



# OUR TOWN

THE OFFICIAL NEWSLETTER OF THE TOWN OF LOS ALTOS HILLS

JUNE 2016



**4**  
Town's New Website



**6**  
Early Town Families:  
The Wassons



**8**  
Naughty Weeds



**10**  
Teaching Oral Hygiene in Vietnam

## LOS ALTOS HILLS 1950s



**1951**

The Cunningham family purchased Toyon Farm and opened Pink Horse Ranch, a popular resort.

Pink Horse Ranch featured a large restaurant, swimming pool, bath house, and lake. At its peak, it could handle more than 1,500 guests.



**1952**

John Carter Ford moved the Ford Country Day School, a private K-6 school, from downtown Los Altos to Morgan Manor on Stonebrook Drive.



## Preserving Oral Histories



**T**he Los Altos Hills History Committee's Oral History Project is one way the history of Los Altos Hills is being preserved.

Through the stories and recollections as told by its early and recent residents, the Oral History Project paints a colorful portrait of the town through its people, experiences, geography, politics, and steady development. Oral histories allow us to step back in time, to imagine what it would be like to walk through miles of unobstructed rolling orchards, punctuated by the sound of horses clomping freely along dusty roads and meandering pathways. [CONTINUED ON PAGE 2]

## What makes the Oral History Project unique is that the video and audio recordings intimately capture the stories told by the very same people who lived through those key periods in the town's history.

### Urgency in Recording History

The town's recent 60th anniversary serves as a critical reminder of how important it is to not only recognize, but also to record history — especially the people who made it happen. Sadly, many of the individuals who helped found the town, were involved in its early stewardship, or participated in many key decisions and initiatives have passed away, have moved away, or their memories are beginning to fade. Given this context, it is absolutely critical to capture the memories and stories before they are lost forever.

### The Method

Conducting oral histories to preserve history is a method used by many universities and museums. The Los Altos Hills History Committee has been working closely with the Los Altos History Museum, which has been recording oral histories since 2013. The museum is currently showcasing the city's Oral History Collection from April through October.

What makes the Oral History Project unique is that the video and audio recordings intimately capture the stories told by the very same people who lived through those key periods in the town's history.

The Oral History team, consisting of members of the History Committee, conducts interviews that are generally 30 to 60 minutes long and are recorded digitally. The resident can choose to be recorded via video and audio or audio only. Based on each of the residents' biographies, the interviewer develops specific questions about recollections and reflections. After the interview is recorded, it is sent out to a service that prepares a written transcript that will be archived along with the digital record.

### The Interviews

The Oral History team began recording oral histories in 2012. As of March 2016, 14 residents have been interviewed. Individuals who have shared their stories include past town founders, councilmembers, captains

### SPOTLIGHT ON INTERVIEWEE



**Bob Stutz**, 95 years old, has been a Los Altos Hills resident for more than 52 years. He has not only voiced his opinions to many generations of town councils on the development of the town but physically shaped it. With a shovel in hand, he helped create several pathways and the equestrian arena located on Purissima Road in 1976. His involvement includes more than 20 years as Commissioner of the Los Altos Hills Fire County District, several years on the Los Altos Hills Horseman's Association, and extensive involvement with the town pathways. Stutz and his late wife, Mary, were recognized by having pathways named after them. As an organic chemist, he created a patent for a lumber fungicide and later used an auxiliary building on his property to run his chemical company. Today he spends time maintaining his acreage and horse and stays very active.

of industry who shaped Silicon Valley, and early residents who moved into the town before it was officially incorporated in January 1956.

### Seeking New Interviewees

The Oral History team is actively seeking residents, early and recent, to share their stories and recollections to expand the historical narrative from the early 1940s to the present. The

goal of the project is not to develop an objective, definitive history of the town, but rather to develop a "digital scrapbook," filled with personal memories and reflections about any topic meaningful to the resident. The team is especially interested in residents who moved into town in each of the six decades since the town was formed.

So far, many of the early residents have reflected on what life was like in the early years, providing unique glimpses of a slower-paced agrarian lifestyle. They talked about who their neighbors were, social functions, daily chores and schedules, the technology of the time, memorable situations in town, and so forth.

To set up a session, residents should contact city clerk, Deborah Padovan at 650-941-7222 or [dpadovan@losaltoshills.ca.gov](mailto:dpadovan@losaltoshills.ca.gov). Please include your name, contact information, and best time to reach you.

### Watching the Interviews

Residents who are interested in the oral histories can check out DVDs or transcripts by visiting Town Hall and asking for Deborah Padovan. Eventually, the oral histories will also be available online for easy access.

