

Palo
Alto

Vol. XLIII, Number 20 ■ February 19, 2021

Weekly

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for vaccines**

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Healthy *for* life

In new book, local surgeon
explores how to stay fit
without excessive exercise
or calorie counting

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At-risk residents teed up for vaccine

State directs health care providers to inject those with health risks starting March 15

by Sue Dremann

Beginning March 15, anyone ages 16 to 64 with a developmental disability, cancer or other conditions that would put them at risk of death and complications from COVID-19 will be eligible for the

vaccine, California Department of Public Health officials said during a press briefing on Feb. 12.

The department sent the directive to vaccinators and local health departments in a Feb. 12 memo

announcing the change, which will allow health care providers to “use their clinical judgment” to vaccinate certain people who are deemed to be at the “very highest risk” for severe illness and death.

People ages 16-64 with the following conditions will be eligible: current cancer, with a debilitated or immunocompromised state; chronic kidney disease, stage 4 or above; oxygen-dependent chronic

pulmonary disease; Down syndrome; immunocompromised state (weakened immune system) from a solid organ transplant; pregnancy; sickle cell disease; heart conditions such as heart failure, coronary artery disease or cardiomyopathies (but not hypertension); severe obesity (body mass index equal or greater than 40) and Type 2 diabetes mellitus with a hemoglobin A1c level

greater than 7.5%.

People with a developmental or another severe, high-risk disability are also eligible if one or more of the following applies: the person is likely to develop severe, life-threatening illness or death from COVID-19 infection; acquiring COVID-19 will limit the person’s ability to receive ongoing

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A new way to the bay

Installation of the final three segments of the steel bike and pedestrian bridge that will cross over U.S. Highway 101 was temporarily halted last week due to a permitting issue. The \$15.5 million overcrossing at Adobe Creek will replace the existing seasonal Benjamin Lefkowitz Underpass that has to close seasonally due to flooding. Construction on the long-awaited project began in late January 2020 and is anticipated to be completed by this summer.

Marshall Gauthier

ENVIRONMENT

City seeks new ways to fight climate change

Palo Alto leaders consider how to promote clean energy

by Gennady Sheyner

What will it take for Palo Alto to live up to its lofty goals on climate change?

That’s a question that the Utilities Department has been struggling to answer since 2016, when the City Council adopted a goal of reducing its greenhouse emissions by 80% from 1990 levels by 2030. It’s also one that the council will consider on Feb. 22, when it discusses the city’s Sustainability/Climate Action Plan and weighs new options for making progress after years of relative inertia.

The city is still finalizing an analysis of various measures to reach the “80x30” goal and their costs. But according to a presentation to the city’s Utilities Advisory Commission earlier this month, the effort would require widespread conversions of buildings, including single-family homes, from gas to electricity; overwhelming adoption of electric vehicles by local residents and employees; and a 40% reduction of emissions from major facilities.

It would require the Utilities Department to hire more employees, or contractors, to facilitate the electrification effort. It may also require the city to go to the voters between 2022 and 2024 for approval of broad new energy mandates or potentially contentious policies like carbon pricing.

In rolling out the plan, Utilities

(continued on page 10)

HOUSING

Teacher housing plan gains momentum

Proposed complex on Grant Avenue would include 110 apartments for teachers, school district employees

by Gennady Sheyner

As Santa Clara County advances its plan to build 110 apartments for teachers and school district employees near California Avenue in Palo Alto, it is facing the type of mixed reaction from the community that has become synonymous with residential developments in the city.

Proponents say the housing is badly needed and should be greatly encouraged, while critics say the proposed four-story complex is too massive for an area of town already undergoing substantial transformation.

But unlike other housing projects that have withered in the face of community opposition or City

Council skepticism, the proposal for 231 Grant Ave. appears to be on track toward approval. In part that’s because, even though the development exceeds some of the city’s standards, the council doesn’t have the authority to turn it down. And it’s also due to the fact that, despite some misgivings from the property’s neighbors,

council members signaled last week that they believe it is the right project for the right site at the right time.

The proposal is being championed by county Supervisor Joe Simitian and developed by the nonprofit groups Mercy Housing and Abode Communities. The county and the city are contributing \$6 million and \$3 million toward the project, respectively, while Facebook has offered a \$25 million grant.

Just about everyone who spoke at the Feb. 8 hearing on the project or who submitted a letter to the council agreed that providing housing for teachers is a laudable service that should be encouraged. The

(continued on page 8)



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Upfront

QUOTE OF THE WEEK



Stop relaxing our standards in such a gross way.



— **Becky Sanders**, co-chair of the umbrella group Palo Alto Neighborhoods, on the proposed teacher-housing complex. See story on page 5.

Around Town

CROSS-CULTURAL CONNECTIONS

... Despite being an ocean apart, Palo Alto and Tsuchiura, Japan's sister-city relationship has been strengthened with a \$100,000 donation for a student exchange program between the two destinations. The substantial gift from **Keiko Nakajima**, a retired Japanese teacher who taught at the **Palo Alto Unified School District**, and her husband, **Yasuo Kishimoto**, gives the 20-plus-year program, coordinated by nonprofit **Neighbors Abroad**, security in furthering its goal of fostering international ties between youth from both sides of the Pacific Ocean. It is the third-largest gift in the nonprofit's history, according to the organization's president Bob Wenzlau. Nakajima, who started the program, worked at Palo Alto Unified from 2001 to 2014. The couple now lives in Tokyo, Japan. "We miss you Palo Alto!" Nakajima said in a statement to the Weekly. The program pairs 32 middle school students — 16 from each of the two cities — who stay with a host family, tour the foreign country and shadow a fellow youth at their respective campuses. The program's 2020 and 2021 trips were canceled due to the COVID-19 pandemic, much to the disappointment of some Palo Alto students who had been anticipating the experience, according to board member **Jennifer Buenrostro**, vice president of Neighbors Abroad's Tsuchiura relationship. The Tsuchiura cohort usually comes to Palo Alto in March, and their Palo Alto buddies head over to Tsuchiura in June, Buenrostro said. The nonprofit hopes to begin recruiting this September and resume in 2022, if public health conditions allow. "This program really touches my heart. ... It's a really amazing opportunity," she said. "This will help ensure the existence of the program for the next at least few years." The funds will help support chaperone expenses for Palo Altans visiting Tsuchiura, program activities and other costs. Tsuchiura, roughly 90 minutes north of Tokyo and known for its annual fireworks competition, became a Palo Alto sister city in 2009.

director, **Gezel Frederick**, who had been serving in the role in the interim. She joined the organization, which helps students become high school ready, in August as an education director. She previously served as the assistant director of **Cayuga Centers Unaccompanied Migrant Children** in New York. Gezel has a master's degree in education and taught in underserved communities for eight years. The national search was conducted by parents, volunteers and members of the nonprofit's board of directors. **Carolina Hahn** has stepped into the executive director role at **Blossom Birth**, a resource center in the California Avenue business district for pregnant women and new parents. Hahn became involved with the nonprofit while pregnant with her daughter and started offering yoga lessons at Blossom when her little girl turned 1 year old and soon after she was expecting her son. She rose up the ranks in the organization as a program manager in 2018, assistant director in 2020 and executive director this year.

LEADING THE PACK ... Palo Alto native **Jon M. Chu** is largely known for his work behind the camera, but come this Saturday, the **"Crazy Rich Asians"** director will find himself in front of the lens for the **Southwest Airlines Chinese New Year Parade**. Chu has been picked to serve as the grand marshal for the event celebrating the **Year of the Ox**. The prominent event in San Francisco's Chinatown will be televised on Feb. 20 at 6 p.m. on KTVU Fox 2 and KTSF. "As our community continues to heal in this difficult time, it is more important than ever before to unite in celebrating our culture and heritage, and to support our local businesses," Chu said in a statement on the event website. "I am looking forward to ringing in a prosperous and hopeful Year of the Ox and to share our traditions with my own children." Chu, who was born in Palo Alto and grew up in Los Altos Hills, has two young children — **Willow** and **Jonathan** — with his wife, **Kristin Hodge**. His next film, **"In the Heights"**, is scheduled for release this June. Chu was recently announced as the director for Universal Pictures' film adaptation of the Broadway **"Wicked"**, which is set to come out in December. ■

NEW LEADERSHIP ... A pair of local nonprofits have seen new leaders take the helm this month. On Feb. 9, **DreamCatchers** announced its new executive

RECREATION

Foothills Park is in for more changes

City Council to consider creating an annual pass, refining visitor cap for popular nature preserve

by Gennady Sheyner

When Palo Alto leaders voted last November to allow the broader public to visit Foothills Park, they officially closed a large, decades-long debate but opened a slew of smaller ones.

Many of these will return to center stage on Monday night, when the City Council will discuss and possibly adopt rule changes for Foothills Park. It also will consider a menu of new recommendations from the city's Parks and Recreation Commission, including further refinements to the maximum number of visitors who can be in the park at once, creation of an annual pass for park entry and enactment of discount rates for low-income visitors and those with disabilities.

Also, to underscore the park's environmentally sensitive nature, the council is set to officially change the name to the Foothills Nature Preserve, a move that was unanimously endorsed in recent weeks by both the parks commission and the Palo Alto Historical Association.

The city's policies for managing the park have been in a state

of flux since Dec. 17, when the new policy allowing nonresidents to enter the park took effect. The number of visitors instantly spiked, with about 33,637 people visiting the park between Dec. 17, 2020, and Jan. 2 — up from 5,687 visitors over the same period in the prior year, according to Daren Anderson, division manager at the Community Services Department.

Concurrently, the council has seen a rise in anecdotes about traffic jams, parking shortages and environmental damage, including a growing number of "social trails" — pathways made by visitors who veer off existing trails. Anderson said the problems are particularly noticeable at Vista Hill and Boronda Lake.

The council reacted to these trends on Feb. 1, when it adopted an emergency ordinance lowering the number of visitors who can be at the park at any one time from 750 to 400, while giving staff leeway to raise it to 500. Council members also voted to charge \$6 for park entry, though the fee has yet to take effect.

Both changes were intended to be stop-gap measures that would

only remain in place until the city gathers more data and hammers out long-term policies for managing the preserve. On Monday, the council will consider these next steps.

The Parks and Recreation Commission, meanwhile, has offered its own ideas. On Feb. 11, the commission unanimously recommended raising the limit to 650 visitors at any one time, while allowing staff to adjust the limit to as low as 300 if needed. The commission also supported the creation of an annual pass, which would cost residents \$50 and nonresidents \$65. Seniors, veterans and individuals currently serving in the military would receive 25% discounts, while low-income visitors would get reductions between 25% and 50%.

The commission also voted 5-2 to recommend a 25% discount for individuals with disabilities. The two dissenting commissioners, Vice Chair Jeff Greenfield and Commissioner Amanda Brown, both supported allowing free entry for vehicles with disability license plates or placards.

In discussing the visitor limit, the



Maqail Gauthier

To underscore the environmentally sensitive nature of Foothills Park, the Palo Alto City Council is set to change the park's name to Foothills Nature Preserve.

commission considered the city's recent experience with the new 400-person cap. Anderson said that on Feb. 6, the first Saturday since the policy was adopted, the city had to bar entry into the park three times because it had reached capacity. The following day, the city raised the limit to 500. Once again, it closed the park three times.

Anderson suggested that early experience suggests that the 400-person limit is too constrictive.

"We were shutting down really quickly because we hit capacity so fast," Anderson said at the Feb. 11 meeting. "The repercussions are that there are more people driving up and down Page Mill Road and people making strange U-turns in inappropriate places on Page Mill Road."

He noted that the park was quiet throughout the day, with no parking issues. The following day, when the limit was raised to 500, there was "no appreciable difference in experience," with parking available even in popular outdoor areas. The park, he noted, did not feel overcrowded that day — a sharp contrast to December, when the visitor limit was 750.

Greenfield said while it will take time to fully understand the impacts of visitor limits on the park's ecosystem, the 400-person limit appears to be "lower than we wanted it." Commissioner Jeff LaMere, who serves on an ad hoc committee charged with refining Foothills Park policies, also urged his colleagues not to make the

(continued on page 14)

ATHLETICS

Despite outcry, three-season schedule for prep sports to move ahead

Santa Clara Valley Athletic League board reaffirms its decision to offer shorter seasons for more sports

by Glenn Reeves

A controversial decision by the Santa Clara Valley Athletic League Board of Managers to create a three-season scheduling structure for prep sports this spring — a model that drew the ire of some athletes and parents — will remain in place, the board affirmed at a special meeting Tuesday.

The meeting was called to address several issues with the league's decision to replace the California Interscholastic Federation's two-season format with the three-season model, a decision made by league athletic directors to allow as many athletes as possible, frosh-soph as well as varsity, an opportunity to perform.

Charlie Goldberg, a parent of a Palo Alto High School baseball player, filed a complaint that the board had violated the state's Brown Act, which regulates public meetings. He alleged the league did not allow sufficient time for public comment prior to making its decision. So on Tuesday the board listened to public comment during

the first hour of the meeting.

Objections to the three-season model were raised primarily by athletes, coaches and parents from traditional spring sports, who saw their seasons wiped out last March due to the coronavirus. Objections were also raised to the league's decision to not take part in any Central Coast Section or CIF playoffs, should they occur.

