

# Kings Mountain ECHO



March 2022  
Volume 18, Issue 3

Hello Neighbors:

In terms of the meteorological definition of the seasons, the first day of winter is December 21 and winter ends on March 20. Early morning hikers can certainly confirm that February mornings on Kings Mountain were cold, but our days were generally fair and fog free. The 2018 March Echo pictured snow on the KMES playground, and the KMFD responded to 80 storm-related calls in the first two months of 2019. Our *one* evening of rain in February quickly became hail, prompting families like the Bahjat family to create snowmen (snowpersons, perhaps) like the one here.



This Echo invites everyone to jump into springtime activities with your neighbors. You might begin with the KMA & Garden club sponsored workday on Saturday March 5, helping a team from the San Mateo County Resource Conservation District remove hanging sledge from different KM locations. Meet at the Community Center at 10:00 am for tools and assignment.

Don't miss the fun and informative Kings Mountain Fire Department open house on Sunday, March 13, from 2:00 to 4:00 pm (page 3). Meet our excellent and tireless firefighters and see our new engine E56, the specially designed and constructed fire truck needed for responses on our winding mountain roads. Find the updated KMVFB 2022 Membership list on pages 6-7. Please use the membership renewal form if your name is missing.

The KMA will sponsor a webinar regarding three proposed projects from Midpeninsula Open Space District on March 15. Find details and the link on page 2. Midpen will be celebrating the 50 years since its founding with a year long series of activities entitled "From 50 to Forever." You are encouraged to get signed up for their monthly email newsletter to get dates and times for many activities and hikes planned. Also, save the date and plan to attend the KMA Spring Brunch and Egg Hunt on April 10th (page 11). Find the latest school news and tour dates for prospective students on pages 12-13.

As usual, our two Echo columnists contributed valued information for your reading pleasure. Jack Rix offers suggestions for interesting movies about law and the legal system (page 10). Marty closes this issue with a dissertation about how you can opt to grow younger instead of growing older...at least in your DNA. Now that sounds terrific.

May the St. Paddy's Day Leprechaun find you rolling in lucky four-leaf clover.

Stay well & stay engaged,

Eileen Fredrikson, Editor  
Bill Goebner, Echo Photographer  
Marty Eisenberg, Echo Columnist

## KMA Speaker Series Presents

### Midpeninsula Regional Open Space District (Midpen) Three Proposed Projects



**Tuesday, March 15, 2022, 7:00 pm via Zoom**

With large swaths of land immediately adjacent to KM residences, Midpen plans are important to understand. Join this webinar to learn about three important topics.

**Purisima Multimodal Project:** Speakers Tina Hugg & Patrick Golier (Parisi Consulting)

This study assesses what transportation demand management strategies could be appropriate for Purisima Creek Redwoods at a preserve-wide level. This will be accomplished by evaluating existing preserve parking, access and visitation; identifying strategies to address parking and traffic issues; managing visitation; and increasing greener modes of transit. Midpen is currently performing a visitor survey to obtain information on visitors' current transportation and parking experiences when accessing the Preserve.

**Purisima-to-the-Sea Trail and Parking Area Project:** Gretchen Laustsen, Speaker

Midpen is beginning a multi-year planning process to complete an important regional trail connection from Purisima Creek Redwoods Open Space Preserve to the California Coastal Trail and provide additional coastal access through a new parking area. The Purisima-to-the-Sea Trail will eventually be part of the larger 40-mile Bay-to-Sea Trail, an envisioned but not yet realized regional trail that would connect the San Francisco Bay to the Pacific Ocean.

**Hwy 35 Trail Crossing & Parking Lot Expansion Feasibility Study:** Scott Reeves, Speaker

This study will analyze a trail crossing of Highway 35 at the Purisima North Ridge parking lot to connect with a 6-mile trail planned by the San Francisco Public Utilities Commission. An expansion of the North Ridge parking lot is also being studied to accommodate increased trail users resulting from this multi-use crossing and trail alignment.

Join the Webinar at this link:

<https://us02web.zoom.us/j/82743122682?pwd=am5xZ0p0U0lqSm5VcDJoeUxLOUZPZz09>

### Additional Midpen News

**From 50 to Forever:** In 2022, Midpen reaches its 50th year of public open space preservation, restoration, access, and education. It is a remarkable milestone of collective foresight and enduring shared values. Over the last half-century, Midpen has worked with the community to protect a 65,000-acre greenbelt in the Santa Cruz Mountains in perpetuity. Throughout the year, there will be ample opportunities to commemorate past accomplishments, get excited about future projects and acknowledge many of the people who help bring Midpen's mission to fruition. Midpen will be offering special guided walks and other events all year round. To stay up to date with its 50th Anniversary Celebration, please sign up for Midpen's monthly *Plug into Nature* email newsletter and follow [@midpenopenspace](https://twitter.com/midpenopenspace) on social media.