### UPCOMING LECTURE

#### The Cranstons of Los Altos Hills: 1914 – Present



What do making America aware of the dangers of Hitler, the formation of Los Altos Hills, and revitalizing downtown Los Altos all have in common? Come on Sunday, September 11, 2016 to hear how these issues are linked. Resident Kim Cranston, son of the late Senator Alan Cranston, will present a talk on the 102-year history of the Cranstons and the Fowles in Los Altos Hills. Learn how these early residents and founders of the town were visionaries on many fronts. The event will take place at Town Hall from 2:30 - 5:00 pm. Snacks and refreshments will be provided.

## FROM THE CITY MANAGER

**T**he Town of Los Altos Hills maintains 56 miles of sewer mains that serve around half of the town's residential households. For the 2015/16 fiscal year, the City Council authorized the expenditure of approximately \$750,000 for sewer main replacement. The town is in the process of hiring a contractor. Installation will begin this summer. Depending on the bid prices received, the City Council may award only the base bid or include the bid alternates for additional work. This project will help protect the public and environment



*Carl Cabill*

by reducing the possibility of costly pipe breaks, leaks, blockages and overflows.

The table below shows the street locations of the planned replacement work. Impacted residents will be notified before construction begins and traffic control

measures will be in place. Due to the scope of the work, some minor traffic delays are expected. The awarded contractor will use a combination of open trench construction and pipe bursting/reaming to replace these aging sewer pipes which are about 50 years old on average. Many of the pipes to be replaced will also be upsized from a substandard 6" diameter to the current standard of 8." Pipe bursting/reaming is a method of replacing underground pipelines without the need to dig a continuous trench. This helps minimize damage to roads and other surface improvements. Approximately 2,220 linear feet of pipe will be replaced under the base bid alone. Limits of work and method to be used may change based on additional information and field conditions. For additional information, please contact Public Works Senior Engineer Tina Tseng at 650-947-2511.

### 2016 Sanitary Sewer Repair and Replacement Project

U/S MANHOLE	D/S MANHOLE	STREET	NEAREST CROSS STREET	METHOD CONSTRUCTION
OMH1018	OMH1019	Moody Road	Adobe Creek Lodge Road	Pipe Burst/Ream
OMH1015	OMH1016	Moody Road		Pipe Burst/Ream
OMH1020	OMH1021	Moody Road	Adobe Creek Lodge Road	Pipe Burst/Ream
OMH1031	OMH1032	Moody Road	Francemont Avenue	Point Repair
OMH1026	OMH1028	Adobe Creek Lodge Road	Moody Road	Pipe Burst/Ream
OMH1074	OMH1075	Summit Wood Road	Near top	Pipe Burst/Ream
OMH1068	OMH1070	La Loma Drive	N/A	Pipe Burst/Ream
OMH1078	OMH1079	Accessible through driveway	La Loma Drive	Pipe Burst/Ream
OMH1065	OMH1066	Possible Driveway	La Loma Drive	Pipe Burst/Ream
OMH1037	OMH1038	Rhus Ridge Road	Moody Road	Pipe Burst/Ream
OMH1038	OMH1047	Rhus Ridge Road	Moody Road	Pipe Burst/Ream
QMH1070	QMH1076	Putter Way	Eastbrook Ave	Pipe Burst/Ream
LMH1140	LMH1141	Stonebrook Drive	Priscilla Lane	Point Repair
KMH1084	KMH1085	Altamont Road	Altamont Court	Pipe Burst/Ream
PMH1007	PMH1008	Magdalena Avenue	Dawson Drive	Pipe Burst/Ream
OCO1004	OMH1097	Tepa Way	Summit Wood Road	Point Repair
KMH1119	OMH1102	Tepa Way	Moody Road	Open Trench
OMH1051	OMH1052	Willow Pond Lane	End	Open Trench
OMH1052	OMH1053	Willow Pond Lane	Tepa Way	Open Trench
OMH1053	OMH1100	Willow Pond Lane	Tepa Way	Open Trench
KMH1026	KMH1027	Moody Road	El Monte Road	Open Trench
KMH1027	KMH1123	Moody Road	El Monte Road	Open Trench
KMH1123	KMH1124	Moody Road	El Monte Road	Open Trench
KMH1124	LMH1129	Moody Road	El Monte Road	Open Trench
LMH1129	LMH1127	Moody Road	El Monte Road	Open Trench

## PLANNING DIRECTOR'S REPORT

### Development Regulations for Substandard Lots

On May 23, the City Council and Planning Commission held a joint study session to discuss changes to development regulations for substandard lots (lots that are less than one acre). A proposed floor area ratio (FAR) would affect allowable floor area for lots of 0.63 acres and smaller. The Planning Commission will hold a public hearing sometime this summer and will provide a recommendation to the City Council for consideration. Residents with questions about the proposed substandard lot regulations can contact the Planning Department.

