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An exclusive magazine serving the residents of Saratoga. The Heart of Saratoga

SEPTEMBER 2025

# SARATOGA

## *Spotlight*



**KATHERINE TSENG  
AND JACOB SUN –  
ENSURING BRIGHT FUTURES  
FOR YOUNG SARATOGANS**

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Cover Photo by Dave Lepori





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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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September 8	October
October 8	November
November 8	December



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**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](http://bryantelderlaw.com)

**To become one of our expert contributors, contact  
 Stephen Guruwaiya at [sguruwaiya@bestversionmedia.com](mailto:sguruwaiya@bestversionmedia.com).**



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## KATHERINE TSENG AND JACOB SUN – ENSURING BRIGHT FUTURES FOR YOUNG SARATOGANS

By Carol Gerwitz | Photos by Dave Lepori and Contributions from Katherine Tseng

When Katherine Tseng answered her door that day in 1999, one week after moving into their home near Saratoga High School, little did she expect that her new neighbor would change the trajectory of her life. The neighbor was asking for help on the Library Bond Campaign. Raised in Taiwan, where libraries are an integral part of community life, Katherine found a babysitter for her two young sons and started volunteering at the campaign's call center. That was Katherine's introduction to volunteering in her community, and she has not stopped. When school started, Katherine asked the principal, "How can I help?" The principal replied, "Why don't you volunteer?"

Katherine, who has an MA in statistics from the University of Rochester and strong data analytical skills, has worked in health care, high tech, and finance. As an actuary, her expertise has been risk management. She helped design the first HMO product while working for Maxi-Care. With her statistical background, she worked with physicians to design experiments testing new treatments and then evaluating the test results.

However, when Katherine followed the principal's suggestion and stepped inside the classroom as a volunteer, she found her true passion. She was fortunate and grateful to immediately meet two educators who supported and encouraged her in her new endeavors in the classroom and in the community. Her first effort was helping with an ice cream



Friendship City Education Delegation visited Hakone Garden in 2023

social, and then she became the lead parent volunteer in the classroom. The next year, she was the fundraising chair and helped raise \$100,000 in one night to benefit the Saratoga Union School District.

Wanting to give back to her community which she so loves, Katherine expanded her volunteerism. She co-organized the mid-autumn Moon Festival in downtown Saratoga, and she volunteered at the

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annual Blossom Festival and coordinated school-wide and city-wide Lunar New Year celebrations. (Lunar New Year is now exuberantly celebrated at Hakone Gardens.)

Katherine joined and then served as president of the Saratoga Education Foundation. She has served as PTA president of Argonaut Elementary School, Redwood Middle School, and Saratoga High School. She has served as president of the Saratoga Music Boosters and has been a board member of the Saratoga High Sports Boosters. She is a loyal supporter of Hakone Gardens, where she is an unofficial advisor and enthusiastic goodwill ambassador, delighting in sharing Hakone with visitors and international education delegates.

Running for public office had never been on Katherine's radar. Still, she decided to run, and in 2012, she was elected to the board of trustees of the Los Gatos Saratoga Union High School District, another trajectory change in her life. In 2024, she was appointed vice president of the board. Continuing to utilize her analytical and statistical skills, she strives to honor the public's trust in her as she makes informed decisions about how to allocate public funds to best benefit Saratoga's students.

Katherine and her husband, Jacob Sun, are now empty nesters. The two met while they were both at graduate school in New York pursuing their doctoral degrees. Jacob founded a successful start-up and has always worked in the high-tech field. He is busy furthering his career, providing for and supporting his family, and being Katherine's biggest cheerleader. Their eldest son, Darren, lives in San Mateo and works for a digital health company as a senior director. Badminton is his sport, and he also



plays the saxophone. Their younger son, Derek, is a life-long baseball fan, having played baseball from elementary school through college. He lives in Saratoga and is the marketing director at an AI-powered biotech/health solutions company.

Katherine and others recently returned from New Taipei City, Saratoga's Friendship City. This Friendship City association grew out of Katherine's initiating a program of global education collaboration in 2017 between the two cities to further the high school district's mission to prepare students as responsible global citizens. Encouraged by the success of that program, Katherine proposed the Friendship City program to expand to both cultural and educational exchanges. The Saratoga City Council unanimously approved the arrangement, and it was formalized in 2023. Since then, more than 40 Saratoga and Los Gatos High School students have travelled to Taiwan, and 50 students from New Taipei City have visited Saratoga. During the past year three Saratoga High students have collaborated with Taipei City students in developing an innovative, inexpensive drone device for capturing local CO2 emissions in conjunction with a United Nations project. Katherine was thrilled to watch a joint presentation by these students at the Global Sustainable Student Action Summit while she was in Taiwan. (For more details on this trip, see former mayor and current council member Kookie Fitzsimmon's article in August's Saratoga Living.)

