home in desirable Community Center. Excellent Palo Alto Schools.

Palo Alto $4,650,000

Alan Dunckel
650.400.0327
adunckel@apr.com
License # 00866010

Coming Soon Old world charm in prime Old Palo Alto. 3 bedroom, 2 bath home on 8000 sf corner lot. Endless possibilities!

Palo Alto CALL FOR PRICE

Lori Buecheler
650.387.2716
lbuecheler@apr.com
License # 01859485

Sold Desirable cul-de-sac location, this mid-century 3 bedroom, 2 bath home boasts updates for contemporary living on a generous lot.

Palo Alto $4,180,000

Kathleen Wilson
650.207.2017
kwilson@apr.com
License # 00902501

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WILLOW GLEN Call for Price

Mountain View $1,299,000

WILLOW GLEN $1,559,000

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FEBRUARY SEMINARS
Presented by the DeLeon Team

How Feng-Shui Concepts Impact Home Value

Palo Alto Hills Golf & Country Club
3000 Alexis Drive, Palo Alto, CA
Saturday, February 9, 2019
11am - 1pm

11am – 12pm
Yang Earth Pig Year 2019 & Residential Feng-Shui
Aelita Leto
Feng-Shui Master

12pm – 1pm
How to Maximize Sales Price in a Slowing Market & Real Estate Tax Changes in 2018
Michael Repka
CEO of DeLeon Realty

2018 Real Estate Tax Changes
& Maximizing Sales Price in a Slowing Market

Palo Alto Hills Golf & Country Club
3000 Alexis Drive, Palo Alto, CA
Sunday, February 10, 2019
11am -1pm

Michael Repka, Esq.
CEO of DeLeon Realty
LL.M (Taxation)
NYU School of Law

Annie Watson
VP of Finance
DeLeon Realty
MST (Taxation)
MSA (Accountancy)

How To Reach Buyers in a Slow Market

Palo Alto Hills Golf & Country Club
3000 Alexis Drive, Palo Alto, CA
Saturday, February 16, 2019
11am -1pm

Michael Repka
CEO of DeLeon Realty

Appetizers & refreshments will be provided.
RSVP: 650.543.8500 | RSVP@DELEONREALTY.COM
Seminars are for prospective clients only.
No outside real estate professionals permitted.
417 Seneca Street, Palo Alto

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For video tour & more photos, please visit:
www.417Seneca.com
Offered at $6,988,000

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Saturday & Sunday
1:30 pm - 4:30 pm

Listed by Michael Repka of the DeLeon Team

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by Karla Kane

The sky helps us life and light, surrounds us day and night and serves as an endless source of wonder, both scientifically and artistically. The Palo Alto Art Center is pondering the cosmos with its current exhibition, “The Sheltering Sky,” which incorporates the work of 18 sky-gazing artists in a variety of media.

“‘The Sheltering Sky’ was inspired by the night sky and was connected to the idea of looking up at the night sky,” curator Selene Foster said.

Though he joked that looking back over his work, which took place over five weeks during which he slept very little, “makes me feel very tired,” the experience was most rewarding in terms of giving him a profound sense of perspective.

“You did get the sensation that you’re on this object that’s slowly spinning,” he said. “Highly recommended.”

Stanford resident and environmental artist Sukeye Bryan, who created the large vinyl installations ("Sky Front" and "Sky Windows") on the front and sculpture-garden exteriors of the Art Center, used photographs she took of the sky right over her own backyard during the recent drought, capturing the bright blue sky and puffy, rainless clouds.

By turning viewers’ attention to the beauty of nature, she hopes to also inspire concern to protect it. "It’s a really tangible thing that astronomy doesn’t usually get to experience working with antique plate-glass negatives from San Jose’s Lick Observatory, which she called one of the first observatories to integrate photography with science. Also included in "The Sheltering Sky" are images taken through open skylights in a Turkish caravan. (Connor, McCaw, and Tony Misch from Lick Observatory will give a talk at the Art Center on March 31.)

Stanford University faculty member Ala Ebtekar used ultraviolet light emitted from the stars and moon to create his "Nightfall" series, cyanotypes printed onto pages from science-fiction author Isaac Asimov’s "Nightfall," a short story set on a planet with six suns, where the stars are seen only once every 2,000 years. When faced with a star-studded night sky for the first time, the inhabitants go mad.

"Is madness being enlightened or is madness something else? They can’t really get over the fact that there’s more than themselves up there," Ebtekar said.

Val Britton’s "Upper Air," housed in the Glass Gallery adjoining the main exhibition space, is a site-specific skyscape installation made of paper, string and ink. Visitors are encouraged to lie down on the floor and look up at the cloud-like assemblage for the best view. Britton, whose "Celestial Wanderer" is also on view, turns maps and charts into abstracted, physical sculptures of imaginary locales.

Petaluma’s Jennifer Kent’s detailed, hand-drawn ink-on-crayon board pieces "Still" and "Refuge" consider dichotomies of stillness and speed, noise and quiet.

Looking up at the night sky, she said she was "struck by the vastness and immensity of the space. It’s overwhelming but also incredibly comforting and peaceful and still ... both of those things existing at the same time." Though abstract, her drawings suggest both a zoomed-in, microscopic view and a zoomed-out look at the expanding universe.

Demetrios Oliver’s mixed-media "Orerry," hanging in the center of the gallery, uses old umbrella frames and other found objects to create his own personal orrery, a mechanical model of the solar system (or in this case, of the artist’s life). The most striking art in the exhibition may be Vanessa Marsh’s chromogenic photographs, created using a combination of darkroom techniques, collage, drawing and painting.

"It’s a photograph that was created by a painting. No camera," she explained.

The final negative prints have an eerily dark presence dotted through with light, resembling a photograph but also full of magic. In her "Cave" images, she imagines the cosmos as viewed by early humans, living in dark caves and pondering the universe. The viewer peers out at distant mountains and up at sparkling stars through a cave entrance, its dark walls framing the view.

Marsh said she was inspired by prehistoric cave painters and their perspective on the cosmos. Creating the work, she said she thought about the night sky and “how connected we have been to it in the past and how disconnected we are now.”

Other work featured in “The Sheltering Sky” includes representations both surreal and scientific, in techniques including painting, video, textile art and more from Matthew Baum, Sarah and Joseph Belknap, Adrian Landon Brooks, Eiko Bacherding, Anna Von Mertens, Pieter Laurens Mol, Katie Paterson, Dario Robleto, Camille Seaman and Hiroshi Sugimoto. Storms, sunspots and satellites are just a few of the topics explored.

As always, the “nook” area of the Art Center’s lobby is dedicated to community participation. In conjunction with “The Sheltering Sky,” community members are invited to submit their best “sky shots” to artcenter@cityofpaloalto.org or by using #paloaltoartcenter #skyshots. A new winning photograph will be selected based on votes from the public each month during the exhibition’s run.

