In the 1970s, a group of young men at the University of Illinois formed a folk-rock band. They played a series of campus gigs, toured the Midwest and cut a few albums before going their separate ways. It’s the same old story — except that after being apart for more than 30 years, they got the chance to do it again.

“People feel it’s difficult to go back and attain anywhere near the quality you had before,” said Steve Cowan, who sang and played guitar with the band and is now a Mountain View software engineer. But that’s what The Ship got to do. Cowan and six other men, now all in their

(continued on next page)
Band (continued from previous page)

50s and 60s and living in various parts of the U.S., found their way back to the university in April 2008 for two heady days of rehearsal and a 20-song reunion show that made them wonder — could they get back together and do it all over again? Well, yes and no. The Ship released its fifth album, “All Come Home,” last December, but none of the musicians — Cowan, James Barton, Todd Bradshaw, Rick Frank, Mark Hamby and Billy Panda — ever sat down in a studio together to record. Taking advantage of free recording software, e-mail and other technology only a handful of advertising jingles and recording contract with Elektra Records. “Next week we could be plumbers,” one band member was quoted saying in a 1972 Chicago Tribune article. The story was headlined “The Ship: Still no breeze, but still afloat.” Hamby remembers getting up early on Saturdays to hear the group’s Kellogg’s jingle. “Then we’d get royalty checks the next month and put food on the table,” he said.

Then, in 1977, one member got a permanent job offer he couldn’t pass up. “We looked at each other and said, well, maybe the jig is up,” Hamby said. “Maybe it was time to think about what to do with at least part of the rest of our lives.”

“It was friendly,” he added. “We said it’s been great, see you whenever.”

More than 30 years later, “April On The Prairie,” the first song on the new album “All Come Home,” reflects the group’s appreciation of its second chance. “This is the story of our getting back together,” Cowan said.

Later, “Take A Number” reminds listeners that everyone’s got problems. “It’s the ultimate party tune,” Panda said. “It sounds like we got drunk and went to a club and played.”

Panda, who majored in music, now works as a studio musician in Nashville. “The soft tissue eroded, but it was astonishing how easy it was to fall back into our old rhythms,” he said. “I hadn’t talked to some of these guys since 1975, and it just didn’t matter.”

No touring or concerts are in the works, and the band hasn’t discussed the possibility of another album. Cowan said. For now, “All Come Home” is available for $12.97 through CD Baby. There’s a link on the band’s website at theshapeshymusic.com, which also lists earlier members of the band who didn’t take part in the reunion recording.

“We’re not going to make our money back,” Cowan said, “but that’s never been the purpose of it.”
TheaterWorks’ whirlwind Hitchcock parody features crack comic timing and theatrical invention

by Kevin Kirby

In 1935, a young Alfred Hitchcock gave the moviegoing public a taste of things to come with his adaptation of John Buchan’s novel “The 39 Steps.” With its reluctant though exceptionally dashing hero, its enigmatic women, its harrowing chase sequences and its razor-close escapes, “The 39 Steps” embodied many of the elements that came to define the great director’s style.

Seventy years later, English actor and playwright Patrick Barlow adapted the story yet again, this time for the stage, using the Hitchcock film as a springboard for an evening of comic mayhem. While sticking amazingly close to the film’s plot, Barlow has utterly subverted the spirit of the piece, creating a blazingly funny parody of the noir thriller genre.

It is that version of “The 39 Steps” that opened last weekend at TheatreWorks, in a production that is as close to perfect as anyone could wish. Directed by company founder Robert Kelley, the play is a finely tuned blizzard of crack comic timing and theatrical invention.

Hitchcock’s works have long been a favorite target of parodists. (Readers of a certain age may recall a “Monsterpiece Theater” segment on “Sesame Street” in which Grover counts his way to the top of 39 stairs.) Perhaps this is because Hitchcock’s films have burrowed so deeply into the popular consciousness. Cinematic tropes that he pioneered have since become so clichéd that his films — seen for the first time by a modern audience — seem almost to parody themselves.

With Patrick Barlow’s adaptation, there’s no “almost” about it. Barlow’s “39 Steps” is a flat-out, no-holds-barred spoof. But the genius of the piece lies in its unabashed theatricality. Most of the gags — with the exception of some clever references to other Hitchcock classics such as “North by Northwest” and “Strangers on a Train” — are less about Hitchcock’s film than they are about the sheer lunacy of presenting a fast-paced espionage thriller on a nearly bare stage with only four actors.

Kelley has assembled an exceptional cast, led by Mark Anderson Phillips as Richard Hannay, a man capable of foiling an international spy ring with a combination of wits, pluck and a tobacco pipe concealed in his jacket pocket. Phillips is appropriately square-jawed and steely-eyed, and he maintains the believability of Hannay’s perilous journey no matter how much zaniness may surround it.

Playing multiple female roles is Rebecca Dines, an actress with great comic chops and a flair for the ’30s noir style. She appears first as the sultry Annabella Schmidt, a spy of eastern European descent who follows Hannay home from the theater and ends up dead in his living room, a knife in her back and a map of Scotland clutched in her hand. Later, she is Pamela, the classic headstrong Hitchcock blonde. Handcuffed to Hannay as he tries to elude trained killers and outsmart enemy agents, she is the perfect romantic foil.

The cast is rounded out by Cassidy Brown and Dan Hiatt, who play all of the story’s remaining characters. These include a milkman, a taito circle crofter, a pair of ancient political boosters, a Scottish hotelier and his wife, any number of policemen (both genuine and counterfeit), and the mysterious Professor Jordan.

Much of the show’s humor derives from the duo’s breakneck character changes, as each does a succession of hats, wigs, beards, coats, frocks and accents with dizzying speed. The play’s most memorable bravura moment comes in Act I, when Brown and Hiatt play two constables, two newsboys and a pair of underwear salesmen — all simultaneously, mind you — in a whirlwind of costume swaps, tricky stage choreography and nonstop jaber.

But as brilliant as the performances are, the actors could neither sustain the humor nor create the necessary illusions (of speed, height, inclement weather, etc.) without some equally brilliant work from the show’s designers and technical crew. Joe Ragey’s set is a defunct vaudeville-era theater, in which steamer trunks become a train, a rolling costume rack becomes a full regimental bagpipe band, and a bit of stage fog stands in for a trackless moor.

Costumer B. Modern has pared down the essence of each character to a bare minimum, allowing the actors to switch roles at (literally) the drop of a hat. Lighting designer Steven B. Mannishardt and sound designer Christopher Graham also make invaluable contributions, as sound effects, shifting lights and even shadow puppets do their part to bring this story to the stage.