### Antenna Regulations

In late 2014, the City Council directed the Planning Commission and staff to review current antenna regulations and to provide recommendations on a policy or ordinance for emergency communications and amateur radio (HAM) antennas. A Planning Commission Subcommittee has been working on developing new regulations and review processes for antennas. The Planning Commission held public hearings in October 2015 and April 2016 and continued the matter to allow for further research and public outreach.

### Planning Department Update

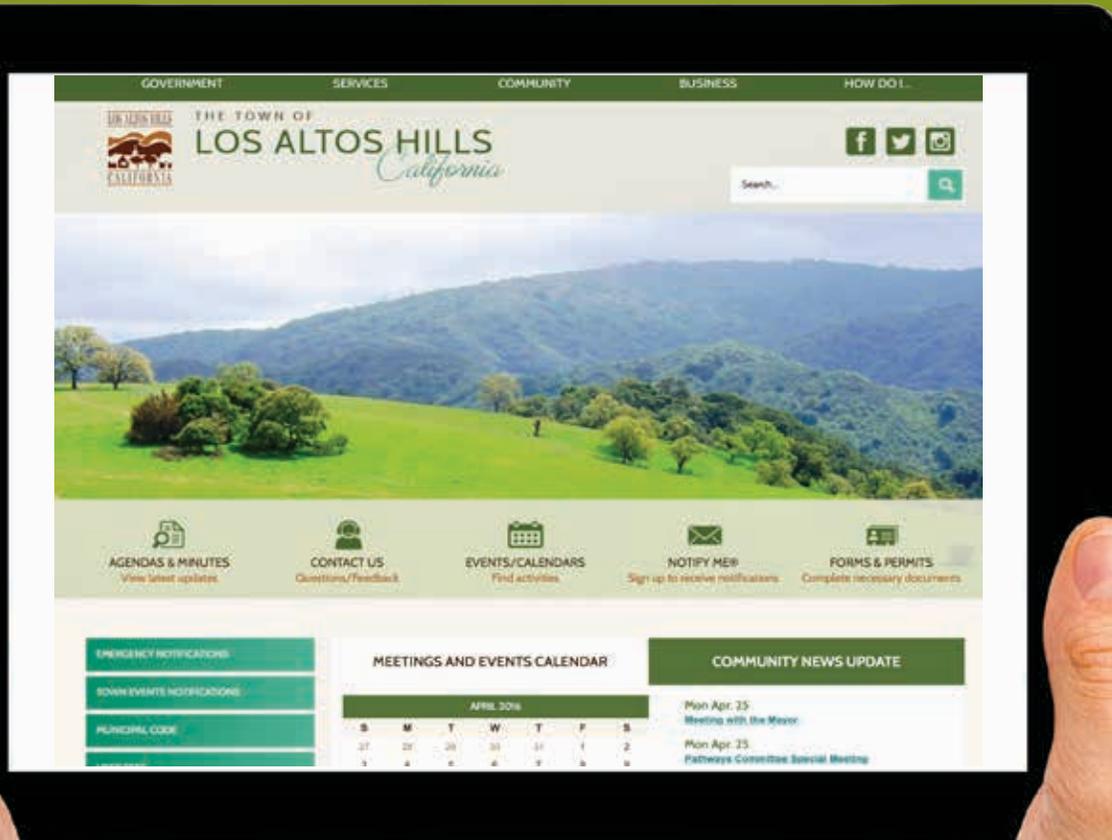
Nicole Horvitz accepted a new position with the City of Saratoga and departed in April. Nicole worked for the town for nine years as an Assistant Planner, and more recently as an Associate Planner.

Assistant Planner Genevieve Fernandez (pictured below) joined the planning staff in April 2015. Genevieve is a graduate of Sonoma State University and previously worked for the City of Milpitas. In the past year, she has worked on a variety of development applications including new residences, additions and remodels, pools, fence and tree removal permits, and landscape screening plans. Genevieve showed her creativity in designing the beautiful floral arrangements for the 2015 Volunteer Dinner and the 60th Anniversary Gala, and she is currently working on updating the planning page on the town's new website. Outside of work she enjoys cooking, crafts, and spending time with Bobby, her boyfriend.



