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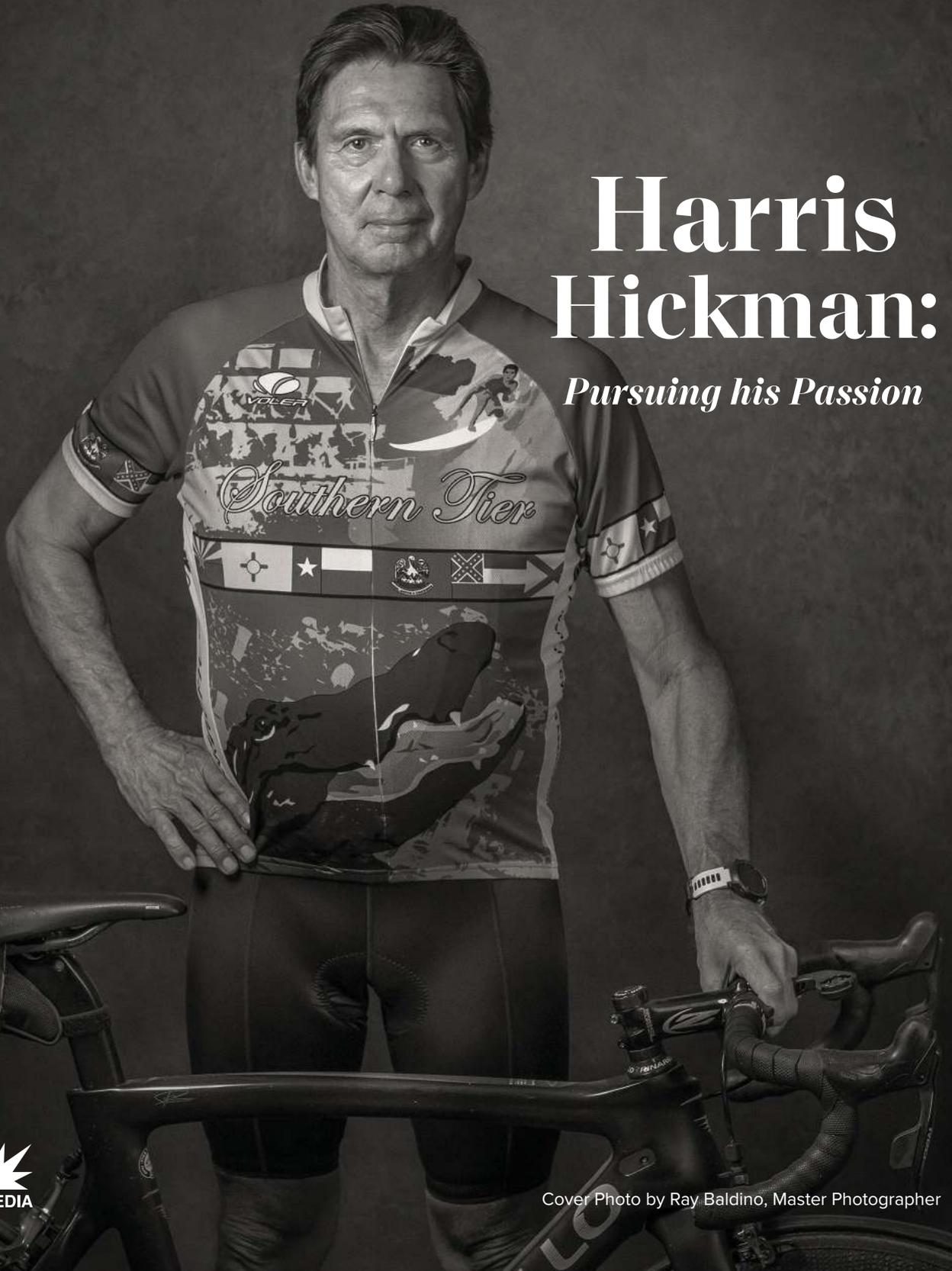
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Spotlight

Harris Hickman:

