



OUR TOWN

THE OFFICIAL NEWSLETTER OF THE TOWN OF LOS ALTOS HILLS

JUNE 2018



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TOWN PICNIC ATTENDANCE BY YEAR

- 2000: 625
- 2004: 1,175
- 2008: 1,455
- 2010: 1,800
- 2014: 1,883
- 2017: 2,017

PAST BANDS

- 2012**
A Touch of Class
- 2013**
Jazz ConneXion
- 2015**
Andre Thierry Band
- 2016 & 2017**
Element Band

FOR YOUR ENTERTAINMENT

- 2010**
Pirates of Harbor Bay
- 2012**
Busy Bee Dogs
- 2013**
Magician
- 2017**
Pig and dog races



21st Annual Town Picnic

The 21st Annual Los Altos Hills Town Picnic will be held on Sunday afternoon, June 3, 2018, from 12:30 pm to 4:00 pm, at Purissima Park (formerly the Little League Fields) on Purissima Road at Viscaino Road. The picnic features the return of an exciting pirate show by Captain Jack Ace Spareribs, musical entertainment by the popular local band Touch-N-Go, which performed for the picnic several years ago, a diverse group of large inflatable attractions, iconic Lionel model trains, family games, pony rides, petting zoo, and a variety of other attractions for both adults and children. The picnic will also feature a Classic Car Show with over 40 vintage and unique cars.

[CONTINUED ON PAGE 2.]



There will be a free lunch for all pre-registered Los Altos Hills residents, including choice of chicken, all-beef hot dogs, or vegetarian burger, with tossed salad and bread. Volunteers will be serving soft drinks, beer, and wine. For dessert, enjoy ice cream sundaes with all the toppings.

The Town of Los Altos Hills hosts the picnic as the major annual community event that brings together all town residents. Last year, more than two thousand residents attended the event. The Town Picnic is limited to only Los Altos Hills residents. In late April, all residents were mailed a Town Picnic postcard with registration details. While there is no fee,

advance registration is required and meal tickets will be held in your name at the registration table. Remember to bring your ID with your proof of residency. To register and volunteer, visit www.losaltoshills.ca.gov/picnic.

The picnic begins at 12:30 pm, with food service from 12:30 pm until 3:00 pm. To ease parking, shuttle buses will be offered on a continual basis from

the Town Hall parking lot to and from the event. Please note that dogs are not allowed on Purissima Park fields or at the picnic. There will be enough chairs and tables for people to enjoy lunch under the canopies. These seats are available on a first-come basis; saving seats for others who are not present will not be permitted.

The Community Relations Committee organizes the Town Picnic with help from many residents who volunteer. Last year, dozens of residents contributed to the picnic's success. We invite you to volunteer for a 30- or 60-minute shift to help with registra-



tion, games, serving drinks, or serving ice cream. Please join the town residents — and encourage all the neighbors on your street to attend — for what is always a wonderful, relaxing, and fun-filled afternoon at the park.



JUST KID'S PLAY



The Los Altos Hills Public Art Committee is highlighting a recently acquired sculpture, “Just Kid’s Play” by local artist Richard Starks. Starks’ inspiration came from his sculptural training in public art and from his sketches of children and families playing and enjoying a public space. It was this theme that prompted the Los Altos Hills Public Art Committee to select the sculpture for placement next to the Parks and Recreation building. Stylistically, Starks’ main influence was American artist, Keith Haring, with his two-dimensional graffiti-style drawings and paintings. As a result, Starks decided to create a three-dimensional sculpture, incorporating both his own and Haring’s style.

First, he fabricated a maquette (a small model or study for a sculptural or an architectural project) of a child having fun while kicking a ball, then transformed the concept into a full-scale sculpture. Starks’ use of Cor-Ten Steel (sometimes called weathering steel or corrosion resistant steel) adds a natural look and eventual rust layer, which also complements the rural nature of Los Altos Hills.

Town resident and practicing artist, Karen Druker, enabled the acquisition for “Just Kid’s Play” through her generous donation in 2016. Druker has been influential through her donations and service to Los Altos Hills public arts (she is a former Public Art Committee member and was Art Curator of Los Altos Hills Town Hall) and many

other community organizations. The community is grateful for Karen’s generosity and continuing support for public art.

When acquiring works, the Public Art Committee is very careful to consider the appropriateness of the setting for each art piece. The Town Council also weighs the committee’s recommendations before approving pieces of art and their placement.

