

The West Valley OUTLOOK



JUNE
Vol. 2023, Issue 06

a vision for our Age Friendly communities

ANNOUNCEMENTS | P. 2

NEWS BRIEFS | P. 4

FEATURES | P. 5-11

RESOURCES | P. 12-13

ENTERTAINMENT | P. 15

CITY MEETINGS | P. 16

SafeRides partners with SASCC to continue helping students get home safely

By Brandy Maddox,
Managing Editor

West Valley residents may have heard of SafeRides, the all-volunteer, student-run transportation service that gives confidential rides home to high school students who need a ride for any reason—no questions asked.

As of early 2023, SafeRides now operates under the Saratoga Area Senior Coordinating Council (SASCC), after a brief hiatus in operations due to the dissolution of SafeRides' previous partner, the Community Against Substance Abuse (CASA).

SafeRides has been running for 20 years and under CASA for 10, but when CASA dissolved in June of 2022 because of pandemic-related factors, SafeRides had to cease operations. Because SafeRides is not a stand-alone organization, it needed a managing partner to provide stability to the program through fundraising and organizational support.

Throughout that summer of 2022, Program Director Chris Miller searched for a new partner. The search began with service organizations like Rotary, Lions Club and Kiwanis—each of which praised the program and



From left to right: Los Gatos High School students Abhishek Ghadia, Zackary Plesha, Allan Zhong, Callum Fallside.

offered financial support, but didn't have the necessary infrastructure to fully adopt the program.

"The program is primarily student-run and operated, and we really pride ourselves on that,"

Miller said. "But it requires adult insurance, and that was really the sticking point."

The search continued with trauma centers,

see **SAFE** pg. 3

To our valued member/ current resident:

Non-Profit
Organization
U.S. Postage Paid
Permit # 8075
Campbell, CA

Don't forget to like us
on Facebook!

@saratogaseniorcenter1



Human connection, fitness and laughter are the keys to life for this nonagenarian

By Brandy Maddox,
Managing Editor

Meet Louis Ferrigno, a 92-year-old Los Gatos resident and Navy veteran who's prioritizing fitness and meaningful relationships as he ages. Ferrigno works out at The Club at Los Gatos, an elite health club that offers an environment where all ages have the support to put their wellness first.

A member of The Club since before its remodel, Ferrigno appreciates how The Club has fostered a family-like culture, with management and personal training staff even going as far to visit Ferrigno at his house when he was injured.

"I had broken three ribs," Ferrigno said. "I came home from the hospital a couple days later and they came to my house to see how I was. I mean, wow. Where do you get that? It blew my mind."

Lou initially began his fitness journey at The Club with the guidance of a trainer, focusing on functional fitness and injury prevention to maintain safety in his daily activities. Today, he visits The Club twice a week to do his own workout routine, along with his close friend, Vincent Yee. The Club provides a diverse range of fitness styles, including weight training, spin classes,



"Lou" Ferrigno works out twice a week at The Club at Los Gatos. He mainly uses the weight machines, which are accessible to his fitness level.
Photo by Jimmy P Photography

pilates, yoga, self-defense, swimming and personalized training regimens.

Yee and Ferrigno have

see **LIFE** pg. 7

Take part in this year's 'America the Beautiful' tradition

By Brandy Maddox,
Managing Editor

For the past 13 years, a dedicated group of volunteers in Saratoga have come together every summer to adorn the city's downtown Village with a vibrant display of patriotic decorations.

Known as "America the Beautiful," this annual effort has become a cherished tradition, filling the hearts of residents and visitors alike with a sense of national pride.

This year, those spearheading the effort are inviting all Saratoga residents to decorate their mailboxes and trees patriotically, to spread the patriotic spirit all

throughout the city.

Laurel Perusa, a passionate community volunteer who initiated America the Beautiful, and one of the most sparkling individuals you'll ever meet, believes that showcasing patriotism through creative decorations is not only a fun activity, but also a meaningful way to express pride in being American.

"When you see the streets lined with flags, bunting, and other patriotic symbols, it fills you with a sense of pride and gratitude for our country," Perusa said. "It's amazing how such simple acts of decorating can create a joyful atmosphere and remind us of the

see **AMERICA** pg. 8

OUTLOOK STAFF

Tylor Taylor
 Publisher and
 Executive Editor
 tylor@sascc.org

Rajvir Kaur
 Outlook Production
 Manager
 raj@sascc.org

Brandy Maddox
 Managing Editor
 brandy@sascc.org

**CONTRIBUTING
 WRITERS:**

Chris Cruz
Dinah Cotton
Laurel Grace Smith
Rachael Brown



**PROVIDES COMPASSIONATE
 CARE & CONNECTION**

When Gloria had to stop driving at the age of 90, she maintained her independence through her late son's dear friend, who would drive her to the grocery store and medical appointments. Unfortunately, he was tragically killed in a motorcycle accident.

"He was making me happy, and I was making him happy," Gloria said.

Unsure of how she'd be able to get around without him, Gloria remembered she had cut out a RYDE Senior Transportation advertisement from a newspaper, so she gave RYDE a call.

RYDE Program Manager Joe Maddox set Gloria up with a volunteer driver, Carolee, who Gloria says has become "like a sister."

"They couldn't have sent me a better angel," she said. "We clicked like two sisters right away."

She said Carolee is always on time, is a safe driver, she watches Gloria while she's walking, and provides her with support if she needs it.

Gloria said she also appreciates RYDE's affordability, offering sliding scale price options for people of all income levels who are 65 years and older.



RYDE Volunteer Driver Carolee (left) and RYDE client Gloria (right)

Do you or someone you know need support with transportation? Contact RYDE today. RYDE is available to residents ages 65+ living in Saratoga, Los Gatos, Monte Sereno, Cupertino, Campbell, some areas of San Jose, and Morgan Hill.



RYDE@SASCC.ORG

(408) 892-9739

Outlook Disclosure:

The Saratoga Area Senior Coordinating Council (SASCC) is a registered 501(c)(3) nonprofit organization, founded in Saratoga in 1979. The Outlook is our monthly publication. We are funded by a mixture of income from services, donations, and grants from community foundations and governmental bodies.

The Outlook is distributed monthly to every home in Saratoga and Los Gatos. Our publication, like our organization, is nonpartisan and strives to provide an equal voice to all in the communities we serve. We allow submissions from a variety of entities and individuals. Opinions expressed in The Outlook are not necessarily a reflection of the opinions or mission of SASCC. The views contained herein are intended to be reflective of our community, therefore we encourage all feedback and comments from our readers. We take all feedback seriously and will always do our best to incorporate it into our finished product.

To submit feedback or questions to our team, please email outlook@sascc.org. Thank you for reading The Outlook!

SafeRides stabilized after months-long search to find operating partner

continued from
SAFE pg. 1

medical facilities and organizations like Mothers Against Drunk Driving, none of which could meet the program's needs.

It wasn't until Miller received a recommendation in early fall of 2022 from Counseling and Support Services for Youth (CASSY) Executive Director Marico Sayoc to contact SASCC Executive Director Tylor Taylor that the search began to make headway.

After several months of discussion, in December of 2022 SASCC was able to provide organizational support for the SafeRides program—which Miller referred to as a “Christmas miracle!” The program was able to resume operations in January, 2023.

“As an Age-Friendly institution, we have a vested interest in seeing the next generation make it through the stages of life successfully,” Taylor said. “If we are able to help save even one life with this program, the investment is more than justified. As an organization that serves as a guide for people across the journey of aging, SafeRides is a natural fit for SASCC.”

“To be blunt, I don't think that SafeRides would be operating now had it not been for SASCC,” Miller said.

Karla Albright, an adult volunteer for SafeRides since 2011, said she's happy the program has “found a new home.”

“And I love the pairing of rides for seniors and rides for teenagers,” Albright said. “So many possibilities.”

About SafeRides

Founded in 2003 after Los Gatos High School student Eric Quesada was killed in a drunk driving accident, SafeRides has helped thousands of students get home safely. It operates out of the United Methodist Church's Cafe Hope on Friday nights from 10 p.m. to 1 a.m., and on nights of school dances from 10 p.m. to 2 a.m.

