



# OUR TOWN

THE OFFICIAL NEWSLETTER OF THE TOWN OF LOS ALTOS HILLS

SEPTEMBER 2017



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## EARLY SILICON VALLEY MILESTONES

**1844**

Juana Briones de Miranda purchased Rancho La Purísima Concepción (which contained land now known as Los Altos Hills). Briones was an iconoclastic entrepreneur, landowner, and change agent for women.

**1857**

Martin Murphy, Jr., who was on the first wagon train to traverse the Sierra Nevadas in 1844, purchased 3,000 acres from Briones. The Murphy family was successful in farming and represented the risk-taking pioneer spirit that now embodies Silicon Valley.

**1939**

Town resident David Packard and William Hewlett created the company which would become HP. HP was one of the first true high-tech partnerships with the Stanford University's Dean of Engineering Fred Terman.

**1962**

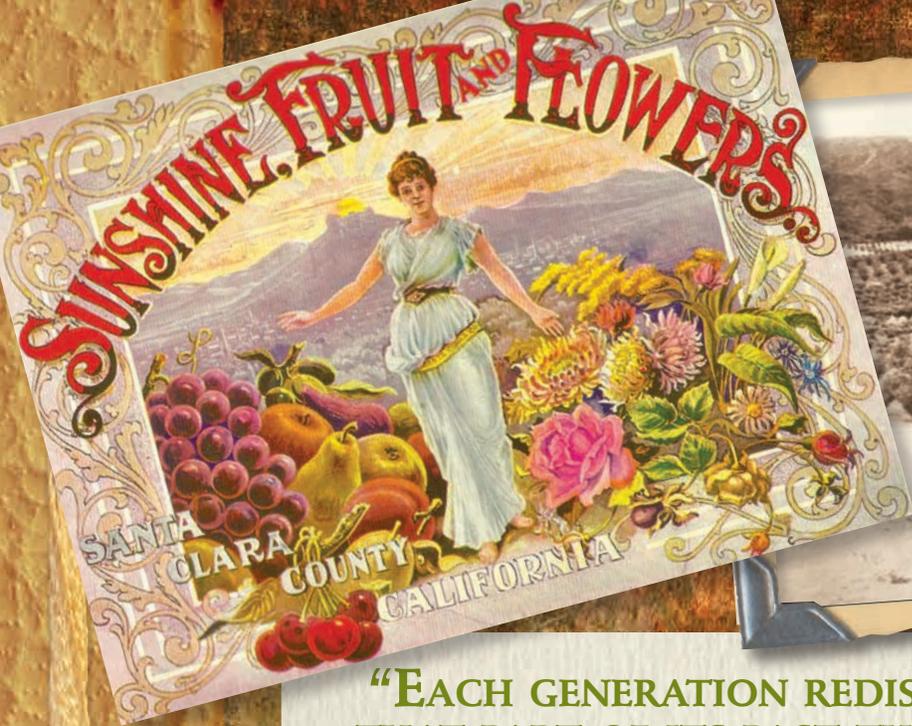
Mary Davey and Wallace Stegner founded the Committee for Green Foothills. This forward-thinking environmental group helped develop the business model that has created much of the open space in the Bay Area. The model has also been replicated across the nation.



## Preserving a History of Innovation

Long-time residents of Los Altos Hills have witnessed a remarkable transformation of Santa Clara Valley, from the “Valley of Heart’s Delight” to modern-day Silicon Valley. From even the earliest Spanish settlers in the region more than 200 years ago, a common thread is evident — then as now, a pioneering, risk-taking mindset characterizes each new wave of “settlers.” Whereas the Valley of Heart’s Delight was a geographic phenomenon, Silicon Valley is a state of mind. It is the result of unique partnerships between education and business — reflecting the initial efforts of Stanford University’s Fred Terman, “the father of Silicon Valley” — that led to the explosive growth of businesses driving innovative new technologies. One such business, Fairchild Semiconductor — arguably the progenitor of modern Silicon Valley — served as the jumping-off point for Gordon Moore and Eugene Kleiner, two town residents who were among the most influential individuals in the early history of Silicon Valley. [CONTINUED ON PAGE 2]





## “EACH GENERATION REDISCOVERS AND REEXAMINES THAT PART OF ITS PAST THAT GIVES ITS PRESENT NEW MEANING, NEW POSSIBILITY, AND NEW POWER.”

