



OMVNA Newsletter

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Child-Friendly Eating Spots in OMV

by Susanne Martinez & Neighbors

Finding a restaurant with a "children's menu" is a welcome sign, but does not guarantee a child-friendly dining experience in Old Mountain View.

The most important factor in selecting restaurants when eating out with children is speed of service. Hungry or bored children are not the best dining companions. That makes counter-service restaurants, like the Mediterranean Grill House, where you don't have to wait for table service, generally a safe choice.

Other criteria include enough room to maneuver a stroller through the doorway or at least park one nearby. Those with some safe outdoor space, like Cascal, provide a child-friendly environment. Most families with children are looking to eat as early as 5:30 p.m., so avoiding places that focus on happy hours for adults during the same time slot is important. Too much noise can make children restless but too quiet an atmosphere isn't child-friendly either.

Most of the Mexican restaurants bring chips and dips to the table immediately, as do most of the Chinese/Asian restaurants with quick service and finger-ready food. Chevy's is slightly outside of the Old Mountain View neighborhood, but is an absolute all time favorite for its child-friendly style of eating.

There are many good restaurants in Old Mountain View that are ideal for eating out with children. Just stay clear of the excessive crowds and long wait times at some of the more popular places on Castro. Here are a few recommendations and comments made by your neighbors in Old Mountain View:

- Amici's Pizza tops almost every young child-family list. Quick service, crayons and coloring materials, lots of room to move children around. And good pizza.

- Passage to India (bakery) - a great place to take children for buffet meals. They play Bollywood videos for entertainment, and have

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Drat That Drought

by Peg Powell

Here's what we, the residents of Old Mountain View, most need to keep in mind with respect to the drought situation:

Up to 3 times a week, unless it's raining, we are permitted to water our landscape between 5PM and 9AM for 15 minutes or less.

For a more complete list of current City water use restrictions, go to <http://www.mountainview.gov/depts/pw/services/conserves/regularate.asp>

Adhering to these rules, and using any other water-saving ideas we come up with ourselves, will help get us to the overall usage reduction that is required for our area.

Mountain View will be monitoring water use practices and issuing warnings for violations, or taking more stringent measures if necessary. To get more information or to help spot a water violation, visit conservewater.mountainview.gov or call 650-903-6216.



Open Studios

by Jacqueline Ernst

Over 395 artists will participate in the self-guided tour this May, including 19 showcased with Pig Wings & Promises. My Mountain View studio has been dedicated to the pursuit and promotion of art and literature for 40 years.

Visitors are encouraged to dance through the charming garden, whimsical showroom, and innovative live/work space by following Arthur-Murray-style footprints to discover winged pigs, a curb-side community book exchange shaped like a miniature castle, and a different mix of engaging artists showcased each of the three weekends. Hours are 11 a.m. to 5 p.m. on May 2-3, 9-10, and 16-17 at 247 Velarde Street.

Local artists greeting guests include Jerry Carpenter, pastel illustrator; Rona Foster, potter and acrylic painter; John Gregorin, bronze sculptor; Yao-pi Hsu, photographer; Susannah Jackson, painter; Minal Jeswani, mosaic artist;

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Cheap Bites in OMV

by Max Hauser

Someone once claimed that the Palo Alto - Mountain View area is known more for things like Michelin-starred restaurants than cheap bites (a strange notion, I thought—the latter outnumber the former by maybe 100:1). Here are some inexpensive personal favorites around downtown Mountain View—particular dishes I've returned for often.

- **Turkey Caesar salad, Dana St. Roasting Co.** (\$6.25, \$4.75 without turkey). Simple, satisfying, great with a cappuccino. (Owner Nick Chaput says price hasn't risen for years, but may do so.)

- **Phở and bún bowls, Phở To Chau** (\$6.70 and up). This longtime Villa St. Vietnamese eatery changed owners last year, and has since delivered amazing, consistent value in rice-noodle soups and diverse, mostly rice-based noodle bowls. Now offers the best restaurant Phở I've found within a couple of miles, using slow-cooked beef broth with the signature mouthfeel you can't fake up with the shortcuts common in this specialty.