Co-president and board member Zachary Plesha said the program serves about 10-15 people each

month. While the program is primarily for Los Gatos students, it's up to the SafeRides volunteers on duty to decide whether they will drive a Saratoga student, depending on the location. Usually, they'll give anyone a ride who needs it.

“The SafeRides community is essential to the Los Gatos and Saratoga communities by providing free, confidential rides to students in need,” Plesha said. “Our program is well-endorsed and actively supported by Los Gatos High School Principal Mr. [Kevin] Buchanan, and the new Los Gatos Police Chief Jamie Field.”

Essential indeed—according to the 2021 Los Gatos High School California Healthy Kids Survey, 33 percent of 12th graders; 23 percent of 11th graders; 15 percent of 10th graders; and 4 percent of 9th graders used alcohol or drugs within 30 days of taking the survey.

But SafeRides drivers often pick up folks for reasons beyond alcohol or drugs.

“I often feel like there is a misconception that SafeRides is only for picking up inebriated people, when really it's for any situation, no questions asked,” said Callum Fallside, SafeRides Vice President and board member.

Albright said that since the early days of the program, an assumption the SafeRides team strove to negate was that the program was to enable kids to drink and be irresponsible.

“The reality is that most of the calls were not for drunk people,” she said. “Kids might need a ride because their DD was drunk, or their parents were drinking and not able to pick them up. Sometimes their parents were asleep. Some calls were to rescue girls from a date where they felt vulnerable.”

Volunteer opportunities

Looking to make a difference in the lives of high school students? SafeRides is looking for

volunteers. There are three types of SafeRides volunteers: students can act as a dispatcher or the driver (drivers never pick up students alone); drivers who must be 18 years old and have insurance; and adults, as there must be one on duty for every shift.

All student and adult volunteers receive mandatory training, and must sign a confidentiality agreement.

“It's important that the high school students have confidence that if they use the service that there will be no gossip later at school,” Albright said.

Volunteering with SafeRides is an excellent way to contribute positively to the community, while gaining service hours that participants say look great on college applications.

“I got involved in SafeRides because of the tangible, invaluable impact the program has on me



From left to right: Abhishek Ghadia, Aaron Zolla, Brody Horwitz, Haley Wong, Alisa Freeman (above Haley) and Callum Fallside

and my community,” Plesha said. “SafeRides actively saves teen lives and prevents and solves unsafe situations. As a member of SafeRides, I am able to rest easy knowing I am actively working to better myself and my community.”

Fallside added that the volunteers have fun on shift nights.


“While we aren't taking calls, the volunteers at SafeRides act like a community, often playing games like Dance Dance Revolution, watching movies, helping each other with school work

or arguing over pizza toppings,” he said.


Students or adults interested in volunteering with SafeRides should email lgsaferides@gmail.com. Trainings typically occur the first Friday of every month during the school year.


Need a SafeRide? Call 1-888-550-7433.

Special thanks to the Los Gatos Morning Rotary Charitable Foundation for its \$1,000 donation, and the Los Gatos Rotary Charitable Foundation for its \$500 donation to provide partial funding for the SafeRides program.





LOS GATOS, CA







Portraits & Headshots
Family Pictures
Graduation
Events
Commissioned Art





🌐 JimmyPPhotography.com
 ✉ JimmyPPhotos@gmail.com
 📷 [JimmyP_Photo](https://www.instagram.com/JimmyP_Photo)





News briefs

Saratoga

Dragon Boat Festival, June 10

Nonprofit organization Asian American for a Better Community (AABC) is hosting the second annual Chinese Dragon Boat Festival June 10, from 11 a.m. to 2 p.m. at West Valley College's Kirkorian Pavilion.

Celebrated on the fifth day of the fifth month of the Chinese Lunar New Year calendar, the Chinese Dragon Boat Festival is a traditional holiday commemorating the life of an ancient poet, Qu Yuan born in 343 B.C.

Enjoy a brief story of Qu Yuan and the dragon boat race, a live band and dances to traditional folk songs, traditional craft making and face painting and a Chinese fashion show by Han-Fu Dress Society. Admission is free. Food from local restaurants and non-alcoholic beverages will be available for purchase.



Free Movie Night, June 16

Join the City of Saratoga for free, family-friendly movie nights the third Friday of June, July and August in El Quito Park! Movies begin at sundown, but come as early to enjoy pre-movie activities and set up your spot.

- June 16: DC League of Super-Pets (7:30 p.m. pre-movie activities, 8:30 p.m. movie)
- July 21: Wall-E (7:30 p.m. pre-movie activities, 8:30 p.m. movie)
- August 18: Inside Out (7 p.m. pre-movie activities, 7:55 p.m. movie)

Saratoga Safety Fair, June 24

Meet with representatives of Saratoga's public safety organizations during the Saratoga Safety Fair on Saturday, June 24 from 9-11 a.m. in the Saratoga Senior Center at 19655 Allendale Avenue. Attendees will have the chance to discuss important topics with safety experts, like crime prevention and wildfire preparedness. No registration is required.

Matei Varga concert, June 29

Join KCAT TV & Radio June 29 for an exclusive evening with acclaimed pianist Matei Varga, a world renowned, award-winning soloist and recitalist. Cheers begin at 6 p.m. and the concert begins at 7 p.m. This fundraiser will benefit KCAT's The Producers Network, an ever-expanding group of adults ages 55+ that create engaging television content, tell their stories, volunteer at events, and grow KCAT TV & Radio. The Saratoga Foothill Club is located at 20399 Park Pl, Saratoga. Tickets are \$30 for Producers members, and \$35 for general admission. Visit kcat.org/matei-varga-concert for tickets.

Youth in Government program, register by July 9

High school students who live in Saratoga are invited to learn about local government during the Youth in Government Program, a one-week summer internship that provides students with the chance to learn about local government, gain hands-on experience, and earn 34 hours of service credits (including 12 hours spent outside of class on assignments). The program cost is \$75 per student. Spaces are very limited. Register by July 9 at saratoga.ca.us/yig.

Los Gatos



New Los Gatos Town Assistant Manager, Katy Nomura

On May 16, the Town of Los Gatos announced its selection of a new Town Assistant Manager, Katy Nomura. Her start date with the Town is June 5.

"The Town attracted many qualified candidates and Ms. Nomura clearly demonstrated a track record of completing complex policy items for Council consideration, working with other agencies on challenging issues, and understanding the high customer service expectations for Los Gatos," Town Manager Laurel Prevetti said. "Her technical and soft skills will serve the Town well."

Ms. Nomura has been a local government practitioner for over a decade. Most recently, she has been working as a Deputy City Manager for the City of Long Beach, focusing on special projects related to an intergovernmental coordination team supporting the City's homeless emergency efforts, sidewalk vending and food truck regulations and other technical assignments.

Previously, she worked for the City of Cupertino, rapidly rising to Deputy City Manager overseeing legislative affairs, economic development, sustainability, the Office of Communications and the Office of Emergency Management.

"It is a blessing to be welcomed to such a charming Town where I formed many fond childhood memories," Nomura said. "I am excited for the agility and high-touch nature of a smaller jurisdiction that will allow me to closely engage with the people that I serve. I look forward to joining the Los Gatos team and coming home to the Bay Area."

Los Gatos Creek Trail clean up with the Kiwanis Key Club, June 10

Help the Los Gatos Kiwanis Club keep our trails clean with the Key Club from Los Gatos High School! Meet at 10 a.m. at the Old Forbes Mill Parking Lot behind 55 Church Street at the trailhead. Garbage bags, gloves and other supplies will be provided to help clean up the trails, as well as light snacks and coffee.

