

The Almanac

THE HOMETOWN NEWSPAPER FOR MENLO PARK, ATHERTON, PORTOLA VALLEY AND WOODSIDE

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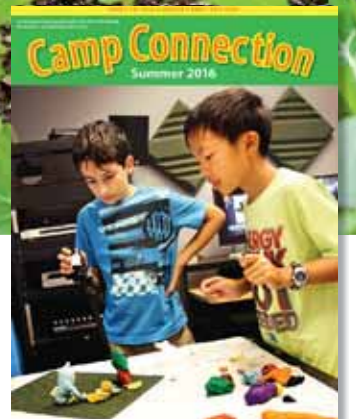


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Fighting obesity

Healthful food choices are key, says Portola Valley doctor who has created a chain of 'wellness centers'

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Summer 2016

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Public Information Meeting

Greenheart Land Company has proposed creating a new place to live, work, shop, eat, play, and just relax. The Station 1300 development will be situated on the vacant land along El Camino Real between Oak Grove and Glenwood, just steps away from the Menlo Park Caltrain station.



You are invited to learn more about this exciting proposal at an information meeting.

Date: Thursday, February 25, 2016

Time: 6:00–8:00 PM

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Report: High-speed rail to debut in Bay Area

By Gennady Sheyner

Palo Alto Weekly

California's high-speed rail system would make its debut in the Bay Area, with bullet trains whisking passengers between San Francisco and Bakersfield by as early as 2025, under a business plan that the California High-Speed Rail Authority released Feb. 18.

The proposal to start the San Francisco-to-Los Angeles rail system in the northern half of the route is an abrupt, though not wholly unexpected, change of direction for a project that received approval from California voters in 2008 but that has since been saddled with cost-overruns, lawsuits and political opposition on the Peninsula and beyond.

Last fall, the California High-Speed Rail Authority made a surprising announcement that it was launching an environmental analysis on the San Francisco-to-San Jose segment, a decision that perplexed local officials and rail watchdogs. Up to that point, the rail authority had indicated that the first usable segment would be constructed in the Central Valley and that the line would only later be expanded to San Francisco and Los Angeles.

The new business plan also includes a lower cost estimate for the project than the 2014 plan. The price tag, pegged at \$67.6 billion two years ago, now stands at \$64.2 billion. The business plan states that the rail authority achieved this

decrease by "factoring in lessons learned from our first construction bids, design refinements suggested in those proposals and other reviews, advancing more detailed engineering and design work and incorporating contractors' viewpoints."

The rail authority is proposing to invest \$2.1 billion from these savings in transportation improvements between Los Angeles and Anaheim. Planned improvements include grade separation of the railroad tracks, improved regional rail services and new tracks between Los Angeles and Anaheim, which would support high-speed rail in the future, according to the business plan.

The most dramatic change announced in the plan, however, isn't the shifting price tag but

New plan calls for connecting Silicon Valley to Central Valley in first phase.

the rail authority's pivot toward Silicon Valley and San Francisco. The decision to launch the system in this region was driven by the agency's goal of "getting a high-speed passenger line into operation as quickly as possible," the plan states.

The agency's analysis—which considered funding sources, travel-speed requirements and revenue projections—indicated that the segment that could be built most quickly (and turned into a revenue generator) would be between Silicon Valley and the Central Valley, with the southern tip ending just north of Bakersfield.

This portion, the business plan notes, can be built with funding from Proposition 1A bonds (the 2008 bond measure



Rendering courtesy, California High-Speed Rail Authority

The decision to launch the system in Silicon Valley was driven by the goal of "getting a high-speed passenger line into operation as quickly as possible," the business plan states.

that included \$9.95 billion for high-speed rail and related transit improvements), along with federal funds and proceeds from the state's cap-and-trade program.

Private investment, which has not materialized to date, is expected to play a central role in the ultimate build-out for the high-speed-rail project, which eventually would stretch to Sacramento and to San Diego.

But according to the business plan, the rail authority is not banking on private funds for the first segment. Once the passenger service is running between the Bay Area and Central Valley, it will generate revenues that could then "unlock private dollars to continue sequencing the rest of the system," the plan predicts.

Though the focus of the first phase is to link Silicon Valley

and Central Valley, the plan makes a case for extending the first operating line a bit further, so that it stretches between San Francisco and Bakersfield.

This extended line, the plan states, "would significantly enhance ridership and revenues and therefore attract higher value private sector concession bids based on future discounted cash flows."

The rail authority plans to build the line by 2024 and launch the passenger service in 2025. The new document calls the implications of connecting the two Valleys "tremendous." Completing the link "will change how people travel, work, live and play."

"Today it takes about three hours to drive from Fresno to the Bay Area; flights are available but often at exorbitant prices," the business plan states.

"With this new connection, a trip from Fresno to San Jose will take about an hour on high-speed rail, which is a game changer both for the people and the economy of the Central Valley and for Silicon Valley as well.

"New job markets will be opened up for people living in the Central Valley, and creating a high-speed connection to the Central Valley would help address the affordable housing crisis in the Bay Area," the plan states.

"New linkages will be created between higher education institutions in the Central Valley and high-tech and other cutting-edge industries in the Silicon Valley. And some high-tech companies might choose to locate certain corporate functions in the Central Valley,

See **HIGH-SPEED RAIL**, page 6

Entrepreneur pleads not guilty to defrauding Menlo Park woman

Alexis (Alex) Parr, a Burlingame lighting entrepreneur accused of using an investment scheme to defraud a Menlo Park woman of more than \$144,000, pleaded not guilty Feb. 18 to all charges, including suspicion of securities fraud and fiduciary elder abuse, San Mateo County prosecutors said.

Mr. Parr, 52, turned himself in to the county Sheriff's Office on Feb. 16. He is now out of custody on \$175,000 bail and has been ordered by the judge not to

contact the Menlo Park woman who, prosecutors say, is a friend of the defendant and is now 92 years old. Mr. Parr is due back in court for a preliminary hearing at 9 a.m. Wednesday, March 2.

Mr. Parr and the woman he has allegedly defrauded have known each other since at least 2000, when the woman invested \$5,000 in Mr. Parr's company—Lumiflex—in exchange for a stock certificate showing that she owned 15,151 shares, prosecutors said.

Over the years, Mr. Parr helped out around the woman's house and filed her taxes for her, prosecutors said. In 2010, she allegedly made a substantial additional investment with Mr. Parr's company, bringing her total investment to more than \$144,000, prosecutors said.

When a traffic accident in 2015 left the woman with expensive medical care bills, her nephew examined her finances and "asked her why her balance was so low," prosecutors said.

The woman responded saying that she had "made a mistake" in trusting Mr. Parr and had "never asked for her money back."

After an eight-month investigation, the Menlo Park Police Department submitted the case to the San Mateo County District Attorney's Office. After obtaining a search warrant, authorities searched Mr. Parr's home, business and financial records and found that Lumiflex is a real company but dormant,

with "no evidence of any appreciable business," prosecutors said.

Records show that after the woman's 2010 investment, Mr. Parr cut checks to himself, paid rent for his office, and went on two vacations, prosecutors said.

Police are asking anyone with information about this case, or who may have been a victim of this scheme, to contact Detective Steven Knopp at (650) 330-6364 or the anonymous tip hotline at (650) 330-6395.

Report: High-speed rail to launch in Silicon Valley

continued from page 5

where commercial real estate is less expensive, generating new job opportunities in this region.”

The business plan estimates that if the system is built between San Francisco and Bakersfield, it would attract 5.1 million riders in 2025, its first year of operation. Ridership would then grow to 7.1 million in 2026 and to 9 million in 2027.

The system still faces significant hurdles, including a pending lawsuit from Central Valley landowners (which was subject to court hearings earlier this month), uncertainty over future funding sources beyond the first segment, and political opposition. While Palo Alto officials aren't as adamantly opposed to the high-speed rail line as they were in 2011, when the City Council unanimously adopted a resolution calling for the project's termination, council members continue to be concerned about the impacts of the new rail system on local

traffic, particularly around rail crossings.

Today, the Palo Alto council's top priority is achieving grade separation of the Caltrain tracks, which would mean either submerging the tracks under the crossing streets or vice versa. A coalition of Peninsula cities that includes Palo Alto, Mountain View and Cupertino recently endorsed a funding plan that would allocate \$900 million for grade separations.

Yet the business plan suggests that grade separation is not part of the plan for the Peninsula, at least in the near term. In its “core values” section, the business plan commits the rail authority to grade separation in the “dedicated high-speed-rail right of way,” where there will be no at-grade crossings.

For the “blended corridors” (i.e., the Peninsula, where high-speed rail will use the Caltrain tracks), the plan proposes quad gates and intrusion-detection devices to keep people from

driving onto the tracks.

The debate over grade separation looms as a potential point of contention between the rail authority and local communities.

Yet for all the unanswered questions, the business plan suggests that after shifting its attention to the Central Valley about four years ago, the project has picked up significant momentum. Construction is now underway in Fresno, where contractors this month began drilling and concrete operations at a 1.5-mile-long trench that will ultimately carry the bullet trains under state Route 180. The business plan emphasizes that in the last two years, “circumstances have changed.”

“Most significantly, for the first time, there is a combination of existing funding sources that allow us to deliver high-speed service and do so within the next 10 years,” the plan states.

“It is our statutory and fiduciary responsibility to utilize available funding in the most efficient and productive manner and focus those resources on a segment that can be built within the limits of available funding. To do otherwise would mean that the State would be left with a segment that would not be complete, could not meet the statutory requirements, and/or that would not generate private-sector participation.”

The new business plan also reaffirms the agency's com-

mitment to the blended system between San Francisco and San Jose, a design that was initially proposed in 2011 by U.S. Rep Anna Eshoo, state Assemblyman Rich Gordon and former state senator Joe Simitian.

The approach, which allows Caltrain and high-speed rail to share two tracks, “minimizes impacts on surrounding communities, reduces project cost, improves safety and expedites implementation,” the business plan states.

Just south of the blended segment, the rail authority plans to spend about \$20.7 billion to build a rail line between San Jose and just north of Bakersfield. The largest components from this total include \$7.8 billion for track structures and track; \$5.3 billion for site work, right-of-way purchases and land; and \$3.2 billion for professional services, according to the plan.

The rail authority has already identified the \$1 billion in funding it would need to complete the environmental clearance for the first segment: a combination of state bonds from Proposition 1A, federal grants and cap-and-trade funds.

But funding the construction could prove trickier. According to the business plan, the rail authority is banking on about \$3.165 billion in federal grants for Silicon Valley-to-Central Valley segment, a projection based on an traditional assumption that major transportation projects typically can

rely on the federal government as a funding partner. (The fact that Republicans currently hold majorities in both the U.S. House of Representatives and the Senate and that they tend to oppose the rail project doesn't dim the rail authority's optimism).

“Although there is always competition for federal funding, we are prepared to make the case that it is warranted because it would leverage a significant increase in ridership, connectivity between major urban centers, revenues and the value of private sector concession agreements,” the business plan states.

The rail authority would also use \$4.16 billion from Proposition 1A; \$5.3 billion in cap-and-trade funds the agency plans to receive between now and 2024; and \$5.2 billion in financing proceeds from cap-and-trade funds that would be collected between 2025 and 2050.

Rail authority CEO Jeff Morales said in a statement Feb. 18 that the business plan presents “a clear path forward within available funding to deliver the system as approved by California voters in 2008.”

“By constructing the line between the Silicon Valley and the Central Valley, while also making significant investments in southern California's passenger rail systems, high-speed rail service will become a reality in this state in the next 10 years at a lower cost than previously estimated,” Morales said. ■

Want to serve on civil grand jury?

Applications will be accepted until March 30 to serve on the 2016 San Mateo County civil grand jury.

Applicants must be a U.S. citizen and age 18 or over, and must have resided in the county for more than one year. After an interview with

Judge Leland Davis III, jurors will be selected through a random draw.

Applications can be obtained by calling (650) 261-5066 or writing: Grand Jury Clerk, Court Executive Office, 400 County Center, Redwood City, CA, 94063.

