

*Palo
Alto*

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Weekly

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Upfront

Local news, information and analysis

Police candidates reach out to public

Three finalists for police chief job have all been credited with improving community relations

by Gennady Sheyner

Days after Fairfield Police Chief Kenton Rainey announced he would resign from the city's police department in early September, a group of church leaders and parishioners voiced their shock and dismay.

Rainey, who is one of three finalists for the Palo Alto police-chief job, has held the top Fairfield job for little more than two years. His announcement came as a shock to

those who knew him. The city had succeeded in having an injunction issued against members of the Nortenos gang; the faith community's relationship with the police has blossomed; and the rate for most major crimes has dropped by double digits from the previous year.

Why, the church leaders asked at the July 21 meeting, is Rainey leaving when things seem to be going so well?

"He's the first police chief in the almost 10 years I've served in this community as pastor of St. Martin's that has reached out to this community," said the Rev. Todd Bertani, pastor of the St. Martin's Episcopal Church.

Other pastors mixed their sadness about Rainey's departure with anger at the Fairfield City Council. The Rev. David Isom, pastor of St. Stephen Christian Methodist Episcopal Church, lashed out against two council members, Catherine Moy and Vice Mayor John Mraz, who have been critical of Rainey's police methods.

The outcry continued Wednesday, when city resident Rick Horton commended Rainey at the council meeting for bringing strong leadership to the city's police force and for inspiring community members to rally behind the department. Like others, Horton suggested that Rainey resigned because of criticism from the council.

"There's no reason for him to stay in a position where he's not wanted," Horton said to heavy ovation. "Chief Rainey is making a difference; he's bringing the community together and crime is being reduced."

But Mayor Harry Price reminded

the audience the police chief works for the city manager and not the council.

Rainey's popularity in Fairfield's faith community isn't accidental. Fairfield City Manager Sean Quinn said Rainey has made an effort — since coming to Fairfield in April 2007 — to strengthen the ties between business, churches and the police department.

Quinn said Rainey also implemented a number of tactical changes in the department, including reducing the number of police beats from

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Veronica Weber

At Palo Alto Bowl, Jennifer Mancía chooses her ball while bowling with fellow day campers from the St. Francis of Assisi Youth Club in East Palo Alto

LAND USE

Bowlers fight to save Palo Alto landmark

Petitioners hope to 'change status quo' of city planning

by Sue Dremann

A group of bowlers dismayed about a plan to demolish the Palo Alto Bowl plan to petition the Palo Alto City Council to

save the 53-year-old alley.

A four-story hotel and 26 homes are slated for the 3.6-acre site, located on El Camino Real at the

border of Palo Alto, Mountain View and Los Altos.

Barry Swenson Builder purchased the property in May 2007. The bowling alley could be demolished as early as spring 2010, when its lease on the property is up, according to Rex Golobic, owner of Palo Alto Bowl.

But Daniel Mart, a Mountain View resident, hopes to prevent that from happening. He's started a petition drive, saying it's not too late, even though the Palo Alto Planning Commission recommended approval of the hotel and home plans on June 10.

"Palo Alto does not need any more hotels and condos. Much too often in history, cities have destroyed character," he said.

So far, more than 380 people, including residents of Palo Alto, Los Altos and Sunnyvale, have signed the petition online at www.move.to/savethepaloaltobowl.

People posting on the site have expressed loyalty to the alley.

"Palo Alto Bowl is the core of my social unit, and I know it is the same to many others. Getting rid of it would deny the area of a

(continued on page 5)

BUSINESS

Car-maker Tesla moving to Palo Alto

Electric-vehicle manufacturer will occupy former Agilent building in Stanford Research Park

by Gennady Sheyner

Tesla Motors, whose sleek, flashy roadsters have become a visible emblem of Bay Area's growing electric-car industry, is moving its headquarters and powertrain operations to Palo Alto.

The company announced this week that it plans to lease the 350,000-square-foot former Agilent Technologies Building in Stanford Research Park. The company would develop and manufacture components for its electric vehicles at the 23-acre site, located at 3500 Deer Creek Road — midway between Page Mill and Arastradero roads above Foothill Expressway.

The company said it plans to bring 350 employees to Palo Alto initially, following renovations to the buildings. The facility has space for up to 650 workers. The three-building facility was formerly occupied by Hewlett-Packard Co. and Agilent Technologies.

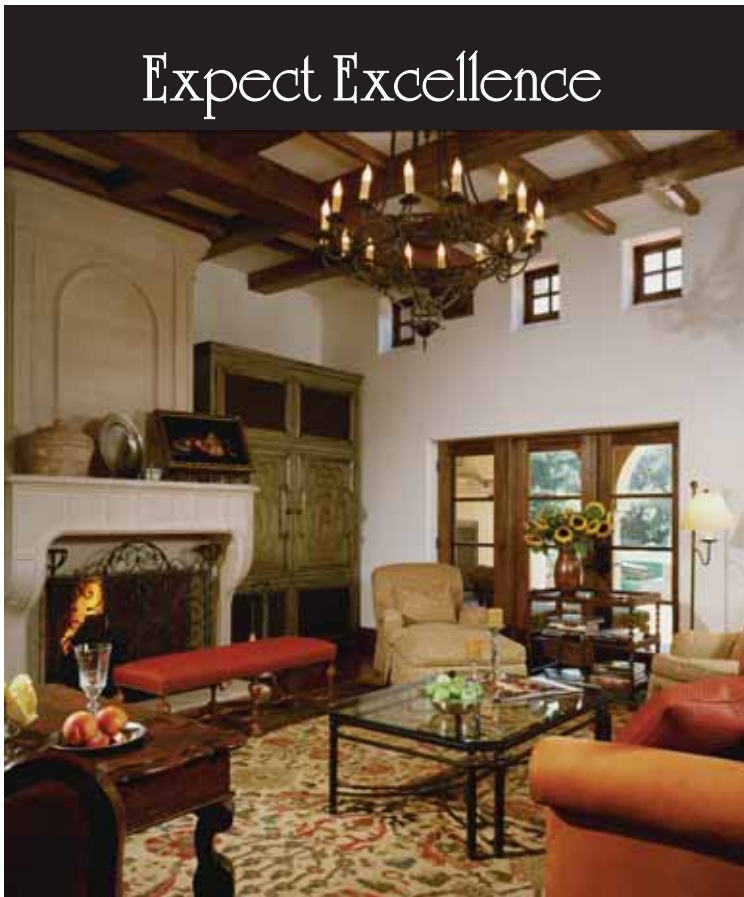
Tesla said it also plans to relocate its corporate headquarters from San Carlos to Palo Alto later this year. The announcement comes a month after Tesla posted profits for the first time in the company's history.

Tesla plans to begin renovating the Stanford Research Park facility in early fall.

The financing for Tesla's new site will come, in part, from \$465 million the company received in loans from the U.S. Department of

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Upfront

QUOTE OF THE WEEK

“

It's not just a horse of a different color; it's a zebra.

”

— **Judith Wasserman**, member of Palo Alto's Architectural Review Board, on revised designs for Lucile Packard Children's Hospital. See story on page 5.

Around Town

THANKS, HERB ... The Palo Alto City Council showed uncanny expediency last week when members showed up for a hastily assembled meeting on the renovation of Lytton Plaza. In less than 10 minutes, the council heard from the public, approved the park-improvement ordinance for the plaza and adjourned to continue its August vacation. The Aug. 14 meeting was convened after council watchdog **Herb Borock** notified the city that the \$750,000 renovation of the prominent downtown plaza would violate city law unless it's delayed to give residents a chance to protest the project in a referendum. Resident **Winter Dellenbach**, the only resident to address the council on the issue, used her time at the microphone to thank the watchdog for his vigilance. But she inadvertently ended up thanking **Herb Caen**, the late and legendary columnist for the San Francisco Chronicle. "I just want to thank Herb Caen for paying attention," Dellenbach said. Mayor **Peter Dreke** acknowledged her comments and noted that the columnist, much like the watchdog, deserves gratitude. "We have a lot to thank him for too," Dreke said.

MOVING ON ... Joseph "Bert" Rose began his stint at the Palo Alto Medical Foundation (PAMF) at a time when doctors made house calls, "health care crisis" was not a part of the national lexicon and pencils, rather than computers, were used to schedule appointments. Rose, whose 50 years at PAMF make him the foundation's longest-serving employee, plans to retire at the end of this month. According to a news release from the foundation, Rose helped develop "many parts of the modern health care system that we now take for granted." These include health care insurance and the use of computers to schedule patient visits, an advance that proved especially controversial, Rose said. "Many doctors were dead set against it," he recalled. "I had to convince them that computers were the best thing since sliced bread. Of course, some would not change. They liked having their appointment book that they

could touch and feel, so for a while, we would enter information into the computer and pencil it into the appointment book." Rose, who works as a risk-management consultant, was born before the Great Depression and calls himself "the product of a different era" and said he will most miss "the collegiality of the physicians and staff."

IT'S NO GOLDEN GATE ... Poor Dumbarton Bridge. Despite its functionality, it tends to be lacking in the "awe" department, as noted recently by Palo Alto resident Lisa Van Dusen. Van Dusen, recounting for the Palo Alto Story Project her first visit to the Bay Area, recalled that she and a friend were driving to Palo Alto in 1977 and crossed the Dumbarton. "It was a great disappointment to the person I came with," she said. "He was waiting for this dramatic entrance over the Golden Gate Bridge. And he just looked at me and said, 'This?!' — like, 'We came over this bridge?'" (An article about the Palo Alto Story Project is on page 5).

DON'T JUST SAY NO ... Palo Alto's hyper-analytical Planning and Transportation Commission rarely speaks with one voice, but last week its seven members unanimously and enthusiastically voted to keep its leadership intact. Both Chair **Daniel Garber** and Vice Chair **Samir Tuma** were endorsed by their colleagues to keep their leadership positions for another year. Garber's colleagues praised him for running the meetings efficiently and for facilitating consensus and understanding between commissioners with widely differing views. Tuma was credited with being independent, articulate and well-versed in commission procedures. Garber said one of the commission's goals is to become more active in the city's decision-making process, going beyond its "gatekeeper" function and proactively helping the city meet its goals and objectives. "Which means, in part, resisting the desire to initially say 'No,' if the fit isn't perfect and finding better ways to work with the applicants and the public for more successful outcomes," he said. ■



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LAND USE

City skeptical about Children's Hospital's new design

Architectural board praises landscaping elements, but calls building too massive and intimidating

by Gennady Sheyner

A revised plan to expand the Lucile Packard Children's Hospital ran into a skeptical group of Palo Alto Architectural Review Board members Thursday, who criticized the proposed addition as boxy, intimidating and far too massive.

It was a far cry from the board's last review of the hospital's expansion plan. A year ago, members praised the building's then-curvilinear façade and "healing gardens."

During Thursday's study session, the board found itself scrutinizing a radically different design — one

with rectangular wings, a larger garden on the corner of Welch and Quarry roads and underground parking. The new facility — previously presented as a separate structure — would now be connected to the existing facility.

"It's not just a horse of a different color; it's a zebra," board member Judith Wasserman said.

Palo Alto officials are still working on an environmental review of the hospital expansion, a document that is expected to be released in

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Palo Alto Bowl

(continued from page 3)

source of classic and safe fun that is otherwise sparse in our area. It's not just a place of history. It's still used to this day by many, many people," wrote Jeff Hayman.

Rosalyn Carson agreed.

"My kids and I have used Palo Alto Bowl for years. There are no other bowling alleys around here to go to. What will we do without it?" she wrote. "We have many hotels with empty rooms on El Camino Real."

According to Susan Barnes, the city's economic resources/redevelopment program manager, Palo Alto has 1,819 hotel rooms, with an average occupancy of 50 to 60 percent.

On Tuesday afternoon, the lanes were filled with people from all backgrounds: grandparents from India learning to bowl with their grandchildren; foster grandparents introducing children to bowling; old-timers; and mothers in for a little quality and bonding time with their daughters, high-fiving a strike or a split.

Billy Oliver has been at the Palo Alto Bowl since the 1970s. Retired, he comes here every day, he said.

"It stabilizes the community — it's a chance for people to meet," he said.

Golobic, the alley's owner for more than 20 years, is surprised by and grateful for the support, he said. He would like for the Palo Alto Bowl to remain open.

His family has owned bowling alleys since 1937. At one time, he owned as many as 15. But now he owns just three: Palo Alto Bowl, Bel Mateo Bowl in Belmont and Serra Bowl in Daly City, he said.

He recalled the days when Palo Alto had two alleys — including the Indian Bowl, where Golobic, a Stanford University class of 1945 alum, used to hang out with friends. The Palo Alto Creamery was nearby, and students would bowl and then meet up for milk

shakes, he said.

The sport is still popular, he added: More people use the lanes from Monday through Friday than use the golf course on a single day.

But the alleys "take up an awful lot of space and can't compete with people who want to build housing and retail. There are still lots of new centers being built all of the time, but not in coastal California," he said.

The principal method for keeping the bowling alley on the site would be if the city were to view the recreational value of the land on par with other uses, Golobic said.

He pointed to the Homestead Lanes in Cupertino, where city officials zoned the land for recreational use, he said.

Scott Asencio, assistant general manager at Homestead, said the bowling alley serves as a recreational center for high school teams, De Anza College, the city's Parks and Recreation programs, and special-needs groups and was considered too valuable of a public resource to eliminate.

Some bowlers said they envision that a spiffed-up Palo Alto Bowl could serve a similar function, where city recreational programs take place.

The rezoning idea could run into some legal issues, however, according to Palo Alto's current planning manager, Amy French. Rezoning is possible, but raises questions as to the fairness to the land owner, who has submitted his plans for the hotel and homes "in good faith."

But the hopeful Mart said Palo Alto Bowl remains relevant to the community. It provides many unseen services that improve quality of life, including an anti-drug "kids bowl free" summer program that offers two free games each day throughout the summer. And the Special Olympics trains there, Mart said.

"There has been a huge argument by many people that there aren't other nearby spots to congregate as great as Palo Alto Bowl," he said. ■

Staff Writer Sue Dremann can be e-mailed at sdremann@paweeekly.com.



Getting to know the Gunn High School Class of 2013

Incoming freshmen manipulate a hula hoop over each other during a peer-building exercise in the Gunn High School gym. The hula-hoop antics took place during orientation on Aug. 19. The first day of class is Tuesday, Aug. 25.

EDUCATION

Palo Alto STAR test results above average

Results are also up from 2008 in most areas, new state-test results indicate

by Kristen Barta

Palo Alto students score above state levels of proficiency in math and English-language arts tests and show general increases over last year's district-wide results, according to Standardized Testing and Reporting (STAR) test results released Tuesday.

"We're pleased with the results, though there is certainly room for improvement," Superintendent Kevin Skelly said of the test report.

Annual STAR tests measure student performance against state standards in English, math, science and history. Scores of students in grades 2 through 11 are ranked as advanced, proficient, basic, below basic and far below basic.

In Palo Alto's public schools, the percentage of students who scored at the advanced level in math and language arts increased over last year, as did the percentage who improved their scores from 2008, Skelly said.

The percentage of students scoring proficient and above in English-language arts increased by 1 percent or more from 2008, except in 6th grade, which dropped 1 percent to 84 percent, 9th grade, which dropped 1 percent to 85 percent, and 10th grade, which dropped 4 percent to 81 percent.

The biggest drop was for 10th-grade students in advanced English, where scores dropped from 64 percent in 2008 to 57 percent this year.

Skelly acknowledged the dip in high-school student performance but emphasized the importance of other indicators.

"High school levels were flat or a little bit lower (than last year), but those results aren't as impor-

tant as SAT scores," Skelly said. "The place we look at most is the elementary level, and that's where we see improvement."

"We have to look at the specific scores (for individual schools), but overall the scores are higher," Skelly said of elementary-level student performance.

For the standard mathematics test, grades 2 through 5 saw increases in the percentage of students scoring at proficient and above. The 6th-grade percentage dropped 2 percent to 81 percent, while 7th-grade scores dropped 3 percent to 81 percent.

Despite such slight decreases, the percentage of students scoring at proficient and above for every school in the district consistently stands well above state percentages.

Just half of the California students tested in grades 2 through

11 scored proficient and above in English-language arts, an increase of 4 percent over 2008 scores. In mathematics, only 46 percent scored at proficient and above, an increase of 3 percent over 2008, according to the California Department of Education.

Comparatively, no less than 81 percent of Palo Alto students in grades 2 through 11 are proficient or advanced in language arts. The same holds true for grades 2 through 5 in math.

A more detailed report of district results will be given at the next school board meeting on Sept. 8, Skelly said.

Results by school, district and county are available on the California Department of Education Web site, www.cde.ca.gov/index.asp. ■

Editorial Intern Kristen Barta can be e-mailed at kbarta@paweeekly.com.

Palo Alto Unified School District 2009 STAR test scores

Elementary school	English-Language Arts*	Math*	Science*
Addison	416.5	469.2	422.9
Barron Park	385.1	422.7	383.5
Juana Briones	393.4	447.3	395.4
Duveneck	438.1	479.7	431.9
El Carmelo	424.1	466.9	413.1
Escondido	415.2	452.9	423.3
Fairmeadow	413.7	443.2	404.4
Walter Hays	422.2	460.1	425.4
Herbert Hoover	433.2	491.5	452.8
Lucille M. Nixon	425.5	486.7	421.5
Ohlone	410.7	422.1	415.7
Palo Verde	418.7	461.1	420.7

* Fifth-grade mean-scale scores. Scores for grades 2-4 are available at www.cde.ca.gov/index.asp.

Source: California Department of Education

Chief candidates

(continued from page 3)

eight to five and concentrating more officers in areas of greater crime. He also focused much of his energy on community-oriented policing and helped bring after-school programs to the city's multi-family developments.

Ultimately, his strategy seemed to have paid off, Quinn said, noting crime is at a 10-year low.

Rainey, who grew up in Illinois but spent the bulk of his law-enforcement career in the Ventura County Sheriff's Department, is also no stranger to publicity and politics. In September 2008, Fairfield was stunned when 22-year-old Councilman Matt Garcia was shot and killed on the streets. Later that month, Councilman Frank Kardos killed himself, one day after a jury convicted him of assaulting his ex-girlfriend.

Quinn said Rainey handled the two disasters very well, quickly coordinating a multi-agency investigation that led to identification and arrest of three suspects in Garcia's murder, two of whom were ultimately charged. Their trial is expected to begin in November.

"Kenton really jumped on it, generated a lot of leads and got help from a lot of agencies," Quinn said.

The decision to leave was ultimately Rainey's and Rainey's alone, Quinn said.

"He came in and offered to resign," Quinn said.

But some of Rainey's supporters have rejected the official explanation. The Rev. Ira Manning, who also addressed the Fairfield council on July 21, said the city is making a mistake in letting Rainey go.

"If I'd received a resignation letter from Chief Rainey, I would've took a look at it, read it, and said, 'You're not going anywhere,'" Manning said.

San Carlos Police Chief Greg Rothaus hasn't spent as much time as Rainey in political storms. But in recent years, he has also made headlines and won accolades for working with the community to reduce crime.

Ken Castle, who lives in San Carlos' peaceful White Oaks neighborhood, said he got to know Rothaus much better this spring, shortly after someone slashed the tires on Castle's car and 44 others. These acts of vandalism prompted Castle and his neighbors to form a neighborhood watch. When they reached out to the police, they were shocked by the support that came pouring their way, Castle told the Weekly.

Rothaus assigned an officer and a community-outreach worker to help the neighborhood and agreed to hold a Town Hall meeting to discuss crime prevention and strengthen the ties between the department and city residents.

"The chief immediately put a lot of resources to work with us on this — it surprised the heck out of me," Castle said.

Rothaus began his career in San Carlos in 1985 and left the department in 1996. He served in Hercules and Menlo Park before returning to San Carlos in 2005. He was involved

with the San Mateo County Narcotics Task Force in the late 1990s and later headed patrol and investigative divisions in Menlo Park.

As the San Carlos chief, Rothaus has split his time between managing the police department and fighting a wide array of nuisance issues plaguing his city. He cracked down on people who illegally collect trash out of people's garbage cans and helped state Assemblyman Ira Ruskin write a law that reimburses the city for disposal of abandoned vehicles. His department also composes monthly newsletters that warn residents about scams and offer crime-prevention tips.

Among Rothaus' most successful and acclaimed programs is one that gives juvenile delinquents a chance to avoid the prison system by undergoing a six-month regimen that includes peer groups, individual and family counseling, visits to a state prison and restitutions to the victim. The program, which Rothaus implemented with Officer Ron Albertson in Menlo Park before bringing it to San Carlos, won a Jefferson Award last year.

After winning the award, Rothaus said in a televised interview that reaching out to families of juvenile delinquents is a critical component of his crime-prevention strategy.

Rothaus is also well-accustomed to tough financial climates. In 2006, he integrated San Carlos' police dispatch services with those of Menlo Park to reduce costs. In recent months, his department has made its operations more efficient by relying more on volunteers and nonsworn department employees.

"I think he has a real ability to relate to people in a very diverse community with high expectations," Castle said of Rothaus. "I feel it's really refreshing to sit down with a law-enforcement person and have an open-ended and open-minded discussion about solutions."

"It's enlightening."

Over the past nine months, Interim Police Chief Dennis Burns has heard speakers both publicly praise him as the perfect candidate for the permanent police chief job and berate him for being too close to the controversies that prompted his predecessor to resign.

Burns, a 27-year veteran of the Palo Alto police department, hasn't responded to frequent critics such as Aram James, who has long argued that Burns could've done more to discipline officers after the beating of Albert Hopkins and after the department's botched investigation of the Children's Theatre. Instead, Burns has been quietly working to narrow the schism between his department and Palo Alto's minority communities.

On Tuesday, during a monthly "Meet the Chief" gathering, Burns stood in the pulpit of the Jerusalem

Baptist Church, his eyes closed, while the Rev. Anthony Darrington recited a prayer. In November, Darrington was one of the first black leaders to demand the resignation of former Police Chief Lynne Johnson, who rattled the community Oct. 30 with public comments that many interpreted as an endorsement of racial profiling. Days later, Burns joined Johnson at a community meeting at the church, where officers were greeted with anger and jeers from the parishioners.

But this week, the atmosphere at the church was much more amicable. Officers talked about ways to prevent identity theft, recited crime statistics and talked about the recent marijuana busts in the foothills. Darrington said the police department has been exhibiting "better behavior" and urged more meetings between the police department and the church community.

Darrington told the Weekly he wasn't sure whether the "better behavior" he's been noticing from the police on the streets is a fundamental change or a "show for the season." But he said he doesn't care, so long as the show continues and everyone is treated fairly.

But at least one person who has worked with Burns on detecting and purging racial bias from the department said Palo Alto's interim chief is serious about improving race relations. Lorie Fridell, a criminology professor at University of South Florida and a nationally recognized expert on racial profiling, told the Weekly she met Burns last year in a Las Vegas training seminar, six months before his department was hit with the storm of racial-profiling allegations.

"He said, 'We need to be more proactive,' and he reached out to me," she said.

Fridell has been advising Burns on the "action plan" he and Johnson formulated last November to heal community relations. The plan includes monthly meetings with the community, increased training for officers on detecting bias and creation of a new citizen board to advise the police department on community outreach.

Tuesday's meeting appeared to have served its purpose. Audience members thanked the police for coming and praised the "respective exchange of information" between officers and community members.

"I think you all should have some of us over to your place to hear the things we might say that should help with community and race relations," Darrington told Burns at the meeting's conclusion.

