



OMVNA Newsletter

Published and distributed by the Old Mountain View Neighborhood Association

October 2010

Volume 22, Number 7

www.omvna.org

THE HORRORS OF PARKING

by Robert Cox, Dave Lewis, & Deb Keller

It was a dark and stormy October night just a year ago. We were in the thick of the Prometheus debate, and I was lurking outside of Park Place, walking up and down the street, notebook in hand. Suddenly I was accosted by a former work colleague of mine, who was out walking his dog.

"What are you doing, man?" he asked.

I looked up from my notebook, stared him in the eye, and replied, "Parking study!" I won't repeat what he said back.

Yes, there's few issues that get the blood up of Old Mountain View residents like parking.

The recent debates on development and its impact on parking was largely the impetus that led the city to commission a study by consultancy Wilbur Smith to take a look at downtown parking. The study looks at the Old Mountain View neighborhood west of Calderon.

Will there be parking meters downtown? A resident permit parking scheme for the surrounding neighborhoods? These are some of the decisions Council will take up in early February or March of 2011.

At the October 11 meeting, Ellis Berns, the city's Economic Development Manager, noted that public parking in the downtown is reaching capacity, and we need to accommodate patrons of downtown businesses. At the same time we need to manage parking for those businesses' employees and limit the impact on downtown residents.

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The Candidates Speak Out

by Deb Keller

Council candidates' views on the city budget, salaries, parks, recreational marijuana and their favorite places in Old Mountain View were aired in the OMVNA Candidate Forum on October 4 at Landels School.

Incumbents Jac Siegel, Margaret Abe-Koga, and Ronit Bryant were joined by challengers Aaron Jabbari, Dan Waylonis, and Greg David.

The candidates fielded questions submitted by the audience, which were drawn at random. OMVNA Chair Laura Lewis served as moderator and also drew candidate names at random to answer questions.

Aaron Jabbari left after two questions, excusing himself for his birthday.

City Budget

Not surprisingly, a question on the city budget came up: *According to the San Jose Mercury, in 2009, 33 Mountain View city employees earned more than \$200,000, and 290 (about half of total employees) earned more than \$100,000. Do you believe the present level of pay and benefits are consistent with the best interests of Mountain View residents?*

(Continued on page 2)



Fall Mixer at Bushido

by Hugh Donagher, III

Bushido Izakaya opens its doors for our fall mixer on Tuesday, November 16th from 6:30 to 8:30 p.m. Come mix and mingle with your neighbors at one of downtown's new hotspots. Free nibbles will be provided and a full bar — including a good sake list — is available at your own cost.

See the review of Bushido on page 14.

Steering Committee Elections December 6

by Laura Lewis

The 2011 Steering Committee election will take place on December 6th at 7 p.m. at Landels School, 115 West Dana Street. The following individuals have submitted their intent to run for the office listed.

David Lewis, Chair - I'm a 5-year resident of Mountain View, having retired from an engineering research management position on the East Coast, where I had nearly 40 years experience in community associations. As Chair, I will oversee a Steering Committee that will be the eyes and ears for the community, alerting the community to issues that will affect us, as well as foster opportunities to bring the community together.

Robert Cox, Vice Chair - I'm a 15-year resident of Mountain View working as a software technical lead at Intel. I'm currently serving as Secretary of OMVNA. My other OMVNA activities include writing articles for the newsletter, delivering the newsletter to the Wild Orchid development. I frequently lobby Council members on behalf of quality of life issues in our neighborhood.

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C a n d i d a t e s F o r u m

"I'm not an HR professional, so I can't say necessarily whether folks making \$200,000 or even those making \$100,000 are high, low or otherwise," noted Greg David. "What I can say is that I feel these should not be just benchmarked against other municipalities" but rather benchmarked against the private sector.

Dan Waylonis added that "It's important to take a look at where the city money is going, looking at the \$4.5 million that was paid for overtime, and look at alternatives." Waylonis felt that there is an opportunity to use third-party contractors to do some of the work that more expensive city employees do.

More Parks for Old Mountain View?

Another question pertained to more parks. *In the current General Plan, Mountain View has a 42-acre park deficit. Given this deficit, do you think more parks should be added in Old Mountain View?*

Jack Siegel felt that parks are vital to communities, and brought up the particulars of a 1.2-acre parcel of a black walnut grove at Calderon and Velarde that was available in 2006. According to Siegel, he brought the parcel to the attention of Council and tried to convince Council to purchase the land. Council voted 4-3 against. The parcel, which also is the site of the second oldest house in Mountain View, is now slated for 19 units of co-housing, reported on in the June OMVNA newsletter.

"In looking back, I wish this is something Council could have done," said Siegel. "I'm upset that new development in Old Mountain View doesn't have the park space to go with it.... When you build more housing and density, you need the services that go along with it. You need to worry about the parking, the traffic, you need the parks."

Ronit Bryant also felt that more parks were important, although she did not mention more parks for Old Mountain View. Ronit voted against acquiring the parcel at Calderon and Velarde in 2006. Instead, Mayor Bryant spoke of her

work on the Parks and Recreation Committee that gave us a way to distribute parks equitably.

Rentals versus home ownership

Question: *Do you think the city has too many renters compared to homeowners. Yes, no, or unsure?*

Ronit Bryant said that when she first moved to Mountain View she worried that apartments meant a more transient, less involved citizenry, but now her experience makes her think otherwise. A significant percentage of rentals helps us achieve a population with diversity.

Dan Waylonis pointed out that there's 57% rentals compared to a national average of 33%. According to Dan, the city gets less revenue from rentals because the property doesn't turn over and hence properties are undervalued due to the effect of Prop 13. "This really hits the city's bottom line, since about 30% of our revenues are generated by property taxes," Dan said.

Jac Siegel echoed this sentiment, noting that Mountain View has almost double the rate of rentals compared to any other city around us. "That's good and bad," Jac thought. "We've done our part to provide low-cost housing," but because of Prop 13 we lose on taxes. "These apartment buildings never turn over," he noted.

See "Candidates at-a-Glance," pages 8-9 for more of candidates' positions.

Bylaws

After the debates, nine OMVNA bylaws ranging in issues from particulars on elections to language needed for compliance with being a 501(c)(3) non-profit were debated and voted upon. Six of the nine amendments passed. Please see the article on the www.omvna.org for particulars.

Watch Other Debates

Several debates were recorded, including one hosted by the Chamber of Commerce and one by KMVT. These can be viewed online at www.youtube.com/kmvt.

(Continued from front page)

Steering Committee Elections

Jack Perkins, Secretary I grew up in Palo Alto and I've lived in Old Mountain View for 22 years both as a renter and home owner. My wife and I try to go to the beach at least once a week. If I ever leave OMV it will be to a place very close to the ocean. I've been studying the Bhagavad Gita for the past 3 years or so (seriously folks) and love fishing and hunting. I am an executive recruiter and work with clients in India and Silicon Valley.

