SSA GENERAL MEETING

Wildfire Evacuation Workshop

Presented by: Eugenia Rendler, Santa Clara County FireSafe Council

Friday-April 27, 2018
7:00 pm - Refreshments
7:30 pm - Featured presentation and Q&A

Thomas Fogarty Winery
19501 Skyline Boulevard
2.7 miles north of Page Mill Road, across from Rapley Ranch Rd.

Fogarty wines will be available. We request a donation of $7.00 per glass.
Light hors d’oeuvres and soft drinks will be provided.

Join us for our annual spring meeting at the beautiful Thomas Fogarty winery for an opportunity to visit neighbors, enjoy a glass of wine, and hear some interesting and useful information.

Eugenia Rendler is the Education Coordinator for the Santa Clara County FireSafe Council. She will be talking to us about ways to prepare for an evacuation in the event of a wildfire. Eugenia will present an action plan which will consist of checklists and evacuation information to include in your family emergency plan. As a part of the emergency plan, we will learn how to assemble an evacuation “Go Bag”, and each household will receive a First Aid Kit.

Fire agency staff will be available to answer questions.

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First up, I’m sad to report that we’ve lost a pillar in our community -- Ruth Waldhauer passed away peacefully in her sleep this March. Her obituary appears elsewhere in this issue of Skylines. As the current President of the SSA, I wanted to add that I am personally grateful for the guidance, wisdom and support Ruth brought to our area and the SSA organization. The community has suffered a great loss and we will miss her dearly. I encourage everyone to join us at the next SSA General Meeting, April 27th at Fogarty Winery (details here: http://southskyline.org/events/general-meeting-april-2018/) to join us in a toast to Ruth’s life and legacy.

On other personnel topics, the SSA Board sadly said good-bye to our Vice President, Joshua Littlefield in December, and Jeff Beaman in January. As a result, we currently have vacancies to fill on the board and would love to hear from our passionate community members who’d like to join our “merry band of do-gooders”! Please call/email me or take a test-drive at one of our board meetings if you’re interested.

In January we hosted a General Membership Meeting at the Saratoga Summit Fire Station. Despite the damp weather we had an over-full meeting space and many people wanted to stay longer and ask more questions of our speaker, Cal Fire Deputy Chief Jake Hess. The evening’s topic was “How the Bear Fire Was Contained and What Can We Learn from it”. If you missed that meeting, the next General Membership Meeting in April will feature a related topic on preparing for wildfire evacuations. Also at that General Meeting, we held the annual SSA vote for new board members and returning members whose two-year term was expiring. Returning members who were reinstated for another term include myself, Kristen Anderson, Barbara Bekins, Maura McNamara, and Ruth Waldhauer. Additionally, we welcome two new members to the board: Evan Dellar and Ruth Van Sciver (please say “hi” and “thank you” to them when you meet them at the next General Membership Meeting).

In February we set the 2018 SSA budget and reviewed an unprecedented number of grant requests from local community organizations. Happily, we approved $20,000 of funds and allocated another $5,000 for any additional grant proposals in the second half of the year. Also in February, we created a new board position for Chief Fun Officer (CFO) and asked Maura McNamara to fill the role and lead the charge for more social events and gatherings amongst our membership. Stay tuned as Maura pulls together a plan and reaches out for input and participation (she promises it will be really FUN).

On other notes, the SSA has been working with neighbors and local groups to address the reckless driving and side-shows at both the Clouds Rest scenic overlook on Skyline Blvd. and the Sempervirens scenic overlook on Hwy 9. This issue has no quick and easy solution and is further complicated by three different county jurisdictions, as well as Caltrans, CHP, County Sheriffs, and State Parks authorities (depending on which location one wants to address). We are taking the long-game approach and will be persistent and relentless in our fight for attention and action from the authorities. Please contact us if you can help by attending county supervisor meetings or help with letter writing campaigns.

Finally, the SSA has also focused our attention on the Sanborn Bike Park proposal. This is a controversial issue that would have a major impact on our community, and one about which the park planners have not been transparent or forthcoming. The SSA will do everything in its power to ensure the county park planners are completing due diligence on environmental impact, community impact, fire and emergency safety infrastructure, and law enforcement.

In this book the reader will follow the paths of the native Ohlone people and experience the rugged life in logging camps, mills and ranches. The book introduces the waves of people who left the comfort of the “flatlands” to succumb to the lore of the mountains. The book is complete with detailed maps and many vintage photographs.

Your cost is $27.07 incl. tax for local pickup or $34.27 by two-day priority mail to you or your recipient. For information email chuck_sch@hotmail.com or phone 408-867-9229.
Skyline Propane Users Group (SPUG) was formed to benefit SSA members. For information about joining, or for members wishing current information on the agreement, please email propane@southskyline.org. Information is also available on our website: www.SouthSkyline.org/spug/

SSA has agreements with AmeriGas, Kamps, Suburban Propane, and FerrelGas. The open market price is more than $1.00/gallon higher than the SPUG price. Prices are subject to change as frequently as wholesale prices change. The prices SSA posts are for the first of the month. Our SPUG rate is based on a keep-full basis, not will-call service.

You are not required to pay sales tax on propane if you do not have natural gas available where you use propane. If you get your propane from AmeriGas, you will need to submit a sales tax exemption form. Contact AmeriGas for the form.

Those whose SSA membership has lapsed will disqualified from receiving the benefit of SPUG price for propane. Membership can be renewed online at www.southskyline.org/membership/.

