



OUR TOWN

THE OFFICIAL NEWSLETTER OF THE TOWN OF LOS ALTOS HILLS

MARCH 2016



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Transitions
Art Exhibit



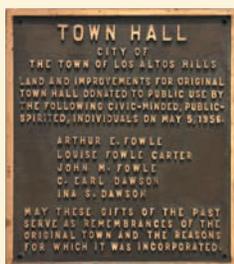
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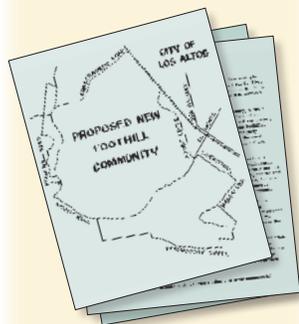


The tribute found on the plaque of the old town hall reminds residents that the reasons for incorporating the town should never be forgotten.



Members of the town's first council were contributors to the Green Sheets. They are picture here (lower, right). Front row, John Fowle, Leighton Bledsoe, Sidney Treat, E. R. Lovett. Back row, Joseph McKenna, Gardner Bullis, Theodore Dungan, and Easton Rothwell.

In the fall of 1955 members of the Los Altos foothills received the "Proposed New Foothill Community" leaflet, which is now referred to as the Green Sheets.



The Importance of the Green Sheets

In January, more than 250 residents — young and old — gathered to celebrate the town's 60th anniversary. The event was an opportunity to recognize and honor the founders and the stewards of a very important historical document. In 1955, the founding fathers of the town held several meetings and argued persuasively to incorporate the Town of Los Altos Hills in order to maintain the rural character of the town and to establish a government for and by the people of Los Altos Hills. The reasons for incorporation were printed on light green paper (thus, referred to as the Green Sheets) and distributed to residents in the fall.



The "Proposed New Foothill Community" leaflet (the Green Sheets) was written over several months by the Foothills Incorporation Committee on behalf of five property-owner associations. Members included Leighton Bledsoe, Theodore Dungan, Arthur Fowle, Howard Frame, Rex Gardiner, Easton Rothwell, Sidney Treat, and James Wilson. The document was most likely typed by Irma Goldsmith, a founder of the Los Altos Hills Association and the Los Altos Hills Historical Association. While the Green Sheets can be considered the Declaration of Independence, another document developed by that same committee, the "Platform for the Incorporation of the Town of Los Altos Hills," can be considered as the town's Constitution. Key excerpts from the Green Sheets appear below.

WHY INCORPORATION IS NECESSARY The reasons behind the proposed incorporation of the Los Altos foothills are simple ones. Most of us want our area to remain residential, quiet, and reasonably rural. Most of us do not want to witness a piecemeal breakdown of our country residence zoning. Most of us do not want to be absorbed into any of the nearby cities, where we would be outvoted and overwhelmed by their denser populations.

Actually, most of us would also prefer to go on just as we are, in the County, without any more responsibilities, government, or taxes. But that, unfortunately, does not seem possible. The many of us who have followed recent successful attempts to break our zoning, and who have noted how far the planning surveys of nearby cities extend into our foothills, are convinced that incorporation is our only choice if we are to preserve our uniquely beautiful locality and our rural pursuits. The Los Altos hills comprise one of the most beautiful residential sections in all of California, and one of the most desirable, and one of the most threatened.

A thoughtful look at what has been happening recently will show why prompt action is necessary. Since the war, our region has undergone a vast economic growth. Quiet rural spots in many parts of the Peninsula have disappeared entirely. In five years, twenty percent of the County orchard lands have been taken over by housing and industrial tracts, and the rate is accelerating. Our neighboring cities, the County itself, chambers of commerce, and even Stanford University, are bending every effort to bring in still more industry, commerce, institutions and population. The pressures for exploitation of our foothills are enormous.

Our only defense against these pressures is the County Zoning Ordinances, but this gives us "land use protection" in name only. Loopholes exist by which the Planning Commission and also the Board of Supervisors may grant, at their own discretion, variances, use permits, and outright rezoning, to permit a multitude of things we do not want. We have the right to protest, of course, but changes can be made and have been made, over the united protests of virtually the entire foothills population.

In four years our protesting strength has increased from one property owners association in the Country Club district to five united associations encompassing almost our entire area, but even this united front has failed to match the increasing pressures. Many changes, involving quarrying, a resort, institutions, reduced lot sizes, have been made over our strongest protests. Our few successes have been due to constant vigilance and continued opposition at repeated hearings...

Our country residence zoning, our rural pursuits, our quiet atmosphere, *are important only to us* — the actual residents of the foothills. It does not seem wise to allow the power of life and death over such things to remain outside our area, in other hands. Though most of us sincerely wish it could be otherwise, it is evident that incorporation is the only safe course to follow.

WHAT KIND OF COMMUNITY DO WE WANT? Discussions throughout the Los Altos foothills indicate that we are in general agreement as to the kind of community we want: As little change as possible — in our hills, our groves and fringes of trees, our fields, our orchards, our roads — as will be consistent with orderly, natural, unhurried, residential growth.

A wide and not over-populated community of homes in the country, organized only enough to protect it from what would destroy it. Only such planning, controls, ordinances and services as are absolutely essential.

