

A night sky with the Milky Way galaxy and a large telescope dome at the Lick Observatory. The sky is dark blue with many stars. The Milky Way is visible as a bright, hazy band of light. The telescope dome is a large, white, cylindrical structure with a smaller, white, cylindrical structure on top. The building is illuminated from below, and the sky is a deep blue color.

mr

mountain network news

January 2020



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COMPASS



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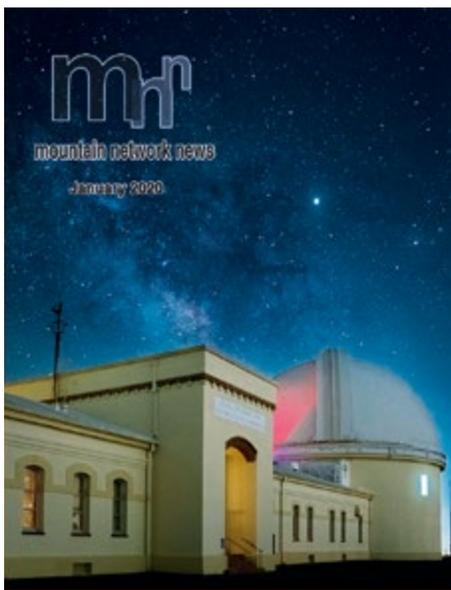
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we must
go into town.

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COMPASS

events



Maxwell Quartet
The Plaid Concert
 Kathy Morgan

On **Sunday, January 19**, The Maxwell Quartet from Scotland will play a mix of string quartet and Scottish folk music at the Los Gatos High School Theatre. Critics have described the group as “exhibiting superb storytelling by four great communicators” (*Strad Magazine*), and “eloquent performers who bring the same sense of charisma and sense of adventure to their programing” (*New York Times*).

The quartet consists of four close friends who grew up playing classical and folk music together throughout Scotland. They have held residencies at Oxford University and taught many workshops for children. The quartet has performed in venues ranging from the Trondheim International Chamber Music Competition in Norway (where they won both first prize and audience prize in 2017), to the Amsterdam String Quartet Biennale, and sold-out performances throughout the United States.

Doors at the Los Gatos High School Theatre open at 2 p.m. The concert begins at 2:30 p.m. Tickets cost \$30 general admission at the door, \$25 for seniors, and \$5 for students. Tickets are also available online at www.lgcca.org.

The concert is brought to you by the Los Gatos Community Concert Association, dedicated to excellent music at low prices.

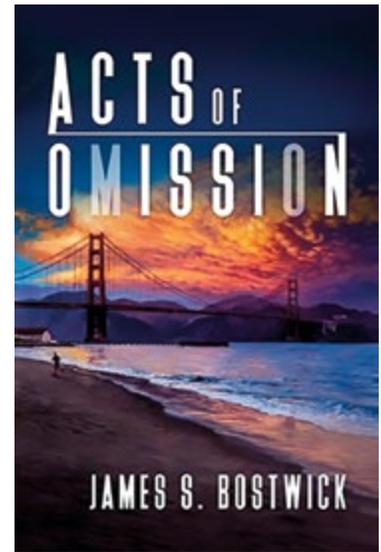
Summit Whole Body Fitness Gym
Bollywood Comes to the Mountains
 Karen Rothchild

Summit Whole Body Fitness Gym welcomes Tinny Juneja of the Bollywood Dance Connection to our community this month. We will kick off our mountain Bollywood dance season with a fun fitness event on **Wednesday, January 15**, from 4 to 5 p.m., at the gym located on the west side of Summit Road. All ages and dance abilities are welcome. Regular fitness attire and shoes are recommended. No advance registration is necessary. Drop-in fee is \$15. Call Jenny Yamate at 408-353-2100 for information and directions to the gym.

Tinny Juneja has taught, choreographed, and performed with various dance groups. She has nearly 15 years of experience as a choreographer and dance instructor. She teaches Bollywood dance and fitness at Apple, Palo Alto Golf and Country Club, and Uber in Palo Alto.

Bollywood dance is a blend of Indian dance styles, including classical Indian dance, folk Indian dance, and more current R&B and hip-hop music styles. A mix of symbolic hand gestures, facial expressions, and foot movements from classical dance styles work together to tell a story that lends itself to film.

It’s fun. It’s exercise. It’s Bollywood.



Friends of Los Gatos Library
Meet Author Jim Bostwick
 Cheryl McKenzie

Jim Bostwick, author and nationally recognized trial lawyer, is the Friends of Los Gatos Library’s kickoff speaker for 2020. Join us on **Saturday, January 11**, at 2 p.m., at the Los Gatos Library for an exciting author event.

Jim’s best selling book, *Acts of Omission*, is set in San Francisco. A fictional narrative, it was inspired by a true-life case from the 1980s when Jim won a legal malpractice suit against one of the most famous trial attorneys in the country, Melvin Belli. The case inspired national attention. Following publication, *Time*, *Newsweek*, and *Forbes* ran features about him and his book.

As Walter H. Walker III, best-selling author of *The Crime of Privilege*, writes, “Bostwick spins a powerful, informative tale drawn from real life. The courtroom scenes leap off the page and will leave the reader cheering for justice.”

Acts of Omission has everything—courtroom drama, personal relationships, suspense, and mystery. Join us.

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**Fungus Federation of Santa Cruz
The Santa Cruz Fungus Fair
Heather Troy**

The Fungus Federation of Santa Cruz hosts the 46th annual Fungus Fair on **Friday through Sunday, January 10 through 12**, at the Louden Nelson Community Center, 301 Center Street in Santa Cruz. The fair is open on Friday, from 2 to 6 p.m., and on Saturday and Sunday, from 10 a.m. to 5 p.m. Admission is \$10 (general), \$5 for seniors and students, and free for children under age 12 with a paid adult admission.

Explore the fascinating world of fungus. Learn interesting and fun facts about the hundreds of beautiful and fascinating species of mushrooms found in the Santa Cruz and Monterey Bay areas. Hundreds of mushroom species will be displayed in a re-created woodland habitat.

This year's guest speakers include Dr. Christopher Hobbs, renowned author and medicinal mushroom expert, and Dr. Roo Vandegrift, a *National Geographic Explorer* grant recipient for his continuing biodiversity and conservation research of the threatened Andean cloud forest reserve.

Mushroom experts will be available throughout the fair to identify the mushrooms you've found. Bring yours, ideally stored in a paper bag, to keep the fungi fresher.

Children's activities include clay sculpture, water colors, face painting, mushroom art, and making mushroom-dyed fabric. Vendors will offer a phenomenal assortment of food, books, fresh and dried wild mushrooms, growing kits, artwork, mushroom-dyed silks, jewelry, and more.

Attend the after-hours mushroom dinner, a catered, multi-course sit-down dinner with live music. Each course will be paired with wine. Always a sell-out, separate admission is required.

See our website at <http://ffsc.us> for more information and details, or email calluna360@gmail.com.

**Loma Prieta Community Foundation
Solar Seminar
Sanjay Khandelwal**

Do you find yourself wondering if now is the right time to go solar? What unique challenges do solar panels face in our mountain community? How do you know how much energy you can get from solar, and whether you can keep the lights on during a PSPS?

If you would like to get the answers to these questions and more, come to the Loma Prieta Community Foundation's seminar series where guests speak about topics important to our community.

For our first event, Tamir Lance, a Redwood Estates resident and solar-module engineer, will speak about solar panels and battery systems. The format will be a short presentation followed by a question-and-answer period with a panel of local installers and other experts.

We will discuss how to tell if your home is a good candidate for solar, factors that impact solar-panel performance and reliability, current market trends, the value of adding a battery-storage system, troubleshooting tips for existing installations, and where to get more information.

Our solar seminar will be held on **Saturday, January 25**, from 9:00 to 10:30 a.m., at the Loma Prieta School Temporary Community Room, 23845 Summit Road (next to Building Blocks Preschool).

Please join us.

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**Skyland Community Church
Martin Luther King, Jr. Documentary
Deana Arnold**

Join mountain neighbors for a hosted lunch and a documentary video and discussion in Whitaker Hall at Skyland Community Church on **Friday, January 24**, from noon to 3 p.m. This free community-building event will feature the documentary, *King in the Wilderness*.

Directed and produced by Peter Kunhardt, the film chronicles the final three years in the life of Dr. Martin Luther King, Jr., before his assassination. During this time, he faced criticism from both sides of the ongoing struggle for equality. Please join us for an interesting and thought-provoking afternoon as we learn more about this civil-rights icon.

Skyland Community Church is located at 25100 Skyland Road. Questions? Email volunteer@skylandchurch.com.

**95033Free
Swap Meet
Leslie O'Malley**

95033free is hosting a swap meet on **Sunday, January 26**, from 9 a.m. to noon, at the Loma Prieta gymnasium, 23800 Summit Road. Pass the word to your mountain friends, family, and neighbors. Everyone is invited, and everything is free.