Manny Ramirez, Treasurer I've lived in Mountain View for over 20 years and have worked for companies such as HP and Agilent Technologies. Currently I am working for 3PAR/HP. I have held positions as a Financial Analyst, Internal Auditor, and in Logistics among others.

Carter Coleman, Downtown Liaison I am a principal of The LoudMouth Group, an online marketing agency. I served as OMVNA Treasurer in 2010. I also assist in keeping Jack Perkins in line.

Glenda Crespo, At Large I was raised in Mountain View and am a Chamber member. I'm bilingual (in Spanish) and work as a professional in the Healthcare Industry and instructor for Devry University. I have an awesome 16 year old son. I enjoy and thrive in bettering my community as a whole as I learn, appreciate and grow both professionally and personally.

Deb Keller, At Large I am large, and realize I need to exercise more and eat less. I served as newsletter editor and webmaster in 2010, and wish to focus my efforts on the website in 2011. I've worked in Marketing forever, and currently work in The LoudMouth Group with my husband Carter, who is *the* LoudMouth.

TBD, Newsletter Editor

The nominating committee will continue its search for interested parties and encourages anyone interested in serving to contact Chair@omvna.org. Nominations may also be made from the floor at the meeting on December 6th.

I Never Wanted This Job

by Deb Keller

Truth be told, I never wanted the job of newsletter editor. I really wanted to be webmaster of OMVNA.org, but that position was already spoken for.

Be careful what you wish for, I guess, because immediately after I was elected as editor, the webmaster quit, so I jumped at the chance to do that job in tandem.

After the election, I asked the outgoing editor who in the community I could tap for articles. He felt it was easier not to involve the community with article submissions, citing the hassle of editing and rewriting.

I have not found this to be the case, and in fact run most articles pretty much as I receive them. My thanks for articles this year from Aaron Grossman, Alex Lew, Amberlin Wu, Anthony Chang, Barbara Ruzgerian, Brian David, Carter Coleman, Greg David, David Lewis, Hugh Donagher, Jean McCloskey, Julie Lovins, Katherine Forrest, Laura Lewis, Margaret Lansky, Max Hauser, Jack Perkins, Paul Staley, and Robert Cox.

I've had other help too. My thanks to Melanie Kaye who has done the most excellent layout and graphic design in 2010. Carter Coleman beat the bushes for the bulk of ad revenue. I also have willing proofreaders in the Steering Committee. And of course, the entire delivery network, headed by Julie Lovins, gets this to your homes like clockwork.

In short, there's a lot of willing helping hands, and it's a great way to get to know your neighbors.

Give it a think! and feel free to contact me with any questions at editor@omvna.org.

Letter from the Chair

This month I have a few odds and ends to tell you about. First, city, county and state elections are coming up on November 2nd, don't forget to vote! See the table later in this newsletter for some key points about each candidate and links to their websites.

Second, our own OMVNA Steering Committee elections will be on December 6th. While most positions have at least one candidate, we still are in need of a newsletter editor and newsletter volunteers. We are scaling back the newsletter editor role next year to be more of a management position and bringing in volunteers for more of the writing and editing. If you are interested in doing either, please contact me at chair@omvna.org. I will be stepping down next year as sadly it looks like my husband and I will likely be moving out of OMV,



but serving has been a fantastic experience!

Third, we will have a guest speaker at our next Steering Committee meeting on November 8, 7:30 PM at the Chamber of Commerce building. Roger Burnell will

discuss his plans to develop the aging property at Villa and Franklin, which includes moving the existing structure to the Cuesta Park Annex and turning it into a museum. His plans are quite interesting and I encourage you all to attend to find out more.

Finally, Halloween is around the corner, one of my favorite holidays! Have fun decorating and feel free to submit photos of your home to Chair@omvna.org. We'll post it on the website so neighbors can tour and enjoy. Also, please watch out for all those little ghosts and goblins on October 31st!

Until next time!

Laura

We've been neighbors for 30 years.
Isn't it time you joined us for dinner?

CHEZ TJ

Enjoy Chez TJ Tuesday – Thursday 5:30 p.m. – 9:00 p.m. and Friday – Saturday 5:30 p.m. – 9:30 p.m.
938 Villa Street, Mountain View, California. 650.964.7466

“Well, tonight’s the night I meet Greg David!” I thought, as Carter Coleman and Jack Perkins led me across Old Mountain View to Greg’s place on Fairmont. There were a lot of Johnny Rebs who were on the other side of the Prometheus controversy. I wondered what this guy is going to be like. I had read his postings on OMVNAtalk, so I knew he has ideas of his own!

It was then I caught sight of Greg’s Biergarten and Greg himself. Greg is a hulk of a guy who is as quick with a firm, friendly handshake as he is with an offer of great tasting beer on tap. “I’ve been to Germany over thirty times,” Greg remarked, “and my biergarten is how I bring a friendly Oktoberfest spirit to our corner of Old Mountain View.”

“So, why are you running for council, Greg?” I asked.

“I was born and raised here in Old Mountain View, Robert. I’m running to help preserve the quality of life that all of us enjoy.”

Carter was quick to catch the developing theme, and asked, “So, Greg, what do you think of zoning? Is a guideline, or is it the law?”

“I think of it as a guideline,” Greg responded, “The rights of owners and developers need to be respected when Council makes a decision.”

“And Minton’s?” Carter asked.

“I would have voted against Prometheus on that one. There’s no way that 1.5 parking spaces per unit is going to work out, the way the world is today.”

“Hmm, something for everyone,” I mused.

“So, Greg, what do you think of this idea that there’s a housing and jobs imbalance in Mountain View,” Jack asked.

Greg was quick with his response. “There are two reasons people who work in Mountain View don’t live here. We don’t have much single family housing currently available, and what we have is pretty expensive. We do have a



lot of apartments, but a lot of them are old and run down, and they’re not the kind of places many people want to live.

Mountain View is, what it is. You can’t force people to live here who don’t want to.”

Greg continued, “You know, if you go over to my web page www.mvgreg.com, you’ll see my theme: ‘It just makes sense.’ I do have a degree in business management, and I’ve worked in the high tech world, but when it comes down to it, I’m going to rely on common sense and my experiences living here when I decide how to vote on council issues.”

Greg continued with a theme also popularized by the other non-incumbent candidates. “For example, on the budget, the biggest problem is the continually rising cost of our employee base. We have to get out of the retirement planning business, and give city employees the same deal that privately employed people get. And, we’re spending too much money on consultants who just tell us what anyone with common sense already knows.”

We also asked Greg a question we’ve been asking each candidate—his view on whether the city should have purchased the parcel at Verlarde and Calderon for a park. “That’s an easy one,” said Greg. “It’s a unique piece of land and it will be difficult to find similar parcels this size in Old Mountain View. It would also have provided a new route to Landels school and the Steven’s Creek Trail.”

After we got to know Greg a little better, we found out that he is very multifaceted and involved. For example, Greg is one of the most loved and well-known volunteers for Pediatrics at the Palo Alto Medical Foundation, El Camino Medical Center at the old Emporium site.