We want the sun and air and quiet of a community which has given itself enough space to breathe in; the relaxed pace of country life and rural pursuits, and the space and right to keep animals — rabbits, chickens, dogs, sheep, cattle, and horses.

We want roads that are content to remain country lanes as long as they are suitable for the residence traffic of our area — we do not want to be forced to rebuild them into highspeed highways to suit non-residential traffic of resorts and quarries.

Most of us in the foothills want at least one acre of land — regardless of what real estate experts and national surveys tell us about — weed patches, costs, taxes, and work. We want room to walk around our houses without knocking our heads on our neighbors' eaves. We want to listen to the radio when we turn it on, not when our neighbors do. We would rather look over our neighbors' paddocks, and even over their weed patches, than into their windows.

We do *not* want high speed roads, still more traffic, still more quarrying and trucks, more or bigger resorts, dense subdivisions with standardized house plans and expensive sewer requirements. We do *not* want more industry and commerce to "broaden the tax base" and all the city control; and facilities required to cope with them. We do not want a full scale police force, a full time council, a city manager. If, someday, some of us think we need markets, gas stations, public buildings, a community center, the rest of us want the right to approve or reject them by actual vote of the majority. We do not want such things imposed upon us by anyone — not by the County Government nor by a city next door.

In short, we like our rural atmosphere, and most of us are perfectly willing to get along without city conveniences in order to keep it.

The only way to be sure of our future is to take hold of it and plan it ourselves. The costs are modest enough — less than if we were annexed to a city, and probably less than if we remain in the County. The responsibility of running our own government would be a welcome substitute for the continuous zoning worries and hazards so many of us have been facing — something gratifying and constructive rather than frustrating and destructive.

We can build-in our agricultural businesses and hobbies permanently — our horse ranches, riding schools, nurseries, orchards, chickens, cattle. We can go on keeping a horse. We can even build-in a little space for the meadow larks and the quail. We can build a friendly town-meeting kind of community, with a neighbor from [down the] road on the council and control in our own hands, where it belongs.

FROM THE CITY MANAGER

On December 17, 2015, the City Council held a study session on the subject of Community Choice Energy (CCE) programs. In January, the council introduced an enabling ordinance and approved an agreement to join and participate in the Silicon Valley Clean Energy Authority. The authority is a newly formed public agency created by the cities and



Carl Cabill

County of Santa Clara for the purpose of purchasing electricity for residents, businesses, and institutions which is cleaner than PG&E electrical power. At a bare minimum, the authority would purchase energy that matches the PG&E greenhouse gas (GHGs) emission profile and be higher in terms of renewable energy content and be on parity with PG&E rates.

CCE, formally known as the Charles McGlashan Community Choice Aggregation Act, is an alternative to the existing power utility arrangement. Currently, most communities in northern California buy their electricity from PG&E. CCE is an alternative, enabled by Assembly Bill 117 in 2002 and Senate Bill 790 in 2011. The resulting amendments to the Public Utilities Code give cities and counties certain powers. These include the ability to form a joint powers agency (JPA) for the purpose of combining their electrical loads, and to purchase electrical power



directly on the wholesale power market. The benefit of forming a JPA for a CCE program instead of going it alone is similar to buying in bulk or participating in a co-op. The single biggest benefit of a CCE program is that it can purchase electricity generated according to its own local environmental and economic priorities. Power purchased by CCE programs can be greener than what PG&E offers, and in the long term power costs can be cheaper. PG&E still maintains the power lines (and manages delivery and billing), but the power purchase contracts are set by the local CCE program.

When a community decides to create or join a CCE program, all customers within that jurisdiction are automatically enrolled in the program. However, customers can choose to opt-out at any time or go back to PG&E at no cost to the customer. In existing programs, 80-90% of customers have chosen to stay with the new local agency as their electricity provider, opting for the cleaner, greener, local choice.

An 83-page technical study has been completed and funded by the initial partners of the Silicon Valley CCE program. The study includes a detailed discussion of the projected operating results over a 10-year planning horizon related to the CCE program proposed for Silicon Valley. A copy of the study and presentation to the City Council can be found on the town's website.

PLANNING DIRECTOR'S REPORT

New Development Regulations for Substandard Lots

In the last year, the town has experienced an increase in the number of site development permits for development on substandard lots (lots less than one acre in size). After hearing concerns raised by neighbors of several projects on substandard lots, the City Council discussed the matter on May 21, 2015. The council directed staff and the Planning Commission to review conditional development permit (CDP) regulations and to consider alternative means of regulating floor area for constrained lots, with an emphasis on lots of 0.50 acres or less. A Planning Commission subcommittee worked with staff to review current codes and develop draft code amendments related to maximum floor area and variances. The Planning Commission held a study session on September 15, 2015 to present alternative approaches to regulation of floor area for substandard lots, including additional findings for setback variances, and received public testimony. Following the study session,

the subcommittee reconvened and made modifications to the draft zoning ordinance amendments. The Planning Commission held a public hearing on December 3, 2015 and forwarded the draft ordinance amendments to the council for consideration. The council public hearing will be held in February 2016. Residents with questions about the new regulations should contact the Planning Department.

