



## Former Saratoga Mayor Mary-Lynne Bernald joins West Valley-Mission Board of Trustees

### Staff Report

On March 19, former Saratoga City Council Member and Mayor, Mary-Lynne Bernald, was sworn in as a District 5 Provisional Member of the West Valley Mission Community College Board of Trustees. The vacancy occurred with the passing of long-time Board Trustee, Jack Lucas, who devoted nearly 70 years of public service to the community. Continuing his legacy of service to the community is what drew Bernald to apply for this appointment.

A Saratoga resident since 1978, Bernald was active in the community well before being elected to the City Council in 2014 and again in 2018. In addition to spending 10 years on the Saratoga Planning Commission, her volunteer roles included being a Paralegal for Senior Adults Legal Assistance (S.A.L.A.), a 10-year member of the Butter Paddle and President of the EMQ Auxiliary, a member of the Saratoga Library Expansion Committee and Executive

Board member of numerous parent school boards (Villa Montessori, Saint Andrew's School, Hillbrook School and Bellarmine College Prep). She was the co-author and co-presenter of "Developing and Maintaining Community Collaborations: Different Voices in One Chorus," during her term serving as the West Coast Area VI Public Policy Liaison for the Association of Junior Leagues International.

During her eight years on the Saratoga City Council, Bernald served on the Executive Board of the Hakone Foundation, the Public Art Committee, and the Saratoga Historical Foundation. In 2015 she was chosen by the Cities Association of Santa Clara County to serve on the Select Committee on South Bay Arrivals, where she reviewed FAA proposals, collected constituent input and made recommendations regarding airplane noise to Congressional Representatives. In 2018 she was appointed to the Santa Clara/Santa Cruz Counties Airport Roundtable where she was elected Chairperson three times from 2018-2021.



Photo courtesy of Mary-Lynne Bernald

Being an "army brat" who moved every two years of her life before settling in Saratoga, Bernald treasures this community which has become her hometown. Serving as a Provisional Trustee on the Board of West Valley

Mission Community College District (WVMCCD) seemed a natural next step in her public service path. It was during her time on the Saratoga City Council that she experienced firsthand the wonderful collaboration between the

Council and WVMCCD, and the communities they serve. She believes her background skills will aid her in the oversight and development of the colleges' quality and effective

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To our valued member/current resident:

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## Local entrepreneurs spread the magic of creativity through 'kit & sis'

### By Brandy Maddox

In a world where screens often dominate children's free time, three entrepreneurs from Los Gatos are on a mission to spread joy, creativity and confidence through their business, kit & sis.

In 2013 when they were just 13 years old, twin sisters Madeline Pollock and Gabrielle Pollock and their best friend since the age of 4, Kate Lally, founded kit & sis, which has blossomed from a childhood passion project into a thriving venture that continues to inspire young minds.

"At the time, we were three best friends who wanted to share our childhood love of crafting and dolls with other young girls," co-founder Madeline said. "We never set out to create a business, just



Two young gals pose with their dollies at kit & sis' Dollie & Me Holiday Tea at the Westin in San Francisco.  
Photo by Jimmy P Photography

to share the joy, creativity and confidence that comes from crafting and playing with your dollies!"

They started with a Dollie & Me summer camp hosted in Kate's grandmother's backyard. The trio shared a love for crafting and dolls, and wanted

to create their dream summer camp experience for other young girls. From annual summer camps and birthday parties to private events and product lines, the business has grown alongside its founders,

see **DOLLIES** pg. 10

## The Producers Network: enriching lives of the 55+ community

### By Gail Doyle, Program Director, The Producers

Imagine a vibrant group of adults, ages 55 and above, using their wealth of experience and vast knowledge to make a positive impact in their community. This is the essence of The Producers Network, an extraordinary and ever-growing force at KCAT TV & RADIO, your local media station, Channel 15.

The Producers Network began two years ago by KCAT Media's Executive Director, Melissa Toren, who conceived of a program that would empower valued seniors to share their voices and perspectives on issues, challenges and joys via TV, film and radio broadcast production. More than just a

network, The Producers is a community within itself. These remarkable individuals are actively engaged in:

- Learning TV studio & on-the-scene filming, editing and tech
- Producing, directing or hosting their own TV shows and podcasts
- Having their productions become part of KCAT media's broadcasts
- Staying connected to their community by volunteering at local events
- Joining live studio audiences
- Attending thought-provoking speaker presentations
- Socializing and meeting new people

How has The Producers

see **PRODUCERS** pg. 3

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# Stay informed - April/May

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

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.

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



## SARATOGA

**City Council:**  
**April 17, May 1, 7 p.m.**  
 View agenda meeting info at [www.saratoga.ca.us/241/City-Council](http://www.saratoga.ca.us/241/City-Council)

**Heritage Preservation Commission:**  
**April 9, 8:30 a.m.**  
 View agenda and meeting info at [www.saratoga.ca.us/285/Heritage-Preservation-Commission](http://www.saratoga.ca.us/285/Heritage-Preservation-Commission)

**Planning Commission:**  
**April 10, May 8, 7 p.m.**  
 View agenda and meeting info at [www.saratoga.ca.us/357/Planning-Commission](http://www.saratoga.ca.us/357/Planning-Commission)

**PEBTAC (Trails Advisory Committee):**  
**April 16, 4-5 p.m.**  
 View agenda and meeting info at [www.saratoga.ca.us/350/PEBTAC-Trails-Advisory-Committee](http://www.saratoga.ca.us/350/PEBTAC-Trails-Advisory-Committee)

**Youth Commission:**  
**April 23, 7-9 p.m.**  
 View agenda and meeting info at [www.saratoga.ca.us/337/Youth-Commission](http://www.saratoga.ca.us/337/Youth-Commission)

**Traffic Safety Commission:**  
**May 9, 6:30-9:30 p.m.**  
 View agenda and meeting info at [www.saratoga.ca.us/329/Traffic-Safety-Commission](http://www.saratoga.ca.us/329/Traffic-Safety-Commission)



## LOS GATOS

**Complete Streets and Transportation Commission: April 11, May 9, 7:30 a.m.**  
 View agenda and meeting info at [www.losgatosca.gov/2555/Complete-Streets-Transportation-Commissi](http://www.losgatosca.gov/2555/Complete-Streets-Transportation-Commissi)

**Finance Commission: April 8, 22, May 6, 5 p.m.**  
 View agenda and meeting info at [www.losgatosca.gov/2643/Finance-Commission](http://www.losgatosca.gov/2643/Finance-Commission)

**Development Review Committee: April 9, 16, 30, May 7, 10 a.m.**  
 View agenda and meeting info at [www.losgatosca.gov/188/Development-Review-Committee](http://www.losgatosca.gov/188/Development-Review-Committee)

**Conceptual Development Advisory Committee: April 10, May 8, 4 p.m.**  
 View agenda and meeting info at [www.losgatosca.gov/200/Conceptual-Development](http://www.losgatosca.gov/200/Conceptual-Development)

**General Plan Committee: April 10, May 8, 5:30 p.m.**  
 View agenda and meeting info at [www.losgatosca.gov/199/General-Plan-Committee](http://www.losgatosca.gov/199/General-Plan-Committee)

**Planning Commission: April 10, 24, May 8, 7 p.m.**  
 View agenda and meeting info at [www.losgatosca.gov/189/Planning-Commission](http://www.losgatosca.gov/189/Planning-Commission)

**Diversity, Equity, and Inclusion Commission: April 11, May 9, 5-6:30 p.m.**  
 View agenda and meeting info at [www.losgatosca.gov/2951/Diversity-Equity-and-Inclusion-Commissio](http://www.losgatosca.gov/2951/Diversity-Equity-and-Inclusion-Commissio)

**Town Council: April 16, May 7, 7 p.m.**  
 View agenda and meeting info at [www.losgatosca.gov/16/Town-Council](http://www.losgatosca.gov/16/Town-Council)

**Historic Preservation Committee: April 24, 4 p.m.**  
 View agenda and meeting info at [www.losgatosca.gov/190/Historic-Preservation](http://www.losgatosca.gov/190/Historic-Preservation)



More than 125 artists will display their art in Saratoga May 4-5 for the Rotary Club of Saratoga's annual Art Show. The event is free to the public and serves as the largest fundraiser for the Saratoga Rotary Foundation, which supports grants to local non-profit organizations and the Club's youth and community service programs. In addition to the artwork on display, there will also be live music, food trucks, beer and wine, and activities for kids of all ages.