To learn more about the Public Art Committee’s mission, activities and art dedications, please send an email to: committeepublicart@gmail.com. Residents are invited to contribute to the planning for and acquisition of future public art.

Nicole Andrews is a member of the Los Altos Hills Public Art Committee.

FROM THE CITY MANAGER

The 2018 Sanitary Sewer Repair and Replacement project will replace damaged and deteriorated sanitary sewer mains located both within street right-of-way and easement areas at various locations.



Carl Cabill

The awarded contractor will utilize pipe bursting or pipe reaming method, where practical, in replacing the pipes. Pipe bursting or pipe reaming is an industry-standard trenchless method for in-place pipe replacement that minimizes the construction area footprint. Excavation of a continuous trench may not be required but may be necessary based on field conditions.

The table below shows the approximate locations of the sewer repair projects. Most of the construction will consist of point repairs, except for those marked with an asterisk that indicates pipe bursting and reaming. However,

construction methods may change pending field conditions.

The CIP Bid Package is tentatively scheduled for advertisement on May 18, 2018; the town will award the contract by the end of June 2018. The anticipated start of construction is summer 2018 and all affected residents will be notified prior to the start of construction.

Q&A Section for Newsletter

In the next issue of *Our Town* I will be introducing a Q&A format for my column. If you have a particular question about town operations and services that may be of interest to most residents, please send your inquiry to me via email at ccahill@losaltoshills.ca.gov. In each issue, I will provide answers to those questions. And for each issue, one resident who submits a question will be randomly selected to win town-branded promotional merchandise.

2018 SANITARY SEWER REPAIR AND REPLACEMENT PROJECT

FROM	TO	FROM	TO	FROM	TO
Greenhills Ct	Elena Rd*	280 Offramp	Page Mill Rd*	Altamont Rd	Julietta Ln*
Summit Wood Rd	Tepa Way*	Matadero Creek Ln	Matadero Creek Ct*	Moody Springs Ct	Moody Rd
Oak Park Ct Trail	Oak Park Ct*	Berry Hill Ln	Page Mill Rd	La Loma Dr	Summitwood Rd
Eastbrook Ave	Partridge Ln	Dawson Dr	Rebecca Ln	Nina Pl	La Cresta Dr*
El Monte Rd	Moody Rd	Kingsley Ave	Altadena Dr	Story Hill Ln	Matadero Creek Ct
Dawnridge Dr	Magdalena Ave	La Loma Dr	Summit Wood Rd	Crescent Ln	Elena Rd
		La Loma Dr	Summit Wood Rd*	Concepcion Rd	Corte Madera Ln

*Pipe bursting/reaming

From the Planning Director

On March 22 the town council adopted a new Short Term Rental Ordinance. A short term rental is the rental of a room or home for less than 30 days. Property owners wishing to rent out a room, second unit or main residence will be required to obtain a Short-term Rental Permit. There will be a one-time nominal fee for the permit. If there are code violations or infractions associated with a short term rental, a permit may be revoked after three substantiated complaints. In order to reinstate a short term rental following revocation, a Conditional Short-Term Rental Permit will be required. This process will allow the town to apply more stringent regulations on problem sites while allowing those in good standing to operate with fewer restrictions.

The process will also allow an applicant to pursue an exception to the general rules within the ordinance. For example:

- The ordinance restricts short-term rental applicants to only registered property owners and requires the property to contain their primary residence. A resident who does not reside on the property full time could request an exception through the conditional permit process; or
- A property owner who is interested in renting out more than one space at the same time could document the appropriateness of their request and request an exception through the conditional permit process.

It was necessary to adopt a short term rental ordinance and policy because the Municipal Code did not previously permit the use and there were no regulations to address problem rentals. Anyone wishing to

learn more about the short term rental regulations can visit the town website or contact the town planning staff.

New Permit System

The Town transitioned to a new permit management and tracking system (TRAKiT) in late March. The new system is being used by planning, building, code enforcement and engineering staff to track permits and applications, as well as code enforcement cases. A public portal will be available in May. Residents will be able to go online to report an issue, make a service request, or check on the status of a pending application or permit. In addition, residents and contractors will be able to apply online for minor building permits such as water heaters, re-roofs and solar installations.

