



OUR TOWN

THE OFFICIAL NEWSLETTER OF THE TOWN OF LOS ALTOS HILLS

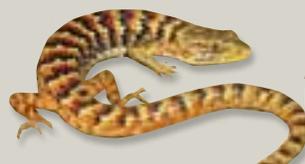
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Community Farm Stands

Colorful fields of fruit trees and crops covered the Los Altos Hills landscape long before neighborhoods were built. In the early 1950s Los Altos Hills had dozens of operating farms. Over the years the farms have been replaced with housing, but the town's agricultural heritage is preserved in its residential gardens and small farms today. One farmer has grown and sold locally-produced heirloom tomatoes for over 25 years at a farm stand called "The Garden." A newer community farm stand provides produce from local gardens and includes a lending library. These vestiges of the town's rich agrarian past not only bring locally-grown food to neighbor's tables, but also foster a deep sense of community. [CONTINUED ON PAGE 2]



FARM FRESH

Below is a partial list of seasonal items available at community farm stands.

YEAR-ROUND
Eggs

WINTER/SPRING
Oranges
Lemons

SUMMER/FALL
Tomatoes
Basil

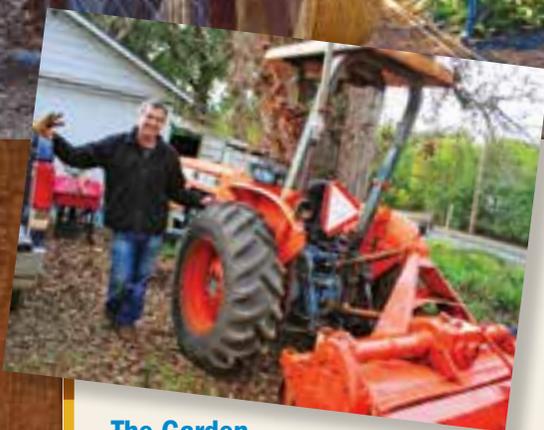
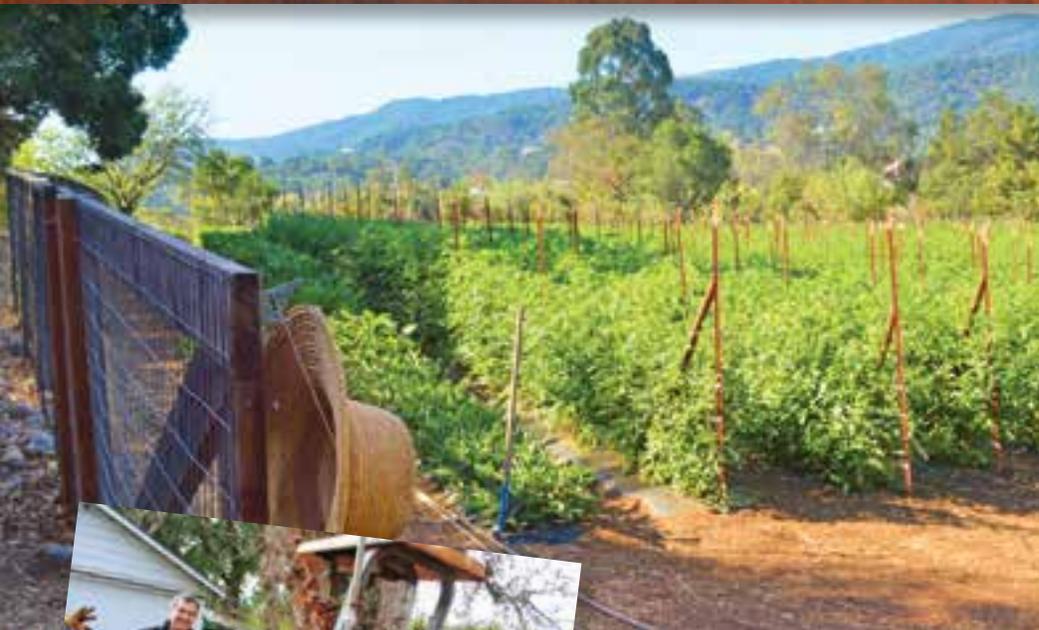
FALL
Apples
Pumpkins

FALL/WINTER
Honey
Persimmons
Pomegranates
Mistletoe



“It’s great to have the community farm stand in the neighborhood so I can share my extra persimmons. We get a couple hundred each year and it’s more than we can use.”

MELANIE MOYER, FARM STAND PRODUCE CONTRIBUTOR



The Garden

Perhaps the best-known community farm stand is The Garden, located at the end of Dori Lane, near the intersection of Robleda Road and the 280 overpass. Craig Murray, a garden designer by trade, established the small farm in 1990 in response to a neighbor’s request to help him mitigate the weeds that were growing on his property. When Murray suggested a vegetable garden, the neighbor liked the idea but felt it was too much work for him; however, he gave Murray permission to grow vegetables using his organic method of farming. Murray’s philosophy is that “healthy soils create healthy plants. Healthy plants produce healthy people.” This approach to healthy soils-based farming and hand-farming techniques allow him to grow vine-ripened, heirloom varieties of tomatoes that are not found in the average supermarket.