"You're welcome to come any time and to bring your parishioners," Burns responded. ■

Staff Writer Gennady Sheyner can be e-mailed at gsheyner@paweb.com.



Dennis Burns



Kenton Rainey



Gregory Rothaus



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Neighborhoods

A roundup of neighborhood news edited by Sue Dremann

AROUND THE BLOCK

ONE WORLD ... Palo Alto residents **Patricia Savitri Burbank** and **Michael Kilgroe**, co-founders of **One World Children's Fund**, were so moved by the poverty they saw during a 2000 trip to Bodh Gaya, India, that they returned to Palo Alto to set up the nonprofit to help children around the planet. They partnered with **Shanti Cliff** to form One World, which helps fund existing grass-roots projects. To date, they have raised \$2 million and supported 25 projects so far. One World will host a fundraising event at All Saints Episcopal Church, 555 Waverley St., Palo Alto, on **Aug. 27** from 7 to 9 p.m. Author and performer **Wes "Scoop" Nisker** and performance artist **Nina Wise** will appear, and the documentary film "The Rescue Junction Story" will be shown. Information is available at www.owcf.org, 415-255-3014 or info@owcf.org.

AND THE WINNER IS ... Palo Alto residents are fond of hosting ice cream socials, but this summer one Menlo Park neighborhood found arguably the coolest way to get the party going. Residents of **Suburban Park** were treated to an ice cream sundae party Aug. 15, compliments of **Dreyer's Ice Cream**, after resident **Jill Olson** wrote a winning essay about what makes her neighborhood great. Suburban Park became one of 1,500 neighborhoods nationwide to receive the prize in the **Dreyer's Slow-Churned Neighborhood Salute Contest** and received door-step delivery of 10 cartons of Dreyer's Slow Churned light ice cream and 36 Dreyer's Slow Churned light ice cream snack-size cups.

ROUND UP THE POSSE ... Palo Alto Police Community Officer **Susie Ord** wants residents to know there's a new **Citizen's Police Academy** starting up. Since 1995, the eight-week-long program has graduated 340 participants who have explored law enforcement in the city in depth and participated in hands-on exercises. Participants learn how crimes in a neighborhood are investigated and how split-second decisions are made in the firearms simulator. The academy starts Sept. 30 and meets Wednesday evenings from 6 to 9 p.m. Sept. 8 is the deadline to apply. Information is available by contacting Susie Ord at 650-329-2632 or susie.ord@cityofpaloalto.org. Applications are posted at www.papd.org (click on "Community Involvement"). ■

Catching up over goat's milk

Residents share news and country products through neighborhood delivery service

by Emily James

Every Thursday, brothers Jackson and Aiden Hall run up a driveway in Palo Alto's Barron Park neighborhood with their mom, Julie Sanford, chanting and cheering.

"Goat's milk! Goat's milk," the boys cry.

The Hall family is one of more than 10 Barron Park families who take part in a weekly Thursday ritual: picking up fresh goat-milk products at neighbor Lisa Herndon's home.

Herndon's place is the nexus for a neighborhood fresh-foods delivery service, where cheese, yogurt, Kefir and soap are delivered to her door by the Evergreen Acres Petting Farm.

Mike and Jane Hulme, retired engineers and owners of Evergreen Acres, offer the drop-off service for free. In addition to a small herd of goats, the four-year-old San Jose petting farm includes chickens, rabbits and peacocks.

Herndon began purchasing products from the Hulmes about one year ago on the recommendation of her acupuncturist. Many holistic doctors order goat's milk products from Evergreen Acres as well, she said.

She compared the goat's milk to local raw honey.

"Goats eat just a bit of everything, like plants and poison oak, but they are local things. Because of this, the milk provides immunity — from drinking milk over time. That's not something that's easy to provide," she said.

The Hulmes have as regular customers people with allergies and cancer, people interested in nutrient-dense products and people from foreign countries, Jane Hulme said.

For Herndon, the freshness of the products from the farm also cannot be beat.

The Hulmes milk the goats in the morning and deliver the milk and products that same day.

"The first three to four hours are the best time to use the milk to make additional products because the bacteria is still alive," Mike Hulme said.

The Hulmes deliver to a different region of the Bay Area each day. During the summer, there are just under a dozen customers in Palo Alto. But during the school year a second drop-off point is located on Waverley Street at Sanford's home.

Herndon's neighbors have signed onto the Evergreen Acres delivery, as have many other local families.

The Hulmes leave the products in coolers on Herndon's porch at a specific time of day every week, with each item labeled for its intended re-



Veronica Weber

Jane and Mike Hulme of Evergreen Acres, a goat farm in San Jose, hold jars of fresh goat milk, which were distributed to Palo Alto consumers in July

ipient. Neighbors stop by and pick up their goods after a certain set time.

In the summertime, Herndon enjoys chatting in her front yard with people she might not otherwise have met, she said.

"There have been a couple of different neighbors that I didn't know before, so this has been good. People try to come by at certain times so they can say hi," she said.

Herndon enjoys catching up with others who share her affinity for goat products, perhaps learning a new tidbit about the benefits of goat's milk products.

Goat's milk is rapidly digested and twice as nutritious as cow's milk. It also has all the natural probiotics



Veronica Weber

Jackson Hall hoists jars of fresh goat milk while younger brother Aidan Hall (left) watches. The boys help their mom pick up goat dairy products from a nearby home in Palo Alto

that fortify your stomach's ability to fight pathogens such as Salmonella, E-coli and Listeria, according to Mike Hulme.

"Recent cases have shown that Listeria even survives pasteurization of cow's milk, which kills all the natural good biotics," he said. ■

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NOTICE OF A PUBLIC MEETING of the City of Palo Alto Architectural Review Board (ARB)

Please be advised that Thursday, September 3, 2009, the ARB shall conduct a public hearing at 8:30 AM in the Council Chambers, 1st Floor, 250 Hamilton Avenue, Palo Alto, California. Any interested persons may appear and be heard.

3700 Middlefield Road [09PLN-00170]: Request by Public Works Engineering, on behalf of the City of Palo Alto, for major Architectural Review and Design Enhancement Exception (DEE) for a new 40,115 square foot library and 16,052 square foot community center and other site improvements. The DEE is requested for a daylight plane encroachment and for additional height. The project replaces the existing facilities at Mitchell Park. Zone: PF. Environmental Assessment: A Mitigated Negative Declaration was adopted June 6, 2008 in accordance with the California Environmental Quality Act (CEQA)

2390 El Camino Real [09PLN-00137]: A Request by Michael Tevis of the Tevis Family Partnership for Architectural Review and recommendation to the Director of Planning and Community Environment of a Master Sign Program. Environmental Assessment: Categorically Exempt. Zone district: CN.

135 University Avenue [09PLN-00168]: Request by Steve Shore on behalf of Phyllis Koch for Architectural Review and recommendation to the Director of Planning and Community Environment of a new wall sign for the Natural Mattress Store. Environmental Assessment: Categorically Exempt. Zone district: Commercial Downtown (CD-C(GF) (P)).

The City of Palo Alto does not discriminate against individuals with disabilities. To request accommodations to access City facilities, services or programs, to participate at public meetings, or to learn more about the City's compliance with the Americans with Disabilities Act of 1990 (ADA), please contact the City's ADA Coordinator at 650.329.2550 (voice) or by e-mailing ada@cityofpaloalto.org.

Amy French
Manager of Current Planning

Upfront

News Digest

Eshoo's 'phone town hall' omits journalists

Congresswoman Anna Eshoo, D-Palo Alto, held a "telephone town hall" Wednesday evening, but no local journalists got called to participate despite registering.

An Eshoo staff spokesperson said Thursday the omission was a technical problem by the service provider for the town hall, and that nonjournalists also got left out.

The town hall announcement was sudden, issued shortly before noon Wednesday to the media with a deadline of 3 p.m. for participants to register for the 6:40 p.m. session.

The Weekly had three sign up, the Almanac had one and the Daily Post reported that it had two reporters register. But 6:40 p.m. came and went with silent phones.

Weekly Editor Jay Thorwaldson said at 7:18 p.m. he received a recorded message from Eshoo saying he couldn't be reached and regretting that he wasn't able to participate.

About 7,000 people did participate, with 1,500 to 2,000 persons on the line at any given time.

A streaming audio of the session has been added to Eshoo's website, <http://eshoo.house.gov>. Three more such telephone town halls are scheduled for next week: Monday evening, Thursday afternoon and Thursday evening. She also is holding a high-speed-rail town hall forum Wednesday at 7 p.m. at 701 Laurel St., Menlo Park. ■

— *Weekly Staff*

Recendes pleads not guilty in sex assault

Roberto Recendes, accused of attacking a 94-year-old Palo Alto woman in 2002, pleaded not guilty to sexual-assault and elder-abuse charges on Friday in the North County Courthouse in Palo Alto.

Recendes allegedly assaulted the woman in her Palo Alto Commons assisted-living apartment in south Palo Alto in 2002.

He is charged with penetration with a foreign object, infliction of great bodily injury and elder abuse committed during a burglary, according to Santa Clara County Deputy District Attorney Brian Welch. Recendes could serve life in prison if convicted.

The woman died in 2006.

Recendes' plea is long-awaited. Palo Alto police initially arrested Jorge Hernandez of Mountain View, based on a lengthy police interview during which detectives believed he admitted the assault — despite emotional denials to his older brother during an interlude in the interrogation.

Hernandez spent weeks in jail until he was completely cleared of the assault by DNA evidence. Hernandez did say he was highly intoxicated and recalled features of the woman's ground-floor apartment. He told police he was with two other men but couldn't remember their names. His brother's class ring was also found at the scene.

The DNA evidence eventually linked Recendes to the crime, when he was released from state prison in 2007 and was required to provide a sample of his DNA. He moved back to Mexico but was extradited to Santa Clara County in August 2008.

Welch said the year-long wait for a plea was due to repeated continuances requested by Recendes' public defender, Carl Beatty, who had his own experts review the DNA reports.

The case could be moved from Palo Alto to San Jose due to the possibility that the trial could last more than a week, he said.

Recendes will return to court in Palo Alto on Nov. 6 for a preliminary hearing. ■

— *Sue Dremann*

M-A track coach charged with threatening kids

A longtime assistant cross-country coach at Menlo-Atherton High School is facing misdemeanor charges in a racially charged incident involving three Hispanic children and a soccer ball, according to the San Mateo County District Attorney's Office.

Kelly James Weston, 63, is accused of assault and making threats after two 12-year-olds and one 11-year-old bounced a soccer ball off the exterior wall of Weston's home, a house trailer, Chief Deputy District Attorney Steve Wagstaffe said in a report. The children said the incident was accidental, the report said.

Weston allegedly came out of his house and told the kids that he hated them, that he hated "your kind" and Mexicans in general, and that he could "kill" them "right now," Wagstaffe said, adding that the home showed no damage from the soccer ball.

Weston allegedly pushed one of the kids, the basis of the assault charge.

The children reported the incident to their parents, who reported it to a deputy from the Sheriff's Office, Wagstaffe said.

Judge Norman Gatzert set Sept. 28 for a conference to determine a date for a jury trial. Weston is out of custody on a \$50,000 bail bond.

Menlo-Atherton Athletic Director Pam Wimberly, in an interview, expressed shock at the charges and noted that Weston has coached at M-A for more than 30 years. ■

— *Dave Boyce*



LET'S DISCUSS: Read the latest local news headlines and talk about the issues at Town Square at www.PaloAltoOnline.com

Tesla

(continued from page 3)

Energy. The loan was part of a federal program designed to encourage manufacturing of affordable electric vehicles.

The company is in the midst of developing its Model S — an all-electric sedan that will sell for about \$50,000. The company's roadsters retail for more than \$100,000.

Palo Alto won't receive any revenue from roadster sales; the company's showroom, and thus point-of-sale location, is in Menlo Park. But Palo Alto will receive taxes from any equipment the company buys from out of state, said Susan Barnes, Palo Alto's economic resources/redevelopment program manager.

The company will also pay taxes on any business-to-business transactions conducted out of its Palo Alto facility. For instance, Tesla currently makes electric-vehicle components for Daimler, which plans to use Tesla battery packs and chargers in its new Smart car.

More importantly, Tesla's arrival will strengthen Stanford Research Park and underscore Palo Alto's status as a city at the center of the clean-technology revolution, Barnes said.

The company will be joining a research area that already houses some of the city's leading experts on electric vehicles and power generation: the Electric Power Research Institute — a leading think-tank specializing in electricity technology — and Better Place, a company trying to build networks of charging stations and battery-swap stations around the world.

"Companies of this nature like to be near companies of similar nature," Barnes told the Weekly. "They become sort of an anchor for the Stanford Research Park."

The company's chief technology officer, J.B. Straubel, also cited Tesla's proximity to Stanford University as a major incentive for relocating.

"Tesla is rapidly recruiting new employees, and this fabulous working environment and proximity to Stanford University will give us excellent access to top engineering talent," Straubel said in a news release.

City Manager James Keene said the city is "extremely pleased to welcome Tesla to Palo Alto" and hailed Tesla's move to Palo Alto as another indicator of the city's leadership position.

"Stanford, its Research Park and Palo Alto have always been at the forefront of new technological discoveries and inventions, as well as fostering practices and ideas that increase environmental sustainability," Keene said.

Tesla CEO and Product Architect Elon Musk likewise praised the location.

"Silicon Valley and the Stanford Research Park are synonymous with innovation and entrepreneurship," he said in a news release. "It's an ideal place for a new car company trying to rethink many aspects of the traditional automotive business." ■

Staff Writer Gennady Sheyner can be e-mailed at gsheyner@paweekly.com

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 or click on "News" in the left, green column.

Stanford may unwrap mysteries of ancient mummy

A 2,000-year-old mummy thought to have been a young Egyptian priest was examined at Stanford University Thursday in an effort to determine what the man looked like and what kind of material he was wrapped in. (Posted Aug. 20 at 6:54 a.m.)

Roots of rhythm to promote sprouts of literacy

The roots of rhythm in African music will be brought to the Midpeninsula Sunday with a celebration of African culture, art, food and people. "Celebrate Africa!" will also mark the success of a young organization — the African Library Project — dedicated to creating community libraries and spreading literacy throughout Africa. (Posted Aug. 20 at 1:21 a.m.)

Palo Alto properties buck the down-market tide

Palo Alto properties appear to be holding their own in value, according to the Santa Clara County Assessor's 2009 Annual Report released Tuesday. (Posted Aug. 19 at 5:03 p.m.)

Teen stabbed during fight in Mountain View

A 16-year-old Mountain View resident was stabbed Monday evening in a possibly gang-related fight on the 100 block of N. Rengstorff Avenue, police said. (Posted Aug. 19 at 10:53 a.m.)

150,000 expected at weekend art festival

Art lovers are expected to arrive in droves to Palo Alto's University Avenue this weekend for the annual Palo Alto Festival of the Arts. This is the 28th year of the festival, which features hundreds of fine artists and craftspeople exhibiting their creations. (Posted Aug. 19 at 7:52 a.m.)

Local chambers to hold three-city 'mixer'

The chambers of commerce from Menlo Park, Palo Alto and East Palo Alto will hold a rare three-city business-networking event at the Four Seasons Hotel in East Palo Alto from 5:30 to 7 p.m. Wednesday, Aug. 26. (Posted Aug. 18 at 4:51 p.m.)

Tour de Menlo rolls out Saturday — toward food

Cyclists may sign up for the 2009 Tour de Menlo, a scenic ride over Peninsula roads that benefits Rotary Club tutoring and scholarship programs. The Saturday (Aug. 22) ride has three routes, all starting at Menlo-Atherton High School, with a lunch stop at the Picchetti Ranch Open Space Preserve in Cupertino. (Posted Aug. 18 at 4:26 p.m.)

Four auto burglaries reported in Barron Park

A man described as 5'11" and wearing a dark jogging suit with white shoes is believed to have burglarized four vehicles near El Camino Real and Vista Avenue in Palo Alto's Barron Park neighborhood just after 5 a.m. Monday, police reported. (Posted Aug. 18 at 11:14 a.m.)

Crash near Draeger's wasn't first since 2005

In the Aug. 5 Almanac, it was reported that an Aug. 2 car accident involving a pedestrian in the intersection by Draeger's market in Menlo Park was the first since the city reconfigured the intersection in 2005. Not so, said Joan Urquhart, a 75-year-old Palo Alto woman who said she sustained major injuries when she was struck in the intersection March 13. (Posted Aug. 18 at 9:36 a.m.)

County approves \$960,000 'Tree House' funding

A housing development to be constructed in Palo Alto next year will not only be in a convenient location, but it will also be affordable to many low-income families. The Santa Clara County Board of Supervisors has approved a funding of about \$960,000 to the Palo Alto Housing Corporation for the construction of the development, titled "The Tree House." (Posted Aug. 17 at 5:14 a.m.)

Lytton Plaza project gets final approval

An ambitious plan to renovate Lytton Plaza in downtown Palo Alto earned swift endorsement from the City Council Friday afternoon, paving the way for construction to begin next month. (Posted Aug. 14 at 7:45 p.m.)

COMMUNITY

Palo Alto Story Project to launch Saturday

Weekly staff to interview visitors to Palo Alto Festival of the Arts

by Sue Dremann

Got a good story to tell about something that happened to you in Palo Alto? Through a new video project, the Palo Alto Weekly staff is gathering personal stories from community members to share with the general public.

The Palo Alto Story Project will launch at the downtown Palo Alto Festival of the Arts this weekend, Aug. 22 and 23.

Participants will be interviewed by Weekly staff reporters. Everyone, regardless of residency, is invited to share a story or memory about Palo Alto.

What's your story?

The Palo Alto Story Project

The interviews will be informal and no experience is necessary — just bring a Palo Alto tale to tell, staff members said.

"Palo Alto is full of stories, and we want to capture those stories and bring them to the public. We see the Story Project as a way to celebrate Palo Alto's history, people and community life in all its forms," said Bill Johnson, publisher of the Weekly and president of Embarcadero Publishing Company.

Story Project videos will be posted on www.PaloAltoOnline.com during the coming months.

The project is part of the overall multimedia transformation of the Weekly and its five sister newspapers by parent company Embarcadero Publishing. The effort seeks to mesh new forms of communication to build community.

The videotaping will take place at the Weekly's festival booth on University Avenue in front of Borders Books from noon to 6 p.m. Saturday and from 10 a.m. to 6 p.m. Sunday.

A sample Story Project video, posted at <http://tinyurl.com/mmr-gaz>, features Palo Alto resident Lisa Van Dusen recalling her first visit to the city in 1977 and the early days of Cable Co-op of Palo Alto. ■



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NOTICE OF VACANCY ON THE PUBLIC ART COMMISSION ONE UNEXPIRED TERM ENDING APRIL 30, 2012 (SUNDE)

NOTICE IS HEREBY GIVEN that the City Council is seeking applications for the Public Art Commission from persons interested in serving in an unexpired term ending on April 30, 2012.

Eligibility Requirements: The Public Art Commission is composed of seven members who are not Council Members, officers, or employees of the city, and will be appointed by the City Council, serving without pay. Regular meetings are held at 7:00 p.m. on the third Thursday of each month.

Qualifications: Members of the Public Art Commission either shall be members of the Architectural Review Board or shall be professional visual artists, professional visual art educators, professional visual arts scholars, or visual arts collectors whose authorities and skills are known and respected in the community and, whenever feasible, who have demonstrated an interest in, and have participated in, the arts program of the City.

Application forms and appointment information are available in the City Clerk's Office, 250 Hamilton Avenue, Palo Alto (650-329-2571), or at www.cityofpaloalto.org.

Deadline for receipt of applications in the City Clerk's Office is 5:00 p.m., Friday, September 11, 2009.

DONNA J. GRIDER, MMC
City Clerk

PALO ALTO RESIDENCY IS NOT A REQUIREMENT.

Corrections

A story on the Palo Alto City Council (Weekly, Aug. 7) incorrectly reported that the council met in closed session to negotiate with representatives of the Service Employees International Union. The council members actually met with designated city negotiators to discuss the city's bargaining position and status of the wage-and-benefits negotiations, not directly with union representatives. The Class Guide (Weekly, Aug. 7) incorrectly listed the phone number for the Pacific Art League. The number is 650-321-3891. The Weekly regrets the errors. To request a correction, contact Managing Editor Jocelyn Dong at 650-326-8210, jdong@pawebly.com or P.O. Box 1610, Palo Alto, CA 94302.

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St. Lawrence

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Prokofiev Festival (11.12-11.15)

Contrasts Quartet (11.18)

From the Top with
Christopher O'Riley (12.5)

Chanticleer (12.10)

Sō Percussion + Steve Reich (1.9)

Kronos Quartet + Wu Man (1.16)

Morphoses (1.22)

L.A. Theatre Works (1.27)

Misha Dichter (2.17)

Vusi Mahlasela (2.19)

Terence Blanchard (3.6)

Cedar Lake

Contemporary Ballet (4.21)

Dave Douglas & Keystone +

Bill Morrison (4.24)

Hal Holbrook (4.27)

Laurie Anderson (5.5)

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CityView

A round-up of Palo Alto government action this week

City Council (Aug. 14)

Lytton Plaza: The council voted to approve the park-improvement ordinance for a \$750,000 renovation of Lytton Plaza. The project's cost will be split between the city and the nonprofit group Friends of Lytton Plaza. **Yes:** Drekeimer, Morton, Klein, Kishimoto, Yeh, Schmid. **Absent:** Barton, Burt, Espinosa

Architectural Review Board (Aug. 20)

Children's Hospital: The board held a study session on the conceptual design of the proposed expansion of the Lucile Packard Children's Hospital. The design brings the new hospital building closer to the existing building and makes the building's façade less curvy and more rectangular. **Action:** None



LET'S DISCUSS: Read the latest local news headlines and talk about the issues at Town Square at www.PaloAltoOnline.com

Public Agenda

PALO ALTO PLANNING AND TRANSPORTATION COMMISSION ...

The commission is scheduled to hold a study session to review and discuss the major themes, vision and overall goals of the adopted 1998-2010 Comprehensive Plan. A public hearing on the Oregon Expressway Improvement Project is also planned. The study session is scheduled for 6 p.m. The regular meeting will follow at 7 p.m. on Wednesday, Aug. 26, in the Council Chambers at City Hall (250 Hamilton Ave.).

Hospital design

(continued from page 5)

October.

Children's Hospital officials branded the new plans as the "evolution" of the hospital's \$1 billion expansion — part of Stanford University's \$3 billion effort to renovate and expand its medical facilities, including Stanford Hospital and Clinics. The new design would protect trees, give patients scenic views and make hospital operations more efficient, said Robin Guenther, principal with the San Francisco-based firm Perkins+Will.

Guenther, who led the redesign, said patients would get scenic views of Arboretum Road and the new Emerald Garden, which would be located near Quarry and Welch roads and would provide space for public gathering. A smaller, more private garden would be located on the rooftop, between the new building and the existing one.

A proposed parking lot has also been moved from the street level to underground, a move hospital officials said would create a greener atmosphere around the hospital.

"We wanted to bring a nature experience closer to the kids," Guenther said.

Board members enthusiastically embraced the proposed landscaping and expressed no objections to the location of the new added facility. But they had major reservations about the proposed building's new look, which Wasserman described

as a "big, scary box."

"If I were a little kid — if I was a grownup coming to this building — it would scare the daylights out of me," Wasserman said. "It just feels immense and boxy."

Board member David Solnick agreed the proposed building is too intimidating. He also questioned Stanford's contention that the new design is an "evolution" and asked hospital officials if there is a "back story."