One resident who witnessed the valley's phenomenal transformation was Wallace Stegner, a Pulitzer Prize-winning novelist, environmentalist, and historian. In the early 1980s, Stegner lamented the passing of a thriving agricultural era: “Silicon Valley is probably good [however,] the Valley of Heart's Delight was a glory. We should have found ways of keeping one from destroying the other.”

Stegner's lament underscores the double-edged sword of progress: although some aspects of life get better or easier, there is always a cost. That cost comes in many forms: the loss of a simpler way of life, increased traffic, suburban sprawl, loss of open space, and so forth. Another subtle cost is the loss of the stories of the founders and early settlers whose values and visions created and sustained a particular region. When their stories are forgotten, an important part of its history and wisdom for the future is immutably lost.

Just a year ago, acclaimed documentary filmmaker and historian Ken Burns delivered an inspiring commencement address on the importance of preserving history. “I am in the business of memorializing — of history,” he said. “It is my job, however, to remind people — with story, memory, anecdote, and feeling — of the power our past also exerts, to help us better understand what's going on now. It is my job to try to discern patterns and themes from history to enable us to interpret our dizzying, and sometimes dismaying, present... Over [four] decades of historical documentary filmmaking, I have also come to the realization that history is not a fixed thing, a collection of precise dates, facts, and events that add up to a quantifiable, certain, confidently known truth. History is a mysterious and malleable thing, constantly changing, not just as new information emerges, but as our own interests, emotions, and inclinations change. Each generation rediscovers and reexamines that part of its past that gives its present new meaning, new possibility and new

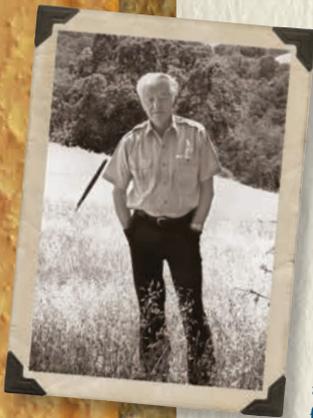
power. The question becomes for us now — for you especially — what will we choose as our inspiration? Which distant events and long dead figures will provide us with the greatest help, the most coherent context, and the wisdom to go forward?”

The past informs the present. Indeed, this very sentiment is expressed in the plaque that is installed in Town Hall: “*May these gifts of the past serve as remembrance of the original town and the reasons for which it was incorporated.*” That is to say, the town founders did not want the town's history and values to be forgotten. That conviction was the impetus for the Los Altos Hills History Committee (LAHHC) that was formed in 2007 to recognize and preserve the town's heritage and improve its future.

The committee has recognized the urgent need to use technology, much of it introduced to the world by town residents, to capture the history of the town. Current chair John Swan stated, “We have a rich history as a community and we need to capture it, learn from it, and pass it on for future generations.”

To that end, the LAHHC is embarking on an ambitious awareness campaign in order to accomplish three goals. First, to digitize the town's historic documents so they can be available for research on the internet. Second, to use the town's 60th Anniversary History Anthology [[www.losaltoshills.ca.gov/document-center/view/677](http://www.losaltoshills.ca.gov/document-center/view/677)] as a model for an expanded version that captures history from many different perspectives over several generations. Third, to digitally archive Dick Henning's 50 years of Celebrity Forum lectures. Swan added, “We need to preserve talks from world leaders such as Margaret Thatcher, Mahatma Gandhi, former U.S. presidents, scientists, artists, and innovators. We also must capture before it is too late our own local visionaries so lessons learned are not forgotten.”

The LAHHC will kick off this campaign with a free event, The Innovators of Los Altos Hills, in September [see facing page for details]. For further information or if you want to help the LAHHC accomplish its goals, please email John Swan at [John.Swan7@gmail.com](mailto:John.Swan7@gmail.com).

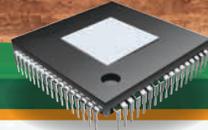




# INNOVATORS OF LAH

SUNDAY SEPT. 24 ★ 2:00-4:00 PM

GARDNER BULLIS SCHOOL AUDITORIUM



## MEET LOS ALTOS HILLS' INNOVATORS WHO ARE CHANGING THE WORLD

From Public-Private Partnerships to Silicon Chips to Computer Software to DNA Analysis

How does Silicon Valley continue to be the innovation capital of the world?  
Dick Henning will lead a discussion with some of Silicon Valley's  
most notable leaders both in industry and philanthropy.