Water-Efficient Landscape Ordinance

In 2010, the town adopted an ordinance establishing local water-efficient landscape regulations (WELO) codifying them under Municipal Code Section 10-2.809. Due to the ongoing drought conditions, the California Department of Water Resources updated the state's model ordinance in July 2015. Each local jurisdiction had the option to adopt the state's model ordinance or adopt a locally modified version that is as equally effective as the state's version. The City Council decided to amend the town's existing WELO to comply with the new

regulations and selected an ad-hoc committee to work with staff to review and modify the town's regulations. The revised ordinance was reviewed by several town committees and the Planning Commission before being reviewed and adopted by the council in December 2015. The updated WELO includes several significant changes that are designed to reduce overall water use while addressing the unique physical characteristics of the town. For more information on the WELO, please visit the town's website: www.losaltoshills.ca.gov or contact the Planning Department.

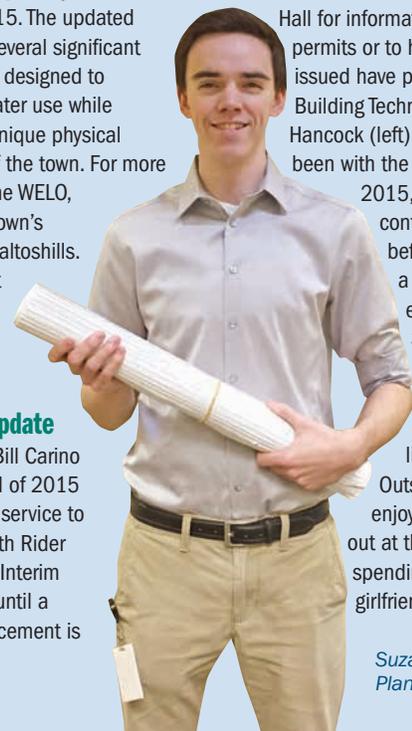
Building Department Update

Building official Bill Carino retired at the end of 2015 after 27 years of service to the Town. Elizabeth Rider is serving as the Interim Building Official until a permanent replacement is

hired. Liz is a certified Building Official and has extensive building inspection experience, including work in a number of the small hillside communities in the area such as Los Altos Hills, Portola Valley, and Woodside.

Residents who have visited Town Hall for information on building permits or to have a permit issued have probably met Building Technician Austin Hancock (left). Austin has been with the town since April

2015, working as a contract employee before becoming a permanent employee in September. Austin is a graduate of Gunn High School and lives in Palo Alto. Outside of work he enjoys cycling, working out at the gym, and spending time with his girlfriend Tayler.



Suzanne Avila, AICP, Planning Director

A stroke can suddenly come on and impact a life at any moment. Every year, nearly 800,000 Americans have a stroke.

Stroke is defined as a sudden disruption in blood flow caused by a blockage or bleeding of a blood vessel. The effects of a stroke may be mild or severe and temporary or permanent, depending on which brain cells are damaged, how much of the brain is involved, and how quickly the blood supply is restored to the area. Areas of the brain affected by the blockage or bleeding can be damaged within minutes.

“If you think you’re having a stroke, it is always better to seek care immediately than to wait,” explains Thomas Wolfe, MD, medical director of the Neuroscience Institute at El Camino Hospital. “As we start losing brain cells, we begin to lose function along with that. The rapid identification and treatment of a stroke may significantly improve the ability to recover.”

The key to surviving and recovering from a stroke is to get emergency medical help quickly. The common saying “time is brain” refers to the fact that up to two million brain cells die during every minute of a stroke. Knowing the signs and symptoms of a stroke can help save your life or the life of a loved one. The quicker you recognize the symptoms and call 9-1-1, the more treatment options are available and the less damage may occur.

“It is important to remember that a stroke comes on suddenly, it is not something that gets worse and worse,” notes Sherril Hopper, MSN, FNP-C, ANVP-BC, NVRN-BC, CNRN, advanced neurovascular

BE FAST TO RECOGNIZE THE SIGNS AND SYMPTOMS OF STROKE

nurse practitioner at El Camino Hospital. “We like to use the acronym BE FAST as it reminds us of the most recognizable and common symptoms of stroke.”

Be fast to seek emergency medical care at the sudden onset of the BE FAST symptoms (see table below).

Calling 9-1-1 activates an emergency medical system that

The key to surviving and recovering from a stroke is to get emergency medical help quickly.

ensures specialized treatment of a stroke. Once EMTs arrive on scene, they conduct an assessment, test blood sugar, and can provide oxygen to help with breathing. En route to the nearest emergency room, the EMTs call ahead to alert the emergency room staff that a patient with stroke symptoms is on the way and provide an estimated time of arrival so the hospital can call a stroke alert.

At El Camino Hospital, when a “stroke alert” is called, a multidisciplinary team of emergency medicine doctors and nurses, lab technicians, imaging services (radiology) technicians, and other ancillary staff members gather in the ambulance bay to await the arrival of the patient. Upon arrival, the patient is immediately assessed by emergency medicine doctors and nurses. Simultaneously, a neurologist is paged, a lab draw is completed, and an EKG, chest x-ray and a CT scan are performed.