For over 24 years, residents have stopped by the community farm stand at The Garden to purchase delicious and award-winning heirloom tomatoes, as well as eggplant, zucchini, herbs, flowers, and other delights. Often,

residents can enjoy the sound of classical music playing in the background as they select their produce. Just beyond the community farm stand, residents can see Murray working in the field or teaching interns the benefits of pesticide-free farming, water-saving techniques, and how to grow vegetables suited to the local soil and climate.

The Garden community farm stand is open mid-summer to late fall. Murray is always looking for helpers and interns, as well as reviewing other property as potential farm locations.

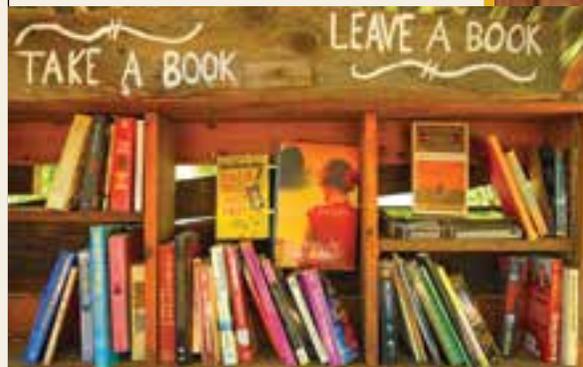
Los Altos Hills Community Farm Stand and Lending Library

A fairly new stand, the Los Altos Hills Community Farm Stand and Lending Library (Community Farm Stand), is nestled under the canopy of a Chinese pistache tree near the corner of Manuella Road and Fremont Road. The picturesque stand was established in September 2013 by the Hartley and Vanderlip families. Scott Vanderlip explained, “the idea for this farm stand came from farm stands discovered on Salt Spring Island in the Gulf Islands of British Columbia. Self-serve stands in front of residences are common there, and offer local produce, baked goods, and craft items. We thought it was a great idea. Given the success of The Garden we felt this would be a great fit on Fremont Road.” (Visit urbanfarmstands.org to view pictures of farm stands on Salt Spring Island.) To share or

sell your produce or donate a book, stop by the Community Farm Stand.

The Community Farm Stand provides an constantly changing variety of produce picked by neighbors to share or sell (usually for a suggested donation). Open from Spring to Fall, the Community Farm Stand has offered lemons, oranges, pomegranates, persimmons, kale, honey, eggs, tomatoes, pumpkins, apples, herbs, and arugula, among other offerings. Neighbors enjoy visiting the farm stand. Becky Reed, who lives a few blocks away, states: “It’s a great resource. Neighbors put in what they have and take what they need. And that’s what community is all about!” Anne Marie Gallagher, who lives nearby, agrees: “The Community Farm Stand is a neighborly way to share the bounty of Los Altos Hills. My daughter and her teammates at Los Altos High sometimes stop and grab an apple to snack on while out running.”

What makes the Community Farm Stand unique is the addition of a lending library that encourages neighbors



to “take a book, leave a book.” The library is typically stocked with at least 20-50 books ranging from novels to travel guides to how-to manuals. Lee Hartley, owner of the stand, notes, “the Community Farm Stand belongs to all neighbors, not just the ones who live near here.”

Co-authors, Scott and Tay Vanderlip, farm on their property that is home to eight chickens, bees, worms (for composting), and several vegetable gardens.



TO LEARN MORE:

The Garden: Phone: 650-941-1301
<http://thegardenlosaltoshills.blogspot.com/>

The Community Farm Stand on Fremont Road at Manuella: Phone: 650-793-0475

FROM THE CITY MANAGER

Fiscal Year 2014-15 Budget Details



On June 19, 2014, the City Council adopted the town's fiscal year (FY) 2014-15 operating and capital budget of \$12,814,875, consisting of appropriations and inter-fund transfers.

The town's budget is comprised of 15 different funds grouped into five components: the general or operating fund, enterprise fund (sewer), other special revenue funds, debt service and capital funds. The general fund revenues are budgeted at \$7.4 million, which is a 6.1% increase over the FY 2013-14 revised budget, and is mainly due to the increase in higher property tax assessment rolls and based

on projections provided by the town's third party consultant, and implementation of the User Fee study and adjustments to the town's cost of services schedule. The chart below (left) provides information on the town's general fund revenues by category.

