



OUR TOWN

THE OFFICIAL NEWSLETTER OF THE TOWN OF LOS ALTOS HILLS

DECEMBER 2018



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1802

Juana Briones is born near Santa Cruz.

1820

She marries the soldier, Apolinario Miranda, at Mission Dolores.

1833

Juana gives refuge to four sailors who desert a whaling ship in San Francisco Bay.

1840

A sheriff jails Apolinario Miranda for assaulting Juana. She will report him at least a dozen times.

1844

She buys Rancho La Purísima Concepción and seeks a separation from her husband. Shortly afterward, she moves to the ranch.

1889

One of the wealthiest and most beloved women in the state, Juana de la Briones y Tapia de Miranda dies in Mayfield.



Juana Briones in Los Altos Hills

Juana Briones was born in California when it was a colony of Spain. The year after she married, California became a province of Mexico. In 1850, just a few years after she bought her ranch, California entered the Union. Yet as early as the 1820s, some in the region, like Juana Briones, had begun to call themselves *Californios*, hoping, according to historian Jeanne Farr McDonnell, their homeland might one day become a country. On a dark night when the call went out, "Who goes there?" Juana and her friends might answer: "California libre!" Free California!

[CONTINUED ON PAGE 2.]



Cover: Cattle dominated California's economy during its early days and by the middle of the 19th century California leather was used around the world for belts to drive the machines of the Industrial Revolution. Juana's cattle ranch helped make her a wealthy woman. The photo shows a valley ranch in 1902, just a few years after her death. From *Historic Bay Area Visionaries and History San José*.

In 1844, Juana purchased Rancho La Purísima Concepción — the land that became Los Altos Hills — from its original grantee, José Gorgonio. Her husband had grown increasingly violent and for her own protection, she wanted the title in her own name. She learned, under Mexican law, a woman had a better chance of gaining this if she were widowed or single. She left her home in the village that became San Francisco and made the three-day journey on horseback to Mission Santa

Clara to ask her church for a marital separation.

One of the failures of the Spanish system was that it made little provision for the education of women. Juana, for all her acumen, never learned to read or write, so a priest took down her deposition, which details the beatings she suffered. She told the priest her husband, in a drunken state, had even attempted to assault their eldest daughter. “Your Lordship,” she testified, “my husband is the greatest obstacle placed before

my children, because from him they learn nothing but swearing, blasphemy, and ugly, lewd, and dissolute behavior. How will I excuse myself before God, if I do not seek, as much as I can, all possible means of ridding my family of such a bad example?”

When Bishop García Diego read the petition, he immediately asked the magistrate at Yerba Buena (the name of San Francisco then) to take measures to protect her. Local authorities were satisfied and the title to Rancho La Purísima Concepción

Above: This Louis Choris lithograph from the early eighteenth century depicts the Presidio of San Francisco at about the time Juana Briones moved there in 1812. She spent many years living near this isolated outpost. From *Historic Bay Area Visionaries and the Bancroft Library, University of California, Berkeley*.

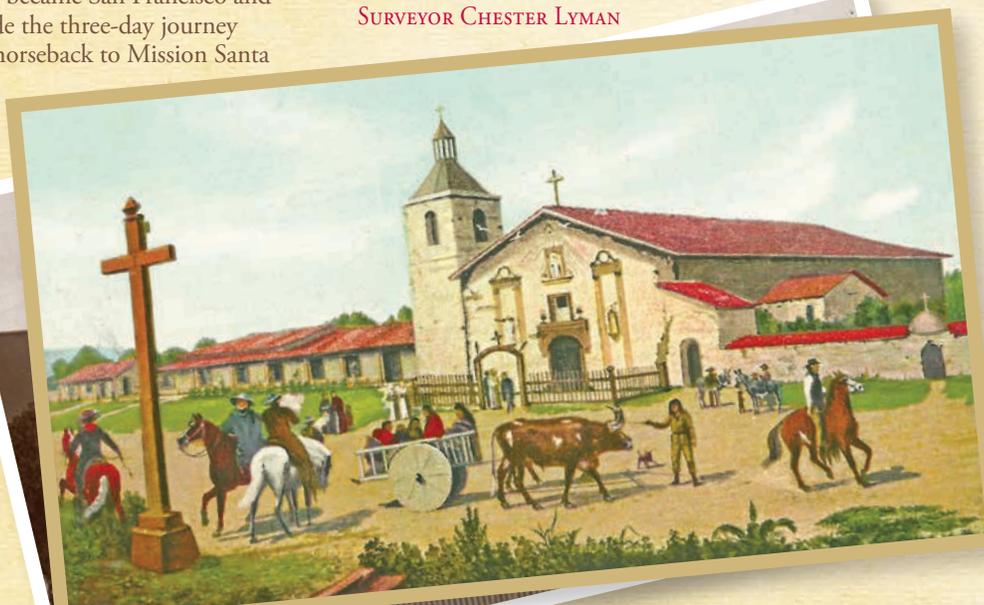
was assigned to Juana Briones.