After the rapid test results and scan are interpreted, the neurologist determines the proper course of treatment. Our goal is to provide personalized stroke treatments within 45 minutes upon arrival.

To learn more about stroke and how to recognize signs and symptoms, and its treatment options, visit www.elcaminohospital.org/stroke.

Pat's Stroke Story

Last spring, Pat was working in her garden when she began feeling strange. She wasn't in pain, but she suddenly didn't feel like herself and got a little dizzy. She thought she could just lie down for a minute and feel better. Fortunately for Pat, her son was there that day and said, “We're going to the hospital.”

En route to the emergency room, Pat's speech became jumbled and her vision became abnormal. It seemed like the cars on the road were driving straight towards the vehicle.

When Pat arrived at the hospital, she described her symptoms to the Emergency Room staff and learned she was experiencing the symptoms of a stroke. The emergency team called a stroke alert and had her on a gurney in a matter of minutes. Tests and scans were quickly performed indicating Pat was having a stroke. The team moved quickly to administer a clot-dissolving drug called tPA which dissolved the clot in her neck and restored the blood flow to her brain. Luckily for Pat, she received emergency medical care immediately and is now back to gardening and golfing.



B

BALANCE OFF



E

EYES - UNCLEAR VISION



F

FACE/FACIAL DROOP



A

ARMS/LEGS WEAK



S

SPEECH SLURRED, CONFUSED



T

TIME LOST IS BRAIN LOST

CALL 911 AS SOON AS SYMPTOMS BEGIN

T R A N S I T I O N S



The art exhibit "Transitions" will be on display at Los Altos Hills Town Hall from March 18 to September 2016. The exhibit features the works of award-winning local artist Karen Wong. Residents are invited to attend the artist's reception on Sunday, April 10, from 2:00 pm to 5:00 pm at Town Hall. The reception will feature live music, refreshments, and wine. Wong will also conduct an "art walk and talk" tour in the near future (please visit the town's website for more information).



Wong's art exhibit will display both the artist's figurative and abstract works that convey a sense of mystery and pull the viewer in for a closer look. Through her artistic career, spanning 20 years, Wong has transitioned from watercolor to acrylic/mixed media, and from realism to abstract. She is particularly known for her imaginative use of color. This exhibit will be a retrospective of her journey.

Wong explains what she tries to capture in her work: "The experiences of daily life are so often challenging, difficult to understand, or just plain tedious, but they are also occasionally glorious. Color is a mechanism of infinite subtlety with which to capture this essence. All of nature is alternatively destined either for destruction or for a dance, and I want to catch a moment in that process."

Wong uses lines, texture, and color to create her enchanting paintings. "Layering texture and paint to create a hue never seen before," she states, "is one of the games I play with my art. Line becomes an extension of my experience, creating a pathway, enclosing a moment of regret, or releasing a celebration into its own element. I use line to restate the substance, and then hide the result to play a game with history. In this way, the intersection of pain and privilege allows art-making to become a symbol of redemption."

After a childhood with many homes both in the U. S. and abroad, Wong's young adulthood was filled with a wide spectrum of jobs, ranging from a hobby farm in Iowa to teaching English in Japan, and from elected office in Iowa to intercultural consulting in California. A lifetime that is so varied has enabled her to see life from multiple perspectives and to revel each day in the opportunity of communicating with paint on canvas.

Over the years Wong has exhibited in many solo art shows, entered juried group shows and won numerous awards while exhibiting at established galleries, museums, and local art festivals.

Daniela Friedmann is the exhibit and art curator for the town.

Top: "Night and Day." Bottom: "Awake the Dawn."

Founding Father



“What is most memorable to me [about Santa Clara Valley in the 1950s] was the number of orchards. When I would compare the weather, as I drove to my sales route from South San Francisco down to King City with the windows open (since there was no air conditioning back then), it was always better in the Los Altos area — not too hot, not too cold, just right. And when I drove to work, I would drive through miles of two-lane roads through orchards, all in blossom in the springtime. Los Altos was not yet a city; it was just a small village off the railroad that went from Palo Alto to Los Gatos. The good news is that we were able to live there when the hills were still open and free.”

In the late 1940s, as part of his job for PG&E, Rex Gardiner often drove down the Peninsula to King City and noted the difference in the climates of the cities he passed: “Los Gatos gets hot, Redwood City gets windy; Palo Alto is nice.” But one area, the land that would later become Los Altos Hills, caught his attention: “You know, this would be a nice place to live!” Little did he know that those words would guide his destiny as one of the founding fathers of what would become Los Altos Hills, one of the most sought-after cities in the country.

Making Los Altos Hills Home

Gardiner moved his family to the western region of Los Altos, known as the Los Altos Foothills. He had an Eichler home built on Oneonta Drive in 1950. His family quickly came to love the rural, idyllic life. Gardiner, his wife, Phyllis, and his young children, Vicki, Kathleen, Curt, and Craig, enjoyed walking along the sun-drenched paths, flanked by vast fields of native poppies, purple lupine, fragrant wild sweet peas, and tall grasses — some as high as the children’s heads.