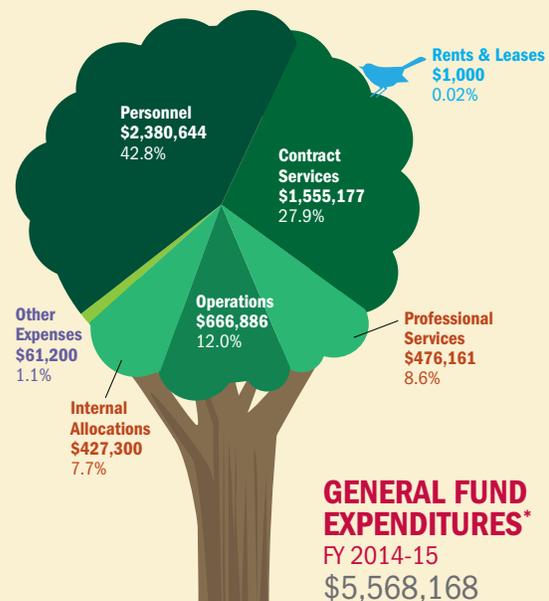
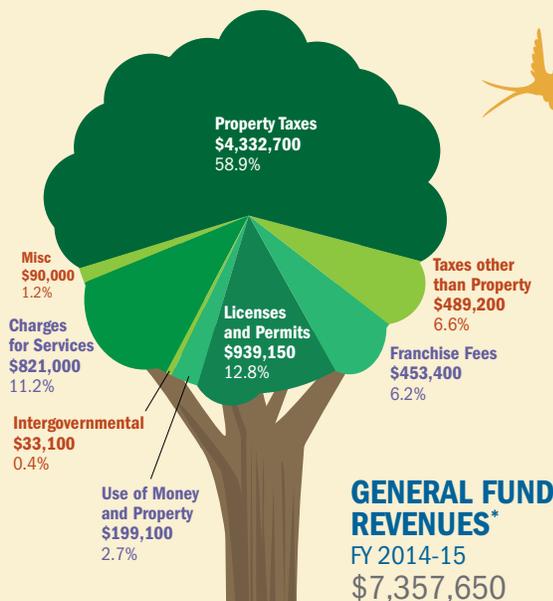
General fund expenditures are budgeted at \$5.5 million, which is 5.2% increase over the FY 2013-14 revised budget.

Personnel expense includes funding for 19.2 full-time employees with base assumptions for pension and medical rate increase, and remains the largest expense category of the general fund. The chart below (right) identifies the general fund expenditures by component.

The FY 2014-15 budget assumes \$2.5 million transfer from the general fund to storm drain, pathways, and streets funds to finance capital projects and infrastructure improvements, including the Purissima Creek restoration project at O'Keefe Preserve; El Monte Road rehabilitation design project; upgrades at Westwind Community Barn; and funding for the annual street rehabilitation project. Residents are welcome to view the town's budget at www.losaltoshills.ca.gov or at Town Hall Administrative Services Department.



Carl Cahill



*Excludes Internal allocations. ** Excludes overhead allocations.

FROM THE CITY MANAGER

Pavement Rehabilitation Project

The City Council has authorized the expenditure of \$1.15 million for street repairs and \$465,000 for sewer repair projects. Below are two tables with the first showing streets that are scheduled this summer for pavement work and the second showing the street locations of major sewer repair projects. The 2014 Sanitary Sewer Repair Project list is preliminary and will be finalized during the design and bid document preparation phase. Pipe reaming is a method of replacing underground pipelines without the need to dig a continuous trench. For more information on the Town's street paving program or sanitary sewer repair projects, please contact Assistant City Engineer John Chau at (650) 947-2510.

2014 Pavement Rehabilitation Project

Street	From	To	Type of Work
Adonna Court	Elena Rd.	end	Digouts and Microsurfacing
Altadena Drive	Manuella Rd	end	Microsurfacing
Black Mountain Rd	Altamont Rd	Natoma Rd	Microsurfacing
Burke Road	Chapin Rd	100' North of Old Altos Rd	Digouts and Microsurfacing
Chapin Road	Burke Rd	Robleda Rd	Digouts and Microsurfacing
Francemont Drive	Moody Rd	end	Digouts and Microsurfacing
Golden Hill Court	La Paloma Rd	end	Digouts and Microsurfacing
Greenhills Court	Elena Rd	end	2" Overlay
Hidden Springs Court	Altamont Rd	end	Digouts and Microsurfacing
Kate Drive	Laura Ct	end	Microsurfacing
Laura Court	All		Microsurfacing
Leander Drive	Purissima Rd	end	Digouts and Microsurfacing
Magdalena Road	Camino Hermosa	Eastbrook Ave	Digouts and Microsurfacing
Maple Leaf Court	Elena Rd	end	Microsurfacing
New Bridge Drive	La Paloma	both ends	Digouts and Microsurfacing
Nina Place	La Cresta Dr	end	Microsurfacing
Old Ranch Road	Ravensbury Rd	end	Digouts and Microsurfacing
Padre Court	Altamont Rd	end	Microsurfacing
Saltamontes Way	Estacada Dr	end	Digouts and Microsurfacing
Samuel Lane	Purissima Rd	end	4" Full Grind and Replacement
St. Francis Drive	La Cresta Dr	Fremont Rd	4" Full Grind and Replacement
Stirrup Way	Arastradero Rd	end	Microsurfacing
Taafe Road	Elena Rd	Altamont Rd	Microsurfacing
Three Forks Lane	Country Way	Middle Fork Ln	Digouts and Microsurfacing
Todd Lane	La Paloma Rd	End	4" Full Grind and Replacement
Twin Oaks Court	Arastradero Rd	end	Microsurfacing
Viscaino Road	Purissima Rd	Concepcion Rd	Digouts and 2" Overlay
Yale Court	Liddicoat Cr	end	Microsurfacing