Earlier in her life she had helped give refuge to four sailors who deserted a whaling ship not far from her adobe in Yerba Buena. One of the men was a Connecticut Indian named Elijah. His shipmate, Charles Brown, wrote that when Elijah fell and broke his jaw, Juana set it and “cured him.” Brown eventually started a sawmill business near Redwood City and historians believe it was he who supplied the lumber for her new home at the ranch. The durable redwood helped the house survive into the 21st century.

With the death of her husband in 1847, she inherited all their property. She hired the best lawyers and in the new American courts after 1850 she proved up her claims, taking one

“The family is composed of the Widow Briones, three daughters (two grown up), two or three boys, half a dozen Indians, two pet pigs in the cookhouse and fifteen or twenty dogs.”

SURVEYOR CHESTER LYMAN



Mission Santa Clara began its life in 1777 and was moved and rebuilt many times. Juana Briones came to the mission as a child and one of her children was baptized there. She came to the mission again in 1844 to request a clerical separation from her abusive husband. The last sanctuary she knew burned to the ground in 1926. From *Historic Bay Area Visionaries*.

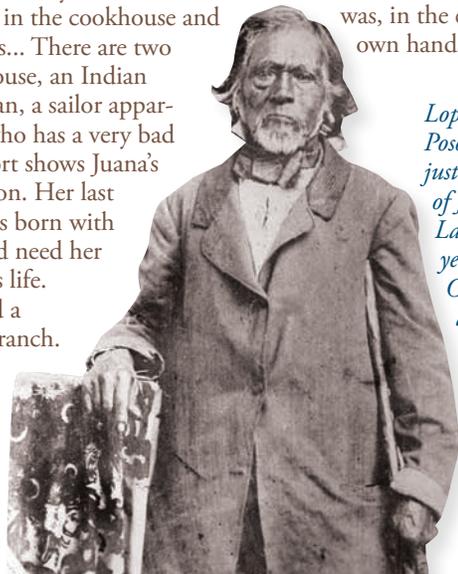


Above: The California economy changed after the Gold Rush and historians believe Juana Briones was one of the first of the valley ranchers to plant apricot orchards on her land. There are still apricot orchards on land she owned at Alta Mesa cemetery and orchards adjacent to the Taaffe House, on property she sold Martin Murphy. Her house, on Old Adobe Road in Palo Alto, was razed in 2011. From Historic Bay Area Visionaries and the Palo Alto Historical Association.

case, and winning it, all the way to the U.S. Supreme Court.

Surveyor Chester Lyman stayed with her at Rancho La Purísima Concepción as he worked to confirm her ranch boundaries. “The family is composed of the Widow Briones,” he wrote, “three daughters (two grown up), two or three boys, half a dozen Indians, two pet pigs in the cookhouse and fifteen or twenty dogs... There are two sick persons in the house, an Indian girl of fever, and a man, a sailor apparently a Portuguese, who has a very bad cough.” Lyman’s report shows Juana’s continuing compassion. Her last son, José Aniceto, was born with a disability and would need her care for the rest of his life.

Each year she held a summer fiesta at her ranch. Juana’s sister, Guadalupe Miramontes, came over from Half Moon Bay, bringing her



Lope Inigo, was awarded Rancho Posolmi near Mountain View in 1844, just a few miles away from the ranch of Juana Briones, who bought Rancho La Purísima Concepción that same year. Born into an ancient village, this Ohlone man had served as an alcalde at Mission Santa Clara, so it is likely the Briones family knew him from their many visits to the mission. Inigo’s land is well-known today: a large part of it became Moffett Field. From Historic Bay Area Visionaries and History San José.

musical family with her, which, as the late historian Mildred Brooke Hoover wrote,

“Within its own circle

formed a whole brass band and

added much to the gaiety of the occasion.”

They grilled beef in the late afternoons as the children played in the shade of the live oaks. In the evenings, everyone danced in the moonlight.

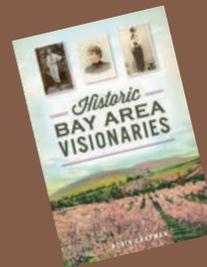
Juana Briones lived on a frontier in a time of great upheaval. She lost her mother when she was ten and as an adult faced the challenges of a violent husband, a disabled son, the deaths of four children, and her own limited education. But in a world of barriers, Juana Briones spent her life with a stepladder, climbing over and around the impediments.

