

LOS GATOS

February 2018

An exclusive magazine serving the residents of Los Gatos
The Heart of Los Gatos

Living

Linda L. Lester: Our Queen of Hearts

Cover photo by Dave Lepori



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DEAR RESIDENTS,

We're only a couple weeks away from Valentine's Day and the buzz of romance and love is in the air in our beautiful Los Gatos. It's the one day of year when we exchange valentines, give chocolates in fancy, heart shaped boxes and even share small candy hearts that say things like "be mine" and "true love".

If Los Gatos were a kingdom, then our Feature Resident would surely be our *Queen of Hearts*.

Meet Linda L. Lester in this month's issue. For those of you who know Linda, you'll know what we mean. Linda has dedicated her life and energy into helping community and the underserved locally and beyond. The Lester family has been in Los Gatos since the 1880's and Linda represents the current generation who continue the tradition of caring and making life better for others.

Speaking of Love for Community, read what our County Supervisor, Mike Wasserman has to share about the RYDE program to help our local seniors with transportation. A little bit of help goes a long way for our seniors and this program is making a difference.

Could there be a link between hearing and heard disease? We don't often think about such things, but you'll learn all about that from what Christine Throm, Au.D has to share. Dr. Throm hosts regular, free, educational seminars about hearing, hearing loss and many of the things we can do to improve our quality of life and the lives of our loved ones.

A tragedy that changed one person's life and now she's dedicated to helping others. Victoria Dupuy lost her husband, Dean, to a heart attack at age forty-six. Read about what you can do for yourself or a loved one to prevent such a tragedy from occurring in your life.

AAAAahhh..... Our First Kiss. How sweet the memory. How it warms the heart. Some of you may know Willys and Betty Peck. Willys, a newspaper man for the Mercury News and Betty, an educator. Their son Bill has honored his parents with the beautiful poem, "First Kiss".

We feel so privileged to do what we do in creating this wonderful, monthly publication. We sincerely thank you for all your support and suggestions. This is your magazine, so keep sharing your awesome ideas.

From our hearts to yours, we wish you and Happy Valentines month, and be sure to love yourself a little too.



With my warmest regards,
Stephen Guruwaiya, Publisher
sguruwaiya@bestversionmedia.com



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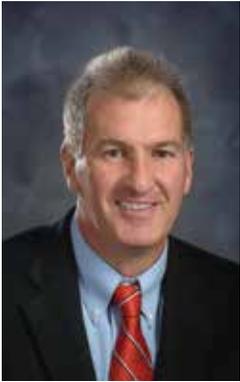
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Mayor's Corner

By Rob Rennie, Mayor of Los Gatos



Dear Neighbors and Friends,

Los Gatos is a healthy place to be for 55+ living. With our quiet and lively community, there is no better place to enjoy an active and inviting 55+ lifestyle. I am proud to say Los Gatos recently received age friendly status from the World Health Organization (WHO). As part of this effort we have created 4 goals to make Los Gatos an even better place to be 55+. The goals chosen based on community surveys are 1) Improve mobility for seniors, 2) Help seniors be better prepared for a large scale emergency, 3) Create an info-graphic to help make seniors aware of services that are available, 4) Reduce isolation of seniors through programs and opportunities for involvement. As Mayor, advancing these goals is my top priority.

Although we are always looking for improvement, there are many great things for seniors to do in Los Gatos. For social activities and enrichment classes check in with the Adult Recreation Center run by LGS Recreation or at the Los Gatos Library. The 55 Plus Program at the Adult Recreation Center is located at 208 East Main Street and provides multiple opportunities to fill an active day with exercise, enrichment classes, and social opportunities. Start with some exercise classes such as Sizzling Seniors for non-impact cardiovascular conditioning and Exercise Fusion for a mix of TaiChi, QiGong and Yoga, or take to the trails with the Happy Hoofers Walking Group. If table games are more your style, connect over Bridge, Mah Jong, or at one of the Recreation Center's game days. Numerous educational and enrichment classes give seniors the opportunity to practice a new language such as French or Spanish, engage in discussions on Art History, or learn to perfect culinary techniques. Social well-being is just as important for a healthy senior lifestyle and the Adult Recreation Center delivers many opportunities. Stop by for the Dinner Club or for the fun-filled Happy Hour Shows. The Center also hosts full dance parties for seniors, live bands, and sing-a-longs on a regular basis. If you wish to explore farther afield, sign up to get an inside tour of Giant's ballpark, sail on a fully rigged ship, or take in the murals of the Mission District on one of the monthly senior excursions.

Or head over to the Los Gatos Library at 100 Villa Ave, and let your creative side loose. This year the Library is hosting Paint Nights which let you explore introductory techniques to painting, as well as hosting a Creative Writing group and a Poetry Lounge to encourage writing in a supportive environment. The Library will also be kicking off Audio/Visual storytelling programs in Spring to teach older adults to record some of their stories and produce them through audio podcasts and short videos. If you need help understanding or troubleshooting the ever-changing technology that is remaking our world, stop by for one-on-one technology tutoring on everything from how to download an eBook, figure out the settings on your new phone, get an introduction to VR technology, or learn to get the basics of working with prototyping or electronics. Don't forget the historical resources and genealogical databases that the Library also offers for those researching their family history.