New this year is a 5K Run/Walk on Sat., May 4 at 9am around the West Valley College campus. A portion of the 5K registration fee will go directly to selected nonprofits: Saratoga Education Foundation, West Valley College Office of Student Needs, Cancer CAREpoint, West Valley Community Services and CASSY.

Visit [saratogarotaryartshow.org](http://saratogarotaryartshow.org) for more information.

**Outlook Disclosure:**  
 Successful Aging Solutions & Community Consulting (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](mailto:outlook@sascc.org). Thank you for reading The Outlook!

# Bernald eager to continue public service legacy of former board president, Jack Lucas

Continued from  
TRUSTEE, pg. 1

services; in her commitment to continuing consensus building and teamwork within the Board; and in being a dedicated communications liaison to all residents in District 5.

These two local community colleges provide great resources to students of all ages and backgrounds in their quest to attain higher education and skill development. With the goal of “meeting students where they are,” the colleges support programs that aid students in transfer and career goals. Their TAP program ranks high in the Bay Area with a 97 percent successful transfer rate from the honors program to four-year universities. The district’s focus on the entire community has created unique and meaningful partnerships driven by community demands: West Valley’s College of Adaptive Arts provides

equitable education for adults with disabilities; West Valley College’s Veterans Resource Center (VRC) is dedicated to providing a supportive learning environment where students find a foundation for academic success and guidance to achieve their academic goals; SASCC’s Senior Guided Pathways will offer programs—from developing modern skills for employment to being better-equipped to navigate to healthcare system—with all tuition and enrollment fees waived for participants in this pilot program, and no barriers to entry.

Bernald notes her excitement over additional upcoming possibilities. Expanding opportunities for dual and concurrent enrollment offer great advantages to students looking to enhance their high school resumes and save the higher cost of college courses. On the night of her swearing in, the agenda included two items

of great interest: the Board of Trustees endorsed Senate Bill 895 (Roth) which would allow the development of a pilot program at Mission College for a Community Colleges Baccalaureate Nursing Program; the Board of Trustees endorsed Assembly Bill 3158 (Berman) which would authorize the West Valley Mission Community College District to waive tuition and enrollment fees and use existing local funds to reduce costs for students furthering their education.

Bernald hopes to see you on the West Valley College campus, which has so much to offer our community: education, sports, and a beautiful campus ideal for strolling. You can contact her at [mary-lynn.bernalld@wvm.edu](mailto:mary-lynn.bernalld@wvm.edu).



Photo by Lisa Oakley

# Older Adults using their skills to produce television & podcast programs

Continued from  
PRODUCERS, pg. 1

Network affected its members? Sue Fenton, when she moved from NYC, found a home with The Producers and, in addition to making new friends, discovered a natural hidden talent. Sue now hosts her own TV show, Sue on the Street, where she interviews Los Gatos community members at local events.

Lloyd states, “I have thoroughly enjoyed running my podcast through the Producers Network. And have also appreciated meeting so many committed and enthusiastic seniors.”

Another member, Cathy, feels that The Producers “... has offered me the opportunity to learn new skills with an iPhone

camera and studio equipment, with the added bonus of meeting new interesting people!”

Charlie and Mayo interview amazing guests on their show, Seniors’ Moment. As Charlie says, “The Producers Network has provided my partner, a 90+ senior, and I the opportunity to learn skills that are totally different from those we used in serving other local senior organizations over the past 20 years.”

Ron recognizes that, “For a local TV station to have seniors create and produce original content programming, including a mystery show that Producer members are currently writing and then will produce, act and direct is extraordinary and rare.”

The Producers’ Network

is a testament to the power of experience, passion, and a desire to make a difference. It’s a place where individuals are valued, their contributions are celebrated, and their collective efforts create a lasting impact on the community.

If you’re 55+ and looking for a way to utilize your skills, share your stories, and connect with your community, The Producers Network may be the perfect place for you. Learn more about KCAT’s The Producers Network at [www.kcat.org/producers](http://www.kcat.org/producers), email [gail@kcat.org](mailto:gail@kcat.org) for more information, or attend our upcoming Red Carpet Open House Event on Friday, April 19 at 4 p.m. in the KCAT studio!



Producers join world-renowned Matei Varga after his piano concert fundraiser.

Photo courtesy of KCAT



Lloyd Russell interviews Producers member Alan Nobler on his show, Lit with Lloyd.

Photo courtesy of KCAT



Photo courtesy of the Saratoga Historical Foundation

## Saratoga History

In the 1860-70s, Saratoga was primarily a grain and hay farming area. Farmers sold their wheat or rye grain to the grist mill on Lumber St (now Big Basin Way) to be ground into flour. Just across the street they sold their excess hay and straw to the paper mill to make paper and pasteboard. In the 1880s, newcomers to the valley began planting fruit trees, which the existing farmers thought were sure to fail. A variety of fruit was planted, but the French prune produced the best yield. Even existing farms began planting orchards. By 1890, only 10 years later, fruit orchards covered the valley and it was hard to find a grain or hayfield.



## Gem City Garage

The Gem City Garage, circa 1907, was located on W. Main Street near the Lyndon Hotel. In 1914, the Mercury News advertised the Gem City Garage as “one of the oldest established largest and best-known garages in the valley.”

Photo courtesy of Town of Los Gatos

# A historical look at fund distribution from the Saratoga Rotary Fine Art Show

*Art Show funds 'scattered across Silicon Valley like dandelion seeds'*

**Dave Eshleman,**  
Public Image Director,  
Saratoga Rotary Club

Once upon a time in the misty past known as the Eisenhower Administration (1958), a fledgling Rotary Club in the newly-created town of Saratoga sought to create a community event in order to raise funds for charity.

The 20-something members, all local businessmen, staged an art show in a downtown parking lot featuring twenty local artists. The club's historian, architect Warren Heid, noted that "the day was clear and the turn-out was gratifying." When it was over, the club had raised a little over a hundred dollars, which was subsequently donated to the Crippled Children's Society (now known as AbilityFirst).

Now, as final preparations are being made for the 65th Saratoga Rotary Fine Art Show (May 4-5 at West Valley College), it is inspiring to contemplate the many ways the money raised has been used to improve the lives of countless people.

Have you visited Hakone Gardens—that exquisite jewel in the hills above Saratoga, and marveled at the classic pavilion, designed and built by craftsmen flown in from Japan? Money from the Art Show helped pay for it.

Have you ever attended a catered event at the Saratoga Community Center? Art Show funds built the kitchen.

Have you visited the historic old houses at the Saratoga History Museum? Art Show money paid for their restoration and relocation.

Have you seen those blue

reflectors embedded in the road that point firefighters to the nearest hydrant? Paid for by Art Show funds. And, heaven forbid, should you ever need a fireman to extract you from a wrecked car with the "jaws of life," you can thank the Art Show for the money to purchase it.

Did you or your child participate in Pop Warner Football, American Youth Soccer, the Saratoga High Robotics Program or the Lynbrook High School Aquatics Programs? Again, Art Show funds played a role.

Have you attended a concert at the McAfee Center? Thank the Art Show for those gigantic curtains. And, if you've enjoyed a production at the City Lights Theater or Silicon Valley Shakespeare, and were able to clearly hear the spoken word, thank The Art Show for providing the money to buy the sound equipment.

Since 2002, when the Saratoga Rotary Charitable Foundation was established, over \$1.1 million has been distributed through more than 280 individual grants to organizations as diverse as The San Jose Taiko Club and Guide Dogs for the Blind.

