

From: [Daniel Shane](#)
To: [SayoN](#)
Cc: [City Council FORWARD](#); [Christopher Peri](#); [Kristine Keller](#); [Hala Alshahwany](#); [Diane Gazzano](#); [Elsa Lau](#)
Subject: Re: 555 W. MIDDLEFIELD ROAD RESIDENTIAL PROJECT
Date: Monday, February 7, 2022 5:25:25 PM

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Thanks Sayo. Nicely written letter to the City Council. Where and when was the meeting?

Sent from my iPhone

> On Feb 7, 2022, at 4:48 PM, SayoN [REDACTED] wrote:
>
>
> My name is Sayo Nomura. I am a resident of Cypress Point Woods.
> I am writing about the upcoming project at Middlefield road across from where I live.
>
> I love living in Mountain View and especially Cypress Point due to the amoundent trees, quiet life, and nice community we have here.
> I just attended a meeting about the new project and I am very concerned that the addition of so many people at the end of Cypress Point Dr. will have a negative impact on our lives here.
> Our house is near the construction site and would be subject to many years of noise and pollution from the digging and construction.
> In addition, we already have a number of people who bike through our community which although is not bad, would be far worse if so many people move into the end of the street! We have kids in our community that play here and our pathways should not be a commute path.
>
> Please reconsider having so many people suddenly placed at the end of our dead end street.
> We love Mountain View, and we like to keep our community as beautiful as is.
>
> Thank you for your attention.
> Sayo Nomura
>
>

From: [Lenny's Sonic](#)
To: [City Council FORWARD](#)
Subject: 555 W. Middlefield (Item 6.1)
Date: Monday, February 7, 2022 5:27:24 PM

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I strongly support the proposal to add 323 new units to the 555 W. Middlefield apartment complex because it will be an important contribution to meeting our housing needs and because it's an environmentally sound way to accommodate the Bay Area's growing population.

HOUSING NEEDS

The East Whisman and North Bayshore Precise Plans are slated to eventually provide large numbers of new homes in Mountain View, but they are designed to roughly match new employment with new housing. We need new housing development elsewhere in Mountain View to start to address our enormous jobs-housing imbalance. That imbalance makes housing unacceptable expensive and aggravate both traffic and pollution, including greenhouse gas emissions. 555 W. Middlefield is ideally located to chip away at that imbalance because it is within walking and biking distances to downtown and the Transit Center, the East Whisman employment center, and North Bayshore.

Furthermore, the developer plans to include 48 below-market rental units in perpetuity, at a weighted average of 65% of the area median income. As the city updates its housing element, these 48 units will help meet our statutory affordable housing goal. This is significant, because the affordable units are funded by the project itself, not by government funding. Mountain View, unlike some of its neighbors, welcomes affordable housing. There are several stand-alone projects in the pipeline. However, completing those projects will be challenging because of the difficulty obtaining funding. Inclusionary projects, such as 555 W. Middlefield, overcome that obstacle.

Finally, unlike other major redevelopment projects on Middlefield Road, this project will not demolish existing, naturally affordable/rent-controlled apartments. It's less expensive to preserve relatively affordable housing than to build new affordable units.

ENVIRONMENT

Dense residential infill development, such as the 555 W. Middlefield project, is beneficial to the environment. It requires less energy and water use than sprawl, and it places few people at risk from wildfire and wildfire pollution. Most important, in job-rich communities, it limits commuting (measured as vehicle miles traveled) and thus limits our region's largest source of greenhouse gas emissions (measured per service population): fossil-fuel powered transportation.

Opponents of the proposal may ask the Council to refuse to support a Statement of Overriding Considerations that is necessary because of a single likely exceedance, small (less than or

equal to 2.5 microns in diameter) particulate emissions (PM2.5) associated with planned construction activity, among multiple air pollutants measured. The staff report states:

“According to the EIR [Environmental Impact Report] analysis and modeling, with implementation of identified mitigation measures, the impacts associated with [toxic air contaminant] cancer risk for the nearest on-site sensitive receptors would be reduced to a less than significant level compared to the BAAQMD [Bay Area Air Quality Management District] thresholds. The EIR analysis, however, concludes that despite implementation of the identified mitigation measures, the cumulative PM2.5 concentrations would remain above BAAQMD's thresholds at the on-site receptor locations. Therefore, the project's contribution to this cumulative impact would be significant and unavoidable, even after implementation of the identified mitigation measures.”