If you are or know a senior that needs some extra assistance in life, Los Gatos has ways to help. For seniors living by themselves, the Los Gatos-Monte Sereno Police Department provides Wellness checks through Operation CARE. This program provides a daily phone "check-in" by a Police Dispatcher to make sure the day is going OK – if they are unable to reach the person, or if something seems amiss, a Police Officer will stop by the residence to check on their welfare. For seniors needing good company and a healthy daily meal, the Live Oak Nutrition Center at 111 Church St. serves nutritious lunches on most weekdays. Live Oak Adult Day Services can assist in providing referrals for services, assistance for caregiving family members, and counseling support. The West Valley Community Services Mobile Service Van comes through town a few times every month to provide specialized case management and emergency financial assistance and more. For seniors needing help with tax preparation, legal assistance, or understanding medical insurance, the Adult Recreation Center at 208 East Main Street is a resource you can count on. Curb-to-curb transportation services for older adults are now being offered through West Valley Senior Transportation's new RYDE program which uses vetted and screened volunteer drivers to get seniors to and from their destinations via private cars.

With all this, it is no wonder Los Gatos is such a great place to enjoy the silver years, and your Mayor, Town Council, and staff plan to make it even greater.

Sincerely,
Rob

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FEEDBACK/IDEAS/SUBMISSIONS:

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 10th of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: gloucher@bestversionmedia.com.

COMMUNITY INFORMATION:

Santa Clara County Fire Department: Los Gatos Facilities
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 Fire Prevention: 16795 Lark Ave., Suite 200, Los Gatos 95032
 Los Gatos Fire Station: 306 University Ave., Los Gatos 95030
 Winchester Fire Station: 14850 S. Winchester Blvd., Los Gatos 95032
 Shannon Fire Station: 16565 Shannon Rd., Los Gatos 95032
 Redwood Fire Station: 21452 Madrone Dr., Los Gatos 95033
 Emergency: 911
 Non-Emergency 24 Hour Dispatch Center: 408-299-2503
 Administrative Offices Phone Number: 408-378-4010
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 Website: www.sccfd.org
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 Library: 408-354-6891
 Parks and Recreation: 408-354-8700
 Los Gatos - Saratoga Joint Union High School District: 408-354-2520
 Los Gatos Union School District: 408-335-2000

CONTENT SUBMISSION DEADLINES:

Content Due:	Edition Month:
January 10	February
February 10	March
March 10.....	April
April 10.....	May
May 10.....	June
June 10.....	July
July 10.....	August
August 10	September
September 10	October
October 10	November
November 10	December
December 10	January

If the submission deadline falls on a weekend,
 please submit by the Friday before no later than 5pm.

EXPERT CONTRIBUTORS - To learn more about becoming an expert contributor, contact BVM at sguruwaiya@bestversionmedia.com or phone 408-596-1734.

Dr. Nava Fathi, Endodontist
 408-358-8777, www.samendo.com

Dr. Nava Fathi is a graduate of the Arthur A. Dugoni Pacific School of Dentistry as well as the USC School of Dentistry graduate school of Endodontics. She currently serves as an associate professor at the Dugoni School of Dentistry. Dr. Fathi is a trustee of the California Dental Association and the American Association of Endodontists. She currently practices endodontics in her private office in San Jose, CA.



Colin Triplett
 408-370-1739, www.mintconditionfitness.com

Born and raised in Los Gatos, Colin Triplett, owner of Mint Condition Fitness, has a passion for helping others maximize life and health. When he was young, his long-time mentor passed away after a long battle with his physical and mental health. In his memory, Colin dedicated his life to ensuring others not fall into the same downward spiral as his mentor.



After earning his bachelor's degree from Santa Clara University, Colin went on to found Mint Condition Fitness, which specializes in fitness over 48. Now as the #1 rated personal training studio in Los Gatos, he and his Mint team help members get more out of life by teaching them how to lose unhealthy weight, regain movement and stamina, and increase FUNCTIONAL strength.

Dr. Christine Throm, Au.D.
 408-354-1312, www.losgatosaudiology.com

I believe in the idea of always expanding and always developing. That's what motivated me to start Los Gatos Audiology and Hearing Aid Center - helping people to hear better, improving their communication, and improving their lifestyle.



For over 20 years, I've built my career in the South Bay, most recently at the Ear Nose and throat of Los Gatos. I've always dreamed of expanding into my own private practice to serve the needs of local residents in the city where I live. In 2008, I earned my Doctoral degree in Audiology from Arizona School of Health Sciences, and in November 2013, my dream arrived when I hung out my own sign here in downtown Los Gatos.

We would love to meet you at Los Gatos Audiology and Hearing Aid Center! Please contact us at 408-354-1312.

Victor Adint, CFP®, Berkeley MBA

Victor Adint is a Wealth Advisor and CERTIFIED FINANCIAL PLANNER™ professional with Raymond James Financial Services, Inc. Member FINRA/SIPC. Victor has a passion for helping people understand important financial concepts so that they can make smart and informed financial decisions. His approach to investment strategy and planning benefits from his corporate finance background as well as his economics and finance education at U.C. Berkeley and U.C. Davis.



Victor's Branch is located at 229 West Main Street, Los Gatos, CA, 408-402-3059.

**Ben Fox Mason (BSc; MA) & Don Knight;
 Knight & Fox Mason Realtors, Coldwell Banker Los Gatos**

Ben moved from London, England to California, having established one of London's premier literary, theatre & film agencies. Now embedded in the real estate world, Ben is a new force in Bay Area sales, and works alongside the distinguished ...



Don Knight, a native of Los Gatos, is a veteran of Los Gatos real estate, having spent almost three decades serving his community, and is a master of complex transactions.



Pulgas Ridge

By Genevieve Laucher

Pulgas Ridge Open Space Preserve is a gem for Peninsula hiking. While it is conveniently located off of Highway 280, this small preserve is a quiet, peaceful place for a winter stroll. Bring your canine friends, because part of the preserve is an off-leash area for dogs to run free and explore.