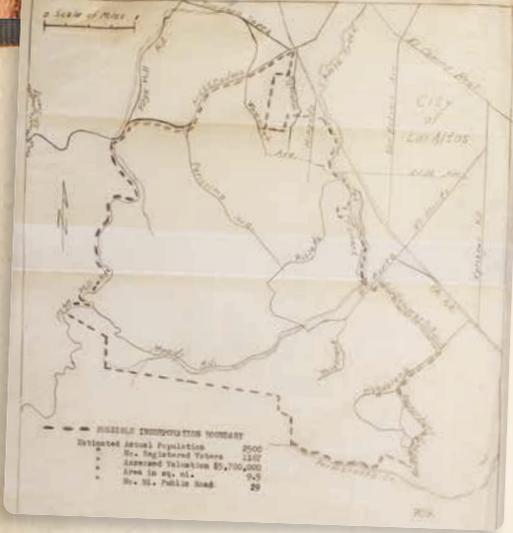
Because the Los Altos foothills was not an official city, and thus had no infrastructure, neighbors had to manage many things on their own. For example, since there was no municipal water supply, residents pumped unprocessed water from Adobe Creek for drinking, cooking, and other household uses. The primitive pump house was located

in the area of what is now Foothill College. To keep the pump from getting clogged, residents Gardiner and neighbor John Ford, founder of Ford Country Day School at the Morgan Manor, often had to remove leaves, lizards, and frogs from the water tank.

Homes did have electricity, but residents placed phone calls on party lines that reached to an operator who connected the two parties. Television sets, mostly black and white until the mid-50s, broadcast only



Above: Gardiner poses in his front yard in 1953. Right: Gardiner and his family gather under an oak tree in their front yard in 1952. The majestic oak tree is still there.



Gardiner's 1955 hand-drawn map, based on his father's old map, shows some of the original boundaries of the older Spanish land grants.

three channels, which would sign off at midnight each day. Popular shows of that era were *Ozzie & Harriet*, *The Lone Ranger*, *Hopalong Cassidy*, *Roy Rogers*, *Bonanza*, *Rin Tin Tin*, and *Guns Smoke*. Neighborhood children played outside more than inside, climbing trees and roaming the unfenced hills.

The Need for Incorporation

As the denser development from Los Altos and Palo Alto began to threaten the wide open spaces and rural life of the foothills, residents were very concerned and began forming committees to strategize how they would preserve their unique community. Bill Simrell, the chairman of one those early committees called the Moody Road Association, first proposed the one acre lot limit in a conversation with Gardiner, who agreed it was a good idea. At a meeting to discuss the option of incorporating the foothills, one resident who lived on South Fork Lane, famously remarked, "After all, ladies and gentlemen, we are only trying to save God's little acre." That resident was legendary writer and environmentalist Wallace Stegner, winner of the Pulitzer Prize and the National Book Award for his fiction.

In 1955, the few committees banded together to create an incorporation proposal that included the signatures of 174 residents. Gardiner helped research and prepare the information needed to persuade residents on the need for incorporation. Along with the county road commissioner, Gardiner traversed every single roadway and by-way that would be included in the new town.

Simrell led the incorporation committee that included Gardiner and local residents who were experts in law, engineering, and town organization. Gardiner's experience growing up hunting and fishing with his father during the Great Depression, as a member of the Boy Scouts, serving in the U.S. Army during WWII, and later working at PG&E, provided the expertise needed to survey the town's utility lines and to draw a town map by hand. The town map presented for incorporation was based on one of his father's old maps that followed the original boundaries of the early Spanish ranches.

The committee wrote a document called the "Green Sheets," six pages printed on green paper, that explained the need for incorporation and explained how the town could be financed and managed. It also set forth a deadline of January 10, 1956 for a vote of incorporation.

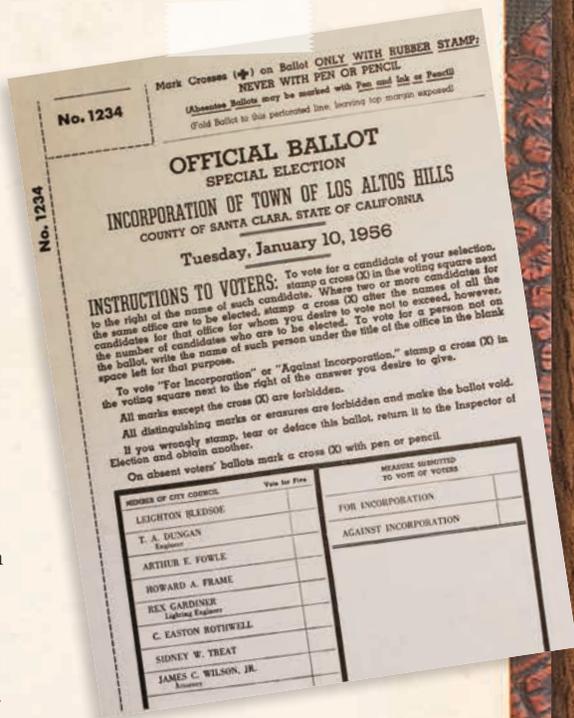
Residents Vote

After months of contentious newspaper articles and opposing flyers stuffed in mailboxes, the vote was held on a cold, rainy day on January 10, 1956. Voters narrowly approved the incorporation of the town (final vote was 424 to 339). On January 30, the new town's first five-member council was sworn in. There was much for everyone to do to get the new government operating. Although Gardiner's name was on the ballot, his boss insisted he could not run for city council, so his name was removed. Instead, Gardiner became the town's first Road Commissioner. While many residents of the town relished their political victory, they remained vigilant and worked to defend their new town against repeated efforts to disincorporate.