Always, she reached out to help others. She had long dreamed of a California libre, her free California. If she found it among the adobe colored hills above the Santa Clara Valley, it was, in the end, through the work of her own hands and her own heart.



The life of Juana Briones has both local and international resonance and is featured in a new exhibit at the Los Altos History Museum. The exhibit, designed by resident **Alexander Atkins**, explores her roles as healer, entrepreneur, and woman of the changing California landscape. “Inspired by Juana: La Doña de la Frontera” will continue through March 2019.

Los Altos History House
51 S San Antonio Road
Los Altos



This article, the second in a three-part series by local writer **Robin Chapman**, is excerpted from her new book, *Historic Bay Area*

Visionaries, published this fall by the History Press. The book profiles six fascinating people in California’s past including Juana Briones and Lope Inigo.

This past summer the town welcomed the addition of two new department directors to the town hall staff. Let me introduce you to Nichol Bowersox, Public Works Director/City Engineer and Kelly Mayes, Administrative Services Director.

NICHOL BOWERSOX

Tell us about your current position in the Town of Los Altos Hills.

My current position is Public Works Director/City Engineer for the town. This position involves oversight of the town's public works and sanitary sewer services. So far, I have worked on the Pavement and Sanitary Sewer CIPs, various pathways and open space projects, managed various public works contracts, and maintained the town's compliance with stormwater and sanitary sewer regulatory mandates.

Prior to this, where did you work?

The first half of my career was spent learning and developing my engineering transportation and utility skills in the private sector. Halfway through my career, I decided to switch gears and try public service mostly dealing with sanitary and storm utilities and most notably with the Cupertino Sanitary District and the City of San Jose. Most recently, I was working part-time for a consulting firm as I focused on getting my high schooler ready for college.

How did the previous job prepare you for your current role?

I have been very fortunate to have worked on design, construction, management, and regulatory components of civil engineering. My design and construction experience allows me to recognize constructibility and safety issues on public works projects while my management experience has given me the tools on how to deal with the public and governing bodies. All these skills allow

me to take a holistic approach in developing solutions that would be acceptable to (most) everyone.

Tell us about your education. Where did you attend college?

I received my B.S. in Civil Engineering from Santa Clara University where more than half of my civil engineering graduating class were women. Being part of a diverse community of students in a relatively small university equipped me with the skill set to tackle professional and social challenges of employment.

What got you interested in your field?

Growing up in a developing country where transportation and utility infrastructure deficiencies were part of day-to-day living, I always wanted to find better ways of doing things. Working as a civil engineer opened my eyes to the fact that all the elements of public works are pieces in a giant puzzle or engine. It's so critical to put all the pieces or parts together to make it all work.

Did you have any mentors that helped shape your career?

I was mentored by a highly-respected civil engineer who took the time to

teach me everything that he knows about design, construction, and project management. He instilled in me the value of hard work as well as always knowing that you provided the best value and service to your customers.

What is the best career advice you ever received?

The best career advice I have ever received is to make decisions based on facts and not on emotions. This can be challenging in certain situations since we naturally empathize with others, but it's important to be consistent and fair in applying policies and rules.

What is your personal motto?

I always try to treat others how I would like to be treated. We all have good days and bad days, but we all need to treat each other with respect and kindness. Certain situations can bring out the worse character traits in people and my job is to diffuse situations, listen to the issues, and find solutions that work for everyone.

What inspires you?

The good in people inspires me everyday to be a better person and to make the world a better place. That might sound a bit cliché, but I value every "thank you", "sorry", or nod or smile and try my best to reciprocate. Hopefully, I can brighten at least one person's day.

What was the best advice your parents ever gave you?

My parents have instilled in me the importance of honesty, integrity, and grit. They emphasized doing the right thing even when it's the unpopular choice, having the strength to stand up for what you believe in, and looking at failure as opportunities for improvement.

When you are not at work, what are your favorite hobbies/activities/passion?

I enjoy running on my treadmill while watching the Travel Channel or the Food Network. The running gets me ready for all the dining "required" as part of my travel adventures.



KELLY MAYES

Tell us about your current position in the Town of Los Altos Hills.

I am the Administrative Services Director for the town. This department involves all aspects of the town's financial accounting processes, payroll, risk management and human resources functions. Since my time here, I have been working on the town's annual audit, Employee Benefit Proposition, reviewing policies and procedures related to administration to research areas and find ways to gain efficiencies, drafting the reserve policy, and working with the consultants on the Comprehensive Cost Allocation Plan and User Fee Study.