That is, because people will be living on site during construction and because there are already other sources of

small particulates, they are likely to be marginally exposed to particulates above the Air District's threshold.

I take that concern seriously. My home is subject to particulate emissions from nearby small construction projects. In addition, I have made a career helping protect residents, all across the country, from indoor air pollution.

However, in this case the PM2.5 exceedances would occur only during construction activity, and they would impact only nearby on-site residents. Furthermore, the developer has promised to relocate people who might be particularly sensitive to exposure. In addition, the projected exceedances would be as much the result of background (existing) conditions as they would result from new, temporary construction activity.

In balance, I believe that the preservation of existing rental housing, coupled with the long-term limiting of auto pollution and greenhouse gas emissions, outweighs the added short-term risk from particulates during construction. If the Statement of Overriding Considerations – not uncommon for major projects - is not passed, then this project cannot move forward. It will also signal that similar projects – that preserve rental housing – will not be approved.

Finally, one of the attractive features of this project is that it replaces surface parking with underground parking. That will lead to the removal of some trees. But as the staff report explains, the developer has agreed to preserve and transplant more trees than in the original proposal.

IN SUMMARY

My support for this project is driven by the difficulty that so many people – people whom we need for a wide variety of jobs – have affording to live here. Sending them off to live in the Central Valley, as many studies are now documenting, is devastating to our environment. We benefit in many ways from the vibrancy of expanding tech economy. We need to sensibly house our neighbors who make that economy possible as well as the people who helped create it.

—

Lenny Siegel



<http://lennysiegel.users.sonic.net/web/>

Author: DISTURBING THE WAR: The Inside Story of the Movement to Get Stanford University out of Southeast Asia - 1965–1975 (See <http://a3mreunion.org>)

From: [REDACTED]
To: [City Council FORWARD](#)
Subject: 555 E. Middlefield Project Comments and Concerns
Date: Monday, February 7, 2022 6:12:38 PM

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My name is Terrie Rayl and I am on the board of the Cypress Point Lakes HOA and have lived at Cypress Point Lakes in Mountain View since 1986. I'm writing today to talk about the 555 E. Middlefield Rd. project that will be coming up for a vote before the City Council tomorrow night. We are a 302 unit condo complex directly across from the proposed building site on Cypress Point Drive. I am personally not opposed to the project, however I do have serious concerns about the long construction cycle (up to 7 years), the air quality to our residents and the potential trespassing that will happen due to this project, from vehicles, bicycles and pedestrians to our community. I am also concerned about the potential increase in costs to our homeowners in dealing with these issues from the project.

Air Quality and Noise Pollution: We are concerned with living with the noise pollution and bad air quality that will come from this project. Our buildings were built in 1970 and converted to condos in 1980. They do not have air conditioning nor great sound insulation. Most people here live with their windows open in the summer. That may not be a potential with ongoing construction noise, especially for those people who work remotely and health issues may ensue.

Trespassing: We have two parking lots on either end of our complex that go the entire distance between Central Ave. and Cypress Point Drive. [Cypress Point Drive](#). We currently have some people who trespass to get to Steven's Creek Trail and downtown through our private property. I want to talk to the City about the potential for the developer or the City to put up gates for our community, if the trespassing becomes intolerable on our private property and a liability to us. With construction trucks coming up and down Cypress Point Drive and holding up traffic at the Moffett Blvd./Cypress Point Drive traffic light for seven years, I can see people opting to drive through our parking lots to get to Central Ave. to catch the traffic light on Central Ave. (both are dead end streets) We also do not want our private property to become a thoroughfare for people going to downtown, the Steven's Creek Trail or the CalTrain station either by bike or walking.