Points of Interest:

- The final negative prints have an eerily dark presence dotted through with light, resembling a photograph but also full of magic.
- In her "Cave" images, she imagines the cosmos as viewed by early humans, living in dark caves and pondering the universe.
- The viewer peers out at distant mountains and up at sparkling stars through a cave entrance, its dark walls framing the view.
- Marsh said she was inspired by prehistoric cave painters and their perspective on the cosmos.
- Creating the work, she thought about the night sky and “how connected we have been to it in the past and how disconnected we are now.”
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- Storms, sunspots and satellites are just a few of the topics explored.
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PA Art Center looks up to ‘The Sheltering Sky’

Camille Seaman’s photograph “The Lovely Monster Over the Farm 19:15CST Lodgepole NE, 22 June 2012” is part of the Palo Alto Art Center’s “The Sheltering Sky” exhibition. Courtesy Camille Seaman

Vanessa Marsh’s chromogenic photograph “Cave 4, 1/3, 2016” harkens back to the night sky as seen by prehistoric cave dwellers.

What: “The Sheltering Sky”
Where: Palo Alto Art Center, 1313 Newell Road.
When: Through April 7.
Tuesday-Saturday from 10 a.m. to 5 p.m., Thursday open until 9 p.m., Sunday 1-5 p.m.
Cost: Free
Info: Go to tinyurl.com/ ylip7fsi.

Page 28 • February 1, 2019 • Palo Alto Weekly • www.PaloAltoOnline.com
**OK ‘Cupid’**

Pear play ponders internet dating at the end of the world

by Karla Kane

How would you spend your last 12 hours on Earth? With your loved ones, many of us would likely answer. But what if a mysterious “vanishing” event took away half the world’s population, including your family, the day before?

In local playwright Jeffrey Lo’s “Spending the End of the World on OK Cupid,” on stage now at the Pear Theatre, a 10-person cast of left-behind characters turn to the dating website OkCupid.com in a last-ditch attempt to form some new human connections before it’s too late.

It’s an engaging premise and a sometimes-engaging play, which could use some editing to sharpen its script and muster greater insights. Framing the plot is the inexplicable “vanishing,” which was correctly predicted by a bellowing prophet called Alfred Winters (Keith Larson). Enraged that no one believed his previous warning that many would disappear suddenly (although it’s unclear why they would), he’s making the media circuit repeating his rage-filled speech to any outlet that will have him, reiterating that the world will end at midnight.

The play was first commissioned by Ohlone College in Fremont, where it was performed in 2016. At the time of its creation, OkCupid.com allowed users to make anonymous screen names, something it no longer does, apparently. So, we get characters going by humorous monikers including “ArEyouMyMother,” “WarriorsGirl30” (Samantha Ricci), “McChamplinBong” (Michael Weiland) and more.

Two lead characters quickly do share their real identities and decide to meet up in person: Ben (Tasi Alabastro) and Caitlyn (Michelle Skinner). He’s an outgoing bon vivant who wants to check off his bucket list (plans his Ben’s precious remaining hours would be worth spending some of on OK Cupid,” though, as they roam the town, Ben and Caitlyn also get to know each other, cramming what might normally be a long series of online conversations and casual dates into a quick-forming, meaningful bond.

WarriorsGirl30 and MsChandlerBong take it slower. He is eager to meet but she’s (initially) insistent that they keep it confined to virtual chats.

Surrounding the vignettes depicting the interactions of the two main couples are interspersed snapshots of many others reciting their OKCupid profiles, some poignant and sad, some comical.

Some characters appear only once, while others pop up repeatedly, such as television host Sage Cruz (Ivette Deltoro), who struggles to prioritize her family over her career. Director Michael Champlin gamely takes on the role of burger chef Louie, who, along with his sulky son Lou (Filip Hofman), encounters Ben and Caitlyn during Ben’s quest to eat the fabled “Louie’s 10-star burger,” a “secret item on the secret menu” that no one has ever before been able to finish.

A nitpick: One wonders, first of all, what would “Louie’s 10-star burger” be a secret item at a place literally called “Louie’s 10-star?” Secondly, the burger in question turns out to just be 10 cheeseburgers stacked upon each other, with no “secret” or interesting ingredients, so it’s hard to see why that would be worth spending some of Ben’s precious remaining hours on. Or perhaps that’s the point? Maybe he just likes the challenge.

The fairly bland set and production design does the show few favors (photos from the original Ohlone production seem to suggest a much more visually compelling endeavor), although Megan Southler’s lighting design is effective.

Champlin, in the dual role of director and restaurateur, proves an entertaining host and perks things up before and between acts. And I have yet to see Alabastro give a performance that was less than delightful. His Ben is no exception: a schlubby, exasperating-but-charming soul with whom hijinks and smiles seem guaranteed. When he gormlessly breaks Caitlyn’s fragile trust, it really, if briefly, hurts.

The idea of exploring how people present themselves online, as well as how they’d seek to spend the end of the world, is a good experience, fails to fully click. In the case of Pear’s “Spending the end of the World on OK Cupid,” though, the show has potential but, like many of us would likely answer, none of us would likely answer.
Passionate about pastries
Maison Alyzee inspires with authentic French fare in Mountain View

by Monica Schreiber | photos by Magali Gauthier

Hannibal’s Secret Weapon: Recruiting Nature into His Arsenal

The Carthaginian general, Hannibal Barca, may have been the ancient pioneer of weaponizing nature to expand the power of his typically smaller army in combat engagements. While surprise was almost always one of his greatest assets, especially combined with deep military intelligence and psychological operations, Hannibal’s deep knowledge of local environments and topographies allowed him to exploit his enemies’ vulnerabilities. During the Second Punic War, he made a Roman army cross the freezing Trebbia River, hid his army in fog above Lake Trasimene, and had the Romans chasing a herd of cattle with burning sticks disguised as a moving army at night in Campania.

In this lecture, archaeologist Patrick Hunt will discuss the general’s tricky tactics that demonstrate why he is still relevant and studied worldwide in military training.

Tuesday, February 5 • 7:30 pm
Building 420 (Jordan Hall), Room 41
Stanford University • Free and open to the public

For more information: continuingstudies.stanford.edu/events

Above: The pink lady, a raspberry jam-filled choux pastry. Top: Maison Alyzee’s chocolate tart: a cocoa biscuit, dark chocolate ganache and chocolate mousse on a crunchy chocolate sablé.
coffee, un-bussed tables — most of which appeared to be the result of understaffing. I’m sympathetic, and I see the “help wanted” signs in virtually every window of every restaurant in the Bay Area. But at Maison Alyzee’s price point, and given Pellet’s vision for a best-of-France experience, one is inclined to point out a few missteps.

I ordered the Vendome breakfast ($15.50) which comes with a choice of two viennoiseries (sweet breakfast breads), a specialty coffee and a glass of orange juice. I selected a croissant (buttery, crispy layers of perfection) and a kouign-amann, an extra-buttery puff pastry from Brittany made slightly sweet with a crust of caramelized sugar. A good kouign-amann makes a croissant seem like diet food in comparison. But no complaints here.

However, my orange juice was forgotten. We were initially brought the wrong coffees. The correct cups were eventually forthcoming, but my vanilla latte ($5) was barely warm. Patrons had to crowd around a single menu displayed on the countertop, jostling for space to read the offerings. Tables remained dirty and the bathroom was not in an acceptable state, also the situation on a later visit when Maison Alyzee was not at all busy.

I asked for jam to accompany my croissant ($4.50) and was told it would be $1.50 extra “because the jam is from France.” Mon dieu, a small terrine of jam would be standard issue in France when you order a croissant at a sit-down breakfast. My dining companion’s fruit salad ($6.50) was 75 percent chopped pineapple covered with a handful of berries.