### DICK HENNING - MODERATOR

Founder of the Foothill College Celebrity Forum which is celebrating its 50th year. The series showcases thought leaders, such as U.S. Presidents, foreign Heads-of-State, scientists, authors, musicians, and economists.



### BILL COLEMAN

Founder and CEO of BEA Systems as well as Chairman for multiple Silicon Valley companies. Bill is currently CEO of Veritas and founded the Coleman Institute for Cognitive Disabilities.



### BECKY MORGAN

California State Senator until 1993, when she left to become CEO and President of Joint Venture: Silicon Valley, a nonprofit invaluable to the development and economic strength which Silicon Valley enjoys today. She co-founded the Morgan Foundation, which awards grants to youth programs, education and environmental conservation.



### JIM MORGAN

As CEO of Applied Materials from 1977-2003 and Chairman until 2009, he had a major impact on the microelectronics technology and instrumental in the semiconductor industry. He currently holds several board positions and authors multiple books on business strategy.



### ANNE WOJCICKI

Co-Founder and CEO of 23andMe as well as Principal and Founder of Los Altos Community Investments, which is a downtown organization seeking to keep Los Altos a unique, vibrant and family-friendly place to live.

### YOU MUST RSVP TO ATTEND THIS FREE EVENT

Please visit [www.losaltoshills.ca.gov](http://www.losaltoshills.ca.gov) to reserve your seats.  
Seating is limited. Reserve your seats today!


**ROAD  
WORK  
AHEAD**
**FROM THE CITY MANAGER**

On June 15, 2017, the town council approved a \$14.98 million budget, which includes capital investments of \$1.9 million in streets and \$900,000 in sewer. With a steady housing market and site development activities in Los Altos Hills, the general fund is expected to add \$700,000 to the reserve by June 30, 2018, bringing total reserve to \$12.7 million. Although the town's reserve balance has been growing, the council is sensitive to the pending increase in pension costs and has set aside an additional \$1.0 million for pension reserve and has committed to conduct a pension prefunding study to establish a strategic pension cost stabilization plan.

The start of the town's new fiscal year also begins the start of the annual capital improvement program. Street repairs by far are the town's largest annual capital expenditure. The table below shows the streets that are scheduled for pavement work this summer. The Town Public Works Department will be notifying residents by mail of projected dates for street repair.

**Addressing Town Issues**

Do you have an issue that you feel needs the town manager's attention? Please do not hesitate to contact me by phone 650-947-2514 or email [ccahill@losaltoshills.ca.gov](mailto:ccahill@losaltoshills.ca.gov) to schedule an appointment. You are also welcome to stop by Town Hall on Mondays between 1:30 – 2:30 pm without appointment to meet with me to discuss your topic of concern.