Flapjacks and Railroad Tracks Pancake Breakfast, June 11

The Billy Jones Wildcat Railroad is hosting its annual Flapjacks & Railroad Tracks Pancake Breakfast at Oak Meadow Park on June 11. This family-fun event will kick off early morning with breakfast served from 8-10:30 a.m. No reservations are required! Enjoy a great breakfast and early morning rides on the train and carousel! There are two options for breakfast: regular breakfast includes three large pancakes and two sausage links. Small breakfast includes one large pancake and 2 sausage links. A la cart items will also be available. In addition, the train and carousel will be open for early morning rides. Rides will begin at 8 a.m. and run until 4:30 p.m. Standard ticket pricing applies. Oak Meadow Park is located at 233 Blossom Hill Rd, Los Gatos. Visit bjwrr.org for more information.

Regenerative agriculture to save our soils and our planet

By Chris Cruz,
West Valley College Park
Management Faculty,
Department Chair

In addition to taking care of our parks and public lands, there is so much we can do to care for the planet and help mitigate climate change. We must bring it down to literally the ground level, and look at how to take care of the soil under our feet. The scientific process for examining and improving our land in a way that sustains it for generations to come is called “regenerative agriculture.”

The West Valley College Park Management Department recently developed a Certificate in Regenerative Agriculture, designed to help prepare students to work in this growing, critical field. My own experience with industrial farming techniques, the overall shift toward innovation in farming and agriculture and the dire need to change how we treat our planet informed the need for this program.

Growing up in South Florida and currently living in the San Joaquin Valley surrounded by agricultural land, I have seen firsthand both the positive and negative effects of how we treat our agricultural and ranching lands. My job the summer before college was working on a nursery and orchard, I was able to observe first hand the use of chemicals that included pesticides and fertilizers in such large quantities.

Later when I got married and my wife and I decided to have children, we unfortunately found out that we could not because of the chemical exposure that I had that very summer, as relayed to us by our doctors.

I have spent years working in parks and public lands. Oftentimes, adjacent farms and ranches had practices that would impact our parks. My home park, in Florida, Everglades National Park, has been severely-impacted by the chemicals that end

up in the water. Same is true here in the Delta of California with the close proximity of agricultural lands and waterways.

These experiences have helped me understand more than ever the need to change the way we treat our land, and I believe regenerative agriculture is the answer to many of the land, environmental and health issues our society faces.

So what is regenerative agriculture, and why is it important? The Rodale Institute, an organic farming nonprofit, coined the term in the 1980s, but its practices have been around long before then. Indigenous peoples have been utilizing the techniques now included under the umbrella of regenerative agriculture for centuries.

Kiss the Ground, a regenerative agriculture nonprofit that created a Netflix film by the same name, says “regenerative agriculture takes a systems-based, holistic look at the land being stewarded and applies various principles with the goal of making the land more productive and biodiverse over time.”

It is built on six principles: context; disturbance; cover and build surface armor; diversity; living roots in the ground; and growing animals and soil together. I recently attended the Soil Health Academy put on by Understanding Ag in partnership with CSU Chico Center for Regenerative Agriculture and Resilient Systems to further my knowledge, and these are the tenants of the academy.

Context is an understanding of the soil health practices and land stewardship techniques in your unique geographical location.

Having no or minimal **disturbance** to the soil by the use of mechanical and chemical means maintains the natural habitat of the soil, helps soil hold onto carbon and reduces greenhouse gas emission from fossil fuel-powered machinery.

Cover the soil and provide armor to retain

the soil and moisture. We saw the result of not doing this with the Dust Bowl, and we still see it today. We can look to the Southern San Joaquin Valley of California for a modern-day example.

The style of industrial agriculture is to work with monocultures or monocrops, where one type of crop is grown in a given field year after year. But nature has always operated with **diversity**. Similar to how our own gut microbiomes thrive off having a diverse set of nutrients, switching up the crops grown in a specific set of soil keeps the soil microbiome healthy. Planting companion plants and cover crops also helps improve soil microbiome diversity and brings about beneficial pollinators.

So much of our land is parched and devoid of **living roots in the ground**. We need to keep living roots in the soil, for it is those living roots that provide nutrition, feed the soil biology and retain moisture.

Finally, we need to **integrate animals with adaptive grazing techniques** to provide nutrients to the soil. Bison once existed throughout North America and many other animals that grazed were part of the landscape; they were able to break up the soil, leave nutrients and spread seed.

This past summer, I had the privilege of visiting Brown’s Ranch in Bismarck, North Dakota and heard from Gabe Brown, author of “Dirt to Soil.” He told the story of his experience with utilizing regenerative agriculture techniques for more than 25 years now.

The importance of these techniques was apparent to me after walking chest-deep into one of his multi-species cover-crop fields. It felt like walking into an air-conditioned space. The air temperature was 95 degrees, and the soil temperature was 77 degrees.

At his neighbors’ field, which does not use the same practices, the soil temperature was



Gabe Brown, author of “Dirt to Soil,” educating about soil health on his regenerative farm, Brown Ranch, in Bismarck, North Dakota.

Photo by Chris Cruz

120 degrees. Optimum growing temperature of the soil is between 70-80 degrees. If regenerative efforts are significant enough, like Brown’s are at his ranch, we can change our own microclimate.

We can effect change even in our own yards and gardens, planting diverse plants and crops, and utilizing more natural methods of fertilization and removal of invasive plants. We can also effect change by working with our politicians to make changes to the Farm Bill that is before Congress now.

The area that will have the most impact are the choices we make with the foods we eat and how they are grown. We can choose those farms and ranches that utilize the practices of regenerative agriculture. Locally, we can support farms and ranches that utilize regenerative practices. We have a number of options within the Bay Area like Tom Kat Ranch, Markegard Family Grass Fed, Stemple Creek Ranch, Alexandre Family Farm (Crescent City), Burroughs Family Farm, Jacob’s Farms and Full Belly Farm.

Asking questions about our food—where it came from, how it is grown and

raised—can help make a huge difference.

Here at West Valley College, in conjunction with the City of Saratoga and Orchard Keepers, we are introducing these concepts to our students across the college through our Park Management and Biology Programs using the Saratoga Heritage Orchard as an outdoor lab.

If you are looking for documentaries and films about this subject, I would start with “Kiss the

Ground,” “Living Soil” and “Unbroken Ground” from Patagonia Provisions.

If you need further resources, do not hesitate to contact me at chris.cruz@westvalley.edu, and please consider taking our Regenerative Agriculture class this coming fall 2023, where you’ll learn about regenerative agriculture’s benefits to increasing carbon sequestration in the land through modern agricultural techniques, and how it pertains to public lands.

AROUND THE TOWN & VILLAGE

BY DINAH COTTON, JUNE 2023

“What summer activities are you looking forward to?”



ARLENE ROSENFELD, BIG BASIN CAFE, SARATOGA

“We drive to Mt. Shasta where we enjoy a bit of hiking and golf. Then on the way back my absolute favorite activity spot is to soak in Calistoga’s hot mineral springs.”

ASAD KHAN, MANY FRIENDS BREWING, SARATOGA

“I love wilderness traveling. In August I will travel to Pakistan, to the second highest peak in the world, K2.”



KELLY MEDRANO, SARATOGA CHAMBER OF COMMERCE

“In addition to all of the fun events being planned for Saratoga, I look forward to my trip to Saratoga, NY—horse races, vintage store shopping, and treasure hunting.”

TED OLIVERIO, MANY FRIENDS BREWING

“This summer my activity will be what I love doing most. Brewing and serving locally-brewed beer right here in Saratoga. I am looking forward to the Car Show in July!”



Evidence in Saratoga, 1976 Chowchilla kidnapping

By Laurel Grace Smith ©

Traveling in my memories is filled with some dramatic scenery that began Sunday, May 18, 1976, in Saratoga. Time Magazine and other news outlets ran a somewhat-embellished report of the incident, so I would like to share my family’s version.

While my husband and I were at choir rehearsal, my 28-year-old stepson Dave invited my sons Andy (14) and Jim (9) to go for a hike up off Mt. Eden Road to do some exploring and bird watching. As they recounted that hot summer’s day, they found the air fresh and cool under the oak trees. In a short while, their exploration paid off—they made their first discovery.