The original renovation design was created by architect William Pedersen of the firm Kohn Pedersen Fox, based in London and New York.

Mark Tortorich, vice president for planning design and construction at the Stanford University Medical Center, said Guenther has been involved in the project from the beginning but became more prominent in the process in recent months.

The decision to give her a greater say was reached in collaboration with both architectural firms, he said.

The Children's Hospital plans to add 104 beds to its facility — raising the total bed count to 361 — and to create more treatment rooms and more space for families of patients. The expansion would add about 441,500 square feet to the hospital. Hospital officials have told the Weekly the revised design would save about \$15 million in construction costs. ■

Staff Writer Gennady Sheyner can be e-mailed at gsheyner@paweekly.com.

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Palo Alto

Aug. 11-17

Violence related

Assault	1
Battery	2
Child abuse	1
Domestic violence	3
Family violence	3
F&W/brandishing	1

Theft related

Checks forgery	1
Commercial burglaries	4
Grand theft	12
Petty theft	7
Residential burglary	6
Scam	1
Shoplifting	2

Vehicle related

Abandoned auto	1
Auto recovery	1
Bicycle theft	3
Driving w/ suspended license	9
Hit and run	4
Misc. traffic	1
Theft from auto	9
Vehicle accident/minor injury	7
Vehicle accident/no details	2
Vehicle accident/property damage	10
Vehicle impound	1
Vehicle tow	2

Alcohol or drug related

Drunk in public	1
Drunken driving	2
Possession of drugs	2

Miscellaneous

Disturbing the peace	1
Found property	7
F&W/disposal request	1
Lost property	5
Misc. penal code violation	4
Missing person	2
Noise ordinance violation	9
Outside assistance	1
Possession of stolen property	1
Prowler 1	
Psychiatric hold	7
Resisting arrest	1
Suspicious circumstances	3
Terrorist threats	1
Vandalism	2
Warrant/other agency	6

Menlo Park

Aug. 10-16

Violence related

Robbery	1
---------	---

Theft related

Fraud	2
Petty theft	1
Shoplifting	1

Vehicle related

Auto theft	2
Driving w/ suspended license	3
Hit and run	1
Vehicle accident/minor injury	2
Vehicle accident/no injury	4
Vehicle tow	5

Alcohol or drug related

CPS referral	1
Coroners case	1
Drunk in public	1
Drunken driving	2
Possession of drugs	4

Miscellaneous

Info. Case	1
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Medical evaluation	4
Property for destruction	1
Registrant	2
Vandalism	3
Violation of court order	1
Warrant arrest	5

Atherton

Aug. 11-19

Violence related

Assault w/ a deadly weapon	1
Attempted suicide	1

Vehicle related

Bicycle Stop	3
Misc. traffic	5
Road block	1
Suspicious vehicle	8
Vehicle accident/no injury	2
Vehicle code violation	1

Alcohol or drug related

Drunken driving	2
Possession of drugs	1

Miscellaneous

911 hang-up	2
Animal call	1
Area check	3
Attempt to contact	1
Citizen assist.	8
Construction site check	1
Disturbance	4
Fire call	4
Foot patrol	2
Found property	3
Juvenile problem	1
Located missing person	1
Medical aid	3
Meet citizen	3
Missing person	1
Outside assistance	3
Probation violation	1
Suspicious circumstances	3
Suspicious person	1
Town ordinance violation	10
Tree down	3
Vandalism	1
Warrant arrest	2
Waterman break	1
Welfare check	1

Palo Alto

Elsinore Court, 8/11, 2:17p.m.; family violence.

Clark Way, 8/11; F&W/brandishing.

Pasteur Drive, 8/12, 4:48 p.m.; child abuse/physical.

King Arthur's Court, 8/13, 1 a.m.; family violence.

El Camino Real, 8/13, 10:47 p.m.; domestic violence/battery.

University Avenue, 8/14, 5:50 p.m.; Domestic violence/battery.

Silva Court, 8/15, 6:17 p.m.; family violence.

Park Boulevard, 8/17, 8:28 p.m.; domestic violence.

El Camino Real, 8/7, 1:33 p.m.; battery/simple.

Middlefield Road, 8/8, 12:03 p.m.; elder abuse/physical.

Atherton

1000 block of El Camino Real, 8/15, 12:41 p.m.; assault w/ deadly weapon.

Unlisted location, 8/15, 2:15 p.m.; attempted suicide.

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Michael Irvin *Select Environments & Calstone*

August 29 ➔ Soil Preparation for Bonsai Container Plants
Tim Kong *Bonsai Society of San Francisco*

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Answers to this week's puzzles, which can be found on page 55

E	T	C	H	T	I	D	E	P	E	T	S			
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express

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Transitions

Births, marriages and deaths

Deaths

Sid Davidson

Sid Davidson, a longtime Foothill College instructor, died of a heart attack Aug. 13.

He held an associate's degree from Chaffey College; bachelor's and master's degrees from San Jose State University; and a doctorate from the University of California, Berkeley.

Best known for his years teaching accounting and business law, he was the Foothill-De Anza Community College District's longest serving employee.

He began his 48-year career in 1961 teaching part time at the Foothill's original location in Mountain View. He was hired

full time in 1963 as a member of the Business faculty. Over the years he held many positions, including chair, dean and accountant for the district.

In honor of his dedicated service to students, the Dr. Sid Davidson Scholarship Fund has been established at the Foothill-De Anza Foundation. The fund will be used to pay the tuition for the mandatory course Foothill students must take before they can be student tutors (<https://secure.entango.com/donate/fhda>).

He is survived by his wife of 55 years, Marilyn; and his children, Eric, Leslie, Laurie and Lisa.

A celebration of his life will be presented at Foothill's Smithwick Theatre later this fall.

BIRTHS

YoungJoo Kang and Minho Kim of Palo Alto, a son, Aug. 7.

Jill and Paul Jene of Los Altos, a daughter, August. 9.

Catherine Seidel of Los Altos Hills, a son, Aug. 14.

Submitting Transitions announcements

The Palo Alto Weekly's Transitions page is devoted to births, weddings, anniversaries and deaths of local residents.

Obituaries for local residents are a free editorial service. Send information to Obituaries, Palo Alto Weekly, P.O. Box 1610, Palo Alto,

CA 94302, or fax to 326-3928, or e-mail to editor@paweekly.com. Please include the name and telephone number of a person who might provide additional information about the deceased. Photos are accepted and printed on a space-available basis. The Weekly reserves the right to edit obituaries for space and format considerations.

Announcements of a local resident's recent wedding, anniversary or birth are also a free editorial service. Photographs are accepted for weddings and anniversaries. These notices are published on Fridays as space is available. Send announcements to the mailing, fax or e-mail addresses listed above.

MAE KENRICK



Mae Kenrick, a preschool teacher, community volunteer and 45-year resident of Palo Alto, died Aug. 16 surrounded by her family. She was a youthful 79 and enjoyed a full, active life until her death from a sudden cerebral hemorrhage.

Kenrick's childhood on a wheat farm in Goodland, Kansas was defined by the experience of the Dust Bowl. Throughout her life, even in the far more urban context of Palo Alto, she retained the farm values that deeply shaped her.

She was born and raised in a sod house in Goodland, the fourth of five children to Swiss immigrants who had paid \$47 an acre for their small farm. As a child she worked on the farm, was a leader in the 4-H Club and, in 1948, was crowned "Wheat Queen" of Northwest Kansas.

She attended Kansas State University on a 4-H scholarship, returning to the farm after two years to teach school and help her widowed father. One Sunday she noticed a fine tenor voice in the church pew behind her and met Alfred F. Kenrick, an Army lieutenant stationed at Fort Riley, Kan. They married in Goodland in 1951.

She accompanied her husband to the East Coast, where she started a family and offered apartment-based child care while he attended Harvard Business School. The family spent two years moving around the country in a General Electric marketing-training program before settling in California, first in San Jose, later in Los Angeles and finally, in 1964, in Palo Alto.

While raising four children in Palo Alto she was an active community volunteer and Sunday School teacher. She also returned to college at San Jose State, earning

a bachelor's degree in early childhood education in 1970. From then until 2004 she taught 3-year-olds and later 2-year-olds at the First Congregational Church Nursery School.

She maintained a strong interest in the concerns of the small farmer, and for some years was a member of California Women for Agriculture. She was an enthusiastic fundraiser for the Palo Alto Family YMCA, whose youth programs she particularly admired. She was a lifelong active member of the Christian Science Church, a religion introduced to her immigrant parents by one of the first families they met upon moving to America in 1914.

She was a particular friend to the friendless, taking food and conversation to shut-ins and helping many people without family through illness and hard times. She noticed and appreciated the efforts of others, habitually sending hand-written notes to the supervisors of clerks and technicians from whom she had received good service. She enjoyed family gatherings, ski trips and traveling the world with her husband, who died in 2006 after 54 years of marriage.

Kenrick is survived by two brothers, Stanley Meinen of Minneapolis, Minn. and Max Meinen of Fort Worth, Texas, and many nieces and nephews; four children, Chris Kenrick and Al ("Ken") Kenrick of Palo Alto, Steve Kenrick of San Jose, and Chessa Lutter of Bethesda, Md.; and 12 grandchildren, with whom she was particularly close. They are Julia, Elissa and Will Chandler and Johanna, Mikaela, Josefin and Matilda Kenrick of Palo Alto, Daniel and Nicholas Kenrick of San Jose and Willem, Mark and Peter Lutter of Bethesda.

A memorial gathering will be held Sunday Aug. 30 at 4 p.m. at the First Church of Christ, Scientist, 3045 Cowper St. (between Colorado and Loma Verde), Palo Alto. Memorial contributions may be made to the Palo Alto Family YMCA, attention to executive director, 3412 Ross Road, Palo Alto, 94303; or to the First Congregational Church Nursery School, 1985 Louis Road, Palo Alto, 94303; or to the First Church of Christ, Scientist, 3045 Cowper St., Palo Alto, 94306.

PAID OBITUARY

MARIE T. HARPSTER



Marie T. Harpster, 88, entered into eternal life on July 28, 2009. Marie was born on Valentine's Day in 1921 in Detroit, MI and resided in Menlo Park, CA for the last 44 years.

She married her husband John "Jack" of 59 years in 1945 after his service in WWII. Marie was a dedicated wife, mother, grandmother, aunt, and friend. She was an active member of The Church of The Nativity in Menlo Park, teaching CCD classes and participating in the Thursday Group. Her volunteer work in Menlo Park included the Election Board and many years with Birth Right.

She will be sadly missed by her family and friends, including daughter Joan, sons Mark and Matt, 9 grandchildren, and 3 great-grandchildren.

Marie was preceded in death by her husband Jack, son John, and granddaughter Rita.

A Funeral Mass was celebrated at Nativity Church on August 7.

PAID OBITUARY

BARBARA G. PETERSON

Barbara G. Peterson, PhD, retired educator and psychotherapist, died July 27, 2009 after a short illness, at the age of 79. She lived in Palo Alto for over 40 years, serving kids and parents in several teaching and counseling positions within the Palo Alto School District. Known as "Mizz Pete" by her students, who remained in her life for decades, she was dedicated to helping and guiding them and their families both academically and personally. She possessed a remarkable ability to connect, along with a mischievous sense of humor.

She was also an instructor at Santa Clara University. When Dr. Peterson retired from teaching, she became a licensed marriage and family therapist, always maintaining her profound interest in and compassion for people in all walks of life—especially the downtrodden and misunderstood to whom she gave hope.

The daughter of a Presbyterian minister, she grew up in Michigan's Upper Peninsula during The Great Depression. Dr. Peterson won full scholarships to fund all phases of her education: BA, Lawrence College in Wisconsin; MA, University of Chicago School of Divinity, and PhD, University of Oregon.

She supported equal civil rights her entire life, beginning with her work with street gangs on Chicago's South Side.

Dr. Peterson is survived by her "friends who are family," a sister, and two nieces. A memorial celebration will be held September 18, 2009 at 3:30 pm at the Unitarian Universalist Church, 505 E. Charleston Road in Palo Alto. Gifts in her memory may be made to: Opportunity Center Endowment Fund at Community Working Group, 2507-A Alma St., Palo Alto. See <http://www.communityworkinggroup.org/opportunitycenter.html>

PAID OBITUARY

Father of Two Returns to the Slopes after Frightening Accident

Herniated/Bulging Disc Patient Successfully Avoids Back Surgery

LAST JANUARY - Kevin Janover, a 42-year old father of two children took a hard tumble off the side of a slope and into the pine trees after a day of "black diamond" skiing. After that day, Kevin ruminated over the fact that he might never click on his skis again and feel the joy of skiing down his favorite mountain in Tahoe. Although Kevin did not have any head injuries he did suffer severe back injuries. As he tumbled head over heels into the pines he "felt a strong pop or crack" in his lower back that sent a sharp pain down his left leg. He struggled to his feet and after disconnecting his skis flagged down his 12-year-old son, Jake, who had stopped for help when he saw his father fall. "I think I can make it down the slope," he told his son Jake, "but I've got a feeling this is going to get worse."

Kevin discovered after one hospital visit and an MRI that he had a bulging / herniated disc in his lower back. Incapacitated by lower back and leg pain for months, Kevin faced an upcoming surgery. "I could not stand the pain but wanted to avoid surgery at all costs," he says, "and you never know what you will feel like after back surgery. If it goes bad, you can't undo it." Skeptical about surgery; Kevin sought second, third and fourth opinions. "I did two epidural injections in my back and even tried physical therapy. But nothing was solving my issue."

"We discovered that the pain I was experiencing was sciatica and had resulted from the bulging disc, so I researched surgery alternatives online and read about spinal decompression therapy and this new machine, the DRX 9000," Kevin says.

Kevin lives in Mountain View, CA and was looking for a local practitioner. He found Dr. Shervin Parvini, D.C. and DRX 9000 advocate. "He

limped in and I could see right away the kind of pain he was in," says Dr. Parvini. "After a careful evaluation, I decided that he was a good candidate for the DRX9000 spinal decompression treatment."

After two weeks, Kevin felt markedly better. Three weeks later, Kevin lost his limp. "I was really worried that I had permanently damaged my body," Kevin says, "and now I can gladly say that I avoided back surgery." After six weeks of spinal decompression treatment, Kevin completed rehabilitation, could function pain-free and returned to his normal life. Kevin and Jake anxiously wait for the 2009 ski season in Tahoe.

What it feels like to have a disc problem:

People with bulging, herniated or degenerative discs often experience one or all of the following symptoms:

- Pain or pressure in back or neck
- Extreme discomfort while sitting or standing for long periods of time
- Sharp, shooting pains from back to legs or neck to arms
- Tingling (a "pins-and-needles" sensation) or numbness in the leg or buttock

How People Develop Disc Problems:

The most common way people injure their backs and discs are NOT with a slip and fall. Most back injuries are the result of years of bad posture, improper lifting and wear and tear.



- Bending & Twisting – Gardening, cleaning
- Lifting Heavy Loads – Moving furniture
- Wear & Tear – Daily improper lifting for many years
- Repetitive Motions – Extended keyboard or computer usage
- Injuries – Auto accidents, sports or workout injuries
- Stress – Increased muscle tension
- Overweight – 20 lbs additional weight increases the likelihood of bulging discs by 300%

Solving the problem WITHOUT Surgery:

After advising patients to experiment with medications, exercise, physical therapy and other potentially unproductive methods of pain relief, many doctors will prescribe surgery as the best and final solution for back and neck pain. The problem is that according to a recent article in the Journal of the American Medical Association*, patients who did surgery vs. no-surgery had the same results!

Like Kevin Janover, millions of back and neck pain sufferers are willing to do anything to alleviate their painful symptoms. Until recently, surgery – though drastic and often unsuccessful – seemed like the "hail mary" solution to the problem.

DR. PARVINI D.C. AT SILICON VALLEY SPINE & DISC CENTER:

My name is Dr. Shervin Parvini, D.C. and I have been successfully treating people with pain for the past eight years.

I'm committed to restoring the health and wellbeing of each of my patients and focus on permanent lifelong

solutions for them.

At Silicon Valley Spine & Disc Center we are setting the standard and leading the way for non-surgical Spinal Decompression Therapy to become the treatment of choice for those suffering with chronic, or severe disc related back pain. Our goal is to provide extraordinary personalized care that is impossible to find elsewhere.

SiliconValley Spine & Disc Center is now offering:

The Full 18-Point "Herniated Bulging-Disc" Qualifying Analysis

FREE to Bay Area Residents only Expires on August 31, 2009.

FREE Analysis includes: REVIEW OF MRI/X-RAYS, EVALUATION OF MUSCLES, DISCS, SPINE, HIPS AND NERVES.

All patients are carefully evaluated to determine if they qualify for Spinal Decompression Therapy.

Here's what our patients say about us:

"I have been in pain for the last 30 years and nothing seemed to help. After my first appointment I was able to take a long pain free walk for the first time in two years! My pain is completely gone and I've been able to be active again."

Abigale T. –Retired

"When I came here 2 months ago it was the worst I'd ever felt. My back pain was already bad enough, but when it started to shoot down my left leg, that's when I knew I was in real trouble. I'm a sheet-metal worker so I can't afford my back to quit on me. It's been over a year now since Dr. Parvini accepted me as a patient and I haven't had any pain since!"

David M. - Steelworker

"I couldn't sit, walk upstairs, or sleep comfortably and driving was getting worse and worse. But the MOST FRUSTRATING THING was that I couldn't bend down to tie my shoes. I just wore sandals all the time, for almost a year! I took heavy pain killers just to make it through the day. So fast forward to today... I almost cried when I was able to put on my shoes again. My pain is completely gone! I'm back to Normal!!"

Martin G.- Retired

I came to see Dr. Parvini on crutches and a herniated disc and at high risk of surgery (which I refused). Back then I was not able to walk or sit and was in severe pain which even the epidural spine shots did not help me much with. The treatments were VERY successful! I never thought "Normal" could feel so good again.

Stephen P. – High Tech Semiconductors

Contact us today to experience the Silicon Valley Spine & Disc Center difference.

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*JAMA 2006; 296(20):2441-2450
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Editorial

Will Tesla reverse Palo Alto exodus?

The Tesla electric-vehicle firm's decision to locate its headquarters in Stanford Research Park shows that Palo Alto still has a competitive spark

Tuesday's announcement that Tesla, the highly charged manufacturer of electric vehicles and components for electric vehicles, will locate its headquarters and power-train manufacturing operation in Palo Alto's Stanford Research Park is a positive sign that Palo Alto still has a competitive spark.

In the face of competition from around the world and from larger cities in the Bay Area, Palo Alto has once again shown its competitive edge, namely the large number of highly skilled engineers well versed in high-tech and "green" tech in the area.

It is as if the ghosts of "Terman's Boys," the students of the late Frederick Terman who became the first generation of Silicon Valley entrepreneurs and corporate leaders, still are hovering over the Palo Alto/Stanford "axis of innovation."

Today's Research Park is the home of the leading-edge Electric Power Research Institute and of the fledgling company, Better Place, which is creating electric-vehicle charging stations nationwide and beyond so true zero-emission, all-electric vehicles will become practical for general use.

Tesla said it plans initially to locate about 350 employees in three buildings at 3500 Deer Creek Road in a revamped, heavily "green" facility with space for about 650.

It may be premature to call it Tesla's "world headquarters," but with the pace Tesla is moving in its technological electric-vehicle advances, plus the new "green" priorities of the Obama Administration and federal stimulus funding that helped it relocate there, that designation could soon be appropriate. (See Weekly cover story on Tesla, June 19, 2009.)

In addition to its sleek, high-end sports cars, we look forward to Tesla technology emerging in lower-priced vehicles to cover the full market demand and commuter need.

The Tesla announcement was made jointly with the City of Palo Alto, and City Manager James Keene has pledged that the city will actively work with Tesla to facilitate the remodeling and move from San Carlos. As we've said before, Palo Alto must pay attention to its economic base if it is to sustain the services its residents value.

It also is important that the city strengthen its economic-development efforts so they are pro-active with both existing businesses and prospective companies considering relocating.

The biggest impact on residents would be for Palo Alto to lose its historic luster as the "place where new things are happening." The past decade has seen serious slippage in that perception.

The Tesla decision seems solidly based in common sense and economic reality mixed with a new vision of the future, locally and worldwide, for transportation.

An oddball, last-minute health care 'town hall'

With just three hours notice to register, Congresswoman Anna Eshoo, D-Palo Alto, held a "telephone town hall" on health care Wednesday evening — but something went wrong.

Journalists who had duly registered by the 3 p.m. deadline were not called. Some received a pre-recorded message from Eshoo 40 minutes into the session that she regretted they could not participate. The Weekly had three journalists register, the Almanac one and the Daily Post two. None were called. An Eshoo staff member Thursday said there was apparently a technical problem with the registration list and no category was intentionally excluded. He said about 7,000 persons participated.

Three more such town halls are scheduled next week: Monday evening, Thursday afternoon and Thursday evening. A streaming audio of Wednesday's session is on Eshoo's website, <http://Eshoo.house.gov>.

Nationally, news reports indicate Congressional leaders are switching to telephone town halls to avoid conservative-backed interruptions by shouting opponents of health care reform. Those disruptions only reveal the hypocrisy of those urging people to show up and shout out.

But turning to telephones for protection is a timid response — even though it may allow many more people to participate. Members of Congress should have the courage to face critics, even rude, loud-mouthed ones incited by irresponsible right-wing broadcasters such as Rush Limbaugh.

The old adage still holds: Those who can't stand the heat should avoid the kitchen.

Spectrum

Editorials, letters and opinions

Meeting the chief

Editor,

As president of the California Avenue Area Development Association, I met privately with Interim Chief Dennis Burns last January, to see what his plans were to build bridges with the public for transparent, open communications and to foster trust for a healthier community.

While he shared a list of efforts on which his department had already been working, I heard of his plan to hold monthly "Meet the Chief" meetings, apprising the public of these efforts, providing a forum to share public concerns and become familiar with how the PAPD works.

I attended every meeting. What I witnessed publicly and privately of Chief Burns impressed me. No subject has ever been off limits at a Meet the Chief meeting; everyone has a chance to be heard.

At the March meeting, Chief Burns even sought out one shy woman whose slightly raised hand could not be seen from the back row, listening and responding to her privately, for more than 20 minutes after the meeting ended, even after almost everyone had left. This monthly event is highly successful.

Under his leadership, the PAPD reaches out to teens, families and merchants for prevention, provides resources to keep citizens safe, and has a no-nonsense policy for officers for whom power has gone to their heads. I have learned a lot at these meetings.

Two years ago, I met up with a cantankerous police officer. It was a bad experience that I chose to let go. As a result of all the Meet the Chief meetings however, if I had the same experience now, I would know to call a PAPD number, and report the incident, and an independent police auditor would investigate it for me. A new day has dawned at the PAPD, under the leadership of Interim Chief Dennis Burns.

Ronna Devincenzi
El Camino Real
Palo Alto

Hospital benefits

Editor,

As a Professor of Medicine and Human biology at Stanford, I am particularly delighted that the new Stanford Hospital project will serve the needs of our future elders. The population of citizens over 65 in the Palo Alto area is increasing and is expected to continue in the decades to come. The current Stanford hospital was built when the proportion of older adults was substantially smaller.

As a geriatrician and former clinical director for geriatrics at Stanford, my research focused on frail hospitalized elderly patients, whose

medical and surgical care is complicated.

The new Stanford Hospital plans center around caring for the older patients who now represent the majority of hospitalized inpatients. Attention to their family and functional needs will be a central aspect.