From the parking lot, begin on Blue Oak Trail, which gently switchbacks uphill through oaks, bay, and madrone. After 0.4 mile, take the paved, exposed Hassler Loop Trail, which continues the uphill climb, opening up views of the Santa Cruz Mountain Range. Follow the signs towards Polly Geraci Trail. Here, the scenery briefly changes to chaparral, with shrubs lining the trail and views of more of the mountains and peninsula, in addition to some beautiful homes across the canyon.

After taking in the views, the scenery changes back again as you begin your descent back through the oaks. Follow signs for the Cordilleras Trail, which flattens out for a leisurely end to the 2.3-mile loop. Enjoy the trees with their fallen leaves and keep an eye out for deer. Veer to the right to stay with the trail all the way back to the parking lot. What a nice hike for a winter day!

Directions: From Highway 280, exit Edgewood Road. Travel 0.75 miles northeast on Edgewood Road toward Redwood City. Turn left (north) on Crestview Drive, then immediately turn left on Edmonds Road. Follow Edmonds Road to the preserve entrance on the right.



Dear Neighbors,

Happy February from *Los Gatos Living*! We hope that you are enjoying the winter here in beautiful Los Gatos. As Valentine's Day approaches, make sure to do something special for your loved ones, whether it's going out for a nice dinner, buying a gift, or just spending time together. Love is in the air!

This month, we have the honor of featuring the wonderful Linda Lester, whose philanthropy and involvement with different organizations has truly changed lives for the better. Linda's family has a history in Los Gatos dating all the way back to the 1880s, and she loves being able to contribute to the community where her family put down their roots so long ago. We know that reading her story will touch your heart,

You'll also have a chance to read about more community events, health and wellness tips, and a hiking suggestion in this February issue.

Please feel free to send me any content you'd like to share. At *Los Gatos Living*, we love sharing what's going on in our community!

See you in town,

Genevieve Laucher
Content Coordinator
glaucher@bestversionmedia.com



Ride *with* RYDE

By Mike Wasserman, Santa Clara County Supervisor, District 1

Los Gatos Seniors have been enjoying our newest transportation program – Reach Your Destination Easily (RYDE). Launched in October 2017, the low-cost curb-to-curb transportation program for residents over age 55 is a pilot program funded in part by the County of Santa Clara. I am proud to have supported funding for this program that benefits nearly 43,000 West Valley residents over the age of 55.

I moved back to Los Gatos with my wife Kim in 1982, and served on the Town Council from 2002 – 2010, where I was elected Mayor twice. I know first-hand the challenges that the charm of our town’s small streets present for providing viable transit systems for residents. Large buses and light rail simply can’t serve our population. We need creative transportation solutions here, and RYDE is just that.

West Valley senior residents can schedule rides for medical appointments, grocery shopping, visits with friends, or trips to a specific location within Saratoga, Cupertino, Campbell, Monte Sereno, and Los Gatos. Trained and vetted drivers will help with seat belts if needed, and caregivers can accompany seniors at no additional charge. The program operates Monday through Friday from 8:00 a.m. to 4:00 p.m. Passengers are charged a flat rate between \$9.00 and \$18.00 based on the number of miles traveled to and from their destination. Discounts of up to 90% off the standard fees are available for those who meet income qualifications. Reservations are required at least 36 hours in advance of the ride and can be made up to 5 weeks in advance.

RYDE is offered through a collaboration between the Saratoga Area Senior Coordinating Council, West Valley Community Services, the Santa Clara County Board of Supervisors, Valley Transportation Authority, the cities of Campbell, Cupertino, Monte Sereno, and Saratoga, and the Town of Los Gatos.

I applaud the dedicated staff and volunteers who are working tirelessly to make this valuable transportation service available to our seniors. I support programs that prevent isolation, increase independence, and help continue community engagement for older adults. RYDE helps meet these goals.

For more information on joining the program as a passenger or volunteer driver, contact (408) 892-9739 or www.wvcommunityservices.org/ryde

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The Elusive Connection Between Hearing and Heart Disease

By Christine Thom, Au.D.



Have you ever met someone who has several health issues which all appear to be unrelated? Maybe it's diabetes and dementia, or foot pain and debilitating headaches. We are finding that the human body is connected in more ways than we understand, and one medical issue is usually not isolated from another. One such link that has been recently discovered is a connection between heart health and hearing.

As the leading cause of death in America, heart disease is already taken very seriously by the medical community. Research into heart disease has revealed that when you suffer from heart disease, many more areas of your body can be affected.

The Link Between Hearing and Heart Disease

The evidence for a connection between heart disease and hearing has been strong for several decades, yet researchers are still unsure why, or how, this connection exists.

Some theories include the knowledge that heart disease is linked to poor kidney function, which allows toxins to accumulate in the body and may damage inner ear nerves and cause hearing loss. It is also known that poor blood circulation can decrease blood flow to the ears and damage capillaries that are crucial to hearing health.

Charles E. Bishop, AuD, Assistant Professor in the University of Mississippi Medical Center's Department of Otolaryngology and Communicative Sciences, discusses how hearing may provide insight to the heart:

"Hearing health should not be assessed in a vacuum. There is simply too much evidence that hearing loss is related to cardiovascular disease and other health conditions. It's time we maximized the information we have in order to benefit the individual's overall well-being."

Experts still aren't sure which comes first: hearing loss or heart disease, but since we know that they are related, it becomes even more important to have a regular hearing screening. Hearing damage can signal other health problems not limited to heart disease: there have also been correlations to diabetes, dementia and other illnesses. Having regular hearing screenings is a great way to assess overall health and get a clue that something else could be happening in your body.

The good news is that with knowledge comes power: there are things you can do to stop the progression of hearing loss and prevent further damage. Hearing screenings are only the first step.