"Everyone lost a lot; spring athletes lost even more," said Paly baseball player Colin Thibault. "It's only fair we have as long of a season as possible. Senior season in high school produces memories that you just can't replicate. To lose both our junior and senior years is not right."

Season 3 sports — baseball, softball, track and field, basketball, wrestling, water polo, lacrosse, boys volleyball, boys golf, boys tennis and gymnastics — were given a five-week window for competition, from April 19 to May 28, which is quite a reduction from the normal four months of spring sports.

"Is it a shorter season? Yes, but

at the end of the day we're trying to preserve all sports, not one at the expense of another," Palo Alto athletic director Nelson Gifford said.

Season 2 sports — football, soccer, girls volleyball, badminton, competitive cheer and field hockey — were given March 15 as a competition start date. A complicating factor is that football, soccer, girls volleyball and badminton are allowed only if a county is in the state's orange tier. Santa Clara County is currently in the more restrictive purple tier and quite likely will not reach the orange tier by March 29, the league's cancellation date for Season 2 sports. If those sports are cancelled, the start date for Season 3 sports could be moved up.

Season 1 sports — cross country, swimming and diving, girls golf and girls tennis, sports that are allowed to take place while the purple tier is in effect — were given a Feb. 15 competition start date. Games had been scheduled for that date and then were called off until the board of managers



File photo by Karen Ambrose Hickey

In March 2019, Gunn High School's Aidan Everett pitched a no-hitter for a 5-0 victory over Lynbrook. This spring, because of the pandemic, prep baseball competition is scheduled for a short, five-week window, from April 19 to May 28.

meeting. Season 1 sports now have the go-ahead to proceed with their schedules, which run until March 26.

As various administrators at the meeting pointed out, having the seasons overlap is unfeasible due to several factors: the sharing of limited available facilities, individuals who coach multiple sports and the prohibition on athletes playing more than one sport at the same time.

The board tabled the discussion on the possibility of league teams' participation in the CCS playoffs until the next meeting, which will take place March 4 at 9 a.m. As commissioner Brad Metheany pointed out, seven to 10 days need to be blocked off in order for

teams to participate in the section playoffs. If five of the league's 14 teams in a given sport qualify for the playoffs, that would mean the other nine varsity teams would be idle, as well as the lower level frosh-soph teams. A possible solution would be to move up Season 3 schedules to an earlier starting date.

The CCS has already cancelled the playoffs for all Season 1 sports as well as Season 2's football, girls volleyball, field hockey and competitive cheer and Season 3's water polo. The neighboring North Coast Section has cancelled all section playoffs. ■

Glenn Reeves is a sports journalist and former associate sports editor for the Weekly.

Housing

(continued from page 5)

issue, for some, had to do with the project's height, density and parking plan. The 55-foot-tall building would exceed the city's 50-foot height limit, and its proposed density of 80 apartments per acre is double what the city would normally allow in a multifamily residential zone. The project would include 25 two-bedroom apartments, 61 one-bedroom apartments and 24 studios. It would also have a garage with 112 parking spaces — 23 fewer than city code would normally allow for the proposed unit mix — and a secure room with 134 bike parking spaces.

Because the project is being developed by the county, which enjoys sovereign immunity when it pursues a government function, the county doesn't need the city's approval to exceed development standards. Some residents, however, believe that it should still comply with the local regulations.

Becky Sanders, a Ventura resident and co-chair of the umbrella group Palo Alto Neighborhoods, argued at the hearing that the project is providing insufficient parking, especially for a neighborhood that already has problems with safety and congestion. She was one of several speakers who asked that the county "split the difference" and scale down the project.

"Stop relaxing our standards in such a gross way," Sanders said. "We hope we can work out some kind of a compromise where everyone gets a little bit of what they want."

Annette Glanckopf, a longtime neighborhood activist, similarly requested that the project undergo major revisions to better conform with the city's zoning rules, including the 50-foot height limit and parking regulations.

"Teacher housing is good — this project is not," Glanckopf wrote to the council. "It is out of scale — looming over its residential neighbor. I ask you to require the county to reduce the density — scale and mass."

Many others, however, argued that the project is exactly what the city needs. Gail Price, who served on both the school board and City Council and who is now board president of the nonprofit group Palo Alto Forward, observed that the city has consistently failed to meet its regional obligations for both affordable and market-rate



Rendering by Van Meter Williams Polack LLC

Santa Clara County's proposal for 231 Grant Ave. calls for 110 apartments for teachers and other employees of area school districts.

housing. This failure has left "a gaping hole for community members who neither qualify for subsidized affordable housing nor earn enough for the steep rents and home prices."

"Without proposals like this one, it is virtually impossible for local teachers to live near their schools," Price said.

Last year, Palo Alto Forward surveyed 68 local teachers about their housing concerns, Price wrote. Every single participant indicated that the high cost of housing was a problem, she said, and "many gave examples of colleagues and family members who have moved out of the region because of housing prices and availability."

Teri Baldwin, president of the Palo Alto Educators Association, noted in a letter to the council that local teachers earn too much to qualify for low-income housing but not enough to afford market rate rents or home purchase. The union's executive board has heard from many of its 900 teachers about the need for affordable housing. The vast majority had indicated that they cannot live in the community.

"Even with newly constructed apartment complexes adding to the housing supply in the area, typical rent can exceed half of the monthly take-home salary of an experienced teacher," Baldwin wrote in a Feb. 5 letter to the council.

When teachers live in or near their school communities, students also benefit, she noted.

"We want to be part of the community we teach in," Baldwin wrote. "We want to organize or attend after school events and support and encourage our students. When a teacher has a commute that can exceed an hour each way, such participation in the life of a

school community is much more difficult."

Resident Raven Malone said supporting the project is "the bare minimum we can do for some of our essential workers and our teachers, who work so hard and are largely underpaid."

"We can't keep great teachers in our school system if we can't make it easier for them to do their job," Malone said.

Most council members shared her sentiment. Council member Greer Stone, who teaches history at Gunn High School, spoke for the council majority when he called the proposal a "great project." Last year, he said, one of the teachers he worked with very closely left the district and moved to Oregon because her family could afford a house there. This situation, he said, is happening more and more often in the Palo Alto district.

"It's desperately needed," Stone said of the housing proposal. "There's reasonable concerns about the size and density of it, but

this is the area in Palo Alto where a building of this size is compatible."

Council member Eric Filseth said the project falls "right in the sweet spot of housing we need in our community." Vice Mayor Pat Burt noted that the income category that the county's housing proposal targets is the one in which the city has fallen particularly short.

"On top of that, we said that critical public service workers were vital to our community, and this addressed that in a way that we haven't had any other projects do," Burt said.

Several council members, including Alison Cormack and Lydia Kou, suggested that the county work more closely with residents in surrounding neighborhoods to address their concerns about potential traffic and parking problems.

"Engagement is very important with the community right there," Kou said.

Simitian said that in awarding its \$25 million grant, Facebook had indicated that it is looking to assist educators in the Ravenswood City School District, some of whom are currently occupying affordable apartments in south San Mateo County on short leases. The goal, he said, is to provide "longer-term opportunities to provide housing needs of that population." The county has also been talking to officials from the Menlo Park Elementary School District and Menlo-Atherton High School, which is part of the Sequoia Union High School District, about making some units available for their educators.

The county is also considering making the apartments available for teachers and district employees

from the Mountain View Whisman School District, Mountain View-Los Altos High School District, Las Lomas School District, the Los Altos School District and Foothill-De Anza Community College District.

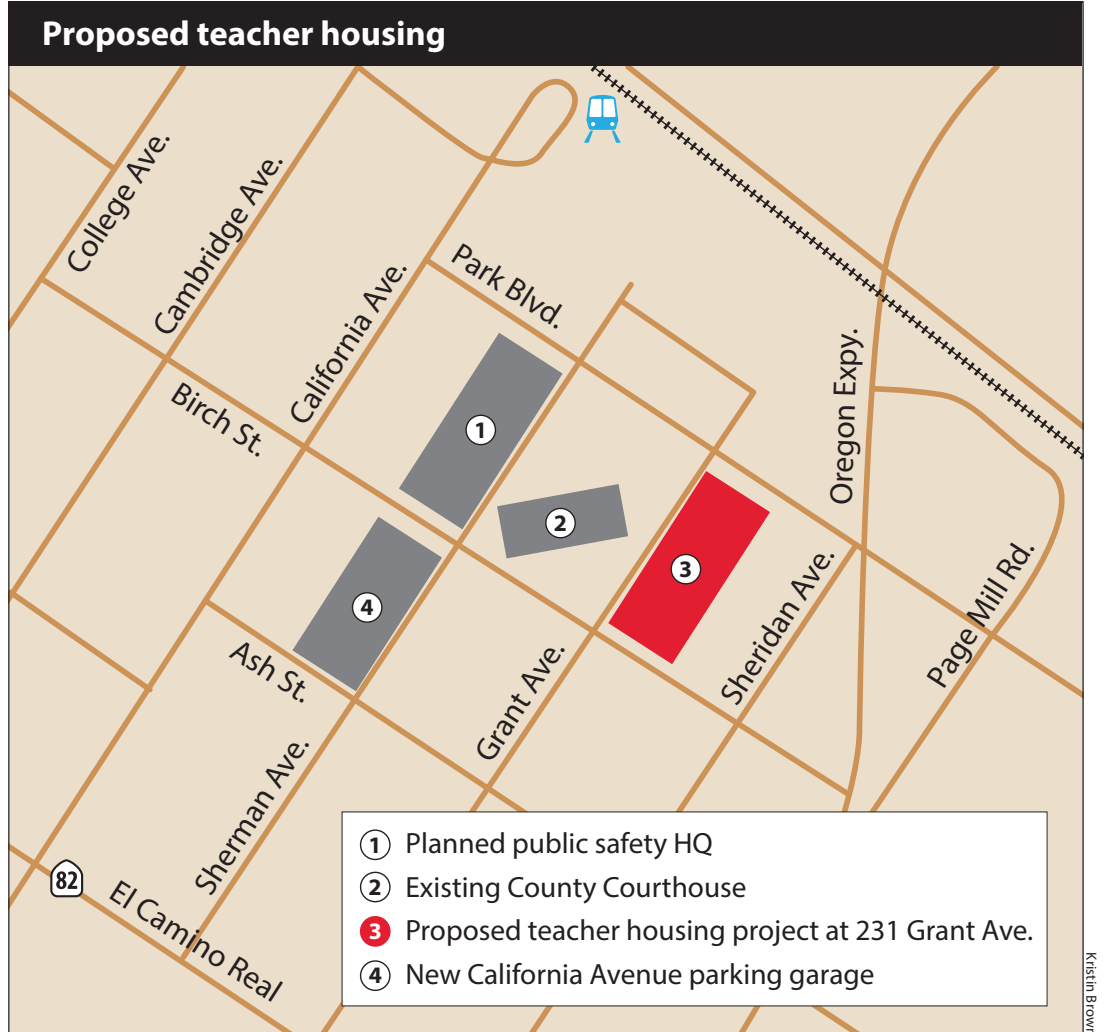
"All of those details have not yet been worked through, but I was excited by an opportunity to make sure that a project like this was truly regional and crossed artificial political boundaries, city and county, and also that we are serving diverse student populations with a project of this type," Simitian said.

If things go according to plan, the county will complete the design and environmental analysis for the project this year and launch construction in August 2022, according to a timeline provided by the county. The project is set to be completed in February 2024.

Simitian, who has been working on the proposal for the past two years, suggested that building teacher housing on Grant Avenue would not only help the city meet its housing goals but will also help the school district with recruiting and retaining teachers and staff. The project is designed to address both challenges, he said.

"As the need to hire new teachers bumps into the extraordinary affordability challenge of our area, how can we continue to attract and retain the best possible staff in our schools, which is what makes great schools great?" Simitian said. "And the answer was: by addressing this housing affordability question head-on." ■

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



CityView

A round-up of Palo Alto government action this week

Council Finance Committee (Feb. 16)

Utilities: The committee heard presentations about preliminary rate projections for the electric, gas, water and wastewater utilities. **Action:** None

Architectural Review Board (Feb. 18)

Standards: The board held a study session to discuss possible modifications to the city's objective standards for reviewing projects. **Action:** None

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News Digest

PG&E drops eminent domain threat

Pacific Gas & Electric will look for an alternate location for an easement the company was seeking to build at Cubberley Community Center in Palo Alto — a victory for the school district, which had vehemently opposed the project.

Palo Alto Unified Superintendent Don Austin announced they had resolved negotiations after meeting with PG&E representatives on Feb. 12.

“Ultimately, PG&E listened to our position and changed course in the interest of our district and those served at Cubberley,” he said.

PG&E had threatened to file an eminent domain case against the school district after stalled talks over the project, which would have included a 1,680-square-foot underground easement, an 18,000-square-foot testing easement and a temporary 6,000-square-foot construction easement to upgrade a natural gas pipeline that runs under Middlefield Road. The pipeline runs for 23 miles from Milpitas to Crystal Springs, and the district had pressed PG&E to find a less disruptive place for the upgrade. ■

— Elena Kadvany

LifeMoves welcomes new CEO

The Menlo Park-based nonprofit LifeMoves, which is the largest network providing services, shelter and resources to unhoused people on the Peninsula, announced local nonprofit leader Aubrey Merriman as its new CEO on Feb. 9.