Parking: I have heard some discussion about unbundled parking. We would not be in favor of that because we feel that if people have to pay for parking, they may opt not to get the parking in order to get reduced rent and they will either park on the street or when they see that we have extra parking spaces in our complex, they will start to park in our parking lots. We do not want to have to police our parking spaces like that. We already do have some issues with people using our parking spaces behind the Adult Education Center when all of the street parking is full, however to date it has been manageable.

Tree Canopy: I know that there has been quite a bit of discussion about the tree canopy and I will add that if trees need to be taken out that the City impose that all new planted trees by Highway 85

be 95 gallon trees or larger. I understand that the developer is proposing American Sycamores for that area. They are fast growing and should start as 15 ft. trees at least. As they mature, they will grow to be 70 ft. tall and 50 ft. wide, if properly maintained, giving quite a bit of protection for that corridor.

Kind regards,

Terrie Rayl

████ Cypress Point Drive, █████

From: [Tod](#)
To: [City Clerk](#)
Subject: 555 Middlefield Rd
Date: Monday, February 7, 2022 6:35:19 PM

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Think for yourselves and make the best decisions for your residents.

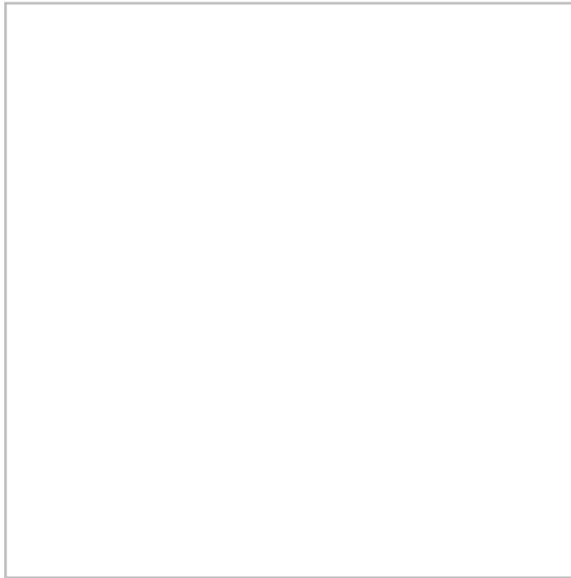
Don't fall into the trap of "following" the latest fad. Listen to the people NOT the non-profits propaganda.

Begin forwarded message:

ACTION ALERT!! Urge council to advance 555 Middlefield Rd.

From: SVatHome <info@siliconvalleyathome.org>
Date: February 7, 2022 at 4:47:01 PM PST
Subject: ACTION ALERT!! Urge council to advance 555 Middlefield Rd.
Reply-To: info@siliconvalleyathome.org





TAKE ACTION!

**555 W Middlefield Nears Finish
Line;
Voice Your Support to Help it Get
There**

Tuesday February, 8th @ 6:30pm

Mountain View's City Council will review Item 6.1 555 W Middlefield Road in Mountain View. Join SV@Home to urge council to adopt staff and the Environmental Planning Commission's recommendation to advance the proposed project.

The proposed development will add 323-units to an existing 402-unit apartment building at 555 Middlefield Road without displacing residents. The project will bring an additional 48 new deed restricted homes to the city, helping more families continue to call Mountain View home.

Take 5 minutes to let council know that you support bringing more housing choices to the City!

ACT NOW!

- Use our easy letter tool below to send an email to Mountain View's City Council
- Stand up for housing in Mountain View at the City Council meeting

For more information, see the city's project page [here](#).

For Council meeting details and a Zoom link to join, see the city's page [here](#).

TAKE ACTION NOW!

350 W. Julian St. • San José, CA 95110 •
408.780.8411 • Siliconvalleyathome.org



Sent via ActionNetwork.org. To update your email address, change your name or address, or to stop receiving emails from SV@Home, please [click here](#).