Suzanne Avila, AICP, is planning director

CREEKS

OF LOS ALTOS HILLS

Long before Santa Clara Valley was known as the Valley of Hearts Delight or Silicon Valley, eons of rainfall etched waterways through Los Altos Hills and the surrounding Santa Cruz Mountains creating the Santa Clara Basin aquifer. Today, after decades of human intervention, the creeks and drainage courses of Los Altos Hills are in various states of ecological health. Some of our creeks — such as sections of Barron Creek and Deer Creek — are now routed through underground culverts or concrete channels. Some, like Summerhill Creek, have been degraded by development. Others are in a relatively natural state and still provide valuable habitats and ecological function.

To raise awareness of the town's creeks, the Public Works Department created and installed distinctive wooden signs to mark the eleven named creeks that flow through town. Supervisor Jacob Asfour and his crew Oswaldo Arellano, Alfonso Flores and Hector Huerta handmade the signs and installed them in locations near major road crossings.

Multitudes of unnamed tributaries and drainage swales feed into these larger creeks creating a natural hydrologic system. More than twenty polices in the town's General Plan pertain to protection of natural waterways. The benefits of these protections are significant: 1) native

vegetation and soil near creeks and swales function as natural flood protection; 2) vegetated riparian zones next to creeks provide the richest of all habitat for local species — especially birds; 3) groundwater aquifers are recharged by waterways; and

4) the unconsolidated soil near creeks and swales filters contaminants and acts as a sponge slowing downstream flows. Creeks and riparian areas are critically important as wildlife habitats and migratory corridors. Deep-rooted native trees depend on local ground water levels for survival. After winter flows have disappeared from local streams, water continues to flow below the surface augmenting local groundwater tables and the Santa Clara Basin aquifer.

Silicon Valley depends on groundwater recharge into the Santa Clara Basin aquifer as did the orchards of the Valley of Hearts Delight. The economic and ecological health of Santa Clara Valley depends on a reliable water supply. The creeks of Los Altos Hills play an important role in the hydrologic health and safety of the greater community.

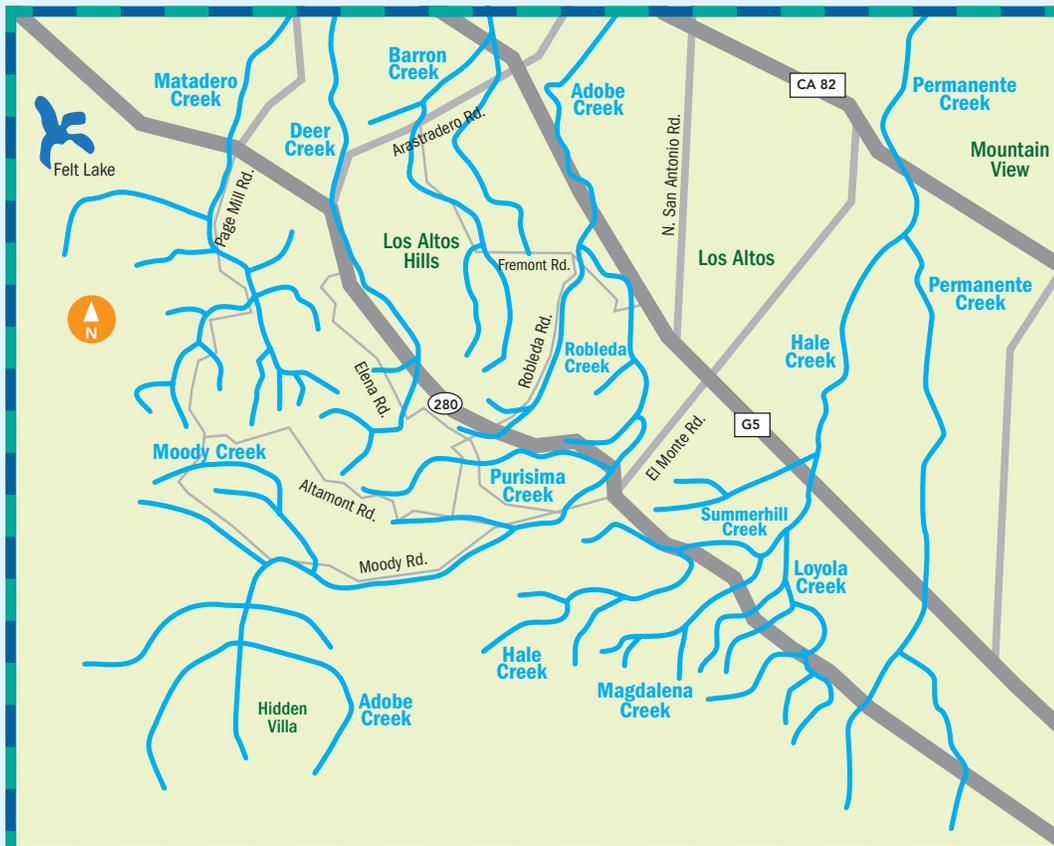


Hector Huerta, Alfonso Flores, and Oswaldo Arellano standing by the recently installed sign for Barron Creek.

