

HIGHLIGHTS

Safety Corner	2
Art in Mountain View	2
What's Up	4
Neighborhood Events	4
Library Events	5

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OMVNA
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Newsletter

LAMPPOST

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Restaurant Scene

by Max Hauser

Sushi Arashi is going strong at 240 Castro (former site of Kappo Nami Nami, which closed early this year).

Open since spring in the low-key former Subway Sandwich location (701A W. Evelyn at Hope, opposite the transit center), **Meat House** is more specialized butcher than restaurant (though I haven't learned all its offerings). The specialty: paper-thin meats ("beef, pork, and lamb," said the proprietor) for cook-at-table "hotpot" use. The meat slices are rolled and attractively packaged; offered too are hot-pot soup kits, several kinds, to prepare and cook the meats in. This cooking style, popular in China, is served at the **Happy Lamb** restaurant nearby on Castro St., and formerly (in a Japanese variant) at the now-closed Shabuway. "Meat House" appears to be a substantial chain; website meathouses.com may require you to use a translate option at present.



OMVNA GEAR

Pick up some great neighborhood T-shirts and key chains. (\$17 and \$3.50).

Email social@omvna.org for details.

Making the Switch to Ava's Market

by Carola Thompson

In early September, I made the decision to start doing all our grocery shopping at Ava's. This article is the first in a three-part series about my experience.

I was inspired to make the switch by posts on OMVNAtalk stating that if Ava's didn't get more customers, it would go away. I didn't and still don't want that to happen!

I have loved the idea of Ava's since I moved to Old Mountain View in 2005—having a neighborhood grocery that I can walk to. That said, I never regularly shopped there.

Why not Ava's? I thought Ava's might be too expensive. I was worried about the logistics of parking in downtown. And in the early days of Ava's, I had shopped there and struggled to find the things I needed. Were these things still issues? I decided it was time to give it another try.

Surprising to me was the first obstacle I had to overcome was actually going there. By that I mean going to Ava's to shop. My impulse or habit was to jump in my car and do the usual rounds. (Over 90% of what we do in a typical day is automatic. Our subconscious does it for us... That's why we find ourselves automatically driving to work on a non-work day.) I actually had to make a concerted effort to go downtown to Ava's.

Once I figured out where the resistance came from, it became easier, but I still had to figure out how to shop at Ava's. Over time, I had learned which products I could source at various stores. I had specific items that I liked—partly driven by price, partly by food sourcing preferences for grass-fed dairy and beef, humanely raised meats, free range eggs, organic, whole-grain etc. I am now on a journey to learn about Ava's products and re-automate my grocery shopping habits.

Finding and exploring products is taking more time but it is going very well. I had a couple of early successes. I bought grass fed hamburger that was absolutely delicious. Raspberries that were so sweet. Much better tasting than

Continued on page 7

OMVNA Annual Meeting
Monday, December 11, 2023
7:30 PM - 9:00 PM via Zoom

Annual Reports
2024 Leadership Council Elections
Approve Bylaws Revisions

Registration in Advance online at omvna.org

Safety Corner

Portable Heater Fires



by Robert Maitland, MVFD

While portable heater fires led to only 3% of all heating fires in residential buildings, their consequences were substantial, accounting for 41% of fatal heating fires in residential buildings.

Many of these fires were preventable, as human error was a contributing factor to the fire.

From 2017 to 2019, an estimated average of 1,100 portable heater fires in residential buildings were reported to U.S. fire departments each year. These fires caused an estimated annual average of 65 deaths, 150 injuries and \$51 million in property loss.

Most portable heater fires started in bedrooms (34%) or living rooms (15%). In an additional 23% of portable heater fires, the fire originated in other functional areas of the home (6%), vehicle storage areas (6%), bathrooms (5%) and crawl spaces (5%).

The three leading factors contributing to the ignition of portable heater fires include placing a heat source too close to combustible objects (48%), unspecified electrical failure was a contributing factor in 12% of portable heater fires and unattended equipment was a contributing factor in 10% of the fires.

By following a few safety tips, you can prevent these fires.

Continued on page 7

Art in Mountain View

Seagulls & Sails: Two Burke Rutherford Sculptures

by Don McPhail

If you have not driven across Highway 101 (aka Bayshore) lately, and seen the Google campus, you might want to pay a visit. The sculpted lawns and gardens are surprisingly lush and calming. And it is certainly more than Google, since Intuit and other tech companies are situated along Garcia Avenue, Charleston Road and Amphitheater Parkway. So are multiple athletic fields and walking/biking trails, providing a buffer between the offices and Shoreline Golf Links. And, of course, Shoreline Amphitheater at the end of Bill Graham Parkway.