You don’t need to be a Hitchcock fan to appreciate TheatreWorks’ production of “The 39 Steps.” Anyone with a love of theater and an appreciation for the absurd cannot help but enjoy the crackermack performances and unfettered theatricality of this ingenious spoof.

What: “The 39 Steps,” a play presented by TheatreWorks
Where: Mountain View Center for the Performing Arts, 500 Castro St.
When: Through Feb. 13, with shows Tuesdays and Wednesdays at 7:30 p.m., Thursdays and Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m., and Sundays at 2 p.m. and 7 p.m.
Cost: Tickets are $24-$79, with discounts for students and seniors.
Info: Go to theatreworks.org or call 650-463-1960.
Two Children’s Concerts with Nancy Cassidy

The Palo Alto Woman’s Club presents Nancy Cassidy in Concert
10:30 a.m. and 1:00 p.m.
Saturday, February 5th
Woman’s Club of Palo Alto
475 Homer Avenue
Downtown Palo Alto

Proceeds will benefit local charities through the Philanthropy Committee of the Woman’s Club

Tickets are $10 per person and sold in advance
To order tickets please send a check to Diana Wahler
P.O. Box 1059, Palo Alto, CA 94302 by Feb. 2
Tickets will be held at Will Call the day of the concert
Call 659-855-9700 for more information

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Arts & Entertainment

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More theater online

Dragon Productions also recently opened Steven Dietz’s play “Private Eyes” in Palo Alto. To read Jeanie K. Smith’s review, which is expected to run in print in the Weekly next week, go to PaloAltoOnline.com and click on “Palo Alto Weekly” and then the Jan. 28 issue.

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Bluithful ★★★½
(Palo Alto Square) You know the old joke. Someone has hit what feels like the bottom and asks, “How could things possibly be any worse?” Cue the driving rain. That’s about how it goes in “Bluithful,” the new film by Mexican director Alejandro González Iñárritu, but don’t expect to laugh.

Iñárritu’s latest film ostensibly sets aside the “we’re all connected” narratives of “Amores Perros,” “21 Grams” and “Babel” in favor of a focused character study, but it’s still got that Iñárritu stamp: His bleak films convey a sort of tragedy hunt for hope, grace notes amid gravity. And they don’t get much better than Bardem’s Superior “The Messenger.”

Certainly this is a meal we’ve seen before — with spare parts — but Bardem’s performance as a man who’s as unhappy as this film will make you is stunning. He gives an unimpeachably searing performance, while his father’s slaying. Together the hero, who at least will find some peace in the end of misery. Audiences may feel the same way after the first 10 minutes of this 148-minute drama. Screenwriters Iñárritu, Armando Bo and Nicolás Giacobone offer no whiff of comic relief, and there’s not much fresh air in Rodrigo Prieto’s perfectly sickly photography or the music of two-time Oscar-winning composer Gustavo Santaolalla. Though technically impeccable, “Bluithful” improbably turns Barcelona into a previously unknown circle of hell.

Most damagingly, “Bluithful” doesn’t seem to have much to say about all this sadness, except that death, like love, makes them want to be better people. Certainly this is a meal we’ve swallowed before, and Iñárritu’s observations don’t bring much to the table. So why (oh why) would anyone want to take this two-and-a-half-hour tour of torment?

The sole compelling reason for non-masochists is to revel in the fine acting of Bardem, who gives an unimpeachably searing performance as a man who’s as unhappy as this film will make audiences. (But they may prefer to rent Bardem’s superior “The Sea Inside.”) Beyond that, I can only say that bluithful is in the eye of the beholder.

Rated R for disturbing images, language, some sexual content, nudity and drug use. Two hours, 28 minutes.

— Peter Canavese

Barney’s Version

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Palo Alto Weekly • January 28, 2011 • Page 37
(continued from previous page) seeing the chiseled actor knock people senseless (and many will appreciate seeing his several shirtless scenes), but Foster is the one really worth watching.

This “Mechanic” could have been fixed with a few minor tweaks. Instead, it stalls.

Rated R for strong brutal vio-

— Tyler Hanley

Page 38 • January 28, 2011 • Palo Alto Weekly
Eating Out

RESTAURANT REVIEW

Grilled salmon wrapped in grape leaves is dressed with raisins and pine nuts, then served on a bed of pearl couscous.

Room for improvement

Stellar wine cellar, chic ambiance, but Lavanda needs some tightening up

by Dale F. Bentson

Sometimes that first date is magical. You think a long-term relationship could develop. The object of attention, though, is merely a mirage, reflecting your own dreams and not reality. On subsequent dates, you notice the little things: the stained shirt, the not-quite-fresh breath, the scuffed shoes. You decide to remain just friends.

My relationship with Lavanda in downtown Palo Alto went something like that. I looked forward to reviewing the restaurant that opened in 2002 and has received many wine and food accolades, including winning Wine Spectator magazine’s “Best of Award of Excellence” for five consecutive years. Bruce Schmidt and Luca Dvornik manage the operations.

However, while I found the decor chic and appealing, the wine list terrific, the wait staff first-rate and the Mediterranean-themed menu interesting enough, the food had its ups and downs. There were also bothersome issues that left me wondering.

Besides the regular menu, there was a loose-leaf page of Specialties from Croatia. I thought it was a monthly “foods of the wine world” program Lavanda was running. Turns out it isn’t. Dvornik hails from Croatia and his native cuisine is very much Mediterranean. The additional page was meant as a permanent addition to Lavanda’s oeuvre. I wasn’t aware of that until interviewing Schmidt just before going to press.

My first date at Lavanda was for lunch. I ordered the fried Laughing Bird shrimp po’boy with remoulade sauce, romaine and pickled onions ($12). It was one of the best sandwiches I’ve ever eaten. The soft but crusty bread, from Panoramic Baking Company in San Francisco, made the sandwich excel. The shrimp was delightfully spicy, the sauce just right. But the accompanying fries were limp and unappealing.

On a subsequent dinner date, we were shown to a back table despite the restaurant being nearly empty at an early dinner hour. I faced the wall so my companion could have a view.

I didn’t mind so much sitting at a back table, but to the left of the wall was the passageway to the restrooms, and a small space where the staff hung their coats and the restaurant stored extra chairs. There was a curtain that could have been drawn that would have lessened the visual distress, but alas, I felt I was eating in the storeroom.

The menu offered about a dozen and a half hot and cold small plates, all amazingly priced at $5, a great value. The bruschetta with avocado, olive oil and sea salt was perfectly grilled bread — a successful derivation of the classic tomato-based bruschetta.