- **Crispy potato pancake plate with lox option, Bierhaus** (\$9.75). An elegant, European-style light meal or snack. Bierhaus keeps tinkering with its small-plates menu, so price or details may evolve, but it'll still be worthwhile.

- **Various crêpes and wraps at Crepevine** (\$9-\$12). Crepevine deserves a prize for heartiest, most filling, local meals around \$10. With a formula that this family-run Bay Area chain perfected, each plate includes a main item (I relish the "San Francisco" salmon crêpes—your choice, fresh or smoked), salad, and a mound of potatoes, either French fries or (what I prefer) pan-fried with rosemary. *Easily* the main meal of the day.

- **The offbeat noodle specialties at Ryowa and Maru Ichi** (\$7.98-\$9.48). Hipsters may flock to fashionable pork-bone ramen broths, but our two oldest Japanese noodle houses aren't limited to soups. **At Maru Ichi:** Zaru soba (chilled buckwheat noodles on a draining rack, with a dipping sauce

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Visible and Invisible Changes in Old Mountain View

by Michael Fischetti

Since my family settled in Old Mountain View in the late 80's, we've seen lots of changes. Recently small houses turn into vacant lots overnight, then into much bigger houses. We see many new vibrant families with children. The children we have watched grow up in our neighborhood are suddenly much taller than I am. Often I cannot find a space to park on my street.

I've also seen more subtle changes.

When I retired, I wandered onto Castro for coffee in the mornings. I noted there were many individuals, young and old, who did not seem to be getting a quick cup on the way to work, and who were around for hours.

I later discovered that since 2011, Mountain View has had the highest percentage increase in homelessness in the county—almost 300%. And even more interesting, North County has been the fastest growing area for newly homeless people.

Three years ago, Hope's Corner started up at Trinity Methodist Church, at the corner of Hope and Mercy a block from City Hall. We serve a hot breakfast and a bag

lunch to those who are hungry, and connect them with Social Services and our Community Services Agency. We now serve 200 guests every Saturday and have started a bag lunch program on Sundays. (We would love to have more volunteers helping run this program! Google "volunteer at Hope's Corner" or contact me via delivery@omvna.org.)

The guests are those displaced by the most recent recession (including tech workers), or whose rents were abruptly raised, or whose minimum wages or fixed incomes (social security or disability) cannot keep up with the costs in Silicon Valley. There are college grads and families, and in surveys they consider Mountain View their home. Some are our neighbors. They live in Old Mountain View.

The Mountain View City Council has been working on raising the minimum wage in Mountain View to \$15/hour by 2018. A family of four, with an infant needing childcare, and both parents working full-time at this future minimum wage, would then be at 2/3 of what the average Silicon Valley family this size needs today to stay here without government assistance and without

going into debt. They would need \$86,000/year. Who knows what the figure will be in 2018.

In our city of majority renters, we can assist those who are displaced by referring them to social service agencies. Many non-profits and the faith-based community are also helping. Raising the minimum wage is important, but not sufficient to prevent continued displacement. Six nearby cities have rent stabilization ordinances. Perhaps this is needed, too.

While it is boom time for many, it is lean times for many of our fellow Mountain View residents.

Opinions expressed herein are not official positions of the OMVNA Steering Committee or its members unless otherwise stated.

Contact the newsletter team at: editorOMVNA@yahoo.com

Submissions for our August issue are due by July 15, 2015.



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Keeping Mountain View Safe: Updates and Advice from the Mountain View Police and Fire Departments

by Jaime Garrett

by Sgt. Saul Jaeger



Fireworks Safety

The Mountain View Fire Department wants to remind citizens that all forms of fireworks (except in events put on by trained and permitted professionals) are strictly prohibited in the City of Mountain View.

Burn injuries and sometimes death may result from the use of any form of fireworks. Many residential structure fires have been attributed to persons using "Safe & Sane" and "Dangerous" fireworks. If a person who is using fireworks causes damage to someone else's property or bodily injury, he or she may be responsible for all damages to the property, medical expenses, plus the associated cost to suppress the fire, and could be fined or even jailed. The California State Fire Marshal, along with local fire and law enforcement officials, will be strictly enforcing all applicable laws and regulations relating to fireworks.