From: [Janet Werkman](#)
To: [Ramirez, Lucas](#); [Kamei, Ellen](#); [Showalter, Pat](#); [Abe-Koga, Margaret](#); [Matichak, Lisa](#); [City Council FORWARD](#); [Lieber, Sally](#); [Hicks, Alison](#)
Subject: Agenda Item 6.1 - 555 W Middlefield
Date: Monday, February 7, 2022 6:36:16 PM

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February 7, 2022

Re: February 8 Agenda Item 6.1 – 555 W. Middlefield Road

Dear Mayor Ramirez and Members of the Mountain View City Council

I am writing to convey my enthusiastic support for the development proposal for 555 W. Middlefield Road. This project will help alleviate the City’s housing shortage by adding 323 units of new housing – including 48 below-market-rate units – without displacing current residents. The proximity to downtown, the Transit Center, grocery shopping, and job centers at East Whisman and North Bayshore make this location ideal for residential development. The developer has made adjustments to address neighborhood concerns and to preserve more trees in addition to dedicating 1.34 acres of land for a new park.

555 W. Middlefield is the type of residential infill development that will benefit the environment and improve the quality of life in our job-rich city by reducing the number of people who must commute, thereby easing traffic and air pollution. Approving this project will help the City meet its housing goals and advance its sustainability objectives.

Thank you for considering these comments.

Janet Werkman
■ Calderon Avenue
Mountain View

From: [D Offen or G Nyhan](#)
To: [Kamei, Ellen](#); [Ramirez, Lucas](#); [Hicks, Alison](#); [Lieber, Sally](#); [Showalter, Pat](#); [Abe-Koga, Margaret](#); [Matichak, Lisa](#); [City Council FORWARD](#)
Subject: 555 West Middlefield
Date: Monday, February 7, 2022 8:42:11 PM

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Dear Councilmember:

We urge you to approve the proposed development at 555 West Middlefield. These 323 new housing units are really needed in our community in view of jobs-housing imbalance. A big plus is that no existing tenants will be displaced. The 48 new BMR units which are included will be an important addition to affordable housing. The location seems convenient for transit and other services.

Thank you for considering our input,

David Offen & Gail Nyhan
Homeowners on Barbara Avenue

From: [David Levin](#)
To: [City Council FORWARD](#)
Subject: 2/8/2022 Meeting; Agenda No. 6.1 555 W Middlefield and Cypress Point Drive
Date: Monday, February 7, 2022 8:57:48 PM

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Statement of the Cypress Point Woods HOA Board of Directors

555 West Middlefield Project – “No Block C” Alternative

Adopted 09/14/2021

We are the Board of Directors of the Cypress Point Woods Homeowners Association, a community of 88 voting households in the City of Mountain View. Our community continues to be concerned about the negative impacts, including a five-year construction period and tree removal, regarding the 555 West Middlefield project. Although the project’s address is Middlefield Road, the brunt of the project’s negative impacts falls on households along the narrow Cypress Point Dr. cul-de-sac. Cypress Point Dr. cannot accommodate the increased density demanded by developer’s 334 proposed new rental apartments. The increased density will be acutely felt where we live at the end of the Cypress Point Dr. cul-de-sac, directly across from proposed Block C.

We are sensitive to the need to increase housing in Mountain View: we are a multi-family residential community of 88 homes. Had developer proposed to add additional units according to the medium density zoning under which it purchased the property in 2013, there would not be this opposition from our community.

The recent Environmental Impact Statement for the project contains an alternative that would alleviate our concerns about increased traffic, removal of mature and heritage trees, five-years of construction noise and having to face four-story buildings that are twice our height. The “No Block C” would eliminate the massive density that developer proposes to cram at the end of our shared cul-de-sac. All of the residents along Cypress Point Dr. would benefit if Block C was eliminated from the project. Therefore, the Board of Directors of the Cypress Point Woods HOA supports the “No Block C” alternative and urges the City of Mountain View to condition approval of the project on the elimination of Block C.

From: [Clint Liddick](#)
To: [City Council FORWARD](#)
Subject: Feb 8, Agenda item 6.1 Residential Development Project at 555 West Middlefield Road Comments
Date: Monday, February 7, 2022 9:03:00 PM

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Dear members of the City Council,

I write to you as a resident and homeowner in Mountain View to ask you please adopt all recommendations on agenda item 6.1, and take whatever action in your purview to expedite development of high density housing. Please do not give in to arguments of small-minded environmental conservatism that ignores the fact that if housing is not built here it will be built far away with much greater environmental impact due to extended car commutes. A small grove of specific trees inside a city cannot make up for the damage done but continued refusal to build dense housing near jobs, transit, and daily needs.