Prior to this, where did you work?

I was the finance director for the City of Kodiak, Alaska from June 2015 through May 2018.

How did the previous job prepare you for your current role?

The City of Kodiak is a full-service community due to its location on an island in Alaska. Many of the tasks that I performed were very similar to those that I do here. I worked very closely with the City Manager and City Clerk in Kodiak and learned a lot about the inner workings of city government from them.

Tell us about your education. Where did you attend college?

I received my undergraduate degree at the University of South Alabama in Mobile, Alabama. I graduated in December 2006 and began my master's degree. I obtained my CPA license the following year.

What got you interested in your field?

My mother was the first controller that I worked for part-time at 16 years old. My father passed away when I was very young and my mother was determined that I know how to manage money and take care of myself so I worked after school and weekends at a Ford dealership. I went to college to pursue an engineering degree and decided after 2 years that it wasn't for me. I went to work for a software company for 8 years while attending college in the evenings. I had many good leaders and mentors during my time there. Due to this, I pursued a career in accounting and was fortunate in my career choices and education choices.

Did you have any mentors that helped shape your career?

Many wonderful people have helped to shape my career. My mother, the CEO and CFO of the software company, a partner in the

first public accounting firm that I worked for, the partner at the last public accounting firm that I worked for, my City Manager in Kodiak, AK, and many others. I learned many lessons by paying attention, asking questions, and listening to their experiences. These things helped me to trust my intuition and make sound decisions.

What is the best career advice you ever received?

Not to be a manager that was indecisive and never made a decision. I was taught to make a decision — and if it results in a mistake then learn from it and don't make the same mistake again.

What is your personal motto?

Never ask someone to do something that you aren't willing to do yourself.

What inspires you?

Passion & enthusiasm — passion, enthusiasm, and commitment in what you do regardless if it's work, play, family. People that enjoy what they do and they throw themselves into it whole heart and soul.

What was the best advice your parents ever gave you?

"If you don't take the time to do it right the first time, then when will you have time to go back and correct it?" I've followed that rule in many things that I do personally and professionally.

When you are not at work, what are your favorite hobbies/activities/passion?

Volunteering, hiking and camping with my dog and my husband, taking pictures. I picked up photography during my time in Kodiak and it's turned into my passion outside of the office.



Building Update

The town recently hired a new Senior Building Inspector, Robert Johnson. Robert previously worked for the City of Milpitas where he served for nearly four years. He is a California native and obtained his first A.S. in construction in 2000 from the College of San Mateo, concurrent with a five-year apprenticeship program through UA local 467. He then served as an officer of that union for three years, and subsequently obtained a contractor license. In 2014, he received a degree in building inspection technology from the College of San Mateo. In the past Robert has volunteered for the American Red Cross where he served as a first responder in the 2010 PG&E San Bruno pipeline disaster.



Building activity remains high. Since August 1, the Building Department has issued permits for 13 new residences, one second unit, two major additions and 10 new pools. Building conducted 241 inspections in August and 276 inspections in September.

Planning Commission

On August 16 the City Council appointed Jim Abraham to the Planning Commission, filling a seat vacated by Jim Basiji who resigned following the August 2 Commission meeting. Mr. Abraham is a long-time resident who previously served on the Planning Commission from 2008-2016 and on the Emergency Communications Committee.

Planning Update

After successfully completing a recruitment process, Steve Padovan was hired as a Principal Planner in late August. Steve worked for the town as a consultant planner for 4.5 years prior to joining the Town staff as a permanent employee. Steve and his wife live in San Jose, and outside of work he enjoys biking, hiking, camping and traveling.

Suzanne Avila, AICP, is planning director



Chillin' *with*

CHICKENS



Are you considering keeping chickens? It is a tradition in Los Altos Hills — coops have been in here since before the town was incorporated in 1956 — but there is a renewed interest in this backyard hobby. Chickens are interesting and entertaining as pets — with the added benefit of providing very fresh and delicious eggs that are as locally sourced as you can get.



Below is a list of tips for the beginning backyard chicken keeper. Note that you can keep ducks and geese together with chickens, but this article is focused on chickens.

Understand the commitment. There is a serious initial investment in the coop and equipment. It can be a great family project, but before you make a final decision, ask the following questions:

1. Is there a good location for a coop and yard? Consider how many chickens you want, whether there is water available, and whether there is sun and shade. Also think

over the flock and protect it. However, a rooster crows any time of day, including before dawn, and can be heard quite far beyond your immediate neighbors. Be advised that crowing roosters will violate the town's noise ordinance (50 dBA during the day; 40 dBA at night), considered a public nuisance. Housing a rooster in a sound-proof enclosure may reduce the noise level to a permissible level.