### SPUG QUARTERLY REPORT

Skyline Propane Users Group (SPUG) was formed to benefit SSA members. For information about joining, or for members wishing current information on the agreement, please email propane@southskyline.org. Information is also available on our website: www.SouthSkyline.org/spug/

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SSA April 2018 – Membership Report
By Debra Born, Membership Committee Chair

Looking Past and Forward
In this issue you’ll learn of the passing of Ruth Waldhauer, our board member and our former Membership Chairperson known to so many in our South Skyline area, and one who has been the backbone of our association for decades. It’s difficult to be upbeat on the heels of this event, but it’s important we move forward and look at the positive.

Our membership continues to grow owing largely to the SPUG program initiated in the 90’s when our membership was a little over 200. The vast majority of our members now live far beyond the original SSA boundaries in the South Skyline area of the Santa Cruz Mountains. The popularity of the Skyline Propane Users Group (SPUG) program increases our revenue substantially which allows us to fund SSA’s grant program helping local non-profits achieve their missions. Plus, many more people are afforded the benefit of our popular quarterly meetings featuring expert speakers on local issues and subjects relevant to mountain life.

We are so thankful to Ruth Waldhauer for her tremendous dedication and hard work to develop this association into an 1,800 plus strong community!

Many of our members have not renewed their membership for 2018. As a result, your propane costs may increase, so renew now before next heating season. If possible, please renew online via our website www.southskyline.org/membership/.
Community Grants
By Kristen Anderson, SSA Treasurer

South Skyline Association's mission is to support our community in ways that foster public safety, environmental preservation, and other community initiatives. Last fall, the SSA issued a request for grant proposals and received a record number of submissions. For 2018, the board appropriated $25,000 from the revenue we gain from membership dues to support various efforts. We carefully considered each proposal and voted to support the following requests:

South Skyline FireSafe Council: Chipping and shredding program

Lakeside School: Donation towards locks on classrooms that can be locked from inside in case of "Lock Down" or "Shelter in Place" situation.

Jikoji Zen Center: Donation toward new 65,000 gallon water tank required by Cal Fire.

South Skyline Emergency Preparedness Organization: GMRS (General Mobile Radio Service) Repeater to strengthen communication signals during emergencies.

Santa Cruz Mountains Environmental Protection Alliance - Support to ensure a proper Environmental Impact Study (EIR), including traffic analysis, is done before any active recreational development is considered by Santa Clara County Parks on Sanborn Park at Skyline.

La Honda Fire: Firefighter Rehabilitation Monitor that will help gauge the health of firefighters by measuring pulse oximetry, carbon monoxide levels, and pulse rate at the scene of a fire.

We are proud to be able to support these organizations that work to benefit all members in our community. If your organization would like to be considered for a grant, please see the details and application on our website: http://southskyline.org/application_for_grant/

Midpen Launches Annual Photo Contest With New Youth Category

Los Altos, California [March 1, 2018] – The Midpeninsula Regional Open Space District’s ninth-annual digital photo contest begins today [March 1]. Photographers of all abilities are invited to submit images taken in publicly accessible areas of Midpen’s preserves throughout the South Bay, Peninsula and San Mateo County coast. A new youth category added this year encourages middle and high school students to participate.

“The contest is a fun way for people using everyday technology, like smartphones and digital cameras, to connect with nature close to home,” said Acting General Manager Ana Ruiz. “We hope people will be inspired to explore their public open spaces, perhaps for the first time, and capture those moments of awe and wonder in nature.”

Participants can submit a total of three images in the following categories: Wildlife, plant life, landscapes, people in nature and this year’s new youth category for photographers under age 18. The contest runs through the end of May and has no entry fee. Winners are chosen by a public vote on Midpen’s Facebook page.

The first-place winner in each category receives a $100 REI gift card and will have their image published in Midpen’s fall newsletter.

Contest details are at openspace.org/photo-contest. Contest runs March 1, 2018 - May 31, 2018.

Midpen Photo Contest 2017 winning entry: Landscape, After Winter Storm by Mike Asao, Rancho San Antonio Open Space Preserve.

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**Donate 2 – 4 Hours to Help the Oaks: 2018 Sudden Oak Death Blitz**

*By Jane Manning*

**Saturday April 14, 10 AM**

**Why:** Although the risk of oak infection dropped through 2015, as indicated by the lower percentage of bay laurel leaf samples that tested positive in the Blitzes (see figure), the risk has increased in the past two years. Plug into the effort to understand this devastating forest disease. SOD is altering our Santa Cruz Mountains’ forest composition. The Blitz data help land managers respond to these changes and preserve oak genetic diversity.

**How to participate:**
1. Attend a training meeting and obtain a sample packet.
2. Collect samples anytime the rest of the weekend on your land, or elsewhere with permission. You can collect as many samples as time allows.
3. Finally, bring sample packets back to the Fire Station by 9 AM Monday April 16th. If possible, install the “SODmap mobile” app (free) before the meeting. Attending the training meeting is necessary to ensure all blitzers follow the same procedures.

**When:** Saturday April 14, 10 AM

**What:** Training meeting led by UC Berkeley’s Forest Pathology lab researchers. Duration is 1-hour. No RSVP needed; free snacks and coffee etc.

**Where:** Saratoga Summit CalFire, 12900 Skyline Blvd, Los Gatos, located just N. of Skyline-HWY 9 intersection.

**More info:** [www.sodblitz.org](http://www.sodblitz.org); Jane Manning (skyline_sod@yahoo.com)

**Hope to see you April 14<sup>th</sup>!**

PS: If 10 is too early, then consider the Saratoga blitz meeting at 1 PM on April 14<sup>th</sup> at Montalvo Art Center, The Art Commons, 15400 Montalvo Rd., Saratoga. Please email me if you opt for this.
The Ceanothus Among Us

By Sarah Schoen
All photos by Dave Schoen

Ceanothus is perhaps the quintessential California shrub. The genus is collectively known as California lilac. Hardy, woody plants with large clusters of tiny, fragrant, white or blue flowers dot the hillsides. These plants are well-adapted to life in California.