Pursuing his Passion



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SARATOGA *Spotlight*

PUBLICATION TEAM

PUBLISHER | Stephen Guruwaiya
CONTRIBUTING WRITER | Carol Gerwitz
DESIGNER | Brianna Fowler
CONTRIBUTING PHOTOGRAPHER
 David Lepori | Lepori Photography

CONTACT & ADVERTISING

PUBLISHER | Stephen Guruwaiya
PHONE | (408) 596-1734
EMAIL | sguruwaiya@bestversionmedia.com

ADVERTISING

PUBLISHER | Stephen Guruwaiya
EMAIL | sguruwaiya@bestversionmedia.com

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February 8	March
March 8	April
April 8	May
May 8	June
June 8	July
July 8	August
August 8	September
September 8	October
October 8	November
November 8	December



*Stephen Guruwaiya
Publisher*



*Carol Gerwitz
Contributing Writer*

*Brianna Fowler
Designer*

*David Lepori
Contributing Photographer*

Expert Contributor



*Lisa Bryant
Estate Planning and Elder Law
1625 The Alameda, Suite #820
San Jose, CA 95126
(408) 286-2122 | bryantelderlaw.com*



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HARRIS HICKMAN:

Pursuing his Passion

By Nancy Cole | Photos by Ray Baldino, Master Photographer and Harris Hickman

Harris Hickman has been On Road Cycling, a form of long-distance cycling that does not involve racing, for close to 51 years. He averages around 12,000 miles a year occasionally riding with the Space Coast Freewheelers Cycling Club in Cocoa and Bob's Bicycle in Indian Harbour Beach.

Prepping for a Ride:

"It takes me about 20 minutes to get ready no matter how far I plan to ride for the day," stated Harris. "Getting the bike ready, checking for air in the tires, getting the 'KIT' on and shoes and all the snacks in my pockets. I usually pack for a three-hour ride with a stop somewhere in the middle."

Training and Achievements:

Harris usually trains locally and joins many one-day and weekend charity rides that take place in Florida ranging from 60-100 miles. Over the years, he has cycled across Florida in one day five times, twice across Georgia in five days, and across both New York State and Iowa in five days.

Raising the Bar:

To up his game while turning 70 in October, Harris decided to do something completely out of his comfort zone—an Epic Cycling Adventure from San Diego, California to St. Augustine, Florida. On March 6, 2023, he and 12 cyclists dipped their rear tires in the Pacific and headed out on a 3200-mile trip averaging 65 miles a day along with a van hauling a trailer carrying luggage and food to lighten the bike's load. Camping out mostly, he passed through eight states, numerous

mountain ranges, three endless sand deserts, and two swamps. Occasionally, they would stay in hotels, churches, and behind police stations to do laundry and get a good night's sleep. Most days, their schedule was up at 4:30am, dressed, breakfast, packed, riding, and arriving at the next destination between 1 and 6pm. "The first five days were tough and cold," remarked Harris. "After that, it all just seemed to work. I ate everything I wanted, as much as I wanted, and at any time of day. Despite that, I lost 10 pounds." Their journey can be viewed on the *Cycling Across North America* Facebook page Harris created. "I saw this beautiful country of ours up close and personal," remarked Harris. "The beauty of it never ceased to amaze this flatland Florida boy. I experienced so much kindness of strangers, and as we rode into a beautiful St. Augustine Beach, my wife Pam, one of our wonderful neighbors, and others welcomed us. We dipped our front wheels in the Atlantic, so the tradition was complete. The other nine men, three women, and I became one rolling family over those two months. No, I don't have to do it again, but feel exhilarated and thankful that I did get to check that box."

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Lessons Learned:

“As I was riding from Ft. Myers to Key West with a group of 50 riders, I neglected to eat correctly and ‘bonked’,” stated Harris. “I started cramping and laid down beside the road on the Tamiami Trail. Being totally exhausted, I fell fast asleep which is not a good thing to do with alligators close by. A few minutes later, a guy came by with a truck, woke me up, and took me to the next SAG (Supplies And Gear) stop where I revived after several electrolyte drinks and peanut butter cookies. It was a close call and a lesson learned to eat and drink before I feel I need to. Now I have a 15-minute reminder on my GARMIN that goes off when I need to have a drink. Also, I have learned that proper planning for the route ahead is necessary. In training for long rides, you generally can ride double the distance you train at. Yes, you will be tired, but you can make it!”