**Redistricting News:** Like properties everywhere, Midpen lands are subject to redistricting every 10 years. Following the federal census, Midpen's board of directors is required by law to ensure that the geographic areas, or "wards", which their seven publicly elected board member represent, remain substantially equal in population. In January, the Midpen board of directors reviewed three redistricting map options and selected their preferred map that will be considered for adoption at a public hearing on March 23 at 7:00 pm. If adopted, this map would be used in the November 8 general election. Find out more: go to [www.openspace.org/redistricting](http://www.openspace.org/redistricting) to access the Midpen Ward Redistricting website and read the draft.

# Please come to the Kings Mountain Fire Department Open House

Rescheduled!  
Residents, Please Bring  
Your New Neighbors.



**Sunday, March 13, 2022, from 2:00 to 4:00 pm**  
*Families welcomed: bring your children*



This is a great opportunity to get a close look at the Kings Mountain Fire Department's (KMFD) fire apparatus and equipment and to speak with active and retired volunteers about what it's like to be a Firefighter. If you are interested, this will be a chance for you to find out how you can become a volunteer KM Firefighter or Medical Responder. The KMFD is actively recruiting Firefighters and Medical Responders right now, so that new volunteers will be able to attend Fire Academy classes in the late spring.

At this fun and informative event, you'll learn about the amazing work performed by volunteer firefighters, who shoulder the responsibility for the safety of your family and property. The Open House will also:

- Be a great learning experience for kids who can get a first-hand look at the fire engines and equipment.
- Permit you to inspect our new Engine 56, and see the new Bauer Air Compressor that was donated in 2021.
- Give you a chance to come and socialize (at an appropriate distance) with some of our neighbors who we have not seen in awhile.

Please note the event will be mostly outside, so please dress accordingly. We are following all of the appropriate COVID protocols, so please wear your mask. If you are unable to attend, but have questions or would like more information about opportunities for joining the Fire Department, you can email Hank Stern [Hank@kmfd.org](mailto:Hank@kmfd.org) or Ann Gabrys at [amgabrys@kmfd.org](mailto:amgabrys@kmfd.org).

Kings Mountain Community Center/Fire Station  
13889 Skyline Boulevard, Woodside





**KINGS MOUNTAIN VOLUNTEER FIRE BRIGADE, INC.**  
13889 SKYLINE BOULEVARD, WOODSIDE, CALIFORNIA 94062 • (650) 851-8897

## MINUTES OF THE KMVFB MEETING on February 8, 2022

**ATTENDANCE:** Attending in Person: Kim Ohlund, Jon Fredrikson, Jack Rix, Kathy Shubin, Meta Townsley, Ted Thayer, Frank Adams, Tim German, and Bill Goebner. Attending via Zoom: Tim Naylor, Jason Oldendorp, Matt King, Hank Stern, and Jim Sullivan.

Board President Tim Naylor called the KMVFB meeting to order at 7:33 pm.

The Board began with a moment of silence honoring Steve Johnson. The Board also expressed their appreciation for Steve’s many contributions to the community and the Fire Brigade.

**SECRETARY’S REPORT:** Secretary Ted Thayer reported that the minutes for the January 11, 2022 Board meeting were previously posted and approved online.

**BUILDING MANAGER’S REPORT:** Building Manager Kathy Shubin that the Community Center was open during January there was one community use of the building: Comfort Creators. There were no private uses to report because the Center is currently closed for private uses.

**TREASURER’S REPORT:** Treasurer Jon Fredrikson submitted the financial report electronically earlier in the month. The billing for building cleaning was discussed in detail at the meeting. Tax documents were submitted to the accountant in January and filing for the Brigade will be likely be completed in February.

**FIRE CHIEF’S REPORT:** Fire Chief Jim Sullivan provided the monthly report for January 2022 electronically. The monthly response numbers for January are as follows:

### January, 2022 Report

Public assist	4	Vehicle accident	1
Medical aid	5	Firefighter standby	3
Vehicle fire	0	Smoke check	1
Structure fire	0	Vegetation fire	2
Water tender group response	1	Alarm sounding	1
Rescue	0	Trash fire	0
Total # Responses for the Month	18	Average # of Responders for Dec	4
Number of incidents with no Volunteer response:	0		

### OLD BUSINESS:

**Kings Mountain CERT Update:** Kim Ohlund reported on the donation by the Kings Mountain Fire Department of two stokes baskets. Instructor Keith Fuller, CEC, EMT & WFR, will provide a medical-ops and trauma training to CERT members at the end of February or Early March.