*Carl Cahill, City Manager*

**2017 Pavement Rehabilitation and Drainage Improvement Projects**

<b>STREET</b>	<b>FROM</b>	<b>TO</b>	<b>TYPE OF WORK</b>
Albertsworth Lane	Magdalena Road	End	4" AC Remove and Replace
Alexander Place	Fremont Road	End	Microsurfacing & Digouts
Almaden Court	End of 4th Parcel (South)	End	4" AC Remove and Replace
Amherst Court	Liddicoat Drive	End	Microsurfacing & Digouts
Atherton Court	Robleda Road	End	4" AC Remove and Replace
Byrne Park Lane	27233 Deer Springs Way	First bulb	4" AC Remove and Replace
Carado Court	Miranda Road	End	4" AC Remove and Replace
Colina Drive	Hilltop Drive	End	Microsurfacing
Dawson Drive	Magdalena Avenue	End	Microsurfacing
Dawnridge Drive	Magdalena Avenue	End	4" AC Remove and Replace
Estacada Way	Estacada Drive	End	Microsurfacing
Fernhill Drive	Camino Hermoso Drive	End	4" AC Remove and Replace
Fremont Road	Fremont Road	at Concepcion Road	Install Crosswalks
Harvard Court	Liddicoat Drive	End	Microsurfacing & Digouts
Liddicoat Circle	14414 Liddicoat Circle	14542 Liddicoat Circle	Digouts & Concrete Curb
Liddicoat Drive	Arastradero Road	Liddicoat Circle	Microsurfacing
Melody Lane	Black Mountain Road	End	Microsurfacing
Middle Fork lane	Three Forks Lane	End	Microsurfacing
Miranda Court	Miranda Road	End	Microsurfacing
Miranda Road	Fremont Road	Estacada Drive	Microsurfacing & Digouts
Newbridge Drive	La Paloma Road	Both Ends	2" Overlay & drainage improvement
Old Page Mill Lane	Page Mill Road	End	Microsurfacing
Olive Tree Lane	Blandor Way	200' W of Olive Tree Court	4" AC Remove and Replace
Oneonta Drive	Stonebrook Drive	End	4" AC Remove and Replace
Palo Hills Drive	Fremont Road	End	Microsurfacing
Paseo Del Roble Drive	Page Mill Road	Page Mill Road	2" Overlay
Purissima Road	Corner of Purissima Road	Robleda Road	Concrete Curb
Ravensbury Avenue	Corner of Ravensbury Ave.	Old Ranch Road	Digout
Rhoda Drive	Purissima Road	End	4" AC Remove and Replace
Stanford Court	Liddicoat Drive	End	Microsurfacing & Digouts
Stonebrook Court	Stonebrook Drive	End	Microsurfacing
Templeton Place	Fremont Road	End	Microsurfacing
Tripoli Court	Natoma Road	End	4" AC Remove and Replace
Via Feliz	Page Mill Road	End	Microsurfacing
Vista Del Valle Court	Taaffe Road	End	Microsurfacing
Weston Drive	Fremont Road	End	Microsurfacing
Westwind Way	Concepcion Road	La Paloma Road	Microsurfacing
Willow Pond Lane	Tepa Way	End	4" AC Remove and Replace

**O**n June 27, 2017, the town launched Los Altos Hills Connect, a custom mobile app powered by SeeClickFix. With this app, residents can connect directly with the town about quality-of-life issues in their neighborhoods like potholes, graffiti, and illegal dumping.

## Los Altos Hills Connect App

Now Available for Residents

The ability to include descriptions, pictures, and videos of the issue will help the appropriate department to get the job done more quickly and efficiently. With Los Altos Hills Connect, when a resident reports an issue, it will go directly into the town's issue management system, streamlining the process from report to resolution. The town hopes to engage more residents in the service delivery process, and keep them updated about all the work that the town has been doing and will continue to do.

The Los Altos Hills Connect application can be downloaded to any mobile device, (Apple App Store, or Google Play for Android) or residents can use a desktop computer to transmit their reports of street and pathway maintenance, potholes, fallen tree limbs, traffic signal outages, and more. Reporting widgets are on the city's website at [www.losaltoshills.ca.gov](http://www.losaltoshills.ca.gov) and Facebook page. Find out more about this exciting new tool on the town's website: [www.losaltoshills.ca.gov](http://www.losaltoshills.ca.gov).

The mobile and web tools will allow for the inclusion of photos, video, descriptions, and automatic geolocation. In addition, residents can be kept in the loop about progress on issues and can connect with other town news and services as well.



### Short Term Rentals Update

**O**n April 20 the town council directed staff to work with the Planning Commission to develop an ordinance to regulate short term rentals (rental of homes or rooms for less than 30 days). The Planning Commission considered a draft ordinance on August 3 and will be forwarding a recommendation to the town council. Anyone interested in being added to the mailing list to receive notification of public meetings on this topic should contact Senior Planner Marni Moseley ([mmoseley@losaltoshills.ca.gov](mailto:mmoseley@losaltoshills.ca.gov)).

### Building Division Changes

**A**ustin Hancock (pictured below) has been serving as Building Technician since April 2015. In May, Austin completed training and passed a written exam to receive his residential building inspection certification. He is now doing field training and will soon be taking over as the town's regular building inspector. Veronica Flores is training to take over as the building technician. Veronica has been working for the town since September 2016. The transition for these two positions should take place before the end of the year. CSG Consultants will continue to serve as the structural plan checker for the town.

### New Permit Tracking Software

**S**taff has been working on the implementation of a new permit management and tracking system (TRAKIT) as part of the Town's effort to improve and enhance service to residents. The acquisition of the new permit software was approved by the town council as part of the 2016-17 budget. The new permit software will allow for more efficient and consistent tracking of projects and permits, and will include a resident portal that can be used to check the status of a project or permit, or to report a problem or make a work request. Data entry workbooks will be completed by late August with testing scheduled to begin in September. The new permit system is anticipated to go live in late March 2018.