The City of Mountain View encourages residents to celebrate the holiday by attending approved events. Shoreline Amphitheatre will be hosting the annual San Francisco Symphony and fireworks display on the Fourth of July again this year. Look for an opportunity to get complimentary tickets, coming soon!

Keep in Touch with Mountain View's Finest

Want to get the latest on the Mountain View Police Department?

Read about it on Twitter @MountainViewPD, our blog at <http://mountainviewpoliceblog.com/>, or on Facebook at www.facebook.com/mountainviewpolicedepartment

Just want critical alerts and advisories? Sign-up for Nixle via your smartphone by texting your Mountain View zip code to 888777.

Summer Heat Safety Tips

- Drink plenty of liquids. Drink water and sports drinks—even if you don't feel thirsty. Avoid alcohol, caffeine and sugar because they make you lose fluids.

- Limit physical activity. Avoid physical activity during the hottest time of the day—10am-3pm.

- NEVER leave people or pets in a closed, parked car.

- Stay in air-conditioned areas. Spend time at malls, libraries, movie theatres and community centers.

- Cool off by taking a bath or shower or use moist towels. Do not cool children in alcohol baths.

- Wear cool clothing. Lightweight, light-colored and loose-fitting clothing can help you keep cool. Cotton clothes are good because they let sweat evaporate.

- Do not bundle babies. Babies do not handle heat well because their sweat glands are not fully developed.

- Cover your head. Wear a wide-brimmed, vented hat or use an umbrella when outdoors because your head absorbs heat easily.

- Wear sunglasses and sunscreen. Use sunscreen with SPF 15 or higher when outdoors.

- Rest often in shady areas. Find shady places to cool down when outdoors.

- Check on frail or elderly family, friends, or neighbors often.

Pedestrian Safety

In light of recent pedestrian involved accidents, the Mountain View Police Department would like to take the time to cover some critical safety points.

When a pedestrian comes to an intersection with a marked or an unmarked crosswalk, such as



Sleeper Avenue and Grant Road, pedestrians should always take a moment to press the crosswalk button and look at the pedestrian signal. If the signal is flashing a red hand or displaying a solid red hand, you are not allowed to cross. Only step off the curb when the walk sign is on. Once in the crosswalk, pedestrians should refrain from waving a vehicle through as this often causes more confusion. Always be extra vigilant to avoid vehicles that may not see you. Regardless of who had the right of way in a pedestrian vs. vehicle accident, the pedestrian is the one who gets injured.

When crossing a multi-lane roadway, pedestrians should always use extra caution even after one or more lanes of traffic have stopped. The driver in the next lane may not recognize what the other vehicles are stopped for and continue through the crosswalk.

Lastly is the topic of "jaywalking", meaning when a pedestrian decides to cross a roadway without a crosswalk, between two controlled intersections such as Grant Road between Martens Avenue and Cuesta Drive. This is illegal and dangerous. Please only cross intersections at marked or unmarked crosswalks.

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A Meal Made in Old Mountain View



by Mary Hodder

Creating a meal with ingredients found within walking distance of my house in OMV is something I do almost every day, in every season. Nearly every kind of food is available at one time or another in the OMV area because of the fantastic Farmers' Market on Sundays at the train station, Ava's on Castro, and as needed, the Rose Market.

I visit Ava's several times a week for the terrific butcher and fish, the fresh Pain Au Levain Acme bread, and the locally farmed fruits and veggies that we fill in with on a regular basis.

For example, recently I called Juan at Ava's and ordered a 22 lb. pork butt for BBQ pulled pork, given our warm weather the last few weekends. You can order any amount by Tuesday and they'll have it for Friday, which is best timing when you'll want to put a rub on it, and then start the smoking on Saturday for a Sunday afternoon party. I have to admit, for that size meat, I drove over instead of walking. But the 40 people who had it loved it.