Merriman, who lives in San Jose with his wife and three children, most recently worked as CEO of the Boys & Girls Clubs of North San Mateo County.

After 25 years working in the nonprofit world, he said, he is excited to lead an organization that “comes to the real questions of our time” and “has an ethical clarity and a balance between being ambitious and humble.”

Merriman graduated from the Stanford Graduate School of Business’ Executive Program for Nonprofit Leaders and holds an undergraduate degree in psychology from Hawaii Pacific University and a master’s degree in social work from the University of Hawaii.

LifeMoves, formerly known as InnVision Shelter Network, has 24 shelter and service sites between Daly City and San Jose and provides shelter, food, services and clothing to up to 1,200 people each night. The nonprofit’s facilities include the Opportunity Services Center in Palo Alto.

One major initiative for the nonprofit over the next year is to launch a new shelter in the works in Mountain View. Through a \$12.4 million grant through the state’s Project Homekey program and a partnership with the city of Mountain View, LifeMoves plans to provide transitional housing for 124 people, by transforming a 1-acre property at 2566 Leghorn St. into a 100-unit modular housing complex.

LifeMoves, Merriman said, is at an inflection point as an organization. Over the past five years, it has undergone a significant amount of growth as the need for homeless services continues. ■

— Kate Bradshaw

Mayor faces state fine over campaign disclosures

Palo Alto Mayor Tom DuBois is facing a \$402 fine for twice failing to file semiannual reports on behalf of his campaign in 2019, a year after he secured his election to a second term on the City Council.

The state Fair Political Practices Commission has levied the fine against DuBois after receiving a complaint against him from Kelsey Banes, a housing advocate and executive director of Peninsula for Everyone. The resolution of the complaint against DuBois’ is listed on the FPPC’s “streamline” calendar for the Feb. 18 meeting. The listing includes relatively minor violations that are quickly resolved by the agency’s Enforcement Division and that do not require a vote by the commission.

The agency found that DuBois, who successfully ran for reelection in 2018, kept his campaign open in 2019 but did not file the required semiannual disclosure form.

DuBois’ campaign had reported \$278 in expenditures in the first half of 2019 and \$59 in expenditures in the second half of the year. The FPPC’s stipulation agreement states that he has since filed all the necessary forms and that the investigation showed “no intent to conceal.”

DuBois is one of at least four current council members who have been the subject of FPPC complaints in recent months. The commission’s Enforcement Division also has received a complaint against council member Lydia Kou, who successfully ran for reelection in 2020, and has opened an investigation into whether she committed any violations. Two other council members who ran last year — Greer Stone and Pat Burt — are also subject to recent complaints to the FPPC, though the agency has not yet determined whether to launch investigations. ■

— Gennady Sheyner

Climate

(continued from page 5)

staff is trying to balance the need for urgent action on climate change and the community’s inevitable resistance if the city adopts mandates without giving residents adequate input, technical assistance and financial support. The strategy that Jonathan Abendschein, the city’s assistant director for utilities resource management, presented to commission on Feb. 3, thus placed a heavy emphasis on encouraging early adopters, expanding education and getting participation from neighborhood leaders and community volunteers.

At the same time, Abendschein underscored that the city would have to take some major steps in the next few years if it has any hope of reaching its goal on climate change. He pointed to the 2018 report from the Intergovernmental Panel on Climate Change (IPCC), a panel of scientists from across the globe that recommended limiting global warming to 1.5°C. The report states that meeting that goal would require “rapid and far-reaching transitions in energy, land, urban and infrastructure (including transport and buildings) and industrial systems.

“These systems transitions are unprecedented in terms of scale but not necessarily in terms of speed and imply deep emissions reductions in all sectors, a wide portfolio of mitigation options and significant upscaling of investment in those options,” the IPCC report states.

The report’s findings, Abendschein said, suggested that the city’s 80x30 goal — once viewed as aspirational — now looks like something that the city has to do to avoid the worst impacts of climate change.

“Palo Alto isn’t necessarily going above and beyond what’s needed,” Abendschein said.

Despite the growing sense of urgency, Palo Alto’s actions haven’t kept up with its words. City officials celebrated a major milestone in 2013, when the city adopted a “carbon neutral” electric portfolio. That policy has been credited with reducing the city’s emissions by 36% from 1990 levels, or 56.5% when one considers the city’s purchases of carbon offsets.

Since then, however, the city has failed to meet its goals for energy efficiency in both 2019 and in 2020. Its plans to accelerate the electrification of buildings have also failed to advance, thanks in large part to the high costs of replacing and retrofitting gas appliances and installing heat pumps.

Christine Luong, the city’s sustainability manager, reported last April that the city achieved savings of just 0.61% in electric efficiency and 0.44% in gas efficiency in 2019.

David Coale, member of the group Carbon Free Palo Alto, called the recent trend discouraging. While city staff has been creating and revising analyses, the



Palo Alto is looking at various ways to reach its lofty goals on climate change, including the widespread conversions of buildings from gas to electricity and the adoption of electric vehicles.

city hasn’t rolled out any new programs to achieve major emission reductions. The delay just means the city will have to do that much more in future years if it hopes to meet its ambitious goals.

“The more we wait, the steeper the curve and the harder it is to get there,” Coale told the Weekly.

Last month, Coale was among residents who successfully lobbied the council to declare climate change as an official priority for 2021. By doing so, the council signaled its intent to devote “particular, unusual and significant attention” to the topic this year.

The Monday hearing will give council members a chance to pin down exactly what this means.

Among the thorniest questions that the council will have to confront is: How fast and how far should it go to encourage — or mandate — the electrification of buildings? Abendschein noted that figuring out how to electrify commercial buildings, a task fraught with technical and economical challenges, is only just beginning.

“That means we will likely need to commit heavily to single-family residential electrification as ... our most cost-efficient and technical course of action,” Abendschein said.

Such an effort, however, would come with its challenges, such as residents who prefer gas appliances to electrical ones or people who may have recently purchased or upgraded their gas infrastructure. Still others may be unable to afford electrification or unwilling to pay more than \$15,000 to electrify their homes.

Commissioner Greg Scharff, a former council member, cautioned staff against moving too fast to create broad mandates on energy. That task, he argued at the Feb. 3 meeting, is best left to the state.

“I think we all agree that climate change is the single biggest threat facing us at the moment,” Scharff said. “There is some question in my mind frankly about ... how much money we’re going to spend on this, and what that does to change the community, and the unrest it will cost once people figure it out — versus, frankly, the benefits of statewide action on something like this, which is more conducive to how you actually move something forward like this.”

To address potential resident concerns, Utilities Department staff are exploring mechanisms such as on-bill financing, which

would allow homeowners to finance electrification upgrades by paying “efficiencies fees” on their bills over a long period. This, Abendschein said, would allow homeowners to pay for electric systems over many years without having to take on debt and without having these obligations affect their credit scores. And because the goal is to electrify buildings rather than tax residents, obligations for paying these fees would shift when a home is sold.

The Utilities Department is also trying to make electrification more attractive by packaging it with two other municipal services: the extension of the city’s fiber network to homes (what’s known as Fiber to the Premises) and the undergrounding of overhead electric equipment.

Commissioner A.C. Johnston said the city also needs to allay people’s concerns about the resiliency of all-electric buildings.

“Until people are comfortable that they’re going to be able to have power, they’re going to be reluctant to give up gas, which is kind of an alternative source when the power goes down,” Johnston said.

Bret Andersen, a member of Carbon Free Palo Alto who supported the council’s adoption of the 80x30 goal, said he found the latest signals from the city encouraging. Palo Alto officials, he said, are at last coming around to an idea that his group has been advocating for years: focusing on reducing gas use in buildings.

Andersen told this news organization that he believes the city will have to adopt a mandate for building electrification to meet its emissions goals. Before it does so, however, the Utilities Department needs to make sure that residents have an easy and affordable way to make the needed change.

Given that the city owns its utilities, it is well-positioned to make this happen, even despite the years of delays in getting the programs implemented. And strong leadership by the city in promoting — and, ultimately, mandating — building electrification is necessary if Palo Alto were to meet its goals on emission reductions, he said.

“What’s clear is that we can’t do it by waiting for the free market to provide the incentives,” Andersen said. “We don’t have time now.” ■

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



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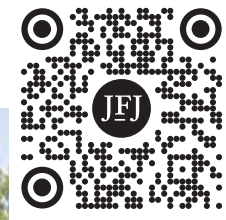
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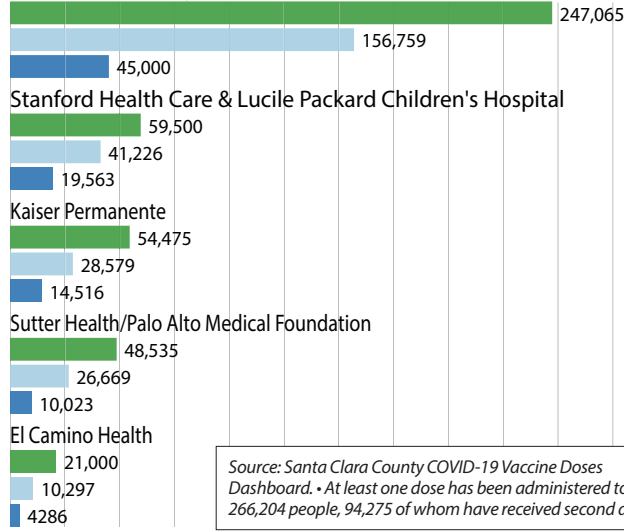
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Vaccinations: Progress in Santa Clara County

Data as of Feb. 17

■ Total doses received ■ First doses administered
■ Second doses administered

Santa Clara County & Clinics



Source: Santa Clara County COVID-19 Vaccine Doses Dashboard. • At least one dose has been administered to 266,204 people, 94,275 of whom have received second doses.

Janey Reddline

PUBLIC HEALTH

Teachers, front-line workers to get COVID-19 vaccine next

Santa Clara County to expand eligibility starting Feb. 28

by Kevin Forestieri

Educators, food service workers and emergency personnel in Santa Clara County will all be eligible to receive the COVID-19 vaccine on Feb. 28, county leaders announced Wednesday.

The decision shifts the county away from age-based eligibility by allowing those in higher-risk occupations to receive the vaccine. The new eligibility encompasses a trio of occupation types — education and child care, emergency services and food and agriculture — as defined by the state. The vaccination of teachers has largely been seen as a key to safely reopening schools and has garnered the support of teachers unions.

The expansion comes despite the fact that vaccine supply in the county remains limited and future allocations from the state are still largely a mystery. County Health Officer Dr. Sara Cody said Wednesday that has not changed, but the county's progress in vaccinating residents shows it is "in very good shape" to broaden eligibility.

The education and child care eligibility category includes all formal and informal child care workers including day care; college and university staff; and education support service workers. Even workers outside of the classroom, such as bus drivers and crossing guards, will be included.

For months, teachers unions across California have repeatedly argued that the safe reopening of schools is conditioned on educators receiving the COVID-19 vaccine. Many Bay Area school districts remain closed for in-person instruction, in part due to reluctance on the part of staff to return to the classroom.

But it's unclear how much can change under the new vaccine

eligibility, at least right away. Cody cautioned that she does not have the authority to compel schools to reopen and that county health officers can only close schools and provide reopening guidance.

And even if school districts seek to reopen, students in grades seven through 12 cannot resume in-person instruction until the county has reduced community transmission of the virus and returned to the state's red tier and stays there for five consecutive days.

Gov. Gavin Newsom made public statements last week that he has yet to strike a deal between state legislators and school groups, notably the California Teachers Association, on reopening schools — many of which are still shuttered nearly one year into the pandemic. Palo Alto Unified and the Los Altos school districts returned to some in-person instruction late last year, while the Mountain View Whisman School District has taken a more cautious approach and aims to reopen next month.

The Mountain View-Los Altos High School District, meanwhile, is preparing to return to in-person learning once the county reaches the red tier. Daily new cases in the county have sharply declined since the peak on Jan. 8, and are back down to the same level as mid-November last year. COVID-19 hospitalizations, likewise, have declined significantly.

Though good news, Cody said the county still has to contend with new, more virulent strains of COVID-19.

"It's difficult to say how that might impact the case rates," she said. ■

Mountain View Voice Staff Writer Kevin Forestieri can be emailed at kforestieri@mv-voice.com.

PUBLIC HEALTH

Nearly half of Santa Clara County residents 65 and up have been vaccinated

Some 232,761 residents have been fully or partially inoculated, or 14.5% of the county's population over 16

by Jana Kadah

The COVID-19 vaccine rollout has been difficult and is taking longer than expected, but Santa Clara County officials say they are seeing notable progress.

On Monday, the county announced that more than half of residents 75 years and older and 43.7% of those 65 and older have received at least one dose of the vaccine.

This brings the county's total to 232,761 residents partially or fully vaccinated, constituting 14.5% of the county's population eligible for getting the vaccine (those 16 years and older).

County leaders said this new milestone reflects "strong progress" toward their goal to get 85% of those 16 and older vaccinated by Aug. 1 of this year.