2014 Sanitary Sewer Repair Project

Location	Method of Repair	Quantity in Linear Feet
Ascension Drive	Pipe Reaming	310
Ascension Drive	Open Trench - Point Repair	15
Corbetta Lane	Pipe Reaming	260
Corbetta Lane	Open Trench - Point Repair	10
La Paloma Rd	Pipe Reaming	180
Newbridge Dr	Pipe Reaming	500
Basset Lane	Open Trench - Point Repair	20
Leander Drive	Open Trench - Point Repair	20
Manuela Road	Open Trench - Point Repair	25
Newbridge Dr	Open Trench - Point Repair	15
Page Mill Road	Open Trench - Point Repair	10
Wildflower Lane	Open Trench - Point Repair	10
Winding Way	Open Trench - Point Repair	50



Los Altos Hills Hoedown

This year's Los Altos Hills Hoedown will be held on September 6 at Westwind Community Barn (27210 Altamont Road). Absolute BBQ Express, a new vendor, will provide guests with an exciting and memorable barn-side dining experience. Absolute BBQ Express features a delicious quick-service menu of BBQ favorites prepared with only the finest ingredients. Returning favorites to this year's event include live bluegrass music by Sidesaddle & Co., old-fashioned arts & crafts, and free entertainment for the entire family. Also returning will be the community farmers market that provides an opportunity for residents to set up a table to sell their garden-grown fruits and vegetables. Hand-pressed apple cider will be available, made using Hidden Villa's press and apples from DeMartini Orchard. The event will feature several textile demonstrations (including quilting, knitting, crocheting, spinning, and weaving) by Custom Handweavers, leather tooling by Silicon Valley Leathercraft Guild, soap making, and puppet making. Attendees can also enjoy family-oriented games with prizes. Equestrian exhibitions will begin at 4:30 pm in the upper arena, featuring the 4-H mini horses, riding demonstrations from young riders from the Year Round Riding Program (a Parks and Recreation program), as well as the Pacific Ridge Pony Club. The 4-H, Youth Commission, and Pony Club will host a bake sale. Several local wines will be poured. For more information, or if you would like to participate (sell at the farmers market, host a craft table, game, help teach knitting, crocheting or embroidery, pour wine), or donate to the event, please contact Sarah Gualtieri 650-947-2518 or sgualtieri@losaltoshills.ca.gov.



FROM THE PLANNING DIRECTOR

In fiscal year 2013-14, the town saw an unprecedented level of building activity. Staff issued 635 building permits with a total construction valuation of \$53,330,935.00. The following chart shows the number of major permits issued in 2014 compared to the previous year.

Building Permits Issued	2014	2013
New Residence	22	19
Addition/Remodel	115	88
Secondary Dwelling Units	11	4
Swimming Pools	32	24

The town is currently in the process of updating the General Plan Housing Element which will cover a seven-year planning period from 2014 through 2022. The Housing Element is part of the General Plan, a comprehensive, long-term planning document which guides



Debbie Pedro

the physical development of the town. As required by state law, the Housing Element must provide goals, policies, and programs to preserve and develop housing to meet the town's fair share of regional housing needs. In the past, one of the key programs that the town used to help meet its regional share of affordable housing needs was the Secondary Unit Program. For the current Housing Element update, the town will continue to rely on second units to meet its affordable housing needs. In June, a survey was sent to town residents to gather updated information including the range of rental rates for these units.

Over 975 residents responded to the survey, representing a 34% response rate. The data is being compiled and will be included in the Housing Element document.

On a personal note, I will be starting my new position with another local government

agency in August. It has been an honor and privilege to serve as the town's Community Development Director for the last nine years. Working at Los Altos Hills has been rewarding and inspiring and I cannot say enough wonderful things about the team at Town Hall, the City Council, the Planning Commission, and the Committee members with whom I have worked during my thirteen years of service with the town. While I am excited by the new opportunities that I will be pursuing, I will miss everyone in Los Altos Hills. Senior Planner Suzanne Avila will be serving as the Interim Community Development Director until the position is filled. Suzanne is a certified planner and worked as a senior planner in the Town of Los Gatos prior to joining Los Altos Hills in June 2014.