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Ex-school coach faces sex-with-minor charges

Julio Edgardo Ortiz, a former elementary school athletic coach in Atherton and Redwood City and a resident of Menlo Park, pleaded not guilty Feb. 18 to all charges, including those related to his September 2015 arrest at an Interstate 280 rest stop near Highway 92, where he was allegedly engaged in sexual activities with a 14-year-old boy.

A jury trial is scheduled for June 20, with a pretrial conference set for 1:30 p.m. on April 27, prosecutors said. Mr. Ortiz is in jail on a bail of \$1.5 million.

The charges against Mr. Ortiz include oral copulation with a minor under the age of 16, misdemeanor drunken driving and driving on a suspended license, prosecutors said. He is also charged with 16 lewd acts with another minor, this one under age 14, and communicating with a third

minor to commit a lewd act.

The arrest was made on the evening of Sept. 18 at the I-280 rest stop overlooking the Crystal Springs reservoir. Two California Highway Patrol officers on patrol entered the rest stop and were checking on a blue 2012 Chevrolet Cruze when they observed the alleged sexual activities, the San Mateo County Sheriff's Office reported.

Mr. Ortiz coached at Selby Lane School in Atherton and Clifford School in Redwood City, prosecutors said. He also volunteered as a coach for the Sheriff's Activities League, deputies said.

The elementary schools and the activities league ended their relationships with Mr. Ortiz in 2014 after he was arrested in Santa Clara County for providing alcohol to a minor, deputies said.

Menlo Park church mourns loss of pastor, Bishop Teman Bostic

By Almanac Staff

Members of the Mt. Olive Apostolic Original Holy Church of God in Menlo Park are mourning the loss of their pastor, Bishop Teman L. Bostic Sr., 54, who was found stabbed to death on Friday morning, Feb. 12, at an apartment in San Leandro where he lived.

His 21-year-old son, Isaiah Bostic, was arrested on suspicion of murder and is being held without bail at Santa Rita Jail in Dublin.

Teman Bostic was a son of Elder Hattie L. Bostic, founder and pastor of the church and a community leader who died in 2011.

Bishop Bostic "was a pillar in the community of Menlo Park," the church said in a statement following the news of his death. He was "the presiding prelate of the Apostolic Original Holy Church of God Inc., a nationwide affiliation of churches. He evangelized nationally and internationally. He will be greatly missed. We are soliciting your prayers in this time of great loss."

Shock and sadness

Several members of the Menlo Park City Council and Menlo Park Police Chief Bob Jonsen expressed shock and sadness at the untimely death of Bishop Bostic. They noted his leadership in serving his parishioners and active support of the Belle Haven neighborhood of Menlo Park.

Councilman Peter Ohtaki said when he was mayor in 2013, he remembers hearing Bishop Bostic say that there is no "East Menlo Park" or "West Menlo Park, just one Menlo Park. "It was an eloquent way of talking about Menlo Park and Belle Haven as part of this community as a whole," Mr. Ohtaki



Photo: Mt. Olive A.O.H. Church of God

Bishop Teman L. Bostic Sr. was pastor of the Mt. Olive Apostolic Original Holy Church of God in Menlo Park.

said. "It's a loss for our city."

Councilwoman Catherine Carlton said she had spoken with Bishop Bostic the week before his death about a program to help teens in Belle Haven find summer jobs.

"He was inclusive and proactive ... to make Menlo Park the best that it could be, for all areas of Menlo Park," she said. "I'm going to miss him."

Councilman Ray Mueller said: "He was committed to preserving his mother's legacy and helping people. He was a friend and I will miss him."

Councilwoman Kirsten Keith said he "was a loving, selfless man who cared more about others than himself. He always had a big smile and a warm laugh."

Menlo Park Police Chief Bob Jonsen said that the Menlo Park Police Department worked with Bishop Bostic on National Night Out events, and the Mt. Olive church annually hosted a community block party in Belle Haven.

"Bishop Bostic's ability to help

break down barriers, empowering members to be engaged in the community, and make people feel welcomed, was impressive," Chief Jonsen said. "His leadership will be missed within the community."

Eldest of five

Teman L. Bostic Sr. was the eldest of five children born to Deacon Leon Bostic and Dr. H.L. Bostic, according to a church biography. He received his early education in Menlo Park and Palo Alto.

At Mt. Olive church, he served as a musician, Sunday school teacher, deacon, trustee, minister, elder and district elder.

In November 1994 with the support of his mother, he founded and organized a church in Fremont called the Word, Power and Praise Family Community Church.

In July 1998, he was elevated to the office of Bishop over the Western District (including California, Oregon, Washington, Mississippi and Nevada) of the Apostolic Original Holy Church of God Inc.

He was active in the community, serving on the board of directors and as president of the Crime Prevention Narcotics Drugs Educational Center in Menlo Park, and coaching the center's community basketball team in its annual charity games with players of the San Francisco 49ers football team.

His mother, Elder Hattie Bostic and associates founded the church in 1963. In 1971, members built the church at 605 Hamilton Ave. in Menlo Park. In 1992, it was rebuilt as a larger church and community center.

In 2013, the church celebrated 50 years of ministry with a number of community and church events. ■

Son faces murder charge in death of pastor

Prosecutors in Alameda County charged Isaiah Bostic with one count of murder on Feb. 17 in connection with the Feb. 12 stabbing death of his father, Bishop Teman L. Bostic Sr., pastor of Mt. Olive Apostolic Original Holy Church of God in Menlo Park.

Mr. Bostic, 21, is in custody on a no-bail status at the Santa Rita Jail, prosecutors said.

Responding to reports of a struggle going on at around

5:30 a.m. on Feb. 12, police knocked on the door of the San Leandro apartment where Bishop Bostic, 54, lived with his son Isaiah.

Residents reported hearing a voice saying, "Your dad is bleeding. I don't want to die," police said.



Isaiah Bostic

Isaiah opened the door with blood on his hands and clothing, police said. He was "evasive and did not want the police in his apartment," they said.

A bloody knife was found in the kitchen sink, and police said they found the Teman Bostic's body in a bedroom, covered in blood and with several stab wounds. He was pronounced dead at the scene.

Mr. Bostic was arrested without incident, police said.

REAL ESTATE Q&A

by Monica Corman



Selling an Investment Property

Dear Monica: I am selling a property that used to be my primary residence, but that has been a rental for six years. Can I exclude any of the capital gains on this sale or am I liable for them?

-Mara B.

Dear Mara: If you have rented a property for more than three of the last five years, even if it was your primary residence at one time, you are not eligible for the \$250,000 capital gains exclusion. You have essentially converted your former residence to income property. There are a few exceptions to this rule but most sellers in these circumstances will owe capital gains taxes.

If you do not want to pay these taxes, you may choose to defer them by exchanging the property for another investment property under IRS Rule 1031. After

you sell the first property you have 45 days to identify the replacement property, and six months to close escrow. You may also defer capital gains taxes by doing a "reverse exchange", i.e., buying the replacement property first and then selling the original property. In order to do this you must have the funds to buy the replacement property without selling the original.

If you simply sell the property and don't exchange it for another, you will owe capital gain on the profit. The title/escrow company will have to withhold 3.3% of the gross proceeds and pay this to the California Franchise Tax Board. They are not obliged to withhold an amount for federal taxes. You will owe any unpaid amounts at the time you file for the year in which you sold the property.

For answers to any questions you may have on real estate, you may e-mail me at mcorman@apr.com or call 462-1111, Alain Pinel Realtors. I also offer a free market analysis of your property. www.MonicaCorman.com



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Report: 'Significant' traffic impacts from Greenheart complex

By Kate Bradshaw
Almanac Staff Writer

Greenheart Land Co.'s proposal for a 420,000-square-foot office, apartment and retail complex on El Camino Real in downtown Menlo Park would have a number of significant and unavoidable impacts on traffic, according to an environmental impact report released Feb. 17.

The complex, which Greenheart is calling "Station 1300," would have about 190,000 square feet of offices, up to 202 rental apartments, and up to 29,000 square feet of retail on 7.2 acres on El Camino at Oak Grove Avenue.

A public hearing on the draft environmental impact report — a mere 1,376 pages, including appendices — will be held by the Menlo Park Planning Commission on Monday, March 21.

Greenheart Land Co. will host a community meeting on the project from 6 to 8 p.m. Thursday, Feb. 25, at the Performing Arts Center at Hillview Middle School, 1100 Elder Ave. in Menlo Park.

Some of the impacts of the project, such as on water use, were studied during the process of approving the El Camino Real/downtown specific plan, said Thomas Rogers, Menlo Park's principal planner, and are not included in this report.

The report explores ways to reduce the development's impacts, but found that most of the measures to alleviate the effects of increased traffic would only partially address the problems, have unknown results, or are outside the city's jurisdiction.

The report says five main intersections in the immediate area of the project would have significantly increased traffic delays in the short term, considered to be by the year 2020. Only at one, at Ravenswood Avenue and Laurel Street, is there a clear solution the city could require that would reduce the delays significantly.

An unacceptable impact includes an increase of 25 percent or more in the existing traffic level or an increase in delay at an intersection of more than 23 seconds.

There would also be unacceptable short-term impacts on four nearby roadway segments and four regional routes.

In addition, with planned development and the impact of the Station 1300 projects,

by 2040 eight more intersections would have unacceptable impacts. The environmental report finds feasible ways to offset the impacts to less than significant levels in three of them.

Short-term impacts

The intersections affected by 2020 include:

- Ravenswood Avenue and Laurel Street. Impacts could be offset by adding a left-turn lane plus a shared through/right turn lane to southbound Laurel Street. It would require removal of on-street parking and 10-foot wide travel lanes.

- Middlefield Road and Glenwood Avenue. Impacts could be offset with a traffic signal. However, because it may require rights-of-way not currently owned by the city and modification of the Glenwood Gate at east Linden Avenue, plus Atherton approval, it is deemed not feasible.

- Oak Grove Avenue and Alma Street. Impacts could be offset if changes were made at Derry Lane. (See below.)

- Oak Grove Avenue/Derry Lane (Garwood Way would be extended to Derry). Impacts could be offset with southbound left-turn restrictions during the peak hours, but the city says such restrictions are ignored by drivers, so changes are deemed not feasible. Impacts can be partially offset by widening Garwood Way to two lanes at Oak Grove Avenue and by adding bicycle lanes on Oak Grove Avenue between El Camino Real and the east city limits.

- El Camino Real/Ravenswood Avenue and Menlo Avenue. Impacts could be offset with the addition of a third northbound through travel lane along El Camino Real, but that would likely require removal of some of the trees located at the southeast corner, affect access to the 1000 El Camino Real property, affect bicyclists and pedestrians who would have to cross additional lanes of traffic and require Caltrans approval, so it is deemed not feasible.

The roadway segments affected by 2020 include:

- Oak Grove Avenue between El Camino Real and Laurel Street. Adding a bike route would partially offset the impacts.

- Garwood Way between Glenwood Avenue and Oak Grove Avenue. A bike route on



Photo by Barbara Wood/The Almanac

This huge oak fell on Woodside Road near Albion Avenue in Woodside.

Huge oak falls, knocks out power

Power was out for about 400 customers in Woodside Thursday night, Feb. 18, after a massive oak tree uprooted and fell on power lines along Woodside Road near Albion Avenue about 8:15 p.m., closing the road for hours.

Responders from the Woodside Fire Protection

■ WOODSIDE

District, the San Mateo County Sheriff's Office, Pacific Gas & Electric and Caltrans, which is responsible for Woodside Road, worked to make sure there were no live wires down and to remove the tree from where it rested on utility wires.

PG&E said those who lost power were restored by 5 a.m. the next day.

— Barbara Wood

Garwood Way would partially offset the impacts.

Regional routes affected by 2020:

- Willow Road, from U.S. 101 to Bayfront Expressway, northbound and southbound.

- Bayfront Expressway, from University Avenue to Willow Road, eastbound and westbound. A Traffic Demand Management (TDM) program could offset the impact on northbound Willow Road between U.S. 101 and Bayfront Expressway if it reduces traffic by 30 percent, but since how much the TDM program would reduce traffic is unclear, it is deemed not feasible. Even a 30 percent reduction would not reduce the impact to acceptable levels on the other routes.

Longer-term impacts

By 2040 an additional eight intersections would be impacted by projected development plus the impact of the Station 1300 project.

