

# CUESTA CONNECTIONS

The Cuesta Park Neighborhood Association Newsletter | Fall 2019



## SAVE THE DATE

### Reminder: Neighborhood Picnic on September 28<sup>th</sup>

Join in the fun at this year's neighborhood picnic on Saturday, September 28th from 12-3 pm at the Cuesta Park barbecue area. Our neighborhood association (CPNA) will provide a selection of side dishes and ice cream, as well as water for refills. **Please bring your own items to grill; one grill will be earmarked for vegetarian items.** This year our picnic will be a bit more environmentally sustainable. Instead of providing individual water bottles, **please bring a personal water bottle to refill.**



Above: Rick Van Mell serving food at last year's CPNA picnic (photo by Sarah Donahue).

As always, there will be musical entertainment from Boris Burtin throughout the afternoon, including sets by Crash! (Graham rock band), Salty and the Pretzels (MVHS rock band) and others starting at 1 pm. In addition, the CPNA emergency response team (CERT) will be hosting a safety fair and will have the neighborhood emergency trailer on hand. Representatives of the Mountain View Police Department will also be present to answer any questions you may have.

See Picnic, p.3 ►

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## LOCAL HISTORY MATTERS

### The First Presbyterian Church of Mtn. View

By Paul Hammer, Nilda Ave.

Built in 1959, the First Presbyterian Church stands on the corner of Miramonte and Cuesta Avenues. However, the church wasn't always at this location, and is actually significantly older. In fact, it was the first church founded in Mountain View, and also

the first Protestant church established between San Francisco and San José.

On April 4, 1851, 17 Cumberland Presbyterians, including three reverends, gathered in an oak grove in what is now the block between Castro, Church,

Franklin and Mercy Streets, to form a church. This location was well outside of Mountain View, which at the time was situated between Stevens Creek and Calderon Street, along modern-day El Camino Real.

By 1858, church membership had grown to about 60 people, and it was time to construct a building for worship. Members donated money and materials, and on that same site, the Union Cumberland Presbyterian Church was erected,

Below: Reverend Whittemore and his family appear in front of the original First Presbyterian Church in 1898. Notice the bell in the tower.



See Church, p.2 ►

► *Church, continued from cover*

with construction finishing by 1860. The building faced the San Francisco-San José (SF-SJ) road, that had been renamed from El Camino Real by the elected officials of the new state of California. The church structure predated the incorporation of the City of Mountain View by 42 years (1902).

One early congregation member was Elder Edward Dale who owned the Dale Ranch in the area of what is now Palo Alto Medical Foundation and Best Buy near El Camino and Highway 85. Dale donated money to the church for the casting of its sanctuary bell. This was the first bell raised over a church in the Bay Area since the time of the California missions.

On March 19, 1861, Maria Trinidad Peralta de Castro, the former Mexican land grant owner, conveyed, for \$1, five acres of land next to the church for a cemetery. It was named "The Mountain View Cemetery" and was non-denominational.

Multiple notable events occurred in Mountain View in the late 1800s: Benjamin Bubb was elected to the first church Board of Trustees; a well was dug and gates were put around the cemetery; and a sexton was

Pictured is the second Presbyterian Church, built after the original church burned down.

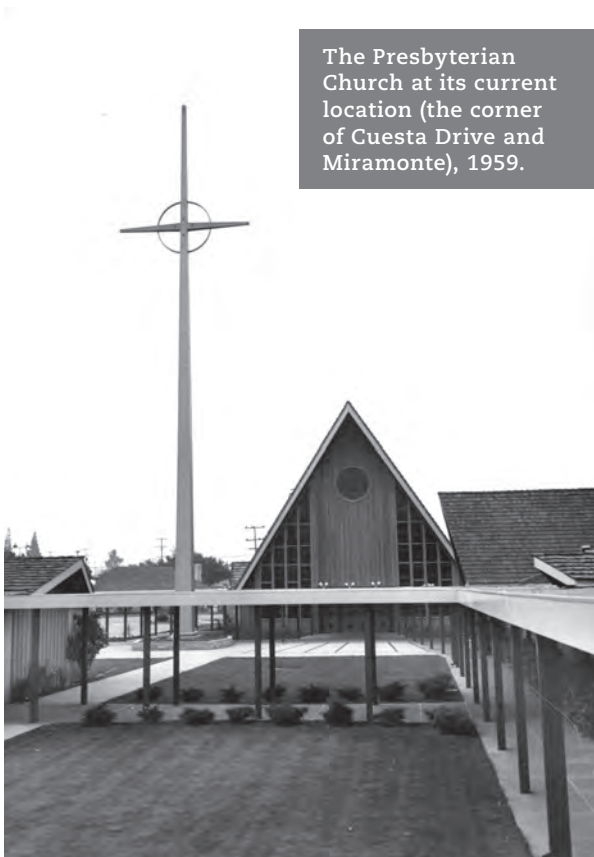


hired to protect and clean the church, sell graveyard lots and dig graves. After the SF-SJ road was moved south to its current location (modern-day El Camino Real), leaving a piece of private land between the church and the road, the church building was picked up, moved and turned towards Castro Street in 1889. A fence was built across the new front of the building so that "horses would remain outside the grounds." Also, the road the building had faced was renamed to Church Street.

church here was renamed to the First Presbyterian Church of Mountain View.

The cemetery served the Mountain View community until 1905 when burials were halted due to health concerns. Over the years, the site was neglected, and in 1930, the church made a deal with the city and donated the cemetery land to the city in lieu of tax payments. Today this land makes up most of the site of Pioneer Memorial Park, named for the former area residents still interred there.

The Presbyterian Church at its current location (the corner of Cuesta Drive and Miramonte), 1959.



On May 14, 1911, the church burned due to an overheated stove pipe. When the roof caught fire, Sunday school was in session and the children were walked out. City fire fighters arrived and with the help of members from the nearby Catholic church, some pews, chairs, the pulpit and newly purchased organ were salvaged. The bell fell from the belfry undamaged. On the same site by January 1913, the congregation completed the construction of their second church with the salvaged bell installed in the new tower.

The Cumberland Presbyterians had split with the Presbyterian Church in 1810 due to Synod disputes and reverend educational requirements. Although the churches had reunited in 1906, it wasn't until 1925 that the

The second church building was used until 1948 when it was declared unsafe, and condemned. The building was then razed, and in 1951, the congregation's third church was completed at the same location. In 1959, the site was sold to the City of Mountain View and the buildings were converted into a new city hall. Although the buildings have since been updated, this is still the location of City Hall today.

In 1959, the church completed building their fourth sanctuary at its current location. The historic bell can be found in a memorial monument on the church grounds.

*This author thanks the office of the First Presbyterian Church for the information they supplied toward the writing of this article.* 🍂

**Local History Matters** is a recurring column exploring the history of our neighborhood and prominent figures and places that have helped to shape it.

## Kids of Cuesta

I think Barack Obama would be a good president again because he is kind, helpful and nice.

LUKE, AGE 9



**Bob Ross** would be the best president because he's the greatest of all time, and when meeting with other heads of state he could teach them to paint. - OWEN, AGE 12

**My mom!**

LORENZO, AGE 5

We asked kids in our neighborhood, "Who do you think would make the best President of the United States and why?"

I think the next president should be Elizabeth Warren because I believe her heart is in the right place and she is strong willed. I believe in her policies. - LUCY, AGE 18

Daddy, because he reads to me at nighttime and he lays down with me a little so I can fall asleep in 20 minutes. - JUDA, AGE 6

**A girl president! Because there have only been boy presidents.**

SANAT, AGE 6

My sister, because she's a really good person. - LUCA, AGE 8

I think that Santa Claus would be the best president because if he became president, he would give presents to all the children. - SAM, AGE 11

Michelle Obama because she was on the *Ellen* show and is funny. - OLIVIA, AGE 13



**Megan Rapinoe!**

DOM, AGE 8

Lucia who's a Red Star (from Camp Galileo). Because she's good and follows the rules.

LEO, AGE 6

My mom because then we could live in the White House and bowl in the bowling alley and watch movies in the movie theater. She's changing her job anyways so that's perfect timing. - SUMI, AGE 11

I don't know if my opinions on all of the candidates have been formed strong enough yet, but (right now) Kamala Harris definitely has a stronger appeal to me for her stance on abortion laws, decriminalizing sex work, Medicare for all and her signature on the Green New Deal. - CAMRYN, AGE 14

### ► Picnic, continued from cover

A special project, entitled *Know Your Neighborhood* will take place at the picnic. Unleash your creative side and participate! (See story at right).

If you are able, bring canned goods for the Mountain View Community Services Agency (CSA). Beans, tuna and peanut butter are especially appreciated. No glass containers please. Thank you Sarah Donahue for coordinating this.

After the band sets are done, we will have a quick general neighborhood meeting to hold CPNA steering committee elections and get input for future events. Stick around for the raffle drawing at the end.

Come meet new neighbors while catching up with old friends. See you and your family there! 🌂

## "Know Your Neighborhood" Picnic Project

By Kathryn Carpenter, Nilda Avenue

Just how well do you know our neighborhood?