"It is heartening to see that as a county, we have made such great progress in vaccinating our older residents who are at very high risk of severe illness and death from COVID-19," said Dr. Marty Fenstersheib, the

county's COVID-19 testing and vaccine officer.

Those 65 and older made up 81% of COVID-19 deaths and around 60% of hospitalizations, which is why they have been prioritized for the vaccine.

The next group of people prioritized and slated to get the vaccine starting March 15 are those ages 16-65 with at least one "severe health condition," state health officials announced on Feb. 12.

Those conditions include cancer, Down syndrome, pregnancy, stage 4 or higher kidney disease, pulmonary diseases necessitating oxygen, a weakened immune system due to an organ transplant, sickle cell disease, obesity, Type 2 diabetes and heart conditions like coronary artery disease and cardiomyopathies.

State guidelines allow counties to follow suit, but Santa Clara County could delay vaccinations for the March 15 group at its own discretion.

In the past, the county waited

to vaccinate those 65 years and older, despite the state giving the green light, because of low vaccine supply.

Fenstersheib said vaccine supply still remains a problem.

"This historic effort is saving lives, but we must continue to accelerate our work to reach our entire community, with particular focus on the communities most impacted by COVID-19," Fenstersheib said. "In addition, we need sufficient vaccine supply from the state and federal government to achieve our goal of widespread community protection."

Currently, those eligible for COVID-19 vaccination include all health care workers, those in long-term care facilities and those 65 years and older.

Residents can make an appointment by visiting the [scfreevax.org](https://www.scfreevax.org) site or by calling 211 for assistance in multiple languages. ■

Jana Kadah is a reporter with the Bay City News Service.

PUBLIC HEALTH

Santa Clara County to offer COVID-19 saliva tests

Pop-up sites in county, including Mountain View, to start giving the tests this week

by Sue Dremann

That painful poke in the nose to get tested for COVID-19 won't be necessary throughout Santa Clara County starting Feb. 16. The county will offer a saliva test at multiple pop-up sites, which is less painful and quicker, county officials have announced.

The county has seen a drop in the number of people coming to be tested, Dr. Marty Fenstersheib, county COVID-19 testing and vaccine officer, told the Board of Supervisors in early February. As vaccinations ramp up across Santa Clara County, public health officials said it's important to be tested

since people can be asymptomatic and unknowingly spread the virus, even after being vaccinated.

Front-line workers should continue routine COVID-19 testing to protect themselves and others in the community. Current public health guidance recommends testing at least once a month and up to once every two weeks, and continued testing even after being vaccinated, county health officials said.

The saliva collection simplifies testing logistics and is less invasive, providing a faster and easier experience for residents, they said.

"This is another example of

(continued on page 14)

Vaccine

(continued from page 5)

care or services that are vital to their well-being and survival; and if providing adequate and timely COVID-19 care will be particularly challenging as a result of the person's disability.

Dr. Mark Ghaly, California's secretary of the Health and Human Services Agency, said the guidelines are consistent with the state's goal to protect those who are most vulnerable to the coronavirus as quickly as possible. The decision to open vaccine administration to these groups comes after weeks of work with stakeholder groups.

"There are 4 to 6 million peo-

ple in these groups," he said. Altogether, the number of eligible people from existing groups approved for the vaccines and this new category equals 17 million to 19 million, Ghaly said.

In the coming weeks, the state will continue to build up its infrastructure to accommodate the increasing numbers of people who will become eligible. How people will be asked to prove they fall into one of these categories still hasn't been worked out, he said.

The main concern continues to be the scarcity of vaccines, he added. The state does have supplies for the next three weeks. Ghaly said he anticipates that some of the increased dose supply will come from additional doses that can be pulled from vials. That

number could push the total doses considerably higher.

The Food and Drug Administration on Feb. 12 agreed to allow drug manufacturer Moderna to increase its COVID-19 vaccine doses in each vial by up to 40%, or from 10 to 14 doses, according to The New York Times. The Pfizer-BioNTech vaccine doses will increase from five to six doses per vial.

State health officials are still operating under phased-eligibility protocols, currently in Phase 1A and Phase 1B Tier 1. The state plans to switch to age-based eligibility but it hasn't worked out the details yet, Ghaly said. ■

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



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Philip Edward Berghausen, Jr.

October 13, 1946 – January 30, 2021

Philip Edward Berghausen, Jr., 74, died on January 30, 2021 in Palo Alto, CA, of complications from kidney cancer. Peb, as he was affectionately known, was born in Cincinnati, Ohio, on October 13, 1946, to Philip Edward Berghausen, Sr., and Alma Louise Berghausen (nee Guckenberger). He is survived by two brothers, Thomas (Ann) and James (Eleanor), his children Alexander/"Sasha" (Sara) and Elizabeth Galla (Matthew), as well as his grandchildren Charles, Ellen and Jane Berghausen and Jonah, Justus and Jesse Galla. Peb was a gifted psychologist, a world traveler, and a car nut. He will be remembered for his charitable giving, endless curiosity, love of fun and silliness, and for being the best father and grandad he could be. In lieu of flowers, the family request that gifts in Philip's memory be directed to Beech Acres Parenting Center, (beechacres.org/donate-now), 6881 Beechmont Ave., Cincinnati, OH 45230. A graveside remembrance and a Bay Area gathering will be held post-pandemic.



PAID OBITUARY

Harriet Pedersen

September 1, 1920 – September 11, 2020

Harriet Pedersen, a resident of Palo Alto for 62 years, died peacefully only 10 days after celebrating her 100th birthday! Born in Montevideo, Minnesota, she married her childhood sweetheart, Robert (Bob) Pedersen in 1944. She proudly proclaimed that her career was as a homemaker, raising her four children: Kristin Pedersen Owen (Doug Owen) of Santa Cruz, Calif.; Maren Pedersen of Palo Alto; Greta Pedersen (Mark Hanson) of West Linn, Ore.; and Erik Pedersen of Santa Cruz, Calif. She was also very active in PEO, a Women's Philanthropic Educational Organization dedicated to women's education, holding several offices including President at the local level, as well as offices in Reciprocity.



Harriet and Bob moved to Channing House in October of 1996 so Harriet could "retire;" Bob died in 2001. We are blessed by the love of music that she gave us and her willingness to allow her worldview to evolve.

She is a beloved grandmother of 9: Dai Owen (Andra Pligavko), Megan Owen Scott (Andy), Robert Owen (Daniella Oana), Kia Owen Nesmith (Jonny), Liv Herriot (Timur Bilir), Neil Herriot, Marta Hanson, Johanna "Hanni" Hanson, Kimberly Pedersen; and great-grandmother of 8, ALL great-granddaughters! Harriet expressed love for her family and caregivers to the end.

The family is exceedingly grateful for the love and care Harriet received from the Channing House staff, especially during her last few months when visiting was limited due to COVID-19. An on-line service will be held at a later date. Donations may be made to the Ecumenical Hunger Program: <https://www.ehpcare.org> or the P.E.O. Educational Loan Fund: <https://donations.peointernational.org/peo-donation-elf>.

PAID OBITUARY

Saliva test

(continued from page 12)

how we continue to find ways to improve our testing processes and make it more accessible for our community. Our goal is to make testing as easy and as safe as possible for our residents. If you are an essential worker or are at risk for exposure, come get tested regularly," Fenstersheib said.

The county test sites provide COVID-19 tests free of charge,

regardless of immigration status, and no doctor's note is needed. For people without COVID-19 symptoms, the county currently offers indoor and drive-thru sites. People with symptoms are directed to drive-thru sites to reduce the chance of getting others sick. Anyone being tested cannot eat, drink, smoke or chew gum 30 minutes before saliva collection for accurate results, county officials noted.

Appointment-based testing continues seven days a week at the Santa Clara County Fairgrounds.

Rotating appointment-only city sites include Palo Alto's Mitchell Park Community Center: El Palo Alto Room, 3700 Middlefield Road on Feb. 26 from 9:30 a.m. to 4 p.m. Appointments can be made at scfreetest.org starting seven days in advance of the testing date until all slots are reserved. Testing is free, but an appointment must be made.

Additional locations and dates can be found at scfreetest.org. ■

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

Foothills Park

(continued from page 7)

limits too restrictive.

"We want to keep in mind how to best serve the underserved communities, which is one of the reasons we pushed to open the park," LaMere said.

To date, the council has been largely in accord on adopting new measures on Foothills Park, with some notable exceptions. During a Jan. 19 discussion, council members Lydia Kou and Greg Tanaka both pushed for lower visitor limits, while council member Alison Cormack argued against restricting access too much. At the same time, the council majority rejected Tanaka's initial suggestion to set the entrance fee at \$10.

Cormack, who was the only council member to vote against the January emergency measure to lower the visitor cap to 400 visitors, reiterated her opposition on Feb. 1, when she suggested that the council may have acted too fast in supporting an emergency ordinance that does not include annual passes or discounts for students and low-income residents. The council, she suggested, has created a situation that "harms Palo Alto residents who use Foothills Park often." ■

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

Public Agenda

A preview of Palo Alto government meetings next week

CITY COUNCIL ... The council plans to hold a closed session to discuss the lawsuit from Miriam Green pertaining to transfers from utilities to the General Fund. The council then plans to hold a study session to discuss the Sustainability/Climate Action Plan; consider changes to the zoning code pertaining to thresholds for conditional use permits; adopt a name change and consider new policies for Foothills Park; and approve implementation of license plate readers in parking enforcement. The meeting will begin at 5 p.m. on Tuesday, Feb. 22, with the close session scheduled between 5:15 and 6 p.m. Those wishing to participate by Zoom can do so by dialing 669-900-6833 and using Meeting ID: 362 027 238.

BOARD OF EDUCATION ... The school board will discuss school reopening, A-G eligibility and the achievement gap, a second interim budget report and student wellbeing, among other items. The virtual meeting will begin at 6:30 p.m. on Tuesday, Feb. 23. The meeting will be broadcast on Cable TV Channel 28 and midpenmedia.org. Those wishing to participate by Zoom can do so by going to pausd.zoom.us/j/97888498129 or dialing 669-900-6833 and using Meeting ID: 949 9734 6242.

PARKS AND RECREATION COMMISSION ... The commission plans to discuss the city's impact fees for parks, community centers and library development, as well as continue its discussion of policies for Foothills Park. The virtual meeting will begin at 7 p.m. on Tuesday, Feb. 23. Those wishing to participate by Zoom can do so by dialing 669-900-6833 and using Meeting ID: 999 3789 9745.

PLANNING AND TRANSPORTATION COMMISSION ... The commission plans to review a proposal to divide a 23,000-square-foot parcel at 640 Fairmede Ave. into two parcels and discuss the city's progress on its Comprehensive Plan and Housing Element. The virtual meeting will begin at 6 p.m. on Wednesday, Feb. 24. Those wishing to participate by Zoom can do so by dialing 669-900-6833 and using Meeting ID: 999 2707 9067.

HISTORIC RESOURCES BOARD ... The board plans to review a proposal to install a ridge skylight and four windows at the AME Zion Church building at 819 Ramona St., and review the annual report on Comprehensive Plan implementation. The virtual meeting will begin at 8:30 a.m. on Thursday, Feb. 25. Those wishing to participate by Zoom can do so by dialing 669-900-6833 and using Meeting ID: 924 4578 2014.

Pulse

A weekly compendium of vital statistics

POLICE CALLS

Palo Alto

Feb. 11-Feb. 17

Violence related

Edgewood Drive, 1/30, 8 a.m.; child abuse/physical.

Melville Avenue, 2/4, 6:27 p.m.; child abuse/physical.

University Avenue, 2/8, 4:49 p.m.; attempted robbery.

Theft related

Commercial burglaries 1
Petty theft 2
Residential burglaries 1
Residential burglary attempt 1
Shoplifting 2

Vehicle related

Bicycle theft 1
Driving w/ suspended license 2
Hit and run 1

Lost/stolen plates 1
Stolen catalytic converter 6
Theft from auto 3
Vehicle accident/major injury 1
Vehicle accident/minor injury 1
Vehicle accident/prop damage 2
Vehicle tow 2

Alcohol or drug related

Driving under influence 2
Possession of drugs 1
Under influence of drugs 1

Miscellaneous

Animal call 1
Found property 1
Located missing person 2
Misc. penal code violation 1
Missing person 2
Outside investigation 1
Psychiatric subject 4

Menlo Park

Feb. 10-Feb. 16

Violence related

1300 block Windermere Avenue, 2/16, 7:20 p.m.; spousal abuse.

Theft related

Burglary 1
Fraud 4
Grand theft 2
Petty theft 4

Vehicle related

Auto recovery 1
Hit and run 1

Stolen catalytic converter 1
Vehicle accident/minor injury 1
Vehicle accident/no injury 1
Vehicle tampering 1

Alcohol or drug related

Possession of drugs 1

Miscellaneous

Coroner case 1
Court order violation 1
Found property 3
Located missing person 1
Mental evaluation 5
Suspicious circumstances 1
Vandalism 2
Warrant arrest 4

OBITUARIES

A list of local residents who died recently:

Christopher George Schindler, 54, a former Palo Alto resident, died on Jan. 28.