I bought some of the gorgeous pastries to take with me, and that lifted my spirits. The wheel-shaped Paris-Brest ($10.50), named for a famous bicycle race between the two cities, has always been one of my favorite indulgences. Maison Alyzee’s was magnifique, a choux pastry filled almost five inches high with a praline cream that was nutty but not overly sweet, as too many American confections tend to be. I brought a box of mille-feuilles ($9.50) to a soiree with some French friends and asked for their opinion. Delicious, if a little “flat” was the verdict, and I have to agree. They were delightfully creamy and flaky but lacking depth of flavor.

Despite some quibbles and the breakfast that was less than perfect, I appreciate Maison Alyzee’s spirit and Pellet’s enthusiasm for bringing not just French pastries but the full French experience to Mountain View. If you can create pastry art, you certainly can sort out a few service missteps. I have a lot of faith in Maison Alyzee. Bienvenue a Mountain View.

Executive pastry chef Jean-Victor Bellayse fills molds with passion fruit mousse in Maison Alyzee’s kitchen.
MOVIES NOW SHOWING

At Eternity's Gate (PG-13)  ★☆ || Aquarius Theatre: Fri - Sun.
ShowPlace Icon: Fri - Sun.
Ek Ladki Ko Dekha Toh Aisa Laga (Not Rated)  Century 16: Fri - Sun.
The Favourite (R)  ★★ || Stanford Theatre: Fri - Sun.
If Beale Street Could Talk (R)  ★★★ || Guild Theatre: Fri - Sun.
ShowPlace Icon: Fri - Sun.
ShowPlace Icon: Fri - Sun.
ShowPlace Icon: Fri - Sun.
ShowPlace Icon: Fri - Sun.
ShowPlace Icon: Fri - Sun.

OPENINGS

Another fine mess for ‘Stan & Ollie’

Steve Coogan and John C. Reilly revite a classic comedy team

★★★★ (Century 20)

Fame is a fickle mistress. The long-dead superstars of yester-
year mostly elicit blank stares to-

day. Even within their lifetimes, most celebrities live long enough to see their stars dim and their careers fizzle. And so it is that

many moviegoers today will have no reference point for Stan Laurel and Oliver Hardy — a classic comedy-
team that drew crowds to 23 feature films (and 72 short films)

between 1927 and 1951 — but that shouldn’t stop them from checking out “Stan & Ollie,” an affectionate tribute starring Steve Coogan and John C. Reilly.

“Stan & Ollie” focuses on the duo’s tour of the United Kingdom and Ireland in the early 1950s dur-
ing a time when their fame is in decline. Jeff Pope’s script wisely begins by introducing beaupole Laurel (Coogan) and portly Hardy (Reilly) in their prime, on the set of 1937’s “Way Out West.” Friendly banter about their social lives and their contract negotiations with Hal Roach (Danny Huston) carry the pair in front of the cameras, where they knock out a celebrated dance routine with professional aplomb. It’s a precipitous drop to 1953, which finds the team playing live to dispiritingly small houses as Laurel attempts to will into exis-
tence another film project (a Robin Hood parody).

Director Jon S. Baird (“Filth”) cultivates what’s evident in the
script and the leading performanc-
e: a deep respect for Laurel and Hardy as craftsmen and as flawed but caring individuals who made each other better. Even in the last days of his stardom, Laurel re-
mains creatively fertile, constantly brainstorming new bits for the stage show and the prospective film and bouncing them off his partner to keep Hardy’s tensous ho-
pe and verve alive as his health be-

gins noticeably to decline. One has to wear down a lot of shoe leather to stay in the game, and not just hoofing it on the stage. Promise-
tional appearances, though drain-
ing, prove the key to the sudden resurgence that makes Laurel and Hardy a hot ticket again.

Primarily, “Stan & Ollie” will appeal to comedy nerds, espe-
cially those with at least a passing familiarity with Laurel & Hardy (perhaps best known today for starring in 1934’s “March of the Wooden Soldiers”). Coogan and Reilly convincingly channel their comedy counterparts (while aging themselves up by about a decade), with Reilly getting an assist from excellent prosthetics, hair, and makeup. The recreated routines are a joy to be behold, but the actors also evidence a soulful connection to their forebears when not under the lights. Pope’s script understands that true comedians see comic po-
tential everywhere they go, crack-
ings and conjuring bits to entertain their favorite audience: each other.

“Stan & Ollie” also introduces us to the actors’ respective spouses, Ida Kitaeva Laurel (Nina Miranda) and Lucille Hardy (Shirley Hen-
derson), who visit their husbands on the road. There’s tenderness there, along with a pressure to keep up appearances and maintain lifestyles, but clearly the most im-
portant marriage is between Stan and Ollie, who bicker like an old married couple but demonstrate an abiding platonic love, even a des-
perate emotional co-dependence. Pope labors a bit to create drama from what’s essentially a gentle, wishful story of two artists together eking out a last hurrah, but there’s a refreshing warmth to a family-
friendly show-business tale, one not about backbiting but about love — of craft, of spouses, of friends. Rated PG for some language.

— Peter Canavese

Steve Coogan, left, and John C. Reilly portray the comedy team Laurel and Hardy as the two attempt to reignite their film careers in “Stan & Ollie.”

Answers to this week’s puzzles, which can be found on page 51.

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Answers to this week’s puzzles, which can be found on page 51.

YET CORE ADDSTO
COR ORONT BARTAB
LIT MOTHER GOOSE
OCCAIR PRE
ABUSE RECKLESS
IGNITED HOE
MYSTERY QUESTS
AMA SNORE LYE
MUCHAS GRACIAS
NEO EUROPPO
JAWBONES PIGS
AGIO EWE ADA
MAPLEG GlAZED WIN
METNA BRAN AND
YESSS SATE YAY

5 7 8 6 9 2 3 4 1
2 3 4 1 5 7 8 9
1 9 6 3 4 8 7 5
9 6 7 2 3 5 4 1 8
8 4 2 7 6 1 9 3 5
3 5 1 4 8 9 6 2 7
7 1 3 9 2 6 5 8 4
6 8 9 5 1 4 2 7 3
4 2 5 8 7 3 1 9 6

— Peter Canavese
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Brentano String Quartet
Lamentations
Brentano String Quartet performs a stunning compendium of songs and compositions that represent catharsis during times of heartbreak
FRI, FEB 8
7:30 PM
BING CONCERT HALL

Cut Circle
To Love Another
Led by Stanford Associate Professor of Music Jesse Rodin, Cut Circle will perform music of both romantic and spiritual intensity by Du Fay, Ockeghem, and Josquin
SUN, FEB 10
2:30 PM
BING CONCERT HALL

Ghost Rings
Half Straddle
A theatrical pop performance that explores the love among family and friends to create a feminist reclamation of what makes a rock star.
THU-SAT, FEB 14-16
8:00 PM
BING STUDIO

Eric Owens and Lawrence Brownlee
Acclaimed artists Lawrence Brownlee (tenor) and Eric Owens (bass-baritone) share the stage in arias and duets by Bizet, Mozart, and Verdi
FRI, FEB 15
7:30 PM
BING CONCERT HALL

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live.stanford.edu
650.724.2464
S

hould you lie to a person with dementia? It’s become a common question in the world of caregiving, where lies might be less upsetting than the truth for those with dementia — despite longheld concerns about the ethics of encouraging deceptions.