It's difficult to pin down the exact amount given away prior to 2002, as record-keeping was a bit spotty, but it was considerable. From its humble beginnings, the show grew exponentially. By 1975, receipts had grown to \$139,000. Among the projects funded that year were the playground equipment for Gardner Park, camera equipment for Saratoga High School, and a school bus for the town of Los Algodones, Mexico.

By 1981, the show's growing popularity forced a move from

downtown Saratoga to the campus of West Valley College where it has been held ever since.

In 2005, over 40,000 visitors strolled through the booths of 179 artists and purchased \$485,000 of their works, of which over \$100,000 was added to the club's fund, and over \$90,000 was distributed to 18 different charities.

Since 2005, there have been up years and down years, which can be closely correlated with Silicon Valley's economy, but the tradition is now part of the fabric of life in Saratoga. The show is a massive undertaking, requiring the labor of every Saratoga Rotarian and spouse (participation is not optional! Each member is awarded a pair of leather work gloves upon induction), not to mention extra muscle from Saratoga High School football players and dozens of other volunteers. Just weeks after the closing of each show, planning starts for the next one. One "lucky" Rotarian is chosen each year as "Art Show Chair," arguably the most challenging position in the club.

With the birth of the Saratoga Rotary Charitable Foundation (SRCF) in 2002, a board of directors was established, consisting of 10 club members, each serving a three-year term. Their job is to give away the foundation's money, now totaling more than \$1.3 million. The club seeks to conserve the principal while funding projects with the earned interest. While many organizations apply, not all requests are granted.

"We want to concentrate on local projects that fit our mission," according to SRCF Board Chairperson Sandie Prevot. "Service above self, and the promotion of goodwill and peace. Our grants fund projects that align with those core values."

Before requests are granted, a board member must visit the nonprofits' facilities, interview the leaders, and provide a report to the rest of the board members with their recommendations to fund or not to fund.

"To see how many people out there are devoting their time and energy to humanitarian work is very inspiring," said board member Jo Toy, recalling how these site visits have provided her with some of the most gratifying experiences of her life as a Rotarian.

The board also favors requests for tangible items rather than general operating expenses, according to Ms. Prevot. For example, "The Grateful Garment," a nonprofit that provides new clothing for victims of sexual violence and human trafficking whose clothes are taken by police as evidence, used their grant to buy computers, workstations,



Photos from past Saratoga Rotary Fine Art Shows.

All photos courtesy of Saratoga Rotary



and monitors.

"We simply couldn't do our jobs without them," according to the group's spokesperson Corinna Samuel.

During the pandemic, The Assistance League of Saratoga-Los Gatos used their grant to build and distribute at-home science instruction kits to hundreds of elementary school students in Campbell and West San Jose.

"These grants from The SRCF are 10 percent of our total budget," said Assistance League Vice President Judy Levin. "Quite important!"

The Boys and Girls Club of Silicon Valley recently used their \$2,100 grant to purchase new pool tables, while the Bill Wilson Center used their \$5,000 grant to buy new furniture for their reception area. At Hakone Gardens, landscaping work has been made exceedingly easier and faster by the new \$30,000 excavator purchased in part by Art Show funds, according to Hakone Director Shozo Kagoshima.

A list of recipients reads like a "Who's Who" of local charitable organizations, from those feeding the hungry (Meals on Wheels, Martha's Kitchen, Second Harvest Food Bank) to theater and arts groups (Montalvo Arts Center, The San Jose International Piano Competition, The San Jose Choral Project, Bay Shore Lyric Opera, South Bay Musical Opera, Saratoga Music Boosters) and various service providers (Hospice of the Valley, The Wheelchair Foundation, Cancer Carepoint,

Hope Services, Downtown Streets Team, Community Cycles of California) to nature and wildlife advocates (Youth Science Institute, Wildlife Education and Rehabilitation Center). And they've always had a soft spot for education, providing funds to the Saratoga Parent Nursery School, the Saratoga Union School District, Washington Elementary School, the Campbell Union High School District, Almaden Elementary School, and Hyde Middle School to name a few.

Attendees at the 2024 show, May 5-4 from 10 a.m. to 5 p.m., can expect to see works from highly-regarded artists, live music, and food and wine from award-winning local vineyards. They can feel confident that dollars spent will not only benefit the artists, but will be scattered across Silicon Valley like dandelion seeds, enriching the lives of untold thousands.

Those charitable organizations who wish to request a grant are instructed to complete an application at [www.saratogarotary.org/page/srcf](http://www.saratogarotary.org/page/srcf). The form, along with three references and the organization's budget, are returned to the foundation by email at [charitablefoundation@saratogarotary.org](mailto:charitablefoundation@saratogarotary.org) or by mail.

Interested in learning more about Saratoga Rotary Club membership? Contact Membership Chair Cynthia Chang at [cynthchang@gmail.com](mailto:cynthchang@gmail.com).

Saratoga Music Boosters Presents

## PANCAKE BREAKFAST 2024

Raffle • Live Music • Bazaar • Silent auction • Breakfast • Performances

May 5th, 8am - 12:30pm  
Saratoga High School

Regular price \$25  
\$5 Discount till April 15th

Buy Tickets @ [saratogamusicboosters.org](http://saratogamusicboosters.org)

# NEWS BRIEFS

## Saratoga

### Earth Day Community Celebration, April 13

This free community festival on April 13 from 11 a.m. to 3 p.m. is held throughout Montalvo's grounds to honor International Earth Day, which is April 22, 2024. Enjoy food trucks, environmentally-themed hands-on workshops, demonstrations, performances, music, and nature. Engage with a range of events for every generation that will raise awareness of nature, celebrate the planet, and advocate for environmental justice. Learn from the community, engaged artists and Montalvo's garden curator.

Bring your family and spend a wonderful day in the park at Montalvo as we celebrate environmental diversity in the foothills of the Santa Cruz Mountains. Participating artists, artisans, food trucks, musicians and environmentalists will all contribute their unique perspectives to this gathering, seeking to build common experiences through inclusive arts and Earth Day programming.

RSVP for free entry and see the day's schedule at [tinyurl.com/c7b52xru](https://tinyurl.com/c7b52xru). All parking is at West Valley College with free shuttle service to the event.

### French Market and Carnival, April 19-20

Join the Saratoga French Cultural Preschool and Kindergarten in coordination with the Alliance Francaise Silicon Valley for a French Market and Carnival. There will be wine and cheese, music, face painting, pony rides, music classes and jumping houses.

The event is free to the public and will be held on Friday, April 19 from 4-9:30 p.m. and again on Saturday, April 20, from 10 a.m. to 5 p.m. at the Westhope Presbyterian Church, located at 12850 Saratoga Avenue.

### Annual Arbor Day Celebration holds a special meaning this year

The City of Saratoga and Saratoga Foothill Club will partner to celebrate Arbor Day on April 24. The city will honor the historic Julia Morgan clubhouse, City Landmark #1, home of the Saratoga Foothill Club, with a Japanese Maple tree to replace a majestic oak tree that toppled in February during a wind and rain storm.

Mayor Yan Zhao and Saratoga City Councilmembers will participate in planting the tree and dedicating it with a commemorative plaque. All community members are invited to join the festivities at 3 p.m. at the clubhouse, located at 20399 Park Place, Saratoga. Light refreshments will be served.

When the tree was uprooted and fell across Park Place in early February, no one was injured, but there was damage to the club's historic arbor and beautiful gate at the edge of the property. The newly-renovated

clubhouse did not suffer any damage and remains open to the public for rentals. For more information, visit [www.saratogafoothillclub.com](http://www.saratogafoothillclub.com). The club thanks the city for its quick response to clear the tree.

### An Alaskan adventure—a story of finding gold in the far north

The Saratoga Historical Foundation is proud to present "An Alaskan Adventure—A Story of Finding Gold in the Far North" by Randy Zamke.