HOW TO BE A GOOD CREEK NEIGHBOR

- Protect native riparian vegetation and soil within 25 feet of a creek
- Keep creek beds and banks natural: cobblestones and other impervious materials prevent groundwater recharge, accelerate bank erosion and increase downstream flow volume
- Don't dump material, natural or manmade, into creeks
- Leave native vegetation, including downed tree branches, in creek beds
- Never drain a pool or discharge potable water or direct storm water into a creek
- Avoid use of herbicides, pesticides and fertilizers especially near creeks
- Be aware that any modification to a creek bed or bank or removal of riparian vegetation requires permits from regulatory agencies

After a productive career as a chemical engineer, Kit Gordon now donates her time with a variety of organizations to improve local watershed health.



MAJOR CREEKS AND TRIBUTARIES OF LOS ALTOS HILLS

HALE CREEK
(a tributary of Permanente Creek)

- Loyola Creek
- Magdalena Creek
- Summerhill Creek

ADOBE CREEK

- Purisima Creek
- Robleda Creek
- Moody Creek

MATADERO CREEK

- Deer Creek

BARRON CREEK

(also known as Dry Creek)

Mary Davey



In the previous article of this series, we learned how a large piece of today's Byrne Preserve was donated to The Nature Conservancy by Dr Alfred Byrne. How this original parcel of about 55 acres was expanded to around 88 acres and then became the property of the Town of Los Altos Hills is a story that involves the late Mary Davey. The plaque honoring her contributions to our town can be found on a rock nestled in a grove of trees in Byrne Preserve.

Around the time that early area residents were dreaming of incorporating the town that was to become Los Altos Hills, others were looking higher up in the hills above the Santa Clara Valley with an eye to developing them for housing and industry. The green belt backdrop to the towns in the valley was in danger of being taken over by urban sprawl.

Various organizations sprang up to fight this trend — including The Committee for Green Foothills who counted among its founding members town residents Wallace Stegner, Lois Hogle, and the subject of this article — Mary Davey.

Davey pursued her passion for preserving the green foothills and open space on a number of fronts. She was one of the primary forces behind the taxpayer initiative that resulted in the creation of today's Mid-Peninsula Regional Open Space District (Midpen). She was laughed at when the idea was proposed — that the taxpayers might actually vote to tax themselves in order to be able to purchase land for preservation as public open space. The fact that both the Committee For Green Foothills and Midpen still exist today vindicates her efforts.

And Byrne Preserve as it eventually became is yet another achievement that we can thank Davey for. Dr. Byrne had originally donated his land to The Nature Conservancy, an organization based in Washington D.C. whose mission was “the preservation of lands and waters upon which life depends.” While they appreciated this gift, it did not fit well with their mission in that it was much smaller than the typical properties they worked with, neither was it the habitat for any rare or endangered species.

So they approached the Town of Los Altos Hills and offered to sell the land to the town for an “attractive price” but only if two conditions were met: (1) that the town



In Memory of Mary Davey
The grassland and oak woodland of Albert Byrne Preserve that you see around you have been preserved as open space in perpetuity for the enjoyment of local residents.
Los Altos Hills was able to secure this land as permanent open space thanks in large measure to the efforts of Mary Davey: resident, councilmember, and open space advocate who worked tirelessly to make this possible.



Palo Alto Times, Jan 3 1968

Los Altos Hills buys land for park and open space

Councilwoman Mary Davey surveys the town's new park land from a vantage point near the center of the 55-acre site.

would agree to keep the land in its natural state as an open space preserve in perpetuity, and (2) that the town would acquire the necessary land to connect this 55 acres to form a contiguous corridor to the Duveneck's Hidden Villa Ranch to the south along Moody Road.

The second of these conditions was a tall order – the town barely had the money for the “attractive price” to acquire the initial 55 acres – let alone to purchase another 20 or 30 acres that might be required to complete the link.