“Hey, Dave, what’s that down there?” Jim called, pointing to a small suitcase below in the ravine.

“Go get it,” he insisted, as he pulled him to the edge of the embankment.

After some reluctance, Dave shimmied his way down through the leafy

debris, trying to avoid the poison oak, and brought up a newfound treasure. They opened a suitcase and discovered, among other things, several pairs of prescription eyeglasses.

Dave warned, “We’d better report this to the authorities when we get back into Saratoga. These could be pretty valuable to somebody.”

A sheriff’s deputy was at the fire station when they arrived. He asked the boys a few questions about the location of the suitcase and if they had seen anything else. Jim said that he saw a piece of a tarp. The deputy said he had some free time so would head up there to look around.

Later in the day when he came to our house to interview the boys more and get their fingerprints, the deputy told them about his serendipitous experience. He had found the section of tarp—the boys were amazed that he was able to do that, considering the terrain—and a driver’s license.

He said that when

he tossed them into his vehicle, he glanced over at the day’s newspaper on the seat. On the front page was the picture of the same man who was on the driver’s license. Frank Edward Ray was the driver on a bus full of 26 children that had just been hijacked two days before on July 16, a Friday afternoon, in Chowchilla, just south of Merced.

Monday, July 19, three days after the crime, the three kidnappers were still at large. The investigators thought that they must have gone through Saratoga where they ditched the evidence off Mt. Eden Road on their way north.

Before I left for work and my husband drove to his office, I told the boys to call me right away if anyone made contact by phone or came to the house, and I warned, “Don’t let anyone in.” Even though I had been so sure about the value of thorough news reporting and the Fourth Estate and supported the need for journalists to disseminate information to a free society, I now

found myself being very protective of my family’s privacy and safety.

“Mom, someone from the Mercury News just called and is coming over to interview us,” Andy phoned me at work.

I almost shouted, “Don’t open the door.” We feared the kidnappers could still be in the area and publicity about our family could put my boys in danger. Since I couldn’t immediately leave work, I called my husband who dashed home. Fortunately, he was able to discourage the reporter from coming in and sent him on his way.

More news details described what happened at the Chowchilla kidnapping and subsequent hiding of the bus in the Berenda Slough in Madera County. Eleven hours later, their three captors transferred the kids in two vans to a quarry in Livermore where they corralled them into a moving van and buried it underground.

After many hours, Ed Ray and 14-year-old Michael Marshall climbed up on a stack of mattresses to

reach the opening in the van roof. It was covered over by a heavy metal sheet weighed down by two 100-pound industrial batteries. They were able to use a piece of wood to move the batteries and dig their way out, finally freeing everyone after being buried for 16 hours.

Two weeks after my boys found the suitcase, the kidnappers were arrested. After my son Andy received a legal summons, we drove to Madera County so he could testify before the Grand Jury in late August. The evidence found in Saratoga was an important key in determining the guilt of the kidnappers. Memories of this entire experience made great fodder for my boys’ future school writing assignments and this story of mine.

This story was written in Los Gatos-Saratoga Recreation’s Creative Memoir Writing Class.

The Club at Los Gatos serves as Ferrigno's sanctuary for all things wellness

continued from
LIFE pg. 1

been friends for a decade, after noticing each other both at the church they attend, St. Mary's, and at The Club. When Ferrigno could no longer drive due to eyesight decline, Yee, 66, began offering transportation so Ferrigno could remain connected to his faith and fitness routine.

The two cherish their camaraderie, often enjoying coffee or a meal after their workouts at The Club's upstairs cafe, engaging in meaningful conversations about life and current events. They find solace in striving to live their lives according to God's teachings, promoting love and kindness in a world that sometimes seems divided.

"I think the best thing we can do as Christians is to just try to live our lives in the way God would want us to, and love our neighbor as we're asked to do," Yee said. "That's all we have control over. That's what I'm focused on these days."

An avid chess player, Yee was conversing with

The Club president and co-owner Dave Wilson Sr. when Wilson mentioned an upcoming game night at The Club.

"I asked, will there be chess?" Yee said. "And he goes, well, not really, but maybe I'll consider it. I didn't give it much thought after that."

Some time goes by and Yee was exercising on a machine when he receives a tap on the shoulder from Wilson, showing him a chess board.

"He went and made a special effort to get it because I asked him," Yee said. "I was surprised he would do something like that. It was really responsive."

"It just shows you the kind of heart this man has for people," Ferrigno said. "He wants them to have the best and be comfortable, and wants to make people happy. That's so important."

Ferrigno believes the key to a happy life is laughter, and his infectious sense of humor is a testament to that. It must have charmed Marlene, his wife of 69 years. For Ferrigno, it was Marlene's legs that first captured

his heart.

A carpenter by trade, while Ferrigno was helping a friend out with the construction of some stairs, he met the woman of his dreams.

"All of a sudden, these two girls come out on the top of the stairs," Ferrigno said. "One of them was my friend's wife, and then I saw this beautiful girl. Beautiful legs. I'm a leg man."

Together, they have four children, thirteen grandchildren, and nine great-grandchildren. Lou considers his family his greatest life accomplishment.

Three times a week, Marlene gets her exercise by doing pilates.

"She's the oldest one there," Ferrigno said.

Ferrigno's dedication to maintaining a healthy lifestyle and cultivating meaningful connections highlights the importance of staying active and engaged in life's pleasures. His story reminds us that age should never be an obstacle to pursuing what's important to us.



Vince Yee and Lou Ferrigno stand inside The Club at Los Gatos cafe, where they spend many mornings chatting about life.

Photo by Jimmy P Photography

Ukulele Jam Sessions at the Saratoga Library

June 6, 13, 20, and 27

10:30-11:30 a.m.

13650 Saratoga Avenue

Join in on a fun, engaging ukulele jam session for beginner and intermediate players looking to keep up their music knowledge in ukulele. All you need is your ukulele and great attitude!

The hour long session will include about 20 minutes of chord progression practice (for our beginners out there), followed by 40 minutes of songs we all love to sing and play together. Songs will be distributed every session and it is required to practice on your own during the week between sessions. Examples of artists we may jam to include Ingrid Michaelson, Elvis, The Beatles, Israel Kamakawiwo (IZ), John Denver and many more!

This is a series of 4 jam sessions, every Tuesday morning in June in the Community Room at Saratoga Library. No registration is required to attend, so please feel to drop in and jam!



Photo by Mineragua Sparkling Water on Unsplash

Local Leaders: Making our community a better place for all ages & identities

Saratoga leaders organize "a day away from cancer" for hundreds of kids

Saratoga leadership under Pamela Dunnett put on an inspiring Mother's Day celebration for kids with cancer and their families at California's Great America on May 14.

The event, called the American Cancer Society's Courageous Kids Day, founded in 1989 by Gay Crawford, offers kids in treatment from all over California a chance to have a day away from cancer. About 300 kids with cancer and their families attended the event to enjoy rides, picnic lunch, arts and crafts, magicians, an obstacle course and drawing for a quilt made by Los Gatos quilter Claren Dunivin. The West Valley College Soccer Team was popular with the kids.



Left: Coach Mike Grom with West Valley Soccer team members: Jugraj Gill, Armando Limon, Cole Shumaker, Ethan Silva, Yahel Zarate with Courageous Kid.



Progress Never Stops: Los Gatos leaders honored for inclusion efforts

On April 16, Bay Area Municipal Elections Committee (BAYMEC), a four-county LGBTQ+ political action group advocating for the civil rights of LGBTQ+ people held its annual brunch at the Signia Hilton in downtown San Jose. BAYMEC was co-founded 39 years ago by Los Gatos resident Wiggys Siverstein, professor and counselor at San Jose State University, and Ken Yeager, former Santa Clara County Supervisor.

The first BAYMEC annual Gala was held in 1984 and only one politician attended, Iola Williams, the first black member of the San Jose City Council. This year was a sold-out event with San Jose Mayor Matt Mahan making the opening remarks and San Diego Mayor Todd Gloria giving the keynote address.