Those intersections include:

- Oak Grove Avenue/University Drive. Can be offset by reconfiguring the westbound Oak Grove Avenue approach to include one left-turn only lane and one right-turn lane only lane. Requires removing several parking spaces on the south side of Oak Grove Avenue. Adding bike lanes on Oak Grove Avenue would also help to offset the impacts.

- Santa Cruz Avenue and University Drive. A signal at the intersection could offset the impacts.

- Middlefield Road and Encinal Avenue. An additional right-turn lane on the southbound Middlefield Road and eastbound Encinal Avenue approaches could offset the impacts, but requires additional rights-of-way and approval of Atherton, so deemed not feasible.

- Middlefield Road and Ravenswood Avenue. A second northbound left-turn lane and a corresponding receiving lane on the west leg would offset the impacts, but would require coordination with Atherton, so

is deemed not feasible.

- Middlefield and Willow Road. Impacts can be offset by widening the eastbound Willow Road approach to provide an additional through lane and widening the westbound Willow Road approach to provide an additional left-turn lane, plus re-striping the existing shared through/left-turn lane to a through-only lane. In addition, widening the southbound Middlefield Road approach to include an exclusive through lane and re-striping the existing shared through/left-turn lane to a through-only lane would

See **GREENHEART** page 22

■ WHAT HAPPENS NEXT

The draft of the environmental report is open to public comment until 5:30 p.m. Monday, April 4. Written comments may go to Thomas Rogers at throgers@menlopark.org or Thomas Rogers, City of Menlo Park Planning Division, 701 Laurel St., Menlo Park, CA 94025.

A public hearing on this environmental impact report will be held by the Menlo Park Planning Commission on Monday, March 21. The meeting starts at 7 p.m. in the council chambers in the Menlo Park Civic Center.

The city staff will respond to comments and make any necessary revisions before presenting the final document to the Planning Commission for a recommendation and to the City Council for approval.

Greenheart Land Co. will host a community meeting on the project from 6 to 8 p.m. Thursday, Feb. 25, at the Performing Arts Center at Hillview Middle School at 1100 Elder Ave.

Go to tinyurl.com/green217 for city documents on this project, including the environmental impact report.

Atherton: rural enough for backyard chickens?

By Barbara Wood
Almanac Staff Writer

Should Atherton residents who want to keep hens have to submit to annual inspections of their coops? Are five hens too many for a property under an acre?

Those questions and more remain unanswered as Atherton City Council members exhibited one of their rare recent differences of opinion when they met Wednesday night, Feb. 17, to consider liberalizing the town's current regulations for raising chickens. They ended up continuing the matter to March.

Currently, chickens are legally allowed in Atherton only on lots of 80,000 square feet or more, which is close to two acres, where up to 40 chickens are allowed.

By comparison, in next-door Menlo Park, residents are allowed to keep 50 chickens (or any other poultry including geese, ducks, turkeys, peafowl, guinea fowl, pigeons, squabs and doves) per quarter acre, with no minimum lot size.

The regulations proposed by Atherton's Planning Commission would have allowed five hens on lots of between one-half and one acre, 10 hens on properties of between one and two acres, and 20 hens on properties larger than two acres.

On properties of more than two acres, if chickens are kept for educational purposes, as they are at Sacred Heart Prep, up to 40 hens would be allowed. Roosters would not be legal anywhere in Atherton.

The proposal would allow chicken runs and coops only within the legal building envelope for a main house.

The staff report by town planner Lisa Costa Sanders laid out a major issue: "While the town seeks to maintain a rural character ... developed properties often tell a different story," she wrote. "While residential in character, many properties are large, expansive, and in many cases, decidedly non-rural."

Councilman Bill Widmer said he had spoken to "a number of major builders in our area." They would prefer not to have chickens in Atherton, he said, "because it could devalue people's property."

But, he said, with proper regulations, he was willing to allow a few hens in town. "If somebody

wants to have chickens, then they should have chickens," he said. "They do make some noise and it is irritating to some people."

Councilman Cary Wiest argued that no hens should be allowed on less than an acre. "I agree that there's a nice charm to the education component," he said, speaking of residents who said they wanted to have hens to teach their children about food and animals.

"I also believe there is a proper place for chickens," he said. In some parts of town, he said, people live on estates. "I don't think people in those settings want to hear or smell chickens," he said. "Anything less than an acre, I would say no chickens."

"To me it's less of a noise issue and more of a smell issue," he said. "It's not fair to the neighbors."

Councilman Rick DeGolia, who had brought up the whole issue after an Atherton resident asked for a look at the town's chicken-keeping rules, spoke in favor of more liberal regulations.

'Many properties are large, expansive, and in many cases, decidedly non-rural.'

TOWN PLANNER LISA COSTA SANDERS

"I think we need to create a reasonable ordinance that allows people to have a reasonable number of chickens," he said. He asked to have the setbacks relaxed and also spoke against inspecting the coops.

Inspection "seems unnecessary to me," he said. "I really don't want this to become a big bureaucratic provision that uses a lot of staff time."

Councilman Mike Lempres, who attended the meeting via a conference call, favored allowing chickens on a half-acre lot. "People should be able to have chickens. That's a fairly sizable lot," he said. He supported adjusting the setbacks slightly.

But Mayor Elizabeth Lewis differed. "I think half an acre is a little too small," she said. She also pointed out, however, that the entire town probably was not about to be overrun by hens. "I cannot imagine that the whole

town of Atherton, if we do this ... (is) going to go out and get chickens," she said.

In the end, the council asked for a revised ordinance to consider in March with eased setbacks, and a reduction in the number of chickens allowed on a half-acre from five to three. ■

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THIS WEEKEND IN
SAN FRANCISCO

Betty Jane St. Clair

January 16, 1920 – January 25, 2016

Betty St. Clair, a 65-year resident of Menlo Park, California, passed away peacefully with her family at her bedside on Jan. 25, 2016. Born in Manitowoc, Wisconsin, Betty would later attend Linfield College, in Oregon, where she earned a BA in Communications and met her first husband, Fred Warren, who, after several years as Menlo College basketball coach, passed away of cancer. Betty would go on to earn a Master's Degree in Speech Therapy from San Jose state and raise their adopted son, Bob. Betty later married Maury St. Clair and celebrated 37 years of marriage. An avid gardener, bridge player and volunteer in her community, Betty enjoyed being with her family, entertaining, traveling and the great outdoors. Betty is survived by her son, Bob St. Clair and his wife Julie; her grandson, James St. Clair and his wife Colleen and two great grandsons, Kaelon and Emmet St. Clair.



PAID OBITUARY

Mary Bettini Crenshaw

May 26, 1931 – February 4, 2016

Mary was born at home in Menlo Park to loving and hard working Italian immigrants, Rino & Ida Bettini. She was raised among a close knit community of family & friends. She attended Central School and Sequoia High School. After high school, she went onto San Jose State University where she earned a degree in education and was an active member of the Alpha Chi Omega sorority.



Upon college graduation, she headed back to Menlo to start her first teaching job at Hillview. It was there she met the love of her life, Robert "Bob" Crenshaw. After they married, they moved to Sunnyvale where they raised their two daughters. After taking some time off, Mary returned to substitute teaching in the Sunnyvale School District for many years. During her retirement years she enjoyed traveling, playing bridge and spending time with her four grandsons. Mary will be remembered forever for her wonderful sense of humor and her extremely kind heart. She is survived by her two daughters Susan Maddex & Lynn Blazy, son in law Jeff Blazy and grandsons Devon & Riley Maddex, Jack and Nick Blazy. Services will be held on Saturday, February 27 at 11am in the large chapel at Alta Mesa Memorial Park, Palo Alto. In lieu of flowers, please make a donation to Pathways Hospice 585 North Mary Ave, Sunnyvale, CA 94085.

PAID OBITUARY

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Go to: AlmanacNews.com/obituaries

Symposium focus: adolescent addiction

By Barbara Wood

Almanac Staff Writer

Adolescent Counseling Services, a nonprofit agency offering youth mental health services, is giving a free one-day community symposium on adolescent addiction on March 5.

"Protecting Our Developing Youth: Adolescent Addiction, Prevention & Recovery" will be held from 8 a.m. to 3 p.m. at the

Boys & Girls Clubs of the Peninsula clubhouse at 2013 Pulgas Ave. in East Palo Alto.

Adolescent Counseling Services recently announced opening an office in San Mateo County. Starting March 1, outpatient services will be available at 643 Bair Island Road, Suite 301, in Redwood City, as well as at the organization's Palo Alto office.

Support groups will start March 15 at the Redwood City office, which will also house the

administrative staff. Therapy is also offered at Sequoia Union High School District and Las Lomas Elementary School District schools.

The morning session of the March 5 symposium will feature Stephanie Brown, founder and director of the Addictions Institute, an outpatient therapy program in Menlo Park; Dr. Anna Lembke, current chief of addiction medicine services at Stanford University; and D'Anne Burwell, author of "Saving Jake: When Addiction Hits Home."

The afternoon session will have workshops including "Advanced Motivational Interviewing" with Rosalind Corbett, a registered addiction specialist and consultant; "Understanding the Realities of Teen Substance Abuse" with Connie Mayer, director of outpatient services at ACS; "LGBTQQ+ and Addiction" with Gabrielle Antolovich from Voices United; and "Everything You Want to Know about Your Teen but are Afraid to Ask" with Philippe Rey, executive director of ACS.

The symposium is sponsored by the Esther Ting Foundation, the Boys & Girls Clubs of the Peninsula, Project Safety Net, Youth Community Service, the Palo Alto Police Department and Voices United.

The seminar is free and open to the public, but pre-registration is required on the Adolescent Counseling Services website under Upcoming Events.

ACS-teens.org (the group's website) has more information. Questions may be addressed to Lridgeway@acs-teens.org or by calling (650) 424-0852, ext. 111.

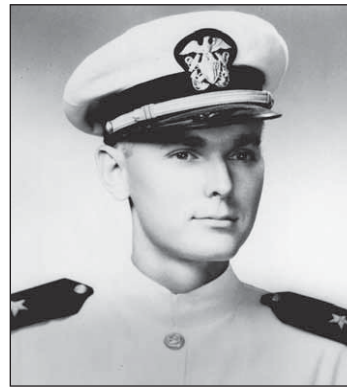
Adolescent Counseling Services' network of family therapists and support groups have been available since 1975. The organization provides on-campus and community counseling, substance abuse treatment, LGBTQQ+ support services, and community education programs.

ACS says it estimates that 65,000 youth on the Peninsula need accessible mental health services. The organization plans to increase the number of clients it serves by 30 percent to help meet the growing demand. With the new Redwood City location, ACS will have eight offices supporting its community counseling, adolescent substance abuse treatment, and outlet programs. ■

William Francis Poulson

June 17, 1931 – February 5, 2016

William Poulson died on Friday, February 5, at Britannia House in Redwood City from complications of Parkinson's disease. He is survived by Ann, his loving wife of 62 years, his daughter Elizabeth, and two grandchildren, Maya and Luca, as well as his sister, Yvonne Schuster of Santa Rosa, and sister-in-law Mary Patzer of Chantilly, VA. His son, William Sidney, predeceased him in 1998. Bill was born on June 17, 1931, in Los Angeles, the first child of William Poulson Jr. II and Frances Amelia Smith Poulson. The family moved to the Bay Area during World War 2, and settled in San Mateo, where Bill was a graduation speaker at the 1949 commencement at San Mateo High School. He continued his education at Stanford University, as a speech major. He met the love of his life, Ann Patzer, at Stanford. They married after his graduation in 1953. Bill spent the following four years on active duty with the Navy, and during that time both his children were born. He served both on board ship (the USS George Clymer) transporting troops home from the Korean War, and on shore at the Naval Receiving Station, Skaggs Island (near Sonoma) where he was assistant officer in charge. Following his discharge he returned to Stanford, earning his Master's degree in History and also obtaining a teaching credential. Bill began his teaching career at Woodside High School in 1959, and remained there until his retirement in 1993, teaching U.S. History and Government.



In 1974 he was selected to participate in the Stanford Coe Program for the training of new teachers. He spent a year on campus as a faculty associate. He truly enjoyed being able to mentor beginning teachers – which he did also as a mentor teacher several years at Woodside.