Other small plates included grilled sardines, charred squid, fried okra chips that were finger-lickin’ tasty, a Croatian pepper-and-eggplant relish and roasted-lamb spare ribs in lemon au jus that were a tad too fatty for my taste. The farinata, or chickpea pancake, with tapenade was delicious.

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Moving to bigger plates, the grilled salmon wrapped in grape leaves ($24) was mouthwatering with raisins and pine nuts over a bed of couscous and grilled vegetables. It was an enticing plate with harmonious flavors, textures and aromas. The raisins added an unexpected sweetness to the slightly briny fish.

My favorite dish was the roasted marinated half chicken ($23) with nearly caramelized onions, a wisp of garlic, diced roasted potatoes, lemon and olive oil. The succulent, meaty chicken had crispy skin and was rich and juicy inside. It was halved again for easy knife-and-fork manipulation.

(continued on next page)
It Happened in Palo Alto

In 1890, what would later be Palo Alto was a whistle stop on the train line from San Francisco to San Jose. That year Mrs. Anna Probst Zschokke, a widow born in Bavaria, arrived with her daughter Irma, 4, and sons Arthur, 12, and Theodore, 15.

The children were of school age, but the closest school was in Mayfield, roughly today’s College Terrace area. That being about two miles from the area where Mrs. Zschokke settled, she began a drive for a new school. In 1893 volunteers erected Palo Alto’s first school, on Bryant Street near University Avenue, in just three days. It was necessarily a simple structure, two rooms separated by a partition with a common wood stove for heating. Its inadequacy was soon evident, and in 1893 Palo Altans passed a $15,000 bond issue for a combination primary – high school, at Channing Avenue and Webster Street. Primary pupils occupied the lower floor, high school pupils the upper.

That building being also obviously inadequate, Mrs. Zschokke proposed to finance construction of a new school, along the lines of a house, and move her family into it once the district built a permanent school. Friends tried to talk her out of it for financial reasons, but Mrs. Zschokke’s deceased husband having come from an old family in Switzerland for which an emergency fund had been established centuries earlier, she was able to draw on the fund; an ancient Swiss tradition established family in Switzerland for which an emergency fund had been established centuries earlier.

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Zschokke’s action proved prescient, as Palo Alto did not construct a new high school, its first school. The school, on Forest Street, opened in 1897. Mrs. Zschokke’s deceased husband having come from an old family in Switzerland for which an emergency fund had been established centuries earlier, she was able to draw on the fund; an ancient Swiss tradition established family in Switzerland for which an emergency fund had been established centuries earlier.

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PERSONAL TRAINER

The mission of Kamp Fitness is to inspire, educate and motivate people in health and fitness. Creator, DeAnn Teixeira believes physical wellness is connected to mental, emotional and nutritional health. Kamp Fitness programs assist individuals and groups in goals of weight-loss, increased strength/flexibility, better health and overall wellness. Join DeAnn for a big calorie-burning workout at Boot Camp. Build your muscle and metabolism with weekly TRX Strength and Core fitness classes. Lose weight with the lifestyle changes of The Shape-Up Challenge. Get individual attention with fitness and nutrition via personal training.

DeAnn has been a personal trainer for over 12 years. She has her BS degree in Sports Nutrition, is a wellness coach, an Ambassador for Lululemon and has been featured on View From The Bay. DeAnn has guided hundreds of people to lose hundreds of pounds, and feel great.

Visit www.kampfitness.net for more information.

Sally Jones

A life-long resident of the Mid-Peninsula, Sally brings to each real estate transaction a wealth of skill, education, and in-depth knowledge of the local marketplace. Her background includes management experience for local real estate companies. Now directing her energies exclusively on sales, Sally continues to service clients with the expertise she has demonstrated in over 30 years as a top-producing agent. Sally’s diligence and energy bespeak her skills as an exceptional negotiator and strategist. Her client’s best interest always comes first, which is reflected in her high percentage of referrals from past-satisfied clients. “I treat each listing and sale as if it were my own personal transaction.”

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Patty Choate-Ciletti

Patty Choate-Ciletti, Director of Nursing at Los Altos Sub-Acute and Rehabilitation Center, was recently awarded Chair of Nurse Council Statewide-California 2011 by the California Association of Health Facilities.

She is the current secretary of the Santa Clara Chapter of Long Term Nursing Council.

Patty has been a licensed nurse since 1988. As the Director of Nurses, she has a long list of responsibilities not the least of which is clinical oversight of resident’s care. She ensures every resident receives the best in quality care, whether she/he is only at Los Altos Sub-Acute for short-term rehabilitation or nursing care or she/he is a permanent resident.

Thanks to Patty and her staff, Los Altos Sub-Acute and Rehabilitation Center is able to care for medically complex residents and achieve positive outcomes. In 2010 Los Altos Sub-Acute was able to discharge 60% of its admissions to home or a lower level of care—over 500 residents.

Patty has also been awarded the Clinical Excellence Award for her outstanding service by the facility’s parent company, Covenant Care. Kudos to Patty!
Yum Yum Tree

Located in the heart of charming Downtown Los Altos, the Yum Yum Tree is sure to satisfy the most discriminating shopper. Their team of fashion experts is at your disposal to help you carefully select body-flattering clothing that you can mix and match with confidence.

A hallmark of the store is to help you create an effortless style that defines your individuality. Women know that they can get anything from a complete season’s wardrobe to that “special piece” that will pull an outfit together.

Moving to Los Altos three years ago from Town & Country in Sunnyvale gave the shop the opportunity to create a new interior, one which creates a warm and inviting space where friends can meet and shop.

Yum Yum Tree has a constant flow of intriguing new merchandise, which draws old and new customers. The sales staff pride themselves on being the masters of personalized service… and love to make shopping fun.

Chris Kendall
Yum Yum Tree
165 Main Street, Los Altos
650.917.8900

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In 2010 Hair International celebrated 20 years at Stanford Shopping Center! Before 1990 practically all the salons in town charged very high prices. I believed Palo Altans know what a real value is: providing a better haircut, better style, better color and doing it for 40% less than Downtown. Complete with a multi-cultural, multi-talented staff, I figured that a comfortable, casual environment might be more fun, especially if you didn’t have to wait very long for a great stylist. We’ve seen our customers at 6:00 a.m. wearing their PJs for emergency blow-dries! That’s how it is, and it’s been fun for 20 years!

I took my training at Paul Mitchell’s in New York and Vidal Sassoon in Westwood, Calif. In 2001, I was ranked #6 in the USA as a “competitive stylist”. The salon also wins awards, most recently, Best of City Search (in 9 different categories!) and Best of Palo Alto Weekly (2007, 2008, 2009, 2010).