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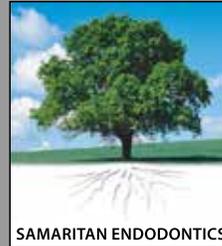


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- » Regular exercise can increase blood flow to all parts of your body, including your ears, which can prevent further damage and help you to hear better. Strenuous hours of exercise are not necessary: a daily walk around the neighborhood can do wonders for your circulation.
- » Cutting out processed foods is another way to improve overall health and wellness. Shop “the perimeter” of the grocery store, choosing fresh fruits, vegetables and meats over anything in a box or a can.
- » Hearing aids can also help you to halt the progression of hearing loss and related ailments, so find out from your audiologist if hearing aids are right for you!

If you would like to learn more about how the newest audiological technology can help you improve your overall quality of life, call us today or set up an appointment online. We would love to give you a FREE hearing screening and discuss if one of our newest hearing aids or TV listening systems is right for you.

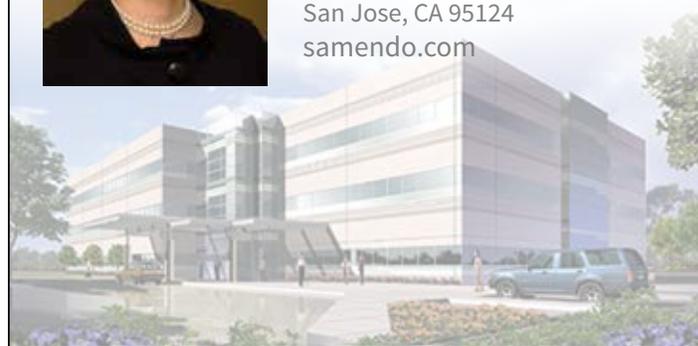


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Test *not* Guess Your Heart Health

By Victoria Dupuy

On September 29, 2013, my husband, Dean Dupuy, died suddenly of a heart attack at the age of forty-six with no warning at all. He had no health risks, no family history of heart disease, was not overweight, and never smoked a day in his life. He was physically active, biking, running, and playing ice hockey. He had passed his annual physical months before and was told he was in excellent health. But when he died, it was revealed that although he fit the image of someone not at risk, he actually was at risk and had a life-threatening level of plaque in his arteries that had ruptured. After twenty-two years of building a life together, it was gone.

I called his doctor a few days later who informed me, “We just don’t test patients that are at low risk. It’s not like getting a mammogram or a colonoscopy.” The Framingham Risk Predictor Scale that was developed back in the fifties is an algorithm that is used based upon a series of questions to determine cardiovascular risk over the next ten years. While many years ago, this was a very useful way in determining risk; it is not very useful today, especially in the world of technology we are in. It is guessing someone’s heart health – not testing someone’s heart health. For example, if there was a pipe that was in water and we wanted to know if there is corrosion INSIDE the pipe – would we test the water or would we look inside the pipe? It’s really the same analogy. Our doctor does not decide what our risk of breast cancer or colon cancer is by looking at us. They refer us for mammogram and colonoscopies to look inside for the cancer. That is where my journey started. I spent weeks learning everything I could about heart disease, who really is at risk, and if there were preventative screenings like mammograms and colonoscopies, that if offered, could prevent something like this.

During this journey, I discovered that there is a simple, non-invasive test called a Coronary Artery Calcium Scan (aka CACS; the mammogram of the heart and/or heart scan) that identifies heart disease at its earliest stages so it can be managed, treated, monitored, and, in some cases, reversed (mostly through aggressive diet changes). This preventative screening has been around for over twenty years and yet it still is not mainstream in our annual physicals even though there are thousands of studies and clinical trials attesting to its validity. While there are other cardiac screenings recommended should you be at risk based upon the Framingham Risk Predictor Scale, CACS is not one of them. The “go to” preventative screening recommended is a Stress Test or an Echocardiogram. While both of these tests are valuable in determining if there are any blockages in the artery, they do not determine or identify plaque burden BEFORE it becomes a blockage in the artery. I started connecting with cardiologists around the United States that use this CACS regularly in their practice to prevent patients from having heart attacks and confirmed what I was learning. As a matter of fact, several indicated that over half of the heart attacks that



occur are preventable with early detection. I still struggled with understanding this—mammograms save lives, colonoscopies save lives—why are we not doing heart scans of the most important organ in our body?

As I went out into my community with this knowledge, I learned that my story was not that unique. Everyone I spoke to knew someone or knew someone who knew someone who had had a heart attack who did not fit the image of someone at risk. That was the moment for me when I understood that there was a problem; that most of the public was completely unaware of this test. This became a game changer for me and know deep in my heart and soul that I needed to try and change this. Every minute of every day there is another unexpected heart attack, and there are far too many broken hearts left behind to cope. According to the Center for Disease Control and Prevention, “*about 610,000 people die of heart disease every year in the United States – that’s 1 in 4 deaths. Heart Disease is the leading cause of death of both men and women. Every year approximately 735,000 Americans have heart attacks; of these 525,000 are first heart attacks and 210,000 happen in people that already had a heart attack.*”

No More Broken Hearts is a California non-profit that was created in 2014 to provide education and raise awareness about Coronary Artery Calcium Scans (CACS) and how this simple test can identify heart disease early before a heart attack happens. It was created to empower the public to educate themselves and talk to their doctors whether you have “risk factors” or not, no matter how healthy you feel, because heart disease does impact the most unusual suspects. nomorebrokenhearts.info/resources and YouTube have hundreds of studies and videos about the subject. If your doctor feels you aren’t at risk and that you don’t need a CACS, then get a new doctor. Men over the age of forty and women over the age of fifty-five (or earlier depending on when menopause occurs) should be getting their hearts checked out. You get a mammogram or a PSA test and a colonoscopy; add this test to your list. Be sure to get a CACS, too. If you don’t want to do it for yourself, then do it for all the hearts that will be left behind.