Suzanne Avila, AICP,  
Planning Director

## EMERGENCY NOTIFICATIONS

Please sign up to receive the Town's emergency alert notifications. Nixle is the emergency notification system used by the Town to provide emergency warning and instructions to the community. Please consider registering your cell phone, email address and landline. You may sign up one of three ways:

- Please visit: [www.losaltoshills.ca.gov](http://www.losaltoshills.ca.gov)
- Or your zip code to 888777 to opt-in.
- Or visit Nixle directly: <http://www.nixle.com/>



# The Life of the Coast Redwood

**T**he Coast Redwood (*Sequoia sempervirens*) is also known as the California State Tree, the Monumental Tree, and Nature's Tree. It has existed for one hundred million years, and previously extended across two million acres of western North America. It is now restricted to about 20,000 acres on the west coast, in patches along a strip from Oregon to central California that is roughly 310 miles long and 3 to 5 miles wide.

Fossils show that the redwood's structure is virtually unchanged from prehistoric times. Many trees currently living are over 600 years old. Redwoods don't set seed until they are at least ten years old. This tree has many adaptations; it is fire tolerant, self-watering, and readily re-sprouts when damaged. Climate is the main limiting factor,

restricting the geographic range to where the trees can flourish.

Redwood is a keystone species in the state's coast ranges. A keystone species is the one plant or animal whose protection will also protect a broad range of additional species. This is only true when the keystone species is in its native environment. Planting redwoods for landscaping inland, outside of its native environment, does not usually provide the same benefit.

The redwood grows best where summers are cool, with dense damp fog but no precipitation, and where winters are mild with frequent rainstorms. Its leaves and branches collect moisture from the fog, and drip it to the ground. Dense redwood groves create a moist microclimate for other plants, and a unique experience for humans.



*The native Stellar's jay, with a bright, deep blue body and a black head with a crest, is common in the redwood forest. It is clever, curious and communicative.*



*Redwood bark is fibrous and at least a foot thick, making it extremely fire-resistant. The leaves, roots, bark and wood also contain terpenoids and tannic acid that protect them from insects.*



*The Marbled Murrelet is listed by the state as Endangered and the federal government as Threatened. It lives at sea and nests high in old-growth redwood and*

Redwood leaves are adapted to collect moisture from the air and drop it to the roots, so the tree thrives in areas with consistent summer fog. Redwoods grow less vigorously elsewhere unless given ample water in the summer. The best habitat for redwoods is in the coastal range fog belt.



There are salamanders that live on the ground of the redwood forest, and there are arboreal salamanders that live high in the microhabitats found in the tops of the redwood trees.

Douglas fir forests on the west side of the coast ranges. Big Basin is designated as Critical Habitat for this species.



The redwood forest understory contains interesting plants, including trillium, ferns, redwood sorrel, and a native rhododendron. Understory trees include Pacific madrone, California bay, and bayberry.



The western gray squirrel is one of the most common mammals in the redwood forest. It has a distinctive chatter, and a fluffy gray and white tail. Nests are built in trees, and resemble a mass of leaves caught in a branch.



The redwood forest is home to black-tailed deer, chipmunk, bats, coyote, raccoon, striped skunk, and bobcat.

The redwood tree supports multiple ecosystems, both at the base of the tree and high above in the branches, which may be 200-300 feet (20-30 stories), above ground and have a completely different micro-climate. Scientists from universities in California currently scale the trees to document these ecosystems and the redwood's response to changes in climate. The largest redwood trees have been given names. Large redwoods can be found in Big Basin State Park and the Purissima Creek Redwoods Preserve.

Multiple adaptations have helped this species survive for millions of years. It has extensive, shallow root systems that provide strength in severe winds. It contains tannin which makes it resistant to insect, and fungal attack. And the thick bark helps the tree survive fire. Its' continued survival will depend on both conservation and successful adaptation to climate change.