Suzanne Avila, AICP, Planning Director

## TOWN LAUNCHES NEW WEBSITE



The town has launched a new website that evokes the charm and character of Los Altos Hills with inviting earth tones and photos taken throughout the town. The new website was designed to help the community stay informed about town news and events. Updated features include improved navigation and interactive options for residents to connect with the town. Citizens can opt-in to receive newsletters, agendas, and city manager weekly reports. More content will be added on an ongoing basis. The town plans to make the website a one-stop-shop for residents, visitors, and anyone else interested in learning more about the Town.

If you would like to provide feedback about the new website, please contact the city clerk, Deborah Padovan, at 650-941-7222 or dpadovan@losaltoshills.ca.gov.

# 19TH ANNUAL LOS ALTOS HILLS TOWN PICNIC



**A**s spring arrives, it is a reminder that summer is around the corner. There is no better way to begin summer than attending the popular Town Picnic, now celebrating its 19th year. Mark your calendar for Sunday, June 5 from 1:00 to 4:30 pm. The Town of Los Altos Hills hosts the picnic and classic car show, free for all residents, as the major annual community event. Note that advance online registration is required. To register, visit [www.losaltoshills.ca.gov/picnic](http://www.losaltoshills.ca.gov/picnic)

The picnic includes a choice of chicken, all-beef hot dogs, or veggie kebabs served with chili, tossed salad, and a roll. Lunch will be served from 1:00 to 3:00 pm. Volunteers will

be serving soft drinks, beer, wine, and sangria. For dessert, enjoy delicious ice cream sundaes.

The Community Relations Committee organizes the Town Picnic, with help from many residents who volunteer. We invite you to volunteer for a 30- to 60-minute shift to help with registration, meal tickets, games, serving drinks or ice cream. There will be many canopy tent covers with tables and chairs.

Remember to bring your proof of town residency and a copy of your online confirmation. A shuttle service will be provided on a continual basis from the Town Hall parking lot to and from the event. For more information, contact the Parks and Recreation department at 650-947-2518.

## Arborists Assist Firefighters in Protecting Children and Home

**O**n April 1, 2016, Los Altos Hills County Fire District and Santa Clara County Fire Department (County Fire) gathered to recognize three arborists from S. P. McClenahan Company, Greg Karobkoff, Elio Salas, and Ambrosia Espinoza, for their efforts in helping to protect a home in town late last year. George Tyson, President of the Los Altos Hills County Fire District, and Ken Kehmna, Fire Chief with County Fire, presented two of the men with certificates.

Last year, on the morning of December 29, 2015, Karobkoff and Salas were removing a dying Monterey Pine at a home on Camino Hermoso. While

feeding branches into a wood chipper, Karobkoff noticed two young girls standing across the street. He immediately recognized that something was wrong — the girls were crying. As he approached them, they told him that there was a fire in their home and that their parents were

not home. The older brother had run to a neighbor's house to call 911. Karobkoff instinctively grabbed the fire extinguisher from his truck and ran into the house to find a microwave oven on fire in the kitchen. He immediately evacuated the house and used the fire extinguisher to control the fire. As Karobkoff

and Salas were attempting to control the blaze, County Fire was dispatched to the fire. Upon arrival, firefighters met the arborists and assisted with completely extinguishing the fire. Soon after, the children's mother returned home.

Stephanie Stuehler, County Fire's Public Information Officer, explained that fire investigators were unable to determine what caused the flames. Stuehler adds, "The arborists' quick-thinking and response kept the children safe and helped protect their home from extensive fire damage."

*Arborists Greg Karobkoff and Elio Salas, flanked by LAHCFD president, George Tyson (left), and SCCFD chief Ken Kehmna (right).*





Clockwise from top left: Young Ed Wasson on the running board with his father in the family car (1917 Willys 5 Passenger touring car) in the early 1920s. Ed Wasson as a toddler with his grandfather and father in about 1918. Ed and Daisy Wasson in about 1950, when they were first married. In 1952 the construction was completed on the home the Wassons built themselves. Ed Wasson in a recent picture (2015), as he neared 100 years of age. Wasson children Jim and Judy Wasson (circa 1980s). Ed and Daisy Wasson (circa 1980s). A 1960s era photo of the Wasson family: Ed and Daisy with children Bob, Jim, and Judy.

# The Wassons

Ed Wasson was born in Glenwood Springs, Colorado in 1916, during the midst of WWI. In 2016, when he turned 100 years old, Wasson was congratulated in a letter from the President of the United States and by the Mayor of Los Altos Hills for a lifetime of contributions to his family and chosen community. Wasson reflects on life in Los Altos Hills in the 1950s and '60s.