This will be a valuable resource for all of the aging population in our area and I urge public support of the hospital project and the benefits it will bring.

Carol Hutner Winograd
Stanford University
School of Medicine

Good Samaritans

Editor,

I am writing to applaud Governor Schwarzenegger for signing Assembly Bill 83 recently.

The "Good Samaritan Bill" provides liability protections to people who help out in good faith at the scene of an emergency, such as a car accident or fire. Previously, under California law, this liability protection had extended only to medical emergencies.

I have personal experience with an emergency situation.

In spring of 1998, I suffered a cardiac arrest and nearly died. CPR and an AED (automated external defibrillator) saved my life. According to the American Heart Association, cardiac arrest victims have double or triple the chance of survival if they are immediately given CPR. In fact, the chance of surviving drops 7 percent to 10 percent for each minute that passes without administration of CPR or use of an AED.

I would hate to think that a bystander who had the necessary knowledge and skills would have hesitated to help me out of concern for his or her legal liability.

I am thankful for the passage of AB 83 and hope that people will become aware that they can help out in good faith in an emergency without fear of a lawsuit.

And I now know CPR in case I am ever called upon to help someone else.

Karen Moret
Hillcrest Drive
Redwood City

YOUR TURN

The Palo Alto Weekly encourages comments on our coverage or on issues of local interest.

What do you think? How should America deal with it's millions of persons with no health insurance?

Submit letters to the editor of up to 250 words to letters@paweekly.com. Include your name, address and daytime phone number so we can reach you. We reserve the right to edit contributions for length, objectionable content, libel and factual errors known to us. Anonymous letters will generally not be accepted.

You can also participate in our popular interactive online forum, **Town Square**, at our community website at www.PaloAltoOnline.com. Read blogs, discuss issues, ask questions or express opinions with you neighbors any time, day or night.

Submitting a letter to the editor or guest opinion constitutes a granting of permission to the Palo Alto Weekly and Embarcadero Publishing Co. to also publish it online, including in our online archives and as a post on Town Square.

For more information contact Editor Jay Thorwaldson or Online Editor Tyler Hanley at editor@paweekly.com or 650-326-8210.



Check out Town Square!

Hundreds of local topics are being discussed by local residents on Town Square, a reader forum sponsored by the Weekly on our community website at www.PaloAltoOnline.com. Post your own comments, ask questions, read the Editor's blog or just stay up on what people are talking about around town!

Guest Opinion

A first-hand adventure of helping, and being helped

by Chris Canter

I feel like one of the luckiest people in the world — for two reasons.

First, for nearly two decades I have worked on the front lines in the social services field, helping impoverished children and adults face challenges of homelessness, mental illness, substance abuse and more.

During this time, I have witnessed countless acts of true humanity, of people helping people: volunteers, counselors, teachers and others. The impact of these connections on me has been amazing, beyond amazing.

Five years ago, I moved from San Francisco to join the Boys & Girls Clubs of the Peninsula as head of development, a fundraising position that has given me a special vantage point, a window into people's lives.

Perhaps because my father was a journalist, I have always had an interest in people's stories. And being so often moved, I started sharing some of the stories I came across.

A recent one was about a woman who 10 years ago began commuting to East Palo Alto from her home in Tiburon, in Marin County, to run a reading program for children. She early on developed a special bond with four of the kids and eventually began to mentor them.

Years later, they were all accepted to Sacred Heart High School. That was four years ago. She called me recently to share the good news that they were all graduating and going on to amazing colleges.

She could barely control her feelings. She



remembered meeting them as children, kids who didn't think they had a chance in this world. They had been told they weren't smart enough and that they should not waste time reaching for the stars.

And statistically the odds were against them: Few kids from their neighborhoods graduate from high school.

She attended their graduation, and said It was a dream come true — for them and for her.

Another story is that of a young woman who began attending the club when she was just 6 — after her father was murdered. By the time she was 8, her family was homeless and she and her sister were sent to stay with relatives. She missed the club and would visit every summer.

She returned to the Peninsula when she was 13. She immediately joined the club again and could regularly be found helping younger kids and playing chess. It became her second home.

At 17, she was selected as the club's Youth of the Year. As she looked forward to graduation, she realized she had no idea how to apply to college or for financial aid. A volunteer stepped up to help. During their meetings, a number of complex issues surfaced. He recruited some colleagues to help — almost a dozen of them, each with a specific role.

They held regular conference calls to discuss progress. By the end of the school year, each issue had been resolved and the young woman had been accepted to all eight colleges to which she had applied.

To me, these stories of success and triumph over adversity are not only heartwarming, but excellent examples of the impact one person or group can have in the life of another. They

To me, these stories of success and triumph over adversity are not only heartwarming, but excellent examples of the impact one person or group can have in the life of another. They inspire me in every aspect of my life. I believe the reason they resonate with me directly connects to the second reason I feel so lucky.

Twenty years ago, I was homeless. My family had given up on me. Thankfully, I was referred to an organization for help. I remember the first day I walked in. A woman gave me a hug and told me I'd be OK.

That was the beginning of an amazing journey ...

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Twenty years ago, I was homeless. My family had given up on me.

Thankfully, I was referred to an organization for help. I remember the first day I walked in. A woman gave me a hug and told me I'd be OK.

That was the beginning of an amazing journey and relationships with a number of mentors. Two years later I graduated from the

program. I started working for the organization — in development.

I also started volunteering, helping people who were homeless or struggling in some other way. I got married and a few years later became the proud father of twin boys. I remember thinking when they were born — me with twin boys — that God does have a sense of humor.

At the time I had been working with homeless youth and knowing all too well the scary paths children can go down. I decided I needed to be on the prevention side. A mentor of mine told me of the Boys & Girls Club. I was familiar with the club but had never been to one. The first time I walked in I was hooked. Seeing kids learning and playing and engaging with staff and volunteers was just what I needed. I was lucky enough to be hired.

I have been astounded and inspired not only by how much the staff care but also the volunteers — young and older. It is clear to me that people in our community truly want to help. And I have continued to see how individuals can make a difference.

I enjoy sharing these stories because they energize me and because my father, a longtime newspaperman, shared the joy of writing and storytelling with me. He was my first mentor — but certainly not my last.

I look forward to many more years of helping people and encourage everyone who reads this to get involved with an organization doing good. It is truly rewarding and really does make a difference. I know that first hand. ■

Christiaan L. Canter is director of development at the Boys & Girls Clubs of the Peninsula, based at 401 Pierce Road, Menlo Park. He can be e-mailed at chris@bgcp.org or called directly at 650-646-6128.

Streetwise

How do you get your exercise? Asked outside of Whole Foods in Palo Alto. Interviews by Daniela Reichelstein. Photographs by Veronica Weber.



Linda Romley-Irvine
Retiree
Waverley Street, Palo Alto

"Walking the baby and the dog."



Rob Mccool
Software Programmer
Sherwood Way, Menlo Park

"Bicycling."



Dan Hunter
Construction Superintendent
Stanford Avenue, Stanford

"I run 45 minutes every night on the treadmill."



Jean Macdonell
Teacher
San Francisco Court, Stanford

"I take yoga classes and Dish walks."



Kristina Tom
Yoga Instructor
Hamilton Street, Palo Alto

"I run and do yoga. I also like taking hikes at Windy Hill Preserve."

MORE THAN MARATHONS

Bay Area is hub of the sport of ultra-running, in which athletes just keep on going, and going and going

by Kristen Barta

It was near midnight on the Tahoe Rim Trail, and Alex Sox-Harris, 46, was on his hands and knees, sick. His body wanted him to stop, but his mind wouldn't allow him to. More than half-way through the 2007 Tahoe Rim Trail 100 Mile Endurance Run, Sox-Harris had another 45-plus miles to go before crossing the finish line.

Tall and broad-shouldered, Sox-Harris is an investigator and researcher with the Veterans Affairs Palo Alto Health Care System and a relatively recent member of the so-called "ultra-running" community.

He describes the thrill of the hobby as deriving from "picking something preposterous and working toward it," a sentiment shared by many ultra-runners. The honed sense of determination demonstrated by Sox-Harris during the Tahoe Rim Trail 100, coupled with mental and physical stamina, is a hallmark of endurance races and characteristic of the sport's devotees.

Defined as anything longer than a 26.2-mile marathon, "ultra" events commonly include 50k, 50-mile, 100k and 100-mile. There are 56 established 100-milers in North America alone and countless 50k and 50-mile runs, according to www.run100s.com.

The Bay Area has become a hub for ultra races and a home base for ultra-runners.

"The Bay Area is far and away the center of the universe for ultra-running," said Don Lundell, 47, an ultra-runner and co-founder of ZombieRunner, a Palo Alto running store (see sidebar). "Almost every weekend there's something, and there's more every year."

Many ultra-runners regard the

races as addictive and report never imagining themselves running such distances. Like Sox-Harris, runners often get a toe in the water by gradually increasing racing distances, starting with a marathon.

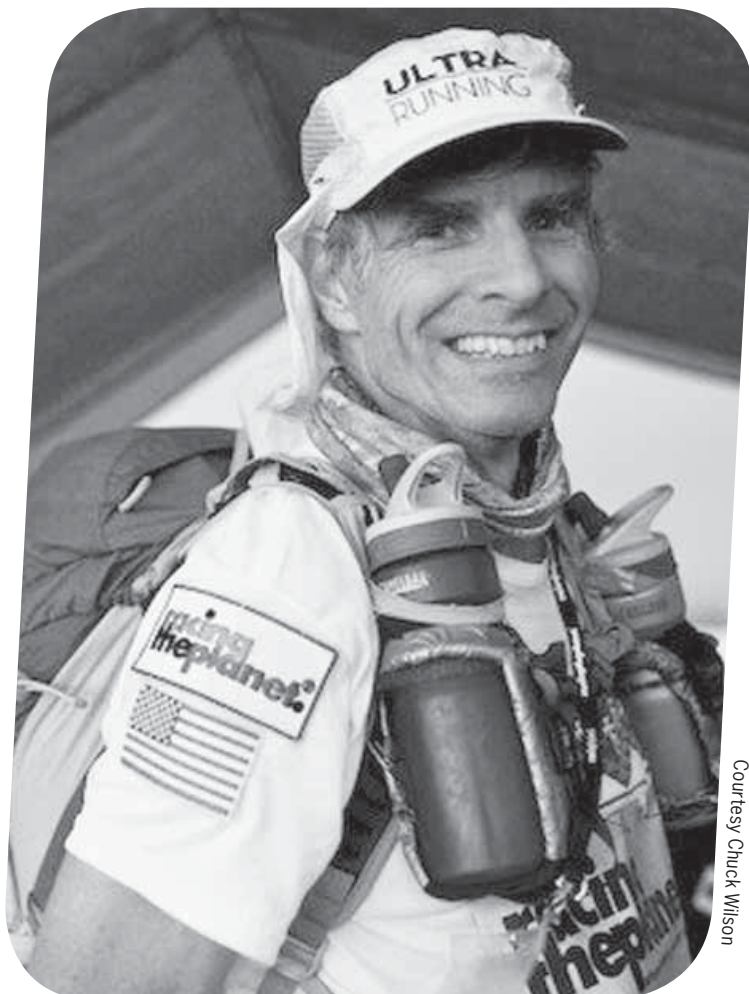
"It's like a progressive disease. You just keep building up," said Sox-Harris, who tackled the Big Kahuna and WildFlower Long Course triathlons, Ironman Utah and Big Basin Redwoods 50k trail run in 2002 alone.

The challenge is both physical and mental, as runners push themselves through scorching heat, long cold nights, painful blisters, and running for hours without another soul in sight. Given such obstacles,

the goal for many ultra-runners is just to finish, not win.

"I kind of think of it as dragon-slaying," said Chuck Wilson, 61, a Palo Alto-based entrepreneur and seasoned ultra-runner. "By going into ultra-running you're taking on things you didn't think you could do, that others didn't think you could do."

Wilson has participated in ultras since the early 1980s and plans to complete a series of "RacingThePlanet" international staged races, which have so far taken him through 150 miles of Namibia in six days and across Vietnam in a similar feat. Wilson placed first in the 60-and-over age group in Namibia and 13th



Courtesy Chuck Wilson

Chuck Wilson, a Palo Alto entrepreneur, makes sure he is well-equipped for ultra-marathon events, some of which extend over several days.



Courtesy Chuck Wilson

Above: Chuck Wilson runs the dunes of the Atacama Desert in Chile in September 2007. Below: Ultra-runners crowd the start line at the RacingThePlanet: Namibia competition, in which competitors ran 150 miles over six days.



Ron Hart

Palo Alto researcher Alex Sox-Harris (right) talks with his pacer, Steve Long, at the 50-mile mark of the San Diego 100 Mile Endurance Run.



Derek Kwik



Courtesy Kermit Cuff

Mountain View resident Kermit Cuff goes on a training run at the local Rancho San Antonio County Park.

overall in Vietnam.

Ultra-running has exploded in popularity since its inspiring yet bizarre origins in 1974, when horseman Gordy Ainsleigh lined up at the start of the Western States 100-Mile One-Day Ride on foot after his horse went lame. He completed the course just under the 24-hour cutoff set for the horses. In 1977, 14 men participated in the inaugural Western States Endurance Run; only three finished.

The Western States 100 has since become one of the most widely known 100-mile runs in the country, accepting more than 400 starters at its peak. Western States hopefuls must now complete a qualifying run (50 miles in less than 10 hours) to enter, and be chosen in a lottery in order to participate.

"The problem (now) with Western States is it's so hard to get drawn in the lottery," Lundell said. "The last time there was a 16 percent possibility of getting chosen."

For some, the unlikelihood of beating the lottery is motivation enough. "It gets your attention, to see your name on the website (as a starter). You're like, 'I'm doing that next year,'" Sox-Harris said.

A spectrum of ultras exists, varying widely in difficulty, location and required preparation. Trail races can be point-to-point, in which runners start at one location and finish

in another, or loops, where runners start and finish at the same point. Races around a track are more conducive to time limits, challenging runners to go as far as possible in 24, 48 or 72 hours. Within each category are races notorious for their difficulty, such as the Self-Transcendence 3100 Mile Race, in which participants run 5,649 laps of a .549-mile course over 51 days in Manhattan, or the Badwater Ultramarathon, a 135-mile road race from Death Valley to Mt. Whitney, Calif., in July.

Bay Area runners may have an advantage when undertaking the careful mental and physical preparation required by races. Locally, there are a plethora of 50k and 50-mile races that can be used as training.

"The long slow run is the cornerstone of training for ultras," Lundell said. "50ks become really great long runs, and you don't have to worry about (bringing) food or anything" because organizers supply it.

Mountain View resident, Kermit Cuff, 51, has two main methods of training: "(One is) setting a (distance) goal and figuring out what I need to get there — I'm more worried about endurance, not speed — and another way is to stay in enough races, 50ks and such, so that you stay in shape."

Soft-spoken and modest, Cuff is a transit service-development specialist for the Santa Clara Valley Transportation Authority. Running at least 10 ultras a year, Cuff tries to fit training into his schedule whenever possible. He runs home from work one day a week, goes on long weekend runs and takes on 50k races.

Cuff took up the sport in 2005, after getting a "late start" with running at age 40. He has already successfully tackled some of the most challenging courses available, including Badwater — twice.

"They call it the world's toughest footrace; I couldn't resist that," Cuff said.

Races such as Badwater require additional, and sometimes creative, training, given the challenges of intense heat and elevation change.

"I'd go over to Watercourse Way (before Badwater) and get in the sauna, crank it up real hot ... and just run in place," Cuff said. "Since no one else is in there you can make a fool of yourself."

Training for elevation change is a slightly different process.

"You can't really train for altitude, you just go up a little before (the race) and let your body adapt, slow down if you need to," Sox-Harris said. Not knowing how or if one will acclimate can be nerve-wracking, as in the

case of preparing for the Bear 100, a mountain run through Utah and Idaho with an average elevation of 7,350 feet, he added.

However, even with satisfactory physical preparation, races take unpredictable tolls on the body, including stomach problems.

Despite a driving determination to finish, ultra-runners say they are acutely aware and respectful of their physical limits, as pain and injury can become crippling if not addressed. Runners in extreme heat face dangers such as dehydration, heat cramps, heatstroke, and hyponatremia (caused by dangerously low levels of sodium in the body), many of which can be fatal.

"A lot of learning to run is learning to take care of yourself," Wilson said.

Runners in pain may slow down, treat an injury or drop out of a race.

"I have a pretty high pain threshold," said Cuff, who has an existing arthritis-like condition that has caused his lower vertebrae to fuse. "If I think I'm making it worse (by running), then that's where I draw the line."

Mental preparation is intricately connected to physical performance in ultras, a relationship recognized and capitalized upon by ultra-runners.

"Preparing beforehand, the best thing you

can do is getting it in your head that you want to finish," said Gillian Robinson, 43, a co-founder and owner of ZombieRunner. "It's pretty easy to drop out at 2 a.m. when you've got nothing left."

Thinking of others or using tried-and-true motivators is a favored technique of staving off feelings of "nothing left" among ultra-runners.

"Before Western States (in 2004), I wrote the initials of people I know who have real problems ... on my arm," Sox-Harris said. "Running 100 miles is tough, but please — trying to keep it in perspective — it's really pretty fluffy."

Cuff sings songs such as national anthems to keep him going during long races, motivated by their association with strength and athleticism.

"Plus it's difficult to go back home and explain to everyone why I didn't finish," Cuff added.

According to Wilson, it's common for runners to mentally tackle a race by running aid station to aid station as a means to push toward the finish.

"Very few runners leave a station and come

(continued on next page)

RUNNING AHEAD



KERMIT CUFF

Looking forward to: San Francisco One Day, Oct. 24-25, 2009 (Chrissy Field, San Francisco)

Would like to run: Caballo Blanco Copper Canyon Ultra Marathon (Mexico)



DON LUNDELL

Just ran: Marin Headlands Hundred, Aug. 8-9, 2009

Would like to run: Badwater again, Hardrock 100, whatever fits in the schedule



ALEX SOX-HARRIS

Looking forward to: Bear 100, Sept. 25-26, 2009 (Logan, Utah, to Fish Haven, Idaho)

Would like to run: Hardrock 100 Endurance Run (Silverton, Colo.)



GILLIAN ROBINSON

Just ran: Marin Headlands Hundred, Aug. 8-9, 2009

Would like to run: All the 100ks, run across the U.S.



CHUCK WILSON

Looking forward to: Australia "RacingThePlanet," starts April 25, 2010

Would like to run: The first 10 "RacingThePlanet" runs, including Nepal, Nov. 20, 2011



Courtesy Don Lundell and Gillian Robinson

Don Lundell and Gillian Robinson, owners of the ZombieRunner store in Palo Alto, view the Bay Area as the "center of the universe" for ultra-running.



Arvin Chang (left) gets help trying on Vibram FiveFingers shoes from Gillian Robinson, co-owner of ZombieRunner, a running store in Palo Alto.

The ZombieRunner 'ultra' phrase book

Ultra-runners have developed their own pithy sayings. Here are a few.

"Beware of the chair"

Do not sit down at an aid station after running all night. You may not get up.

"Never, never quit"

Keep pushing forward toward the finish. (There's a difference between "quitting" and "dropping out" because you need to.)

"Morning changes everything"

The dawn is your best friend after running all night; you'll have new energy when the sun comes up.

"The end is the end"

Even if you feel like you can keep going after crossing the finish line, the end is what you've prepared for and that's where you'll stop.

ZOMBIE RUNNING

Like training for an ultra-marathon, running a business takes endurance but brings rewards

by Kristen Barta

Window shoppers on California Avenue pause under the former Fine Arts theater marquee, attracted by a display of large color photographs of runners, brightly colored socks, coffee beans and plush zombie dolls.

Although seemingly incongruous, the combination of ultra-running, coffee and zombies makes perfect sense to the owners of Palo Alto's ZombieRunner store.

"At mile 85 of a 100-mile race, at 3 a.m., you become a zombie runner," said co-founder, co-owner and ultra-marathon runner Gillian Robinson, 43.

Occupying 4,500 sq. ft. of the former theater, the inventory of running-related products at by ZombieRunner still has room to grow. The small staff and balance of neat displays and open space give the impression that the business is still settling in. It's fitting, as the business only expanded from online-only to storefront last October.

Despite opening in one of the worst financial months in recent U.S. history, sales have grown substantially for the store, according

to co-founder and -owner Don Lundell, 47. "It was just the right place, right time," Lundell said. Lundell and partner Robinson began ZombieRunner as a website with a handful of products in 2003, and by their third year in business were sharing their living space with boxes of inventory.

Sparked by Lundell and Robinson's passion for and experience running ultra-marathons, ZombieRunner is a marketplace of running and hiking supplies.

"The basic concept was, it's really hard to find all the supplies you need, especially for 100-milers, where you run at night," Robinson said.

The store stocks ultra-running gear, including clothes, trail maps, nutritional gel packs and chews, hydration packs, the latest footwear and coffee.

A low-lying coffee table, surrounded by plush seating, displays books such as "Pride and Prejudice and Zombies" and "The Zombie Survival Guide," and hints at the tongue-in-cheek humor common among ultra-runners.

The table and seating area is perhaps better

attached to Café Zombie, an in-house coffee shop and the result of Lundell's interest in espresso. Even before the café opened, the ZombieRunner website featured freshly micro-roasted coffee beans alongside blister kits and gel packs.

"It was a natural choice," Lundell said of the café. He acts as the barista, often preparing coffee in running shoes and shorts. "When you find something you really love, you share it with other people."

Both Lundell and Robinson have shifted careers completely since starting ZombieRunner.

Robinson, a technical writer for software companies, grew jaded after working for eight start-ups.

"I just saw them making the same mistakes and I got that feeling of 'I want to do my own thing,'" Robinson said. "The year I ran the most is the year I had the job I hated the most."

Lundell and Robinson began running recreationally. Lundell tackled a marathon in 1998, followed by longer trail runs such as the 28.4-mile Quad Dipsea in Mill Valley.

"I thought 'I could never do that,'" Robinson said. Yet in 1999, Robinson took on the San Francisco marathon, using the Stinson Beach 50k trail marathon as training. The couple then began running longer distances together and made it a goal to run Western States 100.

"We were hooked," Robinson said.

Together Lundell and Robinson have run some of the most challenging ultra-races in

the U.S., including Western States 100 and Badwater numerous times. The couple has also designed and run their own challenging courses, such as navigating the Western States 100 course in reverse and covering the entire 500-mile Bay Area Ridge Trail in 13 days.

Lundell and Robinson both praise the ultra-running community for the camaraderie and support they've found. They have tried to duplicate the feeling with ZombieRunner.

"There's a respect among ultra-runners: Back of the pack runners respect the elite runners for their skill, and fast runners have the same amount of respect for slower runners because of their endurance," Robinson said. In addition to providing a space for local runners to convene and stock up for races, Lundell and Robinson offer one-hour coaching sessions before races.

The task of operating a business has taken a toll on Lundell's and Robinson's time for races.

"We still have a ways to go to be running as much as we want," Lundell said.

Sacrifice and compromise are certainly not foreign concepts to Lundell and Robinson, however. The store hours (closed Sunday and Monday) are structured such that the couple has time to run on Sundays and still have time to take care of inventory and other maintenance on Monday.

"Ultramarathons prepare you for being a small-business owner because there's so much to do," Robinson said. "You have to keep digging down to find the energy to do it." ■

More than marathons

(continued from previous page)

back," Wilson said.

Mental strategy was crucial for Robinson while running Badwater in 2003, a year that saw high temperatures and a dropout rate to match — of 73 starters only 46 finished. Affected by the heat, the first half of Robinson's run was slow.