Thank you.

Sincerely,
Clinton Liddick

From: [Shawn Rosales](#)
To: [City Council FORWARD; , City Manager](#)
Subject: 555 W Middlefield Rd.project
Date: Monday, February 7, 2022 9:14:37 PM

CAUTION: EXTERNAL EMAIL - Ensure you trust this email before clicking on any links or attachments.

Dear MV City manager, please do not approve the 555 W Middlefield rd project submitted by Avalon development company.

By all means, allow for an increase in housing units. We need them here in Mountain View. But Please, please do not allow for the loss of tree canopy and heritage trees on the property. The trees all through the property allow for well researched health and wellness properties for the Mountain View residents near the project. The adjacent highway overpass would make living here unbearably noisy unhealthy including poor air quality.

We can add housing, add more money to Avalon's bottom line and keep our community healthy and enjoyable. Do not approve the project as proposed. Keep the trees, add a few housing units and let us live in peace.

Sincerely,

Shawn Rosales
[REDACTED] W Middlefield Rd

Sent from my iPhone

From: [Kathie Miller](#)
To: [City Council](#), [Eduardo Ramirez-Lopez](#), [Tisha Allen](#), [Shea Ann Margaret](#), [Tatiana Lina](#), [Luisa Soto](#), [Doreen Fox](#), [Karin Elmer](#), [City Manager](#)
Subject: Residents at 555 Middlefield Rd.
Date: Monday, February 7, 2022 9:18:37 PM

CAUTION: EXTERNAL EMAIL - Ensure you trust this email before clicking on any links or attachments.

Dear City Council,

I know you've been busy reading a lot of emails. :) Thank you for that!

Here's a few more photos from a group of us today with our #179 MV City Treasure "Great Grandmother" at 555 W Middlefield Rd.

Please use your vote to preserve the sanity and wellness these trees give us!





Thank you for the great interest you have been showing in having less parking (and options like Mobility Wallet) in the proposal to save these remaining redwoods that make our home nourishing!
Please use your vote to support us in keeping these gigantic redwoods that are much older than any of us.

Take good care,
Kristine
#Save the 179 Redwood Grove

From: [Elsa Lau](#)
To: [Kamei, Ellen](#); [Ramirez, Lucas](#); [Abe-Koga, Margaret](#); [Hicks, Alison](#); [Lieber, Sally](#); [Matichak, Lisa](#); [Showalter, Pat](#); [City Manager](#); [Pancholi, Diana](#); [City Council FORWARD](#)
Subject: Mental Health Perspective / 555 W Middlefield Rd
Date: Tuesday, February 8, 2022 12:58:31 AM

CAUTION: EXTERNAL EMAIL - Ensure you trust this email before clicking on any links or attachments.

Dear City Council member,

As a resident of 555 W Middlefield Road, I'm writing to support my community and fellow residents at 555 W Middlefield Road in efforts to **save the redwoods (in block A) and tree canopy (in block C)**. These trees contribute significantly to our neighborhood's physical and mental welfare.

As a clinical psychologist with a passion for research and ecopsychology, I've witnessed and experienced firsthand how **several specific redwood trees are powerful pillars of our community**. The group of redwoods (redwood #179 and grove members 178 and 180, and surrounding redwoods slated for destruction) are tremendous resources that support our community during these challenging times. In addition to buffering the road noise and pollution, residents and locals enjoy these trees year round during weekend leisure activities and daily strolls (a primary means to safe exercise as the pandemic continues). Interactions like these with nature are not insignificant, they mitigate some of the increased stress of living in densely populated urban areas (McDonald, R. I., et al., 2018). Larger and taller trees like our #179 emit particularly more phytoncides, chemicals that improve our natural killer cell (NKC) function (Li, Q. et al., 2009), an essential part of a healthy immune system. Recent research has also highlighted NKC's role in COVID-19 mortality (Ahmed, F., et al., 2020). Research conducted during the height of the pandemic found that those with access to nature in their neighborhoods had better mental wellbeing despite major challenges, such as lockdowns (Löhmus, M., et al., 2021).