In 1893, Frederick Currier set out from his home in Wisconsin, with the intent of purchasing an orchard in Oregon and moving his family to the new location. En route, Currier was convinced to abandon his plan and instead travel to Alaska in search of gold. After leaving Alaska ten years later, Currier settled in Saratoga. Encouragement from friends persuaded Currier to write about his exploits in Alaska. The presentation will take place May 1 at 1:30 p.m. in the Saratoga Community Library. The Library is located at 13650 Saratoga Avenue in Saratoga. The presentation is free and open to the public.

Randy Zamke is a retired wildlife biologist who lives in Fairbanks, AK. He serves as president of the Fairbanks Hockey Hall of Fame and the Alaska Trappers Association. He has an abiding interest in Alaskan history. Zarnke has written two books: Fairbanks Hockey Pioneers and Alaska Tracks.

## Los Gatos

### Town Manager Laurel Prevetti bids adieu in June

Los Gatos Town Manager Laurel Prevetti is stepping down, effective June 28, 2024.

"It has been an honor to serve the community of Los Gatos, Town Council, and the staff," Prevetti said. "It is now time for me to pursue my other interests in travel, music, and working with nonprofits."

"I appreciate Laurel's support of the Town Council and her leadership of the staff team to provide excellent services to the Los Gatos community," Mayor Mary Badame said.

Prevetti provided a detailed transition plan to the Los Gatos Town Council, emphasizing the importance of a smooth leadership change while continuing efforts on key Council projects, such as the Housing Element and the annual budget.

She said, "The transition gives me an opportunity to work with each Department Director and other staff to advance the Council's priorities and ensure stability in day-to-day service delivery."

Hired in 2014 after a 28-year career with the City of San Jose, Ms. Prevetti joined Los Gatos as both its Assistant Town Manager and Community Development Director. In 2015,

## THE BLOSSOM FESTIVAL

April 13, 2024 • 10 a.m. to 4 p.m.

Heritage Orchard & Civic Center  
(13777 Fruitvale Avenue)

Free, Family Fun

Sponsored by the City of Saratoga

Produced by the Saratoga Historical Foundation





For more information go to [www.saratogahistory.com](http://www.saratogahistory.com) or e-mail [info@saratogahistory.com](mailto:info@saratogahistory.com) or call 408-867-4311.

Free parking in parking lot 4 at West Valley College.

**Enjoy**

- antique cars
- live music — Blue Grass, Dixieland, easy rock!
- vintage farm motors
- gourmet food trucks
- children's activities
- art by local artists
- interesting crafts
- orchard tour
- Petting zoo
- and more





Enjoy a day of family fun learning about local history and the community.

she was promoted to Town Manager. During her tenure, she ensured the continuity of Town services throughout the pandemic; helped rebuild the Police Department and return to community policing; and facilitated community partnerships.

The Town Council will be considering the recruitment process for the next Town Manager.

### Stroll, sip, shop and savor at the Spring Wine Walk, April 20

Los Gatos Chamber of Commerce presents the annual Spring Wine Walk, featuring over 30 local wineries. Stroll through Downtown Los Gatos to enjoy wine tasting and Los Gatos' unique shops and restaurants. Must be 21 or older to participate.

Tickets are \$60 for general admission and \$150 for VIP, with new, enticing features this year. Learn more and purchase tickets at [tinyurl.com/4fzjhbhx](https://tinyurl.com/4fzjhbhx).

## Santa Clara County

### Stanford bound: surviving the college application chaos with humor

Join Ritu Belani, an incoming Stanford student and Bay Area native, as she dives into the intense (and often absurd) world of college prep. From surviving research marathons to plowing through sleep deprivation, she'll share her personal journey with a much needed dose of comedy.

This show, which Stanford University has not endorsed or laughed at (officially), features refreshingly genuine stories

about navigating expectations, discovering passions and finding humor in the chaos. Get ready to laugh and cringe as you recognize yourself (or your kid!) in anecdotes about the Bay Area's unique brand of college stress.

Belani has performed stand-up at Stanford and comedy clubs like Rooster T Feathers, Comedy Oakland, and Yuk Yuk's in Toronto. She's the founder of At the Intersection Series, which hosts open mic nights across the Bay Area to address hot-button topics using humor. Get tickets at [tinyurl.com/yc8ct3k5](https://tinyurl.com/yc8ct3k5).

Check out her past performances at [youtube.com/@ritubelanicomedy](https://youtube.com/@ritubelanicomedy).

RITU BELANI

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# Helping our veterans get the services and support they need and deserve

By Joe Simitian,  
Santa Clara County Supervisor

As we approach Memorial Day, I'm mindful of how well and good it is that we have holidays to recognize the service of our veterans, and to show our support and gratitude.

But the real measure of our thanks is whether we are genuinely prepared to help veterans reclaim their lives when they come home.

We ask a lot from our veterans when they enlist, and it's only right that we keep our end of the bargain when they return from active service. As civilians, the men and women who have served in our Armed Forces may need specialized health care, help finding jobs or furthering their education, or financial assistance to take care of themselves and their families.

Our veterans have earned this support. They are legally entitled to federal, state, and local military service benefits including: disability compensation; non-service-connected pensions; education; burial assistance; dependency indemnity compensation; Veterans Affairs (VA) health care, and more. But getting these benefits is not always easy.

Frankly, many veterans do not know where to start. The paperwork is time-consuming. Even those who have

successfully applied may end up finding out later they were entitled to more. The process to appeal can be complicated and confusing.

In urging the County to do more to help veterans take advantage of available benefits and services, my goal was simple: serve more veterans more fully and more quickly.

I'm gratified my colleagues on the Board of Supervisors agreed, approving my recent proposal, made together with Supervisor Otto Lee, to increase staffing at our Santa Clara County's Veterans Service Office (VSO), an agency established in 1944 and co-funded by the state and county.

Our VSO is the primary means for the County to connect with our 64,000-plus local veterans, and the place where our veterans can go when they need help with their benefits.

VSO staff members—Veterans Services Representatives (VSRs)—are certified advocates with full training in and access to the sprawling and often byzantine federal system that is our U.S. Department of Veterans Affairs (VA).

Since the County's VSO is part of our Social Services Agency, it's also a one-stop shop for veterans to receive referrals to other County-run programs and services.

Last summer, the VSO organized our County's

inaugural Stand Down Resource Fair to introduce and connect our veterans to local providers offering free services related to housing, employment, food, clothing, health care, benefits counseling, and substance abuse treatment.

The event increased the VSO's visibility in the County's veteran community, and that resulted in an increased number of veterans seeking assistance. It's a good thing all around that more veterans living in our County are asking for help. But we needed to make sure that help is available.

The new VSO positions we've just authorized are expected to do just that—serve the growing number of veterans seeking assistance, as well as ease caseload growth experienced by existing staff, which has in some instances, limited the speed of service and the number of veterans served.

While adding VSO staff comes at some cost to the County, that cost is offset in part by federal and state revenues. The new positions will also generate more in financial benefits; in fiscal year 2022-2023, VSRs brought in nearly \$16 million in benefits to County veterans, helping to ease the burden on County resources. These benefits have the additional value of being spent locally in the communities where our veterans live.



Photo by Isabella Fischer on Unsplash

Ultimately, the goal is to help our veterans. Expanding VSO capacity is the obvious first step. These new staff positions and the help they provide can have a life-changing impact on the health and wellbeing of our veterans. And that's how

we honor our veterans in a way that's real, tangible and immediate.

# The importance of volunteering for our community

By Yan Zhao,  
City of Saratoga Mayor

The City of Saratoga has many opportunities to volunteer. Last fiscal year, our volunteers provided more than 2,000 hours of service, which equates to nearly \$60,000 in monetary value that our residents have saved the City by volunteering! Nationally, nearly 77.4 million Americans donated 6.9 billion volunteer hours.

Looking for ways to volunteer in Saratoga? One such way is to participate in the "Let's Work" volunteer clean-up events at Quarry Park, highlighting the city's commitment to community involvement. Visit [saratoga.ca.us/volunteer](https://saratoga.ca.us/volunteer) to find out all the opportunities the City of Saratoga offers to become a volunteer. Volunteering is crucial in making Saratoga a better place to live, enhancing the city's beauty and sense of community.