Here's an opportunity to express your creative side by drawing or taking photographs of neighborhood scenes, and sharing them at our upcoming picnic. This is not a contest; rather, it's a pop-up community exhibit.

The theme is "Know Your Neighborhood" and we welcome all residents to submit up to five drawings or photos you have made of our Cuesta Park neighborhood. Maybe it's a detail on your street or an expansive view of the park. Your art or photo may include people but make sure you ask their permission to share



Photo taken by Kathryn Carpenter

it if they are identifiable. Please, no images of other parts of Mountain View.

Because this is the first time we are doing this, let's start with a max of five submissions per person, each one no larger than 8.5x11 inches. Feel free to write a caption on each. Have your name and contact info on the back of each piece

so it can be returned to you after the picnic. For display, we may be clipping the images on a line, so consider protecting the edges with a matte. You are responsible for printing or copying your own artwork and bringing it to the picnic and taking it home. If you leave before the picnic is over, please make arrangements for someone to return your entries to you.

I have included a photo I took about ten years ago (see picture at left) that illustrates the details I saw on a walk. I hope this inspires you to go out for a walk with your camera, or go sit somewhere and make a sketch. Children are welcome to participate too! 🌂





## ARTISTS IN RESIDENCE

# Boris Burtin

By Kavita Aiyar, Stamm Ave.

*You may have run across Boris Burtin in various musical capacities around the Cuesta Park neighborhood. Playing DJ at the annual picnic, coaching the Bubb School Band, jamming with his own band at local venues, writing and arranging his own compositions, and teaching local residents to play piano are just some of the ways Boris shares his passion for all kinds of music with the local community.*

Born in St. Petersburg, Russia, Boris was always drawn to music. "I used to listen to records before I could read," he says. "My mom would put an X so I would know which was side 1!"

Listening to Edith Piaf, Louis Armstrong and Russian folk singers among others in his parents' record collection influenced his early years, as did the classical music he would hear at the ballets and concerts to which his mother would take him. After Boris and his mother emigrated to the United States, first to Columbus, Ohio and then to San José, Boris began piano lessons with a Russian teacher. At age 12, however, he felt like quitting. "Luckily, my mom was insightful enough to realize (after a guilt trip), that she should just send me to a different teacher."

That new instructor taught piano not just by reviewing classical works, but also by exploring popular music and jazz. Expanding his repertoire beyond traditional pieces that had felt "limited and confined" to young Boris, inspired him to continue playing. He diligently studied piano through high school, by which

time the mother and son had moved to Los Gatos. He also started to write original music in his freshman year, and soon after joined a classic rock and new wave cover band as a keyboard player.

Heading to UC Santa Barbara to study computer science, Boris had no access to a piano on campus, but felt a strong pull to do something musically. So he picked up a guitar, and taught himself to play "out of necessity," with some guitar-playing friends helping him along the way. In his senior year, he returned to keyboard, playing in a ska band.

It was after writing and performing that he realized there were still some critical elements he wanted to pursue in his musical education. "My teachers had not really taught me music theory or performance technique. Music theory helps you understand what you're playing and to play it more accurately. And then, after you play all the right notes at the right time, things really start to get interesting. That's when your brain is freed up to think about interpretation and expressing yourself."

So as with the guitar, Boris taught himself the basics, and then refined his style further, playing with bands in San Diego where he landed after college, and then studying with legendary Bay Area jazz pianist Don Haas, as well as De Anza College professor Jim Schneider when he returned to Northern California. He relished the playing abilities of both artists, as well as their teaching style, which appealed to his interest in learning beyond just the notes on a page. "I think the best teachers are the ones that are able to evaluate where you are, how to apply music theory to what you're playing and provide you with alternative paths to take your musicianship to the next level. I appreciated that about both Don and Jim."

Comfortable in his role as a music student, Boris was not planning to become a teacher, but stumbled into it when neighbor Debbie Kundrat asked him for a recommendation for someone to teach her family piano in 2013. His daughter's teacher did not have availability at the time, so Boris told the Kundrats he would give all three of them free lessons to try it out. "Long story short, Doug is still my student today," Boris laughs. "I basically owe my career as a piano teacher to the Kundrats!"

Boris feels teaching piano is an interesting challenge. He actually starts his lessons

by singing, to help his students correlate what they hear with what they see on the page. Based on his own experience, he knows how critical it is to pay attention to what the students' interests are and to cultivate those interests. And of

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"... after you play all the right notes at the right time, things really start to get interesting. That's when your brain is freed up to think about interpretation and expressing yourself." - BORIS BURTIN

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course, to go beyond the sheet music. "I will ask my classical music-focused students to do some jazz, and make sure to explore classical music theory with jazz pianists. Bach and Chopin actually have some of the same chord progressions as in early jazz. I want my students to appreciate that."

Boris' career as a piano teacher also spawned an unexpected side gig. Responding to a Craigslist ad, Boris found himself volunteering for an Oakland-based organization called Bandworks, teaching middle school students in the South Bay and Peninsula to play rock

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*Pictured below: Boris spins tunes at Bubb Elementary School's annual Monster Mash dance.*





Boris Burtin (pictured below) playing keyboards and singing with his band, Bigelow's Treehouse.

and roll. When daughter Emma was in 4th grade at Bubbs Elementary School, he noticed that she had friends who all played individual instruments, but only performed as soloists. He wondered about applying his experience closer to home—and the Bubbs Rock Band was born! “I didn’t expect it to work because these kids were so much younger than I had taught before,” he recalls. “But eventually they learned to play ‘I Love Rock N Roll’, by Joan Jett & the Blackhearts, and performed at the Bubbs Talent Show!”

For the last five years, Boris has coached a rock band at Bubbs. When younger daughter Olivia moved to Graham last year, Dwight Rogers, another neighborhood parent, took over at Bubbs, and Boris turned his sights to middle school, coaching rock band Crash!, the members of which (including daughter Olivia) started seventh grade in the fall.

Not satisfied with just coaching a rock band, Boris is the keyboardist with local group Bigelow's Treehouse, playing a mix of rock, soul and Americana music. He met all the members through various connections in the music scene, and appreciates that they are a group of people who are very passionate about music, and also want to have a balanced life. He credits the Internet with making it possible. “We are constantly working on songs at home, and send recordings back and forth. We also share files in Google Drive when we’re doing recording sessions. We actually don’t see each other in person that often!”


Boris also continues to compose music (if you’ve downloaded the “Khan Academy Kids” app, the background

music is a Boris original), and has done session work for musicians Kenny Crowley, Curt Yagi and others. He has also created horn arrangements for Bigelow's Treehouse and a string arrangement for David Brookings' album.

In his own car, Boris' playlist is as expansive as you might expect. Albums ranging from Beck and Amy Winehouse, to Duke Ellington, Prince and Kacey Musgraves spill out of his speakers. When pressed, he only has to think for a moment before recommending *Tapestry* by Carole King as the one album that everyone must listen to at least once.


“Musically, I’m doing pretty much everything that I want to do,” he muses. “I’m working with family and neighbors, teaching concepts that might have been missing, and hopefully, making a difference in peoples’ lives. I guess I want to still improve my own playing—that’s a never-ending journey. You go and hear someone else play, and it lights a fire to go try something new.”

Enjoy performances by Crash! and Salty & The Pretzels, as well as DJing by Boris Burtin at the upcoming Cuesta Park Neighborhood Association picnic on September 28th. 🍂




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## LEARNING FROM OUR NEIGHBORS

# The Health Benefits of Intermittent Fasting

By Sudarshan Siddhaye, Ph.D., Nilda Ave.

Like most people of Indian origin, I am blessed with such genes that I don't have to make much of an effort to get elevated levels of cholesterol or pre-diabetic symptoms! However, I never thought much about what I ate (as long as it was vegetarian) or how I exercised until after I finished my graduate studies. That's when my annual check-ups started to indicate my cholesterol levels slowly climbing above the medically acceptable thresholds.

Afraid of potential heart issues, I spent the next 18 years going through a variety of experimentation to try and address the issue. I tried exercise (resistance training, aerobic exercise, tennis), diet changes (low-fat milk, brown rice, oatmeal, almonds) and diet supplements (psyllium husk fiber, flaxseed oil, fish oil, niacin, CoQ10, soaked fenugreek seeds), and medication (Crestor), among other things, while annually tracking my LDL, HDL, VLDL, total cholesterol, triglycerides, fasting sugar and cholesterol ratios! As a trained engineer, I tracked the interventions and results very precisely in a spreadsheet, only to find that my numbers pretty much stayed the same or in fact got slightly worse as I aged, with some temporary improvements as a result of certain interventions. To add insult to injury, my fasting sugar levels, which used to be in the healthy zone earlier, had now started slowly inching up towards the pre-diabetic threshold.

Realizing that I was in a losing battle, I decided to see Dr. Ronesh Sinha, a physician at the South Asian Heart Center. Dr. Sinha diagnosed my condition as 'insulin resistance' and recommended that I reduce carbs from my diet and increase resistance training, among other things—advice which I followed religiously. This finally helped move my numbers in the right direction. However, after a year of this routine, I still wasn't seeing the level of change that I was hoping for.