In the pediatrics waiting room there is a 4’x 8’ European themed model train layout that runs when the kids press the big red button. The layout was built by members of Greg’s train club, ETE (European Train Enthusiasts www.ete.org). Greg is the primary maintenance person. Greg maintains these trains and changes the locomotives to keep the trains running smoothly and looking fresh. These trains are so popular with the kids that kids often visit the medical center even when they don’t have a medical appointment, just so they can watch the trains. If you ever have a chance to visit this Pediatrics waiting room you will see how much joy these trains bring to these young patients.

We had already drunk a lot of Greg’s beer, and it was 10 p.m. on a Thursday evening. It was time to start home. As we walked down Fairmont, Jack remarked, “It would be interesting to have someone on the Council who actually lived his whole life here.”

“And someone with down-to-earth attitude that people can relate to,” Carter added.

As for me, I still haven’t made up my mind on whether I’m voting for Greg, but I do know I’d consider it a special honor to be counted as one of his friends.

Robert Cox is the Secretary and Carter Coleman is the Treasurer of OMVNA, but the views expressed here are Carter’s and Robert’s own and do not reflect the opinion of OMVNA.

Ronit Bryant

by Hugh Donagher, III

I recently ran into Mayor Ronit Bryant at Le Boulanger and spent a little while chatting over coffee. Mayor Bryant moved to Old Mountain View in 1987, having convinced her husband Cliff that downtown Mountain View was the place to be. The couple had spent time living in Sunnyvale and elsewhere in Mountain View, but really wanted to be downtown, to be able to walk to get a cup of coffee, or to the library, or to a favorite restaurant for a meal. This meant moving into a home that was smaller than the one they left, but the trade-off was worth it for them.

Not long after moving to Old Mountain View, Ronit became involved with OMVNA in its early days. At that time, the neighborhood was focused on the Evelyn Corridor Precise Plan, and creating design guidelines for Old Mountain View, to preserve its unique characteristics. "When you look at the houses in Old Mountain View, you generally see front doors and windows facing the street, not blank walls or garage doors," said Ronit. This is a hallmark of Old Mountain View and a characteristic the design guidelines seek to preserve. During her service to OMVNA, Ronit spent six years as newsletter editor, two years as chair and webmistress and moderator of OMVNAtalk. When the time came to incorporate the organization, Ronit signed the Articles of Incorporation.

Having a passion for parks and open space, Ronit sought and received appointment to the Parks and Recs commission, where she served for 8 years. A big believer in planning, she helped shepherd through a rewrite of the Parks & Open Space Plan, something in which she takes great pride. "Planning rationalizes things," she said, "you get input from all parties, and think through the goals." The resulting updated Plan increases transparency and gives council and staff the flexibility to respond to change. The updated Plan formulates goals that are tied into the General Plan, provides a clear way to analyze neighborhood needs, and a transparent



method for prioritizing these needs in a city-wide context.

Before Ronit helped to update the Parks and Open Space plan, the city's process for acquiring and developing new parks was unclear to residents. This became obvious as she and other neighbors attempted to get Mercy Bush park built. With the updated Plan in place, the city now has clear goals with regard to the acquisition of land and development of parks. Under the new Plan the city will build the new Del Medio and Dana/Mariposa neighborhood parks in the next couple of years.

On the topic of planning, Ronit also pointed out that updating the General Plan was a key plank of her election platform, and that the update is nearing completion. "We have worked very hard to obtain input from all the various constituencies in Mountain View — not just the usual players," she said. "We went out into the community and actively sought input. We conducted meetings in Spanish, Chinese and Russian to make sure those communities were heard. We reached out to seniors and youth as well." As the plan nears completion, she is satisfied that it represents the will of Mountain View residents and will serve the city well over the next twenty years.

The conversation naturally turned to city governance and finances. "Mountain View is one of a very few cities in the country that still has a AAA bond rating" she said. This is a testament to the city's conservative approach to financial management, including balanced budgets and protecting reserves. Ronit said "we don't spend money we don't have." Unlike many other cities, Mountain View still has significant reserves, because we don't rely on reserves to balance the budget. Ronit said "we have a wonderful City Manager and committed city staff who have been creative in reorganizing city functions to deliver the same levels of service with fewer resources."

ELECTIONS 2010

A cofounder of Mountain View Trees, Ronit enjoys gardening in her spare time. She also enjoys walking in the neighborhood and talking with the neighbors she runs into along the way. "Old Mountain View is so pleasant to walk around, so lovely, and the people are so friendly." These walks remind Ronit of why she moved here in the first place, and what she works so hard to protect from her position on Council.

News from Downtown

by David Lewis, Community Liaison

The City is still working on a feasibility study on a grocery store in Mountain View, but don't get your hopes up. This is still a difficult thing to sell with all the grocery stores in the immediate area.

A new house is going up on Franklin Street between California and Mercy, built as a very large house on one of our 1/5-acre lots, courtesy of the zoning for the area. More of this could happen, as there are some similar opportunities nearby and this location is very convenient to downtown Mountain View. The city is looking at the implications of this development; these could be good or bad, depending on your perspective. You could legally build a house of about 9000 sq. ft. on one of the local 7500 sq. ft. lots, with much smaller setbacks than in most of Old Mountain View, if the Design Review Committee and the Zoning Administrator would let you. On the other hand, the alternative might be commercial or multifamily development on these same lots.

The city is looking at the possibility of annexing the Moffett Field area. Would you like this to be added to Mountain View? There are lots of pros and cons — increased tax base and probably more polluted land to clean up.

Finally, some residents of the neighborhood across Shoreline — out to Mariposa — have expressed an interest in adding their neighborhood to our association. This area has many homes dating back to the 1920's, and at one time was part of our association. Let us know your thoughts on this.

Any opinion expressed is David's own and does not reflect the opinion of OMVNA or the Steering Committee.

The bark of attack dogs greeted us as we arrived at the home of Margaret Abe-Koga. We rang the doorbell timidly and as the door open we found ourselves ambushed by 5 pounds of lean, mean Chihuahua named Coco. Her sidekick Hana, a black lab mix, followed behind. Luckily Margaret swooped in and rushed Carter and myself to the safety of her dining room.

While Carter rambled on about Republicans and their affinity for dogs (Margaret is a Democrat by the way), I had a chance to chat with Margaret's two daughters. Both students at Stevenson PACT, the articulate girls seemed to fit the part of former first daughters of Mountain View. They enthusiastically told me about all the crafts they had made sitting on the mantle right next to "a trophy (their) mom had won." They also told me about their extensive movie collection which filled the bookshelves in the living room and included Star Wars, their Mom's favorite movie. Finally, Carter, finished his lecture and our interview began.

Margaret began life at Stanford Hospital, the only child of Japanese immigrants. After attending local public schools, she attended Harvard. Her interest in politics was sparked while working on behalf of Governor Feinstein and Congresswoman Anna Eshoo. She entered politics after winning a seat on the Board of Education in 2002. In 2006 Margaret ran and won a seat on the Mountain View City Council and was elected Mayor by her peers in 2009.