The shrubs are generally open and rounded. Small elliptical to linear leaves adorn the twigs, which are usually rounded and sometimes sharp on the ends. The genus name, Ceanothus is from the Greek for spiny plant, although ours do not have real spines. Tiny flowers have 5 sepals and 5 petals, all the same color, and 5 stamens are exserted from the blooms. These flowers are gathered in large clusters, giving the color that is viewable from a distance, reminiscent of the unrelated lilac. Fruits are 3-lobed capsules, exploding when ripe to distribute the tiny seeds. Many of the seeds are eaten by animals. Typically, the remaining dormant seeds are banked in the soil through the years; then they germinate following a wildfire, which breaks through the hard seed coat. Some species can also crown sprout following a fire.

Ceanothus have tap roots to allow them to grow in drier climates. Many species of Ceanothus have root nodules containing nitrogen-fixing fungi. This allows the plants to grow on poorer soils. When the roots die, the nitrogen is released for uptake by other nearby plants. The genus Ceanothus is made up of 50 species, 41 of which are found in California. Although the genus has been present up to 65 million years, it wasn’t until 1.5 million years ago that evolution into many new individual species really took off. Around this time, many factors came into play. First, the climate was warming to a Mediterranean type with wet cool winters and warm dry summers. The dry summers led to an extinction of some more rain dependent plants and opened up territory for those that were dry adapted. In addition, tectonic changes folded the landscape and led to a multitude of microclimates with many different soil types, temperature ranges, and amounts of precipitation. Wildfires became more prevalent, selecting for fire adapted species. This especially increases the rate of speciation for obligate seeders (those which cannot crown sprout) allowing successive generations to more quickly adapt to environmental changes. Many species of Ceanothus can cross with other species of Ceanothus, forming viable hybrids that result in different combinations of traits. And the climate has not been stable, causing some plants to migrate north during warming periods, and south during cooling periods, bringing more plants in contact for hybridization and exposing them to a variety of microclimates to test their abilities to survive.

In the South Skyline area, we have only four species of Ceanothus, making identification here a little easier. These four species can be differentiated by whether their leaves grow opposite or alternate from the stem, whether they have 1 or 3 major leaf veins from the base, whether their stems are smooth or have longitudinal lines, and whether or not their leaves have warty bumps.

Buckbrush (Ceanothus cuneatus var. cuneatus) is a major component of chaparral. It grows up to 8 ft tall. Leaves are thick and leathery and have only 1 major leaf vein. They are smooth-edged, wedge-shaped and grow opposite and crowded from the stem. Cuneatus means wedge-shaped. Twigs are smooth and gray brown. Flowers are creamy white, or sometime have a faint blue cast. They bloom from February to April, looking like giant snowballs from a distance. And the smell can be strong. I know spring is here or almost here when I smell the buckbrush in bloom before I even see it. Buckbrush is found in chaparral from western Oregon south throughout much of California in the coastal mountains and foothills of the Sierra Nevada.

Jimbrush (Ceanothus oliganthus var. sorediatus) is a shrub up to 9 ft tall. Leaves grow alternate from the smooth, flexible, reddish brown to gray green stems and the leaves have 3 major leaf veins. Flowers are medium blue, blooming from March to April. Jimbrush may sometimes crown sprout, but generally reproduces from seed. Jimbrush is found in rocky soil in chaparral, foothill woodlands, and mixed evergreen forests in much of coastal California. It is endemic to the state.
Blueblossom (*Ceanothus thyrsiflorus*) is a shrub, or even small tree up to 20 ft tall. Leaves grow alternate from the stem, which is not smooth - it has longitudinal ridges. The leaves have tiny teeth along their edges, and 3 major veins. Flowers are medium blue and bloom from March to May.

The flower clusters are dense. *Thrysiflorus* means contracted panicle. Blueblossom is found in chaparral, redwood forest, mixed evergreen forest, and northern coastal scrub from western Oregon south through much of coastal California and into Baja California.

Wartleaf Ceanothus (*Ceanothus papillosus*) is a shrub up to 15 ft tall. The dark green linear leaves grow alternate from the smooth stems. The concave leaves are sticky, have 1 major leaf vein, and have distinctive warty bumps. *Papillo* means warty. Flowers are often a darker, intense blue, blooming April-May. The plants reproduce primarily from seeds. Wartleaf Ceanothus is found in redwood forests, mixed evergreen forests, and chaparral from San Mateo and Santa Clara Counties south to San Luis Obispo County with isolated pockets further south to Orange County and Baja California.

If you are not sure if a Ceanothus is blueblossom or wartleaf and it looks about halfway in between...yes the two are reported to hybridize in the Santa Cruz Mountains. The hybrid’s leaves just look a little bit warty.

Ceanothus shrubs are important to many animals. Quail and others eat the seeds. Bees collect the pollen and nectar. Several butterflies use Ceanothus as larval host plants including California Tortoiseshell (*Nymphalis californica*), Pacuvius Duskywing (*Erynnis pacuvius*) and hedgerow hairstreak (*Satyrium saepium*). And for many years, the larval food plant of the lovely, if locally elusive *Ceanothus Silk Moth* (*Hyalophora euryalus*) was unknown. Then the larval food plant was discovered to be a species of Ceanothus. Years later, a wide range of other host plants in 8 different plant families were discovered, but the moth’s common name remains.

California native peoples used Ceanothus. The stems were used in basketry. The Polikah of Northern California made a decoction of leaves and twigs to wash newborns. And many tribes made a soapy solution from crushed flowers. In one reference, the Ohlone bride and groom used a solution of soapy flowers to wash each other’s hair before the wedding ceremony.