Then I heard about Dr. Jagannath Dixit, who has been running a massive public health social media campaign in India since 2010, with hundreds of thousands of people following his direction and getting healthy. His YouTube lecture

had a deceptively simple message: eat what you normally eat – but only twice a day, with only water allowed in between meals. I learned that his methodology is called Intermittent Fasting (IF) in the West. I also found two other well-known doctors who also have content on this and related topics on YouTube: Dr. Jason Fung, who is a huge proponent of and expert on IF, and Dr. Eric Berg, who is a nutritional expert and a big proponent of a ketogenic diet (as well as IF).

I asked Dr. Sinha if I should try intermittent fasting and he wholeheartedly supported me since it aligned with his philosophy as well. Since then, I have switched to eating only twice a day and made the appropriate changes to the content of my meals. Within three months:

1. I lost 10 pounds and have stayed there ever since;
2. I feel way more alert throughout the day;
3. My triglycerides dropped from the mid-200s to the low-100s (the healthy threshold being 150);
4. I do not experience dry skin during the winter like I used to in the past;
5. I got rid of blemishes and tiny warts/pimples from my skin;
6. I was able to retain and improve my muscle mass;
7. My HbA1C (average glucose) levels went from pre-diabetic to non-diabetic zone;
8. My HDL (good cholesterol) went above the threshold of 40 for the first time—and all this while enjoying the most delicious and much more varied food twice a day!

I will leave it up to you and your own research to determine whether this is the right path for you. I certainly learned a lot from this journey and feel confident that the dietary changes that are now permanently incorporated into my lifestyle will have lasting health benefits.

I also feel that the practitioners of this knowledge like Dr. Sinha, etc., have a huge potential to eliminate diabetes and heart disease from the world. Finally, I hope that the 'mainstream' medical community, pharmaceutical industry and processed food and beverage industry who are driven mainly by corporate profits, change their mission and focus instead on practicing/following real science that actually helps people get healthy!

If you would like to learn about my personal experiences in more detail, share a low carb recipe or just have a casual conversation, I invite you to contact me at [siddhaye2000@yahoo.com](mailto:siddhaye2000@yahoo.com).

*PS: I am not a medical doctor. I only wanted to share my own experiences in this article. If you wish to make any changes to your diet or lifestyle, please consult your physician.* ☂

While there is a lot of fine tuning one can do to one's diet and lifestyle to achieve optimal results, the basic principles of these IF dietary changes can be summed up in 4 simple bullets:

- **Eat less frequently**, allowing for a large (say ~16 hours) fasting window. Eating twice a day will work; once a day is even better.
- **Reduce carbs**, increase good fats and increase protein (especially for vegetarians) in your diet.
- **Make sure your meals are nutrient-rich** (carbs are not a nutrient).
- **Do not cut calories**. You do need ~2000 calories to maintain an active lifestyle.

# What's the sCoop on Chickens in the Neighborhood?

By Sarah Donahue, Nilda Avenue

*Like many people, I've been curious about the trend of keeping backyard chickens. There are at least four families within the Cuesta Park neighborhood boundaries that keep them—perhaps even on your block. Some neighbors find them a little noisy, while others enjoy them enough to cut a hole in the fence to share yard space.*

*My neighbor, Anna Miller, who has been keeping chickens in her backyard for a few years now, was kind enough to answer some of my pressing questions.*

## What caused you to want chickens in your backyard?

I thought it would be fun, and nice to have fresh eggs from happy chickens. When I was a kid, we had two chickens (hens) in Santa Monica.

## What did you do to prepare for choosing and caring for them?

Mostly, I talked to people who have backyard chickens, read books and some websites. A great one is [backyardchickens.com](http://backyardchickens.com). There is a book at the Mountain View library on chicken coops—it has some super creative and unusual designs. There are also books on creating a chicken-friendly garden.

In addition, there's a Yahoo group (Silicon Valley Backyard Chickens) and a Facebook group (Silicon Valley Chickens). Both are invaluable resources where you can post questions and get helpful answers.

## How many chickens do you have?

I started with six baby chicks and I'm now down to two.

## What breeds have you raised?

We started with two Rhode Island Reds, two Dominiques, one brown Leghorn and one Ameraucana. One (the Dominique) was killed by a Steller's Jay when it was two weeks old, when I left them for five minutes in the backyard unattended. Very sad. Another, the Amercauna, had complications when it laid its first egg, which was blue, the color of eggs for this breed. It got a serious infection and had to



Pictured above: Anna Miller feeding her backyard chickens. (Photo by Helen Richardson)

be euthanized. Recently, another chicken was killed by a hawk in the middle of the afternoon and yet another died of medical complications. The last two are still laying eggs for about half the year.

## What surprises did you have along the way?

The fact that they each have a unique personality and are really pet-like. They are entertaining to watch. They are also beautiful—their feathers make patterns.

## What are the perks and drawbacks of having them?

Perks: Fresh eggs and no more snails or slugs in the yard!

Drawbacks:

1. They are messy!
2. The coop needs to be opened and closed every morning and evening (there are automatic doors but they are expensive.) If you don't close the coop, raccoons or possums will kill the chickens.
3. Although they eat pests, they also eat good things in the garden, like veggies and flowers.

## What considerations should neighbors weigh before getting chickens?

Noise. They do make some noise. Not a lot, but it could bother some people. If a chicken regularly goes over your fence to the neighbors, you can easily clip their wings so they can't fly.

## What are the city rules?

Last I checked, Mountain View allows for four hens and no roosters. Every city is different.

## What costs are associated with keeping chickens?

Depends on if you build a coop, buy a used one or inherit one. Once you have a coop and the basic equipment (food and water containers), the costs (very rough) are food (\$10/month), bedding (\$5/month) and treats like dried mealworms (\$5/month). There also could be vet costs.

## What advice would you have for people considering this option?

Decide how and where your chickens will be most of the time: in a run, or in some or all of your backyard. They need space to move around. If you confine them in a run, they won't mess up your yard or eat your garden's fruit or flowers, but they can suffer. Letting them be true free-range makes for happy and healthy chickens, but disrupts your yard. Giving them a portion of the yard, with a barrier is one solution. If they are not confined to an enclosed run, chickens need space in the yard, like under bushes, to hide if a hawk is overhead.

Don't just get one chicken. Chickens are social animals and want to hang out with other chickens, ideally a small group.

Spring is a good time to get baby chicks because it's warm when they will transition to being outdoors. You can get them at the feed store in Half Moon Bay. Handle them A LOT when they are young so they get used to being handled. You will also need to decide what you will do once they stop laying. Will you keep them as pets or find a new home for them? 🐔

## LEARNING FROM OUR NEIGHBORS

## Personal Actions to Combat Climate Change

By Mohan Gurunathan, Gantry Way

These days, you cannot turn on the news without hearing about an extreme weather event happening somewhere in the world: wildfires, record-breaking hurricanes, severe floods, heat waves and tornadoes. The past five years have been the warmest ever recorded over 139 years of continuous monitoring. Climate change is no longer a theoretical possibility; it has arrived.

Sadly, our government is in denial, and despite the good intentions of the Paris Agreement, other world leaders have taken little action. Scientists tell us we are running out of time, and that we have only 12 years to make “far-reaching and unprecedented changes” in our society to avoid the worst effects of climate change.

What can a concerned citizen do if our leaders and policy makers refuse to act in the best interest of our future? It turns out, quite a lot. Our individual actions have much more power than we realize. The average American has a carbon footprint of around 16 to 20 tons of CO<sub>2</sub> per year, around four times higher than the per capita world average. While some of our footprint comes from living in a fossil fuel-dependent economy, a big part is due to our day-to-day lifestyle choices.

To try to understand this better, I did some research to find the three most effective personal actions an individual can take to fight climate change. This information is backed by numerous studies and I’ll be happy to provide sources on request. (Feel free to contact me at [mohan.gurunathan@gmail.com](mailto:mohan.gurunathan@gmail.com))



## 1. Eat plants, not animals.

For most Americans, meat, dairy and eggs are an everyday part of life, with the average American consuming over two hundred pounds of meat per year. This is, unfortunately, completely unsustainable.

The main issue is that raising animals to provide food for humans is enormously wasteful. Livestock are raised on plants, but up to 96% of the food energy in plants is lost in the process of creating meat. It therefore requires many times more farmland to grow feed for livestock, than if we were to simply to grow food for ourselves. This farmland largely comes from deforestation and destruction of natural ecosystems – ecosystems that are critical for storing carbon. Furthermore, the 70 billion livestock raised each year produce vast amounts of manure, which poisons our land, water, and air, and releases methane, a powerful climate warming gas.

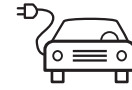
Animal agriculture is responsible for approximately 18% of all global greenhouse gas emissions, which is more than the emissions of all the cars, planes and other forms of transportation combined. This is why a comprehensive 2018 analysis performed by Oxford University, published in the journal *Science*, concluded, “A vegan diet is probably the single biggest way to reduce your impact on planet Earth, not just greenhouse gases, but global acidification, eutrophication, land use and water use. It is far bigger than cutting down on your flights or buying an electric car.”