During those years, Bill served on several boards of organizations organized to help the handicapped: CAR (now Abilities United, Palo Alto), PARCA, Burlingame, and FHAR (Family Homes for the Retarded). His interest in such service began because of the handicap endured by his son.

Bill enjoyed fishing. He would walk Northern California streams and rivers, hoping for steelhead, or troll from his boat at Lake Tahoe for trout. He also enjoyed travel, especially to Switzerland where his daughter lived for 15 years and where his grandchildren were born.

He had to slow down during his later years because of the toll taken by Parkinson's disease. But although he was unable to read or walk, he truly enjoyed listening to stories of the family and their visits, which always brought a smile to his face.

Our heartfelt thanks to the good people at Britannia House: Delphine, Mark, Djoni, Angie, and Gina (and Carrie).

Private services will be held later in the year. No flowers, please. Memorials can be sent in his memory to Abilities United (525 E. Charleston Road, Palo Alto, 94306) or Mission Hospice & Home Care (1670 South Amphlett Blvd., Suite 300, San Mateo.

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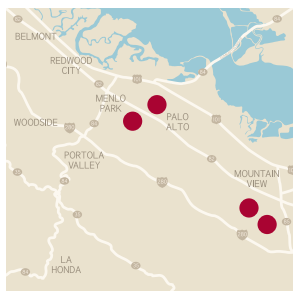


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Your Heart Rhythm: Atrial Fibrillation Evaluation & Treatment

Presented by Stanford Cardiac Arrhythmia Service
9:00am – 10:30am

Heart Disease Prevention: What You Need to Know

Presented by Stanford Preventive Cardiology Clinic
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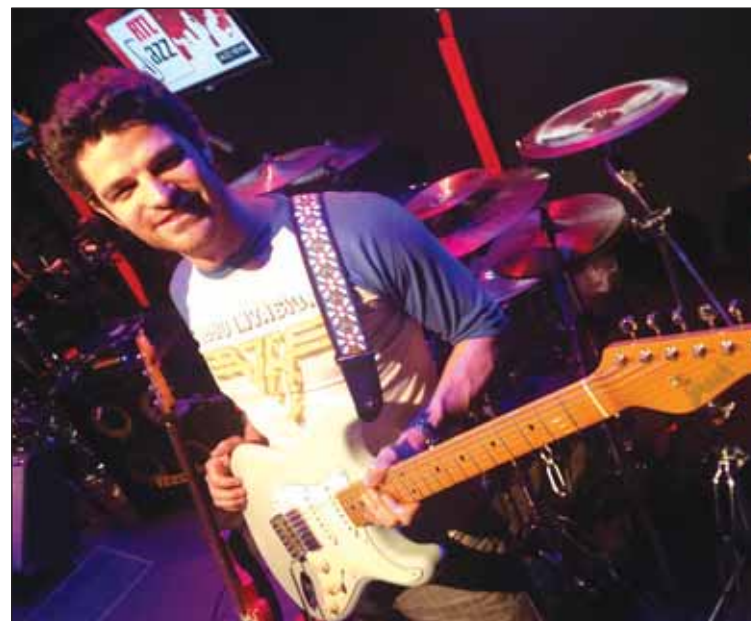


Photo by Larnell Lewis.

Mark Lettieri, a Menlo Park native, is a guitarist with the Grammy-winning band Snarky Puppy, an accompanist and solo performer.

Lettieri wins Grammy as fusion band guitarist

By **Kate Bradshaw**
Almanac Staff Writer

At the recent Grammy Awards show in Los Angeles, before Taylor Swift snagged the “Album of the Year” award, Menlo Park native Mark Lettieri took the stage to accept a Grammy as a guitarist with the instrumental fusion band Snarky Puppy.

The band along with the Netherlands Metropole Orkest (orchestra) won in the category “best contemporary instrumental album” for their album “Sylva.”

The win was the second Grammy for Snarky Puppy; its first was for “best R&B performance” in 2014 for “Something,” on which Mr. Lettieri worked as a guitarist and arranger.

The Grammy Awards event, held Feb. 15, was “kind of a circus,” said Mr. Lettieri, a composer and producer as well as a guitarist.

He started playing the guitar at age 11, before joining a band with his friends. He performed gigs at the high school, he said in an interview, and at local teen centers and Menlo Park Presbyterian Church, now Menlo Church. In his senior year, he played guitar for the Menlo-Atherton High School Jazz Band, led by Frank Moura.

After he graduated from M-A in 2001, he attended Texas Christian University in Fort Worth, Texas, where he pursued another of his interests from high school: track and field, on a scholarship. Soon after arriving, he discovered a thriving local music scene.

By the time he graduated with a degree in advertising, he said, he had more opportunities to pur-

sue a career as a guitarist than in advertising, so that’s what he did.

Mr. Lettieri continues to reside in Fort Worth, though Snarky Puppy is now based in Brooklyn, New York. Snarky Puppy, he said, is a “chameleon,” and delves into a wide range of genres. Its website describes the band as an “eclectic, unclassifiable jazz/funk/global collective.”

He recommends newcomers to their music start on YouTube. The band got its name from band leader Michael League, who stole it after his brother told him it would have been his band name had he ever started a band. They just released an album called “Family Dinner Vol. 2,” which features collaboration with David Crosby of Crosby, Stills, Nash and Young.

Mr. Lettieri also accompanies other musicians, including Erykah Badu, Tamela Mann and Phillip Phillips. He is currently on tour with Christian gospel singer Anthony Evans.

He is also working increasingly as a solo artist. He has written, recorded and produced two albums called “Knows” and “Future Fun.” In April, he plans to go on tour in Europe with “The Mark Lettieri Trio” and a Dallas-based jazz/funk/fusion band, “The Funky Knuckles.”

He says he’s working on balancing the demands of accompanying, playing in a band, and his solo work.

To kids or M-A students considering pursuing a career in music, he says, first, “always make sure you’re having fun doing it.” Second, he says, “be prepared to make a lot of sacrifices and not sleep.”

“It’s not an easy life but it is a very rewarding one,” he said. ▀

Woodside fire district back to square one with cramped station

■ New station may not have room for administrative offices.

By Dave Boyce
Almanac Staff Writer

Woodside Fire Protection District firefighters and their emergency vehicles have long shared space with the district's administrative staff in the tight quarters of the one-story building on one acre at 3111 Woodside Road in Woodside.

A separation could be ahead as district officials plan a new and updated station. They no longer hold out hope of buying one of the two neighboring properties, Fire Chief Dan Ghiorso said. A new station at that location, while addressing technical issues, might not have room for offices, he said.

The fire district, which includes Woodside, Portola Valley and nearby unincorporated

■ WOODSIDE

areas, has the right to acquire property through eminent domain, but would not use that option in this situation, the chief said. With two properties and two owners, neither of whom intends to sell or leave, "we're back to square one," he said.

Parking and space in general at the station is limited. Firefighters on duty and in need of sleep must seek quiet in a common dorm room. When an emergency call comes in, an audible alert sounds in the dorm and wakes up everyone, the chief said.

A new station would have individual rooms, with alerts sounding only where appropriate. A call for an ambulance would alert the room where the firefighters on ambulance duty are sleeping, for example.

When a truck returns from a call, because the garage does



Photo by Michelle Le/The Almanac

Drivers must be skilled at backing trucks into the bays at the Woodside Road fire station. The clearance is just inches on each side. A drive-through garage would make backing up unnecessary.

not have a rear entrance typical of fire stations, firefighters must interrupt traffic on Woodside Road and back into the bays. They must be skilled at it because the narrow bays allow just inches on either side. And with three bays instead of four, the ambulance sits outside every

night, Chief Ghiorso said.

A larger station would solve those problems, and the district has \$3.5 million put away for that purpose, the chief said. Assuming \$3.5 million won't be enough, the Woodside-Portola Valley Fire Protection Foundation has offered to sponsor a

capital campaign to solicit donations from district residents, he said.

Staff offices are now split between the Woodside Road station in Woodside and the Jefferson Avenue station in

See **FIRE STATION**, page 20



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Hillary Clinton makes stop in Atherton

Democratic presidential candidate Hillary Clinton dropped by Atherton on Sunday afternoon, Feb. 21, for a campaign fundraiser attended by about 400 people, Atherton City Manager George Rodericks said.

The Atherton Police Department did not provide any more than usual police services during Ms. Clinton's 90-minute visit, he said, because the Secret Service and California Highway Patrol were on hand, working from a command post at Menlo-Atherton

High School.

The event was billed as a "Conversation with Hillary for Young Leaders and Women in Tech." It was held at the home of Sukhinder Singh Cassidy, founder and CEO of Joyus, an online retailer.

Tickets ranged from \$500 for those under 35 and \$1,000 for those over (for the general recep-



Hillary Clinton

tion) to \$27,000 for "hosts."

It was the third high-profile event this month in Atherton, including a visit by President Barack Obama for a political fundraiser on Feb. 11 and a star-studded Super Bowl fundraising party on Feb. 6.

Revisions made last year to Atherton's special events permit process mean the hosts, not the taxpayers, are responsible for paying for special services police or other town departments provide for the events. ■

Atherton studies impacts of Marsh Road project

In the hopes of minimizing impacts on neighbors and motorists, Atherton plans to do more traffic studies on the impacts of major repairs on the Atherton Channel drainage culvert along Marsh Road, and to beef up public outreach and hire a project manager.

In January, council members learned the town finally has the permits needed to make the long-anticipated repairs on the section of the drainage culvert that runs along Marsh Road between Middlefield Road and the border with Redwood City, near Bay Road. The U-shaped reinforced concrete culvert will be designed so it could possibly later be covered over, and will have a steel guard rail to deter cars from plunging in.

The channel is now separated from Marsh only by a chain link fence, which has been broken through by errant motorists at least four times since March 2015.

The permits allow work to take place between April 15 and

October 15.

Marsh Road, which intersects with U.S. 101 and Bayfront Expressway, is used by many commuters and serves as a major response route for the Menlo Park Fire Protection District and other agencies' emergency vehicles.

The town will have the consultant that designed the project, Biggs Cardosa Associates, do a detailed traffic impact analysis and look at alternative construction methods and schedules that might ease traffic delays.

The consulting firm will come up with a public-outreach program and hold two meetings — one for the neighbors of the project and one for the region that will be affected by the road closure — to discuss the impacts of construction and project detours.

The Atherton City Council voted unanimously Feb. 17 to fund the further studies on traffic impacts and to hire a construction manager.

Atherton preschool can stay in park for now

After realizing that it could cost between \$2 million and \$3 million to move the preschool in Holbrook-Palmer Park to a new location, the Atherton City Council decided Feb. 17 to let the Knox Preschool stay in its current location for now.

A recently adopted master plan for the park said the preschool could move close to the Gilmore House, near the park's entrance. The council had earlier discussed building new quarters for the preschool that could be used as temporary town offices during construction of the new civic center.

The preschool's lease runs out in August, and council members said they would be open to extending it for more than one year.

Earth Day

Atherton's City Council has voted to give \$5,000 to the town's Environmental Programs Committee to put on Earth Day activities in April.

The committee's plan is to sponsor events around Earth Day, April 22, working with local schools and organizations. A survey will ask residents what environmental issues they are interested in.

The committee plans an envi-

■ BRIEFS

ronmentally themed movie, a panel discussion or speaker, information booths and a student competition.

Flower reappointed to Cow Palace board

Atherton's Kenneth Flower, 84, who worked for the San Francisco 49ers, the Bay Area Sports Hall of Fame, and National Football League Films, has been reappointed by Gov. Jerry Brown to the Grand National Rodeo, Cow Palace Fair board of directors, where he has served since 2012.

Mr. Flower, a Democrat, was president of the Bay Area Sports Hall of Fame from 2005 to 2007 and vice president of marketing, advertising, politics and community affairs for the San Francisco 49ers from 1977 to 1986.

He was vice president of sales and marketing at National Football League Films from 1969 to 1976. He was also manager of business development at the Golden Gate Bank from 1989 to 1999, plus west coast manager at Westinghouse Broadcasting from 1987 to 1989.