Davey was a Council Member at that time. Her passion and experience in preserving open space suddenly became critical.

First she managed to persuade her fellow council members of the necessity to allocate the money to meet the price for the initial 55 acre chunk.

Next she approached the owners and land developers of subdivisions that were being planned in that area. A tentative corridor of land needed to connect the initial 55 acres of the preserve to Moody Road was sketched out, and negotiations started with the owners and developers involved. Eventually a complex set of deals was worked out, involving land swaps and

development rights to be granted by the town – but this still only covered part of what was needed to complete the corridor. All avenues had been explored but the opportunity to acquire Byrne Preserve appeared to be stymied.

Davey, along with passionate advocates like Stegner, persuaded a handful of anonymous donors to help acquire the nearly 8 more acres needed to complete the corridor.

And so it came to pass, that The Nature Conservancy conveyed Dr. Byrne's original 55 acres to the town, and a further 33 acres was acquired by the town to fulfill the requirements of the contiguous corridor.

Davey passed away at the age of 80 in 2010. The plaque in Byrne Preserve honoring her efforts was dedicated on Earth Day just over a year later.

Jitze and his wife Nancy have been residents for 45 years. He retired after a career in R&D with American and British computer manufacturers, starting back when mainframes still used vacuum tubes.

LIVING WITH MOUNTAIN LIONS



Cougar, puma, catamount, panther, mountain lion, the elusive *Puma concolor* has many names, an indication of its adaptability in a wide range of habitats. As a top predator and keystone species, the mountain lion plays a critical role in maintaining the health and biodiversity of our local ecosystems — the local extinction of grizzly bears and wolves elevates the importance of this remaining predator.

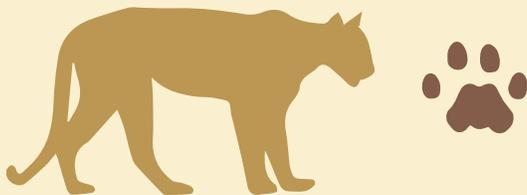
Mountain lions are a native species throughout North and South America. Ancestors of today's mountain lion are believed to have crossed the Bering land bridge from Siberia over eight million years ago. Puma biologist Dr. Chris Wilmers of Santa Cruz Puma Project at UC Santa Cruz estimates that there are about 75 mountain lions in the local territory bordered by the ocean and the Bay from San Francisco to Gilroy.

Deer are the preferred prey species of the mountain lion but livestock and pets are also at risk of predation. Donkeys have an aggressive nature toward mountain lions and thus have proved useful as livestock protectors here in Los Altos Hills. The California Department of Fish and Wildlife recommends keeping pets secure overnight and especially at dawn and dusk. Outdoor feeding of pets or any wildlife can attract mountain lions. Although extremely rare, mountain lion conflicts with humans are possible. During the last 100 years only three people have been killed by mountain lions in California. In contrast, there are 30 to 40 deaths from dog attacks every year in the U.S. Human injuries from dogs, car collisions with deer and falling tree branches each greatly exceed mountain lion related conflicts. Still, it is wise to take basic precautions. Mountain lions tend to hunt at dawn and dusk. If approached by a mountain lion,

carnivores and their prey. Unlike wolves and grizzly bears which have been hunted to extinction, mountain lions are instinctively wary of humans. A recent study by UC Santa Cruz ("Fear of the human 'super predator' reduces feeding time in large carnivores," published in the June 21, 2017, online edition of the Proceedings of the Royal Society B.) documented that mountain lions fear human sounds. Scientists placed audio speakers at sites in the Santa Cruz Mountains, baited with deer carcasses. When a mountain lion came to feed at the bait site, its movements triggered motion-activated recordings of people talking. Recordings of Pacific tree frog vocalizations were used as a control. A camera captured the mountain lion's response — they ran from the sound of humans but not from the sound of frogs. Human voice recordings mimicked the natural volume of human conversation. Their findings indicate that human encroachment into mountain lion territories will lead to decreased survival rates of this keystone species and therefore increased populations of deer and other herbivores which in turn can degrade ecosystem health.

In January 2018, the Eastern subspecies Puma concolor cougar was declared extinct by the US Fish and Wildlife Service. The extermination of pumas along with wolves and lynx led to the current overabundance of deer and other herbivores with accompanying declines

MOUNTAIN LION



BOBCAT



don't run. Instead, yell, throw things at the mountain lion, try to look big by holding up your jacket and waving your arms. Fight back if attacked.