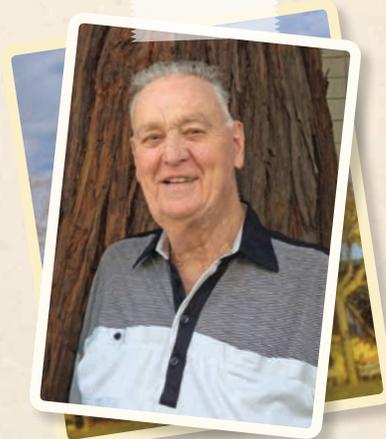
Gardiner's Legacy

The Gardiner home remained in the family for over fifty years. Gardiner passed away on August 16, 2015, at the age of 93. Like the long-established oaks and fruit orchards that are sprinkled throughout the town's rolling hills, Gardiner's legacy lives on in a town that has preserved its rural heritage despite the constant winds of change. Thanks to Gardiner's vision, determination, and leadership, several generations can cherish the beautiful rural town that they proudly call home.

Vicki Gardiner Taylor, Gardiner's daughter, has worked with the Los Altos Hills History Committee and the Los Altos History Museum.



The ballot (1955) for incorporating the town listed the candidates for Los Altos Hill's first city council. This first ballot lists Gardiner; however, a subsequent ballot had his name removed.



Gardiner, pictured here in 2014, at the age of 92.



This year, Foothill College launched a five-course series for students who want to work in the biomedical industry, a booming segment of the Silicon Valley tech sector. The classes are part of the Foothill College Science Learning Institute (SLI), an initiative that uses an innovative education model for the successful teaching and learning of science, technology, engineering and mathematics (STEM) at all levels.

Each course emphasizes a hands-on approach that encourages students to explore the process of science, not just the solution.

Oxana Pantchenko, Ph.D., who champions the goals of Foothill's SLI, is the force behind the biomedical device-engineering curriculum. She holds a doctorate degree in electrical engineering, and worked as a biomedical engineer and Commissioner's Fellow at the U.S. Food and Drug Administration in Silver Spring, Md., before joining Foothill's faculty.

Dr. Pantchenko taught ENGR 83A: Introduction to Biomedical Engineering this fall to a class of about 25 Foothill students. The goal of the course was to design an adaptive handle that would help people with disabilities, especially children, grasp things they otherwise could not easily hold. The students collaborated with each other, as well as with campus and community experts from multiple disciplines.

Foothill Students Engineer Adaptive Devices for Children with Disabilities

As part of their project, students consulted with an occupational therapist from California Children's Services who showed them what tools children and adults with disabilities currently use, the strengths and weaknesses of those devices, and provided feedback for students to implement in their final designs.

"In addition to providing high-quality instruction and training that can lead to rewarding careers for Foothill students, we're engineering and producing adaptive handles for local children in need, improving the quality of their lives," says Dr. Pantchenko.



Students enrolled in the five-unit course also had an opportunity to work with other members of the Foothill academic community. "When the students were designing adaptive handles that would hold toothbrushes, we had a faculty member from Foothill's Dental Hygiene Program review the students' prototype designs and provide feedback," Dr. Pantchenko says. "This was helpful in the design process. The students then incorporated the feedback recommendations in their design processes to create a more thoughtful, successful product." This interdepartmental collaboration exemplifies Foothill's goal of being a living laboratory

where different disciplines leverage each other to become more dynamic.

"The 3-D printers that our students use also play a substantial role, not just for this class, but for so many Foothill classes," she says. "Students use the printers in engineering courses and for independent study projects, as well as in the biomedical devices class."

Students then worked in teams to produce designs for the adaptive handles. Two designs were then selected to go into production, resulting in 100 of the newly designed toothbrush handles being delivered to California Children's Services in San Jose.

"Working through this process gives our students the opportunity to engage with engineering and design technology, and creates an effective, hands-on learning experience," Dr. Pantchenko says. "It also gives them a chance to collaborate with our greater community, and positively impact the lives of others. We're training students with state-of-the-art technology so that they'll be able to confidently use this equipment in the region's burgeoning biomedical devices industry. Not only are community colleges like Foothill part of our larger community, but we are also the engine that delivers qualified employees to Silicon Valley's workforce."

In addition to the coursework, design, and consultation with experts, the students also heard from members of the biomedical device industry.

"The class featured seven industry guest speakers, as well as a field trip to a local pathology lab," she says. "These unique opportunities give students the chance to see what the industry is like, hear from industry professionals, and develop a better understanding of the job duties and education required to succeed in this career

"In addition to providing high-quality instruction and training that can lead to rewarding careers for Foothill students, we're engineering and producing adaptive handles for local children in need, improving the quality of their lives."