Here is a meal, from ingredients found within 6 blocks of my house:

Hummus with carrot, pepper, and cucumber sticks (All ingredients Ava's and/or my yard)

INGREDIENTS:

1 can Natural Directions garbanzo beans (Ava's)—very moist and require less olive oil

1 juicy Meyer lemon—zested

and juiced, maybe a 2nd for extra juice

1 large clove garlic, peeled and sliced

1/4 cup extra virgin olive oil

Rock salt and pepper, freshly ground

Purple, blond and light orange carrots, Persian cucumbers from Swank Farms and sweet red, yellow, orange or purple bell pepper from the Farmers' Market. Cut into sticks and leave the peel on the carrots and cukes for the vitamins.

METHOD:

Drain and rinse garbanzo beans until little foam appears in small colander. Place in small to medium sized food processor, and pulse with lemon zest, juice, garlic, olive oil until smooth. If needed, add a bit more juice, and then 6 grinds of rock salt, 10 grinds of black pepper. Pulse again. Put into serving dish with sticks of veggies to dip. If you want to, drizzle a teaspoon of olive oil and a spritz of paprika or freshly chopped flat-leaf parsley over the top of the dip to give some color.

Lamb with Dates and Honey (Meat from Ava's butcher, dates from the date vendor at the Farmers' Market or Ava's, and the rest of the veggies from Ava's and Farmers' Market)

INGREDIENTS:

1/3 cup slivered or sliced almonds, toasted for about 5 minutes until browned

1 Tbsp extra virgin olive oil

1.5 lbs boneless, pastured lamb leg or shoulder cut into 4 - 6 oz pieces

1 1/4 cup water

1 medium yellow onion finely chopped

1/2 cup organic chopped cilantro

3 garlic cloves, peeled and smashed

1 small or 1/3 of a large fennel bulb, thinly sliced on the white part of the bulb

3/4 teasp salt

1 gram saffron (1 teasp of threads)—Rose Market

1 Tbsp ground cinnamon

2 heaping Tbsp honey

8 pitted medjool dates

METHOD:

Heat olive oil, brown the lamb. Add water, onion, cilantro, garlic, fennel, salt and saffron and combine well so evenly distributed around lamb. Bring to simmer, and reduce heat a little, cover, and cook on a low simmer for 50 minutes or so until meat is tender. Sprinkle cinnamon, then drizzle honey. Fold together so

that all is combined. Simmer for 5 more minutes. Add dates, and simmer for another 10 minutes. Sauce should be medium consistency. Let stand for 5 minutes and serve over traditional couscous or the alternative below.

Creative Couscous

INGREDIENTS:

Puree one medium sweet onion

2 Tbsp extra virgin olive oil

1 full head of broccoli, or three smaller heads, pureed to the consistency of couscous in a food processor

Salt and pepper to taste

1 cup of chicken or veggie broth

METHOD:

Saute onion in oil, then add broccoli. Salt and pepper to taste, pour in broth and simmer for about 10 minutes until al dente but soft. Serve with lamb dish above.

Roasted Eggplant

INGREDIENTS:

1 large or a couple of small eggplants washed and dried, then cut long ways in quarters

2 Tbsp olive oil

Harissa mix—Rose Market carries this or you can make your own from spices from their shop or Ava's.

Salt and pepper to taste

2 Tbsp freshly grated ginger

METHOD:

Mix oil and ginger, and spread on the cut sides of eggplant. Sprinkle some harissa, salt and pepper over the eggplant, and place in a roasting dish. Roast for 30 minutes at 350 F. Adjust seasonings and serve warm.

Bon appetit!



Cheap Bites

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and prawn tempura) or cold-noodle salad (hiyashi chuka) with its tangy yuzu-soy dressing. **At Ryowa:** Tsukemen ("dipping noodles"), served with a spicy dipping broth and variety of garnishes.

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Street Fair Fare

by Susan Bickford

Street Fair Season begins! In addition to wonderful eating choices every day of the week in Old Mountain View, we will now have regular access to the fabulous excesses offered by fairs on Castro Street throughout the warm season.