Another way to volunteer is by serving on a commission for the city. You can make a difference and contribute to the betterment of our community.

Commissions play a crucial role in shaping local policies and decisions that affect the lives of residents. By serving on a commission, you can have a direct impact on issues that matter to you and help make your community a better place for everyone.

Serving on a commission can also be a rewarding experience personally. It can provide you with the opportunity to develop leadership skills, build relationships with other community leaders, and gain a deeper understanding of local issues. We have several positions open on our commissions, which you can find on our website at [saratoga.ca.us/vacancies](https://saratoga.ca.us/vacancies).

As National Volunteer Month is recognized in April, it's a perfect time to acknowledge the invaluable contributions of volunteers in our city and our country. It's a time to celebrate your dedication, hard work and the positive impact you make in our community and beyond. While volunteering is often associated with helping others, it also brings significant benefits to the volunteers themselves, particularly regarding health



Photo by Elissa Garcia on Unsplash

and personal development.

Volunteering is not just about giving back; it's also about personal growth and well-being. Research has shown that volunteering can have a positive impact on both mental and physical health. When you volunteer, you are engaging in meaningful work that can boost your mood and reduce stress. The sense of purpose and fulfillment that comes from helping others can also increase your overall

happiness and life satisfaction.

Moreover, volunteering can have tangible health benefits. Studies have found that volunteering is associated with lower rates of depression, increased longevity and even a reduced risk of developing certain chronic diseases. This is because volunteering often involves physical activity and social interaction, both of which are important for maintaining good health.

National Volunteer Month

is a time to celebrate the power of volunteering and the difference it makes in the lives of individuals and our community. Volunteering not only benefits those in need but also has a positive impact on the volunteers themselves, improving their health and well-being.

So, this April, consider volunteering your time and skills to make a positive impact in Saratoga, your health and beyond.

# Medicare: are vaccines free for enrollees?

By **Corinne Vita**,  
Medicare Advisor

## Are vaccines free for Medicare enrollees?

It depends. Adult vaccines recommended by the Centers for Disease Control and Prevention are free for Medicare beneficiaries with prescription drug coverage. This applies to enrollees who have a stand-alone Part D prescription drug plan or a Medicare Advantage plan that includes drug coverage.

Some vaccines are covered under Part B and are free to Medicare enrollees. Others are covered by Part D prescription drug plans and require

beneficiaries to pay some cost.

For example, under Part B, shots for the flu, pneumonia, COVID-19 and hepatitis B are free. Part B also covers vaccines needed to treat certain injuries or if you have direct exposure to a disease. Those include hepatitis A, rabies and tetanus.

Other vaccines, most notably the two-dose Shingrix, which guards against shingles, are covered under Part D Prescription drug plans and may require cost sharing depending on the plan. Shingrix can run as much as \$200 a dose. Starting in 2023, Shingrix and others recommended by ACIP will be free to beneficiaries.

As a reminder, you may not think you need Part D

prescription drug coverage when you first sign up for Medicare because you don't take many or any prescription drugs. As with most types of insurance, you get prescription drug coverage because your health may change and you might need it.

Let's review the Medicare enrollment rules for Part D and Part B.

Part D (Prescription Drug Plan): Medicare requires you to have prescription drug coverage either by purchasing a standalone Part D plan or a Medicare Advantage plan that has a drug plan built into it. If you don't purchase a Part D plan within your initial coverage election period

(seven-month window), you could be subject to a Part D penalty. If you maintain group or Cobra coverage, then you have creditable drug coverage and you won't be penalized.

Part B Penalty: If you don't have creditable coverage and you don't sign up for Part B when you're first eligible, you'll have to pay a late enrollment penalty which sticks with you for the rest of your life. You have eight months from the time you're eligible to enroll in Part B, to obtain it. If you miss your Initial Enrollment Period or your Special Enrollment Period, you may have to wait until the General Enrollment Period (from January 1 to March 31) to enroll in Part B, and then your

coverage starts at the beginning of the following month. Cobra is not creditable coverage for Part B.

Confused by this information? You are not alone! So many folks coming into the Medicare system are confused by this information. After all, it's new to you so don't be so hard on yourself. That's why I'm here to answer questions like these and many more as you begin thinking about Medicare for yourself. For free Medicare help, contact me at [cvitahelp@gmail.com](mailto:cvitahelp@gmail.com) or 408-621-4422.

# Undergrounding power lines prevent power outages and reduce wildfire hazards

*Days of uninformed power outages are annoying and cause inconvenience to everyone; underground power lines can prevent this.*

By **Zack Zhang**,  
Saratoga Falcon, SHS

On a typical stormy Sunday afternoon recently, I listened to the howling wind until suddenly, I heard a sharp beeping of my father's hard drive signaling a loss of power. Before I could react, all electronics — from lamps to desktops — shut off, leaving me in complete darkness in front of my desk. Having expected it all along, I shut down my phone to save battery.

Losing power is extremely detrimental in the modern lifestyle due to the heavy reliance on electricity to function. Power lines above

ground in California fail to be reliable and safe. So here's the simple solution: Bury more power lines.

Having a power outage each year during storms or heat waves has become expected for most Californians. This should not be the norm. Having lived in China for more than a decade, I don't remember a single time when my family lost power in Beijing, which also had a similar climate pattern with monsoons and heavy rains.

This stability in Beijing's grid can be attributed to its underground power lines, which are less vulnerable to the dangers of having them exposed to storm and impact damage.

And this effort is continuing

to expand to older facilities and streets. According to XinhuaNet, the biggest news agency in China, Beijing has removed 6,270 electricity poles and relocated 500 power lines to be buried underground since 2017.

Although some may argue burying power lines isn't worth the cost, California would benefit from undergrounding the power lines more than any other state because overhead cables pose a great risk for wildfires.

According to Kin Insurance, California had the most wildfires among all states in 2023. Its prolonged dry summer seasons make a great accomplice in causing some of the deadliest wildfires with the

overhead power cables, which sag over dry and dead foliage in the wild mountain ranges.

And while there are approximately 81,000 miles of overhead distribution lines by PG&E, just undergrounding those that run through populated or high-fire-hazard regions can substantially resolve the concerns and prevent further unnecessary spendings. Although PG&E has completed over 600 miles of undergrounding as of the end of 2023 and plans to underground 250 more miles in 2024 as a part of their 10,000-mile goal announced in 2021, this effort is not thorough enough to solve all of the problems.

According to the Mercury

News, undergrounding power lines reduces the risk of ignitions in areas at the highest risk of wildfire by nearly 98%, and moving over 2,100 miles of power lines underground over the next three years will only cost the typical customer about \$3.40 a month.

Ultimately, undergrounding power cables is the best way to fulfill the mission of increasing reliability of the power grid and reducing the risk of wildfires. PG&E should redouble its efforts to do this work fast — and no doubt untold lives and properties will be saved as a result.



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.

Its mission is to de-stigmatize mental health services and make supporting students' social and emotional well-being the norm in our local schools.

Learn more at [www.cassybayarea.org](http://www.cassybayarea.org).

## Have papers you need to shred?

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(or) \$12/Bankers box**





# Four students selected to display their art at ArtNow in the New Museum Los Gatos

By Emma Fung, Skyler Mao and Zack Zhang, Saratoga Falcon, SHS

The New Museum of Los Gatos (NUMU) selected 82 submissions from 45 different high schools for its upcoming 2024 ArtNow Exhibition, which starts April 27. Of the 810 total submissions, four Saratoga High School students were selected for the exhibition: sophomore Nicole Hao, junior Melanie Lee, junior Amy Pan and junior Isabelle Wang.

This year's theme is exploring being "In Transition" from childhood into adulthood.

growing up in fairy tales," Lee said. "The message I want to convey is how our past selves essentially lays the groundwork for the future, and the childhood fairy tales we grew up in translate into who we are through time."