### So... what can YOU do?

Work on reducing your consumption of animal products. If you’re not ready to go fully vegan or vegetarian, take small steps in that direction, like choosing one or two days a week when you consume no meat or even no animal products, and gradually increasing the number of days from there.

There are countless vegetarian/vegan starter guides and recipe websites you can find online. You can even get a one-on-one mentor to help you transition to a more plant-based diet at [veganoutreach.org/vegan-mentorship-program/](http://veganoutreach.org/vegan-mentorship-program/)

As a bonus, you are likely to see some additional health benefits from eating more plants, including weight and cholesterol reduction, and a lower risk for cancer, heart disease, obesity and diabetes.



## 2. Drive electric, or live car-free.

While electric vehicles (EVs) have gained popularity in recent years, most people still drive gas powered-vehicles. Driving a gas car can generate around four to six tons of CO<sub>2</sub>/year, about a quarter of an American’s annual carbon footprint.

Driving an EV can make a big difference. How much of a difference will depend on where the electricity comes from. Studies show that the lifetime emissions of an electric car are around half that of a gasoline-powered car when charged with electricity sourced from the typical mix of coal, oil, natural gas and renewable power available in the US.

### So... what can YOU do?

As Mountain View residents, driving an EV is particularly impactful. Mountain View’s electricity is provided by Silicon Valley Clean Energy (SVCE), a company that offers 100% “carbon-free” energy drawn from sun, wind and hydro power sources. When we charge our cars with this energy, our daily driving emissions drop to virtually zero. And our EV’s total lifetime emissions (related to the manufacture of the car) are around one-third that of a typical gas vehicle.

In addition, our local air will be cleaner, you can claim up to \$10,000 in tax credits and (perhaps the best benefit) you never have to pay for gas again. The cost-per-mile to charge an EV is often less than the cost of gas, especially if you can charge for free at work! EVs require a lot less maintenance as well—there are no oil changes, fan belts, air filters, timing belts or spark plugs to be replaced. When all this is factored in, the total lifetime cost of owning an EV may actually be less than that of a gas car.

Of course, the most environmentally friendly option is to live without a car at all. To those who can manage that, hats off to you!

Continued on next page ►





### 3. Skip that flight, or “offset” it.

We rarely think twice about booking a flight, but it turns out that every flight guarantees a surprising amount of carbon emissions. Commercial air travel is responsible for roughly 2% to 5% of all global carbon emissions. To put this in perspective, the average American has a personal carbon footprint of around 16 to 20 tons CO<sub>2</sub> per year, but a single round-trip flight from San Francisco to New York can generate the equivalent of around two to three tons of CO<sub>2</sub> per passenger.

#### So... what can YOU do?

The simplest and most obvious strategy is to fly less often, especially for business. With modern technology like Skype and Facetime, it's no longer necessary to jet across the world for every face-to-face business meeting. Save the long distance travel for your most important occasions,

like family weddings and reunions!

When you have to fly, make your travel more green by traveling non-stop when possible. A large portion of airplane emissions come from take-off, landing and taxiing, so the more you can minimize these, the less emissions your trip produces.

You can also buy carbon offsets, which are environmental programs like tree-planting or wind-farm development, that attempt to remove the same amount of carbon that is created by flying. Nearly every airline offers a carbon offset program (just Google it). Typically the cost is minimal, and can sometimes be even paid for with mileage points! For example, to offset a round trip flight between SFO-New York for two people would only cost around \$20-\$25.

The reality is there is no solution to slowing or reversing climate change that doesn't involve taking a hard look at ourselves and our choices, and each of us shifting towards a more sustainable lifestyle. Collective personal action, on a wide scale, is one of the most powerful tools we have to save the planet. ☂



#### What Summer Means to Me

BY MIA, AGE 11

Successfully serving  
Cuesta Park for  
more than 20 years



*How can I help you?*

**Nancy** Adele Stuhr



**Mountain View** Neighborhood Specialist

**650.575.8300** email: [nstuhr@serenogroup.com](mailto:nstuhr@serenogroup.com)

web: [nancystuhr.com](http://nancystuhr.com) | facebook.com/nancyadelestuhr



CalDRE #00963170

# Neighborhood Happenings

It's been a busy year in the Cuesta Park Neighborhood. Here are a few snapshots of some of the neighborhood gatherings held since our last newsletter.



## Fundraising for Fire Victims

*Editor's note: Last fall, some enterprising Cuesta Park youngsters took matters into their own (little) hands.*

We were trying to help the people who lost their houses in the fire in Butte County. We raised over \$400 and lots of people stopped to make donations!

— Alex, Cristophe & Tristan  
(Photo by Cyril Bouteille)



## Backyard camping

Fun and s'mores were had by neighborhood kids as they backyard camped together!

(Photo by Bernhard Ries)

## Cuesta Book Club

By Donna Davies and Elena Lopez

Do you love reading and discussing books? Women in our neighborhood have been enjoying the Cuesta Book Club for fifteen years. We get together the third Tuesday of each month from September through May. We meet at 7:30 pm in members' homes on a rotating basis. The first half hour we socialize and then discuss the book for about an hour. Each member gets to select a favorite book and lead one discussion.

This past year we explored the lives of bold women, from the well-known "Notorious RBG" to the lesser known fictional heroines of "The Underground River" and "The Great Alone." Our books have delved into human dilemmas in settings as diverse as the Sinai Desert ("Waking Lions"), rural Mississippi ("Salvage the Bones"), and cosmopolitan Shanghai ("What We Were Promised").



Donna Davies, one of the founding members, said the club was formed, "for the purpose of enjoying lively, in-depth, discussions that are relevant to our lives. Along the way, we have gained insight into literature, historical or current events, analyzed writing styles, characters and themes. Our

discussions help us remember the books, provide hearing different viewpoints and offer a long term social group."

If you would like to join us, please email **Elena Lopez** at [lopezel305@yahoo.com](mailto:lopezel305@yahoo.com). We will welcome you at our first meeting on September 17th.





### Kids of Lola Lane

by Amy Rhoads

(Photo by Diantha Galli)

On a small block of Lola Lane, there are 13 kids between the ages of 3 and 13. They love to gather together to ride bikes, scooters, skateboards, rollerblades and anything else they can get their hands on. This photo captures a few of the kids taking a break from their street races on August 8.



### Congratulations Emma!

Emma Cummings (Leona Lane) graduated on June 16 from Cal Poly San Luis Obispo with a BS in Animal Science and a minor in Equine Science. She is now employed with PlasVacc in Templeton, CA. Two weeks after graduating, she married Cooper Hitchcock in San Luis Obispo. They honeymooned for two weeks in Maine and are now at home in Templeton. Cooper works for an architecture firm in SLO.

Emma was active in our neighborhood as she grew up, pet/housesitting, delivering the CPNA newsletters for Leona Lane, and doing a pet supplies drive for the Humane Society her senior year at The King's Academy, Sunnyvale.



### Holiday Caroling

by Sharon McClintock

Cuesta Park neighbors observed a winter tradition on Saturday, December 22nd. About 30 folks gathered at 6:30 pm at the home of Peter and Rozalin Pirnejad on Nilda Ave. to begin our Caroling Party. We sang holiday tunes from door to door to sometimes surprised neighbors, caroling our way around the neighborhood until we ended up at the McClintocks on Bonita Ave. for a potluck party.

This is a particularly popular event with families with young children, but always includes neighbors of all ages. We hope to continue the fun and festive tradition for many years to come!



### Flag Day Potluck

by Rick Van Mell

The Bubb Park Mothers & Dogs Society (BPMDS) gathered on June 14 for a summer potluck. After record-breaking heat, it was just delightful for 21 families with 52 people and 7 dogs, that we knew, but a few stopped to say hello that we didn't catch.

Good food from pastas and hot dogs/ sausage to salads and great fruit selections were shared. One of the great vibrations of BPMDS potlucks is the kids playing in Bubb Park while the adults chat and keep a weather eye on events.

A continuing "Thank You" to George Jacob (88 years young) for driving his van to pick up all the supplies from Rick and Doreta Strotman. And, my own special "Thank You" to the folks who help wrap it up at the end of the evening. It's a routine that has kept at least some of the table cloths going for over 10 years!





# Men's Health 101

CONTENT PROVIDED BY  
 **El Camino Health**

When it comes to staying healthy, a little vigilance goes a long way. That's especially true as people get older and medical issues become more common. For men, an enlarged prostate is as much a part of getting older as graying hair. Osteoporosis is also more likely in older men, and so is arthritis.

Despite their unique health needs, men are 70 percent less likely to seek medical treatment when compared to their female counterparts.

While these and many other men's health problems are common, that doesn't mean they're trivial. For example, men who have low testosterone may also have weak bones or sleep apnea. Erectile dysfunction can result from cardiovascular disease, and blood in the urine can be a symptom of both bladder stones and bladder cancer.

Ignoring symptoms can seem like the easiest path—in fact, it's a common strategy among men with busy lives. Between careers, family and other responsibilities, it's hard to find time to see a doctor. For men who have kept their health on the back burner, now is the time to tune up healthy habits. Here are seven specialty areas important to men's health.