**Opening of the Community Center:** The Board discussed if any protocol changes would be required at the Community Center related to COVID 19. The Board reaffirmed that the use of the Community Center and grounds are subject to State of California and San Mateo County Health Orders and protocols. The Board discussed if changes were needed to previous protocols or restrictions were needed due to the prevalence of the Omicron variant of COVID 19; however, decided that no changes are required at this time in accordance with State of California and San Mateo County protocols. The Community Center Grounds continue to be open for events; however, the Community Center building itself is open only for community events and meetings preapproved by the Board.

**Fire Fighter Plaque:** Frank Adams reported that work on the plaque has paused but will continue again shortly.

**Removal of Unnecessary and Unused Items from the Apparatus Bays:** Frank Adams said the work continues with final repositioning of the radio room cables. All the coiled cables on the walls have been removed.

**Fire Department Open House:** The Fire Department Open House that was originally scheduled for January 23 will be rescheduled for 2-4pm on March 13, 2022. The need for additional firefighters is still critical and recruiting remains a high priority for the Brigade.

**NEW BUSINESS:**

**Delegation of a Portion of Steve Johnson's Brigade Related Duties:** The Board Roster will be kept by Frank Adams going forward; Bill Goebner and Jason Oldendorp will take over the fire extinguisher recharge event; Jon Fredrikson will take over Steve's work on the FMVFB endowment.

**OTHER BUSINESS**

**Ballot Drop Box:** The Board discussed the ballot drop box proposal. The Board had previously approved the proposal in concept. The Board requested that Tim German get the final proposed location from the County Election Board and bring it back to the Board for final consideration.

**MEETING ADJOURNED at 8:16 pm. NEXT MEETING: March 8, 2022 at 7:30 pm .**

Respectfully submitted, Ted Thayer, Secretary

## Kings Mountain Fire Department in Action

### February 2022

*February 27.* KMFD (E56, R56) with SM County Fire responding to a trash fire on Kings Mountain early in the morning. Fire quickly extinguished.



## 2022 Membership in the Kings Mountain Volunteer Fire Brigade

(Membership includes Dues Paying Members, Firefighters and Ex-Firefighters)