4. Understand that chickens are a gateway to other animal-related hobbies, such as bees or small livestock.

Determine if you have space. Chickens are gregarious and

watch out for the Silicon Valley Tour De Coop that occurs each summer. This is a free, self-guided bicycle tour of local chicken coops, gardens, bee hives and hoop houses.

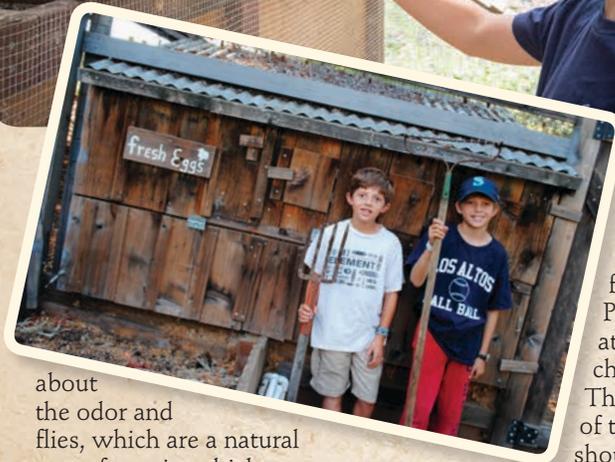
Breed and age selection. There are many breeds to choose from. If you want chickens that lay eggs reliably, choose a breed for eggs, such as Rhode Island Red, Leghorn, Buff Orpington, Black Australorp, etc. If you want gentle pets, the orpingtons and australorps have good dispositions. If you want eggs with blue or green shells, look for Auracana or Ameracauna breeds.

You have choices about the age of the chickens you get. You can hatch eggs with an incubator, purchase chicks, purchase young chickens that haven't started to lay yet, or adopt a hen that has already been laying. There are pros and cons to each path. Whatever you do, make sure your chickens were vaccinated at birth.

Care. Chickens need clean water and fresh food. A balanced layer feed, in the form of pellets or crumble, is recommended for laying hens. Chicks get a different feed and grit. Crushed oyster shell provides calcium for egg production. Feed can be supplemented with greens, occasional scraps, tomatoes, melons, berries and grapes. Scratch is a high-fat treat. Other supplies include a rake, dust pan, whisk broom, and bucket for cleaning, and a metal garbage can for storing

FUN FACTS

- The egg color is the same as the color of the hen's ear
- Chickens generally lay one egg per day (depending on the breed); production depends on the length of day. A hen lays consistently for a few years, but she can live up to nine years.
- Chickens benefit the garden by eating insects and providing fertilizer.
- Chickens molt in the fall and stop egg production for several weeks.
- Like us they can't see in the dark, so they find a roost at dusk.
- Chickens bathe in dirt.
- Yes, there is such thing as a pecking order. Age and knowledge protect and teach the youth, but also get first dibs at the food.



about the odor and flies, which are a natural part of owning chickens.

2. Do I have time for chickens? Chickens are a daily commitment and they will require a pet sitter when you go out of town. Coop cleaning is based on personal preference, but plan on one to two times a month.

3. How will the neighbors react? It is legal to have livestock, including chickens, in Los Altos Hills. However, you should talk with your neighbors since your coop could affect them. Hens do not need a rooster to lay eggs, but some people consider fertile eggs to provide health benefits. Roosters also watch

they depend on being in a flock for safety. Plan to have at least three chickens. The interior of the coop should provide at least two square feet per bird, and a larger yard should be provided for them to scratch, bathe, and be their chicken selves.

Chicken coop design. You can buy a coop, hire someone to build it, or you can build it yourself. Coop designs range from simple to ornate, but the most important features are safety from predators and rats, a place to roost, a place to lay eggs, ventilation, and ease of cleaning. There should be at least two waterers and feeders, so that not just the dominant bird gets fed.

To see some of the coolest chicken coops in the area,

food safely. You may also want fly traps in the summer.

Broody chickens sit on the nest for days — this is a hormonal response that you can be patient with as long as you are able to retrieve eggs from under the hen and the hen is getting up for food and water.

Chickens hide their illnesses well. Be aware of their personalities, behavior, and looks, so you can recognize when something might be wrong. There are several self-help references online, as well as avian vets at Adobe Animal Hospital.

Sources. Eggs and chicks are available online. Chicks and pullets are available from local sources in Half Moon Bay, Morgan Hill, and seasonally from some feed stores. Hens are available by networking through local chicken discussion groups online or sometimes from the Humane Society. There are many helpful books: Gail Damerow is a well-known expert on chickens, Lisa Steele shares herbal remedies, and Michael Roberts writes about coop design.