It’s all great, but secretly I wake up every morning wondering if someday I’m going to have to find a real job. It’s just so much fun:

Pam Decharo, Owner
Hair International
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www.hairintl.com

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Massage Therapy Center offers outstanding bodywork with benefits that truly last. We are proud to be one of the only Centers in town that specializes in therapeutic massage – no hot stones, no seaweed wraps, no cucumbers on the eyelids. Instead, at MTC, you receive simply excellent therapeutic massage. Experience how long-term benefits of massage enhance all areas of your life, including your career and relationships. Improving your health and well-being is our life’s work and passion.

Take great care of your body.
It’s the only place you have to live in.’

Massage Therapy Center’s approach to massage is exceptional. We combine extraordinary skill and therapeutic presence with genuine care. Our extensive healing modalities are tailored to support your particular needs. For over 30 years, we’ve delivered the best therapeutic bodywork in the Bay Area.

Lucia Miracchi, owner since 1981, personally selects each individual therapist at Massage Therapy Center. Also director/owner of Body Therapy Center School of Massage for 25 years, Lucia’s discernment, developed through an extensive background as a practitioner and teacher of bodywork, means that the therapists at Massage Therapy Center are the very best in the area.

Owner Lucia Miracchi and Manager Karen Buehler

Massage Therapy Center
368 California Avenue, Palo Alto
(650) 328-9400
www.massagetherapy Palo Alto.com
Dr. Joanne Hu

As a Doctor of Optometry, Dr. Hu is committed to her patients and community. She graduated from the School of Optometry at Indiana University. After more than 12 years of clinical practice, she has opened her own optometric boutique in Midtown Palo Alto, Uber Eyes Optometry. Dr. Hu is a licensed optometrist with a Therapeutic Pharmaceutical Agents (TPA) certification for the diagnosis and management of ocular diseases. She is one of the first few optometrists in the State of California to be certified to treat glaucoma. She is a member of the California Board of Optometry and also certified by the National Board of Optometry.

Not only is Dr. Hu dedicated to providing excellent care to her patients, she has served as a clinical examiner for the National Board of Examiners of Optometry and continues to volunteer at local school vision screenings.

Dr. Joanne Hu
Uber Eyes Optometry
2750 Middlefield Road, Midtown Palo Alto
(650) 321-3382
www.ubereyes.com

As a local resident and Real Estate professional of 34 years, Sue Crawford’s industry experience allows her to facilitate to her client’s needs, rather than just sell homes. She works tirelessly to seamlessly move a transaction from start to finish by maximizing a home’s exposure to its target audience or finding an ideal property for a buyer. It is through her excellent organizational, interpersonal, and negotiating skills that she is successful as an agent and through her patience, kindness, and determined attitude that her clients remain loyal or refer her to their family and friends.

Sue Crawford, Realtor
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(650) 566-5341 | (650) 289-0213
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Landscape Artist

What is a landscape artist? In Jody Horst, it is a person who combines her Masters Degree in Fine Arts, minors in botany and biology and a practical knowledge of Bay Area microclimates.

The results? Garden landscapes that are artistically beautiful, easy to maintain, and seasonally balanced to provide an artistic show throughout the year.

For over 25 years, Jody has designed with a woman’s touch, listening to your ideas and visualizing the details with you. She designed and installed landscaping for Deborah’s Palm Women’s Resource Center in Palo Alto. Seeing it will make you a believer in Jody’s talent.

Jody Horst
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(650) 856-9648
(650) 856-3584 fax

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Improved hearing dramatically enhances the quality of life for people of all ages with hearing loss.

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Our diagnostic hearing evaluation involves up to 10 individual tests. Services include precise hearing aid fittings, programming and adjustments; cleanings and repairs; ear wax removal; custom sound and swim earplugs. People love our frequent workshops and seminars. As one client said, “It’s clear that their main reason for becoming audiologists was to help patients.”

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Menlo Park, CA 94025
(650) 854-1980

Los Altos Office
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Los Altos, CA 94022
(650) 941-0664
www.pacifichearingservice.com

Dr. Debbie Clark, Dr. Jane Baxter, and Dr. Peg List
Board certified doctors of audiology
**Good Places to Eat Around Town...**

**AMERICAN**

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Phone</th>
<th>Address</th>
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<tbody>
<tr>
<td>Armadillo Willy's</td>
<td>941-2922</td>
<td>1031 N. San Antonio Rd., Los Altos</td>
<td>$5.00-13.00</td>
</tr>
<tr>
<td>Hobee's</td>
<td>856-6124</td>
<td>4224 El Camino Real, Palo Alto</td>
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<tr>
<td></td>
<td></td>
<td>Also at Town &amp; Country Village, Palo Alto</td>
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**CHINESE**

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<th>Restaurant</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Peking Duck</td>
<td>321-9388</td>
<td>151 S. California Avenue, Palo Alto</td>
<td>We also deliver.</td>
</tr>
<tr>
<td>Su Hong - Menlo Park</td>
<td>323-6852</td>
<td></td>
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<tr>
<td>Janta Indian Restaurant</td>
<td>682-9037</td>
<td>369 Lytton Ave., Downtown Palo Alto</td>
<td>Lunch Buffet M-F, Open 7 days</td>
</tr>
<tr>
<td>Siam Orchid</td>
<td>325-1994</td>
<td>496 Hamilton Ave., Palo Alto</td>
<td>Organic Thai</td>
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**INDIAN**

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<th>Restaurant</th>
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<tbody>
<tr>
<td>Darbar Indian Cuisine</td>
<td>321-6688</td>
<td>129 Lytton, Downtown Palo Alto</td>
<td>Lunch Buffet M-F, Open 7 days</td>
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<tr>
<td>Janta Indian Restaurant</td>
<td>682-9037</td>
<td>369 Lytton Ave., Downtown Palo Alto</td>
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**ITALIAN**

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<th>Restaurant</th>
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<tbody>
<tr>
<td>Spalti Ristorante</td>
<td>327-9390</td>
<td>417 California Ave., Palo Alto</td>
<td>Exquisite Food • Outdoor Dining <a href="http://www.spalti.com">www.spalti.com</a></td>
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**JAPANESE & SUSHI**

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<th>Restaurant</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Fuki Sushi</td>
<td>494-9383</td>
<td>4119 El Camino Real, Palo Alto</td>
<td>Open 7 days a Week</td>
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**MEXICAN**

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<tr>
<th>Restaurant</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Palo Alto Sol</td>
<td>328-8840</td>
<td>408 California Ave., Palo Alto</td>
<td>Huge menu • Homestyle Recipes</td>
</tr>
</tbody>
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**PIZZA**