MEET ME ON

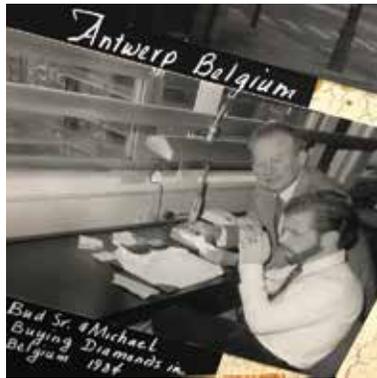
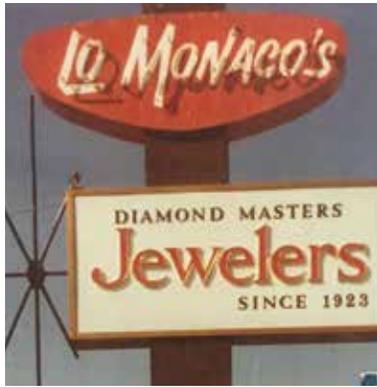


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It was the early 1900's when Santo LoMonaco and his brother left Sicily with their sights on the "land of opportunity." Arriving in New York with nothing but a dream, Santo fell madly in love with Marianna and married her.

The newlywed couple moved out West to San Francisco and eventually had three kids, John, Concetta, and Ignatius Sr. (AKA Bud). Santo was a real visionary who saw potential in the luxury jewelry industry and opened a brick and mortar jewelry store just in time for California's Roaring 20's party in San Francisco. In 1923 he moved the store to San Jose and laid down roots in Santa Clara County. He was passionate about serving his community and poured his blood, sweat, and tears into the success of LoMonaco Jewelers. No matter how challenging things got he never gave up. It wasn't until their third child Bud was born that their luck took a turn and the jewelry business began to flourish!

Michael LoMonaco, the founder of the LoMonaco Real Estate Group here in Los Gatos, has been in the real estate business for over twenty years and before that ran LoMonaco Jewelers with his father Bud, who took over after his father, Santo. Bud ran the store in San Jose and opened a second store in Santa Clara. He ran both stores with great success for 50 years. Michael's father, Bud, who learned everything he knew from his father, Santo, taught Michael early on in life to work hard and put love into everything he did.



MICHAEL LoMONACO
founder of
the LoMONACO REAL ESTATE GROUP

Today the LoMonacos sell luxury homes instead of luxury jewels, but the same principles apply. Selling homes is like selling precious stones... with passion and commitment, the LoMonacos are still making dreams come true after all these years. Trust and integrity are at the forefront of every relationship Michael builds; he carries on the LoMonaco Family Legacy with honor. Michael's grandfather would be proud.

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LINDA LESTER: *Our Queen of Hearts*

By Genevieve Laucher, Photos by Dave Lepori

Linda Lester comes from a family of philanthropists. One of her favorite memories from her childhood was going with her grandmother to the Salvation Army in downtown San Jose, where they donated clothes and quilts that her grandmother made. Afterwards, they would walk over to St. James Park and pass out snacks and hot chocolate to the homeless. This made a lasting impact on Linda, who is passionate about helping others as much as she can.

Linda's family put down their roots in Los Gatos way back in the 1880s, when her great-grandfather Nathan Lester traveled all the way from Connecticut to start his fruit farming business in the Santa Clara Valley's famously fertile soil. The family farms eventually expanded across many areas in San Jose and Los Gatos. Although, of course, so much has changed, Linda enjoys being where it all started for her family in beautiful Los Gatos.

Linda's father, Lee Lester, made a huge positive impact on her life. He was very generous and made many donations to organizations and those less fortunate. He was also humble, and donated anonymously because he didn't want people to think that he was

showing off. From watching her father and seeing the difference he was able to make in others' lives, Linda knew she wanted to follow in his footsteps. She began volunteering with the Humane Society as a teenager. As she grew up and became more involved with her family's business, she was able to become even more generous in her donations and contributions.

Linda, who is passionate about giving a hand up to those in need, currently supports more than 25 organizations in the Bay Area. She seeks out and only gives to organizations that give 100% of the funds donated to those who need it. Some of her focuses are organizations that help underserved children or people who are developmentally or mentally challenged. One of her favorite organizations is Via Services. She gave a substantial gift last year to start their Linda L. Lester Equestrian Program, which allows over 1,000 mentally and developmentally challenged youth and adults to go horseback riding at their facility in Cupertino. Linda went up the first day they opened the program, and seeing all the joy that it brought to the people and their families truly warmed her heart. Children's parents came up to thank Linda and said that she had changed their lives.