“Therapeutic fibbing,” “brief reassurances” or telling “white lies” has gained noticeable attention in recent months ever since journalist Larissa MacFarquhar’s article in an October issue of the New Yorker magazine revealed how a growing number of nursing homes are creating nostalgic, small-town environments — lobbies designed to look like a town square, halls with lampposts and street signs, rooms decked out with front-porch facades and rocking chairs — as a means of soothing the panic and rage residents with dementia often experience. These illusions, she reported, have proved successful in many situations, challenging decades-old policies and practices aimed at truth-telling at all costs.

For Winston Chiang, a behavioral neurologist specializing in dementia care and research at the University of California, San Francisco, with a particular interest and focus on ethics, there isn’t a one-size-fits-all answer.

“In my clinical experience, I’ve found that the right approach really depends a lot on the particular family. I have some who tell me that they cannot bring themselves to lie because the truth, even if about something painful, is too important to them. ... I do think there are some cases in which the impulse to tell the truth needs to be scrutinized,” said Chiang, who will debate this topic with two other experts on Thursday, Feb. 7, during a public panel discussion moderated by MacFarquhar and sponsored by Stanford Center for Biomedical Ethics and Stanford’s McCoy Family Center for Ethics in Society.

“I don’t think it’s possible to be honest 100 percent of the time. Sometimes telling a lie is the only practical option,” said Marina Martin, who also will be a panelist at the event. Martin operates a clinical practice focused on post-acute rehabilitation and long-term care at the Palo Alto nursing home Webster House Health Center.

“I have a pretty pragmatic view of it,” she said. “I try to communicate with people with dementia — in general, I prioritize comforting the person, addressing their underlying emotion rather than the accuracy of the content,” Martin said.

She tells her patients’ caregivers that it’s okay to use “fiblets” when absolutely needed to avoid danger or significant distress.

“If the person insists on driving, and it isn’t safe to do so, I might recommend hiding the keys or disabling the car in some way,” she explained. “I’ve even recommended having cars removed and saying the car is out being repaired.”

While the idea of being deceptive is gut-wrenching for some, over time, these views can change.

The Palo Alto Weekly interviewed five local residents with experience caring for loved ones with dementia. They spoke about their struggles and experiences with lying, shedding light on the topic. Here are some of their stories:

Barton Bernstein

“At every stage, the aim is comfort, not candor,” said Barton Bernstein of Palo Alto, who for the past two-and-a-half years has been caring for his wife, who now has advanced dementia. “Candor is self-indulgent and is a false standard because it is disruptive and hurtful.”

Bernstein, an emeritus professor of history at Stanford University, cared for his 79-year-old wife at home until recently, when a fall required her to be moved to the Palo Alto care facility Sunrise. Bernstein, 82, bicycles there twice daily to accompany her through lunch, dinner and bedtime.

“Occasionally she’ll say, ‘I want to go home,’ and I’ll say, as I wheel her into the room, ‘Oh, now we’re home.’ She’ll look at me and smile, ‘I’ll kiss her and she’ll go to sleep,’” Bernstein said.

“If I were to say, ‘No, home is on Seave, you’re in an assisted living place for memory,’ what the hell would I be accomplishing?”

Before she became ill, Bernstein and his wife had many occasions to discuss the problem of lying to people with dementia because they had seen her mother through years of Alzheimer’s disease. The couple discussed the possibility that she could get Alzheimer’s and what her preferences would be. “What we hit upon, roughly, was that in the early stages, when there’s still a lot of understanding, you try to be reasonably truthful but, as understanding lapses, moving to comfort, and she reluctantly agreed,” Bernstein said.

“After the early stages, people (with dementia) are deeply confused, deeply anxious, and candor is destructive,” he said. “The thing you have to do as a loving caregiver is be attentive to the emotions of the other person, and maximize their emotional welfare.”

Margaret Deanesly

Some years into her husband’s decline with dementia, Margaret Deanesly awoke in the middle of the night to find him standing by the bed — fully dressed with coat and tie — explaining that he was waiting for the police to come take him for a driving test.

“I had to coax him back to bed fully dressed by telling him it was cold outside and cold in the bedroom and that he might as well stay warm until the police came,” said Deanesly, whose husband of 54 years died in November 2017 after a decade of decline.

“That was a fib, but it got him back under the covers. Everybody has versions of this,” Deanesly, a retired physician, said. “I was in denial over the early signs of her husband’s impairment. ‘I wanted him to be as I’d previously known him, and the denial hangs on because you want it to be different. You want the person you’ve always had.’

“But managing these people is like managing a fully functional adult who’s now becoming 5 years old, 4, 3, 2, 1 and a diapered newborn. They’re backing down through the stages. ‘You’ve got someone who gets up and gets dressed. You can still embrace them, buy them a lovely sweater. They’re still your intimate partner, but slowly you get to a point where their functioning is inappropriate.’

On many occasions, her husband didn’t recognize her, Deanesly said. “The worst thing I could do was to tell him I was Margaret because he would say, ‘No, you’re not; you’re telling me a lie.’”

One time he pointed to his wedding ring and insisted he had to go to Boston to find Margaret because she was his wife and he had to take
“My untruths to him were in the category that my religious tradition calls ‘sins of omission,’” said Mountain View resident Martha Chan as she sorted through photos of her husband, who was diagnosed with early Alzheimer’s at age 58. care of her. Deanesly played along, settling him into the car and letting him direct her to the airport. Deanesly played along, settling him into the car and let-

Jean

A person cannot have rigid rules to follow about lying to a person with dementia, said Jean, who asked that her full name not be used to protect the image of her husband, a longtime Stanford professor who died in 2017 after some years with Alzheimer’s.

Jean said the deceptions she had to practice during her husband’s illness “bothered me the whole way through. But she learned that persisting in telling him the truth could increase his agitation. One night around 3 a.m., her husband gathered some random objects into the living room and announced, “I will not spend another night in this house — we’re going to the other house.” (There was no other house.) Jean suggested they wait until daylight, and he responded that if she wouldn’t drive him there right then, he would walk.

“I said, ‘You don’t know where it is — it only exists in your mind.’ Of course that was the truth, but it didn’t help.” Eventually, they both were exhausted and went to bed.

Over time, Jean learned to adapt her language to “respond to the moment.” For example, her husband would say he didn’t want to go to his day program. She’d agree that he didn’t have to go, but would make sure to have him dressed, ready and seated in the living room. Then when the transport driver came to pick him up she would say, “Oh, there’s Joe. And he’d get right up, put his coat on and go. This happened over and over. It is “selfish” for a caregiver to adhere to “some rigid, ethical principle” of not lying, Jean said. As a caregiver, she felt a greater obligation to create a world that was “comprehensible and adequate” for her husband.

Martha Chan

After being diagnosed with early Alzheimer’s at age 58, Martha Chan’s husband, Wah Ho, gradually had to give up working, then driving. He reluctantly agreed to attend a day program in Mountain View, which enabled Martha, for a time, to continue her work as a marriage and family therapist.