## GENERAL MEN'S WELLNESS

Men are statistically less likely to go to the doctor. When they do go, it's often only after a serious condition has already developed. Follow these straightforward strategies to tackle any current health issues and also prevent future problems:

- Find a doctor who can address specific concerns, speaks a preferred language, and provides guidance on how to stay healthy.
- Know which factors, like age, lifestyle choice, weight, family health history and ethnicity, increase the risk for specific problems.
- Have regular checkups and screenings.

## DIGESTIVE HEALTH

Digestion involves multiple organs and tissues, and it's great when they all perform smoothly. But when they don't, the symptoms can range from mild to debilitating.

- Make an appointment to see a doctor if any of these occur: abdominal pain, bloody vomit or stool, constipation, ongoing diarrhea, difficulty swallowing, nausea and vomiting, and regurgitation.
- Lifestyle can affect digestive health. Some digestive problems can be avoided or improved with changes to diet and lifestyle, such as adding fiber, avoiding stress, and maintaining a healthy weight.
- Get screened for colorectal cancer. For most men, screening should start at age 50.

## HEART HEALTH

Heart disease is the leading cause of death in men in the U.S., accounting for 1 in 4 deaths. Many men with heart disease don't know they have it. Take steps to keep the heart healthy.

- Make an appointment with a primary care physician to determine personalized risk for heart disease.
- Don't sit back and let the arteries become hardened and narrowed with plaque. Take charge and eat heart-healthy foods, get more exercise, manage stress, don't smoke, and get enough sleep.
- Be aware of signs and symptoms that should lead to a visit with a doctor, such as chest pain, shortness of breath, coughing or wheezing that doesn't go away, swelling in lower extremities, fatigue, and irregular heartbeat.

## ORTHOPEDICS

Problems with bones or joints are among the most common reasons men go to the doctor. While it's not likely men will escape orthopedic injury or illness as they age, there are a few strategies to prevent many problems or minimize their effects.

- Stay active to keep bones and joints healthy.
- Seek medical attention right away for a joint injury that causes intense pain, swells quickly, deforms the joint or limits use of the joint.

## SEXUAL HEALTH

Sexual health carries a unique burden compared to other issues. It can interfere with relationships, affect self-image, and lower the quality of life. Sexual dysfunction in men often results from a separate, underlying medical condition.

- See a doctor for a thorough overall health assessment. If an underlying condition exists, the priority is it to treat that problem.
- Be cautious of products that promise quick results, are described as alternatives to

prescription drugs, sold in single doses, or advertised via unsolicited emails.

## SLEEP HEALTH

Millions of people in the U.S. have trouble sleeping, and the reasons may be obvious like having a caffeinated drink in the evening. In some cases, though, sleep loss results from issues that are tougher to uncover. The fallout from chronic sleep loss can affect not only men's health but work, relationships and even sex life.

- Take a good look at everyday habits to see what might be impacting sleep. Temporary sleep loss can result from working at night, lack of exercise, smoking, drinking alcohol or caffeine, and stress.
- Make changes to improve sleep, including establish a regular sleep routine, make the bedroom quiet, keep electronics out of the bedroom, try meditation, and don't stay in bed if sleepless.
- Consult with a doctor if lifestyle changes don't improve sleep.

## UROLOGY

The urinary tract not only removes urine but filters out waste, regulates certain body chemicals, helps control blood pressure, and contributes to strong bones and healthy blood cells. All these functions work efficiently most of the time, but when problems occur, they can cause pain, embarrassment, loss of function and even serious illness.

- Take these steps to lower risk of urologic problems: don't smoke, drink plenty of fluids, exercise and maintain a healthy weight, eat fish and lots of fruits and vegetables, and avoid occupational exposure to chemicals that increase risk of cancer.
- Get screened for prostate cancer. For most men, screenings starts at age 50.

For information on specific risks, recommendations for screening tests, guidance for when to see a doctor and what to expect if diagnosed with a specific problem, download **The MANual for Better Men's Health** created by specialists at El Camino Hospital's Men's Health Program:

[www.elcaminohealth.org/services/mens-health](http://www.elcaminohealth.org/services/mens-health)

Think of it as a man's personal guide to living the healthiest life possible. ■

**CUESTA COOKS!**

# Anna's Homemade Pizza

By Anna and Paul Hammer, Nilda Avenue

This recipe is based on one given to us by Anna's brother Michael, who put himself through mechanical engineering school working at a pizzeria in Rochester, New York in the 1970s.

As with any meal, a quality result is obtained by using carefully prepared, fresh ingredients. This recipe is for four personal-sized (8") pizzas, perfect for a family of four. The outcome, in Paul's opinion, is better than any restaurant pizza he has had.

## dough ingredients

1 & 1/3 cups water  
2 Tbsp molasses  
1 Tsp salt  
1 pkg yeast  
1/2 cup wheat germ  
3 cups white flour\*  
Olive Oil

\*Amount will vary. Start with this and add more flour slowly as needed to keep dough from being sticky as you knead it.

## making the dough

In a large mixing bowl, mix water, molasses and salt. Warm to about 115°F. Too cool, the yeast won't activate. Too hot, it will die.

Add the yeast. Cover and let sit until foamy. This is called "proofing" the yeast; if it doesn't foam the yeast isn't working.

Add wheat germ and flour.

Mix on a floured surface, knead the flour mixture until smooth. Add flour as kneaded (get it?!) to keep the dough from being sticky.

Pour a Tsp of olive oil in the mixing bowl, drop the dough back in the bowl, twirl it to coat the bottom of the dough with oil, then flip the dough over (oiled-side up).

Let rise for about an hour in a warm oven or draft-free spot, covered by a dish towel. Once risen, remove and punch down.

## tomato sauce

(prepare while the dough is rising)

One 6 oz. can of tomato paste  
6 oz. of water  
2 cloves crushed garlic  
Basil, oregano, salt & pepper to taste

Combine ingredients in a small pan. Mix and heat on the stove.

## final assembly

Preheat oven to 450°F. You'll need:

Baking pans  
Olive Oil  
Sesame seeds  
Mozzarella cheese  
Your pizza toppings

Put a light layer of olive oil on baking pans and sprinkle with sesame seeds (seeds help to keep the dough from sticking to the pan and they taste great!)

Divide the dough into four equal balls.

Flatten and spread the dough over the oil and seeds. Fold the dough along the outer rim, pinching it to itself, to make a nice crust edge.

Spread a thin layer of the tomato paste mixture over the dough.

Spread a layer of cheese over the tomato paste mixture.

Add your pizza toppings. Don't overload your pizza! It makes it much harder for it to cook properly, and leads to soggy pizza.

## baking

Bake for about 20 minutes, until the crust is stiff and can be lifted off the pan without being limp. You might move the pizzas around in the oven part way through baking if one part of the oven is hotter than another. Don't let it burn!

Slice and serve while still hot. Enjoy!



## MILESTONES



Anna and Paul Hammer celebrated their 15th wedding anniversary on August 19th.



Happy 60<sup>th</sup> Wedding Anniversary Donna and Bill Lowes!

Donna and Bill married on June 28<sup>th</sup>, 1959 in Woodland, CA. They traveled to El Paso, Texas to complete Bill's military obligation and had their daughter Karen. They returned to the Bay Area, first to Redwood City, and then Menlo Park, where Stephen and Diane were born. In July 1968, they moved to the Cuesta Park neighborhood where they currently reside.



Mary Recker graduated Cum Laude from the University of Oregon on June 19<sup>th</sup>. She will continue attending the University's Teach program in pursuit of her Masters in Teaching. She plans to teach elementary school children, grades K-2. Congratulations Mary!

# A Nostalgic Journey

By Pam Lehner, Begen Ave.

*Editor's Note: Rick Kauer, the subject of this article, is a "Kid of Cuesta." He grew up on Nilda Avenue in the Cuesta Park neighborhood with his sister and current Cuesta Park resident, Pam.*

When we were kids, my brother Rick used to tinker with everything. He took apart appliances, wanting to see how they worked. He made battery-run boards with math problems or other questions that lit up when you got the right answer. He was always messing with his bike, souping it up and making it better. And when he got close to driving age, cars became his obsession. After Saint Francis, he went through the automotive program at De Anza College and ended up working at a car dealership, and working on car restoration on the side.

When he got married, we didn't know what to get Rick and Rita as a wedding gift. I mean, he was my brother and very special to me. And though I loved his fiancé, she was getting plenty of linens and kitchen gadgets and china and things that appealed to her. Finally, we hit upon one tool he didn't yet have: a router. I don't know why that appealed to us, but nevertheless, it was an inspired choice.

I don't remember what Rick's first project was, but his new passion quickly became wood-working, and my parents' home on Nilda Avenue featured the mantel, the wood box, the coffee table, the lamp stand, the Murphy bed, etc. that he crafted for them. As for us, over on Begen, we became Rick's first clients when he started his cabinet making business over 30 years ago, when he created the cabinets for our kitchen renovation. Later, he built us an awesome entertainment center, laundry room cabinets, and two mantels.