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

# THE VAMPIRE IN MY



# HOUSE

Your utility bill in Los Altos Hills is likely a couple times higher than the California average. Why is that? You likely have EnergyStar appliances, rarely use air conditioning, and are good about turning things off when they're not needed. Square footage and age of home have something to do with it, but it's not the difference factor given how low heating and cooling costs are compared to the total bill for Northern California homes. The likely culprit? All the things – entertainment systems, home offices, game consoles, wine coolers, appliances, pumps and fans – plugged in and humming away. This is called your “plug load” or “vampire load.” Roughly one third of a Northern California home's utility bill comes from keeping these things running, and the biggest problem, or opportunity really, is that most of the times they are not in use, but still sucking energy. Reducing these energy vampires can be done overnight for the cost of a few Philz coffees. If Los Altos Hills residents took action on this today, they would reduce energy use (and utility bills and GHG emissions) by 10% or more.

Why are you just hearing about this if there are a few hundred dollars of found money to be saved annually and residents can lower our town's energy use immediately? Three explanations:

1. Over the last 10 years, plug load has increased by 15% as people add more electronics and appliances and power more of their home with electricity instead of gas. It's now a large enough portion of a bill that simple, low- to no-cost options have real returns in terms of cost savings and energy reduction.
2. Home improvement contractors haven't prioritized plug load: Let's be honest, installing smart strips and timers to reduce plug load is much less sexy (and costly) than getting a whole-home retrofit or replacing your HVAC, windows or insulation. If you follow the money, more

than 80% of utilities' efficiency budgets – which are roughly half a billion dollars a year – go towards upfront rebates for appliances and energy-related home upgrades. A new PG&E program is attempting to shift the funding to better match the energy savings opportunities.

3. No home is the same, so picking an item off a checklist of 10 energy efficiency tips is not the most effective way to intelligently pinpoint the “energy hogs” in your house. So, what can you do?
  1. Learn more. There are lots of good online resources ranging from simple to more detailed. A good introduction can be found at [www.furnacecompare.com/energy-efficiency/energy-vampires.html](http://www.furnacecompare.com/energy-efficiency/energy-vampires.html). This is a commercial site for a HVAC provider in Minnesota but they have an excellent page with useful information. For a deeper dive into how vampire loads affect California energy users, see this NRDC report at [www.nrdc.org/sites/default/files/home-idle-load-IP.pdf](http://www.nrdc.org/sites/default/files/home-idle-load-IP.pdf). For a more basic introduction, go to the DOE website <https://energy.gov/articles/4-ways-slay-energy-vampires-halloween>
  2. Check out DIY energy efficiency toolkit from a Santa Clara County library. This toolkit is available at all Santa Clara libraries, including Los Altos and contains instructions and tools to help reduce your home's energy use: [www.sanjoseca.gov/DocumentCenter/View/32051](http://www.sanjoseca.gov/DocumentCenter/View/32051). It is an outstanding resource and a great project for older children.
  3. Enroll in PG&E's new energy saving program targeted at plug loads. HomeIntel is an online smart audit and personalized energy coach to help homeowners reduce their plug loads. You can get more information at [www.hea.com](http://www.hea.com). Reducing your energy use saves you money, gets rid of useless waste and lowers your GHG emissions.



*Lisa Schmidt, a 25-year resident of Los Altos Hills, is passionate about preserving nature and energy conservation.*

“The best part of home winemaking is giving the wine away to friends,” says Peter Wolken, who cultivated grapes and made wine at his Los Altos Hills home for 40 years. Like many of his contemporaries, Wolken recently turned over management of the vineyard and winemaking to La Honda Vineyards, yet he is still eager to share his knowledge of the craft. His Cloudstone 2013 Blend will be among the many vintages available to taste during Vines & Wines 2017.

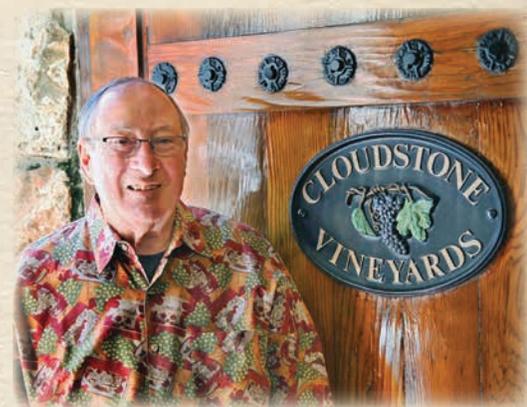
## Taste Friendship AT Vines & Wines



In the beginning, Wolken planted Zinfandel grapevines on the sunny, west-facing slopes near his house. “At the time Zinfandel was the wine grape most often planted in California, and the vines did very well,” says Wolken. Not content with results from a single grape, he began blending. In 2013, he went so far as to uncork 300 bottles of Zinfandel, add eight percent Petite Syrah and four percent Malbec and then re-bottle the whole batch. “The wine was much improved,” says Wolken.