Fiscal Responsibility

The city has achieved a structurally, balanced budget and a AAA credit rating," Margaret believes.

"How can you do that with so many employees receiving \$100K + salaries?" Carter inquired.

"The picture painted in the paper about City salaries is deceptive," asserted Margaret. "Many of the packages were benchmarked in 2001 when it was hard to attract talent to the public sector. Our City Man-



ager has been with the City for 20 years compared to the Manager of San Jose who is fairly new. Our police and fire salaries reflect

overtime, which we determined was less expensive to pay than hiring additional personnel. Finally, Mountain View employees pay one of the highest pension cost-shares of any surrounding city."

"But costs have increased dramatically over the last decade while the population has remained constant. How can this be sustained?" Carter countered.

"We have added a lot more services in the last decade, especially for teens and seniors which we felt were being inadequately supported in the community. We also had a large number of capital expenditure projects including the Stevens Creek Trail and several new parks. But we're in a down cycle now. We've already cut staff back 10%."

Maintain and Expand Top Quality Human Services

Since the start of her first term the city has added several new programs designed for seniors and especially young teens like longer hours at community gyms and special sports tournaments. Margaret would like to see these continue and perhaps even include a new teen center at Rengstorff Park. "There's a real need for programs that can keep kids, especially young teens, engaged in positive activities," believes Margaret, citing her experience on the San Mateo Youth Advisory Committee. "We also need to make sure our Seniors needs are met like improving bus routes and providing other transportation alternatives."

Balanced, Sustainable and Equitable Growth

After citing The Stevens Creek Trail as her favorite place in the city it was no surprise that Margaret believes that we need

to maintain and expand our park system. "Not turning 445 Calderon into a park was a mistake," she offered noting she had voted in favor of acquiring the parcel at Calderon and Velarde, "but even if we can't get land for large parks there still is tremendous value in small parks and tot lots."

She says she'd like to see a new small park close to the Minton's development site, a project which she voted in favor of. She believes that the developer still has some responsibility to accommodate the additional children likely to come into the neighborhood.

When asked about her views on the large number of building variances granted by the city Margaret responded that this was one of the signs that made her realize that the General Plan needed to be updated. She does believe that the City should allow some flexibility in varying densities, especially in the change areas identified in the Plan that make up about 28% of the city.

As Carter and I began wrapping up our interview we noticed Margaret's oldest daughter sitting patiently on the couch in full karate gear. "She has her yellow-belt test today," Margaret offered. "My husband and I actually met doing Kendo, I'm a 3rd degree black belt and he's a 4th degree black belt--but I'm much more competitive." I made myself a mental note to recruit the couple for the Neighborhood Watch. Coco escorted Carter and I out the door, luckily we made it out with all toes intact. I guess even Democratic dogs understand political correctness.

Laura Lewis is the Chair of OMOVNA, but the views expressed here are Laura's own, and do not reflect the views of the neighborhood association.

Train Talk

by Robert Cox



Is a station for High Speed Rail (HSR) in Mountain View still in the cards? Or is it dead? Should Mountain View band together with more aggressive municipalities to stop HSR? When will information about noise be available?

To find out, a group of concerned neighbors approached the three City Council members who comprise the Council HSR Subcommittee—Ronit Bryant, Laura Macias, and Tom Means.

Ronit Takes the Lead

Ronit is the chair of the Council's HSR subcommittee, and has been actively interacting with the HSR Authority and city leaders in other communities on this issue. Ronit's primary concern has been the potential impact of the HSR and a possible station on the downtown area and the people who live here.

"A high speed train station is more than just a platform. The Authority is asking for 1000 parking spaces at the station and another 2000 spaces in the vicinity. This is nearly six times the amount of parking provided by our newest downtown parking garages." My heart sank. I had no desire to see our downtown transformed into the parking garage capital of Silicon Valley.

Ronit continued, "We have just finished most of the work for the city's 20 year general plan update. I didn't hear anyone say they wanted a completely different downtown, I heard people say, we like the downtown as it is."

Houghton Street residents Dan Sharoni, Stella Corral, and Jerry Steach agreed. Palmita Place resident Paul Lansky noted, "Many of us voted for the concept of high speed rail, not the particulars that are being discussed now."

Front Lane resident Joni Ratts wondered when information about noise and vibration levels would be available. Ronit replied, "That information is likely to be ready in December. A business plan update will follow in January. But we will be asked to weigh in on the

issue of a station when the Authority comes to a special session of the council next week. You need to be there to speak up on the issue."

Straw Poll on an HSR Station

And so we were. Dan, Annette, Joni, and I attended the council session, and urged the council to say, "Thanks, but no thanks" to an HSR station downtown.

After hearing testimony from the Authority and Council members, Mayor Bryant asked for a straw poll of Council members opposed to continuing dialogue on a Mountain View HSR station. Ronit, Laura Macias, Jac Siegel, and John Inks all voted to say "no" now. Margaret Abe-Koga and Tom Means wanted to continue consideration. An official vote will be taken after the elections in November.

The Reality

Laura Macias began with a statement of stark reality when we met with her. "The California High Speed Rail Authority has the power to do what they want. They've heard the people on the Peninsula speak, but they believe what they think is better. But we need to clearly state what we want."

Minton Lane resident Annette Nielsen asked why Mountain View isn't banding together with other cities to fight the HSR Authority.

"Mountain View has a history of being accommodating. In this case, it might actually be working in our favor," Laura replied. "We asked for a trench, and we are still being considered for it, while many cities up the Peninsula are being told that they will have elevated tracks."

Dr. Means in Favor of a Station

Our last meeting was with Dr. Tom Means. Tom is a professor of economics at San Jose State, and was disappointed in the Council's straw vote. "Whenever people get together and do business, property values increase. If the train is going to stop somewhere, why not here?

We need to offer something new and attractive to get people to do business in Mountain View. An HSR station could be it."

Joni asked Tom about the noise. "Right now, the worst noise is from blowing the horns," Tom responded. "In San Diego, they've established a quiet zone so that the trains don't have to blow horns."

Coming from a neighborhood already impacted from the overflow of Caltrain parking, as well as commuters storing their cars overnight on city streets, we asked for Tom's views on parking.

"You can get permit parking," Tom replied. "

"Doesn't permit parking just give you a license to hunt for a spot? And won't a permit system need to be paid for by the residents?" I asked.

"That's true," Tom said. The reaction was mixed, with some residents welcoming a better chance to get parking near their homes, even if they had to pay for it. Others, like me, just wanted to pass on the whole idea.

Front Lane resident Tony Morales thought that the increase in car traffic would make getting to and from the station more difficult for seniors and those with disabilities.

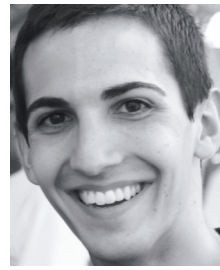
All in all, we're grateful to the members of Mountain View's HSR subcommittee for sitting down to talk with us about the HSR project, and advising us to be involved in the process. Whatever happens will have a big impact on our neighborhood, and it is easy to be angry and frustrated when we have so little say in the particulars. As Ronit says, "If you are getting angry and frustrated, welcome. You're not alone!"