"People were trying to figure out what to do with me," Robinson said, because it looked like she wouldn't make it. She finished in 58:38:57, under the 60-hour cut off, and credits her comeback to determination.

"Someone who'd dropped out pulled up (at

an aid station) and said, 'You're not going to make it,' to my face," Robinson said. That galvanized her.

One unusual challenge of ultramarathons is nighttime running, a formidable task if the competitors are alone.

"It's kind of scary; the rocks turn into animals," Wilson said. "You have to kind of say, 'Nothing's going to get me.'"

Running at night, racers have low visibility, guided by headlamps, and must combat the body as it signals itself that it's time to rest.

A low-point in the race, the dark is eventually counteracted by dawn.

"The sun comes up and things just click," Robinson said. "At Javelina (Jundred 100-Mile Endurance Run), I saw the first light and

'I kind of think of it as dragon-slaying. By going into ultra-running you're taking on things you didn't think you could do.'

— **Chuck Wilson, a Palo Alto based entrepreneur and seasoned ultra-runner**

it was like, 'This is great!' and I just started running."

Wilson concurred: "Once the sun comes up, you're re-energized, you can see more, run

faster, feel better. ... Eventually you realize you're going to make it."

Although races are largely individual events, ultra-running is highly interdependent and supported by a strong sense of camaraderie. Many races, for instance, allow runners to have "pacers," non-competing runners who run with entrants to keep them "on pace" at night to finish in time. Pacers are not allowed to assist runners by running ahead of them or carrying gear, but can provide company and safety, which at night can prove invaluable.

"It's easier to run it when you have someone

(continued on next page)



Courtesy Alex Sox-Harris

Alex Sox-Harris tackles a steep climb at the 50-mile mark of the Western States 100 Mile Endurance Run in 2004. Sox-Harris recalls: "You feel terrible, and you wonder how ... you are going to do another 50 miles."

Marathons

(continued from previous page)

with you," Wilson said.

There is also an expectation, often reflected in race-entry rules, that runners volunteer their time to help others. Cuff will not compete in Badwater next year, as he plans to assist another runner.

"He helped me before, so now I'm helping him," Cuff said.

Beyond official rules, according to ultra-runners, there exists an unspoken bond between participants that prioritizes the experience over competition.

"People are incredibly supportive," Sox-Harris said. "When you get out on the trail, the racing part is so secondary. ... When you pass someone, you never pass them by; you stop and ask if they have what they need, if you can help."

Watching out for other runners is expected and understood among ultra-runners.

"It's part of the bond," Wilson said. "If you're hurt, people will stop and give up their run."

Similarly, the community is established such that, even with growing popularity and new events, runners can count on seeing friendly, familiar faces at each race.

"Part of the reason why we started ZombieRunner was the community," Robinson said. "In a way, it's like a bunch of misfits that fit together, and that's what I like."

Robinson considers it "interesting" to define herself as an ultra-runner in the non-running com-

munity, saying that others don't comprehend what it means to run 100 miles at a time.

"It's clearly not the most well-adjusted hobby," Sox-Harris said. After running the Bear 100 in September, Sox-Harris may retire from 100-mile races. "It's starting to feel abusive. But 50ks are fun. I'll be doing those for a long time," he said.

Despite the at-times-overwhelming challenges, ultra-runners regard the sport with glowing enthusiasm.

"They're all tough (races)," Wilson said. "When you get through things it's such a big high."

Ultra races and training runs provide a welcome contrast to the work week, for many runners.

"I spend the rest of my life in an office behind a computer," Wilson said. "This balances my life."

The benefits of ultra-running, such as increased endurance, mental focus and shifted perception of personal ability, extend beyond the sport.

"Running ultras redefines your boundaries, your limits — you don't have as many limits as you think you do," Cuff said.

"It's such a gift," Wilson said. "If I can get someone into ultra-running, I know it's going to change their life, for the positive." ■

Editorial Intern Kristen Barta can be e-mailed at kbarta@paweekly.com.

On the cover: Ultra-runner Chuck Wilson treks across the Andes in southeastern Peru. Topping 20,000 feet, Mt. Ausangate is in the background. Photo by Chris Darcy.

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Stanford Hospital Health Notes

A community health education series from Stanford Hospital & Clinics

Recasting the Future: Donor Families' Selfless Gifts Are Legacy and Life for Others

Twins Isabel Stenzel Byrnes and Anabel Stenzel have fought long odds since their birth 37 years ago. As infants, they were diagnosed with cystic fibrosis (CF), a genetically transmitted disease that causes a dysfunction of cells in the lungs so disruptive they clog with mucous, making every breath a struggle and infection a constant worry. In that era, doctors told parents that children with CF would likely not live through elementary school.

The Stenzel sisters survived, however, keeping tenacious hold of their lives. Beating CF meant enduring uncomfortable and hours-long daily physical therapy, complicated regimens of medications and many hospitalizations. And when, after three decades, the disease finally overwhelmed their lungs and threatened their lives, the odds had turned for the Stenzels.

Both live now with donor lungs, with more life before them. Both received their transplants by the Stanford Hospital & Clinics Lung Transplant team, a multidisciplinary group with an evaluation and treatment protocol that has made the Hospital one of the most active and successful lung transplant centers in the U.S.

"We have huge gratitude," said Stenzel Byrnes, "that we could be offered a lung transplant and that we could survive and do really well, that we're still alive with every passing birthday."

Right Place, Right Time

In 1990, when the twins arrived as freshmen at Stanford University and had their first consultation with Stanford Hospital pulmonologists and CF experts, lung transplantation had only recently developed beyond the experimental stage. Nine years earlier, Stanford's Bruce Reitz, MD, one of the world's premiere cardiovascular surgeons, had performed the world's first successful lung transplant of any kind, as part of a groundbreaking double organ transplant of heart and lungs.

Reitz did the transplant surgery that gave Stenzel Byrnes and her sister their new lungs.

Stanford Hospital had long been at the forefront of transplant landmarks. Reitz' colleague at Stanford, Norman Shumway, MD, PhD, who performed in 1968 the first successful human heart transplant in the U.S., also developed and perfected several key breakthroughs in transplantation, including surgical techniques, the use of cyclosporine to reduce rejection and lowering body temperature for surgery.

Why It Worked

Lungs, however, remain the least often transplanted organs in the body. On average, fewer than a thousand lung transplants take place annually, only 4 percent of the combined organ transplant tally.

The Stanford Lung Transplant program's volume and results put it among the top such centers in the U.S. Last year, Stanford's lung patients had the second lowest length of hospital stay compared to that of similar facilities. Research has shown that the more transplants a hospital does, the better the survival rate. The Hospital's pro-



Anabel Stenzel and her twin, Isabel Stenzel Byrnes, were born with cystic fibrosis, a lung disease that would have ended their lives without lung transplants.

gram ranks, by volume, in the top ten U.S. transplant centers. It conducts an average of 40 to 50 lung transplant surgeries each year for people whose lung function has been destroyed by a variety of conditions, the most common chronic pulmonary obstructive disease, pulmonary arterial hypertension and CF.

"We have huge gratitude that we could be offered a lung transplant and that we could survive and do really well."

— Isabel Stenzel Byrnes, transplant patient at Stanford Hospital & Clinics

"This is a place where patients go because they've been turned down by others," said Lung Transplant Program Director David Weill, MD. "We've taken on higher risk patients in the last four years than we've ever done before. We're encouraged by the results we're seeing."

The Stanford program evaluates about 200 prospective transplant recipients annually, Weill said, and put about 50

on its list for transplants. The rate of transplantation is three times faster than the national average because of the Bay Area's excellent donor registration rate.

"It gives you a lot of confidence being at a facility with Stanford's experience, reputation and expertise. I'm an alum and I work there, so I know it like the back of my hand," said Ana Stenzel. "We are so grateful that we had this option."

Weill has headed the program since 2006, and instituted its most recent changes. Instead of looking for the most perfect lungs, he eliminated those he knew would not work. "We're aggressive about using those we think

What You Should Know About Organ Transplantation

- Physicians can transplant the heart, kidney, liver, lung, pancreas, intestine, bone and other tissues.
- Stanford Hospital & Clinics is one of only three hospitals in California that perform transplants of heart, heart-lung, liver, lung, kidney, kidney-pancreas and intestine.
- In California, the current waiting list for organs tallies more than 20,000; total transplants performed in the state in 2006 reached 3,064.
- Nearly 80 percent of the current California waiting list requests are for kidneys. Last year, just over 10 percent of those requests were filled.
- Every 11 minutes in the United States, another name is added to the organ transplant

waiting list. The current waiting list numbers more than 100,000. From January to May of this year, about 12,000 transplants were performed in the U.S.

- The length of time spent on a waiting list is determined by medical need, expected outcome, blood and tissue type, size of organ, height and weight of candidate, an individual hospital's criteria for recipient and donor acceptance, and distance between donor and recipient hospital.

- Potential donors must be 18. Registration is available online at www.donatelifecalifornia.org/register/, or when renewing or obtaining a California Drivers License or California ID card. There are no disqualifying age or health condition requirements to register.

Data Sources: The Organ Procurement and Transplantation Network, Scientific Registry of Transplant Recipients, California Donor Transplant Network

For more information about donation: Donate Life California Organ and Tissue Registry, www.donatelifecalifornia.org, the California Transplant Donor Network, www.ctdn.org; Scientific Registry of Transplant Recipients, www.ustransplant.org.

will work," he said. "Our patients come to us very ill, with few options. If you are very picky about which lungs you pick, that increases the wait and the threat to survival."

Multiple Viewpoints

The program also takes an aggressive approach to lung preservation, care coordination, detecting organ rejection and long-term patient monitoring. From the get-go, Weill said, patients receive a full team evaluation that includes surgeons, pulmonologists, nurses, pharmacists, dieticians and social workers. The social workers are vital to pre-operative analysis, Weill said. The team also has two outpatient coordinators who organize and develop plans for postoperative care, when family support is invaluable.

One crucial element in transplant survival is attitude, something that the Stanford team works to identify in prospective recipients. The Stenzels understand very well what's necessary to make it through the difficult operation and post-surgical life with a transplanted organ.

"You have to know the reality but believe things will be okay," Stenzel Byrnes said. "It's not easy to do when you're feeling miserable. But you have to have that gusto, that energy, that will. The doctors are there to help us and serve us, but we are the ones who need to initiate, to follow through."

The Stenzels are stellar examples of what new lungs can mean. They swim for pleasure and for the fitness that supports their overall health. Post-transplant, they have competed in four consecutive U.S. Transplant Games, both taking home medals in swimming, proving just how fully transplant patients can live.

"We've taken on higher risk patients in the last four years than we've ever done before."

We're encouraged by the results we're seeing."

— David Weill, MD, Director, Stanford Hospital Lung Transplant Program

They accomplished another long-time dream, finishing a book about their lives titled, "The Power of Two: A Twin Triumph Over Cystic Fibrosis." It has received excellent reviews and brought ongoing requests for them to speak at national and international events about CF and the need for organ donation. Ana Stenzel works as a genetic counselor at Lucile Packard Children's Hospital; her sister is a social worker, an accomplished bagpiper and, this summer, gave her first docent tour at a county preserve a step toward fulfilling her dream to also be a naturalist.

Part of the twins' new lives is their continuing remembrance of their lung donors. Their donors' families "made a decision to say 'yes' to organ donation at a time of personal tragedy so that others could live," said Stenzel. "It was truly selfless and admirable and showed me the highest level of humanity. I hope that their pain of loss can be eased a bit, that they can know their loved ones



When Dr. Weill does his morning rounds, he receives updates from some of his team members. Left to right: Nurse Coordinator Mary Martel, transplant fellow Mihaela Ivan and social workers Tonia Gregory and Lesley Seeger.

left a legacy. I live and breathe each day in honor of my donor."

Developing New Options

Physicians continue to refine the surgical techniques of lung transplant surgery and the combination and type of medications to reduce post-surgical rejection and prevent bacterial, fungal and viral infections. New approaches to donor lung removal, organ transportation and reconnection to the lung recipient are also developing. "Every couple of years it gets incrementally better," Weill said.

Stanford's Lung Transplant Laboratory is investigating mechanisms in chronic rejection, the major problem for transplant longevity. Patients at the Hospital are also part of several national clinical trials, including those looking at new immunosuppressive agents.

In July, Ana Stenzel marked the second anniversary of her second lung transplant; her body rejected her first transplanted lungs after six years. Last February, Stenzel Byrnes celebrated the fifth anniversary of her lung transplant.

She wrote in her blog, "I am feeling proud of all the experiences I've been able to have, thanks to healthy lungs. It's the little things that matter, the 'firsts' I'm amazed I can do because I'm alive. It feels great to have a future."

On that anniversary, she went to a lung transplant support group. "I witnessed so many people in desperate trouble. Some of them are yearning to breathe, to go home, to be with family, just for the simple things I have every day. I cannot ask for more. No one knows what the future will hold, so this group offers that timeless message to stay in the moment."

The Stenzel twins have long been regulars at local pools. Swimming is part of a life that includes daily exercise and other physical activity that maintains their overall health. They've competed in four consecutive United States Transplant Games, winning several medals. At the 2004 games, less than six months after her lung transplant, Isabel Stenzel Byrnes achieved a personal best in the 1,500-meter racewalk, finishing just a few minutes after her sister did.

Arts & Entertainment

A weekly guide to music, theater, art, movies and more, edited by Rebecca Wallace

Right: "Procession of the Mysteries," one of a series of partly abstract, partly symbolic acrylic paintings by Daniel Gautier.



Top: Buddha statues and prayer wheels from Nepal, on display at the Palo Alto boutique Amrithika. Above: "Eyes in the Sky," another Gautier painting currently on exhibit at Amrithika.



A glimpse of color catches the eye through the window of a corner store. As curious passersby step off the gray street and into Amrithika, a burst of warm hues greets them as they begin the meandering, enlightening process of browsing and self-discovery.

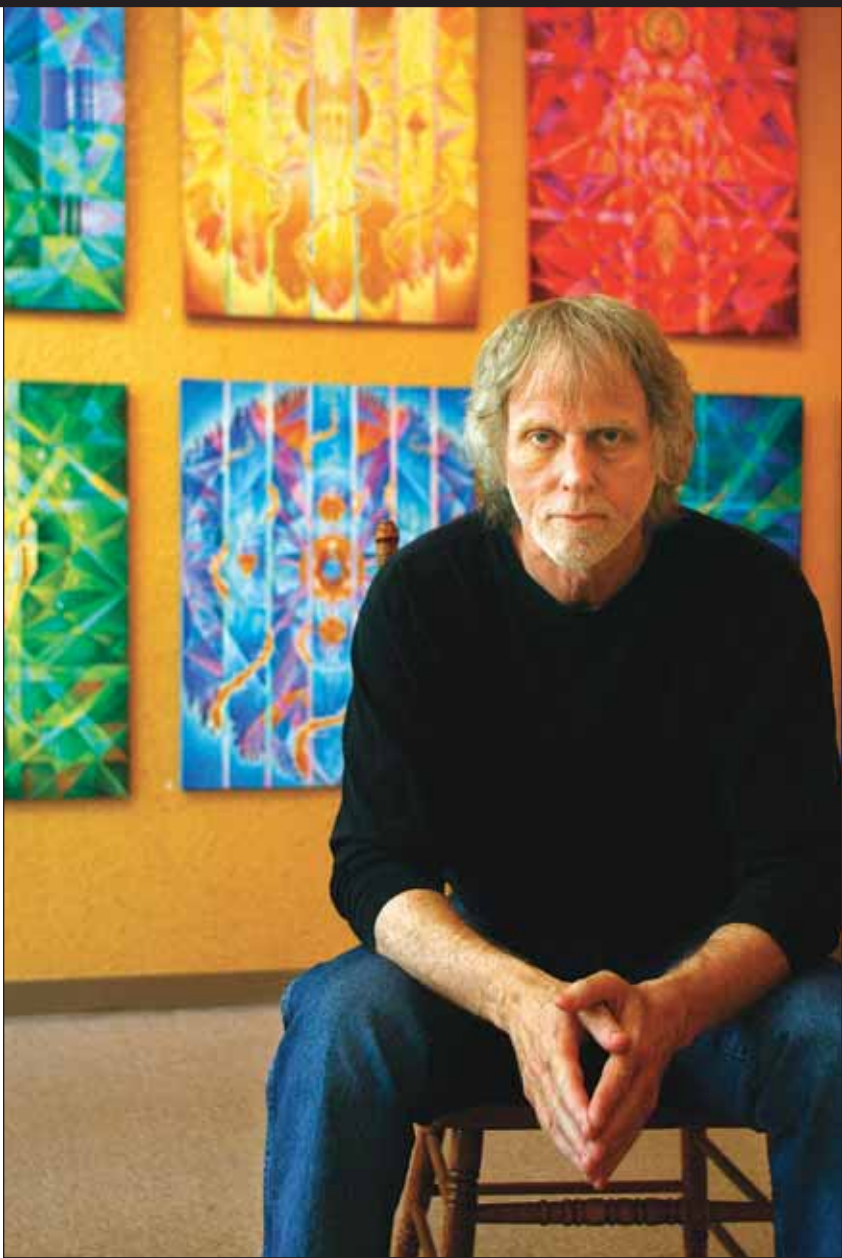
Located on the corner of Hamilton Avenue and Ramona Street, Amrithika sells handcrafted items made from eco-friendly, sustainable and natural materials and offers meditation, yoga and art exhibits in the back room. Most of the products come from India and other parts of south Asia, but the store also offers items from cultures, traditions and religions from around the world.

"It's really a cross-pollination," assistant manager Shobana Subramanian said in a recent interview at the store, gesturing to colorful tote bags made by Mayan women in Guatemala that hang next to bags from Bangladesh and Bengal made of jute. A few steps away are shelves laden with herbal beauty

A store

Below: Shobana Subramanian, shop assistant manager, sorts through purses.





Right: Painter and pianist Daniel Gautier with his art in Amrithika, where he will also give a concert on Aug. 22. Below: "The Archangel Gabriel" by Gautier.

for the spiritual

Palo Alto boutique sells world products, promotes self-discovery and the arts

BY LAUREN JOW • PHOTOGRAPHS BY VERONICA WEBER

products such as toothpaste and natural insect repellent.

Philanthropy plays an integral role in the store, which supports free trade, women's cooperatives and artisans from various countries. Amrithika makes direct contact with the makers 80 percent of the time, Subramanian said. The business also collaborates with groups such as Mayan Connection, which works with indigenous people to produce art and textiles from their traditional culture.

"All of our products have such stories," sales associate Alanna Hauser said. For example, the boutique has a collection of plates made in the tradition of the Ottoman Empire. Customers can find spiritual artifacts that have been made for centuries, and folk art that pre-dates Hinduism, Subramanian said.

In addition to its international enterprises, the store collaborates with local artists on projects such as the summer Aum jewelry collection, which was designed by an artist in the San Jose area and crafted in India, Indonesia and

(continued on page 25)



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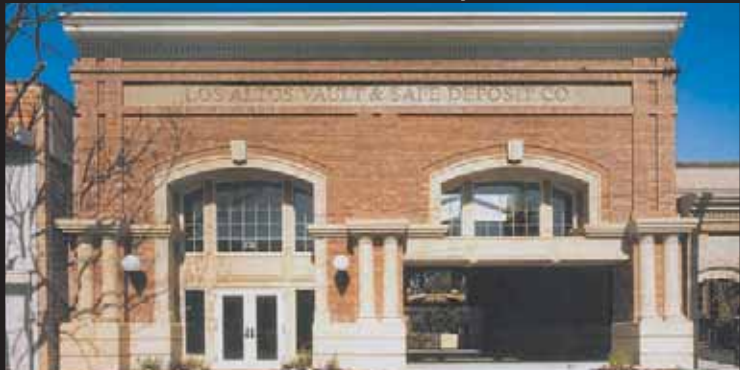
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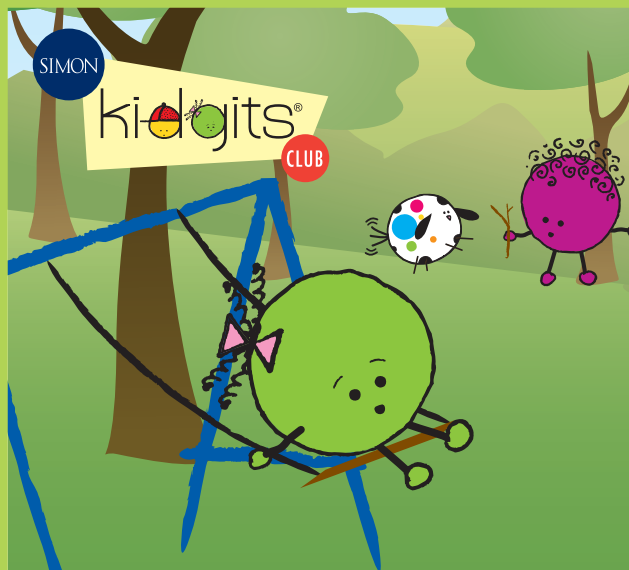
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Veronica Weber



Maurits Giesen and Ilse Leenders strike a serious pose for a Weekly photographer (complete with a skull from the Djerassi ranch).



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Arts & Entertainment



Giesen and Leenders in one of their own photos, taken in Amsterdam.

Town and country

Urban European photographers seek new inspiration in the California hills

by Rebecca Wallace

One can study the photography of Maurits Giesen and Ilse Leenders for a long time without realizing that the artists are also the models.

The two immerse themselves in their work, creating theatrical images that are carefully lit and staged. False teeth, bathing caps, wigs, and sometimes even just an odd smirk can make Giesen and Leenders disappear into their characters.

The characters blend with their environments, too. In one photo series, costume colors match the outside world. Giesen and Leenders march past a blocky orange building in Amsterdam, wearing orange suits and helmet-like hats. In another image, they jump into a purple truck, their purple pant legs and boots sticking out.

The series, called "Mimicry," studies "the adaptation of people

to their surroundings," as Giesen puts it.

Another series, "Suspicious Movements," has a film-noir feel (Leenders looks like a '40s movie star in an elegant dress). And in a string of portraits, the two wear different wigs, facial hair and dreary Cold War-esque uniforms sporting the mysterious logo "Iron Out Problems."

Overall, there's always something otherworldly about these images: surreal yet sophisticated, ineffably Continental.

Now the two Dutch photographers are immersed in the most exotic place of all: California. They're far out in the hills near Woodside, enjoying the peace and vast open spaces at the Djerassi Resident Artists Program, which each year houses about 80 artists who seek to work without distractions. This

is truly a different world from the pair's urban photographic projects — or The Hague or Paris, for that matter.

For living quarters, Leenders and Giesen are sharing the big artists' barn with a composer, a choreographer and a multimedia artist. On a recent afternoon, they point out their large white table spread with photos, cameras and maps; the composer's haunt with its grand piano; a library packed with books; and the sweeping back room, where a wide swath of windows opens on a panorama of trees and hills. Rabbits, deer and gophers are frequent visitors.

When she first arrived, Leenders was awake at strange hours because of the nine-hour time difference, and spent a lot of time gazing out the windows at the early-morning mists. She and Giesen were so taken with the fog that they still try to get up very early.

Leenders, 29, smiles broadly when asked why she was drawn to this remote rural space. "We don't have it in Holland," she says. "It's such a small country, so crowded."

Outside later, Giesen, 34, is delighted to find a shimmering feather in the dirt. "I think it's from this blue bird that is coming every morning. A jay? For us it is exotic," he says.