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**2018 SPRING FREE CHIPPING PROGRAM**

SSFSC sponsors a free brush & wood chipping program twice a year in support of creating your defensible space. You cut brush and trees within the defensible space of your home, stack it in piles along your driveway or road to your house, we send professional crews to your home to turn them into chips. You can keep the chips for mulch or ground cover or the crews will remove them. And its all Free!

**Chipping to Begin on MONDAY, APRIL 23rd**

**Applications Must Be Submitted No Later Than SUNDAY, APRIL 15th**

Sign Up is Available on Our Website [www.southskylinefiresafe.org](http://www.southskylinefiresafe.org)
South Skyline Fire & Rescue News
By Andy Seigel, Captain, SSF&R

We’ve had a very quiet start to 2018 – quite a stark comparison to the same time last year. Roads have reopened, things have basically returned to normal. Call volume is a bit below normal. We’ve been doing a lot of EMS related training to satisfy new requirements.

Pancakes are back!
Mark your calendars for Sunday, May 20, for the return of the pancake breakfast. We will be at the Saratoga Summit fire station from 8-11am, serving up our from-scratch pancakes. Still only $5 for adults, and now free for kids under 12. Such a deal!

Defensible Space
Obviously, we’re not getting all that much rain this year. This might be a good time to get a head start on your defensible space (especially with the Fire Safe Council’s free chipping days coming up). I just completed my own project, limbing up trees and taking out 15 feet of manzanita from the bottom of the property, extending our defensible space. We have links on our website to all kinds of documents to help guide you in planning your defensible space, including a link to the Fire Safe Council’s web site.

Recruiting
We will be hosting an open-house in April at Station 29 (Las Cumbres). These events are a great way to find out about our program - or sign up! The exact date and time is TBD. We’ll post information on our website as soon as we have it.
http://southskylinefire.org

Adopt-A-Highway
By Jerry Peters

On Monday, February 5th, volunteers Lilly Blum, Ron Marazzo and Jerry Peters met at the Russian Ridge Vista Point at 10 am to gather litter. We had a very small crew and additional volunteers would be greatly appreciated!

The weather was very pleasant while we worked, and after an hour and a half we had collected 4 large bags. The number of cans, bottles and plastic containers was amazingly light, and the small crew was grateful.

Adopt-A-Highway Volunteers: Ron Marazzo and Lilly Blum; photo by Jerry Peters

Volunteers Needed
South Skyline volunteers are responsible for gathering litter every two months. The sweep normally takes about an hour and a half. So far over 185 names are on the honor roll listing those who have participated.

We would love getting some new recruits. Currently there are only about eight-to-nine people to choose from who can work on a Monday. Only one time in the last two-years, did I have enough volunteers to sweep the four-mile section of the roadway that SSA is responsible for cleaning. I continue to do this work on my own, and more help is needed.

Please volunteer once – or more than once, if you’d like. You will find it both rewarding and fun.
Jerry Peters is the Coordinator of the Adopt-A-Highway project. Contact Jerry if you wish to volunteer.
JPantheridge@gmail.com

The SSA Adopt-A-Highway program was started by Ruth Waldhauer in 2005. As Ruth used to say - Skyline is our paradise!!! Let’s keep it beautiful.
A beloved advocate and tireless volunteer for the South Skyline Community

In Memory of Ruth Waldhauer

Ruth Irene Waldhauer died peacefully at her home in La Honda, CA on March 7, 2018. Born April 3, 1928 to Petranella and Joseph Waina in Cleveland, Ohio, she is survived by sister Alice Ayers of Euclid, OH and brother Daniel Waina of Mentor, OH. Predeceased by sister Pat Waina, and husband Frederick D. Waldhauer whom she married in February 1955. This union produced five children raised in Fair Haven, NJ, including Neil Waldhauer (Cara Lamb) of Santa Cruz, CA, Amy Waldhauer (Folkert Tangerman) of Northport NY, Ann Waldhauer of La Honda, CA, Alice Waldhauer (David Mohr) of Columbus, OH, Kim Waldhauer (Giacomo Servetti) of Tomkins Cove, NY, and grandson Meindert Frederick Tangerman (Caitlin Quinones) of Boston, MA.

Ruth attended Case School of Applied Science (now Case Western Reserve) and in 1952 earned a degree in Chemical Engineering from Fenn College (now Cleveland State University), where she was one of only two women in her graduating class. She was employed by Lubrizol, RCA, and, for 20 years, National Marine Fisheries Service at the Sandy Hook Laboratories in New Jersey. Ruth’s family is proud of her internationally cited research on the effect of heavy metals in marine ecosystems, which provided impetus for politicians to regulate and eliminate industrial waste dumping in Raritan Bay and resulted in the recovery of shellfish in that area. She continued research on heavy metals on the East Coast, contributing to a unified understanding of metals’ impacts on the coastal fisheries and marine environments. In 1989, she moved to California and was employed by SRI International in Menlo Park where she worked on market research of the petrochemical industry.

While living in the Santa Cruz Mountains, she gave long-standing service to the South Skyline Association where she was a board member for nearly 30 years. During this time, she served as Secretary, Treasurer, and Membership Chair. In addition, she organized community events and community meetings. In 1994 with Cliff Jenkins and Larry Hassett, she established Skyline Propane Users Group (SPUG), a propane cooperative. Ruth administered this group for over 20 years. To this day, SPUG continues to assist residents in access to favorable energy pricing.

Ruth continued her advocacy for the land on which she lived and for her local community. She established two Adopt-a-Highway sponsorships, by SSA and by Skyline Historical Society and solicited new volunteers for each bi-monthly pickup which created a tighter community network. She contributed a significant portion of the research for Janet Schwind’s local history The South Skyline Story. In a geographic area tied together by Skyline Boulevard, she lobbied local and state representatives and agencies in efforts to improve highway maintenance as well as safety, contributing to quality of life for neighbors and visitors.