Scott and Tay Vanderlip keep several hens and a few beehives in a large and happy garden in town. Scott organizes the Tour de Coop every September with a number of volunteers, and was also a founding force around the Town Pathways Run.

FIRE DISTRICT UPDATE



The Los Altos Hills County Fire District (LAHCFD) was established in October 1939 with the mission of providing fire suppression and prevention to its jurisdictional community. Through its evolution, the district has maintained this function and provided an adequate water supply for fire suppression. Through contract with the Santa Clara County Fire Department, the district provides for emergency and preventative programs ensuring the safety of Los Altos Hills and the adjacent unincorporated areas. The fire department does not just respond to emergency calls — it works throughout the year, behind the scenes, providing services to the residents all year round to help reduce risk to fire and medical emergencies.

The jurisdictional population is currently about 13,000 residents. Financing for the services is provided through allocation of the county property taxes provided by the Santa Clara County Board of Supervisors. Any unused fund balance may be used for special projects such as fire hydrant upgrades, pipeline improvements and for fuel reduction programs such as tree abatement and emergency preparedness programs.



Partnering with the Santa Clara County Fire Department for the delivery of emergency response services, the district enjoys all the benefits offered by a larger organization, including a full roster of professional staff, specialized equipment and a high level of readiness for various types of emergencies. In this way, the district can remain small, agile, and responsive to the unique local needs, while at the same time providing world-class services at highest level to the community.



District Accomplishments

The LAHCFD recently published its Community Report (online version can be found at www.lahcfd.org), reporting that it is in excellent financial condition and operational readiness. Below is a summary of the District's accomplishments in FY2017-18:

- **Fire Contract Agreement:** The Agreement for fire and medical services for residents was renewed for an additional ten years. This Agreement is between LAHCFD, Los Altos, and Santa Clara County Central Fire Protection District. LAHCFD, Los Altos City Council, and Santa Clara County Board of Supervisors all unanimously approved the agreement. The agreement stipulates that County Fire will continue to provide fire suppression,

paramedic transport services, and community education for emergency preparedness to LAHCFD and Los Altos.

- **Fuel Management:** Dead and dying trees, brush, vegetation, and highly combustible trees are the fuel of wildfires. These conditions have increased due to the recent droughts. To address these threats, there is a high priority for fuel management programs to monitor and enforce brush abatement and to provide for a dead tree removal program. The goal is to minimize the fuel load throughout the district.
- **Fire Flow Infrastructure:** Eliminating areas with insufficient fire-fighting water flow is a top priority. The district conducted a study to assess adequacy of pipes to flow water (fire flow) and to improve and prevent damage to pipes due to seismic events. Based on results, a joint public works project is planned in FY2018-19 with Purissima Hills Water District to upgrade and improve fire flows in the part of the district they serve. Additional efforts will explore options with Cal Water Service.
- **Disaster Preparedness:** The district supports development and training for Community Emergency Response Teams (CERT). Oversight of CERT training transitioned to Santa Clara County Office of Emergency Services.
- **2015-2020 Strategic Plan Implementation of Goals:** The district continued its implementation of the strategic plan to improve its personnel administrative management including the hiring of a Jo Anne (J.) Logan as General Manager. Logan, who began on October 1, will oversee the district's day-to-day operation, provide recommendation to the Board on organization and personnel matters and manage fiscal integrity in addition to other duties.



Photos on this page show the Santa Clara County Fire Training exercise that was held on June 26. The helicopter and triage were utilized in simulation of wildland fire suppression.

Gardner Bullis School Can Be Your Neighborhood Elementary School

The headline is obvious to town residents who live within the southern part of Los Altos Hills, served by the Los Altos School District (LASD). However, if you live in the northern part of town, served by the Palo Alto Unified School District (PAUSD), you can also consider Gardner Bullis, which may be a closer, more convenient neighborhood school for your family.

Before May 2007, there was no formalized way of dealing with the fact that Los Altos Hills is split between LASD and PAUSD and allowing transfers between the districts that could be enabled for multiple years. Neighborhood students could find themselves either able to go to a local, neighborhood school (today known as Gardner Bullis School) or having to leave town and go past Foothill Expressway and Page Mill Road to Nixon Elementary School, all for residing on the "wrong side of the road." Friendships were interrupted or missed altogether even though students were neighbors.