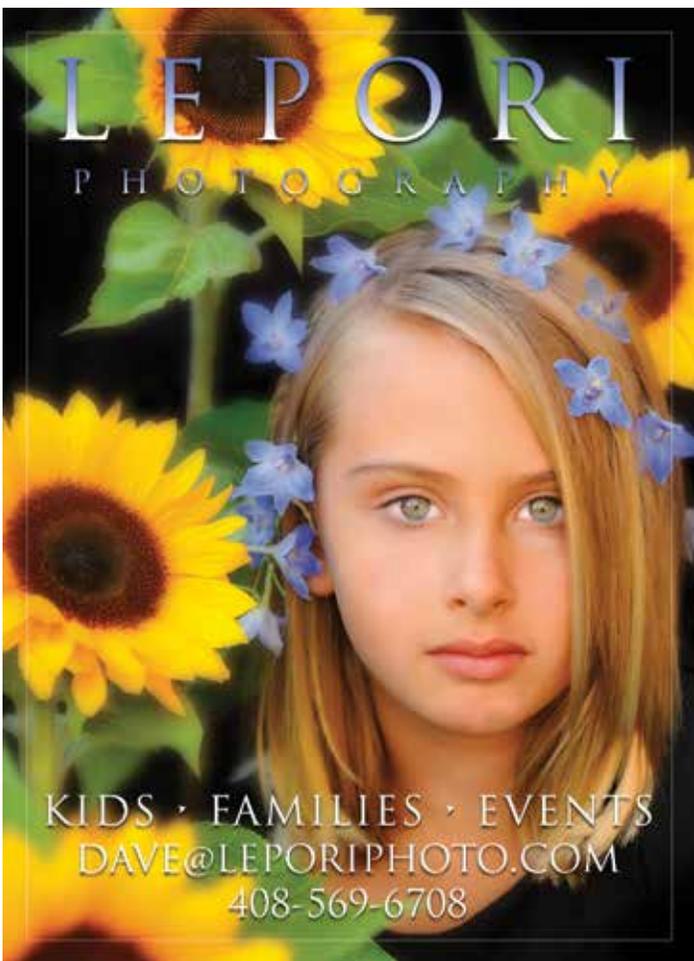
Another one of Linda's favorite organizations to support is Unity Care, which helps foster kids turning 18 who were never adopted. Unity Care supports education and training for these former foster children and supplies them with free housing. Linda has visited the homes for young men and women, where people teach them how to cook, balance a checkbook, shop, and more so that these young people learn how to become successful members of the community. Linda keeps in touch with one of the young women who Unity Care helped to support. She now has her own apartment and is working hard towards her goal of becoming a nurse. Even though this young woman never had a permanent home growing up, Unity Care has helped her earn her own success story, and Linda continues to be impressed and proud of her.

Additionally, Linda honors her family's farming roots by supporting the Farm Bureau. She started the Linda L. Lester scholarship fund through the Santa Clara County Farm Bureau for youth who want to pursue careers as farmers, ranchers, and veterinarians. Each year, the Farm Bureau hosts a summer event in Morgan Hill and Linda gives out the scholarships, which help the recipients pay for their education. Another organization that Linda's father encouraged her to continue to give to is History San Jose. Her father donated some of the family's farm equipment to the organization before he passed away, which History San Jose uses in their student programs. They give students the opportunity to tour the first house built in San Jose and help keep the city's history alive.

Linda owns investment properties in several counties and out of state that keep her busy, but her favorite property is Lester Square in Los Gatos. Her father set out the building blocks for investing in real estate and she has built upon that. Lester Square is a play on Leicester Square in England. Linda's family is English on her father's side, and they used to spell their last name that way before coming to America. She considers Lester Square her philanthropy property, and pays forward much of what she earns from it. She enjoys helping the Los Gatos community, and is the major donor to Los Gatos Music and Arts, which puts on Jazz on the Plazz every summer. Her donations go to promoting music and arts in schools, where government funding has been cut.

Linda enjoys hosting events and fundraisers throughout the community. She not only gives monetary donations, but also researches organizations to see exactly what they do, gets involved, and volunteers her time. Although Linda follows in her father's footsteps, she made the decision not to donate anonymously like he did. She wants to encourage those who can to get out and give as well. Linda has heard from friends that read about her contributions in the newspaper that then approach her to ask how they can get involved. She believes that by sharing her name, she can better spread the word about all of the great organizations that are out there. Because Linda has made such a difference and helped so many people in the community, she was honored in September by the Los Gatos Chamber of Commerce as the Businessperson of the Year. She is glad that she is able to help so many wonderful people and organizations.





When Linda is not working or doing philanthropy, she enjoys spending time with family and friends, her horses, and traveling. She has one son, who is married and has three children, a daughter who is almost four and twin sons who are almost two years old. Linda loves to spend time with her three grandchildren. In the summer, she likes to spend time in Lake Tahoe and go boating, and she also enjoys traveling in the U.S. and internationally. She loves traveling through Austria, Italy, Switzerland, and Germany, and speaks only German when she is there.

With Linda's caring and generous ways, she finds it heartwarming to see how the ripple effect of her generosity is shining a bright light on so many, in so many ways. Just like with Linda's father and grandmother, she continues to do good for others, including the town of Los Gatos and beyond.

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Los Gatos Library: *Author Talk*

By Cheryl McKenzie

Friends of Los Gatos Library will host Mark Lukach, author of *My Lovely Wife In The Psych Ward*, a 2018 Silicon Valley Reads selection. Mr. Lukach will speak at the Los Gatos Library, February 24 at 1:30pm.

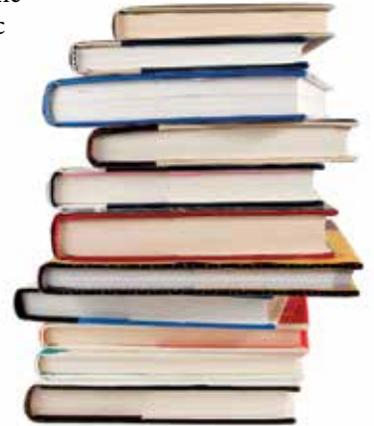
This memoir traces the journey that Mark and Giulia Lukach make through harrowing years that started with Giulia's psychotic break. Giulia had no history of mental illness, then at the age of 27, she was suddenly struck by deep depression, a fear of those who loved her, and thoughts of suicide. After months of hospitalization and treatment, she returned home. Once again the Lukaches were any young couple thinking about their future. With the doctor's approval, they started a family, but it wasn't long after their son was born, that Giulia suffered a relapse. During her second hospitalization she was finally diagnosed with late-onset bi-polar disease. Now she and her family live with the knowledge that she will always have to deal with lapses and treatment.