Katherine says, "The people I've met in the school community and community at large are welcoming and friendly. We celebrate diversity in our community. I feel fortunate to live in such a lovely and charming community."



2025 International Student Summit with 3 Saratoga High Students





## MAYOR'S CORNER

### WHY OUR ROADS MATTER

By Mayor Belal Aftab

I grew up in Saratoga. My family still lives here. So, when I say our roads matter, I don't mean it in the abstract. Roads are how we visit grandparents on a Sunday, get kids to school on time, reach a job interview, or make it to Hakone for a quiet walk after a long week. They connect every one of us—literally.

Those roads are also a promise. You fund them with your taxpayer dollars, and you entrust the city to be a careful steward. That's why roads are a core responsibility of local government, not an afterthought. Last year alone, Saratoga paved 6.1 miles of streets. Two neighbors might disagree on everything under the sun, but put them in the same car and they'll agree on one thing: nobody wants potholes.

When roads and sidewalks are in good condition, they do more than move cars. They serve everyone: the early-morning trucks delivering to Safeway, a parent rolling a stroller on a school-day sidewalk, a teen riding to practice, a neighbor in a wheelchair, and an older adult with a cane or walker. For that last group, especially, a "small" sidewalk crack or uplift isn't small—it's a fall risk. Designing and maintaining for our most vulnerable users makes the system safer for all of us. Our broader safety efforts—from Safe Routes to School to targeted calming measures and ADA ramp upgrades—depend on reliable pavement, clear striping, and smooth sidewalks.

On pavement, our goal is straightforward: keep Saratoga's network at or above a Pavement Condition Index (PCI) of [67]. PCI is a simple 0–100 scale—think of it like a report card for streets. Hitting that target is harder than it sounds. Once a road falls below a certain threshold, deterioration accelerates, and costs climb quickly. Preventive maintenance—sealing cracks, resurfacing at the right moment—costs far less than rebuilding a street that's been allowed to crumble. In the hills, everything gets tougher and more expensive: engineering around slopes, drainage, and stability can push repair costs to levels far beyond similar fixes on the flats. That's one reason we plan years ahead and bundle projects—to stretch each dollar while keeping the whole system functioning.

In the past four years, Saratoga has invested an average of \$3.6 million annually in street improvements. During that same time, we've also completed major park projects—including playgrounds, pickleball courts, fire mitigation work, community gardens, and residential tree planting—to enhance public spaces and support quality of life.

How do we pay for it? With a mix of state and county dollars, competitive grants, and local funds—plus your patience when we close lanes to do the work. We do our best to time projects to minimize disruption and to sequence maintenance so we don't repave

a road one season and dig it up the next for utility upgrades. It isn't glamorous, but it's the blocking and tackling of city government.

You can help by letting us know when something's broken—use the service request tool on the city website to report potholes, lifted sidewalks, faded striping, or damaged signs. Early notice saves money. Please also slow down a bit; design matters, but culture matters too, and the safest streets are the ones where neighbors look out for one another. And finally, use what we're building: walk the new paths, take the kids to the park (and enjoy those new downtown bathrooms), ride to the Village for a coffee. When people show up, we learn what's working and where to improve. And behind it all are our incredible city staff—quiet heroes who pour their skill, care, and long hours into this work every day. They're the magicians who make our city move, often unnoticed, but never unappreciated.

Our roads and sidewalks—and the wider infrastructure behind them—are among the few things every resident has in common. If we keep investing wisely—maintaining that PCI target, tackling hillside needs with care, fixing trip hazards on sidewalks, and designing for people as well as cars—we'll have a network that carries more than vehicles. It will carry a community.





## SANTA CLARA COUNTY SUPERVISOR'S CORNER

### THE IMPACTS OF H.R. 1 ANTICIPATED BY SANTA CLARA COUNTY, AND A WILDFIRE SUMMIT FOR POLICY MAKERS

By Margaret Abe-Koga

This fall, voters in Santa Clara County will be asked to vote on a temporary 5/8-cent increase to the sales tax, as deepening concern spreads over the impact of sweeping federal legislation passed this summer, known as H.R. 1, officially named the One Big Beautiful Bill Act.

This was a difficult decision made by the Board of Supervisors during a special meeting on August 7. The County of Santa Clara, which is obligated to provide safety net services, receives \$3.5 billion in federal funding, of which \$2.3 billion is in Medicaid funds, one of two key programs being cut back over the next ten years. The second is the Supplemental Nutrition Assistance Program. The county executive's office has projected a \$1 billion loss in revenue over the next few years.

The Board voted unanimously in favor of moving the measure forward and giving you, our residents, the opportunity to vote on this important question, which has a duration of five years.