Participation is easy. Bring one item, an armload, or a truckload of useful and clean items in working order. It's like a big garage sale, except no money is exchanged. All items are available for free, as long as you bring things to share. If you don't have anything to swap, a \$5 donation allows you to take as much as you like for personal use, or to pass along for free to a friend or family member. Collecting items for resale is strictly prohibited before 11 a.m. (No restrictions from 11 a.m. to noon.)

There are limits to creative uses, so if it seems like it's ready for the landfill, you are probably right. You don't need to stay with your items, but you must return for unclaimed items at noon (no exceptions).

events

The Great Room Mountain Concerts Suzanne Suwanda

The Santa Cruz Mountains house-concert venue, The Great Room, will host two performances in January featuring traditional acoustic-string music.

On **Sunday, January 19**, Chris Coole and the Lonesome Ace String Band from Toronto, Canada, bring their novel take on the old-time music genre to The Great Room stage. This is an old-time band with bluegrass chops. They play virtuosic folk and country music combined with groove, instrumental interplay, and uncommon vocal blends, with on-stage rapport that engages audiences wherever they play.

See <https://www.youtube.com/watch?v=dNueZQ2tLRQ> for an introduction to this superb band. The concert starts at 7:30 p.m. Admission is \$25. Optional Thai dinner at 6 p.m. for \$20 can be reserved at www.TheGr8Room.com, or by calling 415-519-8031. Reservations for the concert are recommended. Dinner is by reservation only.

On **Sunday, January 26**, Mark Tamsula and Richard Withers will present a workshop, jam, and concert. It will



The Lonesome Ace String Band

spotlight traditional music of southwest Pennsylvania, collected between 1928 and 1963 by Samuel Bayard and his collaborators. They collected and transcribed nearly 1000 traditional folk songs. Withers will also teach some banjo pieces during the workshop. Jamming is encouraged after the concert.

Doors open at 12:30 p.m. A fiddle workshop runs from 1 to 2:30 p.m.,

followed by an hour to jam, and a concert from 3:30 to 5 p.m. Admission is \$20. A chili-and-cornbread buffet will be available throughout the afternoon for a donation of \$5 per person. Reservations are recommended.

The Great Room hosts a variety of special events and concerts throughout the year. Easy parking, comfortable seating, delicious home-cooked meals, and a warm welcome create a relaxed and pleasurable experience. Ramp- and wheelchair-accessible restrooms are available.

For more details, visit www.TheGr8Room.com, or call 415-519-8031. To find us with GPS, use 24500 Miller Hill Road, Los Gatos, California 95033.



Mark Tamsula and Richard Withers

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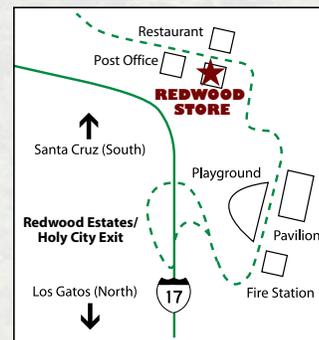
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A Local History Event
Mountain Pioneer Families
 Roger Mason

A local history event will be held **Thursday, March 26**, at 7 p.m., at the Loma Prieta Elementary School Forum, to present the history of some early pioneer families who helped develop the Summit area. If you are interested in the history of the Summit area, plan on attending this inspiring event.

We will discuss the Miller, Schultheis, and Averill family histories. This presentation will show how these families lived, survived the elements, and developed the Summit area. They built roads, schools, stores, churches, grange halls, and community organizations. These families reflect the interesting and educational history of the Summit area during the late 1800s and the early 1900s.

This free public event is sponsored by the Loma Prieta Community Foundation, a 501(c)3 non-profit volunteer organization.



Milton Hyde Miller

To make a donation, write a check to LPCF with a memo for the Loma Prieta Museum, and mail it to LP Museum, 22951 Summit Road, Los Gatos, CA 95033.

Museum monthly meetings are held the third Sunday of every month, at 2 p.m., at Mason-Taylor Ranch, 22849 Summit Road. If you have artifacts, photographs, stories, resources, an interest in local history, or are interested in volunteering, join us.

To find out more, visit our Facebook page at www.facebook.com/lomaprietamuseum, or email lomaprietamuseum@gmail.com.

Theatre in the Mountains
Coming Soon: The Addams Family
 Kiyoko Whiteside

Theatre in the Mountains' next production, *The Addams Family*, is in rehearsals. We can't wait to see how this spooky, funny, modern musical comes together.

This is the first time Theatre in the Mountains has produced this show. You'll see an ensemble of dead Addams ancestors and classic characters like Morticia, Gomez, Wednesday, and Pugsly as they party in the graveyard. It's weirdly funny. You won't want to miss it.

Our middle-school students are excited about this production. The vocals are fun and challenging, and the young actors can really dig into character development.

After the success of *Annie, Jr.*, we are happy that Caitlin Papp is returning to direct our older students. She is joined by vocal director Jaymee Vaughn and assistant choreographer Kiyoko Whiteside.

Tickets will go on sale in January and performances will be held **February 14 through 16**. Join us as we celebrate Valentine's Day the Morticia way, with *Darkness and Death and Unspeakable Sorrow* that becomes lightness and joy.

Leukemia and Lymphoma Society
Santa Cruz and Monterey Bay
Team-in-Training
 Shelley Rodgers

Do you want to do something wonderful for your body and soul and have a blast while doing it? Join the Santa Cruz/ Monterey Bay Team-in-Training, the SQUIDS. We start **February 1** to prepare to ride in America's Most Beautiful Bike Ride, in Lake Tahoe, on **Sunday, June 7**. Fundraising supports the Leukemia and Lymphoma Society. We welcome bike riders of all skill levels.

For more information, visit www.teamintraining.org/events/americas-most-beautiful-bike-ride. For questions about joining the SQUIDS, or about Team-in-Training, call 831-334-8567 or 408-529-1722.

You can also find us on **Tuesday, January 14**, at Starbucks on 41st Ave and Soquel Drive, in Soquel, from 6:30 to 7:30 p.m.; **Wednesday, January 15**, at Starbucks on Trout Gulch and Soquel Drive, in Aptos, from 6:30 to 7:30 p.m.; **Sunday, January 19**, at Starbucks on Ocean and Water, in Santa Cruz, from 11 a.m. to 2 p.m.; **Wednesday, January 22**, at Starbucks on Mission and Dufour, in Santa Cruz, from 6:30 to 7:30 p.m.; and **Thursday, January 23**, at Starbucks on Scotts Valley Drive, from 6:30 to 7:30 p.m.

You can also join us on **Saturday, February 1**, at 9 a.m., for a meet-and-greet followed by a 7- to 10-mile ride starting at Michael's on Main in Soquel.



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Chestnut-bellied Chickadee © Jimmy Woo

Pratt & Associates, APC

You, Your Dog, and the Law Sharon Glenn Pratt, Esq. and Patricia A. Wendleton, Esq.

A 2019 American Pet Products Association survey found that 63.4 percent of households own at least one dog. That percentage is likely even higher in the Santa Cruz Mountains. With dog ownership comes responsibility and risk. Dogs are family members to many of us, and are welcome in places such as hotels, motels, and even on airplanes. But, as gentle and loving as your dog may be, it can exhibit unexpected behavior. The most dreaded and serious behaviors are your dog biting someone or attacking another dog.

California's dog bite statute is Civil Code 3342. It makes a dog owner strictly liable for their dog's bites, if they happen in a place where the victim has a lawful right to be. Strict liability means that the owner is liable, even if they were not acting negligently. Exceptions apply when the victim is a trespasser, provokes the dog, or if no injury occurs.

The State of California and most counties and cities follow certain procedures in the event of a dog bite. Animal-bite reporting is mandatory in Santa Cruz County. Santa Clara County has detailed ordinances aimed at preventing a future bite by the dog. California laws can result in your dog being classified as a potentially dangerous dog, or even a vicious dog, if he or she bites someone. This could result in burdensome duties or even the loss of your dog.

Any of the three following behaviors may result in your dog being classified as a potentially dangerous dog:

When unprovoked, on two separate occasions within a 36-month period, the dog engages in any behavior that requires a defensive action by any person to prevent bodily injury when the person and the dog are off of your property or the property of someone caring for your dog.

When unprovoked, the dog bites a person, causing a less severe injury than the injuries that would result in your dog being classified as a vicious dog.

When unprovoked, on two separate occasions within a 36-month period, the dog has killed, seriously bitten, or otherwise caused injury attacking a *domestic animal* off of your property or the property of someone caring for your dog.

A vicious dog is "any dog that, when unprovoked, in an aggressive manner, inflicts severe injury on or kills a human being." There are local ordinances that may require quarantining and impounding a dog that has bitten a person.

If your dog meets the criteria of a potentially dangerous dog, it must at all times be kept indoors, or in a securely fenced yard from which the dog cannot escape and into which children cannot trespass. A potentially dangerous animal may be off the owner's premises only if it is restrained by a substantial leash of appropriate length and under the control of a responsible adult.