## Wasson's Career

During World War II, Ed Wasson served as a Chief in the Navy while stationed at the U.S. Naval Air Station at Moffett Field in Santa Clara Valley. In 1945, Ed rejoiced with the rest of the country when the war was finally over. Meanwhile, Ed had grown to love Santa Clara Valley, and made plans to stay. He became an aeronautical engineer at the NASA Ames Wind Tunnels at Moffett Field, and worked there for 38 years.

## Wassons Move to Los Altos Hills

Wasson met his wife, Daisy, at a folk dance; and soon after that they were married, in 1950. For a short time, the couple lived in nearby Palo Alto, in order to save money for their dream home. They planned carefully and after two years were ready to build. They chose to build their home in the rural county land known as the Los Altos Foothills before it was incorporated.

Ed and Daisy Wasson loved the country atmosphere and the spectacular view from their home site, located on Oneonta Drive, which looked out over orchard-covered hills sprinkled with wild flowers and oak trees.

The Wassons completed the construction and moved into their new home in 1952. It was at this time that the Ford Country Day School moved their downtown Los Altos campus to "the Castle" in the hills at Morgan Manor, and about ten years before the nearby Foothill College Campus opened.

## Married life

Ed and Daisy Wasson were married for 62 years. In that partnership, Ed was the more quiet, shy spouse, while Daisy was the more gregarious and outgoing one. Ed liked working in his workshop, while Daisy was a warm, hospitable homemaker. And long before Facebook and LinkedIn existed, Daisy kept friends and family connected through visits, letters, and phone calls. Ed and Daisy were lifelong members of the Los Altos Lutheran Church, and their social life centered around their faith and church community.

## Neighborhood Families in the 1950s and '60s

From the mid-1950s to the early 1960s, Ed and Daisy's family grew to include three children, Judy, Bob and Jim. The Wasson family enjoyed getting to know their new neighbors, among them early town residents and founders who lived near them in the Moody/Stonebrook Road area. The three Wasson children often played with neighboring children in the Romanolo, Manoukian, Budd, Gardiner, and Anderson families.

At backyard BBQs and neighborhood pot lucks, while chicken, hot dogs, and steaks were grilling and radios broadcast baseball games in the background, neighbors would often exchange opinions and ideas about whether to incorporate or not to incorporate. Formal and informal meetings were held, and green sheets were exchanged. Ed and Daisy were quiet supporters of the plans to incorporate their new town. Finally, in January of 1956, the Town of Los Altos Hills was officially incorporated.

## Children's Life in the 1950s and '60s

In those early years, neighborhood kids spent much of their time outdoors, especially in the summer, when they had extra time for hiking, biking, swimming, and riding horses. There were neighborhood trees to climb and forts to build. Even during the school year, once the children's chores and homework were done, most kids were free to go out and play until it was dark.

If the weather was nice, kids could take sleeping bags outside and sleep under the stars. Every family, it seems, had a dog to guard their home and children; they also helped keep the deer out of the unfenced yards. Even the Morgan Manor was unfenced, so neighborhood children were able to explore the Castle grounds when school was not in session.

Jim and Bob also played Little League baseball at the Los Altos Hills playing field, where Ed Wasson and other dads coached. Many kids of that era were active in their

local Boy and Girl Scout troops, and Ed Wasson served as an active Boy Scout Leader for many years. Jim and Bob often went hunting and fishing with their Dad, too. Hunting was still allowed in areas near Moffett Field.

All the neighborhood children who attended public schools downtown in Los Altos would gather at their bus stop near Stonebrook and Oneonta, to play and talk while they waited for the bright yellow school bus. The bus would then wind its way around the hills, picking up kids all along the way before depositing them at their respective schools. Then every afternoon it would return kids the same way. It might take a half hour to an hour to get to school on some routes, so many childhood friendships were forged on those long bus rides.

After school, kids did their homework and chores for the family. If kids wanted to earn extra money beyond their usual allowances, they might do yard work or babysit for neighbor families. In the summers, they might cut apricots for drying in nearby orchards. The pay rate in those early days for any kind of work done by kids was usually the same: about 50 cents an hour. And kids worked hard for their money: babysitters, for example, would not only watch children, they might also be asked to wash dishes, iron clothes, cook or bake while the parents enjoyed an evening or afternoon to themselves.

Kids might use their hard-earned money to bike a few miles to the downtown movie theater (50 cents a ticket), to get ice cream at Clint's Ice Cream (5 cents a cone), or to pay a neighbor for horseriding lessons. They might save up to buy clothes, or sports equipment, or a film camera, or if they were really ambitious, they and their siblings might work to save up enough money to help buy a horse for the family. At that time a decent horse could still be purchased for around \$100, and Los Altos Hills was and still is a great place for horse lovers.