Whether or not you need to watch your waistline or cholesterol levels, or simply enjoy eating, the options can be over-tempting and overwhelming. That high-protein / low carb turkey leg runs over 1,300 calories! Following is a small sampling of what you might expect at our fairs this year:

Gazpacho; mango / strawberry fruit bowls; spiced chicken, beef, and veggie kebabs; chicken sandwiches with bacon; jalapeno jam and pickled slaw; grilled corn on the cob; fresh artichokes; garlic fries (my weakness); cheesesteaks; tacos; tamales; burritos; quesadillas; tri-tip, pulled pork and beef brisket sandwiches; Cajun hot links; teriyaki chicken wraps; bacon-wrapped hot dogs; corn dog; beef, salmon and veggie burgers; baked potatoes; made-to-order crepes; kettle corn; shaved ice; root beer floats; funnel cakes with fresh berries...

Need help? Here are a few strategies for how you can enjoy yourself, whether you want to just leave room for your favorites or make mindful diet choices:

- Plan ahead. Pick out the options you really want to indulge in and plan for those.
- Find the hidden treats with lower fat and calories.
- Check things out first. Walk down one length of the fair and then pick your favorites on the way back.

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Profiling La Fiesta

by Max Hauser

For years I've known La Fiesta (240 Villa St., 650-968-1364) as a solid, hardworking, rather upscale Mexican eatery, open every day for lunch and dinner, with unusual specialties I'll cite below. The owning family is related to the owners of the Casa Feliz restaurant group, which operates the two Fiesta del Mars, Agave Grill, Vive Sol, and others. All of these restaurants are distinctive, with regional and family recipes (including strong seafood menus, not just in the "del Mar" restaurants that specialize in them), and bars with sophisticated tequila inventories. Offerings run both pricier and more unique than at typical California Mexican restaurants or local taquerias.

La Fiesta, though, isn't just the oldest by far of the places I've mentioned, it's also the mother restaurant of them all. Viari Lopez (who, with his aunt Lucy, manages La Fiesta) tells me that the Casa Feliz personnel "all started here." Moreover, La Fiesta (established 1977) appears now to be the oldest restaurant of the hundred-odd in Old Mountain View. At least I haven't identified any older within the neighborhood boundaries. (El Calderon, our former senior restaurant, became Yam Leaf Bistro in 2013 — albeit preserving, even enhancing, some of El Calderon's popular menu dishes.)

A typical La Fiesta meal commences with tortilla chips and a dipping-sauce trio, followed automatically by small bowls of light, clear, citrus-accented consommé. Indeed if you like soups (or it's a chilly day), try the marvelously restorative main-course Caldo de Pollo: a big clear glass bowl of broth

with chicken, vegetable, and avocado bits, lime wedge on the side.

Other specialties are enchiladas with house sauces (a dark sweet molé, and the rich "Grandma's" Special, whose orange-colored sauce contains sour cream, puréed guajillo peppers, and secret ingredients Viari can't disclose).

Some diabolically spicy stir-fries feature chipotle peppers: pollo al chipotle and carne asada a la diablo (chicken and beef variations); and camarones picantes, with prawns, chipotles, guajillos, and herbs. Those three (some of my own favorites) are very flavorful, and VERY hot. That last is among a group of shrimp sautés that begin the menu's seafood section (other shrimp sautés include chorizo sausage, or garlic and a cream sauce).

Standard US-Mexican menu repertoire (enchiladas with red, green, or cream sauces; tostadas; red and green chile stews; etc.) is available too, with the same attentive service and comfortable surroundings. Many folks I know, though, visit La Fiesta for its specialties, which draw fans even from well outside the restaurant's long-time home neighborhood — our neighborhood.



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around our neighborhood.
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be aware more.
Let's be part of the
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Downtown Mountain View

A Graceful Location for Immigrant House

by Marina Marinovich



At the community meeting held March 5th in the MV Senior Center, more than 50 residents made a strong push for a “natural” design for the new park at 771 North Rengstorff Avenue: one that will preserve the land’s natural wooded environment and include the addition of new gardens, fixtures, benches and lighting, and provide a new home for the city’s historic Immigrant House. They all appeared to be in agreement that the 1.2 acre park should not have the parking lots and grass turf that are typical of most parks in the city.

It has taken three years and the efforts of many community members to preserve Immigrant House. The 1880s structure was originally located downtown at 166 Bryant Street. There was broad support for it to become a static period-correct display of everyday life of immigrants from the 1880s to the 1920s. The 400-square-foot house is currently in a city storage yard and is slated for restoration and to be moved into the new park.