Ruth was an active participant with the Wednesday Walkers who still frequent the many preserves and parks in the area accompanied by lively conversation on a broad range of topics. After founder Jody Fork passed the baton, Ruth organized the weekly hikes for about a decade.

Ruth is remembered for her kindness, wisdom, and wit, as well as her love of nature and art. She was a brilliant scientist who pursued groundbreaking research while raising five children. She was a great cook, a lover of jazz, a devoted grandmother, a fierce advocate for the land where she lived and a tireless organizer and volunteer for recurring litter patrols. Ruth made everything she did look easy.

A memorial for family and friends will be held Saturday June 23, 2018, 10 am - 12 noon at The Mountain Terrace 17285 Skyline Boulevard, Woodside CA.

Donations may be made in Ruth’s name to the following organizations:
The American Littoral Society (https://www.littoralsociety.org/)
Puente de la Costa Sur (https://mypuente.org/)
South Skyline Emergency Preparedness Organization

What’s in your Medicine Cabinet?

Rich Lee MD

There is a saying: “Life is what happens when you have made plans for other things”. Yet, we plan anyway and among those plans should be those for when the best-laid plans go awry. One of the more complex of these plans is what to do about your health and medical needs when access to regular medications and supplies is cut off by earthquake, fire, flood, mudslides, etc.? Here are some ideas:

With respect your to prescriptions, do you have enough to last more than the usual monthly supply? Of course, in this modern day of institutional medicine, neither clinics nor insurance coverage like to prescribe any more than the usual monthly amount. This could really be a problem if you can’t get to the pharmacy or worse, the pharmacy isn’t there. This can be an even greater problem if you have certain prescriptions where even a couple days of no supply could lead to serious or even life-threatening withdrawal. Among these medications are the obvious ones such as Insulin, blood pressure medications, medications for heart conditions and arrhythmias, as well as chronic high-dose pain medications. However, this list could also include most of the SSRI antidepressants and medications used to prevent inflammatory diseases or those to correct for urine retention.

If possible, you should ask your physician to authorize at least a 2-week extra supply of all your necessary prescriptions. This is easier said than done, but you should inform them you live in a very remote area where normal transportation could be cut off by days or even weeks due to local natural disasters. They may be most hesitant with scheduled narcotic medications, but just remind them that withdrawal from these medications could be potentially lethal. Sometimes they may acquiesce if you offer to have a “drug contract” drawn up and signed that states you will only use these in an emergency.

In many situations, the insurance company does not want to pay for extra medications and you may have to pay for a two-week supply out-of-pocket. This can also be blocked by pharmacies that are becoming more involved in managing your prescriptions or doing substitutions outside of your doctor’s orders. One solution is to have your physician write you a paper prescription for only a 2-week supply of medication and take it to a separate pharmacy chain or an independent pharmacy to be filled.

Aside from an adequate emergency supply of regular prescriptions, there are some over-the-counter medications that should be considered for common problems. Providing you are not allergic to any these, here are some that you should have at home: Nondrowsy “H1” antihistamine such as either Zyrtec, Allegra or Claritin not only work for allergies at the usual doses and sometimes at double doses but can also treat hives (Urticaria) or sudden facial swelling (Angioedema) at 2-4 times usual daily dose. In these situations, they would work even better in combination with Pepcid (famotidine), which is not only good for gastritis, but also serves as an “H2” antihistamine to treat hives.

Afrin decongestant nasal spray is not only good for opening up blocked sinuses or nasal congestion, but can also help treat a nose bleed, especially if you soak a cotton ball in it, place the cotton ball on the bleeding side, and leave it there for 1-12 hours. In addition, if you have a blocked eustachian tube in one ear and are unable to “pop” that ear, you may also have significant ear and face pain as well as vertigo. 2 sprays of Afrin in the nostril on the same side as the affected ear can work wonders, especially if you lie down on that same side for 20-30 seconds while yawning. The decongestant will run down to where the swollen eustachian tube is, shrink the swelling and open up the eustachian tube allowing the pressure behind the eardrum to equalize and hopefully resolve any associated pain or vertigo. Afrin is generally safe if used no more than 3 days to avoid “rebound” congestion.

Other medicines for respiratory problems, to have on hand would be a good expectorant such as plain Robitussin or Mucinex, cough medications such as dextromethorphan (Delsym) and for either allergies or inflammatory sinusitis, Nasacort steroid spray.

For eye problems, a supply of sterile saline wash is always good to have as well as an anti-inflammatory eye drop such as Naphcon-A. A simple antacid may be very handy for indigestion, especially if you are eating food you normally don’t, or have enough stress to cause stomach upset. If that is not enough, you can add in Pepcid. While we are on the topic of the digestive system, every house should have at least some supply of

(continued on page 11)
(What's in your Medicine Cabinet? continued)

Imodium-AD to treat diarrhea.

**For pain**, the combination of an anti-inflammatory such as ibuprofen or naproxen (Advil or Aleve) with acetaminophen (Tylenol) may work far better than double dosing either of them alone.

**For insomnia**, diphenhydramine (Benadryl) often works, especially in the liquid gel or capsule form, which does not cause as much cognitive impairment the following day that the solid pill form seems to.

**Herbal Remedies**: In addition to the common over-the-counter medications, there are several herbal remedies that have shown to be effective, relatively inexpensive and overall harmless. As a matter of policy, most, if not all of the supplements to purchase should be “GMP certified”, which generally means they are up to pharmaceutical quality.

Breathe Easy Tea and/or Throat Coat Tea, both by the California company, Traditional Medicinals really do provide a lot of relief especially if taken in combination with honey.