San Jose Councilmember Pam Foley, the recipient of last year's Stan Hajduk Ally of the Year Award, presented this year's award to Los Gatos Councilmember Rob Moore for his support of an inclusive Los Gatos and as one of the primary organizers for the United Against Hate Walk.

California Congresswoman Anna Eshoo presented the Profile in Courage Award to Marico Sayoc, the former Mayor of Los Gatos and Executive Director of Counseling and Support Services for Youth (CASSY), for her courage and resilience in embracing Los Gatos' inclusion efforts.



Los Gatos Town Councilmember Rob Moore addresses the attendees of the BAYMEC "Progress Never Stops" Brunch, after receiving the Stan Hajduk Ally of the Year Award.

Photo by Luis Pedro Castillo Pictures



Left to right: California Congresswoman Anna Eshoo, CASSY Executive Director and former Los Gatos Mayor Marico Sayoc and BAYMEC Board Member, Michael Lomio. Sayoc was awarded BAYMEC'S Profile in Courage Award.

Photo by Luis Pedro Castillo Pictures

Happy Pride Month!

In honor of LGBTQ+ Pride Month, take a look at Santa Clara County's LGBTQ+ Older Adult survey from 2021. The survey had 3,218 participants, and revealed fascinating data about the needs of LGBTQ+ adults, age 50+, who live and work in Santa Clara County. Questions encompassed needs regarding health and well-being, impacts of COVID-19, and strengths and interests of diverse LGBTQ+ subgroups. The survey is being used to inform future priorities, programs and policies.

Read the survey report at tinyurl.com/scclgbtqreport2021.

Additionally, visit the county's Office of LGBTQ Affairs, which is working to create inclusive systems of support that respond to the critical, often diverse and complex, needs of over 1.9 million residents of this county, with a special focus on LGBTQ communities who have been largely underserved. The Santa Clara County Board of Supervisors passed the Office LGBTQ Affairs in 2015, as a referral item introduced by Supervisor Ken Yeager. Santa Clara County was the first county in the United States with such an office. Visit lgbtq.sccgov.org to learn more.

"Equality means more than passing laws. The struggle is really won in the hearts and minds of the community, where it really counts."

- BARBARA GITTINGS // LGBTQ ACTIVIST

Saratoga residents encouraged to patriotically decorate their trees and mailboxes

continued from
AMERICA pg. 1

values we hold dear."

She emphasized the importance of unity, and encouraged fellow citizens to contribute positively to the nation's progress, rather than dwelling on problems. Her unwavering devotion has been instrumental in fostering a deep sense of community spirit in Saratoga.

Three years ago, in an effort to expand the scope of the patriotic display, Laurel Perusa appointed her neighbor, Kaetlyn Doss, as the lead decorator for the community's trees, aptly named "liberty trees."

A mother of two and a lifelong Saratoga resident, Doss brings her own unique perspective and enthusiasm to the role. She also has a tall husband, Allen, who helps to access

the heights of liberty trees.

Doss wholeheartedly agrees with Perusa's belief that patriotic decorating not only brings joy to the community but also leaves a lasting impact on all those who witness it.

Recognizing the power of collective action, Perusa and Doss envision a Saratoga where every street is adorned with liberty trees, each one unique and filled with personal

expressions of patriotism.

By extending the opportunity for residents to participate in the decorating process, they hope to create a lasting tradition that will strengthen the bonds of the community and serve as a reminder of the values they hold dear.

The decorating begins after Father's Day and remains through July. Consider decking out your mailbox in red white and

blue or making a liberty tree out of your timber with things like bunting, flags, ribbons, wreaths, garland and whatever else your heart desires. Make it a fun family activity.

Send photos of your decorations to outlook@sascc.org for a chance to be featured in the newspaper.



Kaetlyn Doss, leader of the liberty tree decorating effort, and her husband, Allen Doss, holding their two children Aubree (right) and Jayce (left).
Photo courtesy of Kaetlyn Doss



The magic of veggies for health



Karen Rubio and Rachael Brown at Plant-Based Advocates event at Los Gatos Library. Photo courtesy of Rachael Brown

By **Rachael Brown**

Plant-based, plant predominant, plant-powered, plant-forward, vegan, whole food plant-based... Have you heard one or more of these terms and wondered what the big deal is with plants these days? It seems everywhere you turn there's a new label that mentions plants.

So, what's the big deal with plants? In short, researchers have found that plants can do incredible things in our bodies—things like reverse heart disease and diabetes, lower cholesterol, reduce inflammation, reduce the risk of certain cancers and improve digestion, sleep

and energy.

A new report from the CDC found that only 10 percent of adults are eating the recommended servings of vegetables, and only 12 percent are eating the recommended servings of fruit. The USDA recommends that adults eat 2 to 3 cups of vegetables and 1.5 to 2 cups of fruit each day. Read the report at tinyurl.com/cdcfruitandveg.

Do you need to adopt a fancy new plant diet to achieve optimal health? You can if you'd like, but you can also benefit greatly by just doing what your mother told you, and eating your vegetables and fruits.

How do you ensure you're getting all the

benefits of eating plants? The easiest way is to eat more of them while crowding out foods that aren't as good for you. Aim to make half your plate vegetables. Half? It's not as hard as you might think.

If you have a baked potato or sweet potato topped with black beans and salsa, some steamed broccoli or roasted brussels sprouts, and a salad, you won't even have room on your plate for anything else. Start loading your plate with veggies first. Still hungry? Go back for more veggies. Seconds or thirds are encouraged.

Try to put veggies into everything you make. Whether it's fruit smoothies with a few handfuls of fresh greens or a cup of frozen peas thrown in, chopped kale, jalapenos, and roasted red peppers added into your cornbread, or a sandwich or pita filled with hummus, fresh lettuce, sliced peppers, cucumbers, and sprouts, the options to add veggies are endless.

You can search online for sweet potato brownies, kale cake, and non-dairy cheese sauce recipes. Full disclosure, I regularly make all of these and can attest to their incredible taste.

Lunch and dinner are pretty easy, but what about breakfast? Here too, you can easily add vegetables to up the nutritional value of your meal. Scrambles are a great way to add onions, peppers, mushrooms, spinach, potatoes and tomatoes. Try tofu scramble as an alternative to eggs.

Avocado toast is another tasty option. Take it up a notch by putting arugula and some lemon juice, sliced radishes, or pickled onions and cucumbers on top (Manresa Bread in Los Gatos has an excellent avocado toast—try theirs for inspiration).

You can even make savory oatmeal by adding a couple of handfuls of greens while the oats cook. Top with some sautéed mushrooms and onions for a tasty alternative to the usual sweet breakfast oatmeal options.

Hungry between meals? Chop up some veggies to have on hand (or buy pre-cut) to dip in hummus, bean dip or even nut butter. Celery, carrot sticks, cucumber, jicama, bell peppers, snap peas and even raw zucchini sticks make a great crunchy snack.

Fruit is an obvious choice for snacking; nature has already put much of it in a ready-to-eat package! Keep bananas on hand. Buy fresh or frozen berries to really pack a nutritional punch. Grab some apples, pears, peaches, apricots, kiwis, or melons when they're in season. Get some grapes, mangoes, cherries, or pineapple to mix things up.

Try picking one new fruit or vegetable to try each time you shop. Have you tried dragon fruit or lychees? Mizuna or purple sweet potatoes? Grab a few pieces of fruit to enjoy with lunch. Freeze grapes or blueberries for a refreshing dessert on a warm evening.

Put fruit on your

breakfast cereal or oatmeal, or mix it in your pancakes or muffins. Another easy and healthy addition is to use unsweetened applesauce in place of oil when baking at a 1:1 ratio.

Worried about blood sugar levels? Eat more whole fruits and vegetables. It turns out that the natural sugars mixed with fiber contained in whole fruits are excellent for your body. Many studies have stated it's often excess fat and fat-laden foods that gum up the body's ability to effectively regulate blood sugars.