Robert Cox is the Secretary of OMVNA, but the views expressed here are Robert's own and do not reflect the opinion of OMVNA.

Council Candidates At-a-Glance

Check out the articles on candidates and issues published by Old Mountain View residents on our website at www.omvna.org.

Another good source is to watch the debates. The most lively one was the KMVT hosted by Seth Shostak. You can access this online by going to www.youtube.com/kmvt.



	AARON Jabbari	DAN Waylonis	
Favorite author	Jared Diamond	James P. Hogan	
Favorite movie	<i>The Black Night</i>	<i>Memento</i>	
Favorite type of music	Alternative Rock. Favorite band, Coldplay	Electronic. Favorite band, Air.	
Favorite TV program	No favorites, but currently watching reruns of West Wing	Fringe	
Pets	None	Jerry, an Ocicat cat, and Kramer, a Bengal cat	
Favorite place in Mountain View	Eagle Park	La Fiesta	
DENSITY Do you favor higher density in Old Mountain View?	Yes, on perimeter of neighborhood, which includes the Minton's parcel.	Yes, favors smaller developments along for example El Camino.	
DEVELOPMENT Did you vote (or would you vote) for or against variances for the Prometheus project?	For.	Against. Should have been ownership rather than rentals.	
FISCAL STANCE	Advocates 401k retirement plans, no golf course subsidy, utilize contractors.	Salaries unsustainable and higher than other municipalities. Benchmark against private sector. Advocates 401ks, use of contractors, no golf course subsidy.	
GENERAL PLAN 2030 Do you agree with all parts of the General Plan thus far?	Yes	No. Housing density is too high (planning for increase of 25,000 residents).	
HIGH SPEED RAIL (HSR) Are you for or against a high-speed rail station in Mountain View?	Not enough information at this time.	Against. 3000 extra parking spaces is too much.	
MARIJUANA DISPENSARY Are you in favor of a dispensary in Mountain View?	Yes, dispensed like a prescription drug	Yes, no restrictions	
PARKS Did you vote (or would you vote) for or against a park at Calderon and Velarde?	For	For	
RENTALS VS HOME OWNERSHIP Do you think Mountain View's percentage of rentals at 58% versus 33% for other municipalities is too high?	New development must support city services.	% of rentals too high. Impacts revenues through property taxes.	
Website	www.facebook.com/jabbari2010	www.waylonis.org	



GREG David	JAC Siegel	MARGARET Abe-Koga	RONIT Bryant
No favorites. Last read: Stieg Larsson trilogy	William Rosen, <i>Justinian's Flea</i>	No favorites. Last book read: <i>Accidental Billionaires</i> by Ben Mezrich	Jane Austin
<i>Ferris Buehler's Day Off</i>	<i>Forrest Gump</i>	<i>Star Wars</i>	<i>The Magic Flute</i>
I like an eclectic mix. Currently I'm listening to German pop.	Classical: Beethoven, Mozart, Joshua Bell, Yo Yo Mah	Everything from Andreas Bocelli to hip hop to rock. Favorite band: Journey	Italian opera. Favorite composer, Vellini
Modern Marvels on the History Channel and Cops	Nature programs	True Blood	Dr. Who (online)
Mr. Chau, alley cat rescued behind San Jose restaurant.	No pets, but feeding four feral cats	Coco, a chihuahua and Hana, a black lab mix	Diego, a Portuguese water dog
My beer garden at the corner of Hope and Fairmont. Stop by and say hello!	Neto, Yulong Cafe	Eagle and Bush-Mercy Park	My house and then Bush-Mercy Park
Yes, but it must make sense for the residents.	Yes, but depends on what the neighborhood wants.	Yes, along El Camino and transportation corridors. Mixed use projects preferable.	Yes, along El Camino and transportation corridors. Will make downtown green, walkable, vibrant.
Against. Should have had adequate parking.	Against. Parking, traffic, lack of green space problematic.	For	For.
Benchmark city salaries against private sector, use fewer consultants.	Advocates two-tier structure with lower benefits for new employees. Cites one study that showed, without changes, in 10 years 80-85% of revenues go to retirees.	Salaries are middle of the road compared to other municipalities. Pension is 75% funded. Cites AAA rating, 100 fewer employees than a decade ago.	City budget has shrunk over past decade. Cites AAA rating, conservative budgeting process. Overtime for fire and police cheaper than hiring another head count.
Yes	No. Buildings height and density too high in some areas. Should limit to 55-60' height and 40-50 units/acre.	Yes	Yes
Not enough information at this time.	Against	Not enough information at this time.	Against. Does not fit in with what residents told us they want.
Yes, with restrictions	Yes, dispensed as a prescription drug	Yes, with restrictions	Yes, with restrictions
For	For	For	Against
% of rentals too high. Not a high priority to fix.	% of rentals too high. Impacts revenues through property taxes.	Favors home ownership.	% of rentals ok. Adds to diversity.
www.mvgreg.com	www.jacsiegel4mv.org	www.margaretforcouncil.com	www.ronitbryant.org

(Continued from front page)

Parking Horrors!

The consultants counted a total of 6312 parking spaces in the study area. This includes on-street parking as well as parking in public and private lots.

The study also conducted an online survey, intercept surveys on Castro, and held two public input meetings. All of this will culminate in a Council Study Session in early 2011.

Data collection for the study was done on a Thursday and Friday from 6 a.m. to 10 p.m. The study also noted the last four digits of license plates to understand how long people were parking in various places.

Annette Nielsen of Minton Lane was quick to pick up on the times. She pointed out that many commuters park overnight in the residential streets around the Caltrain station. This issue caught even the seasoned parking professionals by surprise, but after several minutes of explanation, they began to grasp what Annette was saying.

“There’s plenty of spaces in the Caltrain lot at night, but commuters don’t want to pay the fee,” said Annette. “Also, it’s faster to get off the train and run across the street to your car than wait in line in the Caltrain parking lot.”

Several residents wondered if more parking garages would be built to accommodate new developments, especially since several surface parking lots will soon be replaced with developments. Staff noted that new garages are expensive, but might be necessary.

Resident Julie Lovins had another perspective. “We need to preserve open space in our downtown area. I’m asking for a moratorium on any new parking. We need to start charging for parking to reduce the demand, and use parking fees to provide for biking and shuttles.”

Julie also felt that the city could employ state of the art technology to collect parking fees, such as meters that you can use credit cards in.

Deb Keller raised a point on unintended consequences. “Neighbors were parking their cars in front of our house because they had restricted parking on

their street and we did not. One rode his bike every day to Google, which I applaud, but he still had a car that needed to be stored.”

Robert Cox asked how they would set a resident permit system for a street like his, which has 22 houses and only 7 street parking spaces.

The consultants replied that allocation of permits must be done carefully. Too many permits creates a situation like you have in San Francisco, where everyone has a permit, but no one can find a parking space. You may need to limit the

number of permits each household can buy and set fees appropriately. Enforcement is key, noted the consultants.