Oxana Pantchenko, Ph.D.

field. There are hundreds of local biomedical device companies, and Foothill's location in the high-tech heart of Silicon Valley gives us outstanding access to these companies. That in turn can excite students to pursue biomedical device engineering as a rewarding career."

Students who take Foothill's ENGR 83A class come from a variety of backgrounds, according to Dr. Pantchenko. She estimates that half are students who are pursuing transfer to four-year universities to complete bachelor's degrees, and half are working professionals who are returning to school to add skills and training that will help them be more competitive in the workforce.

Cousins Tu Le and Michelle Le completed the course to get a competitive edge, make their resumes stand out, and find rewarding careers.

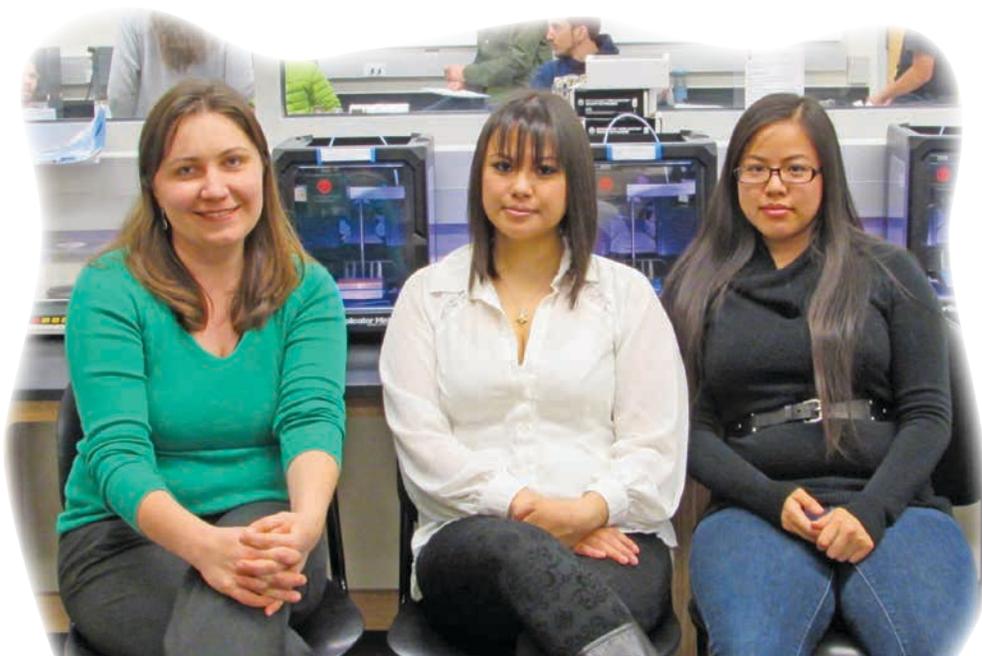
"I saw this course and knew that the hands-on experience, as well as the opportunities to interact with biomedical leaders in the area would give me a greater advantage when looking for the right job," says Michelle, who holds an English degree from San Jose State University and wants to be a technical writer.

Tu, who trained at De Anza College and works as a phlebotomist for Kaiser Permanente, also saw the class as a way to build her experience. "I'm interested in the variety of medical research happening in Silicon Valley, especially the biomedical device industry and how it develops great devices and other products," she says. "I knew that this course would help me gain applicable experience and provide insight into the different career pathways I can pursue."

During Summer Session 2016, Foothill students will have an opportunity to learn more about various careers in the technology sector by participating in hands-on internships with SLI partners, including UC San Francisco, San Jose State, and the Fogarty Institute for Innovation at El Camino Hospital.

To learn more about these programs, visit <http://www.foothill.edu/sli/biomed.html>.

Left: Foothill College Biomedical Devices use 3-D printers to create adaptive toothbrush holders for local children. Above: The mold used to make the adaptive toothbrush holders. Below: Professor Dr. Oxana Pantchenko and two of her students who worked on the project.



In November 2015, Pam's Yoga Fitness class, taught by Pam Walatka, celebrated the 10th anniversary of meeting weekly in the council chambers of the Los Altos Hills Town Hall. Over the decade, three residents have attended the class for all 10 years, and four have attended the class for more than five years. Students, whose ages have ranged from 38 to 73, have taken a yoga class to achieve better health. Walatka reflects on the journey and shares some of her experiences and memories.



How did you develop an interest in yoga?

I came to yoga through the ideas, long before I practiced the poses. As a philosophy major at UC Berkeley, I studied consciousness, including the yoga tradition of universal consciousness. But I did not take any yoga classes then because there were none being taught in Berkeley in the 60s. After college, I lived in Nepal as a Peace Corps volunteer; and there were no yoga classes being taught near me.

A serious illness indirectly led you to yoga. Tell us about that.

In Nepal, I developed severe intestinal problems from parasites and stress. In 1965, I walked all day from my post to the airport, in amazing

pain, and flew to Kathmandu. I was bedridden for a month, then flew to San Francisco, where I was in the hospital for another month. I went back to Nepal and the illness returned; once again, I was hospitalized for a month in San Francisco.