### Junior Isabelle Wang: "Past Reflections"

Wang created a portrait of her current self overlapping with older self, which presents the idea that childhood impacts who we grow up to in teenage years. Her younger self is painted with charcoal, while her older self was painted using acrylic paint.

and emotional to look at old photos of herself and visibly see the progress of growing up "In Transition."

"I was very proud when I received the email that I was selected," Wang said. "The experience of reflecting on my identity and appreciating the journey I grew up in is very meaningful to me."

### Junior Amy Pan: "Transcend"

Pan's artwork, titled "Transcend," portrays the moment when she realized she had lost the memories of her cherished childhood during her immigration experience. She used acrylic paint for her project.

Positioned in front of windows with curtains blowing in the wind and lively purple butterflies in between, Pan's self-portrait is half in a dreamy purple and gold color scheme and half in darkness. The painting symbolizes the transformation into the new immigrant life and the loss of connection with her native roots respectively.

Pan initially discovered the competition through Tarbox. The piece took her around three weeks to complete and was a unique experience for her.

"I focused on a lot of 3D art and haven't painted for a while before entering the ArtNow competition, and 'Transcend' is my first big painting of the year," Pan said.

The art piece helped Pan reflect on her experience as an immigrant and how the transition affected her as a person.

"The main takeaway from my painting is about transforming adversity into meaning," Pan said. "I wanted to spread this message to the community."

### Sophomore Nicole Hao: "Mindspace"

Hao drew a self-portrait of herself with colored pencils, depicting various elements from her thoughts in the background, such as clocks, a scenic view



Courtesy of Amy Pan



Courtesy of Melanie Lee

### Junior Melanie Lee: "Time Carousel"

Lee discovered the ArtNow exhibition through online research for art competitions.

"Originally, I wasn't planning on applying, but my art teacher outside of school said that she saw potential in my piece and encouraged me to put my work to different competitions whether or not I win," Lee said.

Lee's submission, titled "Time Carousel," is a colored pencil composition meant to encapsulate her experiences through the stages of growing. She used vibrant acrylic colors and familiar fairytale-like characters from her childhood to illustrate youthfulness and the cycles of life. The different stages of life are represented by carousel animals in the drawing and symbolize how life is an endless loop.

Said Lee: "I started [the background] as if it's a full colored pencil drawing, and it was more tedious than I'm used to because you have to layer a lot to make it realistic. It takes a lot of details. Afterwards I used some acrylic paint to fill in some contrast."

Lee worked on the piece for a month. Although the project was time-consuming due to the number of intricate details, she found the process helped her de-stress and allowed her to reminisce about her childhood.

"This piece is a part of my general portfolio idea, which is

Her piece is painted on yellowed paper, which depicts the flow of time on her journey of growing up. She used more monotone colors to enhance the nostalgic emotions in the painting.

"My AP Art teacher [Joel] Tarbox introduced me to the competition, and I immediately found it to be a great fit since I've done art on similar themes before," Wang said. "I worked on the piece for around 10 hours, and I really liked drawing for a concept that I can personally connect to."

While preparing to draw the piece, she found it very touching



Courtesy of Isabelle Wang

and distorted shapes.

"I tried to convey my identity and something unique about myself, so along with it being a self portrait, I added several abstract aspects," Hao said.

Originally, she had spent a month making the piece for a separate art competition but later realized the work's main theme of identity and growth fit well with the ArtNow competition.

While creating the artwork, Hao was able to explore unique art decisions that she hadn't tried before. In the center of the artwork is Hao's realistic portrait, complete with detailed

color scheme to depict abstract scenes: Simple-geometry-shaped cartoon characters jump around on top of a pink castle; a beautiful lake under sunset surrounded by mountains and forests; and a dimension full of purple flowers and floating chairs and desks.

She feels proud that this piece reflects both the reality and imagination aspects of her journey growing up, which works really well in capturing and conveying her understanding of self-identity.

"The piece shows my vision of myself as a teenage artist through just one simple self



Courtesy of Nicole Hao

eyes and wrinkles on her hands. The left side of the page depicts an uncolored, white pile of objects that symbolize little details in her life, including a lamp, clock, robotic arm, desk, volleyball, cat, rolled out alphabet, and other indistinguishable shapes and shadows.

On the right side of the image, Hao incorporates a more expressive and dreamy

portrait in front of a split background between reality and imagination," Hao said.

"It's something that's very personal and unique and is a representation of my worldview."

# Unveiling complexity: plant-based environmental advocacy leaves out benefits regenerative agriculture



Photo courtesy of Plant-Based Advocates

By Brandy Maddox,  
an ex-vegan

At the start of the year, the nonprofit Plant-Based Advocates held a screening of the documentary "Eating Our Way to Extinction," casting a spotlight on the environmental and health impacts of animal agriculture. However, amidst the fervor for plant-based diets and the vilification of conventional farming practices, a growing discourse questions the one-sided narrative presented.

The documentary, touted as

an eye-opener to the perils of animal agriculture, resonated with many attendees, prompting declarations of intent to adopt veganism and champion plant-based diets. Yet, beyond the emotional resonance, a closer examination reveals a more nuanced reality.

At the heart of the controversy lies the assertion that animal agriculture is the primary driver of deforestation and biodiversity loss. While it's undeniable that certain industrial farming practices have negative environmental consequences,

the demonization of all animal agriculture fails to acknowledge the potential benefits of regenerative farming methods.

Regenerative agriculture, characterized by practices like rotational grazing and soil enrichment, has shown promise in restoring ecosystems, sequestering carbon and promoting biodiversity. By nurturing healthy soils and mimicking natural processes, regenerative farming presents a compelling alternative to the blanket condemnation of animal farming.

A National Center for Appropriate Technology (NCAT) study called "Regenerative Agriculture: Merging Farming and Natural Resource Conservation Profitably," highlights how practices like cover cropping, reduced tillage and crop rotation improve soil health, increase biodiversity and reduce water usage and pollution.

The narrative surrounding the health benefits of plant-based diets also warrants scrutiny. While proponents emphasize the purported advantages of veganism

for personal health and the environment, the demonization of animal products overlooks their nutritional value.

A study in Critical Reviews in Food Science, titled "Comparative bioavailability of vitamins in human foods sourced from animals and plants," found that animal foods have a superior nutrient profile, containing essential vitamins, minerals, protein and healthy fats that are more bioavailable than plant-based foods, meaning our bodies can utilize more of their nutrients. This is especially true when the meat is grass-fed and pasture-raised—the kind of meat produced through regenerative farming.

In the midst of this debate, it's essential to recognize the diversity of perspectives and approaches to sustainable food systems. The panel of experts featured at the screening provided valuable insights, but a broader dialogue that encompasses a range of viewpoints is necessary for meaningful progress. As consumers, understanding the complexities of food production

and consumption empowers us to make informed choices that align with our values and priorities.

Moving forward, initiatives like the screening of "Eating Our Way to Extinction" serve as catalysts for conversation and reflection. However, true progress lies in embracing diversity, fostering dialogue and critically examining the assumptions that underpin our dietary choices and advocacy efforts.

By transcending polarizing narratives and embracing a holistic approach to sustainability, we can forge a path towards a food system that nourishes both people and the planet.

For more information about regenerative farming, watch the Netflix documentary, Kiss The Ground, and check out these local farms doing it right: [tomkatranch.org](http://tomkatranch.org) and [markegardfamily.com](http://markegardfamily.com).

Plant Based Advocates declined to comment for this article.

## Three best friends found company centered around creativity for children



Madeline and Gabrielle Pollock, and Kate Lally, founders of Kit & Sis.

Photo by Jimmy P Photography

Continued from  
DOLLIES, pg. 1

who are now 22-year-old college graduates.

One of kit & sis' most popular offerings is their Dollie & Me Craft Packs, perfect for introducing children to crafting or as a

fun after-school activity. Each pack contains all the materials needed to make one craft, along with instructions, providing hours of entertainment and imagination for kids. Priced at \$9 each, these packs offer affordable and engaging fun for young ones.