Harris was advised early on to make sure his bike was well adjusted and size-fitted to his body. Three words can make that possible, “Professional Bike Fit”. Harris’s passion for cycling is evident and he was pleased to share his cycling experiences and knowledge. We wish him safe travels, continued good health, and the wind at his back. 🏹



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5 Books for Dog Lovers

Submitted by Lucinda Hahn



Whether you're a sucker for a wet nose or just love a good story with four paws and a wagging tail, these books are for you.

Mystery

***Dog On It* by Spencer Quinn**

The first in a series, *Dog On It* introduces readers to private investigator Bernie Little and his loyal partner, Chet—a wisecracking dog who narrates the story. When a teenage girl goes missing, the unlikely duo tackles the case with wit, grit and plenty of tail-wagging charm. Chet's humorous perspective gives the mystery a fun, fast-paced read that will delight mystery fans and dog lovers alike.

Memoir

***A Dog Named Slugger* by Leigh Brill**

The author recounts her journey living with cerebral palsy and how her life changed after she was paired with a service dog named Slugger. Slugger becomes a steadfast companion who gives Leigh independence, confidence and joy. The uplifting memoir showcases the incredible power of the human-animal bond and provides insight into the world of service dogs.

Literary Fiction

***The Story of Edgar Sawtelle* by David Wroblewski**

Born mute, Edgar Sawtelle lives with his parents on a

remote Wisconsin farm, where they raise a rare breed of highly intelligent dogs. After a tragedy, Edgar flees into the wilderness. There, he comes of age, uncovering painful truths that force a final reckoning as he fights for his survival and that of the three yearling dogs who follow him. This suspenseful tale highlights the deep emotional ties between people and animals with heartbreaking resonance.

Classic

***Lassie Come-Home* by Eric Knight**

Originally published in 1940, *Lassie Come-Home* has captured hearts for generations. The novel tells the story of a loyal collie named Lassie, who is sold by her impoverished family and embarks on an incredible journey across the English countryside to reunite with her young owner, Joe. With rich descriptions and emotional depth, Eric Knight's children's book is a delicious read for dog lovers of any age.

For Kids

***Because of Winn-Dixie* by Kate DiCamillo**

This book tells the story of 10-year-old India Opal Buloni, who adopts a scruffy dog she finds in a supermarket and names him Winn-Dixie. Set in a small Florida town, the novel follows the pair as they form friendships and uncover stories of loss and hope in their community. Kate DiCamillo's gentle, lyrical prose and her vivid characters have made *Because of Winn-Dixie* a modern classic. Perfect for readers aged 8 to 12. (Adults will love it, too!).

THE BUZZ ON BEES

By Grace Schulte

Springtime bursts into color and fragrance, which is largely thanks to the diligent work of pollinators like bees, butterflies, and hummingbirds. These tiny garden helpers transfer pollen from one flower to another, enabling plants to produce fruits, seeds, and the next generation of blossoms. Without their buzzing and fluttering, our spring landscapes would be far less vibrant and fruitful.

Why Are Pollinators Essential?

Pollinators are crucial for the reproduction of many flowering plants. As they collect nectar and pollen for food, they inadvertently carry pollen between flowers, facilitating fertilization. This process leads to the development of fruits and seeds, ensuring plant diversity and abundance. In fact, about 75% of flowering plants rely on animal pollinators.

The Springtime Symphony

As spring awakens, so do pollinators. Bees emerge from hibernation, butterflies return from migrations, and hummingbirds hover in search of nectar. Their activities not only support plant reproduction but also contribute to the beauty of the season. The sight of a butterfly dancing among blossoms or the hum of a bee visiting flowers adds a dynamic and enchanting element to springtime.

How Can We Support Pollinators?