Subsequently, I was in and out of the hospital for two years. I dropped out of graduate school at UC Berkeley when I heard about Esalen Institute, a retreat in Big Sur that offers a wide variety of classes in mind-body-spirit practices. At Esalen, I learned to breathe more deeply and be more aware of my body. Over time, I became healthy.



In 1968, I was in the Esalen Residential Fellow program and a friend demonstrated yoga for us. I could do the poses. At that time, there were about a dozen yoga teachers in all of America. Esalen asked me to teach yoga, and I became the first yoga teacher at Esalen, with only one hour of experience doing yoga.

What were some of your first experiences as a yoga teacher?

Probably more than 1,000 Esalen students had their first yoga experience in my classes. After leaving Esalen a few years later, I taught yoga at the College of the Redwoods in Eureka. I moved to Los Altos Hills in 1978. I was on the PTA Boards of Bullis and Egan, K through 8, and started the Bullis Organic School Garden Club. I got a job at NASA in 1987 and worked there, writing user guides for the supercomputer, for 16 years. I taught a yoga class for the staff.

In your career, was there a mentor or teacher that stands out?

My mom. She died recently at the age of 101, strong and living independently until her last few months. She said, "You can make your health better by working on it."

How would you best define what yoga is to someone who has never taken a class?

Yoga, the oldest self-improvement practice in the world, has evolved into a practice of stretching, exercising, and meditating. When you go to a yoga class, you sit or stand on a yoga mat and do poses. For example, you might be asked to do the bridge pose. You would lie on your back with your knees up. You would lift your hips toward the ceiling and hold that position for a moment. This pose helps prevent lower back problems.

What are some fundamental misconceptions about yoga?

Many persons believe you have to be flexible to do yoga. But yoga is designed to give flexibility to the non-flexible. Some athletes believe yoga is too easy, but in fact it can be as challenging as you make it.



What are some the key concepts that you teach about yoga?

- You can make your health better by working on it.
- Awareness of one's breath brings many benefits.
- Life is too complicated to be mastered; you might as well greet it with a sense of humor.

What type of person would benefit the most from yoga?

Anyone who believes health is worth working for could benefit from yoga. Most of my students are above average in fitness; they get exercise throughout the week. Yoga is just one aspect of their fitness regimen.

Most yoga classes require the student to be able to get up and down from the floor. But if that is a problem, look for "chair" yoga.

Over the decades, I have developed a routine that almost anyone can do, and almost anyone can benefit from. For example, one of my favorites is lying down, facing the ceiling, and pulling one of your legs toward your face. The stiffest person can do this and get a stretch. But also, the most flexible person can get a stretch.

What have you enjoyed the most about teaching in Los Altos Hills?

My students from Los Altos Hills

have become some of my dearest friends.

What do students report about their health after taking your class?

Most students feel an improvement in their health, especially their backs. Generally, yoga leads to an awareness and appreciation of being alive and a sense of vigor in one's body.

During a decade of teaching, is there a memorable experience you would like to share?

When we finished our warm-ups, we opened the doors to let in the cool air. At that moment, I felt a surge of gratitude for the beautiful room, the natural light, the fresh air, and the mood of my students. Variations of that moment have happened about 500 times.

To register for Pam's Yoga Fitness, or find information on other Los Altos Hills Recreation classes, see <http://www.loaltoshills.ca.gov/activity-guide>. The yoga class meets Wednesday mornings from 10:15am to 11:30am. There is no drop-in; students must sign up for an eight-week session, but a half session can be prorated for new students. Anyone can stop by once for a free sample class.



TOWN OF LOS ALTOS HILLS
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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 April 4, 2016.**

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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



March

6

Sunday, 10:00am-1:00pm

Leadership Conference

Open to high school and middle school students hosted by the LAH Youth Commission at Hidden Villa's Dana Center. Register by emailing lah youthcommission@gmail.com.

26

Sat., 9:00-10:30am

13th Annual Hoppin' Hounds Easter Biscuit Hunt

Bring your four-legged friend to Byrne Preserve for an on-leash biscuit

hunt benefiting Palo Alto Animal Services. A \$5 donation is encouraged. For more information call 650-947-2518.

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Sat., 11:00am-1:00pm

Easter Egg Hunt

Get your Easter basket ready for a friendly hunt at Purissima Park. This is a perfect opportunity to socialize with your neighbors. Bring a picnic lunch and your own hard boiled eggs. For more information visit www.losaltoshills.ca.gov.

April 10

Sunday, 2:00-5:00pm

Art Reception

Gourmet food and wine will be served. The event is child and dog friendly. Information: Contact Curator Daniella Friedmann 650-941-7222



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Sunday, 1:00-4:00pm

Earth Day Celebration

Farmers market, green vendors, electric vehicle car show, wild cat and reptile presentations and much more! Due to cat presentations no dogs allowed. For more information contact 650-947-2518 or sgualtieri@losaltoshills.ca.gov.

May 7

Saturday, 9:00am

14th Annual Pathways Run/Walk

Gourmet food and wine will be served. The event is child and dog friendly. Information: Contact Curator Daniella Friedmann 650-941-7222

June 5

Sunday, 1:00-4:30pm

Town Picnic

Look for a mailer in May!



Calendar events are also posted on town's website: www.losaltoshills.ca.gov