Further, if your dog is classified as a vicious dog, it may be destroyed by the animal-control department, after proceedings conducted under the Food and Agriculture Code.

Santa Clara County ordinances require a *potentially dangerous dog* over four months of age be registered with the Manager of Animal Care and Control. The registration must be renewed each year. The ordinance requires the owner be over 18 years old, carry public-liability insurance in an amount not less than \$100,000, keep the dog kenneled or indoors, and post a warning sign.

Dog licensing and display of tags is mandatory in Santa Clara and Santa Cruz counties, and proof of rabies vaccination must be presented for licensing. Most county websites contain ordinances or laws relating to the ownership of your dog, both before and after your dog has engaged in aggressive behavior.

Proper care and responsibility for your dog is instrumental in preventing the dog from becoming dangerous in the first place. Dogs need more than food, water, and vaccines. They need companionship and emotional support. Their mental health is supported by providing training, playing with them, taking walks, or even just talking to them and showing them affection.

Veterinary visits are important, not only for vaccines, but also because it is difficult to immediately know if your dog is physically or mentally sick. Regular grooming can also help to identify any painful areas. Pain can cause dogs to react much differently to people than they normally would.

Another aspect of responsible dog ownership is keeping the dog restrained by a leash or a fence. This not only reduces the risk of your dog biting someone, it is

also a safety line for the dog. Preventing your dog from wandering off is preventing it from being hit by a vehicle, and from unintentionally scaring other dogs, people, or livestock.

Most of us would agree that the risks of being a dog owner far outweigh the rewards, especially if we are responsible owners.

Los Gatos LEOs

A Los Gatos Holiday Tradition

Carla Nespole

The Los Gatos LEOs are the student volunteer clubs of the Los Gatos Lions from Los Gatos High School and C.T. English. The clubs meet during school to discuss community-service and volunteer projects in coordination with the Los Gatos Lions.

Every year we participate in the Los Gatos Holiday Parade. This year, we were accompanied by the 1968 Ford F-150 truck owned by former LGHS Principal Ted Simonson.

Ted worked at the high school for fifty years and was a lifetime Lions Club member. Every year he brought students to the mountains to get a tree to decorate the high school gym for the Christmas dance and children's toy drive, while the students recited *'Twas the Night Before Christmas*.

Thank you to Patti Hughes for donating the truck, Danny Franks for restoration, and Troy Burchby for creating a waterproof canopy for the LEOs. The LEOs were accompanied by Danny Franks and his wife Eileen Bevans, longtime LGHS administrator Patti Hughes, LEOs advisor Carla Nespole, and longtime mountain resident Troy Burchby.



Theatre in the Mountains
Thank You for Making Annie, Jr. a Success
 Kiyoko Whiteside

Annie, Jr. was a great success. Our tremendously talented cast kicked off our season with a classic production with a lot of heart. Thank you to parent volunteers, audiences, and community members who helped us put on this fabulous show. We are especially grateful for our volunteer parent producers, Erin Asheghian and Cameron Bill, who stepped up to take on the big responsibility of bringing this show to life. Our talented artistic staff, led by director Caitlin Papp, provided our young thespians with a great theatrical experience. Caitlin taught them how to have fun while they worked hard, built acting skills, and became outstanding performers. Vocal director Kristen Pearson helped them with group harmonies and strong solo performances. Stage manager and production coordinator Kyle Fox was the glue that kept everything together.



Aline and the Blue Bottle
 Ricardo Morán

In December, local author Carolina Ugaz-Morán hosted a launch party for her first book, *Aline and the Blue Bottle*, in the renovated original school building at Burrell School Winery. The book is the first installment in a series of middle-grade fantasy novels. The adventures focus on the main character, a twelve-year-old girl named Aline.

Aline felt she was boring and that nothing special ever happened to her, but it all changed on her twelfth birthday, on Halloween night. Aline is transported to a world filled with magical creatures. Aline and her friends will need to survive the dangerous perils that await them on their way to find a powerful blue bottle.

The book is available for sale on Amazon. For more information, visit www.adventuresofaline.com, or email admin@adventuresofaline.com.



Celebrating life in the Santa Cruz Mountains



Wild Horses in Our Mountains
 Nancy Cole

In Reno, Nevada, as many as 3000 wild horses roam areas off Highway 80, near the Reno-Tahoe Industrial Center, and the old historic town of Virginia City. The industrial center is miles away from the other far boundary of the Virginia Range. It is not uncommon to see wild horses roaming the streets of Virginia City, or grazing in residential yards, in stark contrast to their birthplace in the Virginia Range.

A particularly beautiful, wild black stallion found his way into a Reno neighborhood and onto highly-traveled roads. He was captured by a field manager of the Virginia Range Sanctuary, a non-profit organization that houses the horses at a nearby prison while they prepare them for adoption. The stallion, named Nevada, eventually ended up here on the Summit, at the barn of wild-horse advocate Melany Moore. She started gentling wild horses sixteen years ago, getting the horses accustomed to humans. With daily handling, the wild horses learn to get their hooves trimmed, stand for the veterinarian, and be safely trailered in case of an emergency.

A lover of wild horses, Melany is accomplished at handling, quieting, and training them. Nevada had been living the life of a wild stallion for four years before being captured. Nevada is handsome, smart, and curious about people. Melany has an intuition and a sixth-sense about when to ask for more, get close, and gain trust.

Melany is working as a trainer with mountain neighbor Michael Reise. Michael comes weekly to spend time learning from Melany. With Melany's guidance, Michael has built a relationship of trust with Nevada. Nevada will be an outstanding horse for a forever owner.

In April, Nevada will be training at the Santa Cruz County Horseman's show grounds on Graham Hill Road in Santa Cruz. Auditors are welcome. It is an opportunity to see horses in training, being handled with great ability and kindness.

Organizing Your Business Finances in 2020

Angela Keller

With the new year ahead, it's a great time for business owners to pause and examine their financial systems as they plan for 2020. Whether you have a side gig or run your own full-time business, taking a look at your finances can offer helpful insights. Ultimately, the more clarity you have in your business finances, the more ability you have to achieve your goals and reach business success. Here are three steps you can take to find clarity and upgrade your business in 2020.

Separate your accounts. If you mix your business and personal finances, any financial information you need about your business will quickly get murky. Clear financial information is a must for your business finances and making decisions.

Separating your accounts also makes things much easier at tax time. Having that information readily available means you're less likely to overpay on your taxes.

Understand your numbers. Look at your financial records for the year. Figure out what products, services, or other sources brought in the most revenue. Identify which

months you made your largest and smallest amounts of revenue to understand the rhythm of your income.

Do the same for your expenses. Did surprise expenses come up? For many people, taxes are a surprise expense. You can plan more effectively by looking at last year's tax expenses.

Look at your total revenue. Did your business pay you money? Owner's pay and profit accounts can divide up income and ensure that the owner is getting paid. This is called paying yourself first. Separating your income from other categories, like operating expenses and taxes, is key to a thriving business.

Analyzing your finances allows you to create a financially streamlined business. Strategizing for surprise expenses and taxes, offering more of your most profitable products or services at the optimal time of year, and remembering to pay yourself all contribute to financial success.

Set informed income goals. Your business exists to support you; to fulfill your needs. However, if you don't have a clear picture of what those needs are, it can be difficult for your business to fill them. If your business supports your lifestyle, do you know how much your lifestyle costs you? If not, take a look at how much money you're spending every month. Go through the past three

months of your bank and/or credit card statements, line-by-line, to see where your money is really going. Add up all the expense categories, including groceries, utilities, and rent.

This will give you a realistic picture of how much money you need on a monthly basis. At this stage, you may find it helpful to look critically at your lifestyle. Now is the time to create a budget or spending plan if you need one.

If you are running a side business, what are you using the income for? Are you saving for a vacation, offsetting housing expenses, or saving for college? If you have a specific goal in mind, it will be much more motivating and rewarding if you have income goals that are designed to meet those needs in your personal life.

As you plan for the coming year, consider these three steps. Getting clarity and setting goals can help you chart a path for your business—and that's true success.

Angela Keller is a bookkeeper and profitability coach. Her website is atpeacewithmoney.com.



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Don't Let January 17 Get You Down

Elizabeth Hancock CPC. CSC

Many people have goals they wish to achieve with every New Year. They see January as a time for renewal, growth, and to re-balance commitments. The goals may include eating healthier, changing careers, developing healthier habits, or rediscovering life passions. Some might find themselves at a transition in life and are looking to start the year on a positive note. We all seek to improve ourselves so we can feel happier, healthier, more productive, and more in control of our lives.

Having the desire for change is the first step toward transformation, but mustering the time, energy, and commitment can be overwhelming. This feeling can escalate into stress, and eventually quitting altogether. January 17 is known as the infamous Quitter's Day. This day confirms what we already know. Change can be difficult.

It is not that people don't want to change, but rather that they don't know how. Developing a strategy for any new goal is an important ingredient for success.