To keep our spring landscapes lively and thriving, consider these pollinator-friendly practices:

- **Plant a Variety of Flowers:** Cultivate a range of native plants that bloom at different times to provide a continuous food source from spring through fall.
- **Avoid Pesticides:** Limit or eliminate the use of pesticides in your garden, as they can harm pollinators.
- **Provide Habitats:** Create environments where pollinators can nest and find shelter, such as leaving some areas of your garden undisturbed or installing bee hotels.

By appreciating and supporting pollinators, we ensure that each spring is filled with the colors, scents, and tastes that make this season so delightful. So, next time you see a bee buzzing or a butterfly fluttering by, remember: They're not just adding charm to your day. They're hard at work keeping spring beautiful!

References:

<https://www.fs.usda.gov/>



Aging with Purpose: *Seniors Making a Difference in Community*

Submitted by Kat Beasley

For many seniors, getting older doesn't mean slowing down; it's a time to step up. Across communities everywhere, older adults are making a meaningful impact by sharing their time, talents, and wisdom in powerful ways.

Many seniors are finding purpose in mentoring youth, offering guidance and support that helps shape the next generation. Others stay active by volunteering at food banks, organizing community cleanups, supporting local libraries, or lending a hand at animal shelters. Some lead classes in crafts, cooking, or fitness, using their lifelong skills to bring people together.

Giving back in retirement offers more than just community benefit it enriches the lives of seniors themselves. Staying involved supports emotional well-being, reduces loneliness, and provides a strong sense of connection and purpose.

Older adults are uniquely equipped to lead and inspire. With decades of experience, patience, and resilience, they bring a thoughtful perspective to community projects, grassroots efforts, and everyday acts of service. Their contributions show that the desire to make a difference doesn't fade with age; it often grows stronger.

Whether they're tutoring a student, planting a garden, supporting a local cause, or simply showing up where help is needed, seniors continue to shape their neighborhoods in meaningful ways.

Aging with purpose is about staying engaged, feeling valued, and knowing that your presence still matters. Communities that embrace and uplift their seniors benefit everyone.





CRANBERRY WHITE CHEDDAR IRISH SODA BREAD

By Amanda Griffin



INGREDIENTS

- 5 cups gluten-free 1:1 all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon baking soda (fresh is best)
- 1 teaspoon kosher salt
- 1 cup dried cranberries, chopped
- 2 1/3 cups plain kefir
- 1 cup finely grated sharp white cheddar cheese

Get ready to elevate your bread game with a tantalizing twist on tradition. Full of rustic charm and an irresistible flavor combination, this recipe takes the beloved simplicity of classic Irish soda bread and infuses it with slightly sweet bursts of tangy cranberries and savory sharp white cheddar cheese.

If you're new to Irish soda bread, it's a quick bread that doesn't require yeast. Instead, baking powder and baking soda are used for the leavening agents. For a little healthier twist, I like to use gluten-free flour and substitute plain kefir for the usual buttermilk. Kefir, like buttermilk, helps ensure the bread will be tender and flavorful, but the fermentation of kefir helps amplify the leavening.

Irish soda bread is a dense, yet tender bread, best served warm. So, whether you're enjoying it fresh out of the oven (my favorite) or toasted with a generous smear of butter and jam (lingonberry is my go-to with this recipe), each bite offers a delightful contrast of sweet and savory that will leave you craving more. As a bonus, Irish soda bread is super easy and a great introduction to bread craft for novices, adults, and kids.

INSTRUCTIONS

- 1 Preheat oven to 350 degrees and line a large baking sheet with parchment paper.
- 2 In a large bowl whisk together the flour, baking powder, baking soda, and salt.
- 3 Add the cranberries and white cheddar, mixing thoroughly.
- 4 Add the kefir and stir until the flour mixture resembles a course, crumbly dough.
- 5 Lightly dust your hands with flour and turn dough out onto a lightly floured work surface, gently kneading until a rough ball forms; about 2 to 3 minutes.
- 6 Cut the dough in half and form into 2 round loaves.
- 7 Transfer the loaves to the prepared pan.
- 8 Cut an "x" about 1/2 inch deep in the top of each loaf (this allows the bread to open up a bit which helps it bake all the way through).
- 9 Bake for 45 to 50 minutes, or until the loaves are golden brown. The loaves are done when there is a hollow sound when they are tapped on the bottom and the bread has an internal temperature of 195 degrees (slightly lower in higher altitudes).