Steer clear of sugary, highly processed carbohydrates, but eat your fill of complex carbohydrates—in other words, fruits, starches, vegetables, grains and legumes in whole form, just as nature made them.

Add plants to your breakfast, lunch and dinner to experience the multitude of benefits yourself. Your healthy gut, increased energy, improved bloodwork and reduced risk of disease are sure to make mom proud.

Local author Rachael Brown earned a plant-based nutrition and sustainability certificate from the Center for Nutrition Studies at Cornell University. After being diagnosed with high cholesterol in her late 20s, she transitioned to a whole-food, plant-based (WFPB) lifestyle, and her cholesterol immediately dropped 50 points. Rachael is the author of "Fork's Sake: A Quick Guide to Healing Yourself and the Planet Through a Plant-Based Diet."



COUNTY OF SANTA CLARA PRESENTS SAFETY & GOV'T AFFAIRS CAREER FAIR

JOIN US TO LEARN MORE ABOUT CAREERS WITH:

- CONSUMER & ENVIRONMENTAL PROTECTION AGENCY
- ASSESSORS
- CLERK OF THE BOARD
- CONTROLLER-TREASURER
- COUNTY COMMUNICATIONS
- COUNTY COUNSEL
- COUNTY EXECUTIVE
- EMPLOYEE SERVICES AGENCY
- MEDICAL EXAMINER/CORONER
- PARKS & RECREATION
- PLANNING & DEVELOPMENT
- PRE-TRIAL SERVICES
- PROBATION DEPARTMENT
- SHERIFF'S OFFICE
- REGISTRAR OF VOTERS

... AND MORE!



SCAN ME



Thursday, June 8, 2023
11:30am - 2:30pm

70 West Hedding St.
San Jose, CA 95110

Honey, please pass the honey; a look into the beehive and how to start your own

By Dinah Cotton

Amazing bees are everywhere and we are thankful for their efforts to produce honey and pollinate. The United States Geological Survey estimates that there are over 20,000 species of bees in the world! This is not even including yellowjackets, the enemy of the bee. We'll get into them later.

We are talking honey bees—one of the most beneficial insects to have around. They cross pollinate our food crops, a necessary process that gives us fruits, vegetables and seeds, in which the fuzz on the bee's body attracts pollen, and is then distributed to the next plant or flower that the bee lands on, fertilizing the plant.

"The hum of the bees is the voice of the garden," said horticulture writer Elizabeth Lawrence.

They make the magical, nutritious substance of honey, which contains antioxidants, vitamins, minerals and amino acids. It is said to be useful in aiding seasonal allergies, as the bees create honey out of the nectar of plants that many of us are allergic to. When we consume honey, we receive small doses of this nectar, which may help build immunity.

Honey bees are gentle, unless their hive is threatened, and they tend to keep away from humans. They can sting only once, as when they sting part of their bodies are pulled out

and they will die shortly after. If you are in the way of a worker bee as they make a beeline back to the hive, they may sting to get you out of the way. It seems that these bees have maps imprinted in their brain that guide them back to their hive.

There is a caste system in the beehive. Every hive must have a queen bee. She has a stinger and lays the eggs. There may be two queens, but only for a moment, as they will fight to their death. This might happen when a larva starts to grow into a queen. An existing queen will kill off a potential rival.

Every swarm or hive follows the queen. If you wish to start a beehive, you will need a queen and if she decides to relocate the entire swarm will follow her.

Drone bees are male and do not have stingers so they cannot sting. Drones do not gather pollen or nectar and are unable to feed themselves without help from worker bees. Their only role is to mate with a maiden queen in nuptial flight so she can lay eggs. Only a few drones will win the competition to mate with a virgin queen, and die after mating.

Worker bees take on different roles throughout their lifespan: nurses nurture the hive and keep it clean, process incoming nectar, make honey, and feed the larvae and the queen; foragers do the tiring work of leaving the hive to gather nectar.

Worker bees live in a hive built from wax secreted by their bodies. Pollen and nectar are added to each cell within the honeycomb, providing food for each developing larvae. When honey bees are introduced into a hive constructed just for them, they will use the premade honey bee boxes that will enable us access to the honeycombs. Over 60,000 worker bees live within a hive.

Bees are not to be confused with yellowjackets. Evidently, yellowjackets are the hoodlums and can bite and sting, and do so often unprovoked. Their stinger does not have barbs in it like our beloved honey bees, and they can sting more than once.

They scavenge for meat and sweet liquids as well as feeding on other insects. If you are having an outdoor BBQ they may appear uninvited guests and go after any meats or sweets. In appearance the yellowjacket is brighter yellow than honey bees. Their bodies are not fuzzy, they appear leaner, their black markings are more irregular than a honey bee's stripes, and their wings are also leaner.

Most species of yellowjackets will build nests underground or may nest in building eaves or a wall void. They do not collect pollen or make honey. They do collect garden pests to feed their young.

If you can trap their queen, this will cause them to move on and leave you to enjoy your barbeque



A Saratoga honeybee enjoys the nectar from a rosemary flower. Photo by Tara Johnson

without fear. Hanging traps are a good way to control yellowjackets around your eating areas. These traps do not affect the honey bee. Follow the instructions carefully on the package.

Yellowjackets will hover around the entrance of a honeybee hive and try to "gang up" on the worker

bees that are guarding their home. If these worker bees are unable to protect the entrance of the hive, the yellowjackets will enter, eat up the honey, pollen, larvae and worker bees, destroying the hive—so beekeepers must take precautions to protect their precious hives.

If you are so inclined to start a hive:

- Best time of the year is in spring
- Get the wooden box, which will be their future hive. Visit "cHICK n bEES" in Los Gatos to get your supplies, located at 15695 Los Gatos Blvd.
- Get a veil (that cool hat that has a net to protect your face—not that they will sting you unprovoked, but if you wear glasses, they may get trapped behind your glasses and sting the eye area)
- Buy bees locally with a queen to start your hive
- Read up! Most beekeepers will also gladly share their experiences
- Take classes, learn local techniques. cHICK n bEES offers classes!
- Plant trees, shrubs and flowers that bees like to visit!
- Then... Enjoy your own local honey!

The hum of a hive is said to calm us humans and relax us, much like a cat's purr. Should you need a new hobby that will give you honey and an abundance of satisfaction, as well as benefit the environment, consider starting a hive and experiencing the magic of bees.

VOLUNTEER WRITERS NEEDED

opportunity for all ages

use your spare time in a fun, engaging way

Do you enjoy writing? Would you like to play a roll in informing your community of what's going on around them?

WRITE STORIES FOR THE OUTLOOK

email brandy@sascc.org for more info

support local, community journalism

add to your writing portfolio

RESOURCES**SUPPORT****SERVICES****ASSISTANCE****SOCIAL CENTERS****SARATOGA SENIOR CENTER**

19655 Allendale Ave
Saratoga, CA 95070
M-F, 10am to 4:30pm / (408) 868-1257
www.sascc.org/social-centers-1

SARATOGA ADULT DAY PROGRAM

19655 Allendale Ave
Saratoga, CA 95070
10am to 3 pm / (408) 868-1254
www.sascc.org/adult-day-program

LOS GATOS ADULT RECREATION CENTER

208 E. Main St
Los Gatos, CA 95030
M-F, 9am to 4pm / (408) 354-1514

JEWISH COMMUNITY CENTER

14855 Oka Rd, #201
Los Gatos, CA 95032
Visit www.apjcc.org/contact-us/hours-directions/ for hours.
(408) 358-3636

CAMPBELL ADULT CENTER

1 W. Campbell Avenue, Room C-33
Campbell, CA 95008
(408) 866-2146

CUPERTINO SENIOR CENTER

21251 Stevens Creek Blvd
Cupertino, CA 95014
(408) 777-3150

OLDER ADULT SERVICES**RYDE (REACH YOUR DESTINATION EASILY) TRANSPORTATION PROGRAM:**

www.sascc.org/ryde-about 408) 892-9739

LIVE OAK NUTRITION CENTER: (408) 354-0707

MEALS ON WHEELS: (408) 461-9870

SOURCEWISE: (408) 350-3200 x 1

SENIOR ADULTS LEGAL ASSISTANCE (SALA): (408) 295-5991

SALA is a non-profit elder law office whose mission is to support older persons in their efforts to live safely, independently, non-institutionalized and with dignity.