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<tr>
<th>Restaurant</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Pizza Chicago</td>
<td>424-9400</td>
<td>4115 El Camino Real, Palo Alto</td>
<td>This is the best pizza in town</td>
</tr>
<tr>
<td>Spot A Pizza</td>
<td>324-3131</td>
<td>115 Hamilton Ave, Palo Alto</td>
<td>Voted Best Pizza in Palo Alto <a href="http://www.spotapizza.com">www.spotapizza.com</a></td>
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**POLYNESIAN**

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<th>Restaurant</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Trader Vic's</td>
<td>849-9600</td>
<td>4269 El Camino Real, Palo Alto</td>
<td>Dinner Mon-Thurs 5-10pm; Fri-Sat 5-11pm; Sun 4:30 - 9:30pm Available for private luncheons Lounge open nightly Happy Hour Mon-Fri 4-6 pm</td>
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**SEAFOOD**

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<th>Restaurant</th>
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<tbody>
<tr>
<td>Cook's Seafood</td>
<td>325-0604</td>
<td>751 El Camino Real, Menlo Park</td>
<td>Seafood Dinners from $6.95 to $10.95</td>
</tr>
<tr>
<td>Scott's Seafood</td>
<td>323-1555</td>
<td>#1 Town &amp; Country Village, Palo Alto</td>
<td>Open 7 days a week serving breakfast, lunch and dinner Happy Hour 7 days a week 4-7 pm Full Bar, Banquets, Outdoor Seating <a href="http://www.scottssseafoodpa.com">www.scottssseafoodpa.com</a></td>
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**THAI**

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<th>Restaurant</th>
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<tbody>
<tr>
<td>Thaiphoon Restaurant</td>
<td>323-7700</td>
<td>543 Emerson St., Palo Alto</td>
<td>Best Thai Restaurant in Palo Alto 5 Years in a Row, 2006-2010</td>
</tr>
<tr>
<td>Siam Orchid</td>
<td>325-1994</td>
<td>496 Hamilton Ave., Palo Alto</td>
<td>Organic Thai</td>
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**STEAKHOUSE**

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<th>Restaurant</th>
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<tbody>
<tr>
<td>Sundance the Steakhouse</td>
<td>321-6718</td>
<td>1921 El Camino Real, Palo Alto</td>
<td>Lunch: Mon-Fri 11:30 am-2:00pm Dinner: Mon-Thu 5:00-10:00pm Fri-Sat 5:00-10:30pm, Sun 5:00-9:00pm <a href="http://www.sundancethesteakhouse.com">www.sundancethesteakhouse.com</a></td>
</tr>
</tbody>
</table>

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**Siam Orchid** is an organic fine dining Thai restaurant offering modern Thai fusion. We provide dine-in, private parties, pickup, delivery and catering.

496 Hamilton Ave.
Palo Alto, CA 94301
Phone: 650.325.1994
Fax: 650.325.1991

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Search a complete listing of local restaurant reviews by location or type of food on PaloAltoOnline.com

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Page 44 - January 28, 2011 - Palo Alto Weekly
At Club Day her freshman year, Palo Alto High School student Julia Lee enthusiastically signed up for longboarding. Or so she thought. She never heard back from the long-skateboard group, but she soon began receiving e-mails from the Debate Team. She decided to "just go with it."

From that random beginning, Lee, now a sophomore, has become what her coach describes as a "really good, committed" debater, pushing the boundaries of traditional debate forms.

Lee is one of 87 students on the fast-growing Paly Debate Team, which meets for two intensive evenings a week to prepare "cases" to go head to head with debaters from other schools.

On weekends, team members often can be found "dressed for success" and flying around the country to match wits with counterparts as far flung as the Bronx High School of Science or Alta, Utah.

"It used to be really hard for me to speak in front of people," said Lee, whose first language is Korean. "I was really self-conscious about my accent. I didn't know what to say; words wouldn't come into my head."

"But practicing made me better, and now I'm not afraid to go in front of people and talk to them."

"We have a lot of people who joined to get over their shyness and it really helps you with that," Paly debater Esha Datta, a sophomore, said of the program, coached by Jennie Savage.

"I don't know a debater now who's scared of getting in front of a classroom and talking about anything," Datta said.

Across town at Gunn High School, about 50 students participate in a similarly engaging—but far different—kind of debate program.

"We do what's called 'slow debate' or 'league debate,'" Gunn debate coach Hoon Ko explained. Ko said Gunn's thriving Model United Nations Club "actually is more reflective of the overall passion at Gunn for debate."

"We're very much tied to the educational goals of being able to speak to the average person, to have a variety of different skills to explain to somebody who doesn't know any thing about the subject."

To the uninitiated, the numerous categories of speech and debate can be confusing.

Some categories, such as "impromptu speaking," seem self-explanatory. At a recent Paly practice, students were given three random words — "garbage," "stoplight" and "burrito" — and had two minutes to choose one and prepare a five-minute speech about it.

Other categories demand more specific knowledge and experience. Paly debaters on the technical end engage in a practice known as "spreading" — speaking at an incomprehensible rate of 380 words per minute to get arguments on the record in the allowable time frame. Only trained judges can understand the high-speed blur.

Like Paly coach Savage, Gunn's Ko fell in love with debate during high school. As years went by, he found himself applying the skills...
he’d learned to a variety of life situations.

Now a software consultant with a Palo Alto tech company, he’s coached debate on the side for 18 years, the last five at Gunn. He also coaches debaters at Sacred Heart Prep.

“In almost every job posting these days seeking a leader, a manager, a director, one of the most important things stressed is effective communication skills,” Ko said, speaking of the knowledge he tries to impart to students.

“They’re looking for the ability to explain something concisely — the ability to review large amounts of information and focus on the relevant, to be able to say something in 45 seconds that gets to the heart of an issue.”

Savage, a former Capitol Hill legislative director and now parent of a Palo Alto elementary school student, is equally passionate about the value of debate. In her six years of coaching at Paly, the team has blossomed.

At Palo Alto High School (from left), Steven Hu, debate coach Jennie Savage, Josh Arfin and Ethan Cohen practice a policy debate.

The nearly 150 students on the Gunn and Paly debate teams are a varied crew.

“I have introverts, extroverts, nerds, jocks, lacrosse players, football players, people who star in the band, the vice president of the student body — everybody from all sorts of circles,” Savage said.

“We have a lot of people who joined to get over their shyness and it really helps you with that.”

— Esha Datta, Paly sophomore debater

“The one thing they’ve got in common is insatiable intellectual curiosity. That’s the only common thread.”

Gunn sophomore Negin Behzadi-an was a recent arrival from Iran when she stumbled into debate last year.