Mountain lions stand from two to three feet in height, measure from seven to nine feet in length from nose to tip of tail and weigh 80 to 200 pounds. Mountain lions are sometimes mistaken for bobcats, however, the mountain lion's two to three foot-long tail is a key identifier (see graphic above). Mountain lions can live for more than a dozen years in the wild and regularly patrol their home ranges which can stretch for hundreds of miles. Adult males roam far and wide to find food and mates. When cubs become self-sufficient they are chased off their mother's territory to find their own hunting grounds. This is often when they run into our backyards and into trouble. Human development has steadily encroached on mountain lion habitat creating fragmentation, corridor loss and increased mountain lion-human encounters.

Human disturbance—beyond hunting—may alter the ecological role of these large

in tree regrowth as well as loss of vegetative cover needed by ground-nesting birds. The declaration of extinction of the Eastern subspecies clears the path to introduce Western mountain lions to the North Eastern states. The Adirondack Mountains were evaluated as one of the areas for reintroduction.

Home security cameras and trail cameras now contribute to increased sightings of the secretive mountain lion. Residents are encouraged to participate as citizen scientists and report mountain lion sighting at www.felidaefund.org. Learn more about local puma research at www.santacruzpumas.org. In 2011 town resident and wildlife researcher, Charles Knowles and the County Sheriff hosted a seminar at Town Hall on mountain lions. A seminar on trail camera usage was hosted in 2013. Recordings of both seminars can be found on the Los Altos Hills Open Space Committee webpage.

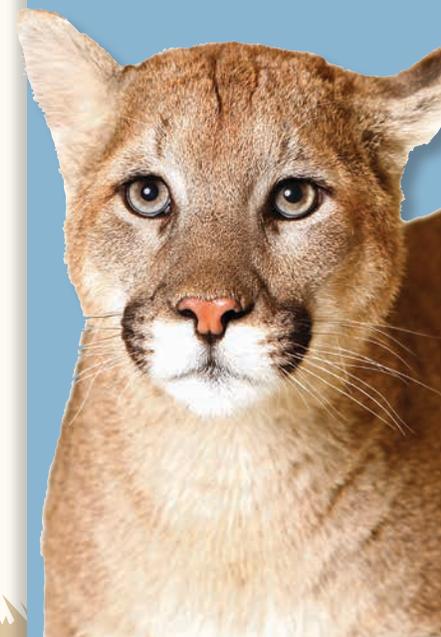
After a productive career as a chemical engineer, Kit Gordon now donates her time with a variety of organizations to improve local watershed health.

STAYING SAFE IN MOUNTAIN LION COUNTRY

Mountain lion attacks on humans are extremely rare. However, conflicts are increasing as California's human population expands into mountain lion habitat.

- Do not hike, bike, or jog alone.
- Avoid hiking or jogging when mountain lions are most active – dawn, dusk, and at night.
- Keep a close watch on small children.
- Do not approach a mountain lion.
- If you encounter a mountain lion, do not run; instead, face the animal, make noise and try to look bigger by waving your arms; throw rocks or other objects. Pick up small children.
- If attacked, fight back.
- If a mountain lion attacks a person, immediately call 911.

From CA Dept of Fish & Wildlife; www.wildlife.ca.gov/Keep-Me-Wild/Lion



IS YOUR HOME Getting Smarter?



The Smart Home market is predicted to reach \$137 billion by the year 2023. There are many reasons residents are considering smart devices but are hesitant because the need is not clear. While it's true that some products on the market, such as an egg minder, are pure novelties, others can be game changers. Imagine preventing a burglary, notifying the fire department of smoke when you are not home, and reducing your carbon footprint. Gone are the barriers of a complex and expensive installation. A good wi-fi connection and a smartphone now allows residents to transform the physical into virtual and change the way we interact with each other and our homes. Here are some good places to start.

Smart Ways to Help the Environment

Most residents are environmentally conscious. Residences consume approximately 37% of the US's electricity. Implementing an energy management solution allows you to both support the environment and save money. Smart thermostats not only report your energy usage, they learn your habits and adjust settings accordingly. If you choose, these devices can use your smartphone GPS to adjust your settings when you leave or return to your residence. Studies have shown that using smart thermostats reduced their energy usage on average 10-12% on heating and 15% on cooling. There are many great smart thermostats on the market. Nest and Ecobee are usually at the top of everyone's list. If choosing Nest for your home security needs, they would be a more likely choice for a thermostat.