To read full obituaries, leave remembrances and post photos, go to Lasting Memories at PaloAltoOnline.com/obituaries. ■

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Letters

Vaccine experience

Editor,

My wife signed up online on Feb. 8 to receive her first COVID-19 shot. She used the Santa Clara County website. The shot was given at Levi Stadium two days later in the afternoon.

She reports that it was very well organized in every respect. Parking was easy. There were staff to direct at every point in the process, even in other languages. The staff were all friendly and efficient. The package with forms for the recipient to complete was straightforward, included a pen and had a card backing to make writing easy. Her shot was administered on time by someone who was obviously experienced and competent.

Andrew Mellows
Coastland Drive, Palo Alto

A development overreach

Editor,

I am a housing advocate. However, after reading the specifics of the Feb. 12 cover article about the Cato Investment Company's proposal to build 24 units in College Terrace, it is my opinion that this is clearly an oversized project for this neighborhood and an overreach by this San Francisco developer. Nowhere is it mentioned whether the units will be affordable or available for ownership. I have demonstrated many times as an activist and held signs stating what the issue was. But the sign held by one demonstrator in one of the article's photos was misleading about our community — we are not all rich! Our community came forward to keep the

Buena Vista mobile home park in Palo Alto. Insulting and toxic signs will not pave the way to find common ground nor influence people to consider an opposing viewpoint. Finally, this proposal should be seriously altered to a more reasonable size: maybe 4 to 6 units per parcel. And the question of affordability needs to be addressed.

Cybele LoVuolo-Bhushan
Mumford Place, Palo Alto

Worthless 'resources'

Editor,

In response to Diana Diamond's article on medical glitches, I have been a Palo Alto Medical Foundation patient since the mid-1970s. Periodically, I pick up a list of all PAMF department numbers that's usually on the check-in counter of each department. (If it's not there, ask.) It's taped to the inside of my monthly calendar so that I can easily find it. Sutter/PAMF My Health Online has a "Resources" section but it's worthless. Sutter Health can do better.

Gloria Pyszka
East Charleston, Palo Alto

The jobs and housing imbalance

Editor,

City Council clearly is challenged to stay focused on what they deem most important. On Jan. 30, they met to set the top priorities for 2021 and chose: economic recovery, housing, social justice and climate change.

Yet the agenda for the March 1 council meeting lists the "pre-screening of proposals for seven office buildings along Park Boulevard."

Our elected officials have for years lamented the jobs/housing imbalance in Palo Alto but have

done little to improve it. Now, they will consider new office buildings uses near California Avenue while they lack any substantial plan for below-market-rate housing.

If Council wants to improve the jobs/housing equation, they must stop all office development, while they create a workable plan for housing. If not, the hole just gets deeper and the balance harder to achieve.

John Guislin
Middlefield Road, Palo Alto

Green vs. Green

Editor,

I was shocked by the one-sided article criticizing council member Alison Cormack's action regarding the Bay-Delta Water Plan. Not one opinion was sought that sided with Cormack. Well, I side with Cormack. I am a lifelong environmentalist and conservationist but feel that she faithfully did her duty to look after both the environment and the water needs expressed by 27 municipal water districts.

Water will continue to be the most difficult issue California and the Bay Area will face, and there will always be conflicts. The answer will always be water-wise usage policies and population-density policies by all those municipalities, as well as very careful management of climate, water sources and fish and wildlife habitat, with Palo Alto always being a leader. The Bay-Delta Plan will need to be continually tweaked and modified as those factors change over time, and it does no good to pit environmentalist against environmentalist like what happened over the waste-to-energy plant in Byxbee Park back in 2011.

Cormack has always had a strong regard for the environment and conservation. That's why she got the BAWSCA post and served

as liaison to the Palo Alto's Parks and Rec Commission. Let her do her job.

David Moss
Fern Avenue, Palo Alto

Navigating PAMF

Editor,

While I must admit to figuratively rolling my eyes a tad while reading Diana Diamond's article about "medical glitches," let me offer some advice for those having the same difficulties. The Palo Alto Medical Foundation has a website. If you don't want to use the website to schedule an appointment, you can use it to find your doctor's phone number — actually the phone number for the desk outside your doctor's office. If you use that phone number, not the facility's main phone number, you'll avoid all or nearly all of the "phone-tree hell" that Ms. Diamond described. You don't have to set up an account to look up a phone number.

I don't know if they still do — phone books seem to be falling out of favor — but previously the phone book we'd get each year contained both the main number and the phone number for specific departments. If you know the department you want, the choice is obvious.

Bill Zaumen
Clara Drive, Palo Alto

Gates of Vista Point

Editor,

Silicon Valley Vista Point on Skyline Boulevard (State Route 35), north of Page Mill Road, has been blocked to sightseers since the COVID-19 shutdown last spring — first with saw-horses and tape. Now, some unelected bureaucrat(s) spent tens of thousands of taxpayer dollars to blockade this view with concrete barriers and electric gates. Signs are posted that the vista is only open sunrise to sunset and parking is limited to three hours. Handicapped parking spots are marked inside the walls.

I have never spent more than a short while there day or night. I don't complain about the three-hour limit, but blocking this fine view at any time is an insult. Since their installation, these barricades have never been open, day or night.

Remove the gates.

The money would've been better spent trimming or removing trees farther north at Skeggs Point Vista to restore the great view older residents remember. Now the "vista point" sign at Skeggs is a joke when all one sees are nearby trees.

Steve Banich
Mills Avenue, Menlo Park

WHAT DO YOU THINK?

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



What do you think about the teacher-housing project planned for Grant Avenue?

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580 Addison Avenue, Palo Alto



Luxurious Living in Prime Palo Alto

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199 Mapache Drive, Portola Valley



Spectacular Custom Estate on Over 2.5 Acres

Supreme luxury, ultimate privacy, and every conceivable modern amenity – this incredible Portola Valley estate in Westridge presents all of these qualities and so much more, set on a peaceful lot of over 2.5 sweeping acres. Just completed in 2020, and offering 5 bedrooms, 6.5 bathrooms, 2 offices, and almost 9,500 square feet of living space, including a beautiful guest house, this custom estate boasts stunning architectural details, green features including solar power and well irrigation, smart home technology, custom automated window treatments, and high-end materials and finishes. Soaring ceilings craft an airy ambiance, and walls of glass open completely for true California indoor/outdoor living. Entertain guests in expansive, elegant formal rooms, and craft delicious meals in the gourmet kitchen featuring a suite of top-of-the-line appliances, including two oversized refrigerators and freezers. Enjoy the convenience of multiple offices, a home fitness center, and an extraordinary theater that provides a spectacular in-home cinematic experience with 14 leather recliner seats and a full bar. Delight in fantastic grounds that feature a sparkling pool, a wood-burning fireplace with a gas starter, and a horse barn. Topping it all off is a location close to numerous nature preserves, major commute routes, and with access to acclaimed Portola Valley schools (buyer to verify eligibility).

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Arts & Entertainment

A weekly guide to music, theater, art, culture, books and more, edited by Karla Kane



Robert Buelteman was granted permission from Stanford University to document the protected habitat of Jasper Ridge Biological Preserve. Pictured is his piece "Jasper Oak," made using a traditional gelatin silver print process. Courtesy Robert Buelteman.

Nature, electrified

Art Ventures Gallery presents Robert Buelteman's explorations around Jasper Ridge

by Sheryl Nonnenberg

Art can take us to places we have never been and places we cannot access. Stanford University's Jasper Ridge Biological Preserve has been closed to the public since the pandemic began, but even before that, one could only enter the 1,193-acre haven for research and education via a docent-led tour. Thanks to the work of Montara-based photographer Robert Buelteman, we can vicariously enjoy the unique flora and fauna of this protected region.

Art Ventures Gallery in Menlo Park is featuring an exhibition of Buelteman's black-and-white and chromogenic prints taken at the preserve from 2010 to 2014. "Chasing the Light at Stanford's Jasper Ridge" will be on view until March 31.

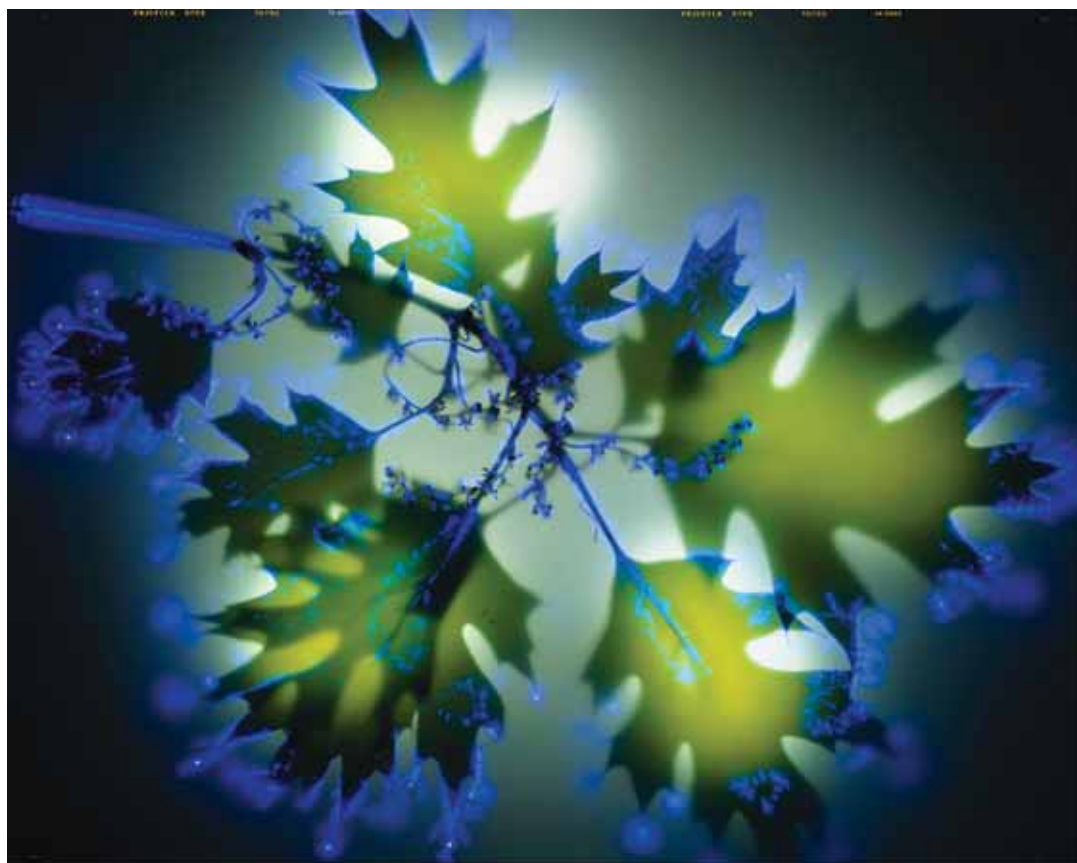
"I asked for the privilege of access to this unique land, as it was a place I frequented as a child," said Buelteman, who grew up in Woodside, explaining how he was allowed to work in the restricted area.

Growing up, he enjoyed family field trips to the Searsville Lake recreational area. In 1973, the university formally designated the area as a biological preserve and ended the public's recreational use. The executive director of the preserve, Philippe Cohen (now

retired) was familiar with Buelteman's work in documenting the wild lands around the Crystal Springs Reservoir.

"I felt strongly that artists and scientists were engaged in similar endeavors: discovery and finding connections. I had always gotten the sense that discovery was an important component of Rob's work and that it could help communicate the importance of the preserve," he said.

Visitors to the exhibition will note that there are two very distinctive styles of photographic process on display. There are 15 prints that utilize a traditional gelatin silver process (think Ansel Adams and Edward Weston). These works, of trees, fog over the lake and morning mist in meadows, are quiet, evocative studies of natural, undisturbed beauty. In "Spring Willows," the emerging new buds light up the branches of this venerable tree, while in "Jasper Morning," tendril-like tree branches kiss the ground before rising to take in the sun's rays. Buelteman explained that he has two audiences for his work: collectors of fine art photography (like these black-and-white prints) and those who are more drawn to the works in the other half of the show — the unique, cameraless prints. A look back at Buelteman's



For some of his work, Robert Buelteman uses a cameraless, lensless method of photography involving high-voltage electrical pulses. Pictured is his piece "Black Oak."

evolution as an artist is helpful in understanding these pieces.

He began in the early 1970s as a commercial photographer, focusing on restaurant and corporate work. His success in this arena allowed him to explore more artistic endeavors, using black-and-white film. His landscape work also met with success and he continued in this style until 1999, when a visit to the Arizona desert resulted in an epiphany — he needed a change of working method. Having studied science in college (physics of light, optics

and chemistry) he was familiar with early efforts at capturing images that required just paper and light. He had also been introduced to the work of Russian scientists Semyon and Valentina Kirlian, pioneers whose visionary photographs used an electrical discharge process. Buelteman decided a return to basics — cameraless, lensless, computerless photography — would be his new endeavor, with a twist of his own.

The process is complex and dangerous. Electric currents are sent through objects that rest

directly on a photographic plate. Buelteman had to construct a large sheet metal easel that floats in a solution of liquid silicone. He also devised a way to add light sources to the process, in the form of xenon strobe, tungsten and fiber optics.