The only one in our family to play an instrument, Rick is also an amazing guitarist, and passed along his love for woodworking to his son, Doug, who creates incredible electric guitars used by quite a



*Pictured above: Bob Kauer (left) and his son Rick Kauer who grew up in Cuesta Park.*

few well-known musicians. Even though none of the rest of us played instruments, we always had a lot of music in our home, and my dad would crank up the old Packard Bell. Some of the best times were enjoying him playing his old records like Johnny Horton, Roy Clark and Tijuana Brass, while waiting for my turn to put on the Beach Boys or Herman's Hermits.

As the years went by and they no longer had the old stereo, there wasn't much music in my parents' house. Dad would get his music fix while waiting in the car for my mom while she was shopping, and his glove compartment was filled with mostly country western CDs. When cancer finally took Mom, he didn't have anyone to wait for anymore and he didn't know how to record shows. So, his recliner and all the TV shows and movies she had recorded for him pretty much became his sole entertainment. He would watch them over and over, while waiting impatiently to join her in heaven.

To try to help change his focus and get him more interested in life again, my brother found a similar type stereo console, and combining his woodworking skills with his electrical tinkering, he totally refurbished it for my dad. It was beautiful, in both style and function, but more importantly, it was such a gift of love. He found some records that he knew Dad would enjoy and music could again be part of my dad's life. Unfortunately, within a year, Dad got his wish to reunite with my mom, and we were left with memories.

But my brother had another new passion, and I think it is fueled by memories of my dad. He now seeks out and revives old

stereo consoles that are kind of the 60's vintage, usually mid-century modern style. He not only refinishes the wood, and completely restores the turntables, speakers, receivers and other components, but he has added a new twist. We just remodeled our living room, planned around becoming the owners of one of his recreated specialties (see photo below). It is a stunning piece and we get to choose between fabulous sound coming from the radio or the record player. But, he also added Bluetooth capabilities and an extra something on the back that allows us to use any of our devices. With our Kindles or our phones, we can listen to any music at any time through this beautiful stereo. Our home is now filled with music and we can be transported to anywhere our memories wish to take us.



*Above: One of Rick Kauer's refinished stereo*

My brother's ability to see hidden beauty and revive it, to understand how things work and restore them, to look for a way to help heal his father's hurting heart makes him a very precious product of this neighborhood, and I just wanted to share. 🌿

*To contact Rick about bringing your vintage stereo back to life, please email him at [rickkauer@gmail.com](mailto:rickkauer@gmail.com)*



# Leadership Mountain View: The Best Time Ever!

By Merry Yen, Nilda Ave  
Leadership Mountain View Class of 2019  
Chair, Mountain View Downtown Committee

In life, is there anything more satisfying than to:

1. Set out to do a thing;
2. Actually DO the thing?

I think that there's nothing better. And it pretty much sums up my Leadership Mountain View story!

I first heard about the Leadership Mountain View (LMV) program from my friend, fellow Mountain View resident and activist Deb Henigson. During her time in LMV, I heard all kinds of fun and fascinating stories about Mountain View. She would say, "Did you know we had a jail? Like a jail!" or "I played with robots at El Camino Hospital today!" I was super excited about getting into the program, and learn all there is to learn about Mountain View.

But then, LIFE intervened. I gave birth to my second child in 2017. With a preschooler and a newborn in tow, Deb and other LMV alumni advised patience. "Just wait 'til next year," they said. So I did.

In 2018, I signed up for the Leadership Mountain View program even before the program was officially accepting applications. I got interviewed, and I got in!

And then, it started. And it was AMAZING. I remember each program day clearly and with vibrant detail. I remember our first program day when we did silly/fun leadership activities, and I recognized how fearless my fellow classmates were. They were not afraid to be vulnerable, open and maybe a tad bit silly. These were MY people.

I remember "Government Day" and asking WAY too many questions. I remember asking County Supervisor Joe Simitian a question about North Bayshore development (what if it NEVER happens??), and he answered it so thoughtfully, I cried.

I remember Diversity Day. Not for the run-of-the-mill "diversity training," but for a most thought-provoking presentation

by Paul Saiedi (Global Inclusion Manager, Unity Technologies.) I learned that true diversity is not about numbers or quotas, it's about expressing a genuine interest in your fellow human beings.

I remember planting trees. Thanks to fellow classmate Kammy Lo (Environmental Planning Commissioner) and Canopy ([canopy.org](http://canopy.org)), we were the inaugural class of LMV to plant trees in Cuesta Park!

I remember "Public Safety Day," where we learned about the incredible people of the MV Police and Fire Departments. Did you know that the MVED's response time is HALF of the national average? The men and women in uniform are the real unsung Heroes of our City.

I remember "Performing Arts Day," because Mountain View is SO unique in our Performing Arts space. I learned that we put on about four times more shows than the average performing arts space of our size, with nothing more than a small crew that makes it all happen.

But mostly, as it always is, it was about the people. It turns out waiting that extra year made a lifetime of difference, because



LEADERSHIP MOUNTAIN VIEW  
HELPING GOOD PEOPLE  
BECOME GREAT LEADERS!

To find out more about Leadership Mountain View, check out the website at: [www.lmv.education](http://www.lmv.education)

my 2019 LMV class was extraordinary. I've become really great friends with some of my fellow classmates, and know that our friendship, activism and support will deepen over time.

All in all, being a part of the Leadership Mountain View class has exceeded my wildest expectations. Perhaps even more importantly than everything I learned, LMV helped to restore my faith in government at the city, county and state levels. It takes A TON of people to make things work here, and in order to make change happen, we ALL have to put in the time to learn about the system, get to know all the players and learn the game. It's time for all of us to act like we the grown-ups we are, and get involved!

Thanks Leadership Mountain View for an extraordinary nine months. It's been an amazing journey! I had the time of my life. 🌂



Above: Leadership Mountain View class picture day at the Mtn. View Center for the Performing Arts

## New Vendors at the Mountain View Farmers' Market

by Max Hauser, Guest Contributor



Kayla Hayden's parents started Mountain View's weekly Certified Farmers' Market 25 years ago, she tells me. Now, at 110 vendors, it's in the top three

of 700 such markets in California. Open Sundays 9 am-1 pm at Mountain View's Caltrain station, it relocates occasionally during special Fall and Winter events (see [tinyurl.com/mvmkt](http://tinyurl.com/mvmkt)). Because our Market fills its available space, new vendors face a waiting list. Justin Foust of Foustman's Salamis told me Mountain View was worth waiting for, because of brisk sales (his products were flying off the table during my visits).

In 2016, I profiled some unique and popular Market vendors, almost all of them still selling there (links to those Old Mountain View Newsletter

issues: [tinyurl.com/OMV1608](http://tinyurl.com/OMV1608) and [tinyurl.com/OMV1610](http://tinyurl.com/OMV1610)).

Here are five of the market's latest additions (each with approximate location at the Caltrain site).

**Donna's Tamales** (NE corner) has been in business for years, but at our market only a few months, selling seven regular flavors of tamales — all vegetarian, some vegan — and a few related products. Co-owner Daud happily offers suggestions. Sold chilled, they reheat nicely in a couple of minutes in a microwave oven. (Tamales date back thousands of years, among the famous foods of ancient Mexico; the original Nahuatl word is “tamalli.”)

Our Market includes many fine California producers, but how many boast royal endorsements? **Koda Farms** (north row, west end) is California's family-owned pioneering rice grower since 1928, offering “heirloom” rather than commodity rice varieties. Lisa Koda, part of the family, has been representing the firm at our market. Koda Farms' KR55 “Kokuho Rose” strain, the ancestor of all premium California medium-grain Japanese-style rices today (e.g. Nishiki), greatly influenced California rice farming. For the firm's

overall contributions, Crown Prince Akishino bestowed a Japan Agricultural Association Award. [kodafarms.com](http://kodafarms.com)

Just as it seemed artisanal bakers had saturated our Market, **Adorable French Bakery** (east row) proved there was room for another. Market-goers have discovered this new booth; it's often thronged. Tasting samples constantly offered encourage the crowds. Brainchild of Paris-born pastry chef Muriel D'Agostino, Adorable (named, D'Agostino says, for Julia Child's favorite adjective) sells very hearty bread loaves by weight, and practically every other pastry type from croissants, “French pizzas” and pissaladière (onion tart on puff pastry) to sweet specialties galore. Their website has a 52-page catalog. [adorablefrenchbakery.com](http://adorablefrenchbakery.com)

**Foustman's Salami** (south row, west side) specializes in classic Italian-style dry salamis (14 flavors, more on the way) made without chemical nitrate/nitrite preservatives. Dry salamis are a Bay Area tradition, since 19th-century Italian immigrants found the cool coastal climate ideal for dry-curing meats and made San Francisco the salami capital of the United States (story: [tinyurl.com/sfsalami](http://tinyurl.com/sfsalami)).

See *Farmers' Market*, p.20 ►

## PETS OF CUESTA PARK

### Introducing Olivia!

Interview conducted by  
Marla Mulkey, Bonita Ave.

**Name:** My name, “Olivia”, was derived from my black, round, puppy “olive-like” nose, and my uncle, who worked in an olive grove called Olivenheim.