How can we get past the dreaded Quitter's Day and move toward Winner's Day? It takes desire, time, effort, and a great coach. It's no secret athletes invest countless hours with their coach to fine-tune their sport, art,



or achievement. It works.

Coaches help motivate, inspire, and hold their clients accountable. With a coach's help, a goal can be broken down into small, achievable wins that guarantee progress. Goals go from scary and overwhelming to simple and straightforward steps.

Life coaching is experiencing record-breaking growth as more and more people invest in themselves. Are you ready to make 2020 the year of transformation?

Perhaps the biggest impact a life coach can

make in an individual's life is to strategize and help clarify exactly what a client wants, and how they want to get there. What goals do you have? A life coach offers the guidance and support you need to achieve that dream.

Elisabeth Hancock is a professional certified life coach at Beyond You Coaching. She and her husband Andy are new mountain residents. They love trekking through the redwoods and enjoying gorgeous mountain views. For more information on coaching, visit www.beyondyou.coach.



gallery

Weird Shapes in the Alabama Hills

Mercury Freedom

The Alabama Hills are located about an hour south of Bishop, California, on Highway 395, ten miles outside the small town of Lonely Pine. It's a wonderful area that I'd never heard of until about two years ago, even though it's sort of famous. In 1920, a silent-film company shot the movie *The Roundup* in these hills.

Over the following decades, this location was used in over 400 more films. Actors included John Wayne, Gary Cooper, Gene Autry, and many other Western stars. Filmmakers were drawn to the area by the crazy rock formations and dramatic views, with Mount Lone Pine and Mount Whitney as dramatic backdrops.

I went there as part of a workshop offered by San Jose Camera, and led by Paul Dileanis. It was a great place to play with a camera, and explore.



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Why Should Seals and Sea Lions Like Humpback Whales?

Bruce Sudweeks

Are humpback whales altruistic? A study released in *Marine Mammal Science* analyzed 115 interactions between humpback whales and orcas. The interactions happened over a 62-year time period and took place around the world. However, 42 percent of the interactions analyzed in the study took place in Monterey Bay.

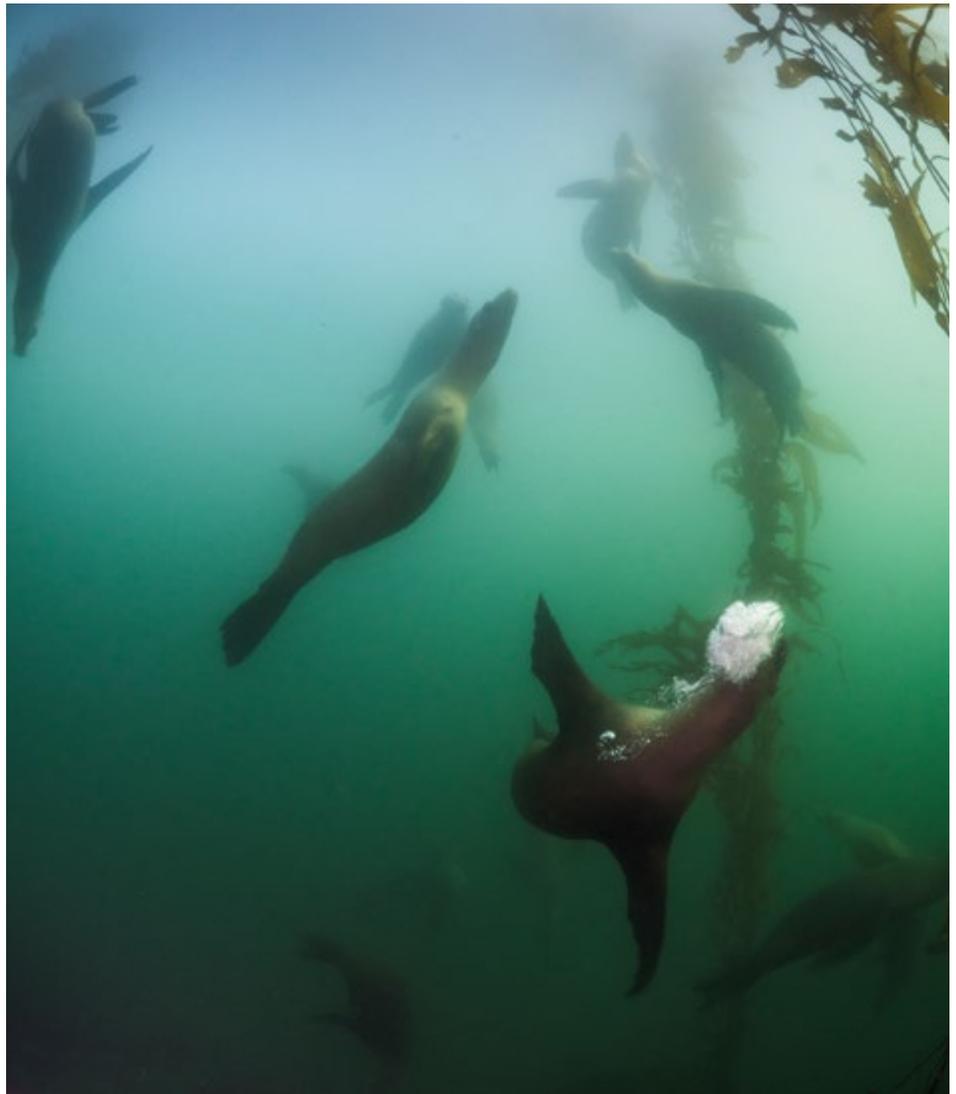
Orcas, also known as killer whales, are grouped into two ecotypes: mammal-eating and fish-eating. In the study, 95 percent of the humpback/orca interactions were with the mammal-eaters. The interactions between humpback whales and fish-eating orca were uncommon (5 percent) in the study population and were uneventful.

I want to focus on the humpback mammal-eating orca encounters. In the study, researchers analyzed the situations in which humpback whales came to the aid of other humpbacks and other species. The theory is that the orcas make distinctive noises when hunting. Humpback whales come to the aid when they hear those distinctive sounds.

When humpbacks arrived where orcas were hunting, they provided aid to the hunted regardless of the species being attacked. The study found that 11 percent of the time, the humpback whales providing aid helped other humpback whales being hunted by the orca. In 89 percent of cases, humpback whales providing aid found other species being attacked, and provided aid without the expectation of reciprocity.

The 89 percent of non-humpback species receiving aid consisted of ten species: gray whales, Dall's porpoise, Steller sea lions, California sea lions, Wendell seals, crabeater seals, harbor seals, northern elephant seals, ocean sunfish, and unidentified (but not humpbacks).

A majority of the species receiving aid



were pinnipeds (seals and sea lions), with two instances of sunfish being aided. The humpback whales rendered aid in two main ways: "bellowing" and "mobbing." Bellowing consisted of trumpeting, trumpet blowing, wheezing blows, snorting, and exhaling loudly. The mobbing behavior consisted of charging, chasing, flipper slapping/slashing, and tail slapping/slashing.

The orca fled or avoided the humpback whales when mobbing tactics were

employed. Since we can't communicate with humpback whales, we can only guess at their motivation. The study came to the conclusion that there was no apparent benefit to the humpback whales aiding other animals in need, and it could not rule out altruism, even if unintentional.

The photo is a carefree group of California sea lions in Monterey Bay. Perhaps they are carefree because they know humpback whales are looking out for them.

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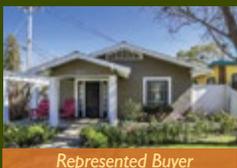
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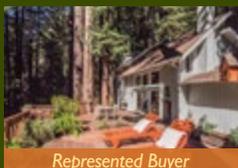


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calendar

ON-GOING CLASSES AND MEETINGS

Sundays

Dog agility, 24900 Highland Way, 9 to 11 a.m. Call 408-506-8670, or email in8runner@aol.com to confirm dates.



Mondays

Liliya's mountain yoga, 8:20 a.m., in the Loma Prieta community room next to Building Blocks. Walk-ins are welcome. Call 650-284-6341, or email liliyagoldie@gmail.com.

Alcoholics Anonymous meetings at Skyland Church, 8 p.m.

Tuesdays

Qi-gong classes, 8:45 to 10 a.m. at Skyland Church. Call 831-247-5617.

Pilates in the mountains, 8:30 to 9:45 a.m. at Loma Prieta Elementary School. Call 408-354-8700.

Mid-life fitness (adults), Redwood Estates Pavilion, 9 to 10 a.m. LGS Recreation. Call 408-354-8700.

Wednesdays

Tai chi for beginners is held from 11:30 a.m. to 12:30 p.m., at the Los Gatos Recreation Center.

Thursdays

Yoga at the Redwood Estates Pavilion, 10:15 to 11:30 a.m.

Pilates in the mountains, 8:30 a.m., at Loma Prieta Elementary School. Call 408-354-8700.