## Wasson Today

Today, Ed Wasson lives in a retirement home, after his wife passed away a few years ago. In March, he received a proclamation from the Town of Los Altos Hills, celebrating and congratulating him on his 100th birthday.

*Vicki Gardiner Taylor is the daughter of Rex Gardiner, one of the town's original founders. She is an Associate Member of the Los Altos History Committee and also works with the Los Altos History Museum.*

**A** weed is any plant that does not belong where it grows. Some weeds take it to an extreme and crowd out all other plants, causing harm to the environment by minimizing plant diversity. Plant diversity, when many different plant species are able to thrive, results in animal diversity by providing several types of food sources throughout the year, and different types of cover for nesting and protection. Animal diversity results in a healthy ecosystem supported by the checks and balances of predators and prey. Weeds can throw the whole balance off.

The California Invasive Pest Council (Cal-IPC.com), ranks invasive plant species according to their likelihood to be detrimentally invasive. These species not only cause ecological damage, but also cause economic damage to agricultural crops and from the costs of trying to control them in non-agricultural places such as parks and open space. The state agricultural department also ranks weeds for their ability to impact agriculture.

**Stinkwort** (*Dittrichia graveolens*), pictured right, is a relatively recent addition to the roster, having been introduced to California in the 1980s, but it is making a very big mark in Los Altos Hills and the Bay Area in general. It is currently ranked by Cal-IPC as having moderate invasiveness with substantial and apparent ecological impacts.

Stinkwort is in the aster (sunflower) family. It is native to southern Europe, which has a similar climate to California; currently it is only found in California and not in other western states. It invades soils that have been disturbed by development, such as roadsides, levees, trails, and cracks in pavement. It can grow anywhere, and its range is rapidly expanding.

Stinkwort has a sticky, odorous foliage that causes allergic skin reactions in humans, and can kill cattle or other grazing animals. It grows to three feet tall, and flowers in the fall. The seeds are tiny and are readily distributed by wind, water, or by sticking to mammals that walk by.

Stinkwort has a shallow root system, so it is easily pulled, bagged in garbage bags and put in the garbage. Putting this weed in the compost bin will only spread its seeds and multiply its detrimental effects. Wear protective clothing when pulling this weed. Chemical controls are also available; please see the California Invasive Pest Council website for additional information.

**Scotch broom** (*Cytisus scoparius*), pictured right, is currently ranked by Cal-IPC as having high invasiveness and is listed as a noxious weed by the agricultural departments in California, Idaho, Montana, Oregon, and Washington. It has severe ecological impacts.

Scotch broom is in the pea family, and originated in central and southern Europe and North Africa (not Scotland). It was introduced to the US in the 1850s as an ornamental plant and for erosion control, and some nurseries still sell it. It is a fast-growing, deciduous shrub with yellow flowers, and it develops dense stands that have little habitat value and can cause a fire hazard from accumulated wood and leaf debris. The seeds form in pods (like a pea), and they can remain viable in the soil for 30 years. The shrubs themselves can also live as long as 30 years, building up a significant seed bank in the soil.

Scotch broom is controlled by mechanical methods, biological controls, and chemicals. Grazing and burning have not been found to be effective. Removal requires diligent effort and follow up. There are many groups that volunteer to pull broom in our local and regional parks. Check with Santa Clara County Parks, the Palo Alto Parks and Open Space Department, and the Midpeninsula Regional Open Space District if you are interested in volunteering.

*Taylor Vanderlip is an environmental consultant specializing in biological issues.*



## NAUGHTY WEEDS



# Dental Hygiene Students Teach Good Oral Hygiene in Vietnam



This year's winter break was one a group of Foothill College dental hygiene students won't soon forget. Instead of working, shopping, or visiting with family, they traveled to Vietnam and helped over 1,000 children learn the value of good oral hygiene. Last summer, Cindy Ngo, mother of dental hygiene student Diana Ngo, heard that several students from the college traveled to Honduras each summer as part of Medical Brigades, an international organization that provides healthcare to rural communities.

Ngo, a native of Vietnam, was interested in doing something similar in her home country. She approached Phyllis Spragge, Dental Hygiene Program Director, and the two began planning.

Within months, 25 second-year students began fundraising with the help of Go Fund Me accounts. Ngo partnered with organizations in Vietnam to loan some of the necessary onsite equipment and businesses, including Google and General Electric, established matching grants. Dental

corporations and local dentists also donated supplies, including toothbrushes and dental floss, for the students to take with them.