That triggered comments by residents, citing examples where the parking rules were not being enforced now. And one resident noted that the city told him that they didn’t even want to discuss parking permits because there was no money in the budget to even consider hiring employees to enforce them.

To be continued.



A Proven Track Record of Leadership and Results

Re-elect
MARGARET
MOUNTAIN VIEW
CITY COUNCIL Abe★Koga

As your Old Mountain View neighbor, it has been an honor to serve as your councilmember for the last four years and as Mayor in 2009. I am proud of my proven track record of results despite these challenging economic times:

Sound and Responsible City Management. I have worked hard with my colleagues to achieve a structurally balanced budget, preserve healthy reserves and maintain Mountain View’s AAA credit rating.

A Strong Local Economy. I have promoted economic growth by reaching out to businesses, visiting 25 of them when I was Mayor, streamlining development and permitting processes, and investing in infrastructure to support businesses.

Comprehensive Human Services and Public Safety. We have maintained our outstanding level of services as I have championed investments in fire, police, and emergency response; supported the addition of new parks and trails; encouraged library improvements; and advocated for positive activities for youth and for addressing our seniors’ needs.

Sustainable and Equitable Growth. I helped initiate a General Plan Update, advanced an Environmental Sustainability Action Plan, and signed Mountain View onto the Bay Area Climate Compact. As your VTA representative, I secured our city’s fair share of funding for transportation projects and transit service. I have initiated housing assistance programs for our first responder employees and advanced affordable housing developments.

I seek re-election to continue to be accessible, encouraging community input and inclusiveness as we work together to make Mountain View the best city to live, work and play.

I would be honored to have your vote on November 2nd!

www.margaretforcouncil.com

Paid for by Margaret for Council FPPC ID #1266286



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TO MOUNTAIN VIEW CITY COUNCIL

PO Box 4311 • Mountain View, CA 94040 • Tel: 650.814.6177 • www.jacsiegel4mv.org

KEY PRIORITIES:

- **Fiscal Responsibility, Sustainable Budgets**
- **Neighborhood Preservation & Accountability to Mountain View Residents**
- **More Parks, Open Space, and Athletic Fields**



Vice Mayor Jac Siegel

In my more than thirty years in this community, I have been a renter, a home-owner, a landlord, an engineer and a senior manager in a number of aerospace companies. I have also been a small business owner, and my children attended Mountain View public schools.

I have served the city in various roles, including chair of the Environmental Planning Commission, and on the council, as Chair of the Environmental Sustainability Committee. I am currently serving as Vice-Mayor. All of this has prepared me well for the important job of recognizing and balancing the needs and interests of all people in Mountain View.

Paid for by Jac Siegel for Mountain View City Council, FFPC #1327317



The vision, skills & passion to guide Mountain View into the future!



Vote Ronit

RonitBryant.org

- I love our neighborhood: houses facing the street, sidewalk trees, narrow streets, an easy walk to Castro and the library, a sense of community.
- For 20 years, raising 3 kids and working as a technical writer, I worked on PTA Boards, the OMOVNA Steering Committee, and the Parks & Rec Commission to improve daily life in our city: a narrower and safer Dana near Landels, a transparent city plan for park development, a well-informed neighborhood.
- In 2006 I was elected to City Council, pledging to make Mountain View a more livable and green city, enhance outreach and youth services, and safeguard our economic standing.

Done (2007-2010)

- Environmental Sustainability Plan
- Balanced budget
- General Plan being updated
- Enhanced youth services
- Broadened public outreach
- Development only where it fits

To Do (2011+)

- Make sure High Speed Rail enhances rather than degrades our city
- Formulate policies and actions to turn our vision for Mountain View into reality
- Maintain the city's finances

Paid for by Ronit Bryant for Mountain View City Council 2010. FFPC # 1328216

Pizza in Mountain View

by Max Hauser

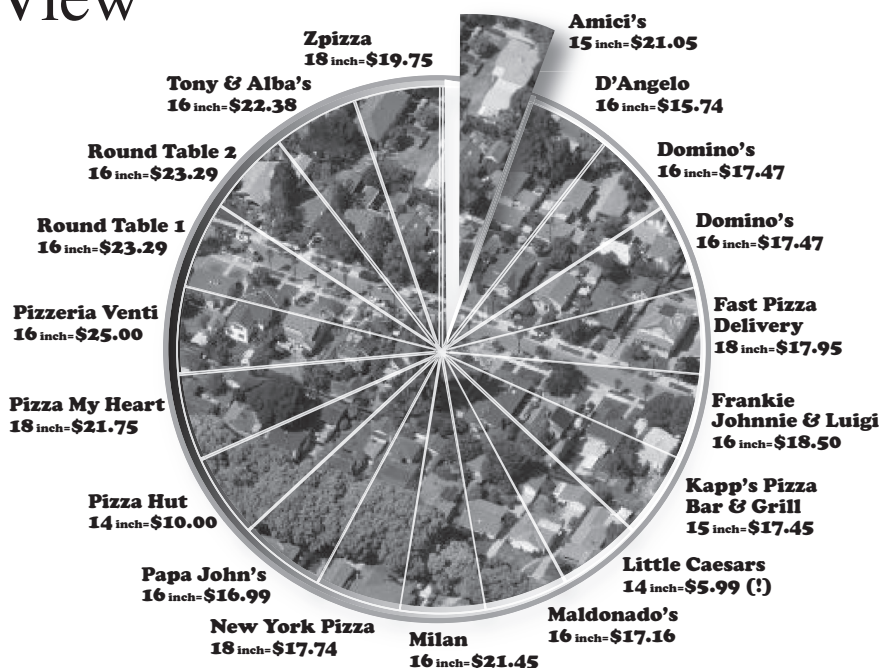
Some folks might be surprised to learn for what food silicon valley was briefly known in the 1990s. Not Vietnamese, Chinese, Indian, or Japanese cooking, all locally prominent. Not Pacific seafood, a Bay Area staple since prehistory. By whatever measure, a US study found that the area around Sunnyvale, California had the best access to delivered pizza. The fuel of high-tech innovation, revealed.

For fueling your own innovation, or just enjoying the luxurious convenience of fresh pizzas on demand, here's a summary of the 19 pizzerias currently in Mountain View. Most of them deliver, without extra charge. (A few other restaurants include pizzas in a larger menu, but I focus here on the specialists.)

Baking methods, crusts, toppings, and prices vary. The last factor grows important as you buy more pizzas. I've compared prices, adjusted for area (which allows for size differences), using a typical style they all offer. The benchmark I used is a standard US-type cheese-and-mushroom pizza of the nearest available size to 16 inches diameter.

The table shows this per-area price, relative to a mid-range "reference" example (arbitrarily chosen as Papa John's). The resulting number is more or less than 1, proportionately as the pizza is more or less expensive per square inch than Papa John's. Following federal econometrics practice I call this a Pizza Price Index (PPI). The PPI varies over more than a 3:1 range, with Little Caesar's the cheapest, Pizzeria Venti the dearest. More about the pizzerias, including why Venti charges more, under Pizzeria Notes.