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Romantic Comedies to Warm Your Heart

Submitted by Erin Vander Weele

The month of February is the perfect time to enjoy romantic comedy films celebrating love and laughter. Here are some heartwarming rom-coms to add to your must-watch list:

1. *Sleepless in Seattle* (1993)

In this tale of fate, Tom Hanks plays a widowed father whose son calls a radio talk show to find him a new wife. Meg Ryan, starring as a journalist in Baltimore, falls for him when she hears his story. With its breathtaking scenes, the film showcases the magic of love and connection amidst the complexities of life.

2. *The Wedding Singer* (1998)

Set in the vibrant '80s, Adam Sandler stars as a wedding singer who finds love in an unexpected place. This film is filled with catchy music, nostalgia, and humor, as Sandler's character tries to win over Drew Barrymore's character, who is engaged to someone else. The film wonderfully portrays the spirit of love and friendship.

3. *You've Got Mail* (1998)

Tom Hanks and Meg Ryan reunite to play business rivals who unknowingly fall for each other through email. As they exchange heartfelt messages, their online connection deepens, even as their professional lives clash. This remarkable story of love in the digital age is filled with wit, warmth, and plenty of romantic sparks.

4. *Notting Hill* (1999)

This charming film, set in the picturesque neighborhood of Notting Hill in London, stars Hugh Grant as a humble bookstore owner who falls in love with a famous actress played by Julia Roberts. The film beautifully combines ordinary life with extraordinary love, featuring humorous scenarios and endearing characters.

5. *Serendipity* (2001)

Starring John Cusack and Kate Beckinsale, this romantic comedy tells the story of two people who meet by chance and share a magical connection. Believing that fate will reunite them, they go their separate ways, embarking on a whirlwind journey of love and destiny. Its charming plot and New York City setting make it a February favorite.

6. *13 Going on 30* (2004)

This enchanting tale features Jennifer Garner as a 13-year-old girl who magically wakes up as a 30-year-old woman. As she navigates adulthood, she learns lessons about love, friendship, and the importance of staying true to oneself. With a blend of comedy and heartfelt moments, this feel-good film showcases nostalgia and romance.

7. Definitely, Maybe (2008)

Ryan Reynolds plays Will Hayes, a political consultant navigating divorce proceedings. To answer his daughter's questions about how her parents met, he shares memories of his past relationships and how he fell for her mother. With a storytelling approach, this film is a sweet reminder of the complexity of love and choices.

8. About Time (2013)

This unique romantic comedy starring Domhnall Gleeson and Rachel McAdams introduces a time-traveling romance that delves into life's precious moments. Focused on love and family, this film emphasizes the importance of cherishing everyday experiences.

9. Crazy Rich Asians (2018)

This groundbreaking film explores love amid family expectations and cultural differences. Starring Constance Wu and Henry Golding, the film showcases a dazzling world of wealth and glamour while delivering genuine emotional moments. Its vibrant cinematography and rich storytelling offer a modern twist on the romantic comedy genre.