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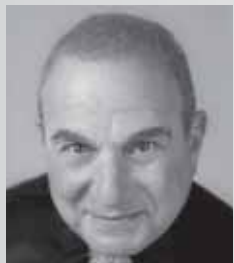
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- Global marketing targeting affluent buyer pools in International markets

Call Steve at **650.743.7702** to discuss how this marketing strategy can work for you.

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CalBRE# 01498634



Steve was born in Menlo Park, raised in Atherton, and is a Woodside resident.

GULLIXSON

40+ ACRES IN WOODSIDE



www.331Greer.com

40+ acres with possible further subdivision: Two separate parcels: - 39.4 acres with house, reservoir, lake, tennis court, and pool and 1.5 acres with 125,000 gallon water tank for irrigation and to fill the reservoir and lake (this parcel not shown on map) | Less than 2 miles from the Town of Woodside

OPEN SUNDAY 1:30-4:00



8 REYNA PLACE, MENLO PARK 8Reyna.com

Premier West Menlo location | ~ 13,250 sf lot at end of cul-de-sac | Two-level custom-built in 2005 | 4 bed/4 bath & 3 half baths | Fitness center, rec room, bar & wine cellar | Solar-heated salt-water pool | Outdoor BBQ kitchen & fireplace | Menlo Park schools \$6,295,000



95 ATHERTON AVENUE, ATHERTON 95Atherton.com

~2.2 ac in the heart of central Atherton | 5 bedrooms | 6 full and 2 half bathrooms | 1-bedroom guest house with kitchen | Gorgeous grounds with saltwater pool, spa, rose garden | Well for irrigation | 3 gated entrances | Menlo Park schools \$16,800,000



60 WHY WORRY LANE, WOODSIDE 60WhyWorry.com

Remodeled home with sophisticated designer style | 4 bedrooms | 4.5 bathrooms | 2 offices | 1 bedroom guest house | Pool and spa | pool cabana | Well for irrigation | Just 1 mile from the Town of Woodside | Woodside school \$11,000,000



ATHERTON gullixson.com

3-level custom-built English-style manor home | 4 bedrooms | 5.5 baths | 2 offices (one could be 5th bedroom) | Wine cellar | Media/billiards room with bar | Fitness center & steam room | Pool & pool house | Irrigation Well | Championship tennis court | Menlo Park schools

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AVERAGE SALES PRICE
RANKED #12 TEAM NATIONALLY, PER
THE WALL STREET JOURNAL 2015



Information deemed reliable, but not guaranteed. Square footage and/or acreage information contained herein has been received from seller, existing reports, appraisals, public records and/or other sources deemed reliable. However, neither seller nor listing agent has verified this information. If this information is important to buyer in determining whether to buy or to purchase price, buyer should conduct buyer's own investigation.



1 Homs Court, Hillsborough

Old World Charm, Modern Luxuries

Be enchanted by this 7 bedroom, 7.5 bathroom mansion of 11,425 sq. ft. (per appraiser) that occupies majestic gated grounds of 1.42 acres (per county) with a tennis court, a pool with a spa, and a detached garage with an additional bathroom. Designed by George H. Howard and built circa 1904, this estate boasts a flexible floorplan, hardwood floors, leaded-glass windows, a wine cellar, and seven fireplaces. Enjoy the convenience of downtown San Mateo, Burlingame, and distinguished Crystal Springs Uplands School.

For video tour & more photos, please visit:

www.1Homs.com

Offered at \$9,888,000

OPEN HOUSE

**Saturday & Sunday
1:00 - 5:00**

**Complimentary
Lunch & Lattes**

650.488.7325 | michaelr@deleonrealty.com | www.deleonrealty.com | CalBRE #01903224



835 Paulson Circle, Menlo Park
Offered at \$2,488,000

Stylish Home in Desirable Community

Tucked within the sought-after community of Lane Woods, this low-maintenance 4 bedroom, 2.5 bathroom home of 2,300 sq. ft. (per county) comes with a lot of 4,594 sq. ft. (per county). High ceilings and plantation shutters lend quiet luxury to the large, stylish interior spaces, and the home also includes an attached two-car garage and an inviting backyard retreat. Within a short drive of exciting downtown Palo Alto, this home is near Burgess Park, Stanford University, and excellent Menlo Park schools.



For video tour & more photos, please visit:
www.835Paulson.com

OPEN HOUSE

Saturday & Sunday, 1-5 pm
Complimentary
Lunch & Lattes

650.488.7325 | info@deleonrealty.com | www.deleonrealty.com | CalBRE #01903224



Dr. Sean Bourke, a resident of Portola Valley and co-founder of JumpstartMD, speaks with a client at the company's Menlo Park wellness center. Dr. Bourke says he wants to replace the national "epidemic of obesity" with an "epidemic of wellness."

Fighting obesity

Healthful food choices are key, says Portola Valley doctor who has created a chain of 'wellness centers'

Story by Barbara Wood
Photos by Michelle Le

The facts, says Dr. Sean Bourke, are clear: The U.S. is being overtaken by an epidemic of obesity. He wants to replace it with a very different epidemic — one of good health.

A medical doctor from Portola Valley, Dr. Bourke is co-founder of the company, JumpStartMD, a chain of what it calls "wellness centers" that aims to help people lose weight by encouraging them to eat fresh, whole food and make lifestyle changes.

Founded in 2007 by Dr. Bourke and by Dr. Conrad Lai, JumpStartMD has 13 centers, including in Menlo Park, Palo Alto, Mountain View and Redwood City.

Portola Valley home

Dr. Bourke, 48, is a Portola Valley native who moved to Palo Alto at age 5, graduating from Palo Alto High School. He lives in Portola Valley with his wife, Sinda Mein, a gastroenterologist who works at the Palo Alto Medical Clinic, and their three children, Alfie, 6, and Willa, 8, who go to Ormondale School, and Finn, 10, who goes to Corte Madera School.

His wife, whose grandparents

William and Sally Mein lived in Woodside, grew up in Menlo Park, but although their parents were acquainted, the two did not meet until both were taking courses needed for medical school admission at the University of California, Santa Cruz.

Mr. Bourke says he did not originally intend to become a medical doctor. But after graduating from Yale University with a history degree, he ended up in India working in Mother Theresa's Home for the Destitute and the Dying. That experience led him to medical school at the University of Southern California, where he attended on an Air Force scholarship.

Obesity epidemic

Obesity has grown at a mind-numbing rate in the U.S. in recent years, Dr. Bourke says. For decades, he says, according to the Center for Disease Control, the level of obesity in the American population was about 12 percent. As recently as 1990, no state had an obesity level greater than 14 percent, CDC figures show. By 2011, no state had less than a 20 percent obe-

sity rate. By 2014, the last year for which statistics are available, only five states, including California had fewer than 25 percent of residents defined as obese by the CDC. In 2014, 21 states had obesity levels at more than 30 percent and three states had more than 35 percent of their residents defined as obese.

In addition, by 2010, 11 percent of the population had been diagnosed with Type II diabetes (compared with less than 1 percent in 1961, Dr. Bourke says). Another 25 percent of the population is pre-diabetic, he says, and many more who are on their way to becoming diabetic may not know it.

Why obesity matters

The obesity rate matters because research has tied excess weight to a multitude of medical problems, Dr. Bourke says. They include dementia, stroke, mental health, hypertension, cancer, pulmonary disease, depression, gallbladder disease, gynecologic abnormalities, infertility, osteoarthritis, phlebitis, gout, diabetes, steatohepatitis, cirrhosis, fatty liver disease, heart



Dr. Sean Bourke and wife Sinda Mein cook in their Portola Valley kitchen. The family has chickens, a vegetable garden and an orchard of fruit trees on their property.

disease, hypoventilations syndrome, obstructive sleep apnea and cataracts, Dr. Bourke says.

The problem affects the pocketbook, as well. Dr. Bourke says the U.S. spends \$2.7 trillion annually on health care, with 75 percent, or \$2 trillion, going to treat chronic diseases that could be preventable with lifestyle changes. Only 3 percent of the health care spending goes to preventative care.

The solution, he says, is not spending even more on drugs, research and medical procedures. “We treat with pills and scalpels what could more often than not be prevented and treated with forks, knives and a mountain bike or its equivalent — through healthy lifestyle changes,” he says.

Part of the problem is that Americans are confused by the ever-changing guidelines about how to eat a healthier diet.

The reality is, Dr. Bourke says, is that “half of Americans believe it’s easier to figure out how to do their taxes than eat more healthily.”

The fat fallacy

One of the more harmful nutritional guidelines counseled that fat is the culprit in American diets. The food industry reacted by flooding grocery stores with “healthy” low-fat foods, many of which were loaded with sugar. The truth is just the opposite, he says, noting that medical studies

in 2010 and again last year have shown that intake of saturated fat is not connected to heart disease or stroke.

Advice that all calories are the same has also been proven false, he says. A study published in June 2015 looked at obese children put on three different diets with the same number of calories. One was high fat and only 10 percent carbohydrates (like the Atkins diet), a second was Mediterranean style with a low glycemic index (40 percent carbs, healthy fats, minimally processed grains), and the third was the American Heart Association’s recommended diet of low fat and more carbohydrates.

The researchers found, Dr. Bourke says, that the children burned the equivalent of 300 calories a day more on the Atkins-type diet, and 150 more on the Mediterranean diet, than on the heart association diet. It took the equivalent of an hour a day of additional exercise to burn off the same calories.

Most people retain a number of faulty conceptions about their diet, Dr. Bourke says. For example, he says, a hamburger is healthier than a Coke because the sugar in a Coke, current science says, can increase cholesterol, inflammation and accelerate aging, he says.

Orange juice can be almost as unhealthy as a Coke because the orange juice contains so much sugar, he says. A Snickers bar,

he says, can be healthier than a bagel, especially if the bagel is made from refined flour, which can cause a spike in blood sugar levels — while the Snickers bar contains protein, fat and fiber, which slow down the metabolizing of its sugar.

‘Cereal killers?’

“Perhaps the phrase ‘cereal killers’ is more apt than the makers of Wheaties and corn flakes would have us believe,” he says, noting the average American eats the equivalent of 130 pounds of bread a year and just as much sugar and potatoes. What these foods have in common are lots of carbohydrates.

Sugar, he says, can be found in up to 80 percent of the items in a grocery store. Consumers may not notice just how much sugar is in a food item because on the nutrition label, Dr. Bourke says, the only nutrient that doesn’t have a recommended daily amount (RDA) is sugar. “That’s because the food industry doesn’t want you to know that even your poppy seed muffin is double the American Heart Association’s sugar recommendation, just like the tobacco industry didn’t want people to know that smoking caused cancer and heart disease,” he says.

Some people, he says, are addicted to carbohydrates, which are found in the highest levels in sugar and flour. Most fats and many meats do not con-

Steps to better health

Dr. Bourke says that following some basic tenants can lead to better health:

- Eat real (nutrient dense) food (i.e., food that come directly from the earth rather than a factory) including non-starchy vegetables, limited fruits, meats and seafood, and dairy products without added sugar.
- Do your best to limit carbohydrates, especially the more refined such as sugar, high fructose corn syrup and white flour.
- Embrace (or temper fears of) healthy, natural fats, including nut, seed, avocado, olive and canola oils, as well as fats in meats, seafood and whole-fat dairy.
- Exercise for well-being rather than weight loss.

Each person’s body and metabolism are different, so he offers the following advice:

- There’s no such thing as a one-size-fits-all diet. Each person needs to personalize a program to optimize weight, health and well-being (based on underlying genetics, habits, and likes and dislikes).
- Successful diets need to focus on realistic, sustainable long-term lifestyle changes. Deprivation diets don’t work.

— Barbara Wood



tain carbohydrates. Dr. Bourke says that in a study of cocaine-addicted mice, when given a choice of sugar or cocaine, they chose sugar 40 out of 43 times.

JumpStartMD teaches its customers, who it calls members, how to change the way they eat and live to achieve and maintain healthy weight.

Food as medicine

“Food, not pills and procedures, can be your medicine,” Dr. Bourke says, or, quoting Hippocrates: “Let food be thy medicine.”