IN THE Weeds



Thanks to the foresight and generosity of early conservation-minded residents, Los Altos Hills enjoys more than 100 acres of undeveloped public land in three Open Space Preserves (see highlight box). The Los Altos Hills General Plan designates Open Space Preserves as areas to be kept free from development and whose primary purpose is to preserve and enhance the natural state of the land and its plants and animals. These preserves provide unspoiled natural views and opportunities for hiking, horseback riding, and other recreation. Open space increases property values and provides environmental, social, and

health benefits to the community. The future value of the preserves will only increase as development and population growth continue. This year, the town made a significant commitment to protect these major public assets by initiating an open space stewardship program.

Albert Byrne Open Space Preserve

This 88-acre preserve was created in 1968 from land donated by Dr. Albert Byrne and other LAH residents that was later sold to the Town with the proviso that it remain open space. Byrne has four miles of trails, and horses from Westwind Community Barn graze Dr. Byrne's original grassland along Altamont Road.

Juan Prada Mesa Open Space Preserve

John Dawson dedicated this 13-acre site to the Town as permanent open space in 1978 as a condition of development for subdivision. A 0.5-mile pathway follows Hale Creek through the riparian oak woodland from Dawson Drive to Kate Drive.

O'Keefe Open Space Preserve

The Town purchased this 8-acre triangle of land adjacent to I-280 from Caltrans in 1973 and designated it as Open Space Preserve in 2002. In 2014, the Santa Clara County Water District awarded a grant to the Town to restore part of Purissima Creek that flows through the preserve.

is just the beginning of a long-term investment," says Bob Power, former Executive Director, Santa Clara Valley Audubon Society. "Left untended, open space preserves begin a slow decline and can become a blight instead of a place for renewal and connection to nature they were intended to bring to the community."

Open Space Stewardship

In response to appeals from the Open Space Committee, the City Council last year allocated \$50,000 for stewardship services, and to promote community involvement in the preserves. The Los Altos Hills County Fire District (LAHCFD), which already provides \$20,000 annually for mowing and goat grazing, contributed \$5,000 for the removal of French broom, a shrub that is both invasive and burns readily.

In April 2014, the town signed a one-year contract with Acterra, a non-profit with 30 years of experience providing stewardship and public education in open space areas such as Arastradero Preserve, Foothills Park, and Redwood Grove. Acterra's staff, which includes experts in environmental biology, botany, restoration ecology, and education, has assessed the town's preserves and recommended short- and long-term strategies to control invasive weeds and enhance the natural resources that make these lands so valuable.

Collaborative Effort

While Acterra staff provides scientific expertise, community volunteers contribute "helping hands" for stewardship activities. Acterra organizes workdays for local schools, businesses, organizations, and individuals who want to help improve the land and learn about open space. Most workdays involve removal of invasive weeds or planting sessions. By the end of July, Acterra had hosted 13 workshops involving more than 175 volunteers who removed thousands of invasive, non-native teasel, mustard, and thistle plants.

Volunteers appreciate the educational and service opportunities. "As an environmentalist, I try to be a good steward of the land, whether giving money to organizations, petitioning, or physically working on open space projects. It's particularly satisfying to work on a local open space like Byrne preserve, which I love and want to help care for. Acterra is a great organization and working with them is good exercise, good companionship, and I enjoy being outside interacting with nature," said resident Freda Hofland. "I've watched more and more weeds moving in every year and am so pleased the Town has started doing something," said Dora Lamport, who lives near Byrne Preserve and volunteers regularly as part of the "Byrne Brigade." "I'm amazed at how much we are accomplishing. It's really satisfying to see a huge pile of thistle being hauled off to the dumpster."

Residents who want to participate in this volunteer program are welcome to join weekly community workdays of the Byrne Brigade, which are held at Byrne Preserve on Thursdays from 9:30 am to noon. Weed removal will continue through fall and winter as rains encourage sprouting of invasives from the seed bank. All ages are welcome and volunteers are provided with water and snacks. To learn more about the stewardship program and other educational activities, visit www.acterra.org/programs/stewardship/los_altos_hills.html.



Alligator Lizards

Although it mainly goes unnoticed in many backyards, the alligator lizard has been around in various forms since the Eocene (55 million years ago; for comparison, man appeared about 200,000 years ago), and it deserves respect for several reasons beyond its age. The alligator lizard can swim, climb trees, eat black widow spiders, and live up to 15 years.

The alligator lizard, including the southern alligator lizard (*Elgaria multicarinata*) and the northern alligator lizard (*Elgaria coerulea*), are commonly found in Los Altos Hills. These lizards live from sea level up to 7,500 feet in sage scrub, chaparral, grassland, oak woodland, pine/juniper woodlands, and pine forests. In this area, it occupies wood piles, rocky areas, debris, and dense vegetation, and usually lives near a source of water. The alligator lizard is sometimes exposed when rock or wood piles are moved, and will either sit still or move quickly away with a characteristic undulating movement.