Yoga at Skyland Church, 7 p.m. \$10 per class

Yoga at Lakeside School, 6:30 to 8 p.m. Call 408-354-8700.

Loma Prieta Amateur Radio Club meets the first Thursday of the month at 7 p.m. at the Burrell CDF station on Highland Way.

Alcoholics Anonymous, Redwood Estates Pavilion, 7:30 p.m.

Live bluegrass at the Summit House Beer Garden and Grill, 6:30 to 8 p.m.

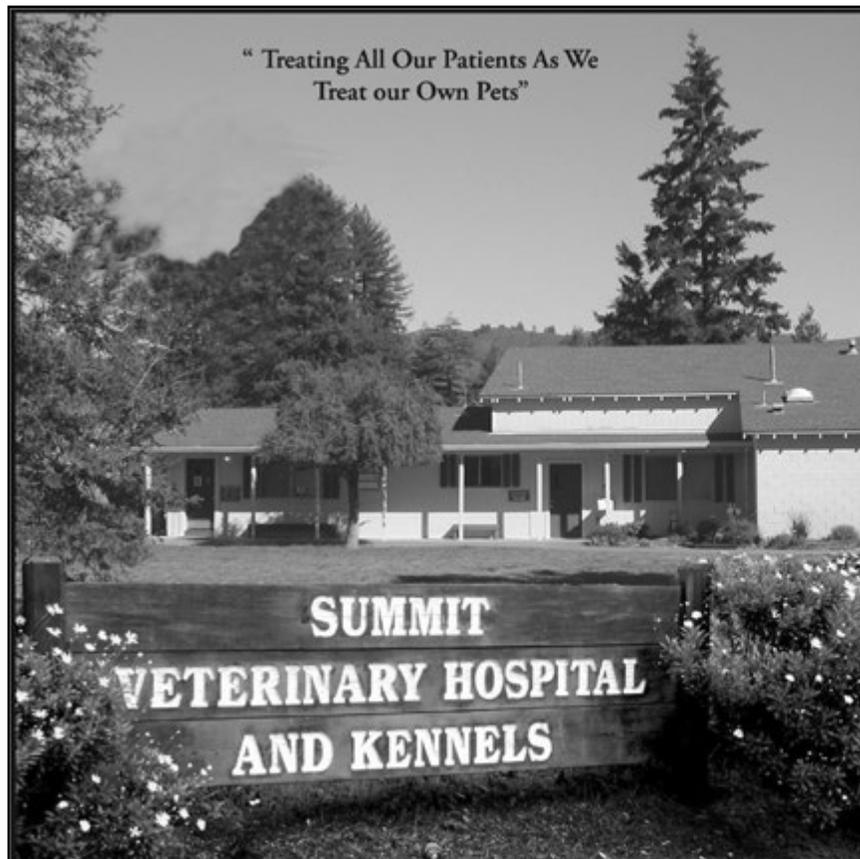
Santa Clara County Bookmobile January 9 and 23

Lakeside School: 10 a.m. to noon
Building Blocks: 11:30 a.m. to 12:50 p.m.
Loma Prieta Playfield: 2:15 to 3:30 p.m.
Redwood Estates Pavilion: 4 to 5:15 p.m.

Fridays

Mid-life fitness (adults), Redwood Estates Pavilion, 9 to 10 a.m. LGS Recreation. Call 408-354-8700.

Centering and silence meditation practice from 8:30 to 8:50 a.m., at the Loma Prieta community room next to Building Blocks Preschool.



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SPECIAL EVENTS



Friday, January 10 through Sunday, January 12

The Fungus Fair is at the Loudon Nelson Community Center, 301 Center Street, in Santa Cruz. The fair is open on Friday from 2 to 6 p.m., and Saturday and Sunday from 10 a.m. to 6 p.m. Find out more at <http://ffsc.us>.

Saturday, January 11

Author Jim Bostwick discusses his best-selling book, *Acts of Omission*, at 2 p.m., in the Los Gatos Library.

Wednesday, January 15

Bollywood dance fitness class at Summit Whole Body Fitness, from 4 to 5 p.m. Drop-in fee is \$15. Call Jenny Yamate at 408-353-2100.

Friday, January 17

Lasagna on the house. Lasagna night at The Mountain Hang Out, Skyland Church, 5 to 8 p.m.

Sunday, January 19

Chris Coole and the Lonesome Ace String Band will perform on The Great Room stage on Miller Hill Road. The concert starts at 7:30 p.m. Admission is \$25. Make a reservation at www.TheGr8Room.com, or call 415-519-8031.

The Maxwell Quartet performs at the Los Gatos High School Theatre. Doors open at 2 p.m., concert begins at 2:30 p.m. Find out more at www.lgcca.org.

Friday, January 24

Hosted lunch, discussion, and screening of the film, *King in the Wilderness*, in Whitaker Hall at Skyland Community Church, 25100 Skyland Road. Noon to 3 p.m. Email volunteer@skylandchurch.com.

Saturday, January 25

A free solar seminar will be held from 9 to 10:30 a.m., at the Loma Prieta School community room, 23845 Summit Road next to Building Blocks.

Sunday, January 26

Mark Tamsula and Richard Withers will present a workshop, jam, and concert at The Great Room on Miller Hill Road. Program starts at 1 p.m. (doors open at 12:30 p.m.), with a fiddle workshop until 2:30 p.m., an hour to jam, and a concert from 3:30 to 5 p.m. Admission is \$20 per person.

Sunday, January 26

95033free swap meet is from 9 a.m. to noon in the Loma Prieta gymnasium, 23800 Summit Road.

Los Gatos-Saratoga Observation Nursery School open house is from 11 a.m. to 2 p.m., at 19601 Black Road. More information is at lgsons.org.

Friday, February 14 through Sunday, February 16

Theatre in the Mountains presents the middle-school production of *The Addams Family*. Visit www.theatreinthemountains.org for tickets and more information.

Thursday, February 27

The Stoney Mountain Ramblers will perform at the Summit House Beer Garden and Grill, from 6:30 to 8 p.m.

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exploring

Short Drive, New Trails Glenwood Open Space Neil Wiley

My grandfather had a saying: “She puts new life on old paths.” The City of Scotts Valley, Land Trust of Santa Cruz County, and many volunteers have transformed a confusing series of old paths into an interconnected network of easy-to-follow, great-to-enjoy trails just north of Scotts Valley High School. The result is a satisfying experience for local hikers, dog-walkers, and cyclists.

I hiked the West Glenwood Open Space Preserve on a winter day sandwiched between rainstorms. It was clear, but the big, beautiful clouds were changing from white to dark with the promise of rain. It was the perfect day for a hike and pictures.

At the corner of Glenwood Drive and K Street, I found the trailhead sign, complete with a large map displaying five color-coded loop trails. I climbed the entrance trail uphill to reach the Blue Loop. The short climb from 200 to 800 feet provided beautiful views of Scotts Valley.

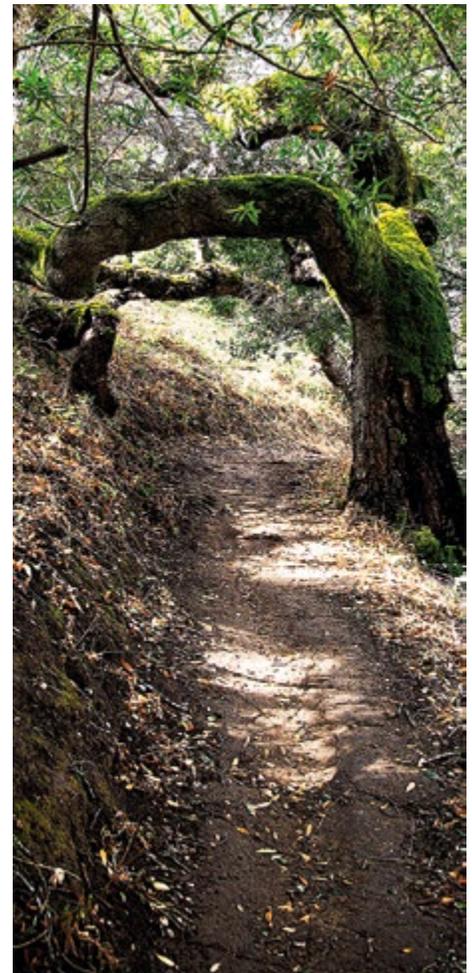
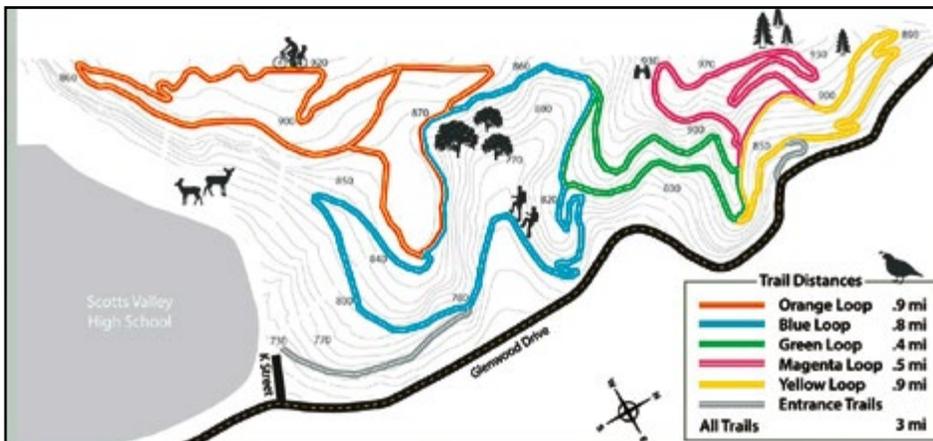
Further along the Blue Loop, the single-track trail took me from big open space to the shade of a mixed forest. All the trails



are interconnected. At each intersection, color-coded signs indicate the trail name and direction. None of the trails are more than a mile in length. Ups and downs are moderate, varying only by 100 feet or less from a 800-foot elevation. Two exceptions

are the Orange Loop that goes up to 920 feet, and the Magenta Loop that climbs up to 970 feet, with a nice scenic view at 930 feet.