These majestic centuries old mature **redwoods foster a daily sense of awe. Awe isn't just a nice warm fuzzy feeling, it is a scientifically supported stress-reducer, catalyzing wellbeing** (Anderson, C. L., et al., 2018) **and prosocial behaviors** (Piff, P. K., et al., 2015). These are all **essential building blocks to a resilient and connected community**. Awe, and relatedly, hope are something we all desperately need with the mental health epidemic on the rise, and significantly increasing rates of anxiety, depression and suicidality in the Bay Area and beyond. **Can we take pause to consider the growing body of literature on the impact of trees on depression, anxiety, and schizophrenia** (Berman, M. G., et al., 2012) and other common health issues such as insomnia (Grigsby-Toussaint, D. S., 2015; Woo, J., et al., 2020). Something as simple as enjoying petrichor, the soothing earthy scent post-rainfall, plays a role in alleviating stress and potentially stress-related psychiatric disorders (Hassell et al., 2019), and it is freely emitted around our redwoods as a result of the natural processes of a healthy soil system. It would take many decades for the proposed young saplings to replace the value of the mature ecosystems we presently have right within our community.

As the climate crisis and climate distress continues to take a toll on our planet and communities, each tree and small thriving ecosystem matters. Redwoods are particularly vital climate change warriors! They sequester orders of magnitude more CO2 from vehicles and power plants than any other tree species (Silllett, S. C., et al., 2020). Yet 96% percent of the original old-growth coast redwoods (such as Heritage Tree #179) have been logged (Redwood National and State Parks, 2021) and those that remain are at peril given that they survive in groups and work better together (Simard, S. W., et al., 2012). **The large tree canopy by the highway includes redwoods and large mature heritage trees that buffer the onslaught of highway noise, exhaust, and tire/brake pollution** for all of us living along Cypress Point

Drive. The EIR states that there will be health risks for those living in this area during and after construction.

“It’s just a couple trees” is no longer a viable excuse if we are planning for an ecologically sound local community in the long run. Each tree matters. We are standing for the trees because this is our collective opportunity to act locally to preserve not only our trees, but the wellbeing of our current and future Mountain View community. Trees, particularly large heritage trees, deserve so much more credit and protection than this little letter could encourage. That said, I remain hopeful in light of the multiple solutions that are possible to conserve more trees!

Proposed Solutions:

- To save the redwoods, including 179 and its nearby grove, I support offering residents the option of **unbundled parking and a Mobility Wallet** (credits for Caltrain/ride shares) to maintain our treasured trees in block A and C, which play an important local role in protecting us here at home and addressing the climate crisis. Our evolving ability to use apps for ride shares and delivery services greatly reduces the number of us young professionals needing a car for day to day activities. Many of us would be happy to use more environmentally supportive means over having a car/parking space. More limited parking could be reserved for those who are differently able, or with jobs that require cars, followed by offering a space to residents for a fee.
- When I worked at the VA in Palo Alto as a psychologist, I was easily able to use the “Scoop” app for **carpooling** between 555 W Middlefield and work. I frequently matched with neighbors who live right here across Cypress Point Drive and in the community of military families down the street. Through this experience, I’ve met many wonderful neighbors who I now call friends - we’ve collectively contributed to decreasing the number of cars on the road while also enhancing community connection. This experience highlighted an important solution for the stressful, fast paced and lonely lives that many high-functioning young professionals experience here in the Bay Area. Carpooling is a great way to build friendships and support mental health and engagement outside of the workplace. I personally don’t own a car. I bike and walk to most places (medical, dental, optometry, grocery, pharmacy, restaurants, post office, UPS). When a car is needed, I can use carpooling apps such as Scoop, Uber and Lyft.
- **If the tree buffer must be removed, there must be specifications for Avalon to replace them with many large, climate resilient, 50+ gallon trees.** Many of our elderly and retired residents do not have the luxury of 20-30 years to wait for this new tree buffer to develop, as this time frame extends beyond their lifetime. They deserve clean air and manageable noise levels. It’s our responsibility to protect our seniors (who make up a majority of Cypress Point Drive).