Adding in Smart LED lighting, takes the energy efficient home to the next logical step. For example, Smart

lighting provides residents with convenience and security. Changing the color or brightness of lights remotely is very convenient, and there is additional value gained using lights as notifications. Turning on lights when you arrive home or when unexpected motion is detected adds to the security of residents. Changing lights to red if CO is detected is a great visual alert. Changing lights to purple if rain is in the forecast is a convenient reminder to take an umbrella. The decision for lighting requires some forethought. There are several competing network technologies that have yet to produce a clear winner. Choosing the wrong one will leave residents disappointed. Due to its reliability, Zigbee is the most popular technology. LED lights such as Cree that use Zigbee require a device known as a hub. Both Wink and Samsung's SmartThings hubs are designed to control most of your smart devices, including lights, from a single application. Hubs are also one place to create routines that automate your smart devices. If ease of setup and use are more desirable, choose Wink. To take advantage of advanced capabilities, choose SmartThings. Either way, it's a better experience when all devices are compatible with the hub you choose.

Safety and Convenience Made Easy

A third application is safety and security. It is possible to see a crime captured or more impor-

tantly prevented with a Smart home security system. Internet ready cameras, smart locks, window and door sensors, smoke and CO detectors add to a resident's peace of mind. By getting immediate notifications and viewing events in real time, residents can control or prevent potentially serious situations. These devices can also increase the resale value of your home and in some cases reduce your insurance costs. When choosing a brand, you can't go wrong with Nest or Ring. Both have diverse product lines, rich features, and are relatively easy to install.

No smart home would be complete without a virtual assistant. Both Amazon's Alexa and Google's assistant are becoming meaningful parts of the home. "Set temperature to 72 Degrees," "Turn on kitchen light," "Order cat food," and "Play the Rolling Stones" are things accomplished with simple voice commands. Amazon has recently expanded their products to allow for video conferencing and the display of items before purchase. Amazon has a big head start on Google, giving it a wider range of products that includes video and allowing for voice ordering from Amazon. Google is superior at giving quality answers to questions. Both have a strong following and the choice should be based on needs and personal preferences.

Adding smart devices to your home has never been easier. Beginning the journey now will help prepare your home for the limitless advances that are sure to come. Technology is enhancing our lives in ways never imagined making us safer, better stewards of the environment, and giving us the ability to automate the mundane tasks in our lives. Just like the smart phone, once you add smart devices to your home you won't remember how you lived without them.

Brian Burgdorf is a consultant helping companies achieve Operational Excellence

Healthy SKIN *for the* Whole Family

Skin is the human body's largest organ and the average adult has around 20 square feet of it. It holds body fluids in, preventing dehydration, and protects the body from bacteria and viruses, preventing infection. Skin is full of nerve endings that help the brain determine things like heat, cold, and pain. One square inch of skin contains millions of cells, blood vessels, nerve endings, and sweat glands.

Skin is made up of three distinct layers – the epidermis, the dermis and subcutaneous tissue. The epidermis is the outermost layer comprised of highly specialized cells that produce substances called keratin and melanin.

Keratin covers the skin with a paper-thin layer that is the body's first defense against invaders. Melanin gives skin its pigment, or color, to help protect against the sun's ultraviolet (UV) rays. The second layer, dermis, is elastic and fibrous, holding a network of blood vessels that feed and support other layers of skin, hair, nails, sweat glands, and nerves. Subcutaneous tissue, the deepest skin layer, is composed primarily of fat that the body uses as a cushion. A network of blood vessels and nerves runs through this layer below the epidermis and dermis.

Good skin care and healthy lifestyle choices can help delay the signs of aging, prevent various skin problems, and protect bones, muscles and internal organs. Take these simple precautions to keep skin as healthy as possible at any age.

- Eat a balanced diet. Aim to create a plate that is ½ filled with vegetables and fruit, ¼ lean protein and ¼ whole grains, and a cup of dairy. Eat a minimum of 5 servings of fruits and vegetables each day. Choose lean protein such as fish, poultry and tofu. Choose fat-free or low-fat milk, yogurt, and cheese.
- Stay hydrated. Remember to stay hydrated by drinking enough liquids throughout the day. Drink between ½ ounce and 1 ounce of water for each pound of body weight, every day. Try drinking an extra glass or two of water first thing in the morning.
- Keep skin clean. Hand washing is important to keep germs from spreading. Shorter showers can help hydrate skin compared to longer showers, over 10 minutes, which can start to strip away the moisture in skin. Hot water can also remove the natural oils from skin, so try to limit showering time in extremely hot water.