The footing is good on all the trails. Most are well-compressed soil. The forest trails are leaf-covered. Some of the wetter low spots use pavers to protect the trail and your boots. It’s a big improvement from wooden





decking or mud.

The new trails of the West Glenwood Preserve are well worth the short drive. Take Highway 17 south to the Granite Creek overpass to Scotts Valley. Turn right on Scotts Valley Drive, and then a quick left on Glenwood Drive. Watch for a dirt parking lot on the right. From there, walk up Glenwood Drive, past the entrance to Scotts Valley High School, and a short walk to K Street on the left for the entrance to the West Glenwood Preserve.

If you enjoy driving back roads, try a pleasant two-lane alternative to Highway 17. Instead of driving to the Granite Creek exit on Highway 17, turn right to Glenwood Drive or Glenwood Cutoff. The drive will be slower but prettier.

When you come back, use the Granite Creek overpass instead. Crossing two lanes across Highway 17 via either Glenwood alternative is risky.

Here's more good news. An East Glenwood Preserve should be open soon. It will add five more miles of trail on the east side of the 170-acre preserve. These trails took longer to build, because they must avoid sensitive habitat and required building five bridges over creeks and wetlands.



From Marlene Wiley's Mountain History Archive

Clarissa Burrell

Joan B. Barriga

The late Joan Barriga wrote many stories for MNN. She was Marlene's good friend, and a fellow historian. This story is from Joan's series, Women of the Santa Cruz Mountains.

"We have very little temptation to use meat for we seldom have it before us. The children talk some of abstaining from all fleshly lusts, but they think it would be rather hard to refuse chicken or squirrel if it was set before them." So wrote Clarissa Burrell to her husband Lyman, who had gone off to the California goldfields, leaving her to care for their four children, fight off the creditors, and run the family business, a candle factory. There was no meat for the table that Christmas Day, because Clarissa had just sent 1800 pounds of butchered pork to market, where it sold for five cents a pound. She used the money to pay the mortgage.

During the two years that he had been away from his family, Lyman had managed to accumulate \$2,000, in spite of what seemed to be an alarming propensity for bad luck. He had arrived in the Mother Lode country by way of the Lassen Trail, an unusually difficult route. Along the way, he shot off a finger on his left hand in an accident. "I did not consider it a matter of much consequence," he wrote (using his good right hand) in a letter to Clarissa. Somehow this remark seemed to set the tone for his whole life—Lyman bumbled along, shrugging off misadventures that would have discouraged a less optimistic person, while Clarissa and the children followed behind, trying to pick up the debris.

Having made his fortune, Lyman decided not to risk a return trip across the Plains. He chose to go by way of Panama. When he finally reached home in Elyria, it was with a case of yellow fever he had contracted during the journey across the Isthmus.

Clarissa and the children were anxious to move to California. But after nursing Lyman back to health, she found that she would have to turn the house and other holdings into cash in order to raise enough money for the long trip. Lyman, meanwhile, returned to California, this time by ship, to try out another idea: farming.

Letters took about 33 days to reach Ohio from California, and in the long intervals



(From left) Clara, Clarissa, James, and Martha Burrell

between, Clarissa watched the discouraging sight of yet another wagon train setting out. "I think if I had my hands full of cash, I and my children would take a seat in the wagon, too, and set off to find Pa. But the cash is wanting, and I am not ready, so this opportunity will have to pass."

The in-laws were not very enthusiastic about Clarissa and the children moving to California. Uncle Isaac absolutely refused to offer a cent more than \$2000 for his nephew's property, business, and livestock, although Clarissa thought it was worth \$2500. Lyman's sister commented that he would work himself to death out west, and not be able to "carry a peck of bran" by the time his family joined him. The debts, loneliness, and discouragement were almost overwhelming at times.

"I do not know as I am very particular where we live," she wrote wistfully to Lyman in February 1852. "But I should like very much if we might live together somewhere."

But by August, Clarissa was bargaining with would-be buyers, and becoming increasingly indignant: "I believe the men here think it is beneath their dignity to trade with a woman. If they do condescend to do so, they are duty bound to cheat all they can. I am really quite out of heart trying to sell anything here ... have had no offer—only from Uncle Isaac of \$1500. Evidently Uncle Isaac had second thoughts about his original offer, and lowered his bid, sensing that Clarissa was desperate to leave

before winter set in.

She turned to another relative for help: "I tried to borrow some money of Uncle James Burrell. He had it to let, but was afraid I could not give good security. As my husband was absent, he thought a mortgage [mortgage] on the place would not hold."

Somehow, though, all the livestock was sold, the house and the candle factory were sold, the money scraped together, and Clarissa and the children finally boarded the clipper ship *Westward Ho* in Boston on October 16, 1852, for the long voyage around the Horn to San Francisco.

The voyage lasted 103 days, and Clarissa was terribly seasick until the ship reached the tradewinds of the Pacific, off the northwest coast of South America. The children, Eliza, 16 (Lyman's daughter by his first wife); Birney, 12, and the "man" of the family for the last three years; Martha, 9; and her little sister Clara, 7, soon found out that not only did the ship's captain abhor children, but that he was drunk during most of the voyage.

When they arrived in San Francisco on Monday morning, January 31, 1853, they had to wait three days aboard the ship, in sight of their long-awaited destination. The ship was too large to approach the wharf in the tides. Eventually, they were towed in by a steamer, and found Mr. Cary Peebles, a well-to-do Alviso landowner who arranged their trip on another steamer to Alviso, where Lyman was working on a farm.

After all this, Clarissa ought to have enjoyed a carefree life in California, but it was not to be. Things started off pleasantly enough. Lyman took the family on a strawberry-hunting expedition, to the seashore to eat mussels and admire the starfish, and then he took Birney along on a seal-hunting venture that nearly ended in disaster. "While I was down there," wrote Birney in his diary, "there was a wave came over the rocks and washed me some ten feet towards the bank. It struck Pa, knocked him over, and carried his hat away which he came very near to losing." The Burrell bad luck was beginning to reassert itself.

By July, Lyman and Birney were building a twelve-by-twenty-eight foot cabin, which he called "Mountain Home," up on the Summit ridge. It was partitioned into two rooms: a kitchen with a woodstove for cooking and heating, and a sitting room with a fireplace. Three bedrooms and a pantry were attached to one side of the house, as an afterthought.

Sixteen-year-old Eliza meanwhile had met and married Zenus Sikes, and set up housekeeping in Santa Clara. Clarissa's health was suffering from the valley climate. When it came time for the family to move to their new home, she made the trip from Santa Clara to Forbes' Mill in a buggy driven by a lady friend. Lyman had hired two wagons and four yoke of oxen to carry the family and their belongings to the summit. The first night of the journey, the family spread their blankets on the ground near Los Gatos Creek, where a stone flour mill was under construction.

The next day the oxen hauled the wagons over Jones' Hill, and followed a logging trail as far as a hill on the north side of Moody Gulch, where the Burrells camped the second night. The terrain was getting steeper, and the trail more difficult to follow. By the end of the third day, they had almost reached Mountain Charlie McKiernan's cabin on the ridge. On the fourth day, they turned south down the summit ridge toward "Mountain Home."

Lyman's pleasure in finally reaching their destination was obvious: "We unpacked our goods, and took supper in our own house. We are pleased with our new home and its surroundings. We enjoyed the fine view of those magnificent old mountains on the north. We were delighted to see the waters of the Pacific on the south, nearly fifteen hundred feet below us. It seemed as if we had never seen such gorgeous sunsets as we then saw here."