At first, the Lukaches admit they wanted to keep the diagnosis a secret, and then they realized how many others must suffer alone with the same disease. They decided to share their experience in hopes it would help those with mental illness as well as the loved ones who care for them.

Four and five star reviews, say this is a "powerful and raw story," "heartbreaking," "intimate portrait of mental illness and how it affects those closest to the sufferers." Many write, "Must read."

A teacher and freelance writer, Mark Lukach has been published in such notable publications as the New York Times, the Atlantic, Pacific Standard, Wired, among others. He first wrote about his wife in "Modern Love," a New York Times column. Other short pieces on the same topic appeared in the Pacific Standard Magazine, and he has made live presentations of their journey together at The Moth Main Stage, and TEDx conference. Both Mark and Giulia have been interviewed on Today and KTVU.

While everyone is invited to attend this free event, the interest level is most suitable for adults and mature children.



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First Kiss

By Bill Peck

We drove to the ranch in the white '54 station wagon with the dark green Plastic interior. After what seemed Like an endless journey, we'd turn

From Tully onto the long dirt road That led to my grandparent's ranch. Just after we turned, my dad would Slow down and stop the car. Then,

My parents would lean toward Each other and give each other A brief kiss, after which, we would Drive on. They repeated this ritual

Every time we went to the ranch; I never grew used to it. Back then, I thought all kisses were so dumb, Especially that one; it embarrassed

Me; I'd squirm on the dark green Plastic of the back seat; I'd sigh. I'd scowl; however, later, I found Kisses weren't as bad as I thought,

And that my parents first kissed On that very spot where we'd turn From Tully onto the ranch road; It happened as Dad drove to meet

My mom's parents for the first time; I think now, even if I'd known that Then, I was too young to appreciate The karmic ramifications of it all.



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Write a Letter, *Make Someone's Day* By Jordan King

There is no better feeling in the world than knowing someone is thinking about you. Today I can think about someone and let him or her know all within seconds. On most days, that person can also thank me and move on also within seconds. Weeks or months later that email, text or voicemail is in all likelihood nonexistent, buried or deleted.

We are not living in a time where letter writing is prominent. We are not raising a generation that will have letters to go back to as their memories fade like our grandparents did. We will not necessarily be a generation that fell in love with our spouses writing letters and awaiting responses for weeks at a time.

Wouldn't it be fun to have these tangible acts of thoughtfulness, these concrete artifacts to come back to when the power goes out?

In college, a few close friends and I were living in many places across the country. We had a notebook that was mailed between the seven of us for several years. The notebook contained so much love: important and unimportant details of our college experience, doodles, photographs and more. Someone still has that notebook which tracks so many wonderful and challenging times for the seven of us. I would argue that what we learned about each other and ourselves by writing and sharing was a crucial part of our becoming. And, there was nothing more exciting than checking the mail and finding that after several weeks, the notebook was back!

Similarly, my husband and I inserted letter writing into our communication repertoire when we were engaged and living in

different states. Email and phone calls were most prominent, but there was something exciting about surprising the other with something via US Post. We have several boxes of letters that we keep and can go back to on anniversaries or just for fun. They remind us of a developing love that was an important stepping-stone of the love we have grown into and now share. We look forward to sharing some of these memories with our children as they grow.

The joy that comes from receiving this kind of love is timeless. I have seen the same excitement that I experience when I receive something handwritten in the mail in my children when they find a note their dad left on the breakfast table before he slips out for work in the morning. Not only are they experiencing his love in that moment, but he is creating for them tangible memories that they will be able to return to for years to come.

After receiving several postcards from abroad over the years from the same friend, I asked a dear friend why he spends time on his vacations writing postcards to a long list of people. His response sums it up, "I believe in acts of kindness. Writing is a way to connect even over great distance with people who mean a lot to me."

The options are endless. Send a letter, a doodle, a postcard, a great quote or a magazine clipping with your own comments. Send it to a sibling who lives out of state, an old friend or colleague, a child in college, or someone who would expect it even less. Think about someone and take time to do something lasting about it. Make someone's day!

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Traditional Goal Setting is Dead... *Here is What Works*

By Colin Triplett

It's that time of year again and everywhere you turn you have another expert telling you how to set goals.

The problem - when is the last time those methods worked?

The most well-known method of goal setting is the SMART system:

- » Specific
- » Measurable
- » Actionable
- » Realistic
- » Time-Dependent

This has some important qualities, but it puts too much emphasis on the GOAL. And the problem with goals...especially big goals, is they do not have a linear success path.

Let's pretend that we take this SMART approach to the most common goal of the new year:

WEIGHT LOSS

Here is a SMART version of this goal:

"I will lose 10 pounds in 90 days."

Great! I have my goal, now how am I going to do this? Well, there are a lot of ways to do it, but what this goal setting technique fails to emphasize is that there is a RIGHT way and a WRONG way to reach goals.

You can lose 10 pounds in just THREE days if you just cut back on water. But is that what you really want? Is "weight" actually what matters?

If we agree that this is not actually the right goal to have, then we can at least better define our goal:

"I will lose 10 pounds OF FAT in 90 days."

Better...right?

Yes and no.

If you lose 10 pounds of fat by starving yourself, then you will also lose a bunch of muscle. That, in turn will lead to a yo-yo effect once your body (brain) makes you start eating again.

So, yes, you did lose the fat, but it all came back AFTER the 90 days. Your goal setting just made you worse off.

If, however, we take a different approach to this, then you can have your SMART goal and make it actually work for you. But it's not the goal that matters...it's the habits that you build.