“I was just that kind of lonely person over there, not confident of myself, new to the whole American educational system,” said Behzadian, who speaks multiple languages. One of her friends needed a debate partner and she agreed to join.

She is now a seasoned debater in the style known as “Parli,” for Parliamentary, in which students are given a topic — and just 20 minutes to prepare their cases.

“It’s really enjoyable to find out what other people are thinking, get to know a lot about what’s going and simply get confidence.”

Like many debaters, Paly senior Lucas Chan was drawn to debate because he loves a good argument.

“I’ve always been told that I’m argumentative, good and bad, so I joined the debate team with the thought of becoming a lawyer,” he said.

“Debate is probably the best decision I’ve ever made in high school — it’s just really, really interesting.”

A specialist in the debate form called Lincoln-Douglas, in which topics supplied by the National Forensic League change every two months, Chan said a debater must prepare for “every nuance of a topic that’s possible. ... I have to be prepared to negate the topic, affirm the topic and anything in between,” he said.

Computers and the Internet have drastically changed debating, once dominated by stacks of 3-by-5 cards with meticulous notes culled from hours in a library or reading reference books.

When assigned a topic, say the “morality and efficacy of economic sanctions,” Chan said he first turns to Wikipedia.

“It took more than a year to get a diagnosis. When I went to Stanford’s Dermatology Clinic, I finally found a dermatologist who truly listened to what I said—and then actually DID something about it. — Cindy W., Stanford patient

Stanford Dermatology Center offers a full range of medical and surgical dermatology services in a patient friendly environment. Whether you’re suffering from a common condition or a difficult-to-manage disease, Stanford Dermatology’s team has broad experience in treating all skin conditions—from the common to the complex.

NEW EXTENDED HOURS
Mon–Fri: 8:00am – 4:30pm

Make an appointment, call 650.723.6316 or visit: stanfordhospital.org/dermatology

450 Broadway Street, Redwood City, CA 94063

We have a lot of people who joined to get over their shyness and it really helps you with that.'
poor countries’ — every verb that can be combined with a noun that might be relevant, you ‘Wiki’ it,” Chan said.

“Even though they claim (Wikipedia) is inaccurate, those claims are unfounded because it has strong community standards.”

Chan and other debaters also get access to briefs and analyses written by educators at other schools, who produce and circulate those documents whenever a new topic comes out.

After Wikipedia, Chan said, “Google Scholar is quite possibly the best friend in the world.” Many other online scholarly sources, such as LexisNexis and JSTOR, also are well-used by debaters.

‘The one thing they’ve got in common is insatiable intellectual curiosity. That’s the only common thread.’
— Jennie Savage, Paly Debate Team coach

There’s a growing tendency in debate to share information resources, Paly’s Savage said. In certain competitions sharing is mandatory.

Gunn debaters also share what they affectionately refer to as “the tubs” — two plastic boxes full of files sorted under topics such as Middle East, Africa, East Asia and American government.

Following the research phase — for which Chan said the “accepted standard” is reading 600 to 1,000 pages on a topic before the first tournament — debaters “write blocks,” both affirming and negating the assigned resolution, and anticipating possible arguments of opponents.

Although topics are assigned from above in Chan’s chosen specialty of “Lincoln-Douglas” debate, Chan says the arguments can take off in any number of directions.

“Debate gives you the freedom to pursue whatever interests you,” he said.

“The format means there are only a couple of rigid guidelines you have to follow — a time limit, and a judge that determines who won. Other than those two rules, there’s really no governing consensus over what you can and can’t do in a round.”

Paly’s Debate Team, which two years ago produced California’s state champion in the Lincoln-Douglas category, occasionally breaks the rules altogether.

Impatient with perceived sexism on the national debate circuit, one award-winning male Paly debater last year donned a dress and jettisoned the assigned topic to deliver a public critique of debate culture.

That symbolic act, by 2009 California State Lincoln-Douglas De-
Palo Alto Unified School District
25 Churchill Avenue, Palo Alto, CA 94306

January 28, 2011

REQUEST FOR QUALIFICATIONS

MULTIPLE NEW CONSTRUCTION PROJECTS
Palo Alto and Gunn High Schools

The Palo Alto Unified School District is inviting qualification information from Contractors to provide General Construction Services for three upcoming construction projects.


PQ 11-03 Palo Alto High School New Classroom & Media Arts: Construction of a new Classroom building and a new Media Arts building. Construction estimate is $23.3 mil.

There will be a MANDATORY pre-qualification conference on Tuesday, February 15, 2011, at 9:00 a.m. at 25 Churchill Avenue, Building “D” Palo Alto, California 94306. The three prequalification packages and projects will be discussed.

All responses to this RFQ must be received no later than 2:30 P.M. Tuesday, March 1st. Interested Firms shall submit their Qualifications as described within the prequalification package:

Palo Alto Unified School District
Facilities Department
25 Churchill Avenue, Building “D”
Palo Alto, CA 94306
Attn: Alex Morrison

Questions regarding these three Requests for Qualifications (“RFQs”) may be directed via fax to Alex Morrison at 650-327-3588.

These are not requests for bids or offers by the District to contract with any party responding to these RFQs. The District reserves the right to reject any and all responses. All materials submitted to the District in response to this RFQ shall remain property of the District and may be considered a part of public record.

Cover Story

Paly students offer summer ‘debate camp’ for kids

Week-long August program aimed at younger students

Five dozen Palo Alto students will attend a summer camp next August where the competition isn’t in archery or ball games but in speaking publicly and matching wits in debate contests.

Their teachers/coaches will be older students at Palo Alto High School. For sixth- through 10th-grade students new to speech and debate, the Paly Debate Team offers a week-long summer “speech and debate camp.”

The camp runs this summer from Aug. 8 through Aug. 12, with a focus on public speaking in the morning and on debate in the afternoon. The cost for one session (morning or afternoon) is $295. For both sessions, the cost is $495. Non-residents of Palo Alto will have to pay a $25 supplemental-insurance fee because of city regulations.

“While we plan the curriculum and daily programs so that each day would be fruitful to our students, there are substantial goals for each of them at the end of the camp,” said Paly sophomore Julia Lee, a camp organizer.

“The speech students will prepare a speech and present it to their peer-and-parent audience, and the debate students will engage in actual debate rounds with each other,” Lee said.

The camp is in its seventh year. Last year, with a capacity of 60 students, it was sold out.

For more information, contact palyspeechanddebate@gmail.com, or call Paly student Esha Datta, a member of the management team, at 650-868-3497.