### KMVFB Members

Abbott, Beverly ★  
Adams, Frank & Carolyn ★  
Alafouzos, Nick & Marilyn ★  
Allan, Bill & Debbie ★  
Allen, Donna & Harvey ⑥  
Altreuter, Roisin & Jamie  
Anderson, Keith & Bev  
Anker, Renee & Andrew ⑥  
Anonymous Donor ⑥  
Bahjat, Keith & Frances  
Bangs, Rebecca ★  
Barnes, Elizabeth  
Barry, Thomas & Brenda Christensen ⑥  
Baumgartner, Erin Bixler ★  
Bell, Al & Jeanne  
Benson, Sally  
Bogart, Peggy & Terry  
Burkhard, George  
Butler, William ★  
Calcagno, Jeffrey  
Cargile, William Price & Shelly  
    Zantop ★  
Carlson, Jeanne & Bill ★  
Carpenter, Julie  
Case, Eric  
Chase, Gina  
Coe, Vicki  
Constantinides, Donna & Charles ★  
Covell, Michele & Sumit Roy ⑥  
Cretan, Larry & Mary-Clare Jacobson  
Croop, Violet  
Dale, George & Stefanie  
Dean, Walter ★  
Defiore, John & Jan Roletto ★  
Demello, Galen & Sharon  
Dinkins, Steve & Amber Steele  
Eisenberg, Martin ★  
Espinoza, Javier ★  
Farmwald, Paul & Barbara  
    Paldus/Skymoon Ranch ⑥  
Ferraris, Gail & Bob Nutting  
Fisher, Ken & Sherri ⑥  
Fisher, Mina & Nathan  
Fletcher, Alma ★  
Forster, Carol  
Fox, Brian ★  
Fredrikson, Jon A. & Eileen ⑥  
Fung, Claudia K & Ricky Y Hsu  
Gabrys, Ann ★  
Galousin, Michael & Laura ⑥  
Gannes, Liz  
George, Bonnie E.  
Geranios, James & Christina  
German, Timothy & Caroline ⑤  
Goebner, Nancy ★  
Goines, Jenny Fredrikson  
Gosling, Marcus & Katrin ★  
Goss, Chrystal M. ★  
Green, Dennis & Heather ★  
Greenberg, Peter & Suzanne ★  
Gustafson, Douglas & Barbara ⑤  
Hausmann, John ★  
Healey, Jack & Sharyl  
Heintzelman, Keith & Cynthia  
Heydorn, Barbara A.  
Hilderbrand, Jennifer  
Hitchens, Sara  
Ho, Hiep & My Xuan ★  
Howard, Joanne ★  
Hurwitz, Herbert  
Hussey, Liam & Kim ★  
Hyer, Jeanette ★  
Ice, Chris & Diane Palme  
Jewell, Darrin & Karen ⑥  
Johansen, Fred  
Johnson, Marty & Maria  
Johnson, Steve & Betty ★  
Jurian, Andrew & Janet  
Karlson-Lea Family ★  
Katzenberger, Daniel & Catherine  
Khedr, Gabrielle  
Kim, Eileen & Mark Asbury ★  
Klein, Laura ★  
Krause, Michael & Wanona ★  
Kromat, Dan & Heidi  
Lansing, Megyn & William ⑤  
Leeds, Jennifer & Hec Delgado ★  
Leroy, Lieven ★  
Leveque, Duane & Janice  
Lewis, Betsy & Robert Zontos  
Liebhold, Michael & Bonnie  
Lowenstein, Ellen  
Luke, Gordon & Donna  
Lundberg, Jan  
Lundgren, Jean  
Lundquist, Charles & Kara  
Lyddon, John S  
Lynch, Joseph  
Mancinelli, Rocco  
Mann, Larry & Pat ★  
Marburger, John & Catherine Adams  
    Cohn  
Mattiello, Richard & Debra  
McCarthy, Stacy  
McClenahan, William/Cypress Ridge  
    Ranch ★  
McCormick, Ann  
McEwen, Diane ★  
Meister, Matt & Kara  
Miller, Henry & Kathy Kennedy Miller ★  
Moriarty, Mark & Denise ★  
Morrison, David & Karen  
Mulligan, Timothy ★  
Nash, Stephanie  
Native Sons of the Golden West ★  
Naylor, Tim & Nora  
Newhall, William & Jean ★  
Nichols, Lynn & Daniel  
Norling, Victor ★  
Nowak, Michael  
Ohlund, John & Kimberly ⑥  
Olson, Jerry & Lorraine ★  
Paoli, Will  
Parral, Lisa ★  
Payrovi, Susan  
Phelps, Martin & Cynthia  
Philliber, Andrea Payze ★  
Pitt, Cindy  
Plank, Sybil  
Plissak, Marina  
Porter, David ★  
Powell-Palmer, Emily  
Prestemon, Eric ★  
Ranganathan, Vijayakumar  
Reeves, Carol  
Reynolds, Christopher & Lew, Peggy  
Richanbach, Dave & Shelley ★  
Rix, Jack & Betsy ★  
Rockmore, Joseph & Debra ★  
Roesch, Anna  
Rosenberg, William & Kara ★  
Roth, Hank & Linda Hennessey ★  
Ruby, Dennis & Jan ★  
Ruehl, William & Cindy ★  
Ruokangas, Dale  
Russell, Jim & Olson, Jill ★  
Samish, John  
Sanderson, Larry & Kelly ★

# 2022 Membership in the Kings Mountain Volunteer Fire Brigade

(Membership includes Dues Paying Members, Firefighters and Ex-Firefighters)

Schembri, Mary & Peter  
 Schmeeckle, Matthew & Andrea Werner  
 Segelstad, Harold  
 Semenoff, Byyan & Marcia Irving  
 Shapero, Sandy ★  
 Shubin, Elliot & Kathy  
 Siegman, Stephen & Anne  
 Sorich, W J  
 Spain, William & Nancy ★  
 Spano, Christopher & Lisa Thorsen-Spano  
 Statti, Albert  
 Stocker, Hugo & Anny  
 Sturiza, Richard & Mary Aiken  
 Stutzin, Geoffrey ★  
 Taylor, Vanessa  
 Thayer, Margaret ★  
 Thayer, Ted & Michelle  
 The Kings Grove, Inc. Ⓢ  
 Thoits, Rose Marie ★  
 Thomas, Eva C. & Allan B. Schroeder  
 Thompson, Eric & Javier Espinoza  
 Torres, David & Thalea  
 Townsley, Meta & Stu  
 Tregaskis, Wade & Marisa Nelson ★  
 Turri, Jean ★  
 Turri, Jennifer & Andy Beyer  
 Van-Stratos, Judith  
 Ward, Kimberly  
 Wentzel-Walter, Roberta  
 Whitcomb, Mark & Courtney  
 Wickett, James & Magdalene Yesil Ⓢ  
 Wicklund, Denise  
 Wiederhold, Voy & Gio

Will, Gladys, Nancy Pennington & Jody Roberts  
 Winnen, Holly  
 Wong, May  
 Woodside-Portola Valley Fire Protection Foundation Ⓢ  
 Yun, Cathie & Harry Bleyan  
 Zayner, Ted & Neisser, Dawn  
 Zhang, Yilin & Sun, Lihyun ★  
 Zhao, Leana