For those looking for a

more immersive crafting experience, kit & sis offers subscription boxes filled with four dollie crafts. These boxes are sent out quarterly, providing a steady stream of creative projects for children to enjoy. With crafting materials, written instructions and access to video tutorials, each kit offers a comprehensive crafting experience that can be completed in one sitting or over several sessions.

While kit & sis will not be hosting traditional summer camps this year, they will be offering one-day craft events. Details will be announced on their website, [kitandsis.com](http://kitandsis.com), and Instagram (@kitandsis), with early access available by emailing [hello@kitandsis.com](mailto:hello@kitandsis.com).

A standout event in kit & sis' calendar is their annual Dollie & Me Holiday Tea, held in

collaboration with the Westin St. Francis Hotel. Inspired by the founders' own childhood traditions, this event aims to create lasting memories for families.

"Every December, we would pack up all of our dollies and dollie accessories and drive up to San Francisco with our moms," Madeline said. "We'd dress up in our favorite holiday dresses and enjoy a holiday tea with our moms and dollies. Together we'd laugh, sing Christmas carols, push our dollies in strollers around the city, serve mini sweets and tea to our dollies, and make the most special holiday memories we still cherish to this day."

Tickets for the 2024 tea will be available from October 1, with early access details shared on their social media channels and email list.

As for the future, kit & sis is committed to expanding its line of Dollie & Me Craft products and continuing to grow its events. Creativity is essential for children, and kit & sis strives to provide children with hands-on experiences that spark imagination and confidence.

"No matter how old or young you are, you can do anything!" Co-founder Madeleine Pollock said. "When we started kit & sis, we set out to share the joy of Dollie & Me crafting and now that we are 10 years into the business, we are so passionate about showing kids that they can turn their dreams into a reality. It all just starts with an idea, passion and a little creativity!"



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**Shirley (2024)**

Shirley Chisholm makes a trailblazing run for the 1972 Democratic presidential nomination after becoming the first Black woman elected to Congress.

PG-13 | 1h 57min | Biography, Drama, History

**2012 (2009)**

A frustrated writer struggles to keep his family alive when a series of global catastrophes threatens to annihilate mankind.

PG-13 | 2h 38min | Action, Adventure, Sci-Fi



**NOW STREAMING**



**The Gentlemen (2024)**

When aristocratic Eddie inherits the family estate, he discovers that it's home to a huge weed empire, and its proprietors aren't going anywhere.

TV-MA | TV Series | Action, Comedy, Crime

**3 Body Problem (2024)**

A fateful decision made in 1960s China reverberates in the present, where a group of scientists partner with a detective to confront an existential planetary threat.

TV-MA | TV Series | Action, Drama, Fantasy



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**Godzilla x Kong: The New Empire**

Two ancient titans, Godzilla and Kong, clash in an epic battle as humans unravel their intertwined origins and connection to Skull Island's mysteries.

PG-13 | 1h 55min | Action, Adventure, Sci-Fi

Stars: Rebecca Hall, Brian Tyree Henry, Dan Stevens

**Ghostbusters: Frozen Empire**

When the discovery of an ancient artifact unleashes an evil force, Ghostbusters new and old must join forces to protect their home and save the world from a second ice age.

PG-13 | 1h 55min | Adventure, Comedy, Fantasy

Stars: Paul Rudd, Carrie Coon, Finn Wolfhard



**Civil War**

A journey across a dystopian future America, following a team of military-embedded journalists as they race against time to reach DC before rebel factions descend upon the White House.

**Releases April 12**

R | 1h 49min | Action

Stars: Nick Offerman, Kirsten Dunst, Wagner Moura

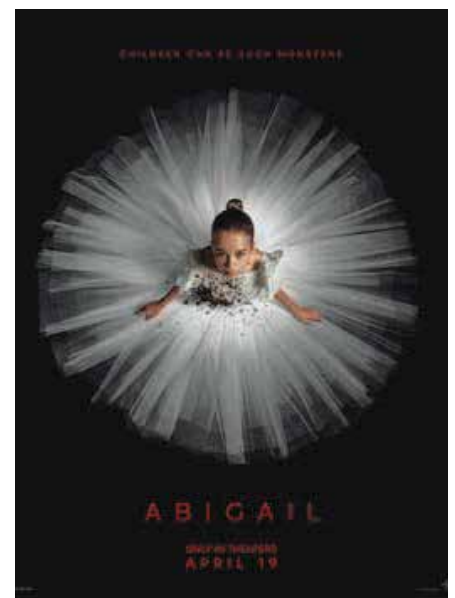
**Abigail**

After a group of criminals kidnap the ballerina daughter of a powerful underworld figure, they retreat to an isolated mansion, unaware that they're locked inside with no normal little girl.

**Releases April 19**

R | 1h 30min | Horror, Thriller

Stars: Giancarlo Esposito, Dan Stevens, Matthew Goode



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# Free Adult Day Program Services

## AT THE SARATOGA ADULT CARE CENTER

If you or a loved one needs adult day care services for a spouse or family member, look no further.

Participants enjoy a day full of educational, physical and pure fun activities in a warm and stimulating environment.

Worried about costs? The Saratoga Adult Care Center has a subsidy program available to those who qualify.

Eligible participants must meet the following three easy requirements:

1. Be 65 or older
2. Have an individual income of less than \$78,550
3. Complete the Saratoga Adult Day Center's admission process.

The Center offers a FREE visit day and lets potential participants try the program before committing to enroll. For more info, or to apply for the program, call Raj Kaur at (408) 868-1254 or email [raj@sascc.org](mailto:raj@sascc.org)



## Older Adult Suicide Prevention Workgroup Invites New Members

The County of Santa Clara's Older Adult Suicide Prevention Workgroup is excited to welcome new community members to join.

Older adults in our county are at a higher suicide risk than other groups. Our workgroup aims to prevent suicides among older adults by addressing their unique needs. Specifically, we work to identify service gaps and implement suicide prevention and intervention practices tailored to this vulnerable group. We inform our efforts with data, work with the public and community partners, and infuse cultural considerations.

If you would like more information about this workgroup, or would like to join, please contact Jen Kang, at [jeeeun.kang@hhs.sccgov.org](mailto:jeeeun.kang@hhs.sccgov.org).



[www.sccbhd.org/suicideprevention](http://www.sccbhd.org/suicideprevention)



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# RESOURCES

## CARE

## SERVICES

## INFORMATION

### COMMUNITY RESOURCES

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

#### CANCER CAREPOINT

*Non-medical support services for those impacted by cancer: patients, survivors, caregivers, families.*  
2505 Samaritan Dr., Suite 402  
San Jose, CA 95124  
(408) 402-6611

#### EMERGENCY ASSISTANCE NETWORK OF SANTA CLARA COUNTY

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

#### 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](http://www.sccfd.org)



Photo by Hannah Busing on Unsplash

#### 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.

#### WEST VALLEY COMMUNITY SERVICES

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

### OLDER ADULT SERVICES

**RYDE (REACH YOUR DESTINATION EASILY) TRANSPORTATION PROGRAM:** 408) 892-9739  
[www.sascc.org/ryde-about](http://www.sascc.org/ryde-about)

**FRIENDLY VOICES- PHONE BUDDIES FOR SENIORS:** (650) 395-8017

**SOURCEWISE:** (408) 350-3200 x 1  
**LIVE OAK NUTRITION CENTER:** (408) 354-0707

#### 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.*

#### HEALTH INSURANCE COUNSELING & 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](http://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](http://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](http://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

#### CAREGIVER SUPPORT GROUPS

*Offered through Vitas Healthcare*  
To join, please visit [www.vitas.com/family-and-caregiver-support/caregiving/caregiver-support-groups](http://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](http://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.*

### SOCIAL CENTERS

#### SARATOGA SENIOR CENTER

19655 Allendale Ave  
Saratoga, CA 95070  
M-F, 10am to 4:30pm  
(408) 868-1257

#### SARATOGA ADULT DAY PROGRAM

19655 Allendale Ave  
Saratoga, CA 95070  
10am to 3 pm  
(408) 868-1254

#### 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  
(408) 358-3636

## Resource Spotlight

### Live Oak Senior Nutrition and Service Center

The Live Oak Senior Nutrition and Service Center, located at 111 Church Street in Los Gatos, is a non-profit organization that provides low cost to free, healthy, hot meals to approximately 85 seniors each day. No one leaves hungry.