Vines & Wines 2017, sponsored by Hills2000, will offer tastings of wine made by residents who either grow their grapes or make their wine in Los Altos Hills. More than 22 local vintners will be pouring their wines. Seasonal appetizers and a selection of cheeses will be paired with the wines.

“Los Altos Hills is not a designated appellation, and none of the growers are licensed to sell wine commercially. Yet these winemakers put their hearts into their bottles,” says Duffy Price, chair of the volunteer committee working on



the event. “The winemakers’ reward is seeing friends and neighbors enjoying the fruits of their labor.”

Vines & Wines takes place October 15 from 2:00 to 5:00 p.m. at Town Hall. Tickets are \$25 per person and may be purchased at [www.hills2000.org](http://www.hills2000.org). If the event is not sold out, tickets at the door will cost \$50 each. Already more than 200 tickets have been sold. Because attendance is limited to 250 people, advance purchase is recommended.



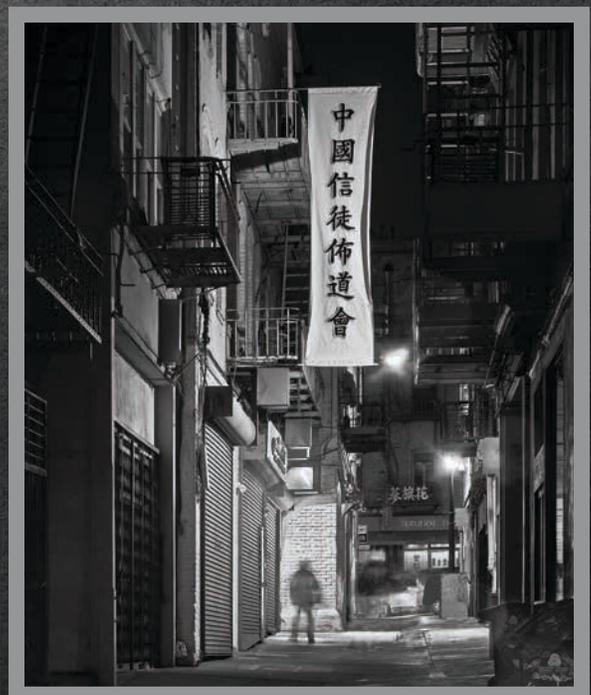
# SEEING *in* Black & White

“Seeing in Black & White,” a photography exhibit by Tom and Marjorie Green will be on display at the Los Altos Hills Town Hall from September 28, 2017 to March 2018. The public is invited to attend the artists’ reception, featuring live music, wine, and refreshments, on Sunday, October 8 from 2:00 pm to 5:00 pm at Town Hall. Later, on Friday, November 3, the artists will conduct an “art walk and talk” about their exhibited works from 10:00 am to 12:00 pm at Town Hall.

Town residents Tom and Marjorie Green are fine art black-and-white photographers. Their photographs reflect urban, industrial, and rural works of man. They find beauty and design in common objects and capture how they work with light and shadow to evoke a mood or story. Their images show a masterful attention to detail, tonality, and composition to create a unique style. Subjects and scenes range from present day to a world almost a century

ago. These scenes can be urban streets, abandoned factories, ghost towns, old barns or decaying cars. Tom shoots with a digital camera that has been converted to infrared. On the other hand, Marjorie shoots in color and processes the images into black and white.

Many of their images have won placement in juried photography shows, as well as publication in international photo magazines.



## UNDERSTANDING

# the Modern Young Adult



he term “failure to launch” is commonly used to describe young adults who struggle transitioning from youth to the independence and responsibilities associated with adulthood. Young adults can have difficulty living outside of the family home, have little motivation for work or school, and can become paralyzed by looming decisions about the next phase of life. Not surprisingly, societal expectations contribute heavily to symptoms of stress during this transitional time. Today, young adults seem to be experiencing this intense period differently than previous generations.