Quercetin, either alone, or in combination with the extract of the stinging nettles plant, in capsule form has been shown to be effective for both respiratory and food allergy relief, especially if taken for more than 5 days.

Curcumin/Tumeric in capsule form has a growing body of evidence for reducing inflammation without any of the risks of other anti-inflammatories, and now is being studied as a potential preventative for Alzheimer's disease.

Topical arnica cream/salve has been shown effective in reducing both the discoloration and pain of bruises very rapidly. In some cases, it can provide local relief for inflamed tendons that are close to the skin, while the oral form, sold under the common brand names of Traumeel or Arnicare name provide better relief for inflamed tendons than even the usual anti-inflammatories, or at least augment their benefit.

There is a popular effective “Chill Pill” that has been found to work well for both situational or chronic anxiety by the name of “GABA Calm” from a company called Source Naturals. There is a lozenge form that works very fast, typically within 5 minutes and a pill form that can last up to 8 hours. Neither of these forms is sedating and can help to provide a sense of calm while yet remaining alert. Many students have found it to help with test anxiety, and others for coping with stressful situations where they have to be functional and alert.

Melatonin is often very helpful in getting people to sleep, but some may need to increase the dosage, typically in the range of 2 to 10 mg, if they use it over a longer period of time. For staying asleep, the amino acid, L tryptophan is often very effective at doses between 500 and 1,000 mg, taken with or after dinner.

Again, as with most things that we often forget the plan for, don’t forget medication needs and how to fill them in times of short supply. Hopefully, you will be able to obtain the prescriptions you need for emergency situations outside of regular daily use. In addition, consider adding on hand a good selection of nonprescription remedies and even some of the more effective “natural” ones. This list is by no means complete, at least it's a start.

Salud!
Rich Lee MD
Medical Director, South Skyline Emergency Preparedness Organization

*Editor’s Note: It is always a good idea to consult your physician or pharmacist before taking or combining any new medications.*

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**Fun Skyline History Facts About Thomas Fogarty Winery**

*From The South Skyline Story* (written by Janet Scwhind and the Skyline Historical Society)

*In 1968 Dr. Thomas and Rosalee Fogarty began purchasing land where their winery is now located.*

*“A few years later, Dr. Fogarty started making wine as a hobby in the little cabin that came with the property.” In 1978 he planted his first vineyard.*

*“By 1981, the small family enterprise had become a commercial winery... Although Fogarty Winery produces a wide range of wines, it is best known for its Burgundian-style Chardonnay and Pinot Noir.”*

*“Today there are twenty-five acres of plantings on the Fogarty Estate, divided into eight micro-vineyards.”*
Letters to the editor...

Update on Fighting SCC Parks’ Mountain Bike Development
Submitted By Leah Walling and Ruth Van Sciver
Co-Presidents, Santa Cruz Mountains Environmental Protection Alliance (SCMEPA)

Thank you to everyone who has been attending meetings, writing letters, making phone calls and supporting the effort to fight the Sanborn mountain bike development. Your continued pressure is very important in demonstrating to the Santa Clara County Parks Dept. the significant public controversy and opposition for their extreme development plans.

In addition to hundreds of mountain residents, influential organizations also submitted letters opposing the development: Lakeside Joint School District, South Skyline Association Board, Las Cumbres Conservation Corp., Loma Prieta and Ventana Chapters of the Sierra Club, Santa Clara Valley Audubon Society, California Native Plant Society, and UC Santa Cruz Professor and Director of The Institute for the Study of the Ecological and Evolutionary Climate Impacts. However, as the residents who will be most impacted, your support will continue to be needed moving forward.

The Fight Continues!

Since November, a group of community members acting as the steering committee for Not on Black Road (and Bike Park Concerns) attempted to raise awareness and amicably persuade SCC Parks to reconsider their position on the bike park proposal. This group was first met with placation, then resistance, deception, and stonewalling.

In January 2018 a sub-group developed a more proactive, assertive, and aggressive approach with Parks and formed the Santa Cruz Mountains Environmental Protection Alliance (SCMEPA). Since then, the group has added new members and volunteers and represents a broad coalition of opposition to the mountain bike development.

SCMEPA filed a California Public Records Act (PRA) Request on January 8th to secure emails, documents, notes, and communications among Parks employees and leadership, the Silicon Valley Mountain Bikers (SVMTB) group, hired consultants, and others. What SCMEPA has learned through more than 2000 documents is stunning, including these revelations:

- **Plan Driven by Parks Leadership:** The mountain bike park development is the vision of SCC Parks leadership and is not just a proposal they received “out of the blue” from SVMTB or an idea from low-level Parks’ employees. It was pushed and actively supported from the top by Robb Courtney, Director, and Don Rocha, Deputy Director, of SCC Parks.

- **Massive Investment of Resources for 4 Years:** Scores of Parks employees and leaders have aggressively pursued the plan for more than 4 years, soliciting proposals from commercial interests, planning, hiring consultants, engaging in strategy sessions with SVMTB, and allocating enormous amounts of time, money, and resources to ensure their vision is fully realized.

- **Outsourcing management solely to enhance revenue generation** with no other appropriate qualifications considered: Parks intends to outsource management and operations of the mountain bike development to SVMTB.

- **Public Excluded and Mislead:** Parks has actively hidden their intentions and plans from the public. Their communications with concerned citizens were designed to mislead and obscure their intentions from public scrutiny, and they continue to do so.

- **Actively Pushing Forward in Spite of Opposition:** While Parks has publically said they are “listening” to the public’s concerns, their efforts are primarily to placate us while they actively move forward toward building the mountain bike development.

In February, SCMEPA received a grant from the South Skyline Association (SSA) to work with the county through legal channels, as has been advised by legal experts and environmental organizations. This grant supports our effort to compel the county to perform due diligence by providing documents such as environmental impact reports and traffic studies, and to keep residents in the area informed of park plans so that they have an opportunity to voice concerns.