- Be active. Physical activity increases blood flow to the skin surface and helps move oxygen and nutrients throughout the body. Sweating helps flush out impurities. Get 1 hour or more of physical activity every day.

Maintaining healthy skin can also reduce the risk of developing more serious skin conditions, such as melanoma, psoriasis and dermatitis. Many of these conditions can be managed or improved by following the above tips.

One thing to keep in mind – the risk of developing skin cancer increases with age. According to the National Cancer Institute, 40 to 50 percent of all Americans over the age of 65 will develop skin cancer. Being proactive in detecting skin cancer is key. It's a good idea to perform regular self-examinations of moles and other skin spots, and as an added precaution, take time to schedule a yearly skin screening with a doctor. Pay attention to moles that are raised, change in shape, have jagged edges, discolorations, or signs of bleeding. Talk with a doctor if changes occur.

Regardless of age, there are steps that can be taken to improve and maintain skin health. Consulting with a doctor to determine individual risk and address specific concerns is important. Doctors affiliated with El Camino Hospital can help address skin health. To find an El Camino Hospital doctor, call 800-216-5556 or visit www.elcaminohospital.org/doctors.

- Remember to moisturize. Moisturize skin daily—including the face—to keep skin hydrated and healthy. Using a moisturizer can be especially beneficial after a shower when skin is still damp, as it helps seal in the moisture.
- Limit sun exposure. Skin produces vitamin D when it is exposed to sunshine, which helps keep bones and other body systems healthy. However, too much sun exposure can damage skin, contribute to wrinkles and increase the risk of developing skin cancer. Limit time in the sun, particularly between 10:00 a.m. and 2:00 p.m. Wear an extra layer to protect skin when spending time outside, and remember to apply a sunscreen with SPF 30 or higher.





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

Presorted Standard
U.S. Postage
Paid
Los Altos, CA
Permit No. 306

Town Newsletter Statement of Purpose

This is the official town newsletter to communicate current issues, services, and activities in Los Altos Hills to the residents of the town — to facilitate, encourage, and improve interaction between the residents and the town government. The newsletter is published quarterly. **Deadline for the next issue is July 9, 2018.**

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

Our Town

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

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Associate Editor: Glen Reed

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Los Altos Hills City Council

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

City Manager

Carl Cahill

CALENDAR



June

3

Sun., 12:30 – 4:00 pm

Town Picnic

See cover story for details.

16

Sat., 9:00 - 10:00 am

Orientation: Purissima Park Fitness Equipment

Fitness Halper the onsite personal trainer. To register for this free workshop call 650-947-2506.

July

4

Wed., 9:30 – 11:00 am

4th of July Parade

This year marks the 10th annual parade. Join the festive march from Town Hall to Gardner Bullis for a tasty watermelon treat.



26

Thurs., 10:00 am

Hike in the Hills

Meet at Westwind Community Barn for a 2.5 mile hike.

27

Fri., 9:00-10:00 am

Recyclables Processing Tour

Tour GreenWaste Recovery's

Material Recovery Facilities in San Jose. To register, contact 650-947-2518.

August

10-11

Fri., 5:30 pm

Family Campout

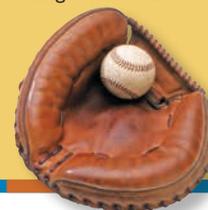
Join the 2nd Campout at Purissima Park. Ticket includes dinner, pancake breakfast, s'mores, and outdoor movie. \$20 per person with 2 and under free.

18

Sat., 1:00-3:00 pm

Los Altos Hills vs. Los Altos Softball Game

Cheer on your town team as they play the Los Altos team in a softball game at Purissima Park. Youth Commissioners will be selling concessions.



23

Thurs., 4:00-5:30 pm

Game Night

Join us in the Parks and Rec building for snacks, board games, Nintendo NES, puzzles, music, and more!



September

8

Sat., 3:00-8:00 pm

Hoedown

Barn dance, good old-fashioned fun, food trucks, and music at Westwind Barn. Free event; food to be purchased.

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