— Chris Kenrick
Without debate I would’ve missed out on the really different perspectives everyone has. Palo Alto’s a great place, but it’s not representative of the entire U.S. It’s really strong bond among you because you just really love this activity.” If you’re “lucky” in debate. “You get to meet students from across the nation who are your peers, to establish a social network of people genuinely interested in the same things you’re interested in.” Palo senior Lucas Chan said. “You can ask them for help at any time, talk about any argument.” He said he’s made debate friends from Florida, Texas, Washington, D.C., and New York. “Without debate I would’ve missed out on the really different perspectives everyone has. Palo Alto’s a great place, but it’s not representative of the entirety of the United States.” Gunn Debate Club President Andrew Liu, who also edits the school’s political magazine, The Chariot, and is a standout in national science competitions, said he first took a speaking class in sixth grade to overcome a fear of public speaking.

“I gave a speech about an hourglass and fellow debaters not wasting time, using every second as precisely as you can. When I did that, speaking became fun for me,” Liu recalled.

“At first it was just the adrenaline speaking, getting in front of an audience and controlling the stage. And then I found out it was about more than just speaking, but also about learning things, knowing about current events, thinking logically and creatively.” Liu, who recently was named one of 300 semi-finalists nationwide in the Intel Science Talent Search for a bioinformatics project, said debate also helped him translate his science into stories people can understand.

“It helps me formulate a story of what I’m saying in my research and be able to communicate it not just to technical experts, but also to the public,” he said. 

Lucas Chan, Paly senior debater

For the non-jocks, “Debate lets you competitive, without a sport.” Paly sophomore Ana Carano notes. And then there’s the pure camaraderie.

“There’s this huge network of people — adults, high schoolers, middle schoolers alike that you become connected to,” Paly’s Datta said.

“We’re really strong bond among you because you just really love this activity.” If you’re “lucky” in debate. “You get to meet students from across the nation who are your peers, to establish a social network of people genuinely interested in the same things you’re interested in.” Palo senior Lucas Chan said. “You can ask them for help at any time, talk about any argument.” He said he’s made debate friends from Florida, Texas, Washington, D.C., and New York. “Without debate I would’ve missed out on the really different perspectives everyone has. Palo Alto’s a great place, but it’s not representative of the entirety of the United States.”

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“There’s this huge network of people — adults, high schoolers, middle schoolers alike that you become connected to,” Paly’s Datta said.
Art Galleries
Let The Sun Shine Viewpoints Gallery and 0 Gallery have joined to present sun-themed group shows. The artists are all local. Gallery 9 is located at 143 Main St. in Los Altos. See websites for hours. Free. Viewpoints Gallery, 315 State St., Los Altos. www.viewpointsgallery.com
Vodoun/Vodoun: Portraits of Initiants This exhibition presents photos by the Belgian photographer Jean Dominique Burton, who portrays Vodoun practitioners in Stenin and their sacred shrines. Through March 20, 11 a.m.-5 p.m. Free. Cantor Arts Center, 328 Lomita Drive, Stanford.

Classes/Workshops
A Festive Winter Dinner Celebrate the winter season and an early Valentine’s Day dinner with a participation-style cooking class with Lou Flanagan and Jack Drat. Jan. 30, 5-7:30 p.m. $45 member/$55 non-member. Gamble Garden, 1431 Waverley St., Palo Alto. Call 650-329-1356 ext. 201. www.gamble-garden.org
A Celebration of Women and Jewish Learning There will be a “Celebration of Women and Jewish Learning” Feb. 6. Keynote speaker Lori Palatinik, director of the Jewish Women’s Renaissance Project, will be featured and diverse workshops held. Sponsored by Jewish Study Network. 10 a.m.-2:15 p.m. $36 JCC members/$40 non-members. Palo Alto JCC, 3921 Fabian Way, Palo Alto. jcc.org

There will be a mandatory pre-bid conference and site visit:
WBS-4 & WBS-5 9:00 a.m. on February 17, 2011 starting at the District Facilities Office located at 25 Churchill Building D, Palo Alto, California
Bid Submission: Proposals must be received at the District Facilities Office building D by:
10:00 a.m. for WBS-4 on February 25th, 2011.
10:15 a.m. for WBS-5 on February 25th, 2011.

Prevailing Wage Laws: The successful Bidder must comply with all prevailing wage laws applicable to the Project, and related requirements contained in the Contract Documents.

PALO ALTO UNIFIED SCHOOL DISTRICT
Notice is hereby Given that proposals will be received by the Palo Alto Unified School District for bid package:
Contract Name: Interactive White Board & Classroom Audio System Contract No.: WBS-4 & WBS-5

DESCRIPTION OF THE WORK: The work includes, but is not limited to: The supply and installation of Interactive White Boards and Classroom Audio Systems at five elementary schools. Work includes the removal and disposal of older existing Interactive White Board, the removal and replacement of standard white boards, Installation/Modification of tack able wall surface. Patch and paint wall surfaces as may be necessary. Bidding documents contain the full description of the work.

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Prevailing Wage Laws: The successful Bidder must comply with all prevailing wage laws applicable to the Project, and related requirements contained in the Contract Documents.

Palo Alto Unified School District will maintain a Labor Compliance Program (LCP) for the duration of this project. In bidding this project, the contractor warrants he/she is aware and will follow the Public Works Chapter of the California Labor Code comprised of labor code sections 1720 – 1861. A copy of the Districts LCP is available for review at 25 Churchill Avenue, Building D, Palo Alto, CA 94306.

1. A pre-job conference shall be conducted with the contractor or subcontractors to discuss federal and state labor law requirements applicable to the contract.
2. Project contractors and subcontractors shall maintain and furnish to the District, at a designated time, a certified copy of each payroll with a statement of compliance signed under penalty of perjury.
3. The District shall review and, if appropriate, audit payroll records to verify compliance with the Public Works Chapter of the Labor Code.
4. The District shall withhold contract payments if payroll records are delinquent or inadequate.
5. The District shall withhold contract payments as described in the LCP, including applicable penalties when the District and Labor Commissioner establish that underpayment of other violations has occurred.

Bidders may examine Bidding Documents at Facilities Office, Building “D”. Bidders may view the Plans and Specifications at the Districts Facilities office.