**Age and breed:** I am an eleven-year-old (young!) black lab, twelve in September!

**Mom:** Michelle Woodbridge, Begen Ave.

**Where you might run into me:** Bubb Park

**Favorite toy:** No secret here...a ball!  
My absolute favorite!

**Special treat:** Apples are the best! I can have one a day when one falls from a tree on our walk. My mom also sneaks one from home in her pocket for me to eat when there are none or they are not in

season. She doesn't think I know, but her heart is so tender for me she can't help herself. I have my favorite tree where we sit and eat. Our daily ritual...glorious!

**Unique characteristic:** My mom throws a ball. BUT, I hide behind trees and jump out to surprise her and catch the ball, over and over again. It's so fun! My tail wags just thinking about it!

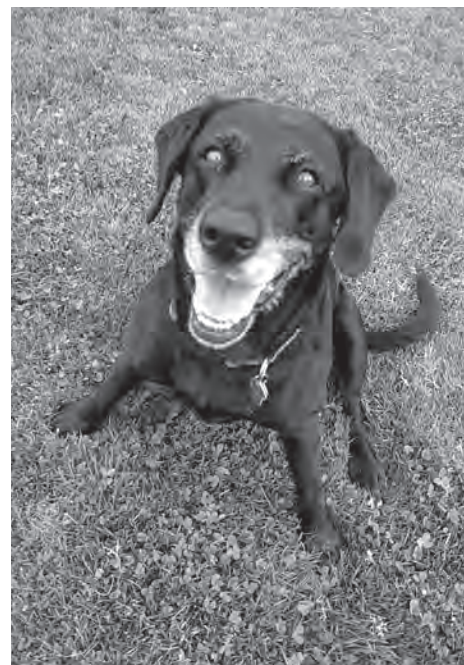
**Favorite excursion:** Going to work with my mom. I'm irresistible I think, because she says her office is much quieter when I'm not there. I love people...and water, the beach and bodysurfing, but NOT anything man-made like the hose or shower. I don't get those at all!

**Little known fact:** My mom's mother actually got me first in San Diego. Six months later in May she was diagnosed with cancer, passing away soon after. Our hearts were broken with grief. Michelle and I, we rescued each other.

**Confusing Human Trait:** Why on earth do we have this big house? The room with the

food is most valuable and important, and my mom only visits it a few times a day...?

**Favorite movie:** *Secret Life of Pets* 🐾





## Wine Days of Summer

Lynne Hansen, Castro Street  
*Your Cuesta Park Neighbor and  
Wine Aficionado*

What do you like to do when you are not working? Spend time with the family? Absolutely! See friends and maybe share a meal or two? Definitely! Organize that closet that has not been organized in the last five years? Maybe. . . not (that can wait another five years, right?). How about trying new wines? Learning where the wine comes from and how it is made? For me, that is a perfect day. Sitting on the patio enjoying the warm breeze, conversation with friends and making new friends, sometimes just on my own with my thoughts and sipping wine from all around the world. Doesn't that sound great? I, personally, love it!

Believe it or not, with wine there is no right or wrong answer. If you like it, then it is a good wine; if you don't like it, well, then it's not as good. It is all up to you and your flavor palate. So, in keeping with that, I want to share with you some of my summer favorites that I hope you will enjoy as much as I do.

When a lot of people think of summer and wine, they automatically go to white wine. And while it's true that a good clean crisp white wine can be very satisfying on a hot summer day, it is interesting to note that other colors of wine can be just as satisfying.

Let's start with Reds. Having a steak? How about pairing it with a Dolcetto from Italy? Although considered to be a low in acid varietal, it has low tannins which does not fight with the salt, and is thus a wonderful choice for a lovely steak. Not into beef? How about a Pinot Noir with grilled sole lightly covered with an herb sauce? For the non-meat or fish eaters, a fuller bodied Rhone-style Grenache (Garnacha, if from Spain) with grilled portobello mushrooms might just be the right combination.

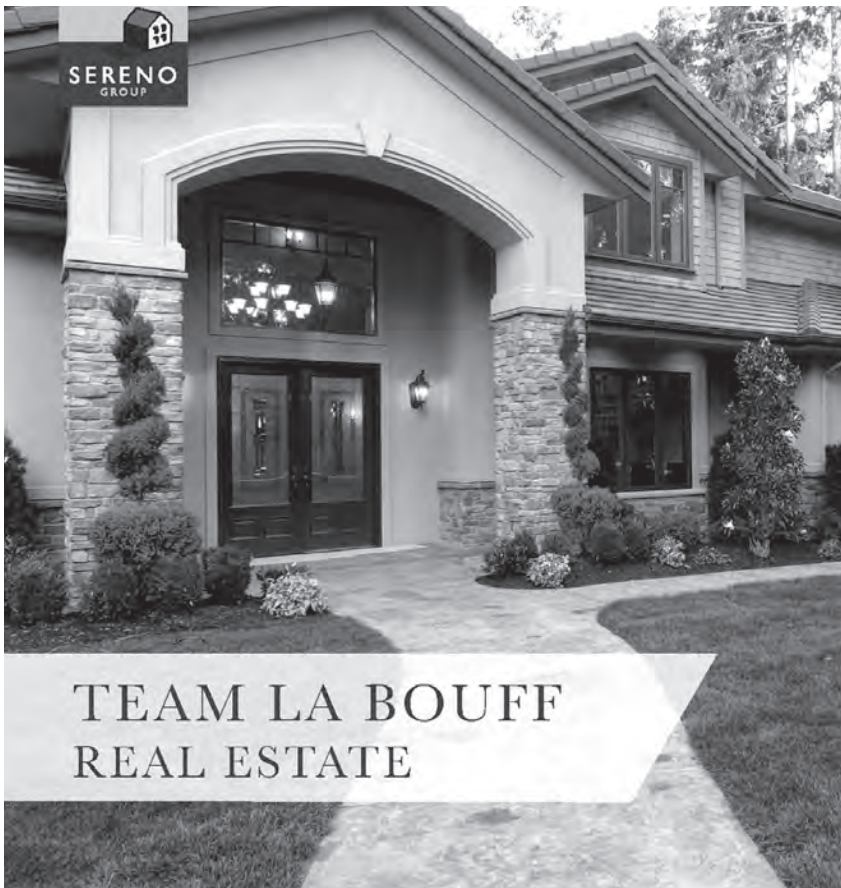
Next up, what wine goes with practically everything from braised pork to popcorn (yes, popcorn)? CHAMPAGNE!! The next time you go to the ICON theater in Mountain View, try a champagne with your movie popcorn and enjoy the pop of flavors! (Note that only French wine from the Champagne region can be called Champagne. Otherwise it is called

Prosecco if Italian, Cava if Spanish and Sparkling Wine if from anywhere else.)

Lastly, for a long time, when people saw a pink wine, it was immediately thought to be a sweet white zinfandel. While for some, that is enough, there is more to the pink than white zin. Check out a Rose Pinot Noir from the Sonoma Coast (fruit forward) or a French Rose Cabernet/Merlot blend (more mineral with dark fruit attached) for your summer sipping pleasure.

Interested in learning more about wine or refining your knowledge? Be sure to check out Savvy Cellar at 750 W Evelyn, at the end of Castro before the train tracks. The menu changes monthly and you will experience wine from all over the world aside from the usual US, France and Italy. Check out the wines from Greece, Slovenia, Argentina, Chile and so much more! 🍷

Bring this article to Savvy Cellar and receive 10% off a wine flight from the regular menu (valid through October 30, 2019).



For decades, Aileen has provided unparalleled real estate advice to help Sellers and Buyers in Silicon Valley make the best real estate decisions with the least amount of stress.

*Resident of Cuesta Park*

*Supporter of Bubbs School*

*Supporter and President of CPNA*



650-804-0522

teamlabouff@serenogroup.com

DRE # 01392043

WWW.TEAMLABOUFF.COM





## COPS OF CUESTA

### Katie Nelson, Social Media and Public Relations Coordinator for the Mountain View Police Department

By Kavita Aiyar, Stamm Avenue

*Katie Nelson was a journalist covering the Crime & Public Safety beat for the San Jose Mercury News when she was recruited by the Mountain View Police Department (MVPD). Four years into her role, Katie says she never knew she could love a job so much.*

*She was recently recognized by the California Peace Officers Association with an "Award of Distinction" for her creative and trendsetting ways to engage and inform our community. We recently met over coffee at Peet's in Cuesta Park to discuss her job, life and donuts.*

**Kavita: Your name shows up alot! Tell me what your job is exactly.**

Katie: My whole job is to ensure that the residents of Mountain View, no matter what neighborhood they are in, can easily connect with the MVPD. The vast

majority of my day is spent online, having conversations with people about their questions and concerns. If you contact MVPD on Facebook, NextDoor, Twitter, Snapchat, or Instagram, it comes to me. The other part of my job is working with the media, answering questions they may have about incidents and equipping them with information. My role is very transparency-forward.

**Kavita: So, other than being able to use cool terms like "transparency-forward," what's the best part of your job?**

Katie: Being able to let people know that the police department is here to connect with them. Sometimes people assume that government agencies don't want to interact with the public, when actually, we really are here to listen and respond. I love being able to surprise and delight people.

**Kavita: I guess with any job, there are tough times too. What is the hardest part of your role?**

Katie: I want to ensure that people get what they need, so when I feel that I haven't met someone's expectations, that's tough. Sometimes people want an answer right away, and that isn't always possible. I try not to be too hard on myself, but like in any customer service job, it's difficult sometimes.