And that is why timelines can actually be counterproductive.

"What? Heresy! If you don't have a deadline then you will never succeed!!!" - All "experts"

Well, there are plenty of people who set timelines that fail. Setting a timeline is only good when it gets you to think outside the box.

Peter Thiel talks about taking your 10 year goals and trying to see what you would have to do to accomplish them in 6 months. This is not because you will be able to do it, but it makes you think in a way that helps you see what is most critical for accomplishing those goals and getting that stuff done NOW.

When you do that, you not only are more likely to reach your goals, but you probably WILL reach them a whole lot faster.

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So, timelines can be great as thought exercises, but let's focus on what actually matters when you have a goal you want to accomplish:

ACTION.

And more specifically, action that you can take immediately and continue indefinitely.

We'll call these types of actions IIAs (immediate, indefinite actions).

Let's look at our goal again:

"I will lose 10 pounds OF FAT in 90 days"

We will keep the 90 days in there knowing that it really doesn't matter when you lose the 10 pounds, it matters that it doesn't come back. If you want, you could say 30 days just to put on your thinking cap...but it only matters if you come up with an IIA.

So, what would an IIA look like? That is something only YOU can decide.

You know your life, your history, and your values. You know your beliefs, your support system, and your likes and dislikes.

What will qualify as an IIA for you will not for someone else. With that being said, here are some that have worked for others. (NOTE: Notice how NONE of these will get you to your goal in 90 days...but they WILL set you up for success long term).

Examples:

- » Have a shake for breakfast
- » Drink one glass of water first thing in the morning
- » Stand up while on conference calls
- » Bring a snack from home (skip the coffee and muffin)
- » Switch soda for water
- » Take 10 deep breaths before going to lunch

Again, none of these is going to dramatically impact your life...but the point is not transformation, not yet. The point is MOMENTUM.

Do something, ANYTHING, that you can do starting today, and that you can do every day (or whatever consistency is required) for the rest of your life.

Make that a habit (which can take a lot longer than 21 days...and that's okay) and then add something else.

People shoot themselves in the foot when they set goals that force them to take unsustainable actions. You are so much better off focusing on action and letting the goal come to you.

I'll leave you with one great example of how consistency vs. all-out effort will reap huge rewards in the end.

Stephen King is often cited as explaining how he became one of the most prolific writers of all time as following on simple rule: write 1,000 words a day.

He did not get great material every day, but the point was not the end product. The point was to just keep writing. And it was something that he knew he could do.

Over time, he started writing more words each day, and those words were better and better. But he didn't just start out by writing *The Shining*. He wrote and he wrote and he wrote and eventually he mastered his craft.

This is how you should think about all of your goals. Start with what you CAN do, and just keep doing it until you have mastered it.

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CALENDAR OF EVENTS

February 2018

EVERY SATURDAY
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MakerSpace Open Studio

@New Museum Los Gatos

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EVERY SUNDAY

Farmer's Market

@Los Gatos Town Plaza Park at
Main and Santa Cruz Ave

Time: 9am-1pm

Cost: Free

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THURS., FEBRUARY 15

**February Networking
Quad-Mixer**

@Mountain Winery,
14831 Pierce Road, Saratoga

Join us at the Mountain Winery for our Quad-Chamber mixer with Santa Clara Chamber, Sunnyvale Chamber, Mountain View Chamber & Los Gatos Chamber.

Time: 5:30-7:30pm

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SAT., FEBRUARY 24

**Friends of the Library
Author Talk**

@Los Gatos Library,
100 Villa Avenue

The Friends of Los Gatos Library host Mark Lukach, author of *My Lovely Wife In The Psych Ward*, one of Silicon Valley Reads 2018 book selections.

Time: 1:30-2:30pm

Cost: Free

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TUES., FEBRUARY 27

**Biz to Biz
Networking Luncheon**

@Testarossa Winery,
300 College Avenue

This event is a great opportunity to network with local business owners and professionals on your lunch hour! Keynote speaker is Scott Kriens, former CEO of Juniper Networks, who has started the 1440 Foundation as a way of sharing with others the belief in the power of strong, healthy relationships for improving lives.

Time: 11:30am-1pm

Cost: \$30 for members, \$35 for prospective members

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TUES., FEBRUARY 27

**Travel Presentation:
Colors of New England**

@Los Gatos Chamber of Commerce,
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Time: 5:30-6:30pm

Cost: Free

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Is Myopolis™ Changing the Face of Social Media?

In the wake of frustration that many people have with social media, Myopolis™ could be changing the face of social media. A well-publicized study released last April (Harvard Business Review April 10, 2017) concluded that depression may be linked to social media usage. According to a recent article from CNBC, Facebook admitted usage could be bad for you. The harm stems from reading posts versus interacting with others, which can positively impact your mood.

Anyone who used social media during the last election can attest to the tiring intensity of the political posts. It becomes very uncomfortable when you face the choice of either "unfriending" your relatives and co-workers or building frustration by reading their divisive opinions.

Myopolis™ cracked that code by adding filters to each topic. This allows you to keep your family and co-workers while dumping their politics (or cat videos for that matter). There are twenty-some filters, including topics such as sports, news, fashion, real estate, and so forth. Additionally, Myopolis™ gives local influencers a powerful platform by ranking the top leaders in each of the categories. The category leaders can increase their influence beyond their own towns and into the state and national levels.

The map view allows users to see Pings (posts) from their own Private Citizens (friends) and the people who they have Citizenships with (people they follow). If you've ever wanted to be known as the leader in sports, fashion, real estate or news, now's your chance.

Myopolis™ is a unique and useful social media platform that restores the peace and creates an environment where you're in control of what you see and read.