Take for example, Josh a transitional age youth who chose to attend a local community college instead of leaving the area for a four-year university like several of his friends. He continued living at home and took one or two classes at a time while he figured out his next steps. However, his motivation towards school declined and it became challenging

for him to make it to campus even one day a week. He contemplated dropping out and spent most of his time at home on the computer playing games or using substances to pass the time. As he continued to isolate himself and his mood worsened, it became clear to his parents that something had changed. Josh wasn't the same young man who enjoyed high school, had a solid social group, and was regularly active. It seemed that out of nowhere, Josh became “stuck.”

Understanding when normal ups and downs of life have become something more significant that should be assessed by a professional can be challenging. Many families have young adults living outside of the home and it becomes even harder to notice these changes without daily, in-person interaction. Josh's parents attributed the change to Josh being “lazy” and having no drive to succeed. Josh's friends didn't notice a change because Josh portrayed a life on social media that was contrary to what he was experiencing. From Josh's perspective, he was ashamed and considered himself a failure. It didn't occur to him or his family members, that this could be something more.

This story is repeated all too often with young adults. The pressure of achievement is at an all-time high with difficulties being classified as failures and grades and accomplishments being the primary measures of success. Recognizing the needs of this specific age group, El Camino Hospital

created the ASPIRE Transitional Aged Youth (TAY) Program that works with young adults age 18 to 25 to teach skills to help them effectively manage feelings of depression and anxiety in a healthy way. The program includes multi-family group sessions to provide a common language for parents/support persons to participate in the process. The primary goal of this group is to share the variety of symptoms that can be experienced with a mental health condition and to teach that this experience of “being stuck” is not voluntary nor should it be considered shameful.

Parent roles and expectations will likely need to shift to provide support to a generation that is paving a path that includes new advances, opportunities and experiences. The typical trajectory of completing high school, attending a four-year university, and then starting a successful career are no longer necessarily sequential steps. We can begin by validating the struggles that young adults are facing and working together to consider additional pathways to fulfillment and wellness.

For information about the ASPIRE TAY Program at El Camino Hospital, please call 866-789-6089 or visit [www.elcaminohospital.org/aspire](http://www.elcaminohospital.org/aspire).





**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 2, 2017.**

Printed with soy-based inks. International Paper, the manufacturer of the paper, has earned Sustainable Forestry Initiative and Forestry Stewardship Council dual certification.

[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.

Editor: Alexander Atkins

Associate Editor: Glen Reed

Contributing Writers: Ann Duwe, Daniela Friedmann, Lisa Schmidt, John Swan, Tay Vanderlip

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**Los Altos Hills City Council**

Gary Waldeck, Mayor  
John Radford, Vice Mayor  
Courtenay Corrigan  
Roger Spreen  
Michelle Wu

**City Manager**

Carl Cahill

**CALENDAR**

**Sept 9**

Sat. 3:00 - 8:00 pm

**Hoedown**

Held at Westwind Community Barn, the event features Capelo's BBQ for purchase, live music, horse show, and arts and crafts.

**24**

Sunday, 2:00 - 4:00 pm

**Innovators of LAH**

See pages 1-3.

**October 3**

Tuesday, 10:00 am

**Monthly Senior Walk**

Residents meet on the first Tuesday of every month. All hikes are roughly two miles long. All ages welcome. During the Fall/Winter months, the group will be starting at Town Hall.



**8**

Sunday, 2:00 - 5:00 pm

**"Seeing in Black & White"**

Art Exhibit and Reception  
All are invited to attend the artists' reception at Town Hall. The reception will feature live music, wine, and refreshments.



**15**

Sunday, 2:00 - 5:00 pm

**Vines and Wines**

This event is hosted by Hills2000 and will be held at Town Hall. To register visit: [friendsofthehills.org](http://friendsofthehills.org).

**20**

Friday, 6:30 - 9:30 pm

**Halloween Middle School Lock-In**

The Youth Commission is hosting this middle school event. There will be games, music, costume contest, movies, snacks, and more Halloween-themed fun!

**26**

Thursday, 11:00 - Noon

**Trick or Treat and Tour Los Altos Hills Town Hall**

An exciting opportunity for preschoolers to dress up



**Nov 4**

Saturday, Noon - 2:00 pm

**Art of Antipasti**

In this cooking class you will make a variety of small plates that is sure to impress. Register today on the town's website.



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