**Kavita: Do you have any mentors in the department that support you?**

Katie: My boss, Captain Hsiung, is my mentor. After meeting him at my initial interview, I knew I had to work at the MVPD. We have very similar thinking; he gets it, and he gets me. When I'm having a rough time, or I feel someone's not hearing me, he always reminds me, "Take a deep breath and take the high road." I'm very Irish, so that's not always easy! (laughs)

**Kavita: What is the toughest situation you have faced in your job?**

Katie: Whenever we have a large scale incident or there's an uptick in a certain type of crime, emotions can run high both online and in-person. I have to work to strike the right balance: ensuring people are being heard and understood, while communicating facts. My goal is to de-escalate the tension. It can make for a long day, but it's always worth it!

**Kavita: So there are a couple of things that I have to ask you. First, have you ever shot anyone?**

Katie: (Laughs) No. I have shot a gun, but I'm no expert. The noise terrifies me! I'm a civilian, so I would only be able to carry a gun if I had a Concealed Carry certification. It's probably better for everyone that I don't!

**Kavita: Second, do cops really love donuts?**

Katie: Yes! That stereotype is totally true! (Laughs) Though I personally prefer Oren's Hummus or Blue Line Pizza. I'm also a coffee girl, so I really enjoy the cafes downtown. That's the journalist in me—straight up caffeine. I can tell you that Alexander's really kicks your b\*\*\* with their flat white!

**Kavita: And here I thought Alexander's macarons were the reason to go! So, how has your job influenced your lifestyle and life choices?**

Katie: Some would say I have the ultimate millennial job, but unlike the average millennial, I have moved away from sharing too much of my personal life on social media. I've had members of the public call me and say concerning things or make vague threats, so it's a reminder to me that I have a responsibility to keep my family safe. I take on the role willingly, but I'm careful.

Also, the police department is available 24/7, so I need to be too. That required a serious conversation with my husband about the realities of being a public servant. I always have my phone and laptop with me during family events. I've woken up at 2am to answer questions. I've communicated with the public from very strange places! But honestly, I wouldn't change a thing.

**Kavita: Yikes! How do you de-stress from being "on" all the time?**

Katie: I like to run, and I love to read.



I'm deep into this book Stay Sexy and Don't Get Murdered. It's part biography and part extension of a podcast called "My Favorite Murder." And, believe it or not, I love to clean—it's my favorite way of letting off steam.

**Kavita: Do you feel Mountain View residents value their cops?**

Katie: I'd like to think so. Whenever an arrest is made, or we have a speaker series, or we communicate out safety tips, I feel like people value what they take away. And watching an officer's face when they get in-person thanks, well, THAT's a moment!

**Kavita: What would you say to someone considering becoming a cop?**

Katie: Becoming a police officer could be the most rewarding job of your career, if you let it be. There's nothing quite like public service. No two days are the same, and there are incredible highs and lows. It is by far the most human job you can ever have. There's something beautiful about working with other people and being a part of their journey.

**Kavita: Last question—and the toughest. You are on a deserted island and if you have only one book, one**

**song and one food to accompany you, what would they be?**

Katie:

- Book: To Kill a Mockingbird. It's a classic.
- Song: "My Girl". I still do the hand motions to the words that I learned from my mom, and my dad and I danced to it at my wedding.
- Food: mashed potatoes. I make a mean mashed potato!

Katie encourages all residents of Cuesta Park who are age 14+ to do a police officer ride-along. It's typically between 2-4 hours long, and you get to sit in the front seat and touch all the buttons. If something goes down, you're there! Email Katie at [policepio@mountainview.gov](mailto:policepio@mountainview.gov) and she will set you up.

Also, for you NextDoor application users, note that the way the software is designed, public agencies can see the posts and comments on their own page, but are not allowed to view neighbor to neighbor conversations. If you want Katie to see a post, it should be submitted in the Crime and Safety section, and the "Forward to Police" option needs to be chosen. She can then see the original post (though not the comments underneath), and respond. Sending a NextDoor post is of course not the same as a call for service—always use 911 for urgent cases! 🌂

**Cops of Cuesta** will be an ongoing feature. If you know a police officer you'd like to feature, please contact Kavita.

## Thinking of making a move?



**Kim Copher**

650-917-7995

[kim.copher@cbnorcal.com](mailto:kim.copher@cbnorcal.com)

[www.JustCallKim.com](http://www.JustCallKim.com)

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*A Mountain View resident since 1994*

*No one knows your Mountain View  
neighborhood like your neighbor!*



### Keep in touch with Mountain View's finest!

**Twitter:** @MountainViewPD

**Facebook:** [facebook.com/  
mountainviewpolicedepartment](https://facebook.com/mountainviewpolicedepartment)

**Instagram:** @mountainviewpd

**YouTube:** [www.youtube.com/  
user/MountainViewPD](https://www.youtube.com/user/MountainViewPD)

**NextDoor:** [nextdoor.com/pages/  
mountain-view-police-  
department-1/](https://nextdoor.com/pages/mountain-view-police-department-1/)

**Website:** [mvpd.gov](http://mvpd.gov)

## New Neighbors

A big Cuesta Park welcome to new neighbors who have recently moved to the Cuesta Park neighborhood.



Allison and Colin Wu (plus baby Charlotte) moved into the Cuesta Park area in January, 2019.

**What do you like about Cuesta Park?**

"The proximity to Cuesta Park and the friendly neighborhood feel."

## NEW TO THE NEIGHBORHOOD?

Join the CPNA Talk Yahoo Group to stay up to date on the latest neighborhood news. The group is open to all residents and those owning residential property within the CPNA boundaries. Email your membership request to [CPNAtalk-subscribe@yahoogroups.com](mailto:CPNAtalk-subscribe@yahoogroups.com). Please include your street address!

## SPECIAL DELIVERY

A big THANK YOU to all our neighbors who helped with the last "Cuesta Connections" newsletter delivery:

Kavita Aiyar	Pam Lehner
Donna Davies	Kim Merry
Sarah Donahue	Pam & Andy Miller
Paul Hammer	Lan Nguyen
Julie Jackson	Kseniia Schramm
Russ Jones	Masako Staulo
Michael Kahan	Sam Tobin
Debbie Kundrat	Rick Van Mell
Aileen and John La Bouff	

Apologies if we missed anyone!

► *Farmers' Market, continued from p.16*

I'm nibbling Foustman's fennel-pepper salami as I write this. [foustmans.com](http://foustmans.com)

Premium Bay-Area bread bakeries have been opening for several years, drawing attention even from *The New York Times*. They follow an earlier wave of modern artisanal bakers a generation ago, begun when the Sullivans launched Acme Bread as a spin-off and supplier to Berkeley restaurant Chez Panisse. At our Market, this new wave is represented by the likes of The Midwife and the Baker and now, **Little Sky Bakery**. It's a small Menlo-Park firm with no retail outlet, delivering to

residents in its own neighborhood, and starting to work farmers' markets. Big on sourdough starters and very simple classic recipes. Their booth offered a taste of the pumpernickel rye and I was hooked. An extremely chewy, dense 100% rye sourdough, the kind of hearty flavorful bread that nicely complements cheeses (or slices of Foustman's salami). It's a European concept of "pumpernickel" (a name that, in the US, sometimes labels 30%-rye sandwich bread colored dark brown with cocoa). Little Sky offers many other breads including several flavors of big rectangular Challah rolls, plain, savory, and sweet. [littleskybakery.com](http://littleskybakery.com)



## WHAT IS CPNA?

The Cuesta Park Neighborhood Association (CPNA) was formed in 2002 to promote a sense of community pride in our neighborhood, to increase emergency preparedness, to sponsor social activities for residents, and to act as a common voice to express our neighbors' wishes and grievances to the City of Mountain View.

CPNA is not a homeowners' association. We do not enforce any covenants that homeowners may have, and we are not exclusively for homeowners. Anyone who lives in the neighborhood is automatically a CPNA member, including a large number of renters,

many of whom have lived here for decades. Our neighborhood boundaries are Miramonte Avenue, El Camino Real, Grant Road, and the back side of Cuesta Park/Villa Siena Senior Living Community.

The current CPNA Steering Committee includes:

President:	Aileen La Bouff
Vice President:	Jan Peters
Treasurer:	Pam Miller
Secretary:	Kavita Aiyar
Newsletter Chair:	Kavita Aiyar
CERT Chair:	Hugo Penafiel

Would you like to see your name here? Join us at the CPNA Picnic on September 28 for CPNA Steering Committee elections.



(Photo courtesy of Helen Richardson)

## WHERE IN THE WORLD OF CUESTA PARK?

Can you guess where the picture on the left was taken? Hint: It's somewhere in our neighborhood. When you're ready, you can find the answer at the bottom of this page (you will need to flip the newsletter upside down.) No peeking!



To advertise in the Cuesta Connections newsletter, please contact CPNA President Aileen La Bouff at [Aileen@SerenoGroup.com](mailto:Aileen@SerenoGroup.com)

Answer: Little free library on the 100 block of Nilda