All questions can be addressed to:
Palo Alto Unified School District
25 Churchill Avenue, Building D Palo Alto, CA 94306-1099
Attn: Ron Smith
Phone: (650) 329-3927
Fax: (650) 327-3588
Would you like to be a control in a study?  
Dr. Jose M. Montoya, Associate Professor of Medicine at Stanford, is conducting a study looking for patients that may be associated with Chronic Fatigue Syndrome. His team is looking for controls of the patients in the study. Participation in the study involves doing a 20-minute phone screening interview. 
If you are eligible, you will be invited to come for Stanford a 60-minute study visit, including a blood draw. 
There is no cost to participate in the study. 
You will be compensated with $100 upon completion of the study to reimburse you for your time and inconvenience. 
If you are interested in participating or have any questions, please contact the study coordinator, Jane Norris, at (650) 725-9126. For information about the patient rights contact: 1-866-890-2906.
Mindful maternity

LOCAL PSYCHIATRIST TACKLES TOUGH ISSUES FOR WOMEN

Dr. Barbara Almond has been treating women in her local psychiatry practice for decades.

by Karla Kane

“The Monster Within: The Hidden Side of Motherhood” by Barbara Almond; University of California Press; 265 pp

Her nearly 40 years of treating patients in her private psychiatry practice, Palo Alto psychotherapist Barbara Almond came to a realization.

“All my female patients, past and present, had been or were ... dealing with guilt or shame about the quality of their mothering or their avoidance of motherhood.”

Almond, a mother of three sons and professor emeritus at Stanford, decided to write her book, “The Monster Within: The Hidden Side of Motherhood,” to examine the guilt and shame many women, author included, have felt about their perceived mothering inadequacies, as well as what can happen when such feelings become dangerous in the extreme.

In “The Monster Within,” Almond probes the issue of maternal ambivalence (mixed feelings toward parenting, motherhood and one’s children) and suggests that problems stem not so much from the existence of ambivalence but rather from trying to pretend such feelings are abnormal or should not exist in “good” mothers.

“It is my purpose to explore and understand the spectrum of maternal ambivalent feelings, thoughts, and behaviors and where possible to see them for the normal, inevitable, and ubiquitous phenomena they are,” she states. Her secondary purpose is to encourage women to be able to discuss such feelings openly, such as in a therapy environment, safe from judgment.

As suggested in the title, she also argues that there is a connection between concepts of motherhood and monstrosity — be it in a pregnant woman’s fears of delivering a “monster” child or in cultural stereotypes of cruel, evil mothers.

“We expect everything from mothers, and excuse little,” Almond says. She discusses the incredible amount of pressure put on women to not only become mothers but to be perfect at it, causing many to feel inadequate. Some overcompensate, becoming “too good,” smothering or controlling. Some become the stereotypical “stage mother,” over-involved with their kids’ lives, while some shy away from motherhood altogether. In the worst cases, some take their inability to cope out on their children, such as Andrea Yates, who famously drowned all five of her young kids.

Much of Almond’s case studies comes from her own patients, their names changed to protect their identities. These women express their fears about pregnancy, birth and childrearing and, while their individual issues differ, they share a sense of dread that they won’t be able to be perfect, or even good enough mothers and are therefore unbearably flawed.

In her analysis, Almond often connects the women’s issues over motherhood with problems in their own childhood and relationships with their parents.

She writes from the perspective of a classic psychoanalyst and those skeptical of Freudian theory may find themselves rolling their eyes at such assertions that a patient’s “disruptions in her early relationship with her mother intensified her passionate Oedipal attachment to her father.” However she also writes with clear compassion and concern for her patients, which shines through her writing.

Many mothers, she says, fear giving birth or creating a monster child (a literal “monster within”), whether it be a physical “monster” (deformed or unhealthy in someway) or a child with monstrous behavior or a “bad” personality.

Some of her most interesting insights come from the sections on monster figures in literature and popular culture. Cases of maternal ambivalence turn up often in literature, Almond argues, including in such monster classics as “Frankenstein” and “Dracula.” She analyzes the life of “Frankenstein” author Mary Shelley, who grew up motherless.

Almond argues that Shelley’s issues over her mother’s death soon after childbirth and a complicated relationship with her father are reflected in her novel about a scientist creating a monstrous “child.”

Maternal ambivalence is dealt with in more modern tales too, such as “Rosemary’s Baby” (in which a mother unwittingly births the child of Satan) and “We Need to Talk About Kevin” (involving a mother’s inability to love her troubled and dangerous son).

While authors can tackle such issues in works of fiction, in real life, most mothers feel too ashamed to even discuss the resentment they sometimes feel toward their children or role as mothers.

“What we love we can also lose. What we lose causes us pain ... it is amazing how much of a taboo the negative side of ambivalence carries in our culture,” Almond says.

Her message, ultimately, is that women and society should not be ashamed of their ambivalent feelings but rather seek to understand, work through and accept them. If such feelings are recognized and women better supported, she argues, both mothers and children will benefit immensely.

Almond argues that to some degree negative feelings toward motherhood are not only universal but perfectly healthy, as they can promote creativity and necessary separation between mother and child. It is the attempts to marginalize such feelings as “forbidden” that have a negative impact on both mothers and their children, she says.

If the aforementioned Andrea Yates, for instance, had received adequate support and therapy, could her children have been saved their gruesome fate?

“The Monster Within” is recommended reading for any woman struggling with motherhood and feeling they are alone in their plight.

It’s recommended, too, for anyone who might be quick to judge a mother for being less than perfect.

Editorial assistant Karla Kane can be e-mailed at kkane@pawekly.com.

BookTalk

COMING TO STANFORD ... Martin Rossman will present his new book, “The Worry Solution,” (Feb. 3, 6 p.m.) at Stanford Bookstore, 519 Lasuen Mall, Stanford University campus. Rossman is the founder of The Healing Mind, the co-founder of the Academy for Guided Imagery, a clinical faculty member at the University of California San Francisco Medical School and an advisory board member of Dr. Andrew Weil’s Integrative Medicine Program at the University of Arizona. “The Worry Solution” discusses the neurological origins of worrying, its purpose and how to deal with anxiety. Information: 650-329-1217 or stanfordbookstore.com.

AUTHOR, AUTHOR ... Author events at Kepler’s Books in Menlo Park this month include Douglas Brinkley, “The Quiet World: Saving Alaska’s Wilderness Kingdom: 1879-1960” (Feb. 1, 7 p.m.); Patti Lee Hoffman, “In Great Company” (Feb. 3, 7 p.m.); Kelli Stanley, “The Curse-Maker: A Mystery” (Feb. 6, 2 p.m.); Sarah Blake, “The Postmistress” (Feb. 10, 7 p.m.) and Marie Lawson Fiala, “Letters from a Distant Shore” (Feb. 12, 3 p.m.). Information: www.keplers.com.

Items for BookTalk may be sent to Associate Editor Carol Blitzer, Palo Alto Weekly, P.O Box 1610, Palo Alto, CA 93202 or e-mailed to cblitzer@pawekly.com by the last Friday of the month.