The art the two create during this month-long residency will be a bit foreign to them as well; they're working on a series of California landscapes, which will incorporate the slightest of human touches. Perhaps a figure or two, or a building, just disappearing into the mist. "Otherwise it's too much nature for us," Leenders jokes. They're also trying digital photography now, whereas in the past they shot in film.

They spread out some initial shots they've taken here for inspiration. There are beach scenes, foggy mornings, feathery trees, with a mailbox here, a barn there. Finished works will likely be more stylized,

as the two usually start with initial ideas and sketches and then proceed to their careful staging. "We want figures doing something contradictory to their surroundings," Giesen says.

It's early days now, but the pair will surely have more to say about their new project when they speak in Palo Alto next week. They'll give a free lecture at the Palo Alto Art Center on Aug. 27 as part of the "Where Art Originates" series.

Leenders and Giesen met at the Royal Academy of Art in The Hague, where they both earned degrees in photography design in 2001. Their artistic visions clicked, and they decided to try working together. (Giesen adds that they were both "poor students" who didn't have the money to do elaborate projects alone.)

Now their natures complement each other. They also do their own fine art and other projects such as magazine and commercial work and have had exhibitions together and apart. But their cooperative pieces clearly bring them great satisfaction. The two are both perfectionists who thrive on the planning of each image, from seeking out costumes to waiting for the right weather. They also sometimes finish each other's sentences.

"The photography profession is solitary," Leenders begins at one point.

"So it's kind of a relief ..." Giesen chimes in.

"... to be able to share this at the same level," Leenders concludes. As a photographer, you can hire assistants and ask them to do tasks for you, she notes, but she and Giesen are equals. They share a vision.

They also clearly share a love of bold color. Their "Mimicry" series features a photo of them in a green rowboat under a green umbrella, wearing green jumpsuits, pulling a rope out of a soupy green lake in The Hague. The water was really that color, they said, thanks to some sort of plant in it.

"When you're in there with a boat, it immediately closes around you. It's very thick," Leenders says.

Meanwhile, the orange Amsterdam house swiftly caught their eye, but that hue didn't stick around forever. The house's owner had painted it, but the neighbors complained, and finally a court order came down to change the color, Giesen says.

He laughs. "Now it's bright green." ■

What: Photographers Ilse Leenders and Maurits Giesen give a free talk in the "Where Art Originates" lecture series offered by the Palo Alto Art Center and the Djerassi Resident Artists Program. A Q&A session will follow.
Where: Palo Alto Art Center auditorium, 1313 Newell Road
When: 7 p.m. Thursday, Aug. 27
Cost: Free, with reservations required. Call 650-329-2366.
Info: For more about the lecture series, which features Djerassi artists and runs through Nov. 5, go to www.djerassi.org. For more about Giesen and Leenders, go to www.giesenleenders.com.

Amrithika

(continued from page 23)

Thailand, Subramanian said.

Promoting the local arts scene has been crucial for Amrithika's efforts to integrate into the community since the store opened in September of last year. The corner address seemed unlucky for businesses in recent years as Gingko Home Furnishings and Lotus Custom Decor came and went after Radio Shack closed.

Amrithika opens up its back room to the arts and other spiritual services, offering free meditation sessions Tuesday and Thursday evenings and yoga lessons on Wednesdays. The room also serves as a performance and exhibition space for local artists and is booked until February of next year, Subramanian said.

A sense of spirituality infuses the entire store. Coverings over the lights create a warm, golden space as the jewelry and bronze figures glitter gently.

Events attract 30 to 60 people on average, even up to 80 to 100, another store employee said. Yoga lessons bring in around 10 people because of the limited space, she added.

The store also works to promote downtown as a whole, participating in events such as the weekly farmers market. The involvement "creates sort of a vibrancy in the general area," from which all local business will benefit, Subramanian said.

With only three employees and owned collectively by three people, Amrithika does not plan to expand to other locations, Subramanian said. She added that the team prefers to concentrate on the quality of products and the experience their customers have in discovering them.

"Our prime focus was to create a shop that had lasting value," Subramanian said. "The economic crunch is an opportunity to do things very well."

Although many religious artifacts such as bronze Buddha statues and prayer wheels from Nepal adorn the shelves, the store has "a spiritual focus, not a religious focus," Subramanian said.

Painter, musician and author Daniel Gautier was just walking by when he noticed the place, taking interest in its "general attitude, which is toward spiritual elevation," he said in an interview at the store.

This month, the symbolist artist is exhibiting his work in the back room alongside art by Bay Area landscape painter Cherie Pinsky. His exhibit "The Ideograms: Symbols of Creation" is a series of partly abstract, partly symbolic acrylic paintings that express mystical archetypes and philosophical ideas. Like Amrithika, Gautier's work is informed by numerous mystic religions but has more of a spiritual focus that emphasizes the common links.

According to Gautier, an eternal realm exists that gives shape to all physical expression. This seed-like source has been called different

names in religions such as Christianity, Hinduism, Judaism and Greek philosophy, he said. He uses the term "Pentadic Matrix."

"Every religion has a mystical branch," he said.

Gautier believes that certain archetypes appear to be very similar between the branches not because of cultural exchange but because this "Pentadic Matrix" is a universal wellspring or pattern.

"The paintings are emanations from this pattern," he said. Instead of treating the icons of separate religions as independent entities, he tries to unify the mystical branches in his art.

Works such as "The Archangel Gabriel" abound with symbols. According to Gautier, Gabriel is the archangel of water, a feminine element. The artist-philosopher also points out a lunar crescent and the sign of infinity.

Gautier's exhibition is part of a multimedia project that he's been working on for about four years. It includes music inspired by the paintings and his book "Songs of Creation," which examines the philosophical and religious concepts behind his work. He will discuss his work on Aug. 21 at the store and perform his music along with songs from his CD "Elemental Dreams" on Aug. 22.

Gautier hopes that Amrithika's clients will be more receptive to his work than other audiences because of their inclination for spiritual exploration.

"When you're creating, you're drawing upon your deepest subconscious," he said. "It's a form of communion with your highest self."

That sense of spirituality infuses the entire store. Coverings over the lights seem to throw a warm, golden light across the space as the jewelry and bronze figures glitter gently. Texts from various spiritual traditions, self-help books and positive messages line the shelves.

"Part of what we're trying to sell is the experience of being here — an experience that's stimulating and energizing," Subramanian said. ■

What: Symbolist artist Daniel Gautier discusses his exhibition, "The Ideograms: Symbols of Creation." A meet and greet with Gautier and fellow artist Cherie Pinsky will be held afterward. Gautier will also perform songs and music inspired by his paintings.

Where: Amrithika, 248 Hamilton Ave., Palo Alto

When: Gautier's talk is Aug. 21 at 5:30 p.m., and the meet and greet is from 6 to 8 p.m. Gautier's concert is Aug. 22 from 6:30 to 8:30 p.m.

Cost: The meet and greet is free. Gautier's concert is \$12.

Info: The exhibit runs through Aug. 31. The gallery is open Monday through Saturday from 10:30 a.m. to 8 p.m., Sundays from noon to 4 p.m. For more about other events such as yoga, meditation and the bi-weekly arts and crafts bazaar, go to www.amrithika.com or call 650-462-1980. For more of Gautier's artwork, go to dgautier.com.

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Palo Alto Weekly

The destiny of a woman caught between love and the laws of the underworld

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Lorna's Silence
A FILM BY JEAN-PIERRE AND LUC DARDENNE

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Movies

Movie reviews by *Jeanne Aufmuth, Peter Canavese, Tyler Hanley and Susan Tavernetti*

OPENINGS

Inglourious Basterds ★★★

(Century 16, Century 20) It's ironic that a filmmaker best-known for audio-visually quoting other films (and ripping off — sorry, paying homage to — their plot elements) should have such an instantly recognizable style. But indeed there's no mistaking "Inglourious Basterds" for anything other than a Quentin Tarantino film.

For the most part, that means those who couldn't abide "Reservoir Dogs," "Pulp Fiction" or "Kill Bill" can confidently skip the filmmaker's latest, a WWII fantasia of sorts that brings with it Tarantino's usual "wall of talk" and gleeful violence. But wait a tick. In spite of a few bursts of bloody action, "Inglourious Basterds" is a comedy for the film-savvy, beginning with that title, Tarantino's "skoolboy" spelling of the film that inspired him (Enzo G. Castellari's 1978 spaghetti "Dirty Dozen" pic "Inglorious Bastards").

The writer-director sets an immediate Leone vibe with Ennio Morricone twangs over the high lonesome countryside of Nazi-occupied France. In a farmhouse set-designed to replicate the effect of the cabin in John Ford's "The Searchers," Tarantino stages a patient scene that is "Inglourious Basterds" at its best. Crafty dialogue and great performances play into a cat-and-mouse game between SS Colonel Hans Landa (Christoph Waltz) and a Frenchman (Denis Menochet) suspected of hiding Jews on his farm.

Once we meet the Jewish-American band of brothers noted in the title — each beholden to Brad Pitt's Tennessee-bred Lt. Aldo Raine for 100 Nazi scalps — one might assume we're in for Tarantino's take on the "Dirty Dozen" subgenre, but Tarantino makes an "ass" of "u" and "me." The crux of the plot is the story of Shoshanna Dreyfus (Mélanie Laurent), a Jewish survivor of a Nazi slaughter, as she plots revenge against the Nazis in general and, in particular, the man who killed her family.

Now hiding in plain sight as the proprietress of a Parisian cinema, Shoshanna falls into the opportunity to wipe out the Nazi leadership at the premiere of a propaganda film. Meanwhile, the British government (represented by Mike Myers made up to resemble James Mason) targets the same premiere, sending an officer to liaison with the Basterds and actress Bridget von Hammersmark (Diane Kruger), a German double agent.

The whole enchilada (Big Kahuna burger?) turns out to be a self-referential commentary on the power of the medium, figuratively as propaganda or violent entertainment, and literally as the highly flammable fuel to a fire. Undercover agents play amateur actor at every turn, the professional actor takes on the role of her life, and a German sniper turned war hero (Daniel Brühl) plays himself in the propaganda film, "Nation's Pride." For good measure, the main qualification of the British officer (Michael Fassbender) is that he has a background in film criticism (for further pandering, see the Cannes-ready one-liner "I'm French. We respect directors in our country").

Brilliant as the sly, dogged Landa, Christoph Waltz won top acting honors at Cannes, but it's Laurent who gives the best performance, single-handedly giving the picture emotional resonance. Though the film's German and American brutes are courtly, the movie is not for the delicate sensibility; it all amounts to an entertaining but shallow comic-book take on WWII. Tarantino's baby steps toward discipline only get him so far: "Inglourious Basterds" may be a whole lot of movie, but it's also technically mature filmmaking to a thematically juvenile end.

Rated R for strong graphic violence, language and brief sexuality. Two hours, 33 minutes.

— Peter Canavese

Lorna's Silence ★★1/2

(Aquarius) The Dardenne Brothers, Jean-Pierre and Luc, have been known to make grown-up movies about overgrown children growing up ("The Child"). The writer-directors also enjoy parables of sinners stumbling into redemption ("The Son"). Beloved by critics, the Dardenne brothers have seemed infallible, but their signature style begins to show strain in "Lorna's Silence."

In the filmmakers' native Belgium, an Albanian émigré named Lorna (Arta Dobroshi) is at the center of a green-card scam that's meant to end in the murder of her unwanted husband, Claudy Moreau (Dardenne regular Jérémie Renier), a frighteningly thin, chain-smoking drug addict who wants her help in getting clean. Lorna finds her needy husband of convenience repulsive, and initially is as unsympathetic to him as she is to us, refusing to help Claudy kick. (She does reluctantly play double solitaire with him, though: a symbol of their disconnected union.)

Lorna has humble dreams, if not humble ends: Her reward for murder will be the opportunity to open her own snack bar. But when push comes to shove, Lorna hesitates: Must this wretched creature be killed? Her boyfriend, Sokol (Alban Ukaj), has no such doubt, insisting, "He's just a junkie." But once the cold Lorna feels a warm pang of guilt, there's no turning back. She gets religion, falls for her husband, and begins working against her co-conspirators. The story becomes, then, a bit like a film noir told from the point of view of an irresolute femme fatale.

If you can accept this whiplash character "development," "Lorna's Silence" may work for you as the searing, genre-tinged drama it sets out to be. The Dardennes' style is so precisely off-hand and withholding that it has begun to gravitate toward self-parody; the way they make you catch up with the plot is involving until the scene where you'll swear they lost a reel, a move to withhold the thrills from what threatens to become a thriller.

Despite this perverse tactic, the filmmakers are masters of the cinematic whirlpool — the turmoil and that sinking feeling — adeptly tugging us down with Lorna as she loses her grip.

In content, "Lorna's Silence" retreads familiar Dardenne territory: A character defined by dark thoughts, social desperation and/or severe moral compromise desperately grabs for redemption, though it may be too late. At times, the new film connects as another sad song of the heart's refusal to behave, and the performances of Dobroshi and Renier are saving graces, but this time the poker-faced reaches toward religious parable come across just as empty posturing.

Rated R for brief sexuality/nudity and language. One hour, 46 minutes.

— Peter Canavese


Shorts ★★

(Century 16, Century 20) It'd be easy to mistake the new kids' movie "Shorts" for an adaptation of a certain brand of joyously pandering kid-lit that wallows in the silly and scatological. Actually, "Shorts" comes from an original script by Austin-based director Robert Rodriguez, the man who brought your children the "Spy Kids" trilogy and "The Adventures of Sharkboy and Lavagirl 3-D."



Rodriguez has five children, at least three of whom appear in "Shorts," and ostensibly the movie reflects a kid's sensibility. Like "Spy Kids," "Shorts" is (continued on next page)

Rolling Stone
Peter Travers

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CHECK LOCAL LISTINGS FOR THEATERS AND SHOWTIMES

MOVIE TIMES

(500) Days of Summer (PG-13) ★★1/2	Century 16: 12:20 & 2:45 p.m. Fri.-Mon. & Wed.-Thu. also at 5:30, 7:55 & 10:30 p.m. Century 20: 11:50 a.m.; 2:25, 5:05, 7:25 & 9:45 p.m.
Adam (PG-13) ★1/2	Guild: 3:30, 6 & 8:30 p.m.
Bandslam (PG) (Not Reviewed)	Century 16: 11:35 a.m. Century 20: 2:15 & 7:20 p.m.
Cold Souls (PG-13) (Not Reviewed)	Palo Alto Square: 2, 4:45 & 7:20 p.m. Fri.-Sat. also at 9:45 p.m.
District 9 (R) (Not Reviewed)	Century 16: 11:50 a.m.; 1:30, 2:50, 4:40, 5:50, 7:30, 9 & 10:25 p.m. Century 20: 12:35, 2, 3:20, 4:45, 6, 7:30, 8:50 & 10:10 p.m.
G.I. Joe: The Rise of Cobra (PG-13) (Not Reviewed)	Century 16: 12:30, 3:20, 7:05 & 9:55 p.m. Century 20: 11:40 a.m.; 2:25, 5:10, 8 & 10 p.m.
G-Force (PG) (Not Reviewed)	Century 16: 1:25, 3:50, 7:15 & 9:40 p.m. Century 20: 1:15, 3:30, 5:45, 8 & 10:15 p.m.
The Goods: Live Hard. Sell Hard. (R) (Not Reviewed)	Century 16: 1:20, 3:40, 6:50 & 9:20 p.m. Century 20: 11:35 a.m.; 1:50, 4:30, 7 & 9:30 p.m.
The Hangover (R) ★★1/2	Century 20: 12:25, 3 & 10:30 p.m. Fri.-Mon. & Wed.-Thu. also at 5:30 & 7:55 p.m.
Harry Potter and the Half-Blood Prince (PG) ★★1/2	Century 16: 2:15, 6:55 & 10:20 p.m. Century 20: 12:15, 3:35, 7:05 & 10:25 p.m.
The Hurt Locker (R) ★★1/2	Palo Alto Square: 1:15, 4:15 & 7:15 p.m. Fri. & Sat. also at 10:15 p.m.
In the Loop (Not Rated) ★★1/2	Aquarius: 3, 5:30 & 8 p.m.
Inglourious Basterds (R) ★★★	Century 16: 11:30 a.m.; 12:40, 1:50, 3, 4:10, 5:20, 6:30, 7:40, 8:50 & 10 p.m. Century 20: Noon, 12:50, 1:45, 2:35, 3:30, 4:20, 5:15, 6, 7, 7:50, 8:45, 9:30 & 10:20 p.m.
Julie & Julia (PG-13) ★★★	Century 16: 1, 4, 7:10 & 10:05 p.m. Century 20: 11:30 a.m.; 2:15, 5, 7:50 & 10:35 p.m.
Lorna's Silence (R) ★★1/2	Aquarius: 3:30, 6 & 8:30 p.m.
Ponyo (G) ★★1/2	Century 16: 1:40, 4:50, 7:25 & 10 p.m. Century 20: 11:30 a.m.; 2:20, 5, 7:35 & 10:05 p.m.
Post Grad (PG-13) (Not Reviewed)	Century 16: 12:10, 2:40, 5:10, 7:45 & 10:10 p.m. Century 20: 11:55 a.m.; 2:20, 4:50, 7:15 & 9:50 p.m.
Shorts (PG) ★★	Century 16: 11:40 a.m.; 2, 4:30, 7 & 9:30 p.m. Century 20: 11:35 a.m.; 1:55, 4:25, 7:05 & 9:35 p.m.
The Time Traveler's Wife (PG-13) ★★1/2	Century 16: 1:10, 4:20, 7:20 & 9:50 p.m. Century 20: 12:20, 1:50, 3:10, 4:35, 5:50, 7:20 & 8:30 p.m.
Tony Dungy's Red Zone 09 (Not Rated) (Not Reviewed)	Century 16: Tue. at 8 p.m. Century 20: Tue. at 8 p.m.
The Ugly Truth (R) (Not Reviewed)	Century 20: 11:45 a.m.; 4:55 & 10 p.m.
X Games 3D: The Movie (PG) (Not Reviewed)	Century 16: Noon, 2:30, 5, 7:50 & 10:15 p.m. Century 20: 12:30, 2:55, 5:20, 7:40 & 10:05 p.m.

★ Skip it ★★ Some redeeming qualities ★★★ A good bet ★★★★ Outstanding

Aquarius: 430 Emerson St., Palo Alto (266-9260)

Century Cinema 16: 1500 N. Shoreline Blvd., Mountain View (800-326-3264)

Century 20 Downtown: 825 Middlefield Road, Redwood City (800-326-3264)

CinéArts at Palo Alto Square: 3000 El Camino Real, Palo Alto (493-3456)

Guild: 949 El Camino Real, Menlo Park (266-9260)

Internet address: For show times, plot synopses, trailers and more information about films playing, go to Palo Alto Online at <http://www.PaloAltoOnline.com/>



ON THE WEB: The most up-to-date movie listings at www.PaloAltoOnline.com

Movie openings

(continued from previous page)

imaginative wish fulfillment, with lots of cool gadgets, head trauma and pratfalls, and booger jokes. It's not every movie, you understand, that includes award-winning actor William H. Macy expounding, "Boogers are like fecal material." The gimmick of "Shorts" is a pun: Not only is the movie for the short-pants set, but it's constructed of six short films, the episodes shuffled to be training-wheels Tarantino.

In the corporatized town of Black Falls, everyone works for Black Box Unlimited Worldwide Industries, Inc., under the watchful glare of CEO Carbon Black (James Spader). Eleven-year-old eccentric Toe Thompson (Jimmy Bennett, "Star Trek"'s boy Kirk) languishes at Black Falls Company School, where he's bullied by Mr. Black's spawn: Cole Black (Devon Gearhart) and Helvetica Black (Jolie Vanier), the leader of

the pack. Everything changes when Toe happens upon a rainbow-colored "wishing rock." Break out the theremin: Toe wishes for friends interesting enough to match him, and he winds up with tiny aliens (in tiny flying saucers) who obligingly cook gourmet meals and clean his room.

Naturally, the wishing rock changes hands with troublesome regularity, conjuring up alligators, a pterodactyl, a mucus monster, and (product placement alert...) an unlimited supply of brand-name candy bars, among other inconveniences. The spelled-out lesson: "Be sure you are wishing for something worth wishing for." Parents, too, are meant to learn from the negative example of Toe's folks (Leslie Mann and Jon Cryer), whose texting disconnects them from family (in a bit of poetic justice, they wind up literally joined at the hip).

"Shorts" is just creative enough to keep kids glazed over with

nominal interest, but it won't challenge them much: The critique of handheld devices seems misplaced coming from a filmmaker so infatuated with video-game-styled visuals. Parents can amuse themselves by pondering Rodriguez's filmmaking cred: He continues to be a jack of all trades (director of photography, co-writer of the musical score, visual effects supervisor, re-recording mixer...), and he gets by with a little help from cool friends like makeup whizzes Greg Nicotero and Howard Berger.

Basically, Rodriguez's latest is like the '90s TV series "Eerie, Indiana" remade for "shorts" attention spans, with dynamic editing and loud special effects, and though it threatens to take off in the humor department, it never quite does.

Rated PG for mild action and some rude humor. One hour, 29 minutes.

— *Peter Canavese*

NOW PLAYING

The following is a sampling of movies recently reviewed in the Weekly:

Adam ★1/2

(Guild) "Adam" is a tale about the relationship between Beth Buchwald (Rose Byrne) and Adam Raki (Hugh Dancy), who has Asperger's syndrome, a mild form of autism. He can't make eye contact, can't gauge people's reactions to him, can't stop talking about the things that interest him: astronomy, space. Written and directed by Max Mayer, the film is marketed as a romantic comedy and is sweet and well-intentioned, but it lacks credibility on many levels. The relationship doesn't feel real, and both Adam and Beth live in ridiculously large (for New York) apart-

ments, on a street that has two, maybe three, cars driving down it during midday. What universe does this New York exist on? Rated PG-13 for thematic material, sexual content and language. 99 minutes. — R.P. (Reviewed Aug. 14, 2009)

Ponyo ★★1/2

(Century 16, Century 20) The new work from master Japanese animator Hayao Miyazaki, "Ponyo," is wondrous, weird and sweetly innocent. The story concerns the fish-y offspring of the androgynous undersea wizard Fujimoto (Liam Neeson), a gruff professor who can't understand his daughter's defiance. The daughter, Brunnhilde, is one of a school of curious fish with humanoid faces. When Brunnhilde swims away from home, she washes

up by the cliffside home of 5-year-old Sosuke (Frankie Jonas), who promptly adopts her and names her Ponyo (Noah Cyrus). Ponyo wants to be a real girl but there's a serious problem. The magical creature isn't where she belongs, and as a consequence, the world has been thrown out of balance. Rated G. One hour, 41 minutes. — P.C. (Reviewed Aug. 14, 2009)

The Time Traveler's Wife ★★1/2

(Century 16, Century 20) Adapted from Audrey Niffenegger's novel by Bruce Joel Rubin, "The Time Traveler's Wife" isn't very deep, but it can be taken as a metaphor for lovingly coping with the inconvenience and emotional whiplash of

(continued on next page)



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Lisa Schwarzbaum, ENTERTAINMENT WEEKLY

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PG-13

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Palo Alto Unified School District Office
25 Churchill Avenue, Palo Alto, Ca 94306

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Movies

STANFORD THEATER

The Stanford Theatre is at 221 University Ave. in Palo Alto. Go to www.stanfordtheatre.org or call 650-324-3700.