Anyone who has explored their backyard has seen a western fence lizard, which is small and fast compared to an alligator lizard. The alligator lizard is much bigger, at three to seven inches long, and has a mottled brown coloring. It has a very long tail, large head, strong jaws (it does bite), and a slightly forked tongue. The western fence lizard is no bigger than five inches, with a uniform brown color and sometimes has a bright blue belly. The western fence lizard lives in drier locations than the alligator lizard. Both are active during the day.

The alligator lizard is carnivorous, eating anything it can catch and swallow. This usually includes beetles, grasshoppers, crickets, wasps, spiders and spider eggs, centipedes, scorpions, sowbugs, and snails. It eats insects but is eaten in turn by birds and mammals. Predators of the alligator lizard include hawks, shrikes, cats, and coyotes. Similar to other lizards, when threatened the alligator lizard will drop its tail, which continues to wiggle to distract a predator. The tail will grow back. They are good swimmers and can also dive into water to make an escape.

The alligator lizard mates in early spring and the female lays 5 to 20 eggs between May and July. The eggs are laid in rock crevices or rodent

burrows. The eggs hatch after almost three months (by late summer) and the hatchlings are a little over an inch in size. Juveniles have a broad stripe down the back, which distinguishes them from adults. They begin to breed after 18 months.

Anyone encountering an alligator lizard may want to stop and appre-

FUN FACTS

- The southern alligator lizard has yellow eyes; the northern alligator lizard has dark eyes. The southern alligator lizard is reddish brown to yellowish gray, while the northern alligator lizard is olive to bluish in color.
- There is a prominent fold of skin down the sides of both males and females which allows the body to expand when full of food or when carrying eggs.
- The male will grab the head of the female in his mouth and hold it until she is ready to let him mate with her.

ciate the surprise of discovering an animal that looks like it belongs in the Eocene Epoch (because it once did), the fact that it is helping to control the insects in the house and garden, and that the particular lizard uncovered may be as old as a high school student.

Taylor Vanderlip is an environmental consultant specializing in biological issues.



Los Altos Hills has 92 miles of on-road and off-road paths that residents use for walking, cycling, horseback riding, walking a dog, or getting children safely to school. Moreover, these ribbons of open space contribute substantially to the rural atmosphere of our town. The vision for the pathway system originated with the town founders in the mid-1950s. This vision — for a way of circulating through neighborhoods on paths — is embedded in the Pathway Element of the town's General Plan.

Many off-road paths were created by the equestrian community, so that horse riders could ride peacefully, away from fast-moving and dangerous vehicles. Over six decades, the number of equestrians has dwindled; however, the use of paths by residents for daily exercise has increased. Like equestrians, walkers enjoy those rare opportunities to get away from busy streets and take in the natural beauty of the town. Historically, off-road paths helped create walkable loops around or between neighborhoods. Most importantly, off-road segments were vital to creating safe routes for children to walk to their local schools.

The cost for maintaining the pathway system is a line item in the town's budget; that is to say, every resident pays to help maintain the pathway system. Construction of new paths are paid for by in-lieu fees that property owners pay if, when developing their land, no pathway is needed on their specific parcel. The decision about whether a path is needed on a particular property begins with the Pathway Committee (PWC).

The PWC is a volunteer committee of residents tasked with the responsibility of applying the principles of the Pathway Element, a section of the town's General Plan. (Residents can review the Pathway Element on the town's website under the Documents & Forms tab.) The PWC studies the neighborhood where new development is to take place as well as the official master path map and easement documents and makes a recommendation to the Planning Director.

The benefits of walking where one is not assailed by noise and pollution seem clear even if one judges only by the growing number of people using the paths. In the event of an earthquake, fire or other natural disaster, the town's pathway system can possibly be used to create pedestrian escape routes.

The Pathway Committee will have an opening at the end of the year, providing an opportunity for a resident who enjoys the pathways to get involved with this important aspect of town life.

Pathways

RIBBONS OF OPEN SPACE



Traffic Signal Update

IN 2012, CALTRANS initiated a project to replace the stop signs at the south-bound Page Mill/I-280 interchange with traffic signals. In collaboration with Caltrans, Santa Clara County, and Palo Alto, the town staff worked on safety measures to accommodate bicycle, pedestrian, and equestrian traffic. Beginning in early 2012, the interchange was discussed in several Traffic Safety Committee meetings. Residents became aware of Caltrans' intentions in early 2013, and monitored developments relevant to the project plans.

During 2013, Caltrans augmented its original design by adding further signalization at the north-bound interchange. Subsequent neighborhood awareness caused concerns about a number of consequences that would likely result from the project. On November 12, 2013, the town conducted a public information meeting at Town Hall in order to gather public comment. Individual notice of the meeting was sent to all town residents.