### KMVFB Ex-Firefighters

Barry, Tom  
 Betlem, Lisa  
 Betlem, Paul  
 Croop, Vi  
 (Phelps) Dellinger, Emily  
 Fredrikson, Jon  
 Goebner, Bill  
 Leveque, Duane  
 Leveque, Jan  
 Mann, Larry  
 Norling, Chris  
 Phelps, Marty  
 Rockmore, Joe  
 Ruby, Dennis  
 Simmons, Bob  
 Sout, Eric  
 Sout, Carol  
 Sout, Neil  
 Stefanick, Gregg  
 Sullivan, Kelly  
 Wickett, Jim  
 Wurster, Bob

### KMVFB Active Firefighters

**Barnard, Kenneth**  
**Curcio, John P.**  
**Dellinger, Andrew**  
**Flory, Ann**  
**Fotre, Terry**  
**Gabrys, Ann (Asst. Fire Chief)**  
**King, Matt**  
**Lopez, Joe**  
**Sanderson, Kelly**  
**Sanderson, Larry**  
**Stern, Hank (Asst. Fire Chief)**  
**Sullivan, Jim (Fire Chief)**

### KMVFB 2022 Membership Renewal Form

Annual membership dues are \$35.

Additional donation: \$\_\_\_\_\_

Lifetime membership: \$1,000.

Please send check to:

Kings Mountain Volunteer Fire Brigade, Inc.  
 13889 Skyline Blvd., Woodside, CA 94062

Or use PayPal to pay at

<https://www.paypal.com/fundraiser/charity/1467906>

Name \_\_\_\_\_

Address \_\_\_\_\_

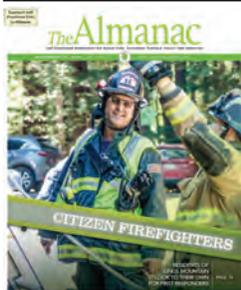
Phone \_\_\_\_\_

email \_\_\_\_\_

The KMVFB is a non-profit 501(3)c organization.  
 All dues and donations are tax deductible.  
 Tax I.D. # 94-1650185

#### Notes:

- ★ Lifetime Member (Cumulative donations \$1,000 or more.)
  - Ⓢ Benefactor (Cumulative donations \$5,000 or more.)
  - Ⓢ Sponsor (Cumulative donations \$10,000 or more.)
  - Ⓢ Champion (Cumulative donations \$25,000 or more.)
- Cumulative donations include matching employer contributions.  
 If there is an error on this list, please contact [treasurer@kmfd.org](mailto:treasurer@kmfd.org).





## **Kings Mountain Association Board Meeting**

February 09, 2022

*The February KMA Board Meeting was held online via Zoom.*

### **Call to Order 7:03 pm**

Marlene Scherer Stern, Amber Steele, Joanne Howard, Linda Elliot, Larry Mann, Betsy Rix, Ben Rosner, David Kaufmann, Jenn Soult.

### **Guests/Walk-Ins**

Hank Stern

### **Approval of Minutes**

Minutes from the December meeting are approved.

### **Treasurer's Report** (Jenn Soult, Treasurer) \_

122 paid memberships so far this year. Online Payment is popular. Folks requested info about changes to compost requirements; California Senate Bill 1383, which officially took effect on January 1, 2022. Support was expressed for the Speaker Series, and continuing the online option.

### **Old Business**

#### **Invasive Plants Workday** (Betsy)

The San Mateo Resource Conservation District is sponsoring a workday. Community volunteers will help eradicate hanging sedge and possibly false brome. KMA and the Garden Club will provide refreshments. Details will be posted on [Groups.io](https://www.groups.io) and in the next Echo. RSVP requested. **New Date: March 5 from 10:00 am – Noon.**

### **KMA Speaker Series**

#### **Esther Gokhale, the Posture Guru of Silicon Valley** (Marlene)

37 people attended. She offered a discount to KMA residents for her services. The video was made available for a limited time, more information can be found on her website.

### **New Business**

#### **KMA Board Nominating Committee**

#### **Proposed Nominating Committee**

Linda Elliot, Kathy Shubin, Eileen Fredrikson, and one more person TBD.

**Voting will occur at the Annual Dinner, May 7th, 2022. Two Board Openings** will be filled in May, replacing Jenn Soult and Betsy Rix who currently serve as **Vice President and Treasurer Positions** Jenn is offering to train the next treasurer over the next few months.

**Membership Chair** under consideration as a position/crew. Duties may include creating welcome packets, processing membership applications, etc.

**Propane Discount Renewals** review and update propane discount contracts every 3 years, email the propane companies monthly with our current member lists.