The Mark of Zorro (1940) A masquerading aristocrat fights for justice in early California. Fri.-Mon. at 7:30 p.m. Sat.-Sun. also at 4:10 p.m.

The Black Swan (1942) A former pirate becomes governor of Jamaica and must battle his ex-comrades. Fri.-Mon. at 5:55 & 9:15 p.m.

The Adventures of Sherlock Holmes (1939) Professor Moriarty plots to steal the crown jewels and only Sherlock Holmes can stop him. Tue.-Thu. at 7:30 p.m.

Hound of the Baskervilles (1939) Sherlock Holmes and Dr. Watson investigate mysterious deaths possibly caused by a family curse. Tue.-Thu. at 6 & 9:05 p.m.

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(continued from previous page)

illness. More to the point, this love story made up of signs and wonders suggests savoring the time you have. Rachel McAdams plays Clare Abshire, a Chicago artist destined to marry the time-hopping Henry DeTamble (Eric Bana). Plagued by a genetic anomaly dubbed "chronom-pairment," Henry unpredictably and against his will jumps in time, making him the ultimate in unreliable romantic partners. Rated PG-13 for thematic elements, brief disturbing images, nudity and sexuality. One hour, 48 minutes.—P.C. (Reviewed Aug. 14, 2009)

Los Angeles Times Kevin Thomas

"Adam" is
A MOST WELCOME SUMMER TREAT.

THE NEW YORK OBSERVER Rex Reed

"A riveting performance by the gifted Hugh Dancy, and Rose Byrne is equally good."

NEW YORK POST Lou Lumenick

"Beautifully crafted."



A story about two strangers. One a little stranger than the other.

Adam

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RESTAURANT REVIEW



Michelle Le

The swordfish wrap at Bodrum includes lettuce, tomatoes and aioli sauce, and arrives with salad and fries.

Bodrum beckons

Castro Street's new Turkish cafe is establishing its credentials on a troubled corner

by Andrew MacLeod Doerschuk

Our first thought when visiting Bodrum Cafe, downtown Mountain View's newest Turkish restaurant, was to wonder whether the curse had lifted from the busy corner it occupies.

We refer, of course, to the

curse of Der Wienerschnitzel, the national hot-dog chain that long occupied the northeastern corner of Castro and California streets. After the fast-food joint pulled up stakes a few years ago, the original structure underwent a series of renovations by a suc-

cession of owners who tried in vain to redefine the location as a sports bar, California-cuisine bistro and oyster bar.

Maybe Mountain View residents just couldn't avoid associating the place with chili dogs and fries. Whatever the case, it was only a matter of time before the right restaurateur was able to put the past behind them — and Bodrum Cafe appears to have done it.

The restaurant's ace in the hole is proprietor Mehmet Degerli, who brings with him a



Michelle Le

Mehmet Degerli makes conversation with his customers.

hefty pedigree. As one of the original owners of the highly rated and much loved Zucca Ristorante — the Italian/Mediterranean restaurant that has enlivened the 100 block of Castro since 2001 — Degerli understands the allure of high-quality food and attentive service, both of which we found aplenty at his new establishment.

Bodrum's square dining room is small, though Degerli managed to arrange the tables to make it feel intimate rather than cramped. The space is tidy, with an attractive tile floor and walls freshly painted in muted tans, browns and rusts accented by white trim. Each table is meticulously set with crisp white tablecloths, plum-colored linen napkins and a rectangle of wine glasses at the ready. During the day, light streams in from windows spanning three walls.

Upon closer inspection, the decor reveals one too many facelifts. Our table blocked a side door that opened onto a wall. Faux pillars and dividers sprout up with little function or fashion. But any such shortcomings are negated by Bodrum's spacious patio, with its large umbrellas and gurgling fountain. I can think of no more pleasant place to sip wine and wile away a lazy afternoon in downtown Mountain View.

Our meal opened with a selection of appetizers, including the crispy sigara boregi (\$5.95), four deep-fried, taquito-sized pastry rolls stuffed with a smooth and rich blend of feta cheese, dill and parsley. We used Bodrum's warm and eggy bread to sop up

every last molecule of the smoky-flavored patican salatasi (\$5.95), a grilled eggplant dip featuring diced bell peppers, parsley, tomato and garlic infused with olive oil and lemon juice.

OK, so we went a little overboard by ordering the falafel plate (\$9.95), an entree-sized appetizer with four large garbanzo bean patties resting on scoops of hummus, tahini and tzatziki yogurt and cucumber sauce. These were accompanied by a large side salad featuring lettuce, cucumber and quartered cherry tomatoes in a vinaigrette dressing.

We used Bodrum's warm and eggy bread to sop up every last molecule of the grilled-eggplant dip.

Our entrees, while uniformly delicious, were served mildly seasoned. (Degerli assured us that the restaurant will gladly punch up any recipe for diners who enjoy spicy food.) The highlight was kilic shish kebab (\$14.50), which featured moist and flavorful skewered swordfish chunks alongside sliced tomato, onion, carrot, green beans and bell pepper. Accompanied by a mound of pilaf rice, the grilled ingredients married perfectly with a sauce made of white wine, butter, parsley and lemon.

We tried a special, paticlan karniyarik (\$12.95), a casserole

featuring an eggplant stuffed with ground beef and lamb, chunks of tomato, slivers of green pepper, green beans and carrot slices baked in a savory brown tomato and mushroom sauce. Accompanied by a mound of rice, this was a generously portioned and satisfying plate.

Surprisingly, I was less enthused about the yogurtlu Adana kebab (\$13.95). Normally my first choice at any Turkish restaurant, the Adana kebab (more commonly known as iskender kebab) layers slices of lamb atop cubes of fried bread with melted butter and tomato sauce slathered over the top and yogurt on the side. While the ingredients blended into a familiar meaty and slightly sour flavor, the lamb was a bit too gristly.

That hardly mattered once the baklava (\$6.50) arrived. Served with a scoop of vanilla gelato, sliced strawberry and mint leaves, our three slices were moist, nicely nutty and not overly sweet.

While dwelling over the final drops of Turkish Kavaklidere Yakut wine (\$30 per bottle), a dry red that particularly complemented our lamb dishes, our party agreed that Bodrum was a restaurant and menu worth further exploration. And chili dogs were the farthest thing from our minds. ■

Bodrum Cafe
383 Castro St., Mountain View
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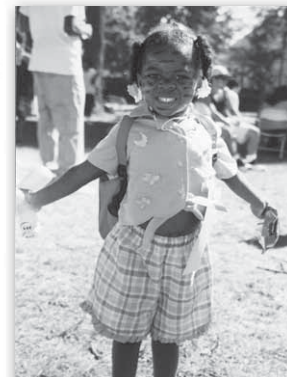
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Pizzeria Venti Recipe - Chef Carlo Maeda

OSSOBUCO

- 6 tablespoons extra virgin olive oil
- 1 small onion chopped fine
- 2 carrots chopped fine
- 2 stalks of celery chopped fine
- 4 veal shanks cut about 3 inches thick, each tied tightly cross-wise
- flour, spread on a plate
- 3/4 cup dry white wine
- 4 tablespoons butter
- 1-1/2 cup chicken broth
- 1 cup 6 & 1 tomatoes, crushed with their juices
- freshly ground pepper to taste
- salt to taste

Preparation instructions:

1. Preheat oven to 350 degrees.
2. Heat 2 tablespoons of olive oil in foil pan. Add the onion, carrot and celery. Cook until the vegetables soften, about 10 minutes then drain the oil.
3. Meanwhile, heat the other 4 tablespoons of olive oil in a foil pan. Dredge the veal shanks in the flour, coating on all sides and shake off the excess flour. When the oil is hot, slip in the shanks and brown them on all sides. This should take about 6-7 minutes per side. Remove the veal shanks and place them in the first pan on top of the cooked vegetables.
4. Add the wine, butter, chicken broth, tomatoes, pepper and salt to the pot. The liquid should come at least two thirds of the way to the top of the shanks. If it does not, add more broth.
5. Cover the pan and place it in the oven. Cook for about 2 hours, turning and basting every 30 minutes, until the meat is very tender.
6. Transfer the Ossobuco to a warm plate and carefully remove the strings.

To serve place Ossobuco on a plate with Risotto Milanese, or Pastina pasta in herbed olive oil and garlic.

Sports Shorts

TITANS TIDINGS. . . . Gunn High hired former Woodside Priory girls' soccer coach **Damian Cohen** as its girls' soccer coach the school announced Tuesday. Cohen was at Woodside Priory for seven years and produced two league championships, three CCS appearances and reached the CCS championship match two years ago. He has also served as Skyline College's assistant coach for the last three years . . . The Gunn track was expected to re-open this week after undergoing a facelift. "The old track served the school well for nearly 10 years," Gunn assistant Principal **Tom Jacoubowsky** said. "The new one should have the same life expectancy."

DIAMOND ON THE MOUND . . . While the Washington Nationals signed the overall number one draft pick from June's First-Year Player draft late Monday night, San Diego State's Stephen Strasburg isn't nearly as likely to reach the major leagues before the Nationals' other first-round pick. Come September 1, when the rosters are expanded, look for Stanford product **Drew Storen** to don a Nationals cap and make an appearance or two. Storen, who turned 22 on Aug. 11, is currently pitching for Double-A Harrisburg, where he's recorded saves in his first four opportunities, including a two-inning save on Sunday. He's allowed two hits and no runs in his first five innings with the Senators. Harrisburg is his third stop since leaving Stanford. He began the summer in Hagerstown, and, after pitching in 11 games, was moved to Potomac, where he was moved into the closer role. Storen only needed seven games (and an ERA of 1.80) to impress the Nationals enough for another quick promotion.

OF LOCAL INTEREST . . . The Palo Alto Oaks baseball team is sponsoring its annual **Tony Makjavich Memorial Golf Tournament** on Sept. 27 at the Eagle Ridge Golf Club. The tournament begins at 1 p.m. with a shotgun start. Cost is \$160, which includes green fees, cart, prizes, range balls, and Tri-tip dinner. Sponsorships are available for \$175, which includes tee sign, entry in program. Tickets for the banquet only are \$35, which includes dinner and raffle. For more information, please go to the website <http://paoaks.com/> . . . The PA 94G Red Power (Born after 7/31/93) Class 3 girls' team is currently seeking a goalie. Coach **Nina Gann** has the resources to train a player who has not started as a goalie, but is motivated to fill the position. All interested players can contact manager Clara Chang at clara@ABCandM.com or coach Nina Gann at giani-na03@yahoo.com.

SPORTS ONLINE

For expanded daily coverage of college and prep sports, please see our new site at www.PASportsOnline.com



Stanford senior Ali Riley will lead a team that reached the Final Four last year before losing to Notre Dame, 1-0. It was the Cardinal's first Final Four appearance in 15 years.

Richard C. Eisted

STANFORD WOMEN'S SOCCER

In at the beginning

Senior outside back Ali Riley shares fall training with teammates for the first time

by Rick Eymer

So far the best thing about being a senior, says Stanford's Ali Riley, is actually getting to know her teammates before the women's soccer season begins.

No more hasty introductions with the freshmen just before kickoff; no jet lag; no more rushing from the blistering heat of a Russian or Chinese summer to the blistering heat of the San Francisco Peninsula.

This year she joins her Cardinal teammates for the hardest part of the year: training camp.

"It is hard but I am glad I'm here for the first time," Riley said Tuesday as Stanford prepares for its season opener in Hawaii on Sunday. "I'm able to go through this part of the season with the team. There are 10 freshmen so I can get to know them, and we can all learn about each other."

Riley missed the first part of each of her first three seasons with the blessing of coach Paul Ratcliffe and his staff. After all, she competed at the Under-20 World Cup in Russia one year, competed in the World Cup another year, and was in Beijing for the Olympics last summer, all as a member of the New Zealand national team.

Riley has other reasons to enjoy her final year at Stanford, not the least being another chance to compete for a national championship. The Cardinal reached the Final Four, ending its season with a 1-0 loss to Notre Dame in Cary, North Carolina.

"We were so close last year; we tasted it," Riley said. "It's within reach this year. It's feeling real. We know we can do it now. We played great teams, gone to the Final Four and played at that level."

Stanford (22-2-1 last year) reached its first Final Four in 15 years last year. Riley and her senior teammates would rather make the trip sooner than that time frame.

Riley, who converted to an outside back from forward at the beginning of last year, plays in a different system with New Zealand, although in a similar position. She's comfortable most anywhere on the field.

She's also comfortable working with fellow seniors like forward Kelley O'Hara, a second team All-American, and one of Stanford's top goal producers. Defender Alicia Jenkins, midfielder Kristin Stannard and midfielder Hillary Heath are also in their final year at Stanford.

Jenkins will be asked to help fill the void in the backfield created by the graduation of all-Pac-10 Allison Falk and All-American Marissa Abegg, who returns as a student assistant coach, joining volunteer assistant and former Stanford All-American Nicole Barnhart. Jay Cooney and Theresa Wagner are also members of

(continued on page 37)

STANFORD MEN'S SOCCER

Scoring is the goal for the Cardinal

Additional attack players should make tepid offense a thing of the past

Rick Eymer

Michael Strickland knows a thing or two about frustration. Mention last year's series of allowing late goals and competitive matches that led to agonizing defeats and the memories churn around like some invisible force.

This season, Strickland thinks the force will be with the Stanford men's soccer team. A solid group of seniors and a talented recruiting class that should beef up the offense could spell the difference between a postseason berth and another has-been season.

"We dealt with frustration last year," Strickland said. "We've put it behind us and use it as motivation, not frustration."

Stanford (4-11-3 last year) was close nearly every

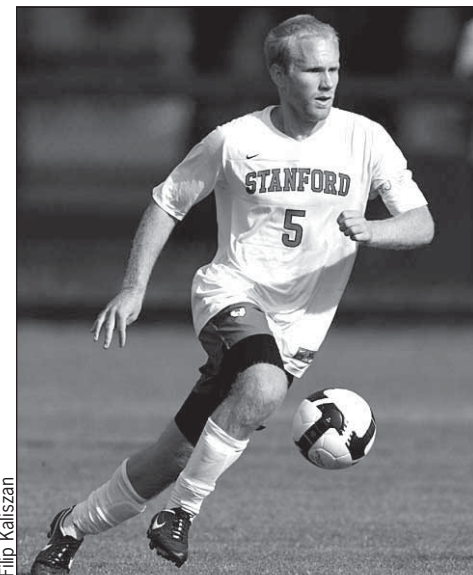
time it played. Nine of the losses were decided by a single goal, eight on tiebreaking scores in the second half or overtime.

The Cardinal never allowed more than two goals in a single match, the only team in the Pacific-10 to accomplish the feat, but scored only 14 all season.

There were signs the Cardinal program was getting better. Stanford junior Bobby Warshaw is on the Herman Trophy Watch List, considered the highest individual honor in collegiate soccer.

Warshaw, named first team all-Pac-10 with Strickland last year, led the Cardinal in scoring and was named first team All-Pac-10 last year. This season he'll be counted upon to lead the de-

(continued on page 38)



Filip Kaliszan

Senior midfielder Michael Strickland believes Stanford will attack more often and create more scoring opportunities.

The 'Wong' way is the right way

Stanford incoming freshman wins her match to clinch Junior Solheim Cup for the U.S.

Rick Eyrer

Kristina Wong will have a story to share with her new Stanford women's golf teammates when they meet this season. Sally Watson will also have a story, maybe two, of her own.



Kristina Wong

Both players will debut with the Cardinal this fall after participating in the PING Junior Solheim Cup, which Team USA won, 15.5-8.5, on Wednesday at Aurora Country Club in Illinois.

Wong clinched the win for the Americans when she defeated Sweden's Johanna Tillstrom, 3 and 1, to give the U.S. a 6-3 advantage.

Wong won it on the par-3 17th hole. Tillstrom's chip left her just shy of the green, and Wong's putt rolled inches from the hole. With the conceded putt the U.S. team captured its victory.

"I was really nervous standing over that putt," Wong said. "I had lost both of my matches yesterday, and I really wanted to play well today for my team. I didn't even know I had scored the winning point until the team came out onto the green congratulating me."

The Americans entered the final day with a three-point lead and won 8 of 12 singles matches to help the United States remain unbeaten at home in the series. The U.S. holds a 3-2 lead in the series.

Watson, of Scotland, gave Europe the early 1-0 lead with her 4 & 3 win over Jane Rah in the first match of the day.

The U.S. took the lead Tuesday, winning both the morning four-ball and afternoon foursome matches.

"They played awesome," U.S. team Captain Nancy Lopez said. "They played hard and they played with heart; I appreciate that so much. The score doesn't show how close it was."

Stanford sophomore Sydney Bur-lison competed in the 2007 Cup, beating future teammate Watson in the singles matches, 2 and 1 in Europe's 14-10 win at Bastad Golf Club in Sweden.

Wong ranks third in the Polo Golf Rankings and second in the Golfweek/Sagarin Rankings. She is a three-time Rolex Junior All-American and a three-time member of the Canon Cup East Team. She



Sally Watson

has 28 top-10 finishes in her junior golf career, including a win at the 2008 SAP Junior Open and a tie for third at the 2009 Thunderbird International Junior.

Watson, who has also called San Francisco home in her young life, played for Europe two years ago in the Junior Solheim Cup in Sweden. She also participated in the 2008 Curtis Cup for Great Britain and Ireland and won the prestigious Leadbetter Challenge and Red Tail Golf Open earlier this year.

Watson's father, Graham, is the founder and executive director of the Scottish Institute of Sport Foundation.

"I plan on still being amateur for four more years," Watson told in the winning zone. "I think if you're ready then you turn professional. The good thing about golf is there isn't really an age limit. So you get your education and then go play golf for as long as you want. And if you have a college education you can then go down other routes later in life."

Watson is recovered from last year's major knee operation.

Wong, after three months of re-working her golf swing and golf fitness, finished second in the Ladies Suncoast Series professional event in Mount Dora in April.

In June, Wong beat Kansas State's Emily Houtz at the Women's Western Amateur Championship at

Shawnee Country Club.

Wong finished third out of a field of 30 at the International Junior in Scottsdale, Arizona over the Memorial Day weekend.

Wong finished at 1-under-par 215, two shots before champion Cindy Feng. Wong graduated from the Pendleton School and heads to Stanford as a four-time AJGA All-American.

Men's gymnastics

Stanford juniors Alex Buscaglia and Tim Gentry were named to the United States men's gymnastics team following their efforts over the weekend at the VISA U.S. Championships in Dallas.

Stanford grads Sho Nakamori and David Sender were also named to the team, which will compete in the World Championships at the O2 in London beginning Oct. 13.

Sender, a former NCAA champion and All-American in the vault, may decide to pursue veterinary school this fall, which conflicts with the World Championships. He majored in Biological Sciences at Stanford.

Nakamori, recently awarded Stanford's top athletic honor, petitioned his spot as he continues to recover from a knee injury.

Nakamori's father, the late Kazuki Nakamori, was a member of the Japanese National Team, and his mother, Tamae, competed in college

gymnastics.

Gentry led the Cardinal with his ninth-place finish in the all around. Sender, a current volunteer assistant coach with the Cardinal, was 10th while Buscaglia finished 15th.

Women's basketball

The Bay Area will be swarming with basketball fans the weekend of March 18-22. Thanks to a late switch, California and Stanford will be hosting the first and second rounds of the NCAA women's basketball tournaments while San Jose's HP Pavilion plays host to the first and second round of the men's tournament.

Of particular interest is March 20, when NCAA tournament first round women's games will be held at Cal-Berkeley and Stanford, and a second round men's game will take place at San Jose's HP Pavilion.

Citing issues associated with a \$60 million renovation of The Pit, the NCAA is moving 2010 first- and second-round women's basketball tournament games from Albuquerque to Stanford.

New Mexico's home arena will be ready for regular-season contests in November for the men's and women's teams, but construction plans call for work to continue in steps during the season.

Sacramento's ARCO Arena hosts a women's regional on March 27 and 29. ■



City of Palo Alto Recreation Presents

25th Annual Palo Alto Weekly Moonlight Run & Walk

Friday, October 2, 2009



TIME & PLACE: PLEASE NOTE NEW WALK TIMES: 5K walk 7:00pm, 10K run 8:15pm, 5K run 8:45pm.

Race-night registration 6:15 to 8:00pm at City of Palo Alto Baylands Athletic Center, Embarcadero & Geng Roads (just east of the Embarcadero Exit off Highway 101). **Parking** — go to PaloAltoOnline.com to check for specific parking locations.

COURSE: 5K and 10K loop courses over Palo Alto Baylands levee, through the marshlands by the light of the Harvest Moon! Course is flat, USAT&F certified (10K run only) on levee and paved roads. Water at all stops. Course map available at www.PaloAltoOnline.com.

REGISTRATIONS & ENTRY FEE: Pre-registration fee is \$25 per entrant (postmarked by September 25, 2009) and includes a long-sleeve t-shirt. Late/race-night registration is \$30 and includes a shirt **only while supplies last**. A scantron card must be filled out at race-night registration.

Family package: Children 12 and under run free with a registered parent. A completed entry form for each child must be submitted with adult registration. **Please indicate on form and include \$15 for an adult small t-shirt. No confirmation of mail-in registration available.** Registration also available online at www.PaloAltoOnline.com. Refunds will not be issued for no-show registrations and t-shirts will not be held.

SPORTS TEAM/CLUBS: Pre-registration opportunity for organizations of 10 or more runners; contact Amy at (650) 326-8210 ext. 285 or arealds@pawebly.com.

MINORS: If not pre-registered Minors under 18 **MUST** bring signed parental/waiver form (below) on race night to participate. In addition scantron card must be completely filled out at race-night registration.

DIVISIONS: Age divisions: 9 & under; 10-12; 13-19; 20-29; 30-39; 40-49; 50-59; 60-69; and 70 & over with separate divisions for male and female runners in each age group. Race timing provided for 5K and 10K runs only; not 5K walk.

COMPUTERIZED RESULTS by A Change of Pace: Race results will be posted on the Internet at www.PaloAltoOnline.com 10am on 10/5. Registration forms must be filled out completely and correctly for results to be accurate. Race organizers are not responsible for incorrect results caused by incomplete or incorrect registration forms.

AWARDS/PRIZES/ENTERTAINMENT: Top three finishers in each division. Prize giveaways and refreshments. DJ, Alan Waltz. Pre-race warmup by Andre Bobo.

BENEFICIARY: Palo Alto Weekly Holiday Fund. A holiday-giving fund to benefit Palo Alto area non-profits and charitable organizations. In April 2009, 38 organizations received a total of \$250,000 (from the 2008-2009 Holiday Fund.)

MORE INFORMATION: Call (650) 463-4920, (650) 326-8210, email MoonlightRun@pawebly.com or go to www.PaloAltoOnline.com.

Flashlights/head lights recommended. For safety reasons, no dogs allowed on course for the 5K and 10K runs. They are welcome on the 5K walk only. No retractable leashes! Please bring your own clean-up bag. Jogging strollers welcome in the 5K walk or at the back of either run.

First aid service and chiropractic evaluations provided by K. Skinner, R.N., D.C. Sports and Spinal Injury Specialist

Register online at www.PaloAltoOnline.com

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Sports

HIGH SCHOOL FOOTBALL SCHEDULES

PALO ALTO

Aug. 28	vs. Woodside (scrimmage)	6 p.m.
Sept. 11	vs. Burlingame	7:30 p.m.
Sept. 18	vs. Mitty at Foothill	7 p.m.
Sept. 25	vs. Gilroy	7:30 p.m.
Oct. 2	vs. Saratoga	7:30 p.m.
Oct. 9	at Gunn	7:30 p.m.
Oct. 16	vs. Homestead at Fremont	7:30 p.m.
Oct. 23	vs. Milpitas	7:30 p.m.
Oct. 30	vs. Los Gatos	7:30 p.m.
Nov. 6	at Mountain View	2:45 p.m.
Nov. 13	at Wilcox	7:30 p.m.