Another good reason to visit is to see the fine artwork of sculptor **Burke Rutherford**. The City of Mountain View has installed two of his notable sculptures here. Rutherford's *Seagull Sculpture* is in Salado Park at 1500 Salado Drive, and his striking *Sail Sculpture* is nearby at 2500 Garcia Avenue.

Burke Rutherford is described as, "...an extraordinary man and wonderful artist, who helped those he met, and left a legacy of friendship, love, devotion and loyalty to all who knew him." Born in rural Utah in 1938, Rutherford died in 2015.

He began his study of art in public schools, motivated by his father, who was an artist and teacher. Rutherford later studied in France, England and Spain and earned multiple awards for both sculpture and painting, and he was a successful architect.

Rutherford settled in Sonora, Mexico and for many years he featured visiting artists from the US and Mexico, at his home and gallery. Like his artwork, his death was described simply and beautifully: *Burke Rutherford passed away fully at peace, on the Caracol Peninsula, San Carlos, Sonora, Mexico in a house with the most beautiful view.* •



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Local Business Highlight**Martial Arts Offers
Community Values***by Grandmaster Herb Perez*

In 2015, after winning an gold medal in Taekwondo in the the 1992 Olympics, I decided to open Gold Medal Martial Arts in Mountain View to share my knowledge. With specialized programs for children through adults.

Gold Medal Martial Arts strives to teach students how to apply lessons from Taekwondo in their daily life. Gold Medal students receive high-quality Taekwondo instruction in their Olympic-quality facility, paired with lessons from their special Life Skill Development program.

At Gold Medal, students have fun and learn in every class. The program is great for building confidence, developing discipline, learning self-defense, getting exercise, or just growing as a person.

With the focus on Life Skills, every student learns teamwork, leadership, and other useful skills from class in their daily life. Please feel free to stop by anytime to their location on El Camino Real to meet the amazing instructors friendly staff or join a class for free. •



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Mountain View, CA 94040
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www.goldmedalcenter.com

Safety Corner**Scams Alert***by Katie Nelson, MVPD*

At the time of this writing, the FBI released a statement this week after they had been made aware of a scam where victims have lost their entire life savings.

According to the FBI, this "phantom hacker" scam occurs in one of three ways:

- 1. Tech Support Impostor:** The scammer will pose as a customer support representative from a legitimate tech company. That person will initiate contact with the victim via phone call, text, e-mail, or a pop-up window on the victim's computer, instructing them to call a number for so-called assistance. The scammer then tells the victim to download software programming to provide remote access to a computer or phone. Once downloaded, the scammer will be able to gain access to financial accounts to withdraw money.
- 2. Financial Institution Impostor:** The scammer will pose as a member of a financial institution's fraud department, contact the victim, and tell them their computer has been hacked. The victim is then instructed to move their money via wire transfer or other money transfer to a "safe" secondary account with a government agency. The scammers then withdraw the funds from said account and close it before the victim can re-access the account and move the money back to their original banking institution.
- 3. Government Impostor:** The scammer will contact the victim and pose as the Federal Reserve or another Federal agency. The scammer will emphasize the victim's funds are 'unsafe,' and that the funds need to be moved to a new account to protect their assets. The scammers once again gain access to the funds and close the accounts, preventing the victim from obtaining their money back.

How can you protect yourself?

- Do not click on unsolicited popups, links sent via text or e-mail
- Do not open unsolicited attachments
- Do not call the phone number provided in a pop-up, text, or e-mail
- Do not download software at the request of an unknown person who contacted you
- Do not allow an unknown person who contacted you to have control of your computer

Also, and this is very important: No one from any government agency, local,

Continued on page 7



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Old MTV Eventors

Scrumptious

Scoops

by Joan Thunderbuilt

And... that's a wrap! On a warm and sunny August afternoon, Old Mountain View neighbors got together at Mercy-Bush Park for some ice cream and sorbet, live music, and the opportunity to meet friends old and new.

It was quite the event with 300 sign-ins (178 adults and 127 kids), 378 scoops served, and 23 snazzy t-shirts sold. We even had four of our current city council members, including Mayor Allison Hicks, drop by to listen to any thoughts their constituents had to share. Other highlights included:

Musical Magic by Zephyr: What's a party without some fantastic tunes? Thanks to this talented jazz quartet, our ice cream social was set to a rhythm that had everyone tapping their toes and swaying to the beat.

Face Painting: We also had a team of dedicated teen volunteer face painters who turned little faces into works of art. From whimsical butterflies to fierce tigers, these talented artists added a colorful touch to our event, making it an even more unforgettable experience for the kids.