Before they departed for Vietnam, the students put together a series of instructional videos as part of their Community Dental Health class, which focuses on developing community dental health programs. The videos, delivered in Vietnamese, discussed the importance of proper preventative care, including regular brushing and flossing.

"In Vietnam, they don't have a culture of preventative dental care. You visit the dentist when you have something wrong," says Spragge." It was important that the videos were fun and quick so we didn't lose their attention.

Once they arrived in Vietnam, the group, including advisors Spragge and Dr. Ken Horowitz, family and student translators, visited three schools and orphanages located just outside of Ho Chi Minh City. Each morning, they worked together to set up makeshift clinics consisting of dental instruments, cleaning supplies, and lawn chairs, which doubled as dental chairs.

The students were surprised to learn that many of the children had never picked up a toothbrush before. Several of the students also had special needs and required assistance simply learning how to hold the brush. In addition to proper brushing techniques, the students also administered fluoride treatment to both the children and their caregivers.

"A lot of the kids had gross tooth decay and no access to what we consider basic



dental needs in America," says second-year student Vivian Vuong. "I hope we provided them with the education they need to care for their teeth for the rest of their lifetime."

In the end, it wasn't just the children who learned from the dental hygiene students.

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Every morning the students would gather for a morning huddle to discuss the day's events. Spragge says it was touching to hear how the experience transformed their view of the world.

"In any health profession, there is a tradition of giving back," she says. "You learn to leave your

problems at the door and focus on the patient. It didn't matter if it was humid or dirty. We were there to help those children."

Spragge and Horowitz hope to return to Vietnam annually and are exploring ways to send supplies throughout the year to the sites they visited. If you are interested in supporting future trips, please contact the Foothill-De Anza Foundation.

Students interested in applying to the Dental Hygiene program are encouraged to visit the program website. The application deadline is typically in early February.

Top: Foothill dental hygiene students outside of a local orphanage. Left: Dental hygiene students teaching children proper brushing techniques. Top right: Students set up makeshift clinics to perform teeth cleanings.

**W**ith the start of summer, we'll soon be spending more time outdoors enjoying a variety of activities. Whether it's a bike ride, a play date at the local playground, a long walk, or a fun game of tennis, it's important to be mindful of our health and safety. The main components to good health begin with eating a nutritious diet, keeping the body moving with regular exercise and maintaining a healthy weight. It's important to remember to use sunscreen, especially during the sunny months, and stay hydrated when doing outdoor activities. In addition to these general summer health and safety tips, Dr. Rodney Wong, an orthopedic sports medicine specialist at El Camino Hospital, recommends taking a few simple steps to prevent injuries like broken bones, sprains, and torn muscles this summer while doing the activities we enjoy.



## Prevent Injuries While Enjoying Summer Outdoor Activities

Here are a few tips to help keep kids safe and healthy while participating in some common summer activities.

- **Trampolines** – Don't leave children unsupervised around a trampoline. Make sure everything is cleared off the trampoline before anyone gets on it and allow only one child to jump on the trampoline at a time. Keep pets away from the area and don't allow anyone to do flips or tricks on the trampoline.
- **Playground Equipment** – Inspect the playground before allowing children to play and make sure there is good cushioning below the equipment such as bark or a rubberized material. Climbing structures, monkey bars, and slides are where most accidents occur. Fractures are the most common injury.
- **Skateboards and rollerblades** – Wear helmets, wrist bands, and knee pads. Although these items might not look “cool” for kids to wear, they should be standard equipment when skateboarding and rollerblading.

Regardless of age, there is an increased chance of getting injured when engaged in physical activity, but don't let it deter you from getting out there. Here are some health and safety tips for adults and seniors.

- **Bicycles** – Wear a helmet and bright clothing so kids and adults can be seen easily. Understand the rules of the road and use lights when riding at night.
- **Trying new things** – Start a new workout regimen or a new sport slowly. Train and gradually build up your strength and endurance. Give your body time to prepare for more strenuous activity. If you're taking up a new sport, take lessons to learn the proper techniques and form, reducing your risk of injury.
- **Sports** – Cross-training can help prevent sports injuries. Instead of doing one type of sport over and over (like golf or tennis), vary the types of sports you engage in. Also, make sure you have the right size equipment (like golf clubs or a tennis racket) to not only improve your performance, but also to help prevent injuries.
- **Walking** – Start a walking program. It's one of the easiest ways to get exercise safely. Gradually increasing the distance you walk and the speed with which you walk is beneficial for people of any age. Walking is much easier on the joints than running and it requires no special equipment other than proper fitting shoes with ample support.