Now, under joint arrangements with LASD, PAUSD families living in Los Altos Hills can receive up to 7-year transfers to Gardner Bullis School, located at 25890 Fremont Road (650-559-3200). After elementary school at Gardner Bullis, PAUSD transfer students return to PAUSD to continue their education at Ellen Fletcher Middle School (formerly Terman) and Gunn High School.

ENROLLMENT IF YOU RESIDE IN PAUSD PART OF TOWN

If you will have a K-6 student in the next academic year, and you would like them to attend Gardner Bullis, they will be treated as LASD residents for registration purposes. You will need to complete the following three steps.

Step One: Begin the LASD enrollment process, completing and submitting the "Initial Student Registration Form" for 2019 between December 07, 2018 and February 02, 2019. That process kicks off with open houses ("Kindergarten/New Family Information Nights") hosted at each of LASD's schools. Visit Gardner Bullis on Thursday evening, December 6 (7:00 pm), where registration forms will also be available.

Step Two: Complete the LASD registration process, which is described on the LASD website at www.losaltos.k12.ca.us.

Step Three: Complete the transfer form with PAUSD. The form is available at the PAUSD Central Attendance Office at 25 Churchill Avenue or it can be downloaded from the PAUSD registration/transfer web page: <https://www.pausd.org/registration/school-placement-transfers>. Scroll down to "Transferring To & From PAUSD" and click on the link ("Gardner Bullis Interdistrict Transfer Request") located in the third paragraph.

Remember, all three steps need to be completed before LASD's deadline of February 02, 2019.



Men's Health 101



When it comes to staying healthy, a little vigilance goes a long way. That's especially true as people get older and medical issues become more common. For men, an enlarged prostate is as much a part of getting older as graying hair. Osteoporosis is also more likely in older men, and so is arthritis. While these and many other men's health problems are common, that doesn't mean they're trivial. For example, men who have low testosterone may also have weak bones or sleep apnea. Erectile dysfunction can result from cardiovascular disease, and blood in the urine can be a symptom of both bladder stones and bladder cancer. Ignoring symptoms can seem like the easiest path — in fact, it's a common strategy among men with busy lives. Between careers, family and other responsibilities, it's hard to find time to see a doctor. For men who have kept their health on the back burner, now is the time to tune up healthy habits. Here are seven specialty areas important to men's health.

General Men's Wellness

Men are statistically less likely to go to the doctor. When they do go, it's often only after a serious condition has already developed. Follow these straightforward strategies to tackle any current health issues and also prevent future problems:

- Find a doctor who can address specific concerns, speaks a preferred language, and provides guidance on how to stay healthy.
- Know which factors, like age, lifestyle choice, weight, family health history and ethnicity, increase the risk for specific problems.
- Have regular checkups and screenings.

Digestive Health

Digestion involves multiple organs and tissues, and it's great when they all perform smoothly. But when they don't, the symptoms can range from mild to debilitating.

- Make an appointment to see a doctor if any of these occur: abdominal pain, bloody vomit or stool, constipation, ongoing diarrhea, difficulty swallowing, nausea and vomiting, and regurgitation.
- Lifestyle can affect digestive health. Some digestive problems can be avoided or improved with changes to diet and lifestyle, such as adding fiber, avoiding stress, and maintaining a healthy weight.
- Get screened for colorectal cancer. For most men, screening should start at age 50.

Heart Health

Heart disease is the leading cause of death in men in the U.S., accounting for 1 in 4 deaths. Many men with heart disease don't know they have it. Take steps to keep the heart healthy.

- Make an appointment with a primary care physician to determine personalized risk for heart disease.
- Don't sit back and let the arteries become hardened and narrowed with plaque. Take charge and eat heart-healthy foods, get more exercise, manage stress, don't smoke, and get enough sleep.
- Be aware of signs and symptoms that should lead to a visit with a doctor, such as chest pain, shortness of breath, coughing or wheezing that doesn't go away, swelling in lower extremities, fatigue, and irregular heartbeat.

Orthopedics

Problems with bones or joints are among the most common reasons men go to the doctor. While it's not likely men will escape orthopedic injury or illness as they age, there are a few strategies to prevent many problems or minimize their effects.

- Stay active to keep bones and joints healthy.
- Seek medical attention right away for a joint injury that causes intense pain, swells quickly, deforms the joint or limits use of the joint.

Sexual Health

Sexual health carries a unique burden compared to other issues. It can interfere with relationships, affect self-image, and lower the quality of life. Sexual dysfunction in men often results from a separate, underlying medical condition.

- See a doctor for a thorough overall health assessment. If an underlying condition exists, the priority is it to treat that problem.
- Be cautious of products that promise quick results, are described as alternatives to prescription drugs, sold in single doses, or advertised via unsolicited emails.