Little did Lyman suspect, while he rhapsodized over the beauty of the sunsets, that he had built "Mountain Home" right beside a grizzly bear trail. The first inkling the family had of this was when a bear tore off their gate, which was blocking his path. Undaunted, Lyman set the family up in business, caring for a herd of dairy cows that belonged to a Mr. Wayland. He took his pay in cows, and in two years owned his own herd of twenty-eight milk cows. Clarissa and the children were kept busy milking cows twice a day, churning sixty pounds of butter a week, and making cheese. Satisfied that the family members were suitably occupied, Lyman started another project—planting fruit trees and grape vines on his land—one of his more successful ideas.

Eliza and Mr. Sikes (he is never referred to by his given name in Clarissa's letters) moved to the Summit area with their three-week-old baby in 1854. Clarissa and the children met the moving party, led by Lyman and daughter Martha, as they entered the Los Gatos Creek canyon with the wagonload of household goods. Unfortunately, a recent forest fire had burned a bridge over one of the ravines, and they were forced to abandon the wagon, transfer the goods onto the horses, and follow the old, steep trail that crossed and recrossed the creek. Clarissa carried her tiny granddaughter on "old sure footed Kate," the family horse.

"Mr. Sikes carried the babe in his arms over the roughest parts of the road (he was walking). We have quite a time of it," she continued, "but we arrived at the home before dark, and with much less fatigue than one would imagine. Indeed, we were all quite well the next day, and I commenced washing and cleaning."

Getting home before dark was a matter of concern to Clarissa. Birney, now about fourteen, had taken on a man's work from the time the family arrived in Alviso, where he plowed a mile-long field with a team of oxen. He helped his father build "Mountain Home," and helped his mother milk the dairy herd. Another of his jobs was to haul in the family provisions, brought from San Jose on pack animals, up the steep trail from the creek canyon to the house. In a letter to the relatives back in Ohio, Clarissa wrote, "Birney went down two or three times alone, and did not get back till after dark—I do not feel very easy about him, you may be sure, for the trail passes through the canyon of a creek for about three miles, it is a dismal place after sundown."

The canyons were indeed dismal after dark. The mountains were home to grizzly bears and mountain lions. Clarissa was only too aware that there were wild animals around their home. Anyone who kept livestock knew the damage they did.

"We have not yet had the satisfaction of seeing any of the monsters that inhabit these mountains and ravines in the shape of grizzly bears, lions, panthers, etc. But we see their tracks, and know of their depredations," she wrote. They were soon to have this satisfaction, or at least Lyman was. He was attacked by a grizzly bear near his home, and his leg badly mauled.

During his six months of convalescence—while he was hobbling around on an improvised crutch made from a split board—all of the chores fell upon Clarissa and the children. Perhaps during this period Lyman had time to realize that Clarissa needed some additional help. He hired a skilled dairyman for three months to help with feeding and milking the herd.

Clarissa's description of a cozy winter evening at "Mountain Home" might have had some influence on her brother's decision to come west and settle near her in the Santa Cruz Mountains. "We find the fireplace quite a luxury during the rainy season. It gives sufficient heat, and seems to chase [sic] away the damp better than a stove. Many a pleasant evening we have spent by the bright cheerful light of our redwood fire. Mr. Burrell, Birney, and Martha reading aloud by turns in some newspaper or entertaining story book while I knit and Clara played with her doll."

Birney's diary, faithfully kept from the time he boarded the *Westward Ho*, noted that on February 10, 1857, his mother was going to the valley for medical treatment. In Clarissa's absence, the milking, churning, gardening, laundry, and cooking had to be taken over by the children. It is no surprise that the diary-keeping had to be set aside for awhile. The diary is blank from May 28 to October 25, 1857, and Clarissa's last letters to her relatives in the east were not dated. It is believed that she died some time during this period.

Just as there was no exact record of her death, there is no certainty where her grave is located. In 1949, Mrs. Clara B. Hirsch, her granddaughter, answering an inquiry about Clarissa, wrote "Grandmother was buried in the mountains on their property... later becoming the property of Miss Martha Burrell."

Schools

**Los Gatos-Saratoga
Observation Nursery School**

Cooking Time

Rebecca Witmer

Each school day at Los Gatos-Saratoga Observation Nursery School includes cooking time, when a parent volunteer offers a seasonal food for the students to enjoy. The students usually participate in the preparation beforehand. The food is usually presented in multiple ways, including in its original form, so that the children can learn the sources of our nourishment.

In the class of two-year-olds, the teachers use several rituals, to settle the children into the eating experience and support their social development. The child whose parent prepared that day's snack rings the cooking bell, introduces his or her parent by name, and joins the class in singing a gratitude song to the parent.

While seated around the table, the teachers encourage the children to discover the food with all their senses. The teachers may also share real branches or stalks, and other elements of the fruit or vegetable for the children to examine.

On a recent winter day, the class of

three-year-olds enjoyed a snack of acorn squash while discussing the various colors, consistencies, and flavors brought out by roasting. Here's the recipe they followed.

Ingredients:

1 medium acorn squash
1 tablespoon avocado oil
1 teaspoon each of paprika, garlic powder, dried oregano, and nutritional yeast
Salt and ground black pepper to taste
Fresh parsley for garnishing

Directions:

1. Preheat oven to 400 degrees.
2. Slice the squash in half, and remove the seeds with a spoon.
3. Lay each half on a cutting board, and cut into quarter-inch slices parallel to the stem.
4. Arrange the slices in a single layer on baking sheets. Pour oil over the top and sprinkle with spices.
5. Roast for 45 minutes, or until fork tender.

To learn more about our school, visit lgsons.org, or join us for an open house on **Sunday, January 26**, from 11 a.m. to 2 p.m., at the little red schoolhouse at 19601 Black Road, Los Gatos.



Experiencing a cranberry harvest



**Baking bread with school founder
Betty Peck's recipe**

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**Building Blocks Preschool
Building a Community and
Unstructured Play**

Alexandra Hughmanick

It's a Monday, and I've taken the morning off from my full-time job to work in my daughter's classroom. I look forward to the change of pace. On arriving, she is immediately whisked into a faraway land, swinging from a play structure to evade crocodiles, or helping friends build a water slide thanks to the abundance of rain in recent weeks. She's going from creating beautiful art with the autumn leaves to "camping" with her classmates within a twenty-minute span. At times she could care less if I'm there and, frankly, I'm thrilled. I cherish observing and participating in the unstructured play that is the hallmark of the Building Blocks' curriculum.

In a time of increasingly hurried lifestyles, screens, and academic/enrichment activity pressure, pediatricians are writing prescriptions for "play." According to an American Academy of Pediatrics report, free child-centered play allows children to use their creativity while developing imagination, dexterity, and physical, cognitive, and emotional strength. Play is also important for healthy brain development. At Building Blocks, most of our students' days are filled with



unstructured, productive play made possible by thoughtful teachers and a cooperative community.

The same report notes that when parents observe and join their children in play, they have a unique opportunity to see the world from their child's vantage point. Working, or should I say playing, in the classroom, I see how our children's minds are wired for these interactions, and how positive my engagement with them can be in building enduring relationships.

Teacher Sally shares, "Most of our students will continue their education together for the next 13 years. Being at Building Blocks allows our families to start forging lifelong friendships and support. The more we give, the more we get. Being part of a cooperative preschool shows your children that you are invested in their education. Participating in preschool makes volunteering in the elementary-school classroom that much smoother. Your child is comfortable having you there, and you are already comfortable with other children."

Enrollment options are available to make it easier for families to attend Building Blocks, not just those who can work in the classroom. Building Blocks will host an open house in February. Visit buildingblockscoop.org for details.



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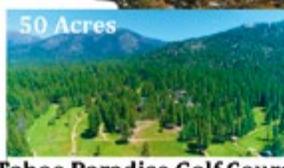
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Schools

Lexington School Deanna Wilk

In November, our school community, superintendent Paul Johnson, and the LGUSD board of trustees welcomed Senator Beall and his staff to Lexington School. After reading seventy letters from our students asking him and Assemblyman Low to vote yes on bills AB 1080 and SB 54 (banning single-use plastics by 2030), Senator Beall wanted to visit our students to learn about LexEcology and our Life Lab firsthand.

Senator Beall and the students connected over the student-led question period during the assembly. He shared both personal stories and thoughts on the environment. "The environment is *the* most important issue of your generation," Senator Beall said to students. He encouraged students to continue to dedicate a part of their lives to make the environment a better place, and thanked them for their outstanding environmental stewardship with Lexington's green programs. When he added, "Thanks for writing me. You convinced me to vote for those bills," the room erupted in applause. Students felt empowered.



Senator Beall presented each class and LexEcology and Life Lab leaders with a certificate of recognition from the Senate. The memorable morning ended with Green Team students leading Senator Beall on a tour of our gardens and Life Lab, proudly sharing their knowledge and enthusiasm for what Lexington students are doing for the environment.

Fifth graders earned a new appreciation for the environment during their four days of science camp at Nature Bridge in the Marin Headlands in mid-November. They spent each day hiking and making observations about what they saw and learned in journals. They explored and studied watersheds, coastal habitats, the terrestrial ecosystem, and area geology, as well as human impacts on those systems and resource management. With their

knowledge of animal adaptations, they made new creatures from items they found on the beach. In the cafeteria, they ate amazing food, but also tracked their food waste, learning how to produce zero waste.