ADVOCACY PROGRAM (HICAP) - Funded by Sourcewise: Call (408) 350-3200, and select option 2.

HICAP is a FREE volunteer-based program from Sourcewise that assists seniors with Medicare as a supplements to Medicare, long-term care and managed care insurance plans.

VTA ACCESS: Office: 8am to 5pm daily / (408) 321-2380

www.vta.org/go/paratransit#accordion-applying-for-vta-access-paratransit-service

**MENTAL HEALTH RESOURCES**

NAMI - The National Alliance on Mental Illness (NAMI) offers practical experience, support, education, comfort and understanding to anyone concerned about mental illnesses and their treatment in Santa Clara County. Call from 10 a.m. to 6 p.m. at (408) 453-0400 option 1, or option 4 for after-hour support.

NATIONAL SUICIDE PREVENTION LIFELINE - Provides 24/7, free and confidential support for people in distress and prevention and crisis resources for you or your loved ones. Call the line at 1-800-273-8255 or visit suicidepreventionlifeline.org to learn more.

CASSY - Counseling and Support Services for Youth (CASSY) is a 501(c)(3) nonprofit that partners with Bay Area schools to provide resources and professional, on-campus mental health services to students free of charge, plus staff training on mental health issues, and parent consultations. Learn more at www.cassybayarea.org.

ASIAN AMERICANS FOR COMMUNITY INVOLVEMENT MENTAL HEALTH SERVICES - Founded in 1973, AACI serves individuals and families with cultural humility, sensitivity and respect, advocating for and serving the marginalized and ethnic communities in Santa Clara County. 2400 Moorpark Ave., Suite 300, San Jose, CA 95128 / (408) 975-2730 X204

SOCIETY FOR ADOLESCENT HEALTH AND MEDICINE

Founded in 1968, the Society for Adolescent Health and Medicine (SAHM) is a multidisciplinary organization committed to improving the physical and psychosocial health and well-being of all adolescents through advocacy, clinical care, health promotion, health service delivery, professional development and research. Call 1-888-705-4392 or email info@adolescenthealth.org with any questions.

START YOUR RECOVERY - Provides information for people who are dealing with substance use issues, and their family members, friends, and coworkers too. startyourrecovery.org/

CAREGIVER SUPPORT GROUPS Offered through Vitas Healthcare

To join, please visit www.vitas.com/family-and-caregiver-support/caregiving/caregiver-support-groups.

GRIEVING SUPPORT GROUPS: REMOTE, VIRTUAL, AND ONLINE Offered through Vitas Healthcare

To join, please visit www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups.

To learn more about Vitas Healthcare support groups, please call 888.804.0387.

Closet Bay Area Location is Milpitas VITAS Hospice and Palliative Care Office: 670 N McCarthy Blvd. Suite 220, Milpitas, CA 95035

GUIDANCE

RELIEF

CARE

INFORMATION

COMMUNITY RESOURCES

CALL 211 or visit 211scc.org : Food, Senior Care & Child Care, Counseling, Legal Aid, Housing & more (free, confidential, multi-lingual)

SHRED IT SERVICES

Saratoga Senior Center, Mon.-Fri., 10 a.m.-4 p.m.
\$1 per pound, \$12 per Bankers Box. Call (408) 647-9023 for more info.

SANTA CLARA COUNTY FIRE DEPARTMENT

14700 Winchester Blvd, Los Gatos, CA 95032 / 8 a.m. - 5 p.m. / (408) 378-4010
Emergency Response, Fire Prevention, Education & Preparedness
www.sccfd.org

**CASE MANAGEMENT/ HOUSING ASSISTANCE/ EMERGENCY FINANCIAL ASSISTANCE:
EMERGENCY ASSISTANCE NETWORK OF SANTA CLARA COUNTY**

1400 Parkmoor Ave., Suite 250
San Jose, CA 95126
(415) 808-4300
www.uwba.org/get-help

FAIR HOUSING LAW PROJECT - *Housing discrimination, mortgage abuse, eviction issues, etc.*

152 N. First St. 3rd Floor
San Jose, CA 95111
(408) 280-2470

HOUSING AUTHORITY OF SANTA CLARA

505 West Julian St., San Jose, CA 95110
(408) 275-8770

WEST VALLEY COMMUNITY SERVICES

10104 Vista Dr., Cupertino, CA 95014
(408) 255-8033



Photo by Hannah Busing on Unsplash

“You cannot do kindness too soon, for you never know how soon it will be too late.”

— Ralph Waldo Emerson

ARTIST OF THE MONTH
by Dinah Cotton

TYLER DIAMOND

DIAMOND MUSIC
14506 BIG BASIN WAY, SARATOGA

“Around age 13, I was given a Guitar Hero video game for Christmas, and have not stopped playing since.

While at Saratoga High I played in a rock band and in school plays. I perform regularly around the area, playing acoustic guitar, for all sorts of events and venues. This summer I will be playing in Wildwood Park, outdoors here in Saratoga.

About 14 months ago, I opened “Diamond Music.” I have a studio to offer music lessons (all ages, all music) and carry high end guitars, usually having 130 or so guitars in stock. We specialize in unique, vintage and newer guitars to learn on. We consign, buy, sell and trade guitars.”

Tyler Diamond, owner of Diamond Music in Saratoga



Guitar inventory snapshot at Diamond Music

JUNE 2023



Diamond while at Saratoga High School

ASK the EXPERT

Dr. Christine Throm, Audiologist
Past President-California
Academy
of Audiology (2018)



Hearing Loss and Dementia

Christine Throm, Au.D.

Studies Find that Dementia May Be Linked with Hearing Loss

For many people, hearing loss is expected as a natural consequence of aging. Although it may present some inconvenience or difficulty in communication, it is not usually viewed as a major problem, and some people don't worry too much about it. New studies have begun to link the incidence of hearing loss with dementia and mental decline, which is a bit more worrying to many.

A study involving 600 people found that people with hearing loss are more likely to develop dementia than others. Another study with more than 2000 participants concluded that people with hearing loss could suffer as much as a 30-40% decrease in cognitive abilities compared with those without it. They also correlated more severe hearing loss with a higher risk of dementia than for people with moderate or mild hearing impairment. Testing confirms that hearing loss exacerbates and quickens brain atrophy, thus accelerating mental decline, especially with age.

Symptoms of dementia, such as memory loss, inability to learn new tasks, lethargy, irritability, depression, diminished alertness, and apprehension may also be worsened when hearing loss is a factor. As mental decline is related to diminished overall health, scientists are now working to determine whether hearing aids and other such devices aimed at halting hearing loss can also slow mental decline.

What can you do to ensure you and your loved ones are protected from dementia and mental decline related with hearing loss? Annual hearing exams are important because you may not notice on your own a difference in hearing ability until it is too late and damage has already occurred.

Los Gatos Audiology is here to help you protect your hearing and your health. Call today and come in for your yearly hearing exam so you can stay ahead of the curve and protect your hearing, your brain and your health.

If you would like to learn more about this and other topics related to hearing and dementia, feel free to contact Los Gatos Audiology at (408) 673-4052.

If you already have hearing aids, check out the latest options in smart hearing devices—you may be shocked at what the newest hearing aids can do! Your quality of life may be due for an upgrade – so come in today!

Free Community Seminar Want more information about hearing health?

Dr. Throm is bringing back her acclaimed, medically based, *Listen Up Café* lecture series!



Friday, June 9, 2023: Hearing Loss and Dementia
Friday, July 7, 2023: Noise Induced Hearing Loss
Friday, Aug 11, 2023: Hearing Loss & Cognitive Decline
Friday, Sept 8, 2023: Hearing Loss and Risk of Falls
(Dates and location subject to change)

We'll have good coffee, light refreshments, and a great discussion—see you there!