"When the correct voltage, frequency and polarity and duration are used, it generates a straight Kirlian photograph: a black sheet of film with ultraviolet tracings," he said. "I then introduce the

(continued on page 20)

Courtesy Robert Buelteman



For pieces such as this one, called "Buckeye Leaves," Robert Buelteman uses a cameraless method of photography requiring a special type of film that's no longer available. Buelteman has just 300 sheets of the film left, and after he uses them up, he plans to move on to other techniques.

Nature, electrified

(continued from page 19)

natural color and texture of the plant onto the film by passing light through it."

He must work in the dark, relying on touch and with high-voltage electrical pulses. He has been shocked while working.

"I wanted to explore the outer limits of my medium and avoid the digital tsunami," he said. "These images, made where the subject is incorporated both as subject and filter for the light that makes the exposure, was exciting for the challenge (3,000 sheets of film to make the first 25 images) and for the fact that the process consumes the subject, making traditional reshoots impossible. And yes, 80,000 volts is dangerous but I survived the injuries sustained in the process."

The results of this "Buelteman method," which he says no one else is doing, are stunning. Familiar flora like bougainvillea, black oak and buckeye become transcendent with light and color. It is as though the natural beauty of a leaf or petal has been electrified, emitting a glow or aura not seen by the naked eye, as can be seen in "Buckeye Cluster." The colors in these prints are iridescent blues, greens and

reds; the effect is ethereal.

Whether the viewer truly understands his process is not important to the artist.

"For myself, the work is the same vision — one that celebrates the natural world and the biophilia that is my inspiration."

And like the fleeting quality of the natural world, Buelteman's unique technique also has an end point. "The film that can record these images is no longer available, with the exception of the 300 sheets in my freezer, so I will be moving on. After all, life is just an exploration, isn't it?"

Luckily, exhibitions such as this and the artist's monographs will allow us to enjoy his images in perpetuity and support his passion, and hope, for the future of our environment. The current executive director of Jasper Ridge, Anthony Barnosky, said, "A huge part of our mission is communicating why we people need nature and how we interact with it. Exhibitions such as Rob's tell that story better than words." ■

Art Ventures Gallery is located at 888 Santa Cruz Ave., Menlo Park. More information is available at artventuresgallery.com.

Contributing Writer Sheryl Nonnenberg can be emailed at nonnenberg@aol.com.

Courtesy Robert Buelteman



Courtesy Robert Buelteman

Robert Buelteman's photography will be on display at Art Ventures Gallery in Menlo Park through March 31. Pictured is his piece "Reeds and Water."



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Eating Out

Boba, burgers, brownies

Burlingame adds new eateries to Peninsula dining scene

by Elena Kadvaný



Courtesy Truedan

Looking for something new to eat, without venturing off the Peninsula? Downtown Burlingame is home to several new or soon-to-open businesses, including a Taiwanese boba shop, a local baked goods pop-up, Turkish street food and an outpost of a national burger chain.

Truedan

Before opening a boba shop in the U.S., Dickson Sum went to Taiwan to sample his way through

the country's best boba. He'd usually finish about half his drink and move on to the next one.

But when he first tried Truedan's boba, he found himself finishing the entire thing. He was impressed by the Taiwan chain's quality and wanted to bring it to the Bay Area.

Sum opened the first U.S. location of Truedan at Skyline Plaza in Daly City in the fall, then another at the nearby Westlake Center. He's gearing up to open his third

shop at 346 Lorton Ave. in Burlingame on Feb. 22.

Truedan started as a small kiosk at the famed Shilin Night Market in Taipei in 2010 and has since grown to over 100 international locations. It's known for its brown sugar boba, a trend that's steadily sweeping the Bay Area as well-known Taiwanese chains open up shop here, like Tiger Sugar in Cupertino.

Sum imports the brown sugar and boba pearls from Taiwan

— the pearls are a little smaller at exactly 0.85 centimeters to ensure a more consistent texture throughout, he said — but uses local ingredients for everything else, including organic milk from Straus Family Creamery. They soak the boba in brown sugar, which amplifies the caramelized flavor.

Truedan's menu is purposefully small, with about 10 drinks. (Sum also chose to not offer delivery, worried that the quality of the drinks would suffer.) There's the

popular brown sugar boba, plus a jasmine green tea latte with crema, black tea with roasted buckwheat, Thai tea latte and mango ice with coconut milk and agar jelly, among other drinks. Topping options include boba, pudding, grass jelly, crema and fresh taro.

The sugar and ice levels of all drinks are customizable. For the brown sugar boba, Sum recommends 30% to 50% sweetness.

(continued on page 25)



Veronica Weber



Courtesy Busy Lizzy's Facebook

Burlingame's new food offerings include Truedan's brown sugar boba (top) and Busy Lizzy's cookies (bottom). Wahlburgers, which has a Palo Alto location (middle), also plans to open a shop in Burlingame.

ECONOMY

A new effort to rescue restaurants

Takeout pledge asks people to spend \$25 a week on food to go

by Elena Kadvaný

It hit Jan Altman when her friend and local restaurateur John Lee told her he was losing money every day during the pandemic.

"I just thought, 'I've got to do something,'" she said.

That something is Restaurant Rescue, a new, grassroots campaign encouraging people to order from restaurants in Palo Alto and East Palo Alto. Restaurant Rescue is asking people to spend \$25 per week on takeout meals from now until the end of May in the hopes it will help bolster local eateries that have suffered losses during the coronavirus.

Altman and a group of local residents have been working on Restaurant Rescue for months, meeting on Zoom and tweaking their campaign to best fit local needs. Most of them Altman has never met before. They responded to her Nextdoor post asking for volunteers to help create a campaign to support restaurants. The team now includes about 30 people, including representatives from the Palo Alto Chamber of Commerce and local restaurant owners.

They hope there will be power in numbers: The more people that order takeout (and pick it up themselves if possible to save restaurants costly third party delivery fees) and share the Restaurant Rescue "takeout pledge" with friends, neighbors

and on social media, the more revenue for restaurants. They're in the process of translating the pledge into Spanish.

Restaurant Rescue also created a Facebook group for participants to share what they're eating. Altman said they'll also encourage restaurant owners to post special offers to the group.

For people who don't live in the area but want to contribute, they launched a GoFundMe campaign to raise funds for people facing food insecurity. The money will be used to purchase discounted DoorDash gift certificates, which East Palo Alto nonprofit WeHOPE will distribute to people in need — whose orders will in turn support restaurants. (Restaurant Rescue will keep 5% of donations to cover its expenses.)

Altman, a retired consultant who's lived in downtown Palo Alto for over two decades, said love for her community and a desire to sustain the local food world gives her "a reason to wake up in the morning."

"We love eating out and it's just a natural thing that we care about what happens to the restaurant industry in our hometown," Altman said.

Anyone who's interested in joining the Restaurant Rescue team or has feedback about the campaign can email yummy@RestaurantRescue.org. For more information, go to restaurantrescue.org. ■



Margali Gauthier

Taverna co-owner Hakan Bala hands customer John Fritton his takeout order in the Palo Alto restaurant's closed dining room in March 2020.

New eateries

(continued from page 24)

Sum has teamed up with Cafe Mei in Fremont to serve Taiwanese breakfast sandwiches at all Truedan shops on Thursdays. The sandwiches come on soft white bread with three layers of housemade mayonnaise, cucumber, egg and ham or a pork patty. The sandwiches are usually only sold on Cafe Mei's Facebook and sell out quickly, Sum said. He hopes to collaborate with other local businesses to offer specials at the boba shops.

He's also planning to open Truedan locations in Cupertino and Milpitas.

Truedan, 346 Lorton Ave.; truedan.ca.

Busy Lizzy's Baked Goods

Lizzy Detert has indeed been busy. After selling her made-from-scratch brownies, cookies and cakes at the Burlingame farmers market, she moved into 1400 Burlingame Ave. for a temporary pop-up in October. (The space was last occupied by David's Tea.)

Detert's pop-up was slated to close at the end of 2020 but the San Mateo native and home baker happily was able to extend it for the next few months.

Head there for caramel-oatmeal-pretzel cookies, brown butter butterscotch blondies and other sweets. You can order online or place a special order by emailing info@busylizzysbakedgoods.com. You can also still find Detert at the farmers market on Sundays.

Busy Lizzy's pop-up, 1400 Burlingame Ave.; Wed.-Sat., noon to 6 p.m.; Sunday, 10 a.m. to 3 p.m.; busylizzysbakedgoods.com.

Mediterranean Pizza and Gyros

This new restaurant specializes in Turkish "pizza" — including etli ekme, crispy flatbread that stretches no less than 25 inches long and is covered with ground lamb, beef, tomatoes, onions, parsley and green pepper.

Mediterranean Pizza and Gyros opened in February at 1199 Broadway, formerly Lara Mediterranean. The menu also includes lahmacun, "cracker-thin" dough covered with lamb, beef, onions, parsley, bell peppers, herbs and spices; several kinds of pide, a thicker dough baked with toppings like meat, potatoes and cheese; as well as gyros, kebabs and moussaka. All meat served is halal.

Mediterranean Pizza and Gyros, 1199 Broadway; Tuesday-Sunday, 11 a.m. to 9 p.m.; mediterraneanpizzas.com.

Sapore Italiano pasta market

Sapore Italiano Ristorante has been hosting a fresh pasta market in front of the Burlingame Avenue restaurant on weekends. You can buy the restaurant's squid ink

linguine, pappardelle and other housemade pastas.

Sapore Italiano Ristorante, 447 Burlingame Ave.; Saturday to Sunday from 11 a.m. to 3 p.m.; saporeitalianoristorante.com.

Wahlburgers

"Coming soon" signs for national burger chain Wahlburgers are up at 1218 Burlingame Ave. The company, owned by celebrity family the Wahlbergs, did not immediately respond to an inquiry about when this location will open.

Paul Wahlberg, together with his two brothers — actor-producer Mark and actor Donnie — started

Wahlburgers in the Boston area in 2011. They opened their first Northern California location in downtown Palo Alto in 2017. The menu includes classic hamburgers, a patty melt, turkey burger and, of course, a plant-based Impossible Meats burger, plus truffle fries, bacon macaroni and cheese and sweet potato tots.

Wahlburgers, 1218 Burlingame Ave.; wahlburgers.com. ■

Staff Writer Elena Kadvany can be emailed at ekadvany@paweekly.com. Check out her Peninsula Foodist blog at PaloAltoOnline.com/blogs.

PUBLIC NOTICE - In accordance with Sec.106 of the Programmatic Agreement, T-Mobile West, LLC plans to upgrade an existing telecommunications facility at 345 Hamilton Avenue Palo Alto, CA 94301. Please direct comments to Gavin L. at 818-898-4866 regarding site SF04533A.

2/19, 2/26/21
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PALO ALTO WEEKLY

Public Notices

997 All Other Legals

NOTICE OF PETITION TO ADMINISTER ESTATE OF

DOYLE P. ROYAL AKA DOYLE PRESTON ROYAL AKA DOYLE P. ROYAL, JR. CASE NO. 21PR189381

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: DOYLE P. ROYAL AKA DOYLE PRESTON ROYAL AKA DOYLE P. ROYAL, JR.

A Petition for Probate has been filed by LISA ANNE BUTTERFIELD in the Superior Court of California, County of SANTA CLARA.

The Petition for Probate requests that LISA ANNE BUTTERFIELD be appointed as personal representative to administer the estate of the decedent.

The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court on 03/29/2021 at 9:01 A.M. in Dept. 13 Room N/A located at 191 NORTH

FIRST STREET, SAN JOSE, CA 95113.

If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: MARK A. SHUSTOFF, LAW OFFICES OF MARK A. SHUSTOFF, 82 WEST PORTAL AVENUE, SAN FRANCISCO, CA 94127, Telephone: 415-566-5224

2/12, 2/19, 2/26/21
 CNS-3437291#
 PALO ALTO WEEKLY

The Palo Alto Weekly is adjudicated to publish in Santa Clara County.

Public Hearing Notices Resolutions • Bid Notices • Lien Sale Trustee's Sale • Notices of Petition to Administer Estate

Deadline is Tuesday at noon.

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Book Talk

SILICON VALLEY READS ...

From now through March, **Silicon Valley Reads** is offering a variety of online public programs for all ages, including author talks, panel discussions and storytimes centered on the program's 2021 theme: "Connecting." Organizers of the annual reading program said they curated recommended books and virtual programs to reflect the universal human ability to build resilience by looking for people, places and things that provide comfort and joy during tough times. Upcoming events include an interview with Carol Novello, author of "Mutual Rescue," which profiles the transformational impact that shelter pets have on humans. **Kurt Krukenberg**, president of the Humane Society of Silicon Valley, will moderate the event (which will include a guest appearance by one of the "characters" in the book). The 90-minute event starts at 6:30 p.m., **Tuesday, March 2**. To attend the event, go to facebook.com/SCCLD, or register at scll.bibliocommons.com to receive a Zoom link. On **Thursday, March 11**, at 6 p.m., Fanny Singer, author of "Always Home," along with her mother, renowned chef **Alice Waters** will join Bay Area food writer **Carolyn Jung**. Singer will talk about her memoir, which chronicles her unique childhood and special relationship with her famed mother. Register for the event at commonwealthclub.com. For a full schedule of events, go to siliconvalleyreads.org/events.