Not that Dr. Bourke doesn’t believe in prescription medications. He says up to 45 percent of JumpStartMD customers use some type of weight-loss medications. The company also offers bioidentical hormone replacement, in which hormones such as estrogen, testosterone and thyroid are replaced with hormones that have a chemical makeup nearly identical to the hormones they’re replacing.

New customers have a wide array of tests done to help determine if they are sensitive to carbohydrates or other nutrient groups before a personalized program is developed.

“The diet that’s right for you might not be right for the next guy,” he says.

He says the program is very successful, with members losing three to four times as much weight as those on other programs do. If they continue with the program, members are also very successful at keeping the weight off, he says, with 99 percent of those who lost 5 percent of total body weight maintaining that loss; and 86 percent of those who lost more than 10 percent of

their body weight doing so.

Dr. Bourke says that members who have preferred provider (PPO) insurance often have more than half the cost paid by their insurance after meeting their deductibles.

Smartest thing

Dr. Bourke and his wife both did their residencies at Stanford University. He says that the two were not yet engaged when he asked the residency director how they could do their residencies at the same place. She told him he should marry her.

So he proposed. “That was the smartest thing I ever did,” he says. They have been married since 1998.

Dr. Bourke fulfilled his three-year obligation to the Air Force at Lackland Air Force Base in Texas and Travis Air Force Base in California and with two tours to the Middle East.

At their home in Portola Valley, the family has 70 fruit trees, 22 chickens and a vegetable garden.

“I’m a bit of a foodie,” Dr. Bourke says. In fact, he and his brother started the Hale Mary winery in Sonoma County, where they make pinot noir available at a number of well-known restaurants.

He admits that he does sometimes give in to his children’s requests for junk food; but that “they don’t get any of their calories from soda.”

On the cover

Dr. Sean Bourke and his wife, Sinda Mein, check out the winter vegetables in the garden of their Portola Valley home. He says his life’s work is to help end the national epidemic of obesity. (Photo by Michelle Le/The Almanac.)

Dance, yoga, fitness studio opens on El Camino Real

By Kate Daly

Special to the Almanac

■ IN BUSINESS

The racks of faded bikinis are gone. So is the paper sign that filled the shop window for years claiming two people were “corrupt, abuse power, and violate civil rights.”

The commercial space at the corner of Menlo Avenue and El Camino Real in Menlo Park is opening for business again on Feb. 28 with a new Barre3 studio that combines ballet barre, yoga and pilates in one class.

Karen Bradshaw, 39, of Atherton is the owner of this franchise, one of nearly 100 locations in North America and the Philippines. Barre3 studios already exist in San Carlos, San Mateo and Los Altos. Company headquarters is in Portland, Oregon, where all owners and instructors go for training.

Ms. Bradshaw says what differentiates Barre3 from competitors is her company’s goal: “to live happier lives.”

Beyond classes, she explains, Barre3 offers a sense of com-

munity. Online at Barre3.com, members have access to 200 workouts and “a large library of whole food recipes that nourish your body with the good things and try to crowd out bad things” like processed foods.

She describes her one-hour classes as using “a lot of small range motions, an inch down, an inch up, with large range motions added and cardio boost added.”

During the work out she tells students “at Barre3 we like to say, ‘slower is harder.’”

Ms. Bradshaw says she’s excited to be back in the area. She went to Encinal, Hillview and Menlo-Atherton High schools. After college she worked in Los Angeles for Time Inc., and then a media company in San Francisco, New York and Los Angeles, before moving to Santa Barbara, where she owned a Dailey Method studio for four years.

She sold that somewhat similar fitness business to return to



Photo by Kate Daly

Karen Bradshaw of Atherton opens a new Barre3 studio in Menlo Park. She is with her daughter, Justine.

this area, where she has family who can help out with her 2-and-a-half-year-old daughter, Justine.

After searching a while for the right opportunity, Ms. Brad-

shaw started leasing 989 El Camino Real last August. The former tenants, Just Add Water and A Tan for All Seasons, had left and “I had to demo the whole space,” she says.

The sign in the window was targeted at a police officer and assistant district attorney who worked on a case more than 15 years ago involving towed cars that were parked at the site.

Ms. Bradshaw says she is grateful for the support she received from Menlo Park’s

economic development manager and the mayor, and Midglen Studio Associates of Woodside in guiding her through the renovation process.

The result is one room with a retail display, childcare corner, water bottle filling station, lockers, shower and restroom. The other room is uncarpeted with mirrors lining one wall, wooden hip-height barres running the length of two sides, and semi-sheer shades covering the windows.

Shelves provide storage space for the small weights, elastic bands and mats used during class. A sound system provides music from Barre3’s playlist.

Ms. Bradshaw says she has already received more than 780 reservations for her introductory week of free classes. The schedule is still in flux, but for now she plans to offer classes on weekday mornings, afternoons and evenings, and on weekend mornings.

“Discounted Founding Memberships” are available; otherwise the regular cost is \$175 a month. The drop-in fee is \$20 per class. Class packages lower the rate. Childcare for children up to age 8 costs \$5 per child.

Ms. Bradshaw is teaching along with four other young mothers with different skill sets. One is an ultra marathoner, another was a ballet dancer, for example, but they are trained to work with all ages, and welcome pregnant women and senior citizens.

Ms. Bradshaw says at her former studio, “we had some amazing women in their seventies.”

TOWN OF WOODSIDE 2955 WOODSIDE ROAD WOODSIDE, CA 94062 PLANNING COMMISSION March 2, 2016 6:00 PM

PUBLIC HEARING

2. Heath & Carrie Lukatch

XSET2016-0001

303 Grandview Drive

Planner: Sean Mullin, Associate Planner

Review and approval/denial of a proposed Setback Exception to reduce the required front yard setback from 50 feet to approximately 45 feet for the construction of a new attached garage. The proposal requires Planning Commission consideration of a Setback Exception pursuant to WMC 153.062. The Planning Commission will also be required to determine if the owner may convert an existing nonconforming accessory structure from a “Private Stable” accessory use (barn) to a “Storage Building” accessory use (storage shed). The structure is nonconforming since it is located within the front yard setback.

The Setback Exception and Change of Use of a Nonconforming Structure entitlements are components of a larger proposal to demolish an existing barn; renovate and construct additions to an existing single-family residence; demolish and rebuild two nonconforming structures located in the required building setbacks pursuant to WMC 153.301; construct a new swimming pool; and install other site and landscape improvements.

3. Godfrey and Suzanne Sullivan

GRAD2016-0001

11 Blue Ridge Lane

Planner: Sean Mullin, Associate Planner

Review and approval, conditional approval, or denial of a proposal for a Grading Exception to modify grading quantities to exceed 1,500 cubic yards on an approved project (ASRB2014-0082) in order to lower the finished floor of an approved pool house and pool patio in response to site conditions at 11 Blue Ridge Lane.

All application materials are available for public review at the Woodside Planning and Building Counter, Woodside Town Hall, weekdays from 8:00 – 10:00 AM and 1:00 – 3:00 PM, or by appointment. For more information, contact the Woodside Planning and Building Department at (650) 851-6790.

FIRE STATION

continued from page 13

Emerald Hills. Another address for offices may be necessary. In a new station with larger bays and more sleeping rooms, offices may be crowded out.

“Any which way you look at it, I want my staff all together,” Chief Ghiorso said. “Somehow or another, we will come up with the answer. We have to do it.”

The district has considered moving the station, but trials testing how much time it would add to a response were unpromising. With a station farther

east, closer to Interstate 280, the trip back up Woodside Road would add an unacceptable 30 seconds to response times, he said. Response times from a more westerly station, such as on Kings Mountain Road, would be lengthened by traffic, he said.

What is the best location? “It keeps coming back to, ‘I think we’re sitting on it,’” he said — but probably with a basement and/or a second story. “We may have to go up, or down, or both,” he said.

Chief Ghiorso said he expects to meet with an architect soon.

■ BIRTHS

Menlo Park

■ Sara and Henry Styles, a son, Nov. 2, Sequoia Hospital.

■ Rosanna and Kevin Casper, a son, Nov. 4, Sequoia Hospital.

■ Ana DeOcampo Brown and Brian Brown, a daughter, Nov. 15, Sequoia Hospital.

■ Kathleen and Stephen Forte, a daughter, Dec. 6, Sequoia Hospital.

■ Fangfang and Jeffrey Paulson, a daughter, Dec. 11, Sequoia Hospital.

■ Shadan Mirabedi and Amir Motamedi, a son, Dec. 30, Sequoia Hospital.

■ Perla Garcia-Prado and Melerio Villarreal, twin daughters, Dec. 31, Sequoia Hospital.

■ Martha and Alejandro Andrade, a daughter, Feb. 3, Sequoia Hospital.

Woodside

■ Patricia and Christopher Bors, a son, Nov. 19, Sequoia Hospital.

■ Milana and Declan McCullagh, a daughter, Dec. 22, Sequoia Hospital.

Atherton

■ Allison and Kevin Carlson, a son, Dec. 8, Sequoia Hospital.

Alain Pinel expands Woodside office

The offices of Alain Pinel Realtors at 2930 Woodside Road in Woodside are larger by about 1,100 square feet since December when the real estate company occupied the office next door at 2934 Woodside Road, formerly the home of Miller Design.

Interior designer Robert W. Miller died in November 2014, Alain Pinel vice president Bill Lewis told the Almanac. When the owner of the property informed Pinel of the office's availability, "we jumped on it," Mr. Lewis said. With office space usually scarce in Woodside,

it was more the opportunity than a need for space, he said.

Alain Pinel Realtors opened its first location in Woodside in 1997, said Barry Baltor, a vice president and the company's business operations manager. Seventeen realtors operated out of Woodside before extending the office in December, and now that number is 25, he said.

Parking space tends to be scarce in Woodside, but this office has enough, he said. "Actually, we're very lucky. It's quite convenient," he said.

Briefs: Filoli spring opening Feb. 26

Almost a million daffodils will be in bloom for "Daffodil Daydreams," Filoli's spring opening event on the weekend of Feb. 26 and 27.

"Daffodil Daydreams," running from 10:30 a.m. to 3:30 p.m. each day, features the garden's early spring floral display, talks, walks, demonstrations and hands-on family activities.

Katherine Glazier and Wendy Morck will make floral arrangement with blossoming branches and flowers. Mimi Clarke will talk about preparing the garden for spring, while Nancy Tucket

will discuss growing daffodils in your garden.

Go to filoli.org for more information.

Scholarships

Graduating seniors at local high schools are invited to apply for \$1,000 Realtor Foundation scholarships, sponsored by the Silicon Valley Association of Realtors. Applications, obtained at school, must be returned to a principal or counselor by March 7. For more information, call Nina Yamaguchi at (408) 861-8822.

SUMMER CAMP FAIR

Enhancing the **quality** of life

Friday, March 4, 2016
6:00–8:00 pm
Arrillaga Family Recreation Center
700 Alma St.

Bring the family and learn about this summer's camp offerings!



LEARN ABOUT

- Camp opportunities from qualified staff
- Summer job openings for teens and young adults

ENJOY

- Free pizza and games
- Raffle prizes (including a free week of camp!)

SUMMER CAMP OFFERINGS

- Mini Madness
- Munchkin Madness
- Menlo Madness
- Sky's the Limit
- Camp Menlo
- Counselors in Training
- Menlo Palooza
- Summer of Service
- Sports Camps
- And many more!

DISCOUNT

Get a 10% discount on City-run camps when registering during this event.

FOR MORE INFORMATION

- Visit menlopark.org/summercampfair
- Call 650-330-2200

GREENHEART

continued from page 8

be needed. Because of effects on bicyclist and pedestrian safety, it would also need safety improvements including modified signal timing, warning signs and markings.

- Laurel Street at Glenwood Avenue. Impacts can be offset by a signal, but it needs approval by Atherton, so is deemed not feasible.

- El Camino Real and Glenwood Avenue and Valparaiso Avenue. Impacts could be offset by widening westbound Glen-

wood Avenue for right-turn only lane, changing the northbound and southbound right-turn lanes to shared through/right-turn lanes, and widening El Camino Real to provide additional receiving lanes in both the northbound and southbound directions. But this would conflict with the specific plan goals to provide enhanced pedestrian crossing and sidewalks along El Camino and could increase danger for pedestrians and bicyclists, so deemed not feasible. Impacts could be partially offset by widening westbound Glenwood Avenue approach to pro-

vide an exclusive right-turn lane, but would need Caltrans approval, so deemed not feasible.