There is wisdom in the way the Stiepers laid out the property: a wisdom that honored the land. The property is a wooded oasis, and every inch of it is like a precious jewel. If you were to take a bird’s eye view of the property you would see that it is set in a sea of concrete. As Mountain View continues to grow at an accelerated pace we need balance; we need an area to just “chill” with nature. Let’s let the bees be the busiest thing on the property.

Resident Deb Henigson said “let me teach my daughter about all the trees” in the park, that is generously shaded by 164 trees, including fruit trees: apricots, figs, avocados, peaches, apples, oranges and plums—trees that were planted in huge groves in the area’s early history.

The neighbors whose apartments overlook the park said they enjoy the fact that it seems to be a haven for wildlife. It was suggested it become a part of a Garden for Wildlife Program.

Although providing parking was debated, no one argued in favor of cutting into the wooded 1.2-acre space for parking.

A gift to Immigrant House is tax-deductible. Your 501(c) tax-de-

ductible contribution will ensure that our stories, and those of our ancestors, are told for generations to come. Go to Los Altos Community Foundation website <http://tinyurl.com/k7fdpbb> and donate today! Contact Friends of Immigrant House, Mary Kay “Marina” Marinovich - 650-961-8209.



Child-Friendly Eating Spots

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good vegetarian food, tea, and dessert. The kids like the cookies and cake that come with the buffet. Families always feel comfortable there because of the relaxed atmosphere.

- Bean Scene Cafe - Friendly staff, lots of space for little ones to climb, run and play on Civic Center Plaza.

- Bierhaus - Plenty of outdoor space for younger kids and babies in strollers. They have a big pile of board games for older kids.

- Pita Bite (formerly Gyro House) - The manager loves kids! They are always super nice and sometimes bring out special treats for the kids.

- Xahn’s Happy Hour (daily 4-6pm) - Great for families that need to eat early before the kids’ bedtime. The happy hour menu of small plates has something for everyone.

Do you have other “Best for” types of favorite places? We would love to hear from you for a future issue.



Little Free Libraries

by Lauren Angelo

Like many residents of downtown, our family has often walked by Jacqueline Ernst’s home on Velarde and wondered about the small turreted castle with the sign that reads “Little Free Library.” Inspired by Jacqueline’s contribution to the neighborhood, we jumped on the opportunity to have our own library. We won ours at a school auction, but you can build your own from scratch or from a kit or buy a fully built one at www.littlefreelibrary.org.

Little Free Library is a non-profit with the mission of “exchanging good books and bringing people together for something positive.” Their motto is “Take a book. Return a book,” but in practice stewards like us are less concerned about the “return” portion and are most excited to see beloved books taken and new titles contributed by neighbors. As a lifelong book lover, I was excited to share our family’s favorite books with the neighborhood, but an unexpected surprise has been my children’s experience of this exchange. They love putting new books in the library, and some evenings you’ll find all three of them sitting on our driveway devouring the books that they just discovered in the library.

You can find libraries in our neighborhood at 247 Velarde Street, 84 Mercy Street, and 655 Palo Alto Avenue. For more information on Little Free Library or to find more locations (there are over 25,000 worldwide!), visit www.littlefreelibrary.org.



To sign up for neighborhood alerts by OMVNA talk email:

- Send a blank message (no subject or content needed) from your preferred email address to omvnatalk-subscribe@yahoo.com
- You will get back an automated message from yahoo groups
- Select option 2 (“Reply, Send”) to confirm your request.

For more information about the OMVNA talk list, please see <http://www.omvna.org/omvnatalk.html>

Abundance in Community Supported Agriculture

by Anthony Chang

Old Mountain View residents who are interested in forging a deeper connection to their food have plenty of options to participate in CSAs (Community Supported Agriculture) or organic fruit/vegetable clubs with regular neighborhood deliveries of fresh, organic/sustainable vegetables, fruit, meats and seafood.

By signing up for a CSA, you make an upfront commitment and payment to a farm or producer at the beginning of the season and typically receive a weekly box that you can pick up in the neighborhood.