LOCAL RELEASE: 'BABY MOSES' ...

Caryn Yacowitz, a local children's author, playwright and longtime volunteer judge for the Palo Alto Weekly's Short Story Contest, is set to release her latest picture book, "**Baby Moses in a Basket**," on March 2. The book chronicles how a loving mother saves her son in the time of the pharaohs by tucking him into a basket and setting him afloat on the Nile River. Over one long night, the creatures of the Nile — Curious Ibis, Mama Hippo, Mighty Crocodile — watch over Moses, nudge him on his way and keep him safe through catching reeds and a raging storm. As morning breaks, the river delivers the baby safe and sound into an unexpected safe haven — the welcoming arms of the pharaoh's daughter. Yacowitz's poetic text and Julie Downing's watercolor illustrations introduce the youngest readers to Moses and the Exodus story and weave a warm, reassuring tale of love and comfort.

(continued on page 27)

Title Pages

A monthly section on local books and authors

Healthy for Life



Courtesy Sanjoy Dutta

In new book, local weight loss surgeon explores how to stay fit without excessive exercise or calorie counting

by **Kate Bradshaw**

Fitness and weight loss have long been the focus of the work of Dr. Sanjoy Dutta, a Menlo Park resident and bariatric surgeon. In his practice over the past 17 years, he has counseled thousands of patients about diet and exercise and, in the process, picked up some tips about what tends to work in the long term and what doesn't, he said in a recent interview.

"I do a lot of research in fitness and nutrition, and my focus is how to do that in a way that you can stick to lifelong," he said. "A lot of the diets and information out there are about how to lose weight very quickly, or get in shape very quickly."

Dutta said he's personally been interested in the subject and collaborates with friends to figure out what routines to stay in shape work best for busy lifestyles.

The surgeon shares his recommendations in his newly published book, "Get Strong Lifelong: Three hours a week to gain muscle, lose fat and stay healthy for life."

Many traditional weight-loss programs are very intensive and demand so much of participants that the program can feel like a full-time job, he explained.

That's not what his book and guidance are about, though. Instead, he said, he's giving people information about how to become healthy and fit in a way that may take longer, but doesn't involve spending hours a day counting calories or being a gym rat. What's more realistic, he said, is to start with a simpler program most people can manage and then modify it.

"It doesn't have to be a full-time job or an obsession — and it doesn't have to be exceedingly difficult, costly or restrictive if they exercise and eat in a smart way," he said.

When it comes to exercise, efficiency is useful for people with busy schedules, he added, and explained that his book "focuses on what exercises give you the most fitness in the shortest amount of time: resistance and aerobic exercise."

As far as dietary guidance goes, he explained, in looking at the bulk of the science on the subject, one general rule for better health is to keep sugar intake down



Magali Gauthier

Dr. Sanjoy Dutta is a bariatric surgeon and Menlo Park resident who recently penned a book about how to lose fat and stay healthy for life.

and protein intake high.

Another emphasis of the book is to focus on little changes, and then measure for small improvements over a short period of time, he said. Many times, he said, people take on a lot of changes all at once, and when they can't stick to them, they give up, creating what's considered a "yo-yo" phenomenon.

"The idea is not to be impatient, but do

tiny changes, measure for small improvements and continue to adjust," he said. "You can do it for years and hopefully a lifetime."

The practices he describes are ones he's incorporated into his own life, he said. "I'm 53 right now, and I feel like I'm in better shape than I was in my 30s."

Dutta said he manages to maintain his fitness with two to three hours of resistance training and an hour of aerobic activity spread out throughout the week, bumping up training occasionally when he's preparing for an event like a sprint triathlon, he said. Generally, he also enjoys swimming, running and cycling in the area, he added.

Not every week is perfect, but when he returns to his routine, he finds it comes back pretty easily, and he can catch up to where his previous fitness level was without too much effort, he said.

For many people, three to four hours a week is enough to stay in relatively good shape, he explained. "I would say that some people can get by with less, and some need more, but you don't need a lot more than that."

He noted that these recommendations are not tailored for someone who's trying to become a performance athlete or a bodybuilder, but for readers who've got relatively normal lives with busy schedules who still want to carve out some time to stay in great shape.

A key point of his book is that it's OK to be flexible and take short breaks.

"The key is not to take long breaks or give up," he said. "Always keep trying, even if you stop for a little while." ■

Kate Bradshaw writes for The Almanac, the sister publication of Palo Alto Weekly. She can be emailed at kbradshaw@almanacnews.com.

About the cover: Dr. Sanjoy Dutta shares how to stay healthy and fit in his new book "Get Strong Lifelong." Photo by Magali Gauthier.

Book Talk

(continued from page 26)

ANOTHER VENETIAN MYSTERY ... Award-winning mystery author **Donna Leon's Commissario Brunetti** is one of the most likable, captivating characters in mystery. The commissario has been the protagonist of Leon's iconic Venice-based mystery series for decades. On Tuesday, March 16, Kepler's Literary Foundation is scheduled to present Leon's 30th book in Brunetti's saga, "Transient Desires." Leon will join Kepler's for an in-conversation webinar to share the new novel, talk shop about the mystery genre, the Venice she loves and more. Her latest

book centers around two young American women who return with brutal injuries after joyriding in the Laguna with local young men. Brunetti questions why their escorts vanish so quickly after bringing the injured women to the hospital. Following that thread, Brunetti uncovers a gut-wrenching, complex case that leads to technically brilliant and ruthlessly organized criminals operating underground in the beautiful, storied city. The event starts at noon. To RSVP, go to keplers.org/upcoming-events-internal/leon2021. ■

Items for Book Talk may be emailed to Title Pages Editor Linda Taaffe at ltaaffe@paweekly.com

Answers to this week's puzzles, which can be found on page 31.



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| 5 | 6 | 8 | 2 | 1 | 3 | 7 | 9 | 4 |
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| 4 | 3 | 6 | 8 | 2 | 1 | 5 | 7 | 9 |
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Pictured left: "Laundry Day" by Teri Vershel — 2020 Best In Show and Travel Winner

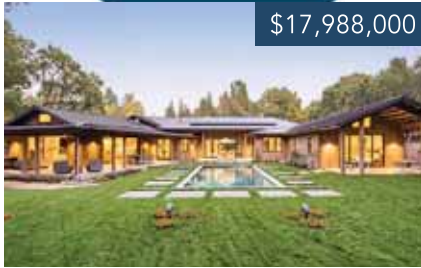
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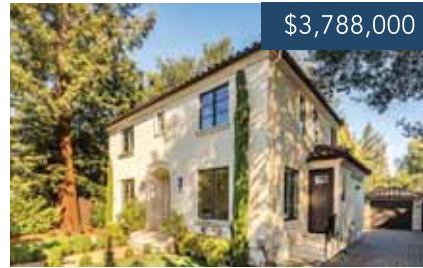
\$17,988,000

199 Mapache Dr, Portola Valley
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www.199Mapache.com



\$3,850,000

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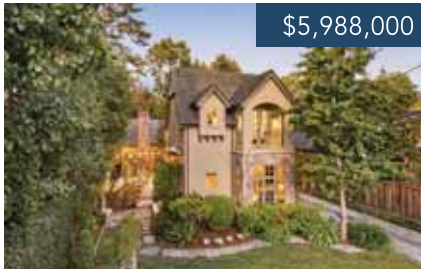
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525 Guinda Street, Palo Alto
4 Bd | 3 Bth
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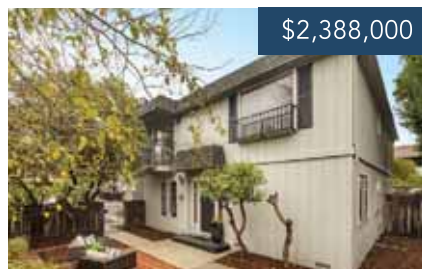
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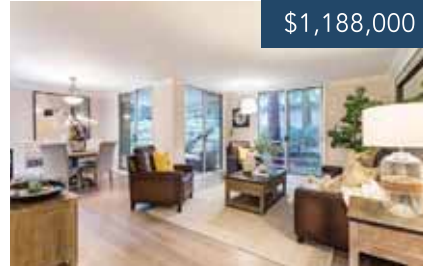
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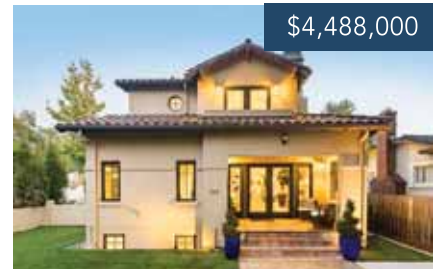
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3796 Park Blvd., Palo Alto
6 Bd | 4 Bth
www.3796Park.com



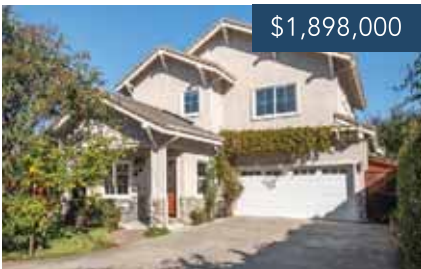
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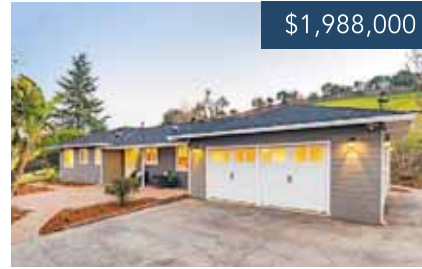
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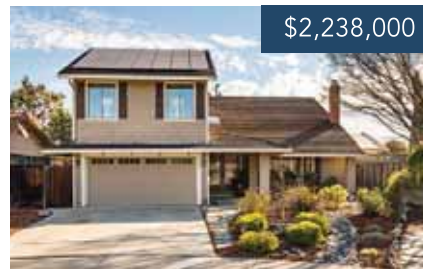
\$1,898,000

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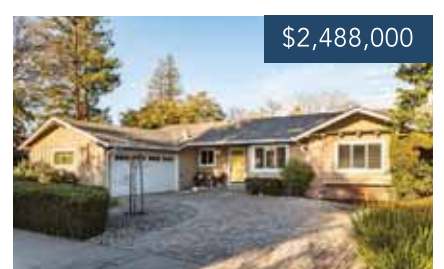
\$1,988,000

27690 Arastradero Rd, Los Altos Hills
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www.27690Arastradero.com



\$2,238,000

1342 Fieldfair Court, Sunnyvale
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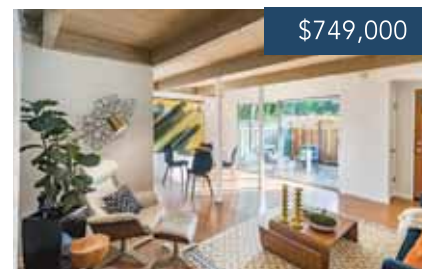
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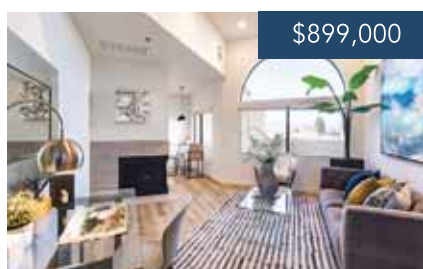
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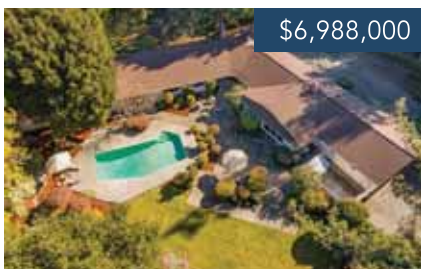
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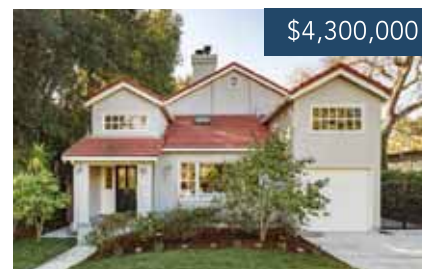
\$1,998,000

468 East Charleston Road, Palo Alto
3 Bd | 2 Bth
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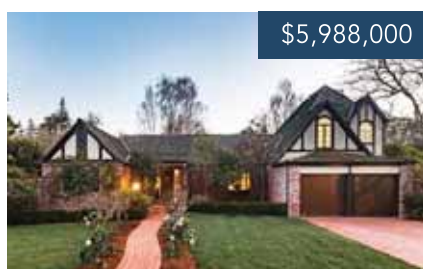
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35 Edge Road, Atherton
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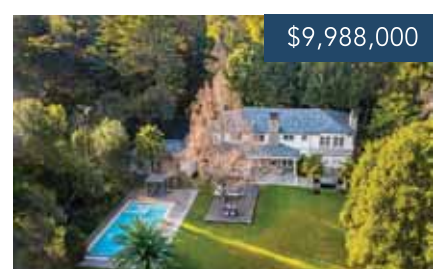
\$4,300,000

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www.1118Guinda.com



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中文諮詢請聯繫 Audrey Sun, DRE #01933274 電話: 650.785.5822 | www.deleonrealty.com | DeLeon Realty, Inc. | DRE #01903224



3796 PARK BOULEVARD, PALO ALTO



Stylish Duplex with Central Location

This stylish duplex offers comfortable living and a central location close to everything Palo Alto has to offer. Boasting two spacious townhome-style units each with 3 bedrooms and 2 bathrooms, this property is just moments to California Avenue, a short trip to both University Avenue and The Village at San Antonio Center, and offers easy access to Caltrain and US 101. Each unit includes a living room with fireplace, a well-designed kitchen, and a dining room with access to a private balcony for al fresco enjoyment. Plus, each unit also features a private outdoor patio area, as well as an attached 2-car garage, and each unit is separately metered. Topping it all off, the property is served by excellent schools including Barron Park Elementary, Fletcher Middle, and Gunn High (buyer to verify eligibility). Whether as an investment property or primary residence, this is an excellent choice for Palo Alto living.