- El Camino Real and Oak Grove Avenue. Impacts could be offset by reconfiguring the northbound right-turn lane into a shared through/right-turn lane and adding a corresponding receiving lane, but could increase the danger for bicyclists and pedestrians and would need Caltrans approval, so deemed not feasible.

With proper mitigation measures, other environmental impacts could be reduced to an acceptable level, the report says.

Water use

The water that the complex would require is estimated at about 57,300 gallons per day for all uses — office, residential and retail. That level was determined to produce a “less than significant” environmental impact, based on an analysis done by the city during the adoption of the downtown specific plan.

The report says increased water use in that location had already been anticipated in the Bear Gulch Water District’s predictions for future water needs. It was also determined that the

existing waste-water treatment facilities could handle the added water.

Air quality

The analysis showed that the risks posed by the presence of diesel and the particulate matter it releases into the air during construction could be reduced to acceptable levels by using machines with engines and filters approved by the Environmental Protection Agency.

An analysis would have to be done on the site to ensure no volatile compounds are released into the air. ■

Mission Hospice’s 37 years of service

Nearly 200 people gathered at the Sharon Heights Golf and Country Club recently to celebrate Mission Hospice and Home Care’s 37 years of service and to honor Kathryn Breaux and the Sequoia Healthcare District.

Since its founding in 1979, Mission Hospice has served more than 10,000 patients. At the event, Kathryn Breaux of San Mateo was honored with the Lotus Award for her service.

Last year the Sequoia Healthcare District pledged \$1 million to launch Mission Hospice’s \$6 million fundraising campaign to open San Mateo County’s only Hospice House.

■ POLICE CALLS

This information is based on reports from the Menlo Park Police Department. Under the law, people charged with offenses are considered innocent unless convicted. Police received the reports on the dates shown.

MENLO PARK

Fraud: An impersonator faked an identity using an email address from the LifeMoves shelter network for the homeless, with offices on Constitution Drive. The ruse continued when the impersonator contacted someone while using that faked address and requesting — and receiving — a wire transfer of \$27,500. Feb. 12.

Residential burglary: Someone tampered with locks on coin-operated laundry machines in the 700 block of Roble Avenue and stole cash. Estimated loss: \$150. Feb. 16.

Auto burglary: Speakers and a stereo amplifier were stolen from a vehicle parked on Sevier Avenue. It’s not clear how the thief entered the vehicle. Estimated loss: \$2,000. Feb. 12.

Thefts:

- An unlocked bicycle was stolen from the balcony of an apartment on Sharon Park Drive. Estimated loss: \$500. Feb. 17.

- Someone stole a UPS uniform from a resident of Adams Court. No estimate on loss. Feb. 17.

Reckless driving: Police arrested a man on reckless driving charges and impounded his vehicle after allegedly seeing the vehicle “spinning doughnuts” at the intersection of Newbridge Street and Carlton Avenue in the vicinity of a crosswalk. Feb. 15.

Vehicle accident:

- A bicyclist riding on a sidewalk collided with the front end of a vehicle pulling out of the 76 gas station in the 700 block of Willow Road. The cyclist fell off his bike and was taken to the hospital with non-life-threatening injuries. Feb. 16.



Offers good February 24 thru March 8, 2016



New York Steak 8.99/ lb



Foster Farms Whole Body Fryers 99c/lb



Large Fancy Navel Oranges 69c/lb



Gain Liquid Laundry Detergent 6.99 50 oz



Classico Pasta Sauce 15-24 oz 2/5



Blue Moon 12 pack 12 oz 13.99



Yukon Gold Potatoes 79c/lb



Apothic Wine 7.99 750 ml



Tropicana Premium Orange Juice \$3.99 59 oz

Easy access from Marsh Rd in Marsh Manor Center

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Viewpoint

IDEAS, THOUGHTS AND OPINIONS ABOUT LOCAL ISSUES

The continuing challenge of freedom and equality

By Henry Organ

This is Black History Month, and comments about President Barack Obama are timely and appropriate. I am African American, and I wish to emphasize that I do not speak for African Americans; I carefully avoid the use of “we.”

Recording President Obama’s legacy has begun, and will be without end. He made it clear, even while campaigning for his first presidential term, that he sought to be president of all of the people, not of the “red or blue states, but of the United States.” Not the black president, but “the” president.

It is now well known that on the eve of Barack Obama’s inauguration as president for his first term, 10 Republican congressional leaders, all white, caucused over dinner and vowed not only to make him

a one-term president, an understandable partisan objective; but they vowed even more: to oppose any of his legislative efforts. This could involve legislation that would benefit their own constituencies. This borders dangerously on malfeasance in their oath of office.

Given this congressional landscape from Day One of his administration, President Obama had to resort often to executive actions — actions sanctioned by the Constitution. His actions were characterized as “divisive.”

What has probably troubled many among President Obama’s opposition is the professional, dignified, and nonconfrontational manner in which he has held this office. Considering his immediate predecessor, he has returned the White House to calm, wisdom, eloquence, energy, diplomacy, and avoidance of uni-

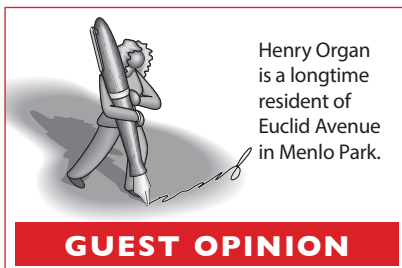
lateral military engagement. His Nobel Peace Prize acceptance speech is worthy of review and praise — as is Martin Luther King Jr.’s Peace Prize speech, considering their contrasting roles.

This nation is racially divided, and has been since its declaration of independence. The election of Barack Obama, a black man, as president facilitated the zenith of opportunity for xenophobia. It stoked embers of racism long dormant. He became the single lightning rod for those who hate people of color, those of different religions and sexual orientations, immigrants and refugees, etc. An individual on a call-in program a few months ago reminded the audience that, in the eyes of many, the Civil War was not over, but “at half-time!” The cries of “We want ‘our’ country back” smacks of racism when speaking of President Obama, as if there should be “red-lining” when it comes to who occupies the residence at 1600 Pennsylvania Ave., D.C.

Sadly, there are some who assert that President Obama “... has not done enough

for black people.” (A similar assertion did not occur from Catholics when John F. Kennedy, a Catholic, became president.) The critics ignore President Obama’s transformative actions, exemplified by affordable health care for more people, seeking great economic and environmental justice, seeking criminal justice and sentencing reforms, espousing greater and less-expensive access to public education through college, selecting African Americans for important cabinet and administrative positions, and restoring voting rights. African Americans have been a major, but not the sole, beneficiary of these actions.

Finally, let it be noted that the black community has been a platform for the enhancement and furtherance of the ideals of what the U.S. Constitution should and must be, and it has been at great cost of life and livelihood in this community. Black History Month is an annual reminder of the work that remains to be done. The pursuit of freedom and equality is an eternal challenge. And, lest we forget, on the Peninsula, too.



Henry Organ is a longtime resident of Euclid Avenue in Menlo Park.

GUEST OPINION

LETTERS

Our readers write

Needed in Washington: An adult in the room

Editor:

Essential for democracy is the intellectual and emotional maturity to accept that, in voting, we will not always get our way, but must be willing to live with (and through) an outcome we dislike, without rioting in the streets and destroying our government or surroundings.

Currently, the leading Republican candidates and their party have lost touch with this reality, and are behaving like 2-year-olds throwing tantrums, shutting down government, seeking to block Obama’s appointment of Scalia’s replacement — a scorched earth policy. Today’s Republican candidates show no concern for the health and well-being of our democracy; their only concern is themselves and their own narrow desire to control everything. The same can be said for the 1 percent who finance them.

The most important outcome in the coming election is an adult leadership that realizes that both the left and the right have much to contribute to our country’s well-being (and that either in its extreme is disastrous).

There are times when our society has moved too far left or right. It is clear that, today, we suffer from moving too far to the right. We need, critically, to restore balance — an adult in the room, not a 2-year-old.

Don Barnby
Spruce Avenue, Menlo Park

Who’s smearing whom on campaign trail?

Editor:

When Bernie Sanders called attention to the massive amounts of money Hillary Clinton gets from Wall Street, she said that telling that simple truth was “a smear,” which was of course nonsense.

Now Bill Clinton labels Bernie supporters as the equivalent of Tea Party members, people who are known for their rudeness, disruptive behavior, stereotyping of immigrants and opposition to reasonable and necessary health care reform.

I support Bernie because besides telling the truth about the corrupting influence of money on Congress and in elections, he also has a sensible approach to a number of issues that keep our country far behind other highly developed nations. His proposals are based on facts and realistic solutions that are in place in a number of well-functioning democracies. He is also the only candidate who had the

good judgment and courage to oppose the disastrous Iraq war from the very start.

Bill’s labeling Bernie supporters as Tea Party extremists — now that *is* a smear, and a vicious one. Close behind in smear power is the frequent media labeling of Sanders and Trump as both “extreme.” Trump is using rude and shocking pronouncements to spread

hatred of ethnic groups and he proposes ignoring the Geneva Convention with regard to torture. Now that *is* extreme.

Sanders, on the other hand, says that we need basic reforms to bring us closer to other wealthy democracies in how we care for our people and to make America a fairer place. This is sensible and long overdue. Proposing to use international

cooperation rather than wage wars is wise and not extreme, but moderate.

These are perhaps novel concepts to many Americans, and will surely meet resistance from many of the powerful elites, but these are hardly extreme proposals and it is grossly unfair to say that they are.

Gail Sredanovic
Ashton Avenue, Menlo Park



Portola Valley Archives

Looking back

Despite a strict “dress” code that restricted their movement, girls in Portola Valley, circa the late 1920s or 1930s, knew how to swing a bat and throw a ball. In this photo, included in the Portola Valley history book “Life on the San Andreas Fault” by Nancy Lund and Pamela Gullard, are, from left: Brita Seebohm, Ann Plastina, Gertrude Nahmens, Mamie Mangini, Margaret Robles, Estelle Zamet, Nell Skrabo, Esther Silva and Peggy Crary.

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House, condo, apt., office. Move in/out. Good refs. "Serving Entire Bay Area." 650/380-4114

Orkopina Housecleaning
Celebrating 30 years cleaning homes in your area. 650/962-1536

748 Gardening/Landscaping

LANDA'S GARDENING & LANDSCAPING
*Yard Maint. *New Lawns. *Clean Ups *Irrigation timer programming. 20 yrs exp. Ramon, 650/576-6242 landaramon@yahoo.com

R.G. Landscape
Drought tolerant native landscapes and succulent gardens. Demos, installations, maint. Free est. 650/468-8859

751 General Contracting

A NOTICE TO READERS:
It is illegal for an unlicensed person to perform contracting work on any project valued at \$500.00 or more in labor and materials. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500.00 must state in their advertisements that they are not licensed by the Contractors State License Board.

771 Painting/Wallpaper

Glen Hodges Painting
Call me first! Senior discount. 45 yrs. #351738. 650/322-8325

STYLE PAINTING
Full service interior/ext. Insured. Lic. 903303. 650/388-8577

It's easy to Place your ad via the internet. just go to — www.TheAlmanacOnline.com

775 Asphalt/Concrete

Roe General Engineering
Asphalt, concrete, pavers, tiles, sealing, artificial turf. 36 yrs exp. No job too small. Lic #663703. 650/814-5572

781 Pest Control



Attic Clean-Up & Rodent Removal
Are you in the Bay Area? Do you have squeaky little terros living in your attic or crawlspace? What you are looking for is right here! Call Attic Star now to learn about our rodent removal services and cleaning options. You can also get us to take out your old, defunct insulation and install newer, better products.

Call (866) 391-3308 now and get your work done in no time!