As Dr. Wong says, “Adding a few simple preventive measures can mean the difference between a safe, fun summer and one spent recovering from an injury.”

For more information about how to stay healthy, visit [www.elcaminohospital.org/StayHealthy](http://www.elcaminohospital.org/StayHealthy).



**IT'S NOT TOO LATE TO REGISTER FOR SUMMER CAMP!**

Luckily, there's a camp for just about every child's interest. Los Altos Hills has nature, sports, musical, and technology camps for various age groups. Each camp has hidden treasures of history and traditions that give it character and identity. Camps are a great way for youths to have independent experiences that shape their character in a safe learning environment where they make their own decisions. Registration is available by phone, online or in-person. Call 650-947-2518 or email [sgualtieri@losaltoshills.ca.gov](mailto:sgualtieri@losaltoshills.ca.gov) for more information or help with registration. To see the guide, visit <http://losaltoshills.ca.gov/202/Activity-Guide> and click on the Activity Guide image. On this web page, registration is available by clicking the "Register Online" hyperlink.

**Summer Camp**

**Outdoor**      **Majority Indoor**      **Classes/Workshops**



Summer Riding Camp

**EQUESTRIAN**



Ohlone Camp

**NATURE**



Green Bean Kidz



British Soccer Club

**SPORTS**



Paddle Adventure Club



Camp Shoreline

**Youth Camps at Shoreline**



Intro to Java Using Minecraft Mods



Imagination Flix



Live Action Flix



Bee Beautiful



Lip Balm Making Workshop

**SINGING CAMPS BY CANTABILE**



Far Away Kingdom



Carnival of Animals



Magic of Opera



**TOWN OF LOS ALTOS HILLS**  
26379 Fremont Road  
Los Altos Hills, CA 94022

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**Town Newsletter Statement of Purpose**

This is the official town newsletter to communicate current issues, services, and activities in Los Altos Hills to the residents of the town — to facilitate, encourage, and improve interaction between the residents and the town government. The newsletter is published quarterly. **Deadline for the next issue is July 5, 2016.**

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[www.losaltoshills.ca.gov](http://www.losaltoshills.ca.gov)

**Our Town**

Our Town is published with assistance from the City Clerk, Deborah Padovan, and Town Volunteer Committees.

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**Los Altos Hills City Council**

John Harpootlian, Mayor  
Gary Waldeck, Vice Mayor  
Courtenay Corrigan  
John Radford  
Roger Spreen

**City Manager**

Carl Cahill

**CALENDAR**



**June**

**4**

**Sat., 9:00-11:00 am  
Backyard Beekeeping**

This presentation will give an overview of the time, space, cost, and equipment needed to start up your own backyard beehive. For more information call 650-947-2518.

**5**

**Sunday, 1:00-4:30 pm  
Town Picnic**

Open to all Los Altos Hills residents. Reservations are required. Join your neighbors for an afternoon at Purissima Park. For more information call 650-947-2518.

**17**

**Friday, 9:00-10:00 am  
Recycling Processing Tour**

Get a first-hand look inside one of the most state-of-the-art material recovery facilities where GreenWaste Recovery, Inc. takes the town's garbage, recyclables, and compostable materials for processing. Limited to 10 people. Contact 650-947-2518.

**23**

**Thurs., 11:00-1:00 pm  
Transportation Options for Seniors in Los Altos Hills**

Enjoy a complimentary picnic lunch followed by a panel of experts discussing transportation options for local seniors. Registration required by June 20. For more information contact Jim Basiji 650-208-0100.

**July 4**

**Mon., 9:30-11:00 am**

**Fourth of July Parade**

Gather at Town Hall wearing your red, white, and blue. March to Gardner Bullis Elementary School for watermelon, coffee, and ice-cold lemonade. Dust off that vintage red wagon, bike or skateboard and decorate them with patriotic bunting, flags, and balloons. For safety reasons, fossil-fueled vehicles and horses are not allowed.



**23**

**Sat., 4:00-5:00 pm**

**Lip Balm-Making Workshop**

Each student will make five tubes of lip balm using local beeswax and coconut oil. Contact 650-947-2518.

**Sept 10**

**Sat., 3:00-8:00 pm**

**Hoedown**

Free, fun-filled day of old-fashioned games, food truck, crafts, and horse show held at Westwind Community Barn. Bring cash or check for snacks, dinner, and wine. For more information call 650-947-2518.

Calendar events are also posted on town's website: [www.losaltoshills.ca.gov](http://www.losaltoshills.ca.gov)