SCMEPA members spoke at the March 7th Board of Supervisors meeting. Based on our statements, Supervisor Joseph Simitian told Parks Director Robb Courtney that Parks has a public trust issue and they need to rebuild trust. Our action resulted in meetings with Supervisor Simitian’s, and Cortese’s offices, and a promised meeting with Wasserman’s office, where we will reinforce the public’s outrage over this threatening development and the malfeasance within Parks.

What Can You Do?

The time is now to come together and fight this threat to our community, our safety, and our environment. Every person who cares about road safety, child and family safety, emergency services, infrastructure, fire safety, environmental threats, and wildlife protection can bring a
valuable contribution to protecting our community. Here’s how you can help:

- **Volunteer:** If you are willing and able to help—even in small ways—please contact us at info@scmepa.org.

- **Attend County Meetings:** Please attend upcoming Board of Supervisor and Parks and Recreation Commission meetings. They occur every month, so please email your support to info@scmepa.org.

- **Spread the Word:** Please share this communication with your neighbors and help rally support.

**Together we must fight** the Parks’ mountain bike development through community mobilization, political action, and public outrage. We need your help – Parks is committed to building this development. **If we work together, we can stop it.**

**Late Breaking News As We Go to Press**

On March 20, 2018, numerous community members attended and spoke at the Board of Supervisors meeting to express their opposition to the mountain bike development. Supervisor Simitian’s Policy Aide met us outside chambers to thank us for our comments and to say that Supervisor Simitian had spoken with County Executive Jeff Smith, to whom Robb Courtney reports, to discuss our concerns. Later in the BOS meeting, during Jeff Smith’s report, Smith stated, “The mountain bike issue - that’s really off the table...I just told them this week to take it off the issue, and it’s not going to come back to the Board UNLESS the Board asks for it.”

That afternoon, we received an email from Supervisor Wasserman’s Chief of Staff and Parks and Recreation Commissioner John Gibbs that said, “I think the proposal is going away, at least at the tree farm site.” Then later the same day we received an email from Kimberly Brosseau of Parks, that she wanted to meet with our group to discuss and explore our Native Wildlife Refuge proposal.

These new developments are encouraging and signal that our engagement is having an impact! That said, we do NOT have confirmation of their plans until the Draft Master Plan is officially released. They could still propose the reduced “1 up / 1 down” plan in the 70 acres of native forest below the Christmas Tree Farm. We know this concept was proposed by SVMTB as a foot-in-the-door tactic, to ultimately lead to the completion of the FULL plan. So we must stay vigilant and continue to press for no bike park trails in the entire 90+ acres off Black and Skyline.

It was recommended to us by Supervisor Simitian’s office that we stay ENGAGED in the process through to the end. We will work collaboratively with Parks on the Native Wildlife Refuge. We will continue to update the community as we receive more information. We are cautiously optimistic, but we remain vigilant. Thank you all for your continued support!

**The Lace Museum and Guild: Scholarships Available for Lace Workshops in England**

*Beth Miller  (Skyline resident & Retail Manager at the museum)*

The Lace Museum in Sunnyvale ([www.thelacemuseum.org](http://www.thelacemuseum.org)) would like to announce to the Skyline Community that TextileSupport will be giving two scholarships for students under the age of 25 currently enrolled in a tertiary Design, Art or Fashion program to attend the workshops to be held at Walford Mill Crafts and the Priest’s House Museum in Wimborne Minster, Dorset, in September 2018, in conjunction with Jane Atkinson’s exhibition “Ebb ’n’ Flow”. The scholarships aim to assist students who would like to incorporate lace making techniques into their practice to learn and/or develop skills with two exceptional lace makers.

Each scholarship includes: • The workshop and materials fees • Two night’s accommodation • £300 to assist with travel costs. Interested students can complete the online form at [www.textilesupport.net/lace-support](http://www.textilesupport.net/lace-support). Entries close on April 20.

**Sales and Lace Making Classes in Sunnyvale**

Lace making classes and workshops in lace making are available locally at the museum. All classes are by appointment only. PRE-REGISTRATION is required. Our teachers are volunteers and their classes are flexible. To register, please call the museum to arrange the class (408) 730-4695.

The museum holds an exciting semi-annual Vintage Lace Sale on the fourth weekend of every March and September. Check out the museum website for Lace Making classes, news and future sales of thousands of pieces of beautiful laces from all over the globe at [www.thelacemuseum.org](http://www.thelacemuseum.org).

Tours, classes and sales are open to everyone, collectors, costumers, crafters, sewers. Men often find the engineering and intricacy of the laces to be quite interesting, and children are often inspired to learn how to make lace or begin art and craft projects using laces that they’d otherwise never had an opportunity to get their hands on!

The Lace Museum and Guild is located at 552 South Murphy Avenue in Sunnyvale. The museum is open to the public for free tours Tuesday through Saturday from 11:00am to 4:00pm, and the third Friday of the month from 7:00pm to 9:00pm.
Castle Rock State Park prepares to celebrate its 50th anniversary; Portola Redwoods gets ready for the upcoming camping season.