The only lie she recalls ever telling her husband, Chan said, was when it became necessary to move him from home to a residential care facility. “I was pretty sure he would not be willing to go there,” she said. Ahead of time, Chan moved her husband’s favorite chair, some clothing and a painting by a friend into the living room. Then when the transport driver came to pick him up, she loaded him into the car as if they were going to his regular day program. He failed to notice she was driving in the wrong direction, but did notice when they arrived at a different place.

“I said, ‘You haven’t been happy going to (the Mountain View day program) lately, so this is a different place for you to try out,’” Chan said.

In hindsight, Chan regrets that she followed the care home’s advice not to visit during the initial week because her husband had difficulty adjusting, refusing to eat and sleep. But after the initial period, she visited regularly and he came to accept the new situation. Wah Ho Chan died this past October at age 68.

“I don’t recall lying directly to Wah Ho, except in (that one instance),” Chan said. “My untruths to him were in the category that my religious tradition calls ‘sins of omission.’

“About five or six years ago, I told Wah Ho that one of his aunts had died. He somehow thought it was his mother who had died, was devastated and wept. I explained the confusion and comforted him as well as I could, but after that I was careful what information I shared with him.

“His was a big decision to go. This happened over and over.”

David Van Horn

David Van Horn believes he’s promoting the independence of his father — whom he visits daily in the Sunrise assisted living facility — by avoiding uncomfortable truths.

(continued on page 37)
<table>
<thead>
<tr>
<th>Event Title</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>AARP Tax Counseling</td>
<td>Feb 1</td>
<td>Noon–2:30pm</td>
<td>CCC</td>
<td>Every Friday during tax season, Avenidas @ CCC. Appointment required. Free</td>
</tr>
<tr>
<td>Shakespeare Club</td>
<td>Feb 4</td>
<td>10:30–11:30am</td>
<td>Avenidas @ CCC</td>
<td>Every Monday, 10-11:30am, Avenidas @ CCC. Current reading: Hamlet. Free</td>
</tr>
<tr>
<td>Avenidas Walkers</td>
<td>Feb 5</td>
<td>10am</td>
<td>CCC</td>
<td>10am – every Tuesday. Call 650-387-5256 for trailhead info or to schedule. Free</td>
</tr>
<tr>
<td>Current Events</td>
<td>Feb 6</td>
<td>1-2:30pm</td>
<td>CCC</td>
<td>1-2:30pm – every Wednesday, Avenidas @ CCC. Try your first meeting free! Call 650-289-5400 for more info.</td>
</tr>
<tr>
<td>Avenidas Hikers</td>
<td>Feb 7</td>
<td>10am</td>
<td>CCC</td>
<td>Every Thursday, 10am. Email <a href="mailto:Mark.Alguard@gmail.com">Mark.Alguard@gmail.com</a> for trailhead or full schedule information. $5</td>
</tr>
<tr>
<td>Tuina class</td>
<td>Feb 8</td>
<td>10-11:30am</td>
<td>CCC</td>
<td>Every Friday, 10-11:30am, Avenidas @ CCC. Drop-in, free.</td>
</tr>
<tr>
<td>AARP Smart Driver</td>
<td>Feb 9</td>
<td>2-4pm</td>
<td>CCC</td>
<td>Full Course, 8:30am-5pm, Avenidas @ CCC. Space is limited. Call 650-289-5400 to register. $15 AARP members/$20 non-members</td>
</tr>
<tr>
<td>UNA Film Festival: Sugihara:</td>
<td>Feb 11</td>
<td>3:40pm</td>
<td>CCC</td>
<td>Conspiracy of Kindness 3:40pm @ Channing House. Drop-in, free.</td>
</tr>
<tr>
<td>Avenidas Village Coffee Chat</td>
<td>Feb 12</td>
<td>10am</td>
<td>CCC</td>
<td>10am, Avenidas @ CCC. Space is limited. RSVP required. Call 650-289-5405. Free</td>
</tr>
<tr>
<td>Armchair Travel – Destination:</td>
<td>Feb 13</td>
<td>1:30-3:30pm</td>
<td>CCC</td>
<td>Canada’s Maritime Coast, Part 2, Avenidas @ CCC. Call 650-289-5400 to pre-register. Free /</td>
</tr>
<tr>
<td>Book Club: The Invention of Wings</td>
<td>Feb 14</td>
<td>10am</td>
<td>CCC</td>
<td>by Sue Monk Kidd, Avenidas @ CCC. 2:30-4:30pm. Drop-in, free.</td>
</tr>
<tr>
<td>Movie: Goodbye Christopher Robin</td>
<td>Feb 15</td>
<td>1:30-4pm</td>
<td>CCC</td>
<td>1:30-4pm, Avenidas @ CCC. Drop-in, free.</td>
</tr>
<tr>
<td>Club Aveneeds (Needlework Club)</td>
<td>Feb 16</td>
<td>2-4pm</td>
<td>CCC</td>
<td>Every Tuesday, 2-4 pm, Avenidas @ CCC. Bring your own project. Light instruction only. Drop-in, free.</td>
</tr>
<tr>
<td>Avenidas closed – President’s Day</td>
<td>Feb 17</td>
<td>10am</td>
<td>CCC</td>
<td>Every Tuesday, Avenidas @ CCC. 9:30-11:30am. Bring your own projects, tools and supplies. Magazines, cards and printed images available. Drop-in, free.</td>
</tr>
<tr>
<td>Presentation: “The Bridge to</td>
<td>Feb 18</td>
<td>1:30-3:30pm</td>
<td>CCC</td>
<td>Reconnecting: Technology for the Blind and Visually Impaired” by Vistas Center</td>
</tr>
<tr>
<td>Senior Adult Legal Assistance</td>
<td>Feb 19</td>
<td>10am</td>
<td>CCC</td>
<td>Appts available for Santa Clara County residents age 60+. Call 650-289-5400 for appt. Free.</td>
</tr>
<tr>
<td>Lotus Dance Fitness</td>
<td>Feb 20</td>
<td>7:30-9:30pm</td>
<td>CCC</td>
<td>Every Tuesday, 7:30-9:30pm, Avenidas @ CCC. Drop-in, free.</td>
</tr>
<tr>
<td>Blood Pressure Screening</td>
<td>Feb 21</td>
<td>9:30-11:30am</td>
<td>CCC</td>
<td>9:30-11:30am, Senior Friendship Day @ CCC, Building M. Drop-in, free.</td>
</tr>
<tr>
<td>Book Club – Educated by Tara</td>
<td>Feb 22</td>
<td>10am</td>
<td>CCC</td>
<td>Westover 2:30-4pm, Avenidas @ CCC. Drop-in, free.</td>
</tr>
</tbody>
</table>

For complete schedule or info about Avenidas events, call 650-289-5400.
Dementia care: Experts debate the ethics of truth-telling vs deception

Should you be honest to a person with dementia about painful truths — their parents are dead, they will never leave this nursing home — or should you lie to keep them happy? Is there anything wrong with “benevolent” lies? If you had dementia, how would you want to be treated?

Two physicians and a philosopher will debate “Should You Lie to a Person With Dementia?” during a free public panel discussion, sponsored by Stanford Center for Biomedical Ethics and Stanford’s McCoy Family Center for Ethics in Society, from 7 to 8:30 p.m. Thursday, Feb. 7, at Cubberley Auditorium, 485 Lassen Mall, Stanford.