PPI is a simple "apples-to-apples" value comparison, estimating your relative cost to feed a given crowd. Different size choices, crusts, toppings, discount offers, and of course preferences can change the value picture. (Once you see the idea, you can even extend the comparison to other pizzerias or pizza types, computing your own PPI numbers.)



Most pizzerias also offer soft drinks; some have salads, sandwiches, or Italianoid specialties. Advice: Ask about any current discount offers before you order. For deliveries, tip the driver well. It's their main pay, and it also helps them remember you and respond briskly next time.

Like many "Italian-American" dishes, our pizzas are mostly a US idea. Food historian J F Mariani traces their evolution, starting as "poor people's food from the slums of Naples" and unknown in most of Italy. Neapolitan immigrants brought them to the US where pizzas grew larger, changed from knife-and-fork to finger food, narrowed stylistically from free-form ingredients to a sauce-cheese-toppings ritual, and exploded in popularity in the 1950s. From the US they grew popular internationally, including throughout Italy.

Pizzeria Notes

(IME = In my experiences. Many pizzerias distribute discount coupons in mailer packets, on doorknobs, online, or (as noted here) at the back of AT&T Yellow Pages.)

Amici's: Premium small local chain. Toasty crusts. Well organized; consistently brisk delivery IME. A favorite.

D'Angelo's: Good delivered pizza at moderate price IME.

Domino's: Big chain. Also does business locally as "Team Golden Gate."

Fast Pizza Delivery: Truly fast, IME; highly competent mainstream-style pizzas. Loyal following.

Frankie Johnnie & Luigi: No delivery. Local institution, agreeably hyperactive update of traditional US southern-Italian restaurant, checkered tablecloths included. Yellow Pages coupons.

Kapp's Pizza Bar & Grill: Pleasant family-friendly atmosphere, also US-Prime hamburgers, unusual "baked stuffed" sandwiches. "Veggie delight" pizza exceptional for its genre, includes sun-dried tomatoes, Feta, garlic, greens.



Pizzeria	Size (inches)	Price	PPI
Amici's, 790 Castro, 961-6666, www.amicis.com	15	\$21.05	1.41
D'Angelo's, 2464 W El Camino Real, 988-6961	16	\$15.74	0.93
Domino's, 475 Castro, 964-4001, www.dominos.com	16	\$17.47	1.03
Domino's, 1711 W ECR, 605-1770, www.dominos.com	16	\$17.47	1.03
Fast Pizza Delivery, 327 Moffett, 961-3278	18	\$17.95	0.83
Frankie Johnnie & Luigi, 939 W El Camino Real, 967-5384, www.fjlmountainview.com	16	\$18.50	1.09
Kapp's Pizza Bar & Grill, 191 Castro, 961-1491	15	\$17.45	1.17
Little Caesars, 638 San Antonio @ El Camino Real, 948-8182, www.littlecaesars.com	14	\$5.99 (!)	0.46
Maldonado's, 615 S Rengstorff, 962-8499, www.maldonadospizza.com	16	\$17.16	1.01
Milan, 1724 Miramonte, 988-9395, www.milanrestaurantofmtview.com	16	\$21.45	1.26
New York Pizza, 1040 Grant @ El Camino Real, 210-9700, www.newyorkpizza.biz	18	\$17.74	0.83
Papa John's, 571 W ECR, 969-7272, www.papajohns.com	16	\$16.99	1.00
Pizza Hut, 1955 W ECR, 960-4000, www.pizzahut.com	14	\$10.00	0.77
Pizza My Heart, 1037 El Monte @ El Camino Real, 938-4200, www.pizzamyheart.com	18	\$21.75	1.01
Pizzeria Venti, 1390 Pear @ Shoreline, 254-1120, www.mvpizzeriaventi.com	16	\$25.00	1.47
Round Table, 157 E El Camino Real @ Grant, 968-4353, www.roundtablepizza.com	16	\$23.29	1.37
Round Table, 570 N Shoreline, 961-0361, www.roundtablepizza.com	16	\$23.29	1.37
Tony & Alba's, 619 Escuela, 968-5089, www.tonyandalbaspizza.com	16	\$22.38	1.32
Zpizza, 146 Castro, 314-0088, www.zpizza.com	18	\$19.75	0.92

PPI (Pizza Price Index) is relative menu price per unit area for a basic mushroom pizza of indicated diameter in inches, compared to Papa John's. Tax and tip not included. ECR = El Camino Real. Telephone area code 650.

Little Caesars: Pick-up only, one size (14"). This low-price chain is not just the cheapest here by far; some of their pizzas (cheese, pepperoni) are cheaper still at \$5 each. Online reputation for decent quality considering these rock-bottom prices.

Maldonado's: Loyal following. Yellow Pages coupons.

Milan Pizza Restaurant: No delivery, but live jazz every Weds 7-10 PM.

New York Pizza: Bay-Area chain. Offers 24-inch "King Kong" size. Solid classic pizzas IME.

Papa John's Pizza: Recent (2009) chain location. Boxes of "It's-It" ice-cream sandwiches come with X-large pizzas (ask about that). Solid source and value IME, though hard to get them to lighten up on the cheese.

Pizza Hut: International chain of Yum! Brands Inc. (world's largest fast-food consortium —KFC, Taco Bell, A&W, Long John Silvers, others).

Pizza My Heart: Northern California chain decorated on surfing theme. Several house-specialty topping combinations. Straightforward, well-made, classic style IME. Yellow Pages coupons.

Pizzeria Venti: Elegant modern Italian fine-dining restaurant (one of the best locally IME) with strong pizza menu. It's an Italian franchise managed from Siena in Tuscany, and uses not only virgin olive oil, but Italian water for the pizza dough. Delivery is via third-party services.

Round Table Pizza: West-coast chain. Coupons and specials distributed periodically in neighborhood and online.

Tony & Alba's: Longtime local institution. Several sauce options, many pastas and other specialties.

Zpizza: Recent (2009). Small California chain, healthy/organic emphasis, unusual toppings ("Mexican" justly popular IME), moderately priced. One of my favorites. Good coupons in mailed packets.



Eat like a Samurai DOWNTOWN

—by Hugh Donagher, III

Two Japanese cultural concepts come together at downtown's new Bushido Izakaya, which opened about seven months ago. In Japan, an izakaya is a small neighborhood place to sit, eat and drink. In the States, it has come to be mean casual Japanese small plate pubs. Bushido, of course, is the "way of the warrior," a code of conduct observed by the samurai.

Owner Steven Yen grew up in Los Altos and graduated from SJSU and the San Francisco Culinary Academy. His culinary training includes internships at Chef Chu's and Michael Mina's Arcadia in San Jose as well as extensive travel in Japan learning the art of Japanese cooking. He has returned to Mountain View with the hopes of showing the community that Japanese cooking is more than just sushi rolls and tempura.