***Please contact the KMA if you are interested in joining the board.***

## **KMA Annual Events**

### **Spring Brunch (Sunday, April 10)**

Anticipating an in-person, outdoor event with the egg-hunt and pancakes.

### **Annual Dinner (Saturday, May 7)**

Planning for an outdoor afternoon BBQ with music and annual vote.

## **KMA Speaker Series**

### **CalTrans Maintenance Supervisor, Gabriel Venegas (Larry)**

Gabriel Venegas, our local Caltrans Maintenance Supervisor, will provide a presentation and question period for us to gain a greater understanding of Caltrans role, responsibilities and challenges on our local State Highways.

**February 16th at 7:00 pm**

### **MidPeninsula Regional Open Space District (Marlene)**

A seven-person panel will share the results of their survey of local communities about three project proposals.

**Tuesday, March 15th at 7:00 pm** Zoom Meeting Link:

<https://us02web.zoom.us/j/82743122682?pwd=am5xZ0p0U0lqSm5VcDJoeUxLOUZPZz09>

### **Bay Area Ridge Trail (Joanne)**

Senior Trail Planner Simone Nageon de Lestang will be speaking with us; tentatively in late April.

**Election Forums (Betsy)** Plan to invite the candidates for an election forum for the June Sheriff Election. *We encourage KMA community members to find updates on the upcoming election via <https://www.smcacre.org/current-election>*

### **Senior Community Collaboration (Joanne)**

Investigating an informational discussion with a local volunteer senior community program.

## **Coming Up on the KMA**

### **New Neighbor Welcoming Discussion**

**Welcome Packets** ([winnen6@comcast.net](mailto:winnen6@comcast.net)) Printed or online, and what will be included?

Adoption of a **KMA Quarterly Post** on Groups.io to invite new neighbors to ask questions and longtime members to share information, in order to create a welcoming online presence for KMA.

### **Shaded Fuel Project Update** [rosne010@yahoo.com](mailto:rosne010@yahoo.com)

Fire Safe San Mateo is organizing the project, but the grant was awarded \$2 million for the fuel reduction project.

## **Election Forums**

Updates and discussion on plans to expand the Election Forums. **June Elections:** Sheriff, County Supervisor runoff, and Congressional Primaries; and **November Elections:** Cabrillo School Board, County Supervisor, US Congress, MROSD board member for some KM residents pending redistricting, along with other elected positions, possible bond issues, etc.

**Meeting Adjourned: 8:28 pm**



In this month's column, we cross-examine movies about the law and the legal system. There have been many illustrious films on this subject. Here are a few to consider.

**To Kill A Mockingbird.** Harper Lee's Pulitzer Prize winning tale of a Southern lawyer's attempt to achieve justice for his client, a Black man falsely accused of rape, was masterfully made into a deeply moving film in 1962. It is full of vivid characters, including the narrator, Scout, her brother, Jem and childhood friend, Dill. It was also the debut film role of Robert Duvall, as Boo Radley. However, it is the performance of Gregory Peck as attorney Atticus Finch that has made the film resonate so powerfully for 60 years. Finch is someone of deep integrity and the courage to stand up for his convictions. Not surprisingly, the American Film Institute ranked the character of Atticus Finch #1 on its list of the 100 Greatest Movie Heroes and selected TKAM as the all-time greatest courtroom drama in cinema. (Amazon).

**Loving.** *Loving v. Virginia* was a 1967 landmark civil rights case in which the U.S. Supreme Court ruled that laws banning interracial marriage were unconstitutional. *Loving* tells the simple, yet compelling story of the real-life couple behind the case, Mildred and Richard Loving (played by Ruth Negga and Joel Edgerton). After they married in 1958, the couple was arrested in Virginia for violating the law against interracial marriages. After pleading guilty they were given a suspended sentence, but only if they agreed to leave the state for at least 25 years. The film follows their decade long struggle against a racist legal system. Instead of following the minutiae of the legal case, it wisely focuses instead on the deep love the Lovings had for one another. By doing so, it demonstrates how everyday, strongly committed people can also aid in the march for justice. And, the Lovings' influence lives on - the Supreme Court cited their case in its 2015 decision holding that restrictions on same-sex marriage are unconstitutional. (Netflix).

**Dark Waters.** This 2019 legal thriller stars Mark Ruffalo as a corporate lawyer faced with an ethical dilemma when he agrees to consider whether to take a case for a friend of his grandmother's, a farmer in West Virginia with some sick cows. In investigating his claims, the lawyer falls down a rabbit hole of environmental degradation caused by corporate malfeasance, and this discovery plunges him into a 15-year legal battle against one of the world's biggest corporations. The film is based on the real-life story of Robert Bilott who took on Dupont and its chemical PFOA, or C8, commonly found in Teflon. Bilott had no desire initially to become an ecological avenger and took on the case at great personal cost, but did so out of a desire to "do the right thing" - a very Atticus Finch-like act. (Amazon).