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Real Estate

805 Homes for Rent

Menlo Park - \$5,200.00
Menlo Park, 3 BR/2 BA - \$5,000.00
Menlo Park, 3 BR/2 BA - \$5,200.00
Menlo Park, Allied Arts, 2 BR/1 BA - \$4500
Palo Alto - \$4800
Palo Alto, 3 BR/2 BA - \$3950/mo

809 Shared Housing/Rooms

ALL AREAS: ROOMMATES.COM.
Lonely? Bored? Broke? Find the perfect roommate to complement your personality and lifestyle at Roommates.com! (AAN CAN)

815 Rentals Wanted

Stanford postdoc needs rental

825 Homes/Condos for Sale



Mountain View, 3 BR/2.5 BA
* 1624 Sq. Ft.
* Attached 2 Car Garage
* Manicured Bkyd w/Patio & Lawn
* Perfect Duet Home!
* High Vaulted Ceilings
* Spacious, Light & Bright
* Solid Oak Hardwood Floors
* Brand New Kitchen-All New SS
* Luxurious Master Suite
* Upstairs Family Room Loft
* Open Sat & Sun 1:30 to 4:30

MV: 3BR/2.5BA
Townhouse, 1,424 sf. The Crossings. \$1.299M. Call Ken, 650/793-3838.

845 Out of Area



4 homes on 30 acres
Vacation where you live in Nevada City!! Looks like Disneyland with rock walls, manicured gardens, private lake, HUGE outdoor entertaining area and even its own mining museum!! 15 car garages for all your toys!! Priced to sell only \$2M!! Seller financing. Call Edie 530-913-0150 cell

855 Real Estate Services

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Public Notices

995 Fictitious Name Statement

JUSTINE FORD & ASSOCIATES REFERRALS
FICTITIOUS BUSINESS NAME STATEMENT
File No.: 267901
The following person (persons) is (are) doing business as:
Justine Ford & Associates Referrals, located at 50 Buck Court, Woodside, CA, San Mateo County.
Registered owner(s):
MC MARTIN ENTERPRISES, INC.
50 Buck Ct.
Woodside, CA 94062
This business is conducted by: A Corporation.
The registrant commenced to transact business under the fictitious business name(s) listed above on 4-6-1984. This statement was filed with the County Clerk-Recorder of San Mateo County on January 25, 2016. (ALM Feb. 3, 10, 17, 24, 2016)

FREDERICKSON PRIBULA LI
FICTITIOUS BUSINESS NAME STATEMENT
File No.: 267801
The following person(s) is (are) doing business as:
Frederickson Pribula Li, located at 618 Santa Cruz Ave., Menlo Park, CA 94025, San Mateo County.
Registered owner(s):
VALERIE FREDERICKSON & COMPANY
618 Santa Cruz Ave.
Menlo Park, CA 94025
California
This business is conducted by: A Corporation.
The registrant commenced to transact business under the fictitious business name(s) listed above on N/A. This statement was filed with the County Clerk-Recorder of San Mateo County on January 14, 2016. (ALM Feb. 3, 10, 17, 24, 2016)

BRITISH BANKERS CLUB
THE BRITISH BANKERS CLUB
FICTITIOUS BUSINESS NAME STATEMENT
File No.: 267910
The following person (persons) is (are) doing business as:
1.) British Bankers Club, 2.) The British Bankers Club, located at 1090 El Camino Real, Menlo Park, CA 94025, San Mateo County; Mailing address: 566 Emerson St., Palo Alto, CA 94301.
Registered owner(s):
ROBERT S. FISCHER
566 Emerson St.
Palo Alto, CA 94301
This business is conducted by: An Individual.
The registrant commenced to transact business under the fictitious business name(s) listed above on N/A. This statement was filed with the County Clerk-Recorder of San Mateo County on January 25, 2016. (ALM Feb. 3, 10, 17, 24, 2016)

SPECTRUM TUTORING PLUS
FICTITIOUS BUSINESS NAME STATEMENT
File No.: 267916
The following person (persons) is (are) doing business as:
Spectrum Tutoring Plus, located at 205 Pope Street, Menlo Park, CA, 94025, San Mateo County.
Registered owner(s):
LINDA LOUISE HERRESHOFF
205 Pope Street

Menlo Park, CA 94025
This business is conducted by: An Individual.
The registrant commenced to transact business under the fictitious business name(s) listed above on N/A. This statement was filed with the County Clerk-Recorder of San Mateo County on January 26, 2016. (ALM Feb. 17, 24, Mar. 2, 9, 2016)

LA ROCA MEXICAN RESTAURANT
FICTITIOUS BUSINESS NAME STATEMENT
File No.: 268001
The following person (persons) is (are) doing business as:
La Roca Mexican Restaurant, located at 55 B 5th Avenue, Redwood City, CA 94063, San Mateo County.
Registered owner(s):
JOSE DE JESUS AMEZCUA GONZALEZ
919 1/2 Circut Dr.
Roseville, CA 95678
HECTOR MANUEL AMESCUA-GONZALEZ
2857 Devonshire Ave.
Redwood City, CA 94063
This business is conducted by: A General Partnership.
The registrant commenced to transact business under the fictitious business name(s) listed above on N/A. This statement was filed with the County Clerk-Recorder of San Mateo County on February 3, 2016. (ALM Feb. 24, Mar. 2, 9, 16, 2016)

997 All Other Legals

ORDER TO SHOW CAUSE FOR CHANGE OF NAME SUPERIOR COURT OF THE STATE OF CALIFORNIA FOR THE COUNTY OF SAN MATEO
Case No.: CIV536877
TO ALL INTERESTED PERSONS:
Petitioner: COLBY MICHAEL DE ROXAS filed a petition with this court for a decree changing names as follows: COLBY MICHAEL DE ROXAS to COLBY MICHAEL SIEGFRIED.
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING: March 3, 2016, 9:00 a.m., Dept.: PJ, Room: 2D of the Superior Court of California, County of San Mateo, located at 400 County Center, Redwood City, CA 94063.
A copy of this ORDER TO SHOW CAUSE shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: THE ALMANAC
Date: January 15, 2016
/s/ John L. Grandsaert
JUDGE OF THE SUPERIOR COURT
(ALM Feb. 3, 10, 17, 24, 2016)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME SUPERIOR COURT OF THE STATE OF CALIFORNIA FOR THE COUNTY OF SAN MATEO
Case No.: CIV536856
TO ALL INTERESTED PERSONS:
Petitioner: GUILLERMINA MICHEL - MOLINA filed a petition with this court for a decree changing names as follows: GUILLERMINA MICHEL - MOLINA to GUILLERMINA MICHEL.
THE COURT ORDERS that all persons interested in this matter appear before

this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING: March 3, 2016, 9:00 a.m., Dept.: PJ, Room: 2D of the Superior Court of California, County of San Mateo, located at 400 County Center, Redwood City, CA 94063.
A copy of this ORDER TO SHOW CAUSE shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: THE ALMANAC
Date: January 15, 2016
/s/ John L. Grandsaert
JUDGE OF THE SUPERIOR COURT
(ALM Feb. 3, 10, 17, 24, 2016)

T.S. No. 023739-CA APN: 063-061-260-4
NOTICE OF TRUSTEE'S SALE Pursuant to CA Civil Code 2923.3 IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 1/26/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER On 3/2/2016 at 12:30 PM, CLEAR RECON CORP., as duly appointed trustee under and pursuant to Deed of Trust recorded 1/31/2006, as Instrument No. 2006-014580, Rerecorded on 04/13/2006 as Instrument No. 2006-054183, The subject Deed of Trust was modified by Loan Modification recorded as Instrument 2008-134901 and recorded on 12/16/2008. Of Official Records in the office of the County Recorder of San Mateo County, State of CALIFORNIA executed by: EMANUEL FUNCHES, AN UNMARRIED MAN WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: AT THE MARSHALL ST. ENTRANCE TO THE HALL OF JUSTICE AND RECORDS, 400 COUNTY CENTER, REDWOOD CITY, CA 94063 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: MORE FULLY DESCRIBED ON SAID DEED OF TRUST The street address and other common designation, if any, of the real property described above is purported to be: 1403 KAVANAUGH DR PALO ALTO, CA 94303 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable

estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$555,817.98 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (844) 477-7869 or visit this Internet Web site WWW.STOXPOSTING.COM, using the file number assigned to this case 023739-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR SALES INFORMATION: (844) 477-7869 CLEAR RECON CORP. 4375 Jutland Drive Suite 200 San Diego, California 92117 (ALM Feb. 10, 17, 24, 2016)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME SUPERIOR COURT OF THE STATE OF CALIFORNIA FOR THE COUNTY OF SAN MATEO
Case No.: CIV536924
TO ALL INTERESTED PERSONS:
Petitioner: CANDACE THRELFALL filed a petition with this court for a decree changing names as follows: CANDACE LOUISE THRELFALL to CANDACE LOUISE COOK.
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two

court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING: Wed. March 16, 2016, 9:00 a.m., Dept.: PJ, Room: 2D of the Superior Court of California, County of San Mateo, located at 400 County Center, Redwood City, CA 94063.
A copy of this ORDER TO SHOW CAUSE shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: THE ALMANAC
Date: January 29, 2016
/s/ Joseph C. Scott
JUDGE OF THE SUPERIOR COURT
(ALM Feb. 17, 24, Mar. 2, 9, 2016)

Trustee Sale No. 15-002973 APN# 062-103-010 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 07/29/05. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 03/16/16 at 12:30 pm, Aztec Foreclosure Corporation as the duly appointed Trustee under and pursuant to the power of sale contained in that certain Deed of Trust executed by Sonia Hidalgo, as Trustor(s), in favor of Bank of America, N.A., as Beneficiary, Recorded on 08/09/05 in Instrument No. 2005-135470 of official records in the Office of the county recorder of SAN MATEO County, California; U.S. Bank National Association, as Trustee, successor in interest to Wachovia Bank, National Association, as Trustee, for Banc of America Funding Corporation Mortgage Pass-Through Certificates, Series 2005-H, as the current Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state), At the Marshall Street entrance to the Hall of Justice and Records, 400 County Center, Redwood City, CA 94063, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California described as: 1204 CARLTON AVENUE, MENLO PARK, CA 94025. The property heretofore described is being sold "as is". The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$476,592.30 (Estimated good through 3/12/16). Accrued interest and additional advances, if any, will increase this figure prior to sale. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such

recording. DATE: February 17, 2016
AZTEC FORECLOSURE CORPORATION
Amy Connolly Assistant Secretary & Assistant Vice President Aztec Foreclosure Corporation 20 Pacifica, Suite 1460, Irvine, CA 92618 Phone: (877) 257-0717 www.aztectrustee.com
NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call or visit the Internet Web site, using the file number assigned to this case 15-002973. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Saletrack.tds.com 888-988-6736 or Aztec Foreclosure Corporation (877) 257-0717 www.aztectrustee.com TAC: 989067 PUB: 2/24/16, 3/02/16, 3/09/16

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CalBRE #00900237

328 W Oakwood Blvd \$2,668,000
Newly Constructed home in South RWC, part of a 6-lot new subdivision - Rossi Lane Estates! 3 of the 6 homes are sold! 4BR/4BA + 1 half BA.



WOODSIDE



Erika Demma
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edemma@cbnorcal.com
CalBRE #01230766

155 Kings Mountain Road \$16,995,000
Country estate prop. renovated & expanded on 5 flat ac near town. Main res. w/5BD/4 full BA+ 2 half BA. Entertainment cabaña adjoining 1BD/1BA gsthse.



WOODSIDE



Margot Lockwood
650.400.2528
homes@margotlockwood.com
CalBRE #01017519

320 Jane Dr Price Upon Request
Spacious Tri-level 5BD/4.5BA contemporary home on 6+ ac. Frml LR, Kit/FR, Library & lower level multi-purpose rm, all with views of the western hills.



WOODSIDE



Buffy Bianchini
650.888.6379
bbianchini@cbnorcal.com
CalBRE #00878979

90 Skywood Way \$2,450,000
Beautiful paver driveway leads to a traditional home set far off the street for privacy. 4BR/4BA.



A ROOM OF ONE'S OWN

It took a challenging DIY painting project in the living room before first-time buyers Court and Laurel felt their house was a home. "This was the first time we made a major change to our home," recalls Laurel. Pride of ownership—something Coldwell Banker Residential Brokerage in Northern California has been giving to clients for over a century.