Portola and Castle Rock Foundation has been supporting Castle Rock and Portola Redwoods State Park with educational experiences and infrastructure improvements for 27 years. Support us, support your Parks! Learn more about us and become a member - http://www.portolaandcastlerockfound.org/become-a-member/

Presently, in preparation for the grand opening of the Robert Kirkwood entrance in September, new trails are being built to connect to the new parking area with the rest of the park. New interpretive panels are being installed at both Castle Rock and Goat Rock to promote environmentally responsible rock climbing activities. In conjunction with the California State Parks Foundation, we are hosting an Earth Day volunteer event at Castle Rock where we will be replacing all of the fire rings at the Castle Rock campground. A grant from California State Parks Foundation along with funding from our Foundation provides the materials for this event on April 21. Want to join us? Register here: http://www.calparks.org/help/earth-day/earth-day-registration.html If not, donations are always welcome! http://www.portolaandcastlerockfound.org/donate/

Portola Redwoods is preparing for a new camping season in April where campers and day hikers will enjoy the new ramada picnic shelter which was completed in late 2017 with funding from our Foundation. Several new interpretive panels with trail information were also installed in Portola last year. The Foundation operates a store within the Visitor’s Center with books, snacks, banana slug magnets and other unique items. Proceeds from the sales go right back into the Parks. Come and visit!

Our trail patrol and docent program continue their valuable presence at both Parks providing assistance to visitors, explaining the history and unique features of the Parks and logging hundreds of miles of hiking. New docent training starts in April - if you are interested please contact the Park Interpreter Brandon Caskey: Brandon.Caskey@parks.ca.gov for more details.
We love volunteers!

Take a Hike or Bike with Peninsula Open Space Trust

Peninsula Open Space Trust (POST) has some free guided outings for this spring. Here are a few upcoming events https://openspacetrust.org/events/

April 22, 2018
POST Hike at Purisima Creek Redwoods
Purisima Creek Redwoods- Half Moon Bay
9:00 A.M. - 1:00 P.M.
Join Peninsula Open Space Trust (POST) for a challenging, 9-mile hike in the beautiful Purisima Creek Redwoods Open Space Preserve. Register to attend openspacetrust.org/event/post-hike-purisima-redwoods/
Register to attend https://openspacetrust.org/event/post-hike-purisima-redwoods/

April 28, 2018
Sunset Walk on the Coast with POST
Cowell Purisima Trail - Half Moon Bay
5:00 P.M. - 8:00 P.M.
Join us for a beautiful, 6 mile walk along the Cowell Purisima Trail which Peninsula Open Space Trust helped create by protecting adjacent farmland. After walking most of the 3.6 bluff top mile trail, we’ll turn around and catch the sunset on the way back. Register to attend https://openspacetrust.org/event/sunset-walk-on-the-coast-with-post/

June 23, 2018 or June 24, 2018
Bike the Coast with POST!
Cloverdale Coastal Ranches
10:00 A.M. - 12:30 P.M.
SC4 Amateur Radio Club Welcomes those interested in amateur radio for emergency communications and neighborly talk. License is free. Simple exam: No Morse code. Our next class is April 7-8. Contact Peter Chupity at K6FAO@arrl.net. Visit www.sc4arc.org or write: SC4ARC, PO Box 237, La Honda, CA 94020

Free Fire Fitting for those in the South Skyline Fire & Rescue primary response area. This 2-1/2 inch fitting will allow the connection of a fire hose to your water supply and can be utilized by the fire department to access the water necessary for fire suppression. Please visit http://southskylinefire.org/ for more information under the “Help us help you” section.

Services

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Hunner Associates General Contractors Local family owned and operated general construction and project management firm specializing in new and remodel residential projects in the San Francisco Mid-Peninsula area. Licensed since 1979, visit our website to learn more: www.hunnerassociates.com or connect by email: info@hunnerassociates.com

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Portola Valley Farmers’ Market Every Thursday, year-round 2-6pm (2-5pm winter) Weekly farmers’ market brings local fruits & veggies, eggs, meat, fish, bakery & specialty foods, crafts and ready-to-eats. 765 Portola Road, PV at town center in front of the Historic Schoolhouse. www.pvfarmersmarket.com

Residential Design: Country and urban custom houses, remodel and additions. 20+ years experience in California. See some of my work at: www.tsvresidential.com - Taruno S. Vega Phone 650-747-0654, email: taruno@coastside.net

Russian Ridge Winery 919 Washington Street, San Carlos. Award winning wines, many Santa Cruz Mountains varietals. Tasting room opens Fridays 5-9 pm and Saturdays/Sundays 12-5 pm.

Skyline Broadband Service Offering high-speed wireless Internet with speeds up to 50 Mbps in much of our 500-square-mile coverage area. http://skylinebroadbandservice.com phone: 650-712-5900
SOUTH SKYLINE ASSOCIATION
400 Skyline Blvd.
La Honda, CA 94020

SSA 2018 CALENDAR
SSA General Meeting - Friday April 27, 2018
Thomas Fogarty Winery • 7:00pm
Board Meetings will be held on:
May 10
June 14
July 12
Contact Michael Rowe for time and place.
rowe517@gmail.com 408-872-1775

Current SSA Board Members
Dave Anderson      Highway 9 - Santa Cruz County  Website, Public Safety
Kristen Anderson  Highway 9 - Santa Cruz County  Treasurer
Patti Begley       Highway 9 - Santa Cruz County  Communications, Website Committee
Barbara Bekins     Highway 35 - Rocky Creek   Public Safety/Water, Website Committee
Debra Born         Alpine Road                 Membership Chair, SSFC
Evan Dellor        Rosemary Lane             Board Insurance
Maura McNamara     Waterman Gap               SSEPO
Jerry Parsons      Las Cumbres                President
Michael Rowe       Highway 9 – Santa Cruz County
Ruth Van Sciver    South of Black Rd.

Board positions are available. Contact Michael Rowe if interested— rowe517@gmail.com

Skylines Ads and News Articles: The deadline for submitting ads and articles for the next issue is June 18, 2018.
Skylines is published once a quarter: January/April/July/October
Skylines invites individuals to submit articles and artwork.
Policy on Classified Ads: See page .
Send all ads and articles to: SkylinesEditor@yahoo.com
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