GUNN

Aug. 28	vs. Menlo School (scrimmage)	5 p.m.
Sept. 4	vs. Lincoln	7:30 p.m.
Sept. 11	at Leigh	7 p.m.
Sept. 26	at Hillsdale	1:30 p.m.
Oct. 2	vs. Lynbrook	7:30 p.m.
Oct. 9	vs. Palo Alto	7:30 p.m.
Oct. 16	vs. Monta Vista	7:30 p.m.
Oct. 23	at Fremont	7:30 p.m.
Oct. 31	at Los Altos	1 p.m.
Nov. 7	at Santa Clara	1:30 p.m.
Nov. 13	at Cupertino	7:30 p.m.

MENLO-ATHERTON

Sept. 4	at Wilcox	7:30 p.m.
Sept. 11	at Los Gatos	7:30 p.m.
Sept. 19	vs. Valley Christian	2 p.m.
Sept. 26	vs. Leigh	2 p.m.
Oct. 2	at Seaside	7:30 p.m.

Oct. 16	at Kings Academy	7 p.m.
Oct. 23	vs. Aragon	3 p.m.
Oct. 30	vs. Sacred Heart	3 p.m.
Nov. 6	at Terra Nova	7 p.m.
Nov. 13	at Woodside	8 p.m.

MENLO SCHOOL

Aug. 28	at Gunn (scrimmage)	5 p.m.
Sept. 4	vs. Hamilton City at Woodside	7 p.m.
Sept. 12	at Carmel	2 p.m.
Sept. 19	vs. Justin Siena at Woodside	7 p.m.
Oct. 2	vs. Hillsdale at Foothill	7 p.m.
Oct. 9	at South San Francisco	7 p.m.
Oct. 16	vs. Half Moon Bay	3:30 p.m.
Oct. 23	at San Mateo	3 p.m.
Oct. 30	at Burlingame	7 p.m.
Nov. 6	vs. Carlmont	2:45 p.m.
Nov. 14	vs. SH Prep (Valpo Bowl) at Woodside	7 p.m.

SACRED HEART PREP

Aug. 28	vs. Capuchino (scrimmage)	1 p.m.
Sept. 5	vs. Mount Eden	2 p.m.
Sept. 11	at Riordan	3 p.m.
Sept. 18	vs. Valley Christian-Dublin	3:15 p.m.
Sept. 26	vs. Silver Creek	2 p.m.
Oct. 6	vs. Terra Nova	1:30 p.m.
Oct. 16	at Woodside	7 p.m.
Oct. 23	at The King's Academy	7 p.m.
Oct. 30	at Menlo-Atherton	3 p.m.
Nov. 6	vs. Aragon	2:45 p.m.
Nov. 14	vs. Menlo (Valpo Bowl) at Woodside	7 p.m.



Keith Peters

Sacred Heart Prep's Victor Ojeda eyes a new football season.

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Murphy, Johnson know the way to San Jose

Former Stanford affiliates to be inducted in city's Hall of Fame

Rick Eymmer

Bob Murphy, who gave voice to Stanford Athletics that continues to resonate across time and space, never really left home.

Born at Stanford hospital, he went to high school in San Mateo and then attended Stanford, earning a degree in history.

He played a little ball in Oakland, and served as San Jose State's Athletic Director for a time, but The Farm was his personal playground.

Already a member of the Stanford Athletic Hall of Fame, Murphy will be officially inducted into San Jose's Sports Hall of Fame on Nov. 11.

He won't be alone. Former Stanford field hockey coach Sheryl Johnson, who attended high school and junior college in Cupertino, will also be honored along with NFL Hall of Fame member and former 49er great Ronnie Lott and former long-time St. Francis High football coach Ron Calcagno.

Murphy has broadcast Stanford football and men's basketball for 43 years, retiring after the 2007 foot-

ball season. While he's made many memorable calls over the years, his younger audience will long remember his call of Stanford's stunning upset over USC in his final season.

In addition to his broadcast duties, Murphy was the Stanford Sports Information director between 1964-73, and later was San Jose State's Athletic Director between 1976-79.

Murphy pitched for Stanford and played on the Cardinal's first College World Series team in 1953. He also spun a few balls for the Oakland Oaks of the Pacific Coast League before turning to a life of home-spun tales, delivering his special brand of enthusiasm.

He was also in big demand as a Master of Ceremonies at awards banquets, Hall of Fame dinners and anywhere where a good story was welcome.

As a field hockey player and coach, Johnson established her own set of standards. She was part of the USA national program for nearly 15 years and participated in 137

events representing her country.

She coached Stanford to a 168-125-11 record over her 18 years with the program, winning nine Nor Pac Conference championships and advancing to seven NCAA tournaments.

Johnson is a three-time national Player of the Year and a member of the U.S. Field Hockey Hall of Fame. She owns a bronze medal from the 1984 Olympics and a silver medal from the 1987 Pan American Games.

The November 11th event will honor 15 years of the San Jose Sports Hall of Fame. The event begins with a reception, followed by dinner and induction ceremony.

Dinner tickets begin at \$200 each and sponsorship packages are available ranging from \$2,500 to \$15,000. For information and to purchase tickets (408) 288-2936.

There will be 71 South Bay sports figures in the Hall of Fame on Nov. 11, which recognizes each honoree with a bronze plaque permanently installed on the concourse at HP Pavilion.

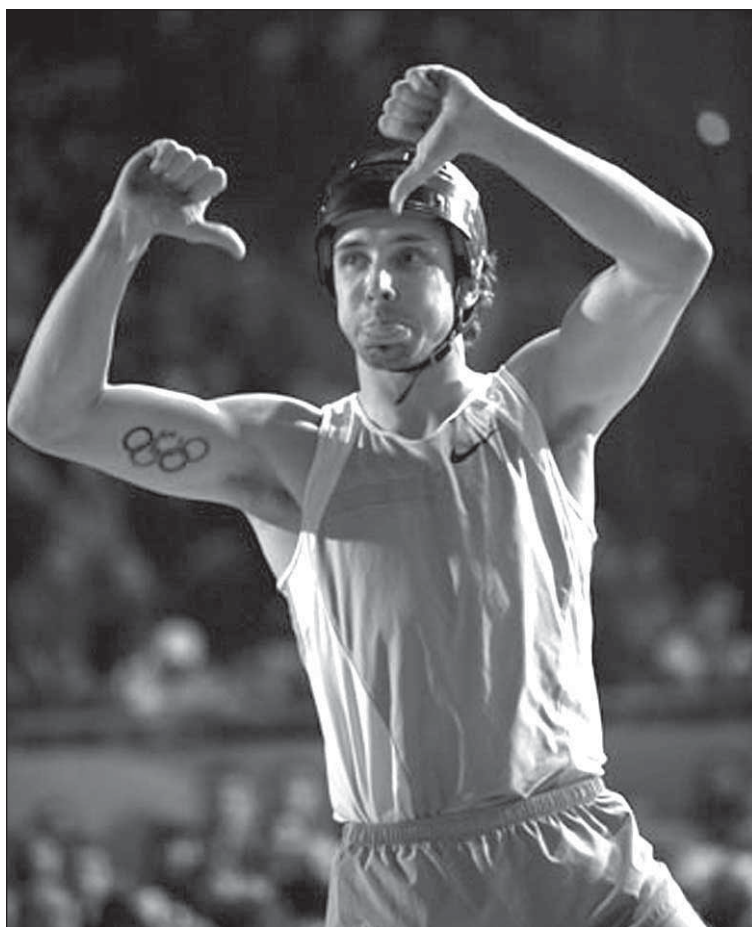
The annual induction is an event of the San Jose Sports Authority, San Jose Arena Authority, HP Pavilion Management/San Jose Sharks and the City of San Jose. The event benefits Special Olympics Northern California and high school sports programs. ■



Bob Murphy



Sheryl Johnson



U.S. Track

Stanford grad Toby Stevenson will begin his coaching career at Stanford after failing to qualify for the pole vault finals at the World Championships.

IAAF WORLD CHAMPIONSHIPS

Stevenson falters in qualifying round

Stanford grad finishes 12th in his qualifying group of 17 pole vaulters

If this was Toby Stevenson's final international competition, he probably didn't enjoy the way it ended.

The former All-American and Olympic silver medalist, who will be returning to his alma mater to become an assistant track and field coach with the Cardinal, finished out of the running on Thursday at the IAAF World Track and Field Championships in Berlin.

Stevenson went 18-2 1-2 and then missed all three attempts at the next height.

One of his two American teammates, Derek Miles, qualified for Saturday's finals.

"There were some jumps that I timed up really well, and some jumps where I was fighting it," Miles said. "I know I'm capable of jumping well; I just cleared 19 feet 5 days ago easy. I just need to find my rhythm down the runway."

USA's Jeremy Scott joins Stevenson on the sideline.

"It was a struggle the whole day. I'm not happy; the qualifying height was well within my range, and I just couldn't get things going in the right direction," Scott said. "I felt a little bit out of myself today. I had two or three jumps where I felt, 'What just happened?' when normally I can tell right away what I just did."

Elsewhere, two-time Olympic medalist Bernard Lagat came storming back from behind in the

men's 1,500 final to win the bronze medal Wednesday.

Olympian and former World Junior champion Casey Malone saved his best throw for last and ended up with his best placing ever in a men's discus final at a major international championship.

Malone's sixth and final throw of 216 feet 9 inches was good enough for fifth place in the final standings. Malone's previous best placing at a Worlds or Olympics was when he finished sixth at the 2004 Olympic Games in Athens. Malone's fifth-place finish was the best by an American since Ian Waltz placed fifth at the 2005 Championships in Helsinki.

Two-time world champion and two-time Olympic silver medalist Allyson Felix put it on cruise control with 60 meters remaining in the third of six opening round heats in the women's 200 meters. Felix sailed through to the next round with an easy win in 22.88 seconds.

Muna Lee ran out of lane 7 in heat 2 and grabbed command of the race at the top of the straightaway. Lee went on to win the race in a season's best time of 22.76.

Marshevet Hooker won her heat in a season's best time of 22.51 and Charonda Williams looked strong in her first ever action at a World Outdoor Championships in finishing second in heat 1 in 23.08. ■

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ANNOUNCING THE TWENTY-FOURTH ANNUAL PALO ALTO WEEKLY

SHORT STORY CONTEST

JUDGES:

ADULT/YOUNG ADULT

Tom Parker, Award winning novelist and short story writer, UC Extension and Foothill College Instructor and former Stanford Instructor

Ellen Sussman, Author of "Dirty Words: A literary Encyclopedia of Sex", *Bad Girls: 26 Writers Misbehave* and "On a Night Like This"

Keith Raffel, Author of the local best seller "Dot Dead: A Silicon Valley Mystery"

CHILDREN/TEEN

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Caryn Huberman Yacowitz, Playwright and Children's book author

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ENTRY DEADLINE:

All Writers:

October 2, 2009

5:30 p.m.

All adult winners and first place young winners in each category will be announced in the Palo Alto Weekly in December 2009.

All winning stories will be published online at www.PaloAltoOnline.com

CONTEST RULES

1. The contest is open to anyone who lives, works or attends school full-time in Palo Alto, Menlo Park, Atherton, Stanford, Portola Valley, Woodside, Mountain View, Los Altos, Los Altos Hills, and East Palo Alto.
2. Limit of one entry per person.
3. **Stories must be typed, double-spaced. Maximum 2,500 words. Longer stories will be disqualified.**
4. \$15 entry fee, along with hard copy, for all ADULT stories; \$5 entry fee for YOUNG WRITERS under 18. Make checks payable to "Palo Alto Weekly."
5. Entries may not have been previously published.
6. Signed entry form must accompany story. Author's name should NOT appear anywhere on pages of story.
7. All winners are required to email their story to the Palo Alto Weekly in a Microsoft Word Document as an attachment.



Mail manuscripts to: Palo Alto Weekly Short Story Contest,
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Questions: email Amy Renalds at arenalds@paweekly.com



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— Theresa Kinane, prospective Midpeninsula home buyer



PaloAltoOnline.com





David Gonzales



Rick Bale

Castilleja grad Lindsay Taylor (left) led Stanford in goals last year while Kelley O'Hara led the team in scoring. Both are back to help the Cardinal make another deep run into the NCAA tournament.

Women's soccer

(continued from page 32)

Ratcliffe's staff.

"We lost some great seniors but we also had a great recruiting class," Ratcliffe said. "Right now the goal

is to play to the best of our ability. We have some good returning players at every position."

The forward line returns intact with O'Hara, All-American and Pac-10 Freshman of the Year Lindsay Taylor, a Castilleja grad, and junior Christen Press, named to the

College Cup all-tournament team.

Add Palo Alto grad Teresa Noyola, also named All-American, junior midfielders Allison McCann and Morgan Redman and sophomore Camille Levin, also a Pac-10 All-Freshman pick, and you've got the majority of scorers back from a

team that set a school scoring record with 71 goals, or an average 2.84 a game.

"We want to make a statement in the preseason that we want to put teams away this year," Riley said. "We still had too many close games last year."

Usually one goal was enough last year, as the Cardinal defense ranked third in the nation with a goals against of 0.346. Stanford gave up eight goals in 25 matches last year.

Ratcliffe thinks defense will remain a strongpoint, with Jenkins joined by junior Katie Riley and freshman Alina Garciamendez and Rachel Quon.

Garciamendez knows how to win. The Mexican national team member led her high school to four state championships and her club team to a national championship. Quon was with the U.S. Under-17 FIFA World Cup team and has been in the national program since turning 14.

International competition teaches a young player many things, says Ali Riley.

"I learned what it takes to be a great player," she said of her Olympic experience. "I am inspired by them and motivated by them. To match up with their speed and strength as a defender is terrifying and exhilarating."

Stanford also returns junior goalkeeper Kira Maker, an all-West Region selection and the final line of defense for the stingy Cardinal.

Sophomores Lindsey Forte, Shira Averbuch and Kristy Zurmuhlen and redshirt freshman Katie Finley

add depth and versatility.

"We have so many good players," Riley said. "The freshmen have made a huge impact already. They are all good enough to be on the field."

The remaining rookie class also includes Courtney Verloo, Lindsay Dickerson, Aly Gleason, Nina Watkins, Mariah Nogueira, Madeline Thompson, Annie Case and Marjani Hing-Glover.

Seven teams that reached the NCAA tournament last year are on Stanford's schedule this year, including Notre Dame. ■

WOMEN'S SOCCER SCHEDULE

Date	Opponent	Time
Aug. 23	at Hawaii	8 p.m.
Aug. 28	at Cal Poly	7 p.m.
Aug. 30	vs. San Diego State	1 p.m.
Sept. 4	at UNC Greensboro	4:30 p.m.
Sept. 6	vs. Virginia Tech at Greensboro	9 a.m.
Sept. 11	vs. Purdue at Santa Clara	5 p.m.
Sept. 13	vs. Notre Dame at Santa Clara	11 a.m.
Sept. 18	vs. Colorado	7 p.m.
Sept. 20	vs. Wisconsin	1:30 p.m.
Sept. 27	at Saint Mary's	1 p.m.
Oct. 1	at Santa Clara	7 p.m.
Oct. 9	at Oregon State*	7 p.m.
Oct. 11	at Oregon*	1 p.m.
Oct. 16	vs. USC*	7 p.m.
Oct. 18	vs. UCLA*	1 p.m.
Oct. 23	at Washington St.*	3 p.m.
Oct. 25	at Washington*	noon
Oct. 30	vs. Arizona State*	7 p.m.
Nov. 1	vs. Arizona*	1 p.m.
Nov. 8	vs. California*	1 p.m.

*Pac-10 matches all times Pacific



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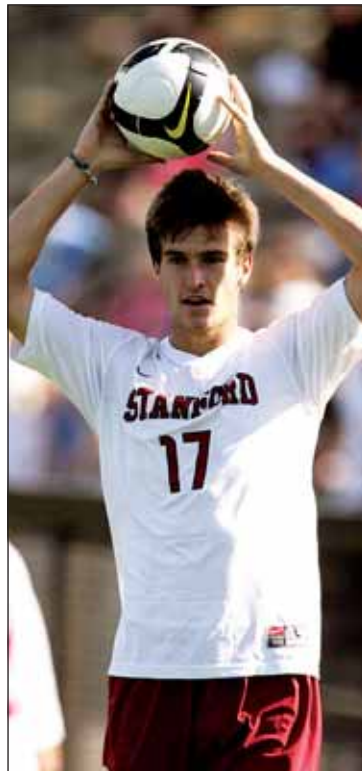
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Men's soccer

(continued from page 32)

fensive effort.

"Bobby is capable of being one of the conference's top players at almost any position on the field," Stanford coach Bret Simon said. "He was particularly effective at a central defender and leader in the spring season."

Midfielder Thiago Sa Friere, goalkeeper John Moore, forward Evan Morgan and midfielder T.J. Novak join Strickland to give the Cardinal a veteran look.

"The seniors are a fantastic group," Simon said. "Every one of them has a chance to be a top player in the conference. John Moore is potentially a Player of the Year. He should be a professional goalkeeper next year."



Thiago Sa Friere

Morgan is back for a sixth year after suffering ACL tears in both knees the past two years. He was Stanford's leading scorer in 2006. Novak also returns from an injury.

"Evan adds another element of our attack and will allow us to create more chances," Strickland said. "We brought in a lot of young players who are ready to contribute right away."

Stanford incoming freshman Adam Jahn (rated 63rd overall) was named the California Gatorade Boy's Soccer Player of the Year for the second straight year. Other freshmen include top-rated Dersu Abolfathi, a midfielder/forward from Irvine, and defender Hunter Gorskie, ranked 30th.

Midfielder/forward Eric Anderson and goalkeepers Jason Dodson and Galen Perkins will compete for the starting job.



Evan Morgan



Bobby Warshaw

"The freshmen have exceeded all of our expectations," Simon said. "It's an exciting group. The two goalkeepers are in a nice battle to see who backs up Moore and we have four field players who are all ready to play a good college level."

Several other returners will form the basis of a defense that has consistently ranked near the top of the Pac-10 over the years. Garrett Gunther, Ryan Thomas, Taylor Anman, Daniel Leon, Brant Bishop and Adoni Levine are among those who will make a significant difference this year.

"We lost quite a few 1-0 games (six) last year," Strickland said. "We won't be giving up that goal this year. We've focused on defense and we have people who can create good opportunities and break people down."

Strickland, who will likely serve as team captain for a third straight season, is a natural leader.

"Every team he's been on since he started playing the game he's been the captain," Simon said. "He's a good team-first person, has good focus and guys respect his work ethic."

Strickland thinks the older group will help keep the team on task.

"A lot of the guys have been around the block and know what it takes to win," he said. "We know what's at stake and we'll be sure to impart those feelings."

Stanford reached the national championship match in Simon's first year as coach and has not been back to the NCAA tournament since. The Cardinal has a 32-56-22 record over the next six years, which includes two winning seasons and a .500 year.

The frustrating part is that Stanford was shut out 36 times over that span, including 10 scoreless ties.

This year, the Cardinal wants nothing to do with shutouts, unless it's Moore getting credit for them.

"If you have a team that can attack it takes pressure off the defense and you're not always holding your breath," Simon said. "This year we have that team." ■

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MEN'S SOCCER SCHEDULE

Date	Opponent	Time
Tuesday	vs. St. Mary's (scrimmage)	7 p.m.
Aug. 29	at Denver (exhibition)	6 p.m.
Sept. 1	at Leigh	4 p.m.
Sept. 4	at Rutgers	5 p.m.
Sept. 11	vs. Cal Poly	7 p.m.
Sept. 17	at Santa Clara	7 p.m.
Sept. 20	vs. USF	7 p.m.
Sept. 25	vs. Air Force	7 p.m.
Sept. 27	vs. New Mexico	12:30 p.m.
Oct. 2	at California*	4 p.m.
Oct. 9	vs. Oregon State*	7 p.m.
Oct. 11	vs. Washington*	1 p.m.
Oct. 16	at San Diego State*	4 p.m.
Oct. 18	at UCLA*	2:30 p.m.
Oct. 23	vs. San Diego State*	7 p.m.
Oct. 25	vs. UCLA*	1 p.m.
Oct. 30	at Oregon State*	5 p.m.
Nov. 1	at Washington*	1 p.m.
Nov. 14	vs. California*	7 p.m.

*Pac-10 matches All times Pacific

COLLEGE VOLLEYBALL

More talent translates to success

Oaks add bundle of talent to a large returning group

Menlo College's 11 returning players, including the starting lineup, should have reason to feel good about its prospects in women's volleyball.

After all, the Oaks finished the California Pacific Conference undefeated last season.

Still, six talented freshmen and another assistant coach were added to the equation this fall.

Menlo will be led by a pair of seniors in middle blockers Deborah Bekowies and Sarah Poole.

Bekowies was named Cal Pac Player of the Year in 2008 and Honorable Mention NAIA All-American, a Daktronics-NAIA Scholar-Athlete and AVCA All-Southwest Region. Poole joined her teammate as a Daktronics-NAIA Scholar-Athlete and AVCA All-Southwest Region selection.

Menlo, which finished last season 20-9 overall and played in the NAIA Championships, opens its season Aug. 28 at Fresno Pacific's Sunbird Invitational.

The Oaks take on national powers Biola and Fresno Pacific in the two-day, four-match event.

The Oaks freshmen include Mika Mendoza, Stephenie Monderine, Tana Berg, Selina Bumb, Kaili Miyamoto and Stephanie Wertz.

"Mika reminds me of Kari Shimomura who was a four-time All-Cal Pac player here," Menlo coach and reigning Cal Pac Coach of the Year Bill Imwalle said. "She can play many positions and play them all well."

Monderine, who is following in the footsteps of her brother and former Oaks baseball standout Rob, was a three-year varsity starter in high school, winning South Coast League titles each of the past two seasons. The hitter also earned a gold medal at the 2007 Junior Olympics.

"Stephenie comes from a strong high school and club program and will be competing for a starting position right away," said Imwalle.

Berg stood out at the state level as a prep in Nevada, finishing fourth in the state in assists and fifth in aces as a senior. The setter was a Second Team All-Southern League selection and will be groomed to replace Menlo senior setters Stephanie Williamson ñ 2008 First Team All-Cal Pac and Honorable Mention AVCA All-Southwest Region honoree ñ and Raquel Vilalobos.

As a high school senior San Jose native Bumb won her second straight Public Schools Athletic League MVP award at St. Thomas More, who she lead to a 53-0 record as a varsity athlete. Bumb was part of four PSAL champions as an outside hitter and will provide depth as another quick and athletic hitter for the Oaks. ■

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On behalf of the 2009 Summer National Senior Games Local Organizing Committee, I want to thank all the Volunteers who have worked so hard to make the 2009 Games a big success. Our volunteers are the heart of the Games, just like they were at the 2000 Olympic Games in Sydney — and we could not have produced the 2009 Games without everyone's help. Our goal for the Games has been to provide the "best competitive conditions for athletes" and to send all our visitors home with great memories of incredible experiences in Palo Alto, Stanford and Northern California. And, we are proud to say, thanks to the '09 volunteers and the community, we have achieved this goal.

— Anne Warner Cribbs, President and CEO 2009 Senior Games

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