They hiked to landmarks like the Point Bonita Lighthouse and the Battery Mendell, played volleyball games and camouflage, took night hikes, and sang campfire songs. Thank you to fifth-grade teacher Ms. Hamilton, parent chaperones Beth Stark, Todd Lehr, Luke Ihde, Danyelle Chapman, Kristin Johnson, Jon Aker, and our drivers for making the experience possible.

We are lucky to learn outdoors. Garden parent Candice Brown led fifth-graders down to their garden to see how the radishes, carrots, kale, chard, cabbage, and herbs that they planted were doing. Students tasted radishes and mint, and thought about the things plants need to grow: water, carbon dioxide, nutrients, sun, and space. Then they related this to their study of earth's different spheres. Each grade has its own garden to maintain and learn from.

November was capped off with our Thanksgiving celebration. Fifth graders acknowledged the people who bring our food to us in their farm-to-table skit. It ended with a slice of pumpkin pie.

Best wishes to all for a wonderful 2020.



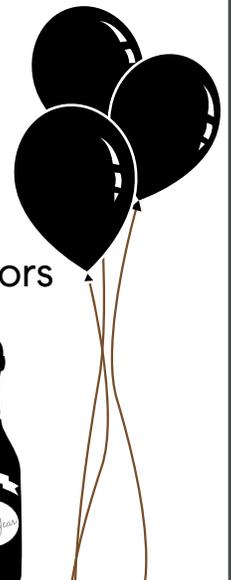
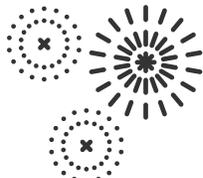
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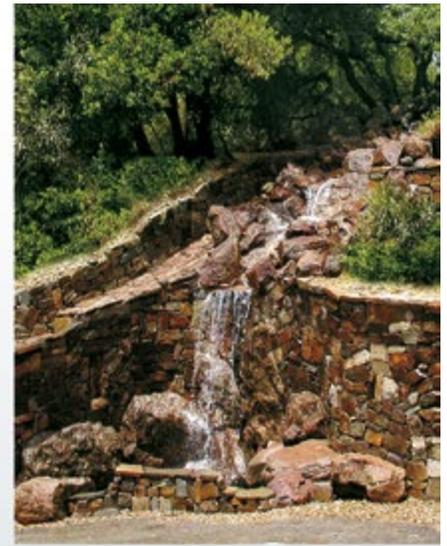
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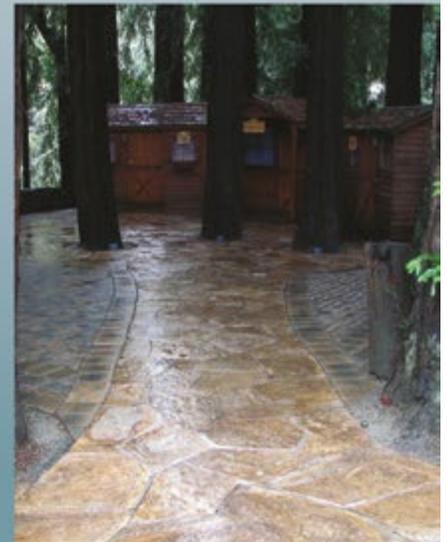
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schools

Los Gatos High School Blood Drive Anna Leith

Los Gatos High School held their biannual blood drive on December 4, providing students sixteen and up with the opportunity to donate blood on campus. The American Red Cross hosted the event, which took place in the LGHS small gym.

After receiving a finger prick to ensure adequate iron levels in their blood, donors were directed to a gurney where they could relax during the procedure. Several C.T. English alumni participated, including junior **Cooper Bowen**, senior **Bella DeMeo**, and senior **Eleanor Kinsella**. Honorable mentions go out to **Toby Britton**, **Elizabeth Kinsella**, and **Sofia Rossi** who were unable to donate.

Cooper gave a statement regarding his experience: "It wasn't as bad as I thought. It took a long time and they were very professional, and then afterwards I got Oreos." Bella reported, "I love the ability to give back to the people who are in need." Eleanor stated, "It's super rewarding to know that I have the ability to save up to three lives with only one pint of my blood. It's nice to know that I can help other people just by giving a little bit of my time and energy." Of the sixty students who registered, roughly fifty successfully donated.

The blood drive offers a unique opportunity for students to give back to their community. LGHS will continue to encourage people to donate.



Photos by Maddie Dang



Loma Prieta School District Partnering for Public Safety Lisa Fraser, Superintendent

Over the past year, I had the opportunity to listen and learn about important emergency-response efforts taking place in our mountain community. I am impressed with the preparation, collaboration, dedication, and passion that many groups contribute to the safety and protection of our mountain residents. I am grateful for the strong relationships that we have with local emergency-response personnel in our region.

As a school district, we are responsible for the safety of our students and staff. We are uniquely positioned to serve as a central location for a wide variety of emergency responses in the community. We are committed to public safety.

California Education Code requires schools to develop a safety plan relevant to the needs and resources of that school. Our district is updating our comprehensive school-safety plan in accordance with best practices for emergency-preparedness planning. Five key strategy areas include: training school personnel on violence prevention, security, threat assessment, and emergency-planning; evaluating and refining security measures; updating emergency-preparedness plans; strengthening partnerships with public-safety officials; and creating enhanced crisis-communication plans.

Our recently adopted three-year strategic plan includes goals and actions related to updating universal safety procedures, including how to best reunite students and parents in the event of an evacuation, severe weather, shelter-in-place, or other emergency. Maps of our facilities and evacuation plans are being updated for emergency responders. Creative use of resources and good regional communication are core elements of emergency-planning protocols. We thank our community and public-safety agencies for their dedicated efforts.

Loma Prieta School District Members Needed for Budget- Advisory Committee

Lisa Fraser, Superintendent

We are seeking community members who are interested in participating in a budget-advisory committee to explore strategies to ensure the long-term fiscal sustainability of the school district. The committee will be formed in January. To find out more, email Eileen Bevans-Franks at e.bevans@loma.k12.ca.us.

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Lakeside School News

Kathy McKinney

At our annual food drive in December, our families donated hundreds of pounds of non-perishable food items for the Second Harvest Food Bank. While we live in an affluent area, 25 percent of Silicon Valley residents are at risk of hunger, and ten percent of residents receive food from the Second Harvest Food Bank. We are grateful to our families for giving back to our community in this important way.

Our newly elected student-council officers prepared and presented speeches to their fellow students before elections were held. Congratulations to **Montoya O'Brien** (president), **Lydia Lin** (vice-president), **Shannon Daly** (secretary), and **Dong Jin Guo** (recorder). The officers have met and are planning this year's activities and focus.

Our TK and kindergarten students read several different versions of the Gingerbread Man story, and compared and contrasted different ways of telling the same story. They then predicted what would have happened

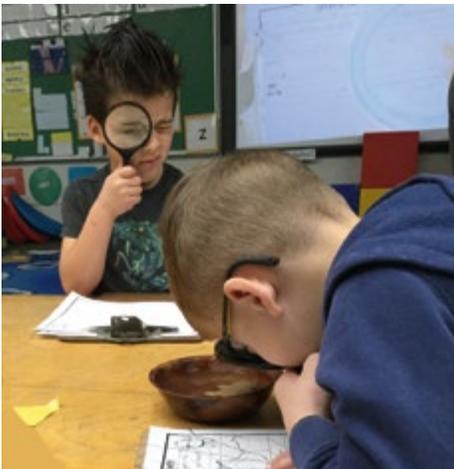
if the gingerbread man didn't get help from the fox while crossing the river. Students wrote or drew their hypotheses, and then conducted an experiment, documenting changes in their gingerbread cookie when it was exposed to water over time. They discovered that the gingerbread man would not have been able to swim on his own. He would have sunk and turned to mush.

In our after-school maker class, students created new items from recycled materials. One of the most exciting activities for the students was to assemble an IKEA dish rack. (It was considered "extremely exciting" because it involved a screwdriver.) The students use the dish rack to dry cups and plates after they eat their snack.

Fifth-grade students and families raised \$800 for science camp by selling concessions at a family holiday-dance night, and in the school parking lot to Christmas tree shoppers during December. Our students braved the pouring rain, and even manned a drive-through hot-chocolate stand for tree shoppers who were cold, wet, and needed something warm to drink. Along with other fundraisers, they have raised almost \$1300, enough to provide more than \$75 per student to go toward the cost of science camp. They will also participate in a Yankee Candle fundraiser, sell concessions at a movie night in February, sell flowers at their dance performance in March, and maybe even do a car wash in May. Go fifth-graders!

We thank our mountain neighbors and community for supporting Lakeside School, and wish everyone a healthy and happy new year.

*Photos by
Mel Corona and
Elizabeth Greer*



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