Bottle Rockets, lawn games, crafts and chalk art: Thanks to Boy Scout Troop 87, Cub Pack 87, and Girl Scouts of Mountain View, there were a bunch of activities to keep attendees entertained. It was great weather for corn hole and the water bottle rockets were a blast for kids and adults alike. Young artists worked on a camp fire craft and also used their imagination to transform the sidewalk into a vibrant canvas.

Fire Engine visit: Did you know a fire engine holds so much equipment? The local fire department brought along Fire Engine 51 for the kids to check out, and answered questions about what everything was for.

Thank you to everybody for joining this year's Ice Cream Social – check out photos online at omvna.org •



What's Up

Update on New Development in Old MV

by Robert Cox

The Mountain View City Council has started discussion of two key items affecting our neighborhood: the Economic Vitality Strategy and the Downtown Precise Plan Update (Part 2). Both topics were discussed in special OMVNA meetings held with City planning staff.

Mountain View Economic Vitality Manager John Lang met with OMVNA residents on September 11 to give us a preview of the report he delivered to Council later that month. Lang pointed out that post-COVID, the number of people arriving in Mountain View to work and leaving at the end of the day was only 60% of that pre-COVID. Half of the drop is due to people now working remote permanently, and the other half due to people coming to the office only a few days per week. This decrease in the daytime population is impacting sales tax receipts in the downtown area. Even without adjusting for inflation, only one-third of downtown businesses are bringing in sales tax receipts higher than they were before COVID. Lang recommended, among other things, that the council create a rapid response team to help new business owners quickly navigate the permitting process so they can get up and running. The council indicated a strong interest in making this happen quickly.

Public Library

United Against Hate Week Programs

by Katie Hom, library.mountainview.gov

United Against Hate Week (November 12-18, 2023) is a call for seven days of local civic action by people in every community to stop the hate and implicit biases that are a dangerous threat to the safety and civility of our neighborhoods, towns and cities.

In recognition of **United Against Hate Week**, the Library invites residents to come out to a series of programs that focus on growing an inclusive, anti-racist community through kindness, action and education.

Tuesday, November 14—Teens are invited to make friendship bracelets with provided crafting materials including beads, letters, string and more in the Teen Zone. Spread kindness by trading bracelets with new and old friends.

Thursday, November 16—Attend Bystander Intervention and Community Safety Training for teens and adults. In this workshop presented by the Council on American-Islamic Relations, participants will learn how to safely intervene when witnessing a hate crime or incident of bias. Presenters will also discuss school bullying with the goal of empowering students and parents with the tools needed to advocate for themselves in school.

Saturday, November 18—Come to the Library to watch the documentaries *Not Your Model Minority* and *The Issue of Mr. O'Dell* with fellow residents. *Not Your Model Minority* explores the origins of the model minority myth and reveals the many ways it has been used to create a wedge between communities of color and perpetuate divisive narratives. *The Issue of Mr. O'Dell* examines the lifelong work of pioneering civil rights organizer Jack O'Dell, who was a close colleague and advisor of Dr. Martin Luther King Jr. but forced out of King's organization after President John F. Kennedy named him the number five Communist in America.

Borrow materials from our United Against Hate booklists for both young and adult readers and check out our book and media displays in the Teen Zone and on the second floor.

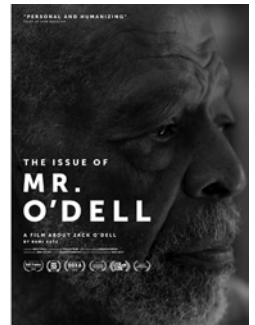
Learn more about the Library's **United Against Hate Week** calendar of events: <https://mountainview.libcal.com/> •



Not Your Model Minority

A Film By Jon Osaki

A Production of the Asian & Pacific Islander American Health Forum



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Plus, studies show dollars spent at local independent businesses recirculate 3 times more in our local economy compared to chain stores. So you'll supercharge support for our community! The **I Love Mountain View Gift Card** is easy to purchase online, and is digital, so you can't forget it at home - perfect for those on the go. Let's show Mountain View pride and have fun discovering new places while powering our local economy. Find out more and start shopping at <https://app.yiftee.com/gift-card/i-love-mountain-view> today! •

Editors Note: At publication there are 18 participating businesses in Downtown/Castro Street alone!

Neighborhood News Sources

- Join the neighborhood email lists: OMVNAtalk2@groups.io
send email to:
omvnataalk2+owner@groups.io
OldMTVevents+subscribe@groups.io
- Online www.omvna.org
- Facebook www.fb.com/omvna
- X (formerly twitter) @OMVNA

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

Contact the newsletter team at:
editor@omvna.org

Submissions for our February 2024 issue are due by January 17, 2024.