Journalist Larissa MacFarquhar — author of The New Yorker article “The Comforting Fictions of Dementia Care,” which examines diverse opinions about when lying is the right thing to do and when it is wrong — will moderate the event.

Guest panelists include San Francisco neurologist Winston Chiong, who treats people with Alzheimer’s, frontotemporal dementia and other cognitive disorders of aging; University of California, Riverside, philosophy professor Agnieszka Jaworska, who previously taught courses on ethical theory, moral psychology and medical ethics at Stanford University; and physician Marina Martin, a clinical assistant professor at Stanford, who works with post-acute rehabilitation and long-term care patients at Webster House Health Center.

More information is posted at ethicsociety.stanford.edu/events.

Dementia

(continued from page 35)

“If I’m enriching his life by not burdening him with things that would weigh him down,” Van Horn said. “He’s a worrywart, and I don’t want him worrying about (an out-of-town grandson having difficulties) when he could be looking for the next great book he wants to read.”

In addition to avoiding talk of any family troubles, Van Horn recently hired a 24-hour, one-to-one caregiver for his father, who has lived at Sunrise since 2015. “A lot of people would say, ‘Why are you taking your father’s independence from him and making him dependent on a caregiver?’”

“But my dad just needs that assistance, and that’s actually promoting his independence,” Van Horn said.

If his father asks for a Coke, Van Horn will tell him the dining room is out of Coke. “I’ll grab a bottle of off-brand Ensure and he’ll say, ‘OK, I’ll just take a sip or two’ and he’ll keep drinking it,” Van Horn said. “I have no problem telling him there’s no Coke — none at all — because I’ve been watching his calories and he needs the protein, calorie intake and carbohydrates.”

Minimizing any kind of worry for his father, Van Horn believes, is a kindness because it improves his quality of life.

Contributing writer Chris Kenrick can be emailed at ckenrick@paweekly.com.

About the cover: Barton Bernstein visits his wife, who has advanced dementia, daily at the Sunrise Senior Living facility in Palo Alto. He decided to move her to Sunrise after experiencing a few health scares while taking care of her. Photo by Veronica Weber.

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ENTRY DEADLINE: March 29, 2019 at 5pm

ALL stories must be 2,500 words or less

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Do you have doors with a quiet wind blowing underneath them from outside? Follow these easy steps to make a simple yet efficient door-draft stopper that will not only keep your house warmer but also save money on your next electricity bill.

1. Cut the legs of the tights off and set aside. Stuff one of the knee-high stockings, starting with the polyester filling and alternating with beans. I used a cup to measure how many beans I was using and also it was easier to get them into the nylon. Ideally, you want about half beans and half stuffing. The polyester fill will keep the cold air from coming in, and the beans will weigh down the draft stopper. Continue until your stocking is full.

2. Tie a double knot at the top, where the elastic part is, to prevent the stuffing and beans from falling out. You can also secure the end by sewing it shut with needle and thread.

3. Cover the full nylon stocking with the decorative tights or sock.

4. Once your stocking is stuffed and ready, tie a string or decorative ribbon to each end.

MATERIALS NEEDED
- 1 pair of (preferably as long as a door width) socks or tights in a bright color or attractive pattern. These can be footless.
- 1 pair of knee-high nylon stockings
- Polyester fiber fill or other stuffing (like from an old pillow)
- Dry beans (like black or kidney)
- Measuring cup
- Needle and thread
- Thick ribbon or string
- Scissors

Contributor Nicole Macuil can be emailed at wishesandwows@gmail.com.

Send notices of news and events related to real estate, interior design, home improvement and gardening to Home Front, Palo Alto Weekly, P.O. Box 1610, Palo Alto, CA 94302, or email elorenz@paweekly.com. Deadline is one week before publication.

There are more real estate features online. Go to PaloAltoOnline.com/real_estate.
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Palo Alto  
3 br/1 ba, $2,288,000

717 & 723 Ellsworth Place  
Palo Alto  
4 br/2 ba, $2,488,000

2281 Byron Street  
Palo Alto  
5 br/5.5 ba

3632 Arbutus Avenue  
Palo Alto  
4 br/2 ba, $2,998,000

437 College Avenue  
Palo Alto  
4 br/4 ba

4238 Rickeys Way, Unit W  
Palo Alto  
3 br/3 ba

2154 Saint Francis Drive  
Palo Alto  
3 br/2 ba

108 Durham Street  
Menlo Park  
3 br/2 ba

3880 Alameda de las Pulgas  
Menlo Park  
6 br/4 ba, $3,488,000

487 Tyndall Steet, Unit 5  
Los Altos  
2 br/1 ba, $998,000

60 Winchester Drive  
Atherton  
6 br/4 ba, $7,988,000

2040 W. Middlefield Rd, Unit 20  
Mountain View  
3 br/3 ba

1262 Socorro Avenue  
Sunnyvale  
3 br/2 ba, $1,298,000

106 N. Springer Road  
Los Altos  
5 br/5 ba

438 King Street  
Redwood City  
3 br/3 ba, $1,599,000

3281 Benton Street  
Santa Clara  
4 br/2.5 ba, $898,000

0 Alpine Road  
Portola Valley  
9.14 Acres, $3,488,000

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Carol Carnevale
BRE#00946687

Nicole Aron
RE#0192657

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E :: Nicole.Aron@Compass.com
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• Upper-level master suite has customized walk-in closet; en-suite spa-inspired stone-finished bath has floating wall-mount vanity, dual sink, soaking tub, separate shower, skylight and specially designed mood-setting lighting
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• Inside laundry room; mainly hardwood floors
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www.853Fielding.com Asking Price: $4,500,000

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www.853Fielding.com
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OPEN HOUSE

Saturday & Sunday
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### Palo Alto Weekly Open Homes

<table>
<thead>
<tr>
<th>Home</th>
<th>Address</th>
<th>Price</th>
<th>Bedrooms</th>
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</table>

### New Years Resolutions

A MOVE? A NEW JOB? A NEW SPOUSE? = A NEW HOUSE!!

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OPEN SATURDAY 2/1 & SUNDAY 2/2 FROM 1:00-4:00PM
HERE AT AUGUSTA ... Stanford junior Andrea Lee and incoming freshmen Brooke Seay and Angelina Ye have accepted invitations to compete in the inaugural Augusta National Women’s Amateur, April 3-6. Cardinal junior Albane Valenzuela was also invited but is unable to participate. The prestigious, 72-player field includes most of the world’s top amateurs. The first two rounds will be played at Champions Retreat Golf Club in Augusta, Ga. The low 30 players and ties qualify for the final round on April 6 at famed Augusta National Golf Club on the Saturday before the Masters Tournament.

THE AQUATICS SCENE ... Stanford junior Makenzie Fischer and freshman Madison Stamen each won Mountain Pacific Sports Federation weekly awards in women’s water polo, making it a clean sweep for the second-ranked Cardinal, which hosts the Stanford Invitational this weekend. Fischer was named the Kap7/MPSF Player of the Week and Stamen earned Newcomer of the Week. Stanford won three games over the weekend at the Cal Cup in Berkeley, beating No. 11 Long Beach State, 23-7, and No. 14 San Jose State, 19-4. Fischer scored a career-high goals against each. Stanford opens the Cardinal in scoring on the weekend with 12 goals. Stanford opens the Stanford Invitational on Saturday with a 10:15 a.m. contest against Michigan, which counts former Mitty (by 1). And as Moliere was quick to point out, all three of those losses occurred before Justin Anderson and Skyler Thomas joined the team once the school’s state championship football team’s season concluded. “They’ve been huge,” Moliere said. “They’ve solidified our defense. Winning a football

SPORTS SHORTS

Aiming to be the nation’s best

Menlo College women’s wrestling team on verge of making history

by Rick Eymer

Menlo College senior Iman Kazem went from being an unwanted high school teammate to becoming a senior team captain of the nation’s top-ranked women’s wrestling program and her story is just beginning.