In March, 2014, a petition was circulated by concerned residents expressing strong opposition to the signalization project. The target of 500 signatures from local residents was achieved within one month, and the petitions were distributed to the City Council of Los Altos Hills, the Santa Clara County Board of Supervisors, and Caltrans District 4. The Palo Alto City Council, the Santa Clara Valley Transportation Authority, and the Santa Clara Roads and Airports Department were also notified about the petition process. The Los Altos Hills City Council placed the item on the agenda for their regular meeting of March 20, 2014, and received further public input on the Caltrans signalization proposal.

In April, 2014, Caltrans issued a news release that announced that Caltrans and town officials "met to review the project progress as well as the recent concerns expressed by residents, and are in agreement to continue seeking additional input from all affected agencies, communities, and stakeholders."

At this time, the proposed signalization of the Page Mill/I-280 interchange will be studied as part of an expanded analysis of the entire Page Mill/Oregon Expressway corridor and included in the Santa Clara County Expressway Plan 2040 document.



The proposed signalization project involves multiple locations of traffic signals, all within a distance of a third of a mile. Each red arrow in the above signal configuration represents the location and the direction in which the light is pointing.

To learn more about Expressway Plan 2040, residents can view the County's May 15, 2014 Expressway Plan 2040 Presentation to the City Council on the town's website at www.losaltoshills.ca.gov. Additional information can be found on the Santa Clara County Expressway Plan 2040 website.

Garo Kiremidjian lives in Los Altos Hills and has a long career as a mathematics professor and technology executive. He currently maintains the website www.pagemill280.org covering a wide range of signalization issues.



The old access road that led to portables (inset) has been transformed into a multi-lane drop-off zone.



New Routes to GUNN

Parents who have to drop off or pick up their children at Gunn High School will appreciate the improvements that have been made over the summer. Of course, the best thing for the environment is for students to walk or ride their bicycles to school. Both of these methods have benefited from the opening of improved sidewalks and bike trails along Miranda Avenue and into Gunn. Along with drop-off and pick-up enhancements, modifications have been made in turn lanes, traffic-light timing, bicycle/pedestrian paths, and a bicycle

bridge now exists to cut into campus from the Bol Park Bike Path.

There are now two routes into Gunn for drop-off and pick-up — the traditional main entrance and a brand new route via the old Miranda access road. What used to be a fire access road to the west side of campus and several portables is now a four-lane drop-off, providing a drop-off and passing lane inbound, with an easy turnaround circle, to another drop-off and passing lane outbound, back to Miranda. About 400 linear feet of curbside drop-off with a much more open, welcoming entrance to the west side of the Gunn campus are the result.

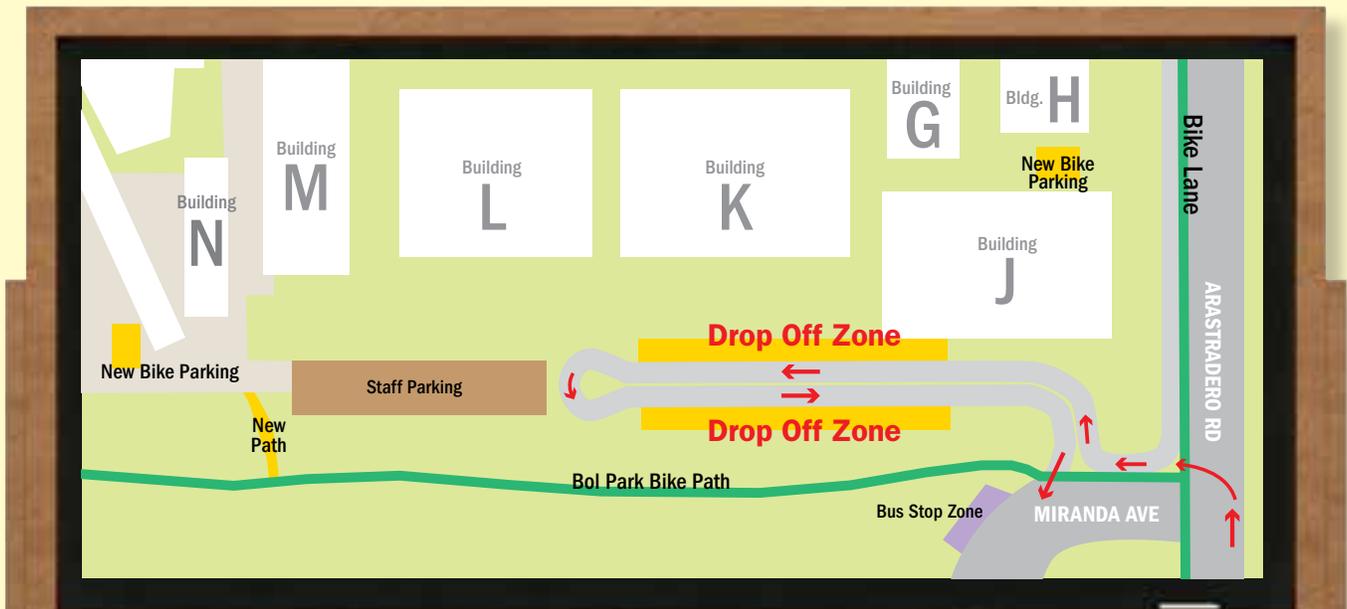
The Miranda entrance is now for drop-off and pick-up *only* — no parking is allowed. Note that cars can only make a right turn onto Miranda when exiting. U-turns or drop-offs will not be allowed on Miranda. The County Sheriff and Palo Alto Police Department have been enforcing these new driving regulations.