Additionally, the Center provides a safe place for senior citizens to gather and socialize. Besides great food and time with friends, the Center offers many free activities such

as exercise classes, health screening and classes, live music, and community service opportunities for adults, high school students, and special needs kids.

In partnership with Second Harvest Food Bank, free groceries are offered at the center 3 times per week. The number of meals provided has grown to 85 meals from the 30 meals pre-pandemic. Santa Clara County reimburses

the Senior Nutrition Center for 53 meals per day. Due to increasing attendance and associated operating costs we are projecting a (\$61,000) year-end budget deficit.

Donations are greatly appreciated and \$122 provides 10 meals to seniors. On June 13th Live Oak will celebrate its 50th year anniversary.

To learn more, visit: <https://lgumc.org/live-oak-senior-nutrition-center/>



*"No one who achieves success does so without acknowledging the help of others. The wise and confident acknowledge this help with gratitude."*

- Alfred North Whitehead

# ASK the EXPERT

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



## Are Your Medications Causing Hearing Loss?

Christine Throm, Au.D.

Did you know that some over the counter and prescription medications on the market today can cause hearing loss? Not only that, but as the toxins from the drugs accumulate in your body, the damage worsens. It may be temporary, or in some cases permanent.

**Ototoxicity** is when hearing loss is caused by a medication or supplement. Often the damage can be reversed by simply stopping the medication, but sometimes the medicines can damage the delicate hair cells in the inner ear, which are responsible for hearing and balance. **This can result in symptoms of vertigo, tinnitus, or permanent hearing damage.**

The American Speech-Language-Hearing Association (ASHA) stated that there are more than 200 medications and chemicals that cause hearing loss, tinnitus, and/or balance disorders like vertigo. **If you experience hearing loss after beginning a new medication, especially those in the classes listed below, be sure to contact your doctor and get a hearing assessment ASAP.**

**Pain Relievers:** Regular use of NSAIDs, anti-inflammatory drugs that effectively reduce inflammation and pain, such as aspirin, acetaminophen, and ibuprofen, can also cause hearing loss. In most cases the hearing loss can be alleviated or halted by stopping the medications, but if you regularly take any of these drugs, such as a daily aspirin for your heart, **talk to your doctor** about how it may be affecting your hearing.

**Diuretics:** Diuretics are often prescribed for conditions such as **high blood pressure, edema, and glaucoma**, but sometimes these medications can cause **tinnitus and temporary hearing loss.**

**Antibiotics:** Aminoglycosides are a classification of antibiotics that have a side effect of hearing loss. This type of antibiotic is typically prescribed for more serious infections like meningitis that don't respond to other medications.

**Chemotherapy:** Hearing loss, tinnitus, and/or vertigo can be a side effect of the drug **Cisplatin**, which is often used to treat testicular, bladder and ovarian cancers. Doctors and researchers are looking for ways to deliver this chemotherapy to tumors without affecting hearing health.

If you regularly take one of these medications, it's good to know the potential side effects and be prepared. **An audiologist can monitor your hearing while you are taking an ototoxic medication.** Not everyone reacts the same way or has the same side effect, so if you suspect your hearing is affected by one of these drugs, talk to your doctor or audiologist. **Los Gatos Audiology** is here to help you protect your hearing 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.



**Resolve to optimize your hearing!** If you have even minimal hearing loss, consider hearing aid options. Hearing aids can help to keep your brain active and prevent further hearing loss, so if you have minor hearing loss, hearing aids are a worthy investment to prevent it from progressing.

**Los Gatos Audiology is proud to introduce the Oticon Intent™!**  
Powered by new 4D Sensor technology!

If you already have hearing aids, check out the latest options in smart hearing devices—you may be shocked 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, Apr 12, 2024: Ototoxicity, Medications that Can Cause Hearing Loss

Friday, May 17, 2024: Better Hearing & Speech

Friday, Jun 21, 2024: Hearing Loss and Dementia  
*(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**

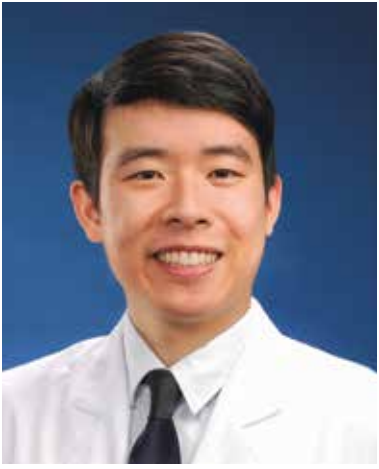
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**(408) 673-4052**

15899 Los Gatos-Almaden Rd. Suite 8, Los Gatos, CA 95032  
*(on the corner of National and Los Gatos-Almaden Rd.)*

[www.LosGatosAudiology.com](http://www.LosGatosAudiology.com)



# Oh no! I broke my tooth! What happens next?

by Dr James Lin  
Los Gatos Dentist

## Crunch! Ouch!

A broken tooth can be a stressful experience. For older adults, it can raise additional concerns.

Here's what you need to know:

Leaving a broken tooth untreated can lead to serious complications and require complex procedures down the road such as:

- **Infection:** Exposed tooth pulp creates an entry point for bacteria, potentially causing an abscess (painful pus-filled pocket) in the jawbone and impacting surrounding teeth.
- **Pain and Sensitivity:** Broken teeth are often sensitive to hot, cold, or pressure, impacting your ability to eat and speak.
- **Tooth Loss:** infections and structural damage of the tooth can progress, eventually leading to tooth loss and difficulty chewing food.

Adults who have high blood pressure, diabetes, osteoporosis, or compromised immune systems may be at further risk.

The good news?

Addressing the broken tooth sooner than later allows for more options to protect it.

For minor chips or cracks, a **tooth-colored filling** can be used to restore its appearance and function. To protect a tooth that has a larger fracture, a **custom-made crown** may be appropriate. If the fracture exposes the pulp, a **root canal** would be needed to remove infected tissue, and a crown is usually placed afterward to protect the tooth.



In severe cases with extensive damage, an infection, or fractured roots, **extraction** might be necessary. Some options for replacing a missing tooth include **implants, bridges, or dentures**. A missing tooth should be replaced to prevent unwanted tooth movement and damage to the adjacent teeth, bone loss, and an imbalanced bite. All of these consequences can quickly lead to eating difficulties and a decrease in one's quality of life.

The longer one delays care, fewer solutions are available and can be more costly and time consuming. By taking immediate action and consulting with your dentist, a more comfortable and predictable plan can be implemented.

We are currently accepting new patients! Feel free to give us a call Monday through Thursday, 9am-5pm for any questions or to schedule an appointment.

Sincerely,  
James Lin, DMD, FAGD

*"I am glad I found Dr.Lin...his dental skill is good, also he is very considerate with his patients. He takes time to thoroughly check your teeth and chat with you like a friend. He cares for your teeth and respects your needs and considerations. His office is organized, modernized and clean. His time management is good and he is very available to his patients. His staff are also capable and friendly." -Y.W.*

**JAMESLINDMD**  
COSMETIC • IMPLANT • FAMILY DENTISTRY

408-358-2161 (M-Th 9am-5pm)  
email: [info@DentistinLosGatos.com](mailto:info@DentistinLosGatos.com)

[www.DentistinLosGatos.com](http://www.DentistinLosGatos.com)

14777 Los Gatos Blvd, STE 103  
(Hwy 85 & Los Gatos Blvd,  
next to Starbucks)

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