Seating is limited for these FREE events.

Please call for time and location information

(408) 673-4052



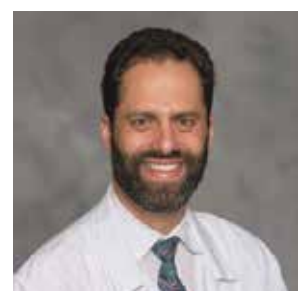
Dr. Christine Throm
Owner/Audiologist

Los Gatos Audiology

We've served Los Gatos, Saratoga, Campbell, Cupertino, San Jose and the entire Bay Area for over 50 years, providing the right solution for Your Life. Your Style.

Our team has the knowledge and tools to determine the cause of your hearing loss.

If a hearing loss is detected, we have premium hearing aid technology that can help. We're here to provide the right solution for Your Life. Your Style.



Dr. Daniel Krass
Audiologist



LGA
Los Gatos Audiology

(408) 673-4052

15899 Los Gatos-Almaden Rd. Suite 8, Los Gatos, CA 95032

(on the corner of National and Los Gatos-Almaden Rd.)

www.LosGatosAudiology.com



The Poison Rose (2019)

Inspired by classic film noir, Carson Phillips, an ex-football star turned PI, has a soft spot for a lady in distress.

R | 1h 38m | Crime, Mystery, Thriller

Formula 1: Drive to Survive (2019-)

Docuseries following the FIA Formula One World Championship across multiple seasons.

TV-MA | TV Series | Documentary, Sport



NOW STREAMING



Magic for Humans (2018-2020)

Justin Willman performs magic tricks on the street.

TV-PG | TV Series | Comedy, Reality-TV

Burnt (2015)

Adam Jones is a chef who destroyed his career with drugs and diva behavior. He cleans up and returns to London, determined to redeem himself by spearheading a top restaurant that can gain three Michelin stars.

R | 1h 41min | Comedy, Drama



PLAYING NEAR YOU

** Please call theater(s) for most up-to-date info.*



About My Father

When Sebastian tells his old-school Italian immigrant father Salvo that he is going to propose to his all-American girlfriend, Salvo insists on crashing a weekend with her tony parents.

PG-13 | 1h 29min | Comedy

Stars: Robert De Niro, Sebastian Maniscalco, Leslie Bibb

Spider-Man: Across the Spider-Verse

Miles Morales catapults across the Multiverse, where he encounters a team of Spider-People charged with protecting its very existence. When the heroes clash on how to handle a new threat, Miles must redefine what it means to be a hero.

PG | 2h 20min | Action, Adventure, Animation

Stars: Shameik Moore, Hailee Steinfeld



Fast X

Dom Toretto and his family are targeted by the vengeful son of drug kingpin Hernan Reyes.

PG-13 | 2h 21min | Action, Adventure, Crime

Stars: Vin Diesel, Michelle Rodriguez, Jason Statham

Transformers: Rise of the Beasts

Plot unknown. Reportedly based on the 'Transformers' spinoff 'Beast Wars' which feature robots that transform into robotic animals. **Releasing June 9.**

1h 57min | Action, Adventure, Sci-Fi

Stars: Pete Davidson, Michelle Yeoh, Ron Perlman



PRUNEYARD CINEMAS
 (408) 717-4712
 1875 S. Bascom Ave., Campbell, CA 95008
www.pruneyardcinemas.com/

AMC - SARATOGA
 (408) 871-2277
 700 El Paseo De Saratoga, San Jose, CA 95130
www.amctheatres.com/movie-theatres/san-jose/amc-saratoga-14

CINELUX LOS GATOS THEATRE
 (408) 399-9800
 43 N Santa Cruz Ave, Los Gatos, CA 95030
www.cineluxtheatres.com/cinelux-los-gatos-theatre

Stay informed - June/July

City of Saratoga and Town of Los Gatos Council, Commission & Committee Meetings

In-person meetings are beginning to resume, while online Zoom meetings and calling in continues to be an option for community members. Meeting places, Zoom links and call-in information are contained in each respective meeting agenda.

Agendas are typically uploaded the Friday before the respective meeting.

Please note, all council, commission, and committee meetings are subject to change or cancellation.

Check the meeting links prior to each meeting or call your local town clerk for questions.

Los Gatos Town Clerk's office: 408-354-6834 / Saratoga City Clerk's office: 408-868-1216



Los Gatos

Development Review Committee:
June 6, 13, 20, 27, 10 a.m.

View agenda and meeting info at www.losgatosca.gov/188/Development-Review-Committee

Note: these meetings are often canceled. Please check

the webpage for updates.

Town Council: June 6, June 20, 7 p.m.

View agenda and meeting info at www.losgatosca.gov/16/Town-Council

Complete Streets and Transportation Commission: June 8, 7:30 a.m.

View agenda and meeting info at www.losgatosca.gov/2555/Complete-Streets-Transportation-Commission

Conceptual Development Advisory Committee: June 14, 4:30-5:30 p.m.

View agenda and meeting info at www.losgatosca.gov/200/Conceptual-Development

General Plan Committee: June 14, 5:30 p.m.

View agenda and meeting info at www.losgatosca.gov/199/General-Plan-Committee

Planning Commission: June 15, 28, 7 p.m.

View agenda and meeting info at www.losgatosca.gov/189/Planning-Commission

Housing Element Advisory Board: June 15, 7 p.m.

View agenda and meeting info at www.losgatosca.gov/1735/General-Plan---Housing-Element

Arts and Culture Commission: June 21, 5 p.m.

View agenda and meeting info at www.losgatosca.gov/352/Arts-and-Culture-Commission

Finance Commission: June 22, 5 p.m.

View agenda and meeting info at www.losgatosca.gov/2643/Finance-Commission

Community Health and Senior Services Committee: June 27, 5 p.m.

View agenda and meeting info at www.losgatosca.gov/2398/Community-Senior-Services

Historic Preservation Committee: June 28, 4 p.m.

View agenda and meeting info at www.losgatosca.gov/190/Historic-Preservation



Saratoga

City Council:
June 7, 21, July 5, 7 p.m.

View agenda meeting info at www.saratoga.ca.us/241/City-Council

Heritage Preservation Commission:
June 13, 8:30 a.m.

View agenda and meeting info at www.saratoga.ca.us/285/Heritage-Preservation-Commission

Planning Commission: June 14, 7 p.m.

View agenda and meeting info at www.saratoga.ca.us/357/Planning-Commission

Library & Community Engagement Commission:
June 26, 7-9 p.m.

View agenda and meeting info at www.saratoga.ca.us/330/Library-Commission

Make a difference and become a board member!

Are you interested in joining the Board of Friendly Voices, a 3 year old non-profit making a significant difference in the lives of older adults? Friendly Voices creates a vital human connection for isolated, low-income older adults through weekly phone conversation with trained volunteers. They are a small, process-driven non-profit performing high-impact work.

They've just received their first grant and are poised to expand their reach throughout the San Francisco Bay Area and Northern California. The expected time commitment is approximately 8 hrs./month.

REQUIRED:

- Live in any of the 9 counties of the San Francisco Bay Area
- Have experience working with small nonprofits (budgets under \$100k)
- Have relevant experience in at least ONE of these areas:
 - fundraising (grants and individuals)
 - marketing and public relations
 - corporate partnerships and/or community connections
 - CRM, operations, and technology

HOW TO APPLY:

- Send a cover letter to Laura Steuer at Laura@friendlyvoices.org
- Explain your relevant experience (see above) and include your LinkedIn profile



ADVERTISE WITH US

YOUR MESSAGE WILL BE SENT DIRECTLY TO 31,000 HOMES IN SARATOGA, LOS GATOS AND SURROUNDING COMMUNITIES!
NON-PROFIT ORGANIZATIONS WILL RECEIVE A 20% DISCOUNT ON ANY CHOSEN PACKAGE.

FOR MORE INFORMATION, PLEASE CALL OR EMAIL RAJ KAUR AT 408-868-1254 OR RAJ@SASCC.ORG.