Individuals who have to park must enter Gunn via the main entrance. When using the main entrance, note that only carpool vehicles can drop off students by the front office. Parking or waiting at the curb along this route will not be permitted.

Parents who are dropping off a single student via the main entrance should continue through the route, continue back, turn left before the gym, and left again at the covered drop-off area; then complete the loop back to the main driveway. For single student and carpool drop-offs and pick-ups, drivers will find that the Miranda route will be much better than facing heavy traffic on the way down Arastradero Road to get to the main entrance to Gunn.

The Miranda enhancements made it into the first phase of the Strong Schools Bond program thanks in part to the California Environmental Quality Act, which mandated a traffic review. That process allowed the town's education committee to demonstrate that the District's desired capacity increase at Gunn (to 2,300 students) could not be achieved without a second, formal entrance. What was once an unfunded partially-defined future concept became a Phase 1, fully-funded \$2 million project that was completed this summer in time for the new school year.

All students and parents should be sure to review their back-to-school packet to familiarize themselves with the new routes. For additional information, visit www.gunn.pausd.org/transportation.



As our loved ones age, we often worry about their physical and mental health. Many older adults face the loss of physical abilities that may prevent them from engaging in previously enjoyable activities. In addition to physical challenges, seniors often experience the loss of a spouse, the separation of loved ones, and loss of social interaction. These transitions and losses can lead to depression and anxiety.

Depression in seniors often goes untreated because people think depression is a normal part of aging. On the contrary, depression is not typically associated with aging process. Feeling sadness and experiencing grief are normal, temporary reactions to loss of any kind, but depression is different.

Symptoms of depression in seniors may look different than depression in adults and children. Depression in seniors includes the following symptoms for weeks at a time:

- Problems with memory, thinking, and concentration
- Loss of interest in previously pleasurable activities
- Loss of appetite or weight loss
- Inability to sleep, or sleeping too much
- Feeling worthless or helpless
- Persistent aches and pains
- Social withdrawal and isolation
- Suicidal thoughts, thoughts of not wanting to be here anymore
- Increased use of alcohol or drugs

Depression is a treatable medical condition. Avoiding treatment, trying to fix things ourselves, or just waiting for the feelings to go away, does not work. Older adults may also suffer from anxiety which can interfere with their daily lives.

With treatment, seniors can return to many of the things they used to do and enjoy their lives once again. The Older Adults Transitions (OATS) program at El Camino Hospital specializes in helping seniors overcome depression and anxiety. The program provides individualized treatment, which can include therapy and medication management.

To learn more about the OATS program, please call 650-940-7138 or visit www.elcaminohospital.org/OATS.

UNDERSTANDING Depression and Anxiety IN OLDER ADULTS





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 October 1, 2014.**

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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 Radford, Mayor
Courtenay Corrigan, Vice Mayor
John Harpootlian
Rich Larsen
Gary Waldeck

City Manager

Carl Cahill

CALENDAR



Sept 6

Sat., 3:00 – 8:00 pm

Hoedown

See page 5 for complete details. This free event will be held at Westwind Community Barn. Food and beverages will be available for purchase.

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Sunday, 2:00 – 4:00 pm

“Growing Up in the Hills”

Location: Town Hall
This is a one-hour presentation about what it was like to grow up in

Los Altos Hills through the eyes of the children of Lucile and David Packard. Sponsored by the Los Altos Hills History Committee as part of their ongoing oral history project. Reception immediately following.

Oct 12

Sunday, 2:00 – 5:00 pm

Art Exhibit Reception

Reception for artist Susanne Karlak’s fine art photography exhibit “Painterly Photographs.” Also on display will be photographs by Los Altos

Hills Youth Commission member Tiffany Zhong. For more information, call 650-941-8073.

Nov 30

Sunday, 6:00 pm

Los Altos Festival of Lights Parade

Bringing the community together to share the warmth of the holiday season. One of the most popular events of the year. Keep your eyes out for the Los Altos Hills Parks and Recreation float! www.losaltosparade.com.



Dec 7

Sunday, 1:00-4:00 pm

Holiday Barn Lighting

The event features arts and crafts, pony rides, petting zoo, Santa, cider, cookies, and wine. Community and school groups interested in performing at the Barn Lighting contact Sarah Gualtieri at 650-947-2518.

Calendar events are also posted on Town’s website: www.losaltoshills.ca.gov