Kazem, who ranks fourth in the nation in the 155 division, rose out of her situation to become the Oaks team captain as a sophomore.

“I had never thought about naming a sophomore captain before,” Menlo coach Joey Bareng said. “But I saw it early. Once we decided we were sure about it, we haven’t looked back. Sophomore team captain. That speaks for itself.”

When she talks, it’s easy to see, and feel, the passion, the heart and the determination behind her words. She’s a natural leader.

“I transferred to Tracy (High) from Dublin and was the only girl on the team,” Kazam said. “Nobody wanted to work with me. I had to come up with something to do on my own, from scratch. I had to pave my own way.” Salvador Alvarado, to whom she is eternally grateful, volunteered to take her to tournaments. “Without help I never really felt good enough,” she said.

That all changed at Menlo, which competes at the WCWA Nationals in Marietta, Georgia on Feb. 8-9. The two-day event is the first of two national tournaments.

M-A can net a PAL title

Bears, Carlmont meet Friday with first place on the line

by Glenn Reeves

The Peninsula Athletic League South Division regular-season boys basketball title will be on the line Friday when Menlo-Atherton plays at Carlmont. Tipoff is scheduled for 7:45 p.m.

M-A (18-3, 9-0) got the best of the Scots the first time the two teams played, 65-62, on Jan. 11. Carlmont (18-3, 8-1) hasn’t lost since.

“I knew they were a good team. I’m not surprised their only loss was to us,” M-A coach Mike Molieri said. “They have guys who can shoot the ball and a lot of bigs. They’re by far the best team I’ve seen.”

Carlmont, which is coming off an 11-5 season, would have a chance, with a win over M-A, to earn a share of a PAL title for the first time since the 2010 team tied with Mills for the PAL Bay championship. Carlmont’s three losses this season were to a 20-4 Stuart Hall team, 19-1 Churchill County of Nevada and to M-A, which has won 14 straight.

The Bears have gone 127-63 in Moliere’s seven years as head coach. The current team resembles the 2016 team that went 29-5 overall, 12-0 in league and advanced to the NorCal Division I championship game. Neither team were overly impressive in terms of individual talent or size but played in a manner greater than the sum of their parts.

“We’re not intimidating,” Molieri said. “People look at us when we come out on the court and think we’re the JV team.”

M-A’s three losses were all to very good teams: James Logan (by 6), Bellarmine (by 10) and Mirry (by 1). And as Molieri was quick to point out, all three of those losses occurred before Justin

ON THE AIR

Friday
College women’s swimming: UCLA at Stanford, 2 p.m., Stanford Live Stream
College women’s gymnastics: Washington at Stanford, 7 p.m., Pac-12 Networks
Saturday
College women’s swimming: USC at Stanford, noon, Stanford Live Stream
College men’s wrestling: Arizona State at Stanford, 1 p.m., Stanford Live Stream
College women’s basketball: California at Stanford, 4 p.m., Pac-12 Networks
Sunday
College men’s basketball: Stanford at California, 1 p.m., ESPNU
Thursday
College men’s basketball: Stanford at Oregon State, 7 p.m., Pac-12 Networks
College men’s volleyball: Stanford at UCLA, 7 p.m., Pac-12 Networks

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ATHLETES OF THE WEEK

Mina Tameilau
EASTSIDE PREP BASKETBALL

The senior came up big in a pivotal game against Priory, scoring 29 points in a win that kept the Panthers in the race for second place in the West Bay Athletic League. She scored 35 points in a game against Heritage.

Hardworking point guard with a heart of gold. Mina will be a huge loss for the Panthers next year.

Honorable mention

Fola Akinola
Menlo-Atherton wrestling

A powerhouse wrestler who commands the mat. A dominant performer who has been a key part of the Bears’ success.

Klára Astrom
Pinewood basketball

Smooth shooting guard with great ball handling skills. Klára will be missed next season.

Angela Bautista
Menlo-Atherton wrestling

A force to be reckoned with on the mat. A versatile wrestler who can adapt to any situation.

Katie Fearon
Castilleja basketball

A hard worker who has contributed off the bench. Katie is a solid player who has been a key part of the Firebirds’ success.

Annika Shah*
Palo Alto basketball

A force on the court. A solid performer who has been a key part of the Vikes’ success.

Anna Smith*
Menlo-Atherton wrestling

A dominant wrestler who has been a key part of the Bears’ success. A force to be reckoned with on the mat.

Liam Johnson
SACRED HEART PREP SOCCER

The senior has been a central figure for the undefeated Gators. He recorded a goal and assist in a key win over Harker, 4-2, and followed that with a hat trick in Sacred Heart Prep’s victory over Crystal Springs Uplands.

Cole Kastner
Menlo basketball

A solid performer who has been a key part of the Bears’ success. A versatile player who can adapt to any situation.

Isaiah Saams-Hoy*
Eastside Prep basketball

A dominant player who has been a key part of the Firebirds’ success.

Yotam Saban
Keshet Jewish basketball

A solid performer who has been a key part of the Firebirds’ success.

Adar Schwarzbach
Palo Alto women’s tennis

A solid performer who has been a key part of the Vikes’ success.

Trevor Wargo
Menlo-Atherton basketball

A solid performer who has been a key part of the Bears’ success.

Zach Zafran
Priory basketball

A versatile performer who has been a key part of the Firebirds’ success.

Basketball

(continued from page 49)

championship with coach Adhir, they’ve brought a lot of confidence and what it takes to be a champion."

Anderson has moved into the starting lineup at guard while Thomas comes off the bench at forward. Anderson, a Division I recruit as a corner back in football, is also a defensive standout in hoops.

“We are on the ball away when Justin is on them. Moliere said. “Our defense has become very intense once we added Justin and Skyler. We can contain our pressure when both are in the game. They cover so much ground, which makes it easier for everyone else, including the coach.”

Offensively the Bears feature balanced scoring. Nick Tripaldi leads the team at 12 points per game, followed by James Beck with (11 ppg) and Will Beasley. Heath Hooper has been solid in the post despite standing only 6-2. Thomas, Spencer Lin and Trevor Wargo have contributed off the bench.

“This team shoots the ball well and has shown the ability to come back in close games, Moliere said. “Sometimes it takes a while to get going. I’ve had to use some halftime call-outs to play. But this team has a little swagger.”

Other than the first Carlmont game, the Bears have won their other eight PAL South games by an average margin of 25 points per game. It won’t be that easy Friday night in Belmont.

“We’ll be going into a hostile environment and the place should be rocking,” Moliere said. “It will be great for the kids. It’s a possible ticket to the (CCS) Open if we win.”