Page Six

Trash Talk at Sunshine Gardens

by Deborah Vasquez, sunshinegardensapartments@gmail.com

To promote green and sustainable living, Sunshine Gardens Apartments will be doing a myriad of different projects. First, we are hosting the first soap and body care refillery ever in Mountain View on Sunday, December 3, 2023 right outside our Sunshine Gardens Apartments entrance at 132 West Dana Street, Old Mountain View. Green ribbon cutting will be included! This ongoing mobile bulk refill station provided by Right On Refillery of Los Altos will cut down on single use plastics. Please come. If we have enough people, this could become a monthly mobile pickup for our Old Mountain View neighborhood.

Second, we want to start a pickup station with the CSA (Community Supported Agriculture), Live Earth Farms at our site behind our office. This is to provide healthy and organic food boxes to our neighbors living in Old Mountain View. Live Earth Farms practice regenerative agricultural methods to replenish their soil and hold educational tours for schools and pay workers above minimum wage. In order to start a pickup station here, Live Earth Farms needs at least an interest of 10 persons/households.



Boxes start at \$25 each and have enough vegetables to feed a family of 2-3 per week. Items like pasture raised, organic eggs can be included for an extra price. Start date is whenever we have enough people. Please email me at sunshinegardensapartments@gmail.com if you are interested.

Third, I wanted to give a shout out to the Okapi Reusables for trying to solve the plastic problem here in Mountain View. You can utilize their reusable cups at 1 Oz Coffee or Tea Era Boba Store on

Continued on page 7



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At-Large:	Lorraine Wormald	Old MTV Eventors: Kristin Bailey
Newsletter:	Susan Bickford	Advertising: advertising@omvna.org
Community Liaison:	Jamil Shaikh	Next SC Meeting: January 22, 2024

Shopping Ava's

Continued from page 1

the ones at Costco.

In a subsequent trip, I explored that cheese assortment—quite extensive, many local cheeses. Hummus and other middle eastern foods made by a local vendor (located by the cash register)

I'd say I'm off to a good start in making the shift to Ava's—harder in some ways than expected and better in other ways. •

Portable Heater Safety

Continued from page 2

- Place portable heaters on a solid, flat surface.
- Keep them at least three feet from things that can burn.
- Check your portable heater for cracked or damaged cords and plugs.
- Plug portable heaters directly into wall outlets.
- Do not use an extension cord or power strip.

Source: National Fire Protection Association.

Find the entire article at: <https://www.usfa.fema.gov/statistics/rep> •

Safety Corner: Scams

Continued from page 3

state or federal, will ask people to send money to them via wire transfer, cryptocurrency, gift cards, or prepaid cards.

If you or someone you know has fallen victim to this scam, please file a report with us and also at <https://www.ic3.gov/Home/ComplaintChoice>

More information can also be found here: <https://www.fbi.gov/how-we-can-help-you/safety-resources/scams-and-safety/common-scams-and-crimes> •

What's Up

Continued from page 4

Planning Staff Eric Anderson, and Diana Poncholi met with OMVNA residents on October 2 to solicit input on the Downtown Precise Plan Update. During the meeting, residents cited having a viable parking strategy as their #1 concern. Many felt the historic downtown business district would die if visitors found no place to park. Residents also advocated for protections for heritage trees when new office projects are developed, and for the Moffett area to be redeveloped as an extension of the downtown. Residents hoped that Moffett could become a more walkable and vibrant area.

Neighborhood outreach meetings with city staff and developers are announced on OMVNA talk and Next-door, so watch for them if you would like to participate. •

Sunshine Gardens

Continued from page 6

Castro Street. This is a great solution to the overflowing plastic cup problem we see here and which we all use, unfortunately. For everyone who cares about the planet and their own health, you can activate the Okapi Reusables app to use their reusable cups and scan the QR code they have in those cafes for a one time \$5.00 off the app.

While we are definitely not clearing the Great Pacific Garbage Patch here at Sunshine Gardens Apartments, my experience is that we can absolutely make dents just by small changes. In 2015, our trash levels here started out at 24 cubic yards per week! So much trash that I had to jump into the trash every time every week to compress it. Now, due to our residents' composting and recycling efforts, we reduced to 9 cubic yards of trash per week. That is cutting the trash amount and subsequently the methane by almost 2/3. Methane, a greenhouse gas emission, is 20-30 times more potent than CO2 due to its capacity to hold heat. If you are not involved in Recology's composting system, it's a good time to start. If Sunshine Gardens can make these changes, surely the enclave of friendly and well-read Old Mountain View can! Email sunshinegardensapartments@gmail.com for CSA pickup interest •

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Register in advance omvna.org

**Annual General Meeting
Dec 11, 7: 30pm**

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