**My Cousin Vinny.** When young New Yorkers Bill and Stan are accused of murder in a small Alabama town while on their way to college, Bill's mother reminds him that there is a lawyer in the family. Enter cousin Vinny, a newly minted personal injury attorney who only recently passed the Bar (on the sixth try). Joe Pesci shines as the in-over-his-head sympathetic shyster struggling to defend the "yoots" and Marisa Tomei won the Oscar for Best Supporting Actress for her performance as his long-suffering fiancée with surprising automotive acumen. Fred Gwynne is terrific as the authoritative judge who is not amused by Vinny's courtroom antics. Despite being a comedy, the American Bar Association's *Journal* rated the film #3 on its list of the "25 Greatest Legal Movies". (Amazon).

**Festival fans:** One of the Bay Area's preeminent film festivals, **Noir City**, runs from March 24 to 27 at the Grand Lake Theater in Oakland. The opening night offering is *The Argyle Secrets* from 1948. Enjoy!

**The Kings Mountain Association Invites  
Friends and Neighbors to**

# **Our Spring Brunch**

**Sunday, April 10, 2022**

**10:00 am to Noon**

**At the Kings Mountain Community Center**

**Egg Hunt 11:00 am**

**Free to KMA Members and Family**

**Guests \$5**

**Everyone is Welcome!**





# Kings Mountain Elementary School

A CALIFORNIA DISTINGUISHED SCHOOL

## March 2022 School News

February lessons marked the end of the second trimester of the 2021-2022 school year and KMES students were busy! Winter break, the last week of the month, (including the President's Day National holiday), intensified the pace of curriculum instruction. Happily, there was still time to celebrate "Friendship Day", (aka Valentines Day) with classmates and with thanks to Kings Mountain and La Honda volunteer fire-fighters.

### Valentines for Firefighters

Students once again created valentines for local firefighters. Valentines were delivered to La Honda and Kings Mountain Fire Stations.



### KMAP Launches Read-A-Thon Fundraiser in March

March 2 through 18 marks the inaugural KMES Read-A-Thon. KMAP will send out details about how to track reading minutes and collect donations. All kinds of reading can be counted: independent, reading with someone, listening to audiobooks, and with someone reading aloud to the student. Class prizes can be earned. The donation goal is \$3,500. March 11 will be Dress-As-Your-Favorite-Book-Character Day!



## School Tours Continue In Person

Interested Mountain and Coastside parents have been touring KMES on scheduled days in February. The final scheduled tour is March 22 at 3:00 pm. Please have anybody interested in attending for the 2022-23 school year contact Lesli at [schmutzl@cabrillo.k12.ca.us](mailto:schmutzl@cabrillo.k12.ca.us). Admittance is automatic for KM kids, but the tours are informative and still worth doing. They also provide KMES with a potential count for planning purposes.

## Class Notes from Teachers

**TK/K/1:** TK/K/1 are studying geometry and shapes as well as Black History Month. Students learned about Jackie Robinson, Bo Jangles, Ruby Bridges, Harriet Tubman and Mae Jemison.



We had an amazing Friendship/Valentine's Day celebration on 2/14, and we are learning about George Washington and Abraham Lincoln for Presidents Day too. Meanwhile, TK/K/1 is working on assessments in preparation for conferences and report cards. In science, we learned about centrifugal force and made tops. I look forward to meeting with you soon!

**2/3:** In the 2/3 class we have been working on our Informational reports with research, note taking, and drafting. We have been reading non-fiction books and articles, looking at details in a text to answer comprehension questions. We've been studying fractions of a dollar and continuing our study of time. In science, students created their own inventions and learned about centrifugal force. This month we have seen music from China, the US, and Cuba.

**4/5:** We have been busy in 4/5. Both grades have almost completed their math unit, fourth grade is finishing up geometry and fifth grade is finishing up the multiplication of fractions. We have been learning about the Mission System that is a part of California History. Each student used both books and the Internet to research a particular mission. They wrote their research up and put it together with some pictures on another website, <https://sites.google.com/cabrillo.k12.ca.us/californiamissionsystem/home>. The students enjoy sharing their knowledge and writing on websites since it is so easy for them to read each other's work. For Black History month, many students contributed to a website with a page about a Black person who contributed to society that we may or may not know about. <https://sites.google.com/cabrillo.k12.ca.us/black-history/home>. Please enjoy reading about what our students have learned and written. They all completed a genius hour prior to break and will be starting new topics in March. Please ask your student about their project.