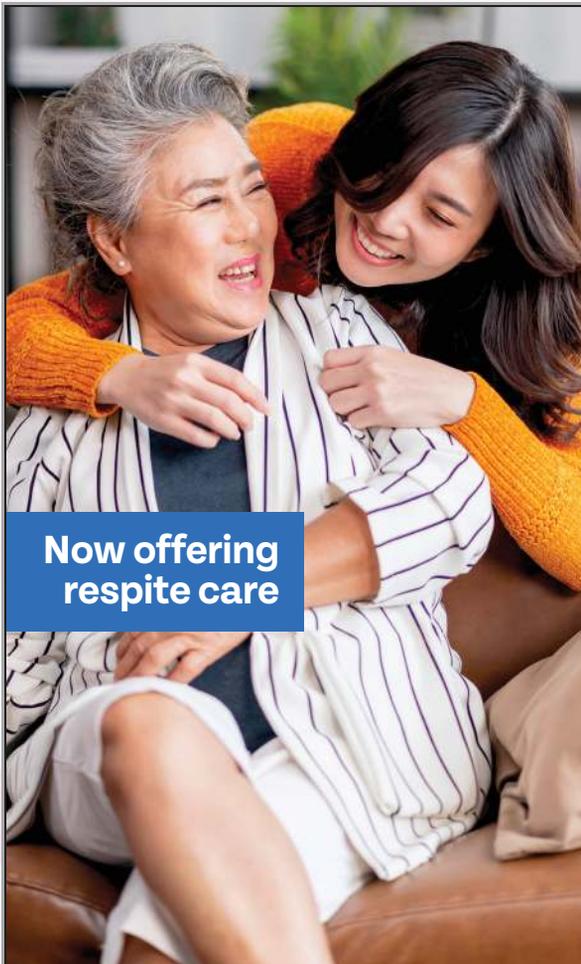
10. Always Be My Maybe (2019)

Starring Randall Park and Ali Wong, this film shares the story of childhood friends who reconnect after years apart. Their undeniable chemistry makes for moments filled with laughter and tender emotions. This refreshing take on a romantic comedy features a magnificent blend of humor and heart.



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Valentine's Traditions from *Around the World* By Grace Schulte

We began celebrating Valentine's Day somewhere around the early 1700s. It's been estimated that approximately 145 million Valentine's Day cards are exchanged each year, making it the second most popular day for gifting cards! In North America, individuals show their loved ones affection by going on dates or gifting cards, chocolate, and flowers. However, we aren't the only ones that celebrate Valentine's Day. Here are some cool Valentine's traditions from around the world!

Italy

"La Festa Degli Innamorati" or "festa di Santo Valentino" is what many Italians know as Valentine's Day. They celebrate in commemoration of Juno, the Goddess of Women and Marriage. It's common in Italy for individuals to give Perugina Baci chocolates to their loved ones. These chocolate candies are filled with different flavors such as hazelnut or cherry. They're also covered by wrappers conveying poetic sentiments. If you may recall, Romeo and Juliet, the famous star-crossed lovers, lived in Verona. Fittingly, Valentine's Day in Verona stretches into four days of festivities!

South Africa

In South Africa, Valentine's Day is actually celebrated on February 15th, in honor of the Roman festival Lupercalia. Some women in South Africa show their love openly by writing the name of their affection on a slip of paper and pinning it to their sleeves. They're really embracing the phrase "wear your heart on your sleeve." Others might shower their loved ones with flowers and small gifts.



Germany

When we think of Valentine’s Day symbols, we tend to think about hearts and Cupid. In Germany, they do things a little differently. German couples often exchange pig-shaped gifts with each other. Pigs are a symbol of good luck, financial prosperity, and well-being in Germany. Flowers, chocolates, and ginger cookies are also shared on this day of celebration.

Philippines

Last Valentine’s Day, mayors across the country presided over weddings for hundreds of couples. The Local Government Code of the Philippines gives mayors the power to solemnize marriages, and thus mass wedding ceremonies were thrown all over the country. The cities held a reception for the newlyweds after the ceremony, where each couple was gifted with a heart-shaped wedding cake and a cash gift from the city.

South Korea

In North America, it’s most common for women to be the center of gift receiving. In South Korea, however, it’s the opposite! February 14th marks the day in which women will shower the men with gifts and chocolates. One month later, on March 14th, men will reciprocate the gesture by giving gifts back to the women on what’s known as White Day.

Japan

In Japan, chocolate is a must for celebrating Valentine’s Day. There are different types of chocolate given. Homei Choco translates to “true feeling chocolate.” Thus, it’s only meant to be given to a romantic partner or love interest. It usually involves elaborately wrapped, high quality chocolate. Giri Choco translates to “obligatory chocolate.” This is meant for expressing friendship or gratitude to colleagues or acquaintances. The last type of chocolate, Tomo Choco, translates to “friend chocolate.” This is meant to be shared amongst friends, and is typically shared between women and their girl friends!

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