You provide critical support to a local sustainable food producer, get regular farm emails or newsletters, have opportunities to visit the farm, and get to know the people who grow your food, the values with which they run their business, and the challenges and successes of their farm.

By participating in a CSA, you join a community of eaters and producers that value good food, stewarding the land in an ecologically responsible manner, and a vibrant local economy.

Making the time to cook using the abundance of produce, and adjusting your schedule for the weekly pickup, might require extra planning.

Now our family has experienced the joys of cooking with vegetables we had never heard of, fallen in love with a new variety of fruit we would not have otherwise discovered, and created life-long memories of visiting farms and shaking the hands of the people who grow our food.

If you're interested in signing up for a CSA or organic fruit/vegetable club that delivers in or near downtown Mountain View, here are a few options:

- Fifth Crow Farm (<http://fifthcrowfarm.com/csa/>): organic vegetables, with the option of adding pastured eggs, pastured chicken, pastured pork, grass-fed beef, honey, and organic flowers. Pick up on Dana St. between Bush and Calderon.

- Frog Hollow Farm (<http://www.froghollow.com/collections/organic-fruit-club/products/weekly-farm-box>): organic seasonal fruit including peaches, apples, pears and citrus. Pick up on Dana St. near Bush.

- H&H Fresh Fish (<http://www.hhfreshfish.com/>): sustainable seafood. Pick up on Fairhaven Ct. near Church.

- Mariquita Farm (<http://mariquita.com/events/BuyingClub.html>): organic vegetables. Pick-up site on Harpster off Castro on the other side of El Camino Real

- Full Belly Farm (<http://fullbellyfarm.com/join-our-csa/>): organic vegetables and fruit. New location: near Bubb Elementary School.

Street Fair Fare

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- Share. Go with friends and eat smaller amount of items you all like.

- Eat half. Bring some light-weight containers in your bag and take food home.

- Adult beverages are not calorie-free. Remember to factor in all those wine, beer, and cocktails into your plan.

- Come back tomorrow! One of the benefits of being within walking distance or easy commute for OMV residents is that we can indulge on both Saturday and Sunday.

Links to several resources on planning for fair temptations can be found here:

<http://www.webmd.com/diet/fat-festival-calories-food-fair>

<http://www.skinnyweek.com/event.asp?186>

<http://tinyurl.com/kx6fuat>

Open Studios

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Rajiv Khilnani, painter; Stephanie North, fine precious metal and gem jeweler; Tony Noto, photographer; Christine Oliver, watercolor painter; Karen Olsen, watercolor painter; Donna Orme, painter/printmaker; Rich Osiecki, photographer; Alia Outrey, painter; Rick Saal, portrait photographer; Michele Smith, bead jeweler; Donna Steelman, painter; and Pinki Thakkar, painter; as well as hostess Jacqueline Ernst.

Silicon Valley Open Studios encourages artists and enthusiasts to meet, view original creations, watch demonstrations, and buy fine art and crafts direct from the source.

Find more information about Silicon Valley Open Studios at www.SVOS.org. Learn more about Jacqueline Ernst and her fellow exhibitors at www.PigWingsAndPromises.com/exhibitions.htm.



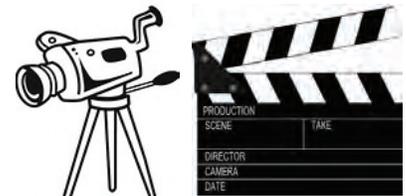
KMTV Video Camps

by Christina Hagan

Student Video Production Camps are one week long and held every winter break, spring break and summer for students ages 10-14. Claymation camps are one week long and held every summer for students ages 7-12 and 10-14. Register for a fun and hands-on camp that gets you behind the scenes!

In our Adult Video Production Workshop, you will get hands-on experience in safely operating the cameras, teleprompter, audio, switcher and character graphics. You will learn practical skills regarding how all the equipment works and functions during a production. You will also be required to work with your group and to do a "program piece" rotating crew positions. This class is required for anyone who would like to crew on a show produced at KMTV.

Register at: <http://www.kmvt15.org/learn/youthactivities.html#summercamp>



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Next Meeting: July 20, 2015

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