Watch video interviews of the Athletes of the Week, go to PASportsOnline.com
for the Oaks.
The Oaks moved into the top spot of the WCWA coaches poll earlier this week and, for the first time, ranks at the top in both the NAIA and the WCWA.

Palo Alto grad Sara Aguilar, now a sophomore, and Cupertino product Solin Piearcy, a junior, had a little better in high school but both were also on an island as far as a team went. There wasn’t one, though both helped spark interest as girls’ high school programs are quickly developing.

Piearcy is ranked third at 136 and Aguilar ranks fourth in her division.

Freshmen Alleida Martinez (109) and Gracie Figueroa (116) figure prominently in Menlo’s rise as the former Selma High and California state champions are ranked first in both the NAIA and WCWA.
The Oaks always had a solid, nationally-recognized program, founded by the late Lee Allen, a two-time Olympian who came to Menlo from Skyline College.

When Martinez and Figueroa arrived on campus this season, the program took a quantum leap forward.

“You dream about kids like that,” Bareng said. “They’re at the peak and it’s just a hint of what’s to come. We’re not close to where this program can get to. There’s a lot more to do.”

In total, seven wrestlers are ranked among the top four nationally in their respective divisions. Precious Bell ranks second and South San Francisco resident Hiba Salem is fourth.

“The coaching staff here has helped me grow and I love the atmosphere,” Kazam said. “We all knew this program was going places. The goal was to get better every year. There’s been a lot of hard work the previous years and it’s up to us to uphold the No. 1 ranking. There’s no time to rest. It’s about the overall performance and we believe in every single person in the room.”

Kazam was one of the first people Aguilar met at Menlo.

“Iman Kazam: “Our room is so intense it’s like wrestling in a tournament every day.”

“She was immediately welcoming,” said Aguilar, a CCS champion and fourth-place finisher at state. “I drilled with her and she was patient but always pushing me, especially when I got tired. She told me I had to keep going and to trust myself.”

Aguilar said Menlo was always in her future and once she arrived, knew she found a home.

“I felt like we had a lot of potential and we’re peaking at the right time,” Aguilar said. “We’re focusing on fixing the little things and just training.”

Menlo has not competed since the Oregon Classic Women’s Open on Jan. 19 but they haven’t taken any time off.

“Our room is so intense it’s like wrestling in a tournament every day,” Kazam said. “We need that to be prepared.”

While Piearcy was at Cupertino, wrestling in college sounded crazy. But she attended summer camps at Menlo and remembers a conversation she had with Salem, who is a senior.

“It’s funny that we ended up here together,” Piearcy said. “She was telling me about the family lifestyle, that it was a genuine feeling of community. It was a perfect fit.”

Piearcy became a team captain this season and credits Kazam for that.

“As a sophomore, and I’ve told her this, I was inspired by her, by her work ethic, her leadership, her competitiveness, her drive,” Piearcy said. “Working with her is a privilege. And I love how the alumni come back every year. You realize this community is a lifelong thing.”

After competing at the WCWA championships, there’s still another month of the season leading up to the inaugural NAIA championships March 15-16.

“We’ve been training for the nationals since the beginning,” Piearcy said. “That’s always been the goal. Now that I’m an upperclassman, it’s amazing to see the progress. I remember when coach Bareng texted us that we were ranked fifth and what a huge milestone that was. We’re not going to stop now.”

---

Across
16 Round figure?
17 “Elementary” star Lucy
18 Fictional nursery rhyme writer
20 __l razor (logical principle)
22 Tappan __ Bridge (span demolished in January 2019)
23 Mice, to owls
26 Haphazard
29 Lit
31 “Electra Woman and ___ Girl” (’70s series)
32 “You may say ___ dreamer”
35 Pugilist’s stats
36 Air beyond the clouds
37 Prefix for liberal or conservative
38 Bored response
39 Cereal mascot since 1963
42 Thanks, to Trent
47 Regular breakfast choice?
48 Aptly titled 1999 debut album (and genre)
50 Swirly marble
51 “Starpeace” musician Yoko
52 Moray, e.g.
53 “Your point being...?”
54 Female sheep
55 “I’d be lost without the words”
56 Female sheep
57 Pound of poetry books
58 Condensed, as a pocket dict.
59 Actress Meyer
60 “Toy Story” boy
61 Like some doughnuts
62 Laredo-to-Galveston dir.
63 Pedal next to the brake
64 Take in
65 Condensed, as a pocket dict.
66 Active volcano in Sicily
67 Regular breakfast choice?
68 “Your point being...?”
69 Assents
70 Fully satisfy
71 “Woohoo!”

Down
1 “Seize the day” acronym
2 Clapton or Idle
3 Cereal mascot since 1963
4 Get to work?
5 “Starpeace” musician Yoko
6 Nabisco brand
7 Air beyond the clouds
8 Condensed, as a pocket dict.
9 NYC’s ___ Hammarskjöld Plaza
10 Bit of rain
11 Brink-and-mortar operation
12 Stun, in a way
13 Follows directions
14 Gold, to Cortés
15 “Let me sleep ___”
16 Costumed wonderwoman
17 “Elementary” star Lucy
18 Fictional nursery rhyme writer
20 __l razor (logical principle)
22 Tappan __ Bridge (span demolished in January 2019)
23 Mice, to owls
26 Haphazard
29 Lit
31 “Electra Woman and ___ Girl” (’70s series)
32 “You may say ___ dreamer”
35 Pugilist’s stats
36 Air beyond the clouds
37 Prefix for liberal or conservative
38 Bored response
39 Cereal mascot since 1963
42 Thanks, to Trent
47 Regular breakfast choice?
48 Aptly titled 1999 debut album (and genre)
50 Swirly marble
51 “Starpeace” musician Yoko
52 Moray, e.g.
53 “Your point being...?”
54 Female sheep
55 “I’d be lost without the words”
56 Female sheep
57 Pound of poetry books
58 Condensed, as a pocket dict.
59 Actress Meyer
60 “Toy Story” boy
61 “You may say ___ dreamer”
62 Laredo-to-Galveston dir.
63 Pedal next to the brake
64 Take in

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For the puzzle, I can provide the answers.

Crossword Clue Answers:

Across
16 Round figure?
17 “Elementary” star Lucy
18 Fictional nursery rhyme writer
20 __l razor (logical principle)
22 Tappan __ Bridge (span demolished in January 2019)
23 Mice, to owls
26 Haphazard
29 Lit
31 “Electra Woman and ___ Girl” (’70s series)
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Sudoku Answers:

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5 1 2 8 7 9 6 4 3
9 4 3 1 6 5 7 2 8
2 8 7 5 4 9 1 3 6
6 3 4 7 2 1 5 9 8
7 5 1 9 3 8 2 6 4
8 6 9 2 5 4 3 1 7
1 9 5 4 7 3 6 8 2
3 2 8 6 1 7 4 5 9
4 7 6 8 9 2 1 5 3
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Sports

Wrestling

(continued from page 49)
Bates Ranch Vineyard, Gilroy
Offered at $15,000,000 · Lot ±932 acres · Vineyard ±22 acres · Main Home + 3 Guest Homes
BatesRanchVineyard.com · Michael Dreyfus

Coastside Ranch, Santa Cruz
Offered at $23,750,000 · Lot ±175 acres
CoastsideRanch.com · Jakki Harlan & Michael Dreyfus