For more information, video tour & more photos, please visit:

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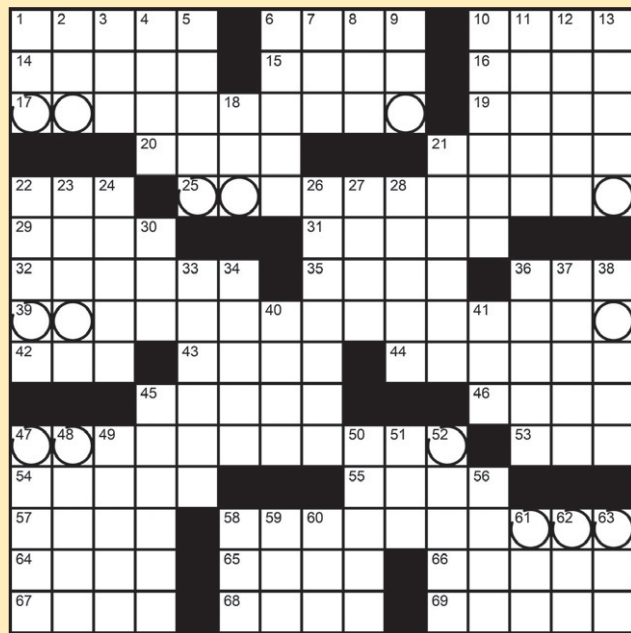
Michael Repka, DRE #01854880 | 650.900.7000 | michael@deleonrealty.com

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Across

- 1 Heat source?
- 6 "Isn't that ___ much?"
- 10 Clinton predecessor or follower
- 14 "Quaking" tree
- 15 City NNE of Lake Tahoe
- 16 Capri or Elba
- 17 Copper-colored coin last minted in 1958
- 19 Karmann ___ (classic VW model)
- 20 Part of S&L
- 21 Knight's transport
- 22 My reaction to this ice storm I'm stuck in right now
- 25 Alfred E. Neuman line
- 29 Scan in
- 31 Show announcer
- 32 Overabundance
- 35 "March Madness" sponsor, for short
- 36 Relaxing sound
- 39 Sport featured in the 2005 documentary "Murderball"
- 42 Heart-wrenching
- 43 Actor Bailey of "Band of Brothers" and "Almost Famous"
- 44 E flat's alias
- 45 Skim, like with homemade chicken stock
- 46 Follow closely, these days
- 47 "Never in a million years!"
- 53 Dashboard Confessional genre
- 54 Tiniest bits
- 55 Roswell crafts
- 57 '80s-'90s German chancellor Helmut
- 58 Discover (or how to determine what the four circled answers have in common)
- 64 Swedish store to get lost in
- 65 "My Life as ___" (1985 Swedish film)
- 66 Add to the pot
- 67 Macedonian's neighbor
- 68 "Ermahgerd Gersberms!"; for one
- 69 Time on a job

"Gimme a Reason"--when you know... By Matt Jones



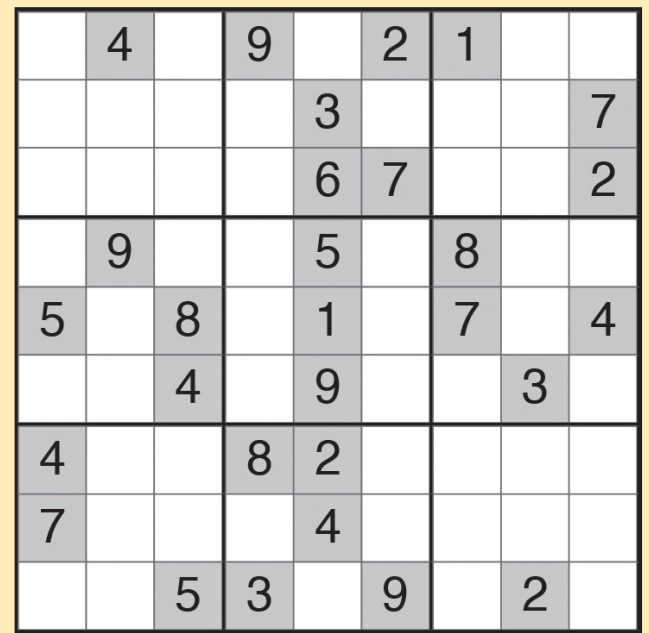
Answers on page 27.

Down

- 1 It may be gaping
- 2 "Black-___" (ABC sitcom)
- 3 Magilla Gorilla, really
- 4 Brunch, e.g.
- 5 Being dragged along
- 6 Hockey site, maybe
- 7 Actor Whishaw
- 8 "Newhart" establishment
- 9 Stocking stuffer
- 10 It may get stubbed
- 11 "The Fall of the House of ___"
- 12 Comparatively cunning
- 13 Intoxicating, as liquor
- 18 Oom-___ bands (Oktoberfest entertainment)

- 21 Contributes to the jar?
- 22 Makes some tea
- 23 Singer Bebe
- 24 Competed at Daytona
- 26 Renters
- 27 80 years into the future, in movie credits (will we even have movies?)
- 28 Animated alternative to mailing a greeting
- 30 "Don't Go Breaking My Heart" vocalist Kiki
- 33 Catches some Z's
- 34 "Futurama" genre
- 36 Colorful quartz
- 37 Former U.S. President James ___ Garfield
- 38 Prefix with therapy
- 40 "Ashes to Ashes" novelist Tami
- 41 Conversation lapses

This week's SUDOKU



Answers on page 27.

www.sudoku.name

- 45 Crime investigation facility
- 47 Collaborative websites
- 48 Robert who introduced the term "cell" to biology
- 49 Air beyond the clouds
- 50 Chocolate candy cut into cubes
- 51 "Summer Girls" boy band
- 52 Succinct letter signoff
- 56 Fantasy football figure
- 58 Kinfolk, for short
- 59 Ending with fluor-
- 60 ___ de plume
- 61 Nintendo Switch predecessor
- 62 Channel for buying stuff from your couch
- 63 By this point

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THE 35TH ANNUAL PALO ALTO WEEKLY

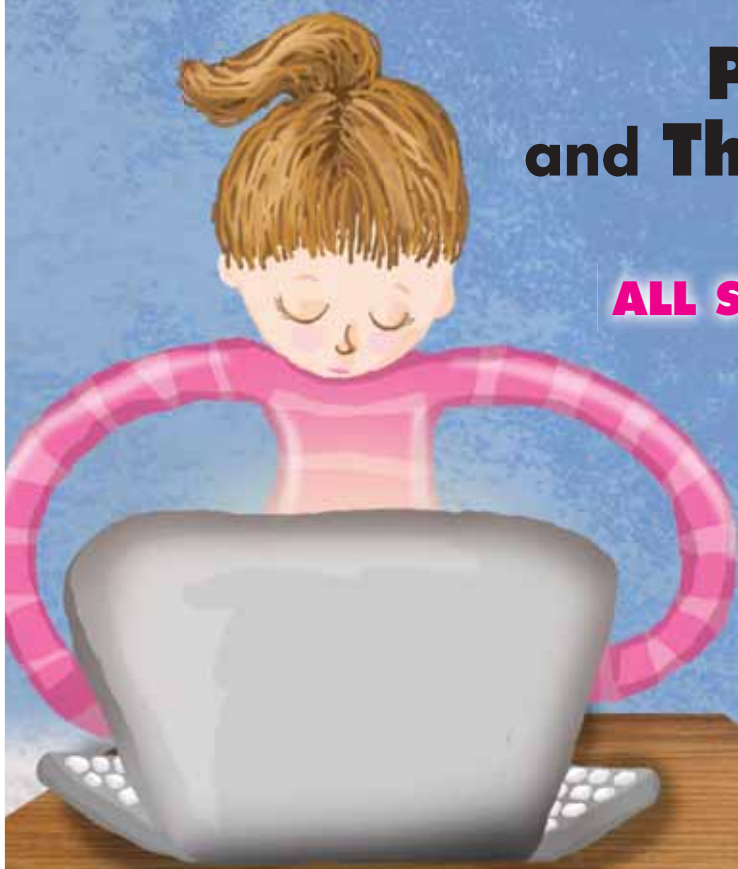
Short Story Contest

Prizes for First, Second and Third place winners in each category:
Adult, Young Adult and Teen

ALL STORIES MUST BE SUBMITTED ONLINE AT:
PaloAltoOnline.com/short_story

ALL stories must be 2,500 words or less

ONLINE ENTRY DEADLINE
April 2, 2021



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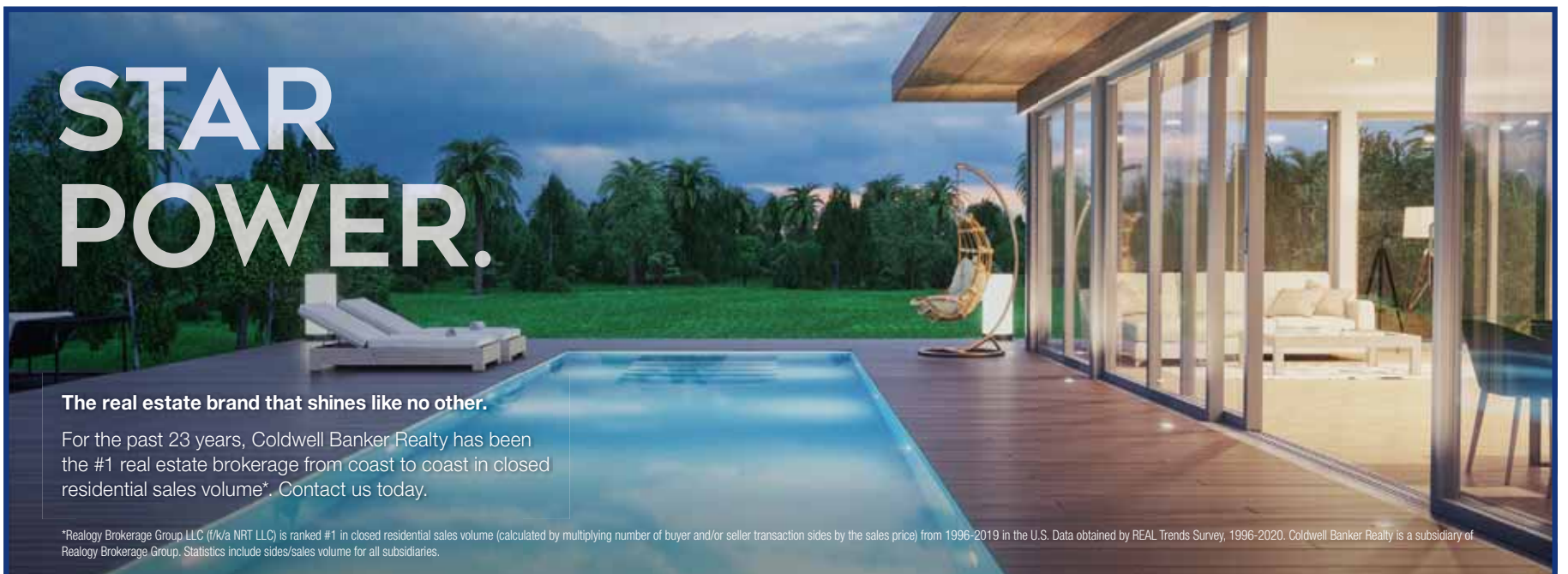
SALINAS | \$841,000
 Welcome to this newly remodeled attached home in the sought-after location of The Bluffs, a gated community in Salinas. This property boasts a master en suite with a junior master en suite. Recently remodeled and upgraded with plastered walls, fireplace and ceilings throughout. A paver backyard adds to the serenity of this property, ideal for those summer nights enjoying the outdoors. Move-in ready.

Susan Cardinale
 831.277.7600
 susan.cardinale@cbtnorcal.com
 CalRE #02045240



MOUNTAIN VIEW | \$749,000
 Warm & inviting 2br/1ba condo w/updated wide plank laminate floors, dual pane windows, recently replaced lighting, a separate storage locker, a garage & an attic. An oversized deck among lush greenery and trees offers the ideal place to sip your morning coffee & work from home. Retreat to your spacious suite w/ample storage. Nearby Steven's Creek Trail, Google, Shoreline & several commuter routes.

Jasmine Lee
 650.737.2922
 jasminet.lee@cbtnorcal.com
 CalRE #01961084



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