I hope that today at the 2/8 meeting, our concerns and suggestions may be taken to heart. Thank you for your time, energy, and willingness to help us protect our health and the trees that uplift our community - **especially tree #179. :)**

Kindly,

Elsa Lau, Ph.D.
Resident of 555 W. Middlefield Rd.

Sitting with our beloved tree #179, an incredible ally on my journey as a mental health provider, pictured here taking a break (from working at home at 555 West Middlefield) to help manage both personal and collective stress



A sampling of the literature available on the topics referenced above:

Great casual read: Jones, L. (2020). *Losing Eden: Why Our Minds Need the Wild*. Penguin UK.

Ahmed, F., Jo, D. H., & Lee, S. H. (2020). Can Natural Killer Cells be a principal player in anti-SARS-CoV-2 immunity?. *Frontiers in Immunology*, 11, 3246.

Berman, M. G., Kross, E., Krpan, K. M., Askren, M. K., Burson, A., Deldin, P. J., ... & Jonides, J. (2012). Interacting with nature improves cognition and affect for individuals with depression. *Journal of affective disorders*, 140(3), 300-305. <https://pubmed.ncbi.nlm.nih.gov/22464936/>.

Grigsby-Toussaint, D. S., Turi, K. N., Krupa, M., Williams, N. J., Pandi-Perumal, S. R., & Jean-Louis, G. (2015). Sleep insufficiency and the natural environment: Results from the US Behavioral Risk Factor Surveillance System survey. *Preventive medicine*, 78, 78-84. <https://pubmed.ncbi.nlm.nih.gov/26193624/>.

Hassell Jr, J. E., Fox, J. H., Arnold, M. R., Siebler, P. H., Lieb, M. W., Schmidt, D., ... & Lowry, C. A. (2019). Treatment with a heat-killed preparation of *Mycobacterium vaccae* after fear conditioning enhances fear extinction in the fear-potentiated startle paradigm. *Brain, behavior, and immunity*, 81, 151-160.

"How many redwoods have been logged?" Redwood National and State Parks, National Park Service, 6 May 2021, <https://www.nps.gov/redw/faqs.htm>.

Li, Q., Kobayashi, M., Wakayama, Y., Inagaki, H., Katsumata, M., Hirata, Y., ... & Miyazaki, Y. (2009). Effect of phytoncide from trees on human natural killer cell function. *International journal of immunopathology and pharmacology*, 22(4), 951-959.

Löhmus, M., Stenfors, C. U., Lind, T., Lauber, A., & Georgelis, A. (2021). Mental health, greenness, and nature related behaviors in the adult population of stockholm county during COVID-19-related restrictions. *International journal of environmental research and public health*, 18(6), 3303.
<https://pubmed.ncbi.nlm.nih.gov/33806787/>.

McDonald, R. I., Beatley, T., & Elmqvist, T. (2018). The green soul of the concrete jungle: The urban century, the urban psychological penalty, and the role of nature. *Sustainable earth*, 1(1), 1-13.

Piff, P. K., Dietze, P., Feinberg, M., Stancato, D. M., & Keltner, D. (2015). Awe, the small self, and prosocial behavior. *Journal of personality and social psychology*, 108(6), 883.
<https://www.apa.org/pubs/journals/releases/psp-pspi0000018.pdf>.

Sillett, S. C., Van Pelt, R., Carroll, A. L., Campbell-Spickler, J., & Antoine, M. E. (2020). Aboveground biomass dynamics and growth efficiency of Sequoia sempervirens forests. *Forest Ecology and Management*, 458, 117740. <https://doi.org/10.1016/j.foreco.2019.117740>.

Woo, J., & Lee, C. J. (2020). Sleep-enhancing effects of phytoncide via behavioral, electrophysiological, and molecular modeling approaches. *Experimental Neurobiology*, 29(2), 120.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7237266/>.

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Elsa Lau Ph.D.

[Department of Clinical Psychology](#)

Teachers College, Columbia University

Pronouns: She/Her/Hers ([What's This?](#))