**March 2022**  
by  
*Marty Eisenberg*

## **DON'T GROW OLDER - GROW YOUNGER!**

Kara Fitzgerald, a doctor of naturopathic medicine (ND) and certificated by the Institute of Functional Medicine, recently authored a fascinating book entitled **Younger You**. Dr. Fitzgerald's thesis is that while our chronological age can move in only one direction, we all have a "biological age" measured by assessing how our genes are expressed through "epigenetics". That is the study of how our behaviors and environment cause changes that affect the way our genes work. Dr. Fitzgerald's clinical research supports convincingly that unlike genetic changes, epigenetic changes are reversible. They do not change your DNA sequencing. They change how your body reads a DNA sequence. By eating appropriate nutritious foods and following common sense lifestyle practices, Dr. Fitzgerald's research has demonstrated that biological age can actually move in reverse! (Wow!)

Dr. Fitzgerald asserts that diet and exercise result in "methylation" of DNA. That is, a molecule from the "methyl group" is added to DNA enabling the DNA to function. She maintains that DNA methylation is the "rock star of epigenetics". Methylation is essential and happening in every cell of our body. It aids in making neurotransmitters that are important for learning and brain health. It's essential to making blood cells and providing energy to muscles. It's essential to produce and repair DNA.

Based on her clinical research, Dr. Fitzgerald's program begins with a 2-month intensive diet and lifestyle pattern, which has been shown to turn back the clock and reverse biological age by 3.2 years. Here are some characteristics of a daily diet for you to try. Make sure to choose organic and sustainably raised foods.

- 2 cups dark leafy greens (collards, dandelion, kale, lettuce, spinach, chard...)
- 2 cups cruciferous (arugula, broccoli, bok choy, daikon...)
- 3 cups colorful veggies (artichokes, asparagus, onions, squash, sweet potato, red peppers, tomatoes...)
- ¼ cup raw pumpkin seeds
- ¼ cup raw sunflower seeds
- 1-2 pastured eggs (unless vegan)
- 2 servings of clean animal protein (unless you are vegan or vegetarian)
- ½ cup beets
- 3 3-ounce portions of liver per week (unless you are vegan or vegetarian)
- Use fermented veggies, turmeric, garlic, and rosemary liberally
- And, don't forget to drink plenty of water and green tea

Add in essential daily lifestyle patterns to live longer and better: exercise, breath work or meditation, adequate sleep and at least a 12-hour overnight fast.

Younger You offers a litany of recipes to fulfill its dietary recommendations. We've been testing a few at home that deserve to be shared with you!



### ***Red Cabbage, Beet & Pomegranate Slaw***

For the vinaigrette – mix in a small bowl:

1 tsp Dijon mustard	1 tsp cayenne pepper (optional)
¼ cup red wine vinegar	Salt & pepper to taste
½ cup extra virgin olive oil	

For the slaw:

1 medium shallot thinly sliced	1 Tbsp red wine vinegar
½ head red cabbage thinly sliced	1 medium beet shredded
½ cup pomegranate seeds	

For garnish: ½ cup toasted nuts (pecans, pine nuts, etc.) & ½ cup parsley

Soak the shallot slices in the vinegar w/a pinch of salt for 10 min.; discard the vinegar  
Mix the remaining slaw ingredients; dress w/half the vinaigrette; let stand 5 minutes;  
add garnish and additional vinaigrette to taste & serve

### ***Green Eggs & Shitake (Ham)***

Ingredients:

- 1 Tbsp extra virgin olive oil
- 2 large collard green leaves, de-stemmed; chopped & washed
- ½ cup sliced shitake mushrooms
- 4 eggs
- 1 tsp turmeric
- ¼ tsp salt & ¼ tsp pepper

In sauté pan wilt the collard greens w/ the olive oil 'til soft (about 5 min); transfer to a small bowl

Saute mushrooms in same pan w/a generous dab of olive oil for 5- 7 minutes

While the mushrooms cook, whisk the eggs, turmeric, salt & pepper

Add the collard greens to the egg mixture and stir

Add the egg mixture to the mushrooms; stir often; cook 5 minutes +/- and serve

### ***Herbal Epigenetic Salad Dressing***

Ingredients:

- 1 cup sunflower seeds, soaked 30 min in water
- ¼ cup extra virgin olive oil
- ¼ cup MCT oil
- 4 cloves garlic
- ¼ cup lemon juice and zest of 1 lemon or apple cider vinegar
- ¼ cup water
- 1 Tbsp of each: fresh thyme, parsley, rosemary and sage

Place all ingredients in a high-powered blender and blend until smooth. You may add water to achieve the desired consistency.

**Kings Mountain Volunteer Fire Brigade**  
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