Executive Chef Steve Futagaki brings his intensive training in Japanese cuisine and more than twenty-five years of experience to the kitchen at Bushido. Futagaki's résumé includes stints at Wolfgang Puck's Chinois in Las Vegas, Sushi Kuni in Cupertino and Furugato in San José. Sous Chef Masaki Nawachi and Pastry Chef and General Manager Hien Tran bring their own impeccable credentials to the table as well.

Bushido Izakaya strives to use the freshest ingredients possible in its menu offerings, while promoting seasonal flavors that match the changing seasonal décor. At lunch, you'll find bento boxes featuring traditional specialties, including a daily special. At \$11.95, it's a great value for lunch and is served quickly. Other lunch choices include various rice and noodle dishes and Bushido's popular okonomiyaki, a Japanese pancake topped with special sauce and your choice of several vegetables or meats.

The dinner menu is more extensive, featuring House Specials (including the aforementioned okonomiyaki), Vegeta-

bles, Noodles & Rice, Cooked Meat & Fish, Fried dishes, Yakitori, Nabemono, Sashimi and Salads. Pastry Chef Tran is often on hand to serve her dessert creations.

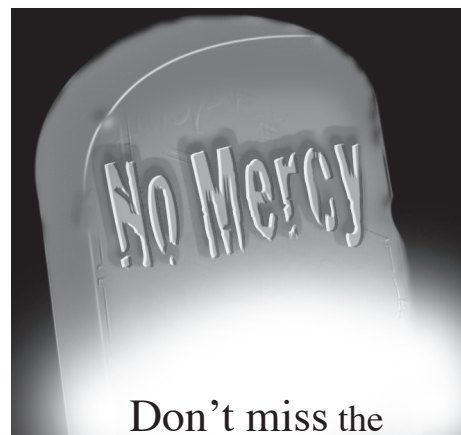
Brian and I have dined at Bushido many times and it has quickly become one of our go-to downtown dining spots. Favorite menu items include the mochi and cheese, wrapped in and eggroll skin, fried and served with green tea salt. Add asparagus or asparagus and bacon if you prefer. The miso eggplant grilled and served with miso sauce is another favorite, as is the chicken karaage (Rocky Jr free range chicken). The vegetable tempura at Bushido is amazingly light and tasty. We've even had parsley tempura on our plate!

Bushido's kitchen has a cold smoker that allows them to smoke their own BBQ ribs, pork belly, chicken wings, beef tongue and chicken teriyaki. The smoked pork belly is braised and served in butter lettuce cups with a cucumber mayo mustard sauce.

Aside from an extensive sake list, Bushido also boasts a full bar offering interesting specialty cocktails such as Hien's Cherry Lemonade (Jim Beam, red stag, lemon, yuzu and simple syrup), Masaki's Sangria (made with sake), Shiso Anna (bartender Anna's version of a mojito), and Bushido's take on the margarita, the "Sake-rita".

Good food, fun cocktails, friendly and inviting staff. Bushido is definitely worth checking out!

bushido



Don't miss the
"No Mercy Cemetery"
this Halloween season!

by Jean McCloskey

Inspired by a visit to Brent Ross's now famous DC Cemetery on Bush Street, Old Mountain View resident, Dan Pitchford, began to thrill the neighborhood with his own cemetery nearly 7 years ago.

He has made the neighborhood a creepier place enjoyed by the old and young alike with his vision of community spirit. Visitors as old as 80 and as young as babies in strollers come by to enjoy his transformed lawn. His wife "loves it" and dresses up for the occasion. His friends come over to perform skits or act as monsters while Dan works the fog, smoke and music machines behind the scenes. Even the fire department has gotten in on the act. One year the fire engine pulled up and a concerned Dan went over to speak with them, afraid that his smoke machine was creating a problem. Turns out, they stopped by just to enjoy the fun.

Dan's favorite thing is delighting the children. Comparing his cemetery to Brent's, Dan says with a smile that Brent's is very high-tech, his is more carnival style.

Thank you, Dan, you are a neighborhood treasure!

The No Mercy Cemetery is at the corner of Oak and Mercy Streets in Old Mountain View. It will be open October 23 through November 6.

Chronic Fatigue Syndrome *by Amberlin Wu*

It's Wednesday afternoon and I am forcing myself to stay in bed so I will have enough energy to get in the wheelchair and make it to my blood draw later today. I've just returned from the hospital a few days ago, which will make for something like 17 weeks of hospitalization in 18 months. I have Chronic Fatigue Syndrome (CFS). Please don't be fooled by the ridiculous name. Dr. Nancy Klimas, one of the country's top immunologists states, "I split my clinical time between the two illnesses (H.I.V. and CFS), and I can tell you if I had to choose between the two illnesses I would rather have H.I.V. (*New York Times*, 9/29/2010)."

What is it like to have CFS? It's like living in a cement cage that is smaller than you. It's like having the flu, mono, jetlag, IBS, arthritis, a migraine, PMS

and a concussion all at the same time, only infinitely worse. What's the worst part of having CFS? Maybe it's the blame put on the patient by our under-educated medical community. Perhaps, it's the ignorance of people like the guy on Facebook who commented that CFS is just an excuse for obese, lazy Americans to waste away. For me, it's the utter despair and fear that has found a permanent place in my mother's eyes.

Whatever it is, if you or someone you love has CFS, please know that you don't have to go through this alone. The Mountain View CFS Support Group's heartbeat is solid and loud. For more information, please call 408.656.6826. To read more of my own experiences please visit my blog: www.bealightcfsawareness.blogspot.com.



Lions Club Charity Poker Tournament

Please join us for the very first Silicon Valley Lions Club Charity Poker Tournament to benefit charitable causes. ALL proceeds from this tournament will be used for local community projects. The Silicon Valley Lions Club uses its charitable funds to benefit numerous causes, such as eyeglasses for underprivileged children in Mountain View, Thanksgiving food baskets, Backpacks for Kids, our Computers For All Program and more.

Tournament Grand Prize is a 50" HDTV. Final table will all win prizes. We will be playing standard No-Limit Texas Hold-em. Buy-in is \$30 and rebuys at \$20 for those ambitious players who get out a little too early. We will be offering BONUS CHIPS for players who show up in a Halloween costume.

The event will be held at the Mountain View Masonic Lodge, 890 Church Street and doors will open at 6:30 p.m. on Thursday October 28th. First hand plays at 7:00.

We will be providing free snacks. We will have a cash bar that will be serving wine, beer and cocktails. Our Hope Services Branch will be serving their famous Arnold Palmers (1/2 Lemonade + 1/2 Ice Tea). All you can drink APs for \$5! They will also be selling \$2 hot dogs.

In addition to our Poker Tournament, guests will have an opportunity to win Sports Tickets via live auction and gift baskets via raffle.

We look forward to seeing you at our new exciting event! Purchase advance tickets online at www.siliconvalleylions.org, or buy at the door.



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OMV Neighborhood Officiant

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The OMVNA Newsletter is distributed by volunteers to 2500 residences and 200 downtown businesses. The opinions expressed are not necessarily those of the OMVNA Steering Committee.

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