Sleep Health

Millions of people in the U.S. have trouble sleeping, and the reasons may be obvious like having a caffeinated drink in the evening. In some cases, though, sleep loss results from issues that are tougher to uncover. The fallout from chronic sleep loss can affect not only men's health but work, relationships and even sex life.

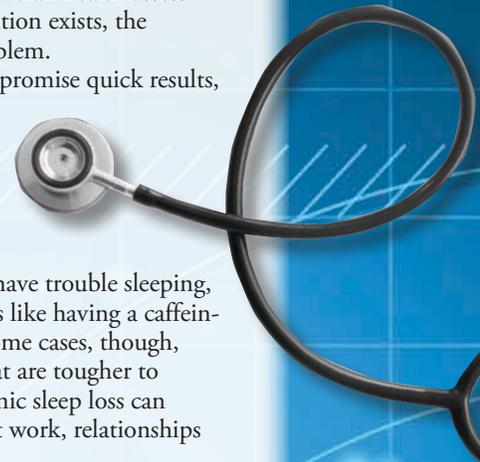
- Take a good look at everyday habits to see what might be impacting sleep. Temporary sleep loss can result from working at night, lack of exercise, smoking, drinking alcohol or caffeine, and stress.
- Make changes to improve sleep, including establish a regular sleep routine, make the bedroom quiet, keep electronics out of the bedroom, try meditation, and don't stay in bed if sleepless.
- Consult with a doctor if lifestyle changes don't improve sleep.

Urology

The urinary tract not only removes urine but filters out waste, regulates certain body chemicals, helps control blood pressure, and contributes to strong bones and healthy blood cells. All these functions work efficiently most of the time, but when problems occur, they can cause pain, embarrassment, loss of function and even serious illness.

- Take these steps to lower risk of urologic problems: don't smoke, drink plenty of fluids, exercise and maintain a healthy weight, eat fish and lots of fruits and vegetables, and avoid occupational exposure to chemicals that increase risk of cancer.
- Get screened for prostate cancer. For most men, screenings starts at age 50.

For information on specific risks, recommendations for screening tests, guidance for when to see a doctor and what to expect if diagnosed with a specific problem, download *The MANual for Better Men's Health* created with the specialists at El Camino Hospital's Men's Health Program at www.elcamino-hospital.org/menshealthLAH. Think of it as a man's personal guide to living the healthiest life possible.





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 January 10, 2019.**

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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.

Editor: Alexander Atkins

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Los Altos Hills City Council

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

City Manager

Carl Cahill

CALENDAR



**Dec
2**

Sun., 2:00 - 5:00 pm
Holiday Barn Lighting
Westwind Community Barn will be lit for the holiday season. Crafts, pony rides, petting zoo, model A cars, Santa and caroling fun. Questions contact, 650-947-2518.

8

Sat., 7:30 - 9:00 pm
Chamber Music Concert
The 3rd Chamber Music Concert brought you by the Telegraph Quartet. International recognized ensemble will give an intimate

performance at Town Hall. To purchase your tickets visit the Town website.

20

Thurs., 7:30 - 9:00 pm
Caroling in the Hills
Join your neighbors and bring the holiday cheer to the neighborhood. Meet at Town Hall Parks and Recreation Building to warm of your voices, cookies and drink before heading out. For more information contact Scott Vanderlip 650-948-6455.

**Jan
8**

Stay Active, Stay Safe, Stay for Lunch
First Tuesday of every month meet at Town Hall gentle 2-mile walk at 10:00 am. At 11:00 am, Santa Clara County Fire will present on Preparing Caregivers for Home Emergencies, then lunch from

LeBoulangier. RVSP required 650-947-2518.

12

Sat., 1:00 - 2:30 pm
Principles of Self-Defense
In this free workshop at Town Hall Council Chambers, instructors will demonstrate and instruct a few defense techniques of Krav Maga.

19

Sat., 11:00 am - 1:00 pm
Modern Calligraphy Workshop
Discover the art of modern pointed pen calligraphy in a beginner's course, with bubbles and bites. To register for this \$65 course visit the town website.



24

Thurs., 6:00 - 7:00 pm
Tax-Free Investing Workshop
It's not what you make, it's what you keep. Join this free workshop at Town Hall Council Chambers, to learn how certain investments can deliver tax-free income and possibly keep you in a lower tax bracket.

**Feb
1**

Fri., 7:00 -9:00 pm
Teen Movie Night
Hosted by the Los Altos Hills Youth Commission at Town Hall, bring your own pillow and blanket and get cozy in the Council Chambers. For more information contact: lahyouthcommission@gmail.com.

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