Whether you are a Medicaid patient or not, it affects all of us. Santa Clara County has the second-largest hospital system in California, with two of the county's three trauma-level hospitals. As Congresswoman Zoe Lofgren (CA-18) pointed out last spring, we all depend on Santa Clara County's emergency rooms, particularly as we traverse our freeways and highways. On August 16, she and Congressman Sam Liccardo (CA-16) spoke to residents about the impact of this act and

gave their sense of how Congress is treating cuts to the 2025-26 federal budget, which begins in October.

During this year's county budget adoption, I called for stronger commitments to District 5's healthcare needs. While there is a perception that D5 is more affluent, public comments made by our residents at the August 7 special meeting made clear that our residents have significant medical needs too. District 5 has one County healthcare clinic in Palo Alto, and I hope to work with collaborating entities for healthcare services in West Valley.

What happens in Washington and in Sacramento are of fundamental importance. And yet, we still have some leeway to act. This fall I will be asking the Board to strengthen our reserve policy – to maintain a rainy-day fund. Financial reserves are needed to protect us during catastrophes, and this moment highlights the importance of having funds available to fill emergency gaps. I've spoken often about fiscal responsibility, and I want to emphasize again the importance of taking that seriously. What I hear most from residents is that they want to see results.

#### Wildfire Summit for Civic Leaders and Researchers

Because District 5 is flanked by foothills and the Santa Cruz Mountains, the dangers of wildfires are a key concern. From evacuation routes to home hardening to insurance issues, I am looking for the best information

to help me craft policy at the county level. Stanford University and I will be convening a wildfire summit in September, inviting District 5 policy leaders, wildfire professionals in the field, and university researchers to share information.

We'll hear what's active in science and research, from fuel management to smoke impacts, to actions utilities are taking to insurance issues and municipal bond ratings. We'll look at what translating that into actions by policymakers. This includes looking at Climate Resiliency Districts, enabled by the state Legislature in 2022 and examining how fire concerns are shaping new developments in communities with higher fire risk.

This kind of exchange will help all of us to prepare for the extremes that we have seen in the CZU fire and in Pacific Palisades and Altadena. At every level, from city to county, state to federal, we can learn from the newest research and what professionals see in everyday practice to help us create solutions to save lives and property.

Supervisor Margaret Abe-Koga and her staff can be reached at [District5@bos.sccgov.org](mailto:District5@bos.sccgov.org). Ask a question or provide feedback. All correspondence is welcome!





# STATE OF THE CITY/SAFE ROUTES TO SCHOOL EVENT: SAVE THE DATE

By Mayor Belal Aftab



2023 STATE OF THE CITY – WILDWOOD PARK

Mark your calendars! The City of Saratoga invites you to a special community celebration on Saturday, September 20, 2025, from 10:00 a.m. to 1:00 p.m. at Argonaut Elementary School. This year's State of the City will take place in conjunction with a Safe Routes to School event, bringing together fun, safety, and Saratoga pride into one exciting day for the whole community.

From 10:00 a.m. to 12:00 p.m., families can enjoy a variety of hands-on safety and biking activities during the Safe Routes to School portion of the event. Children will have the opportunity to navigate a bicycle obstacle course; families can stop by the helmet fitting station, pick up a free helmet (while supplies last), and visit tables hosted by local organizations and public agencies. Enjoy food trucks, interactive booths, and family-friendly fun—all aimed at raising awareness about making school commutes safer, easing traffic congestion, and supporting healthier, more active lifestyles by encouraging kids to walk, bike, or roll to school.

At 12:00 p.m., guests will gather in the Argonaut Elementary Multipurpose Room for the Annual State of the City address, where Mayor Belal Aftab will reflect on Saratoga's recent accomplishments and share a vision for the future. Attendees will hear updates on key City projects and priorities, and celebrate the people and partnerships that keep Saratoga strong.

The program will also include presentations of several community awards, including the Mayor's 2025 Courage in Leadership Award. This award honors a Saratoga resident who has demonstrated exceptional



resilience, quiet leadership, or bravery in the face of adversity. Nominations for the award are open through Sunday, August 31, on the City of Saratoga website at [saratoga.ca.us/SOTC](https://saratoga.ca.us/SOTC), and all are encouraged to recognize someone who inspires others through their actions.

Whether you're passionate about safety, civic engagement, biking, or simply connecting with neighbors, this event has something for everyone. Admission is free, and all ages are welcome. Come celebrate Saratoga's progress, values, and community spirit—we'll see you there!

For more information, please go to the City of Saratoga website at [saratoga.ca.us/SOTC](https://saratoga.ca.us/SOTC)



2024 STATE OF THE CITY – JOAN PISANI COMMUNITY CENTER





# PING PONG - WE CAN'T GET ENOUGH

By Kevin Korb

**PingPong**  
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Ping pong has outgrown the cluttered garage. At PingPong.info in Saratoga, it's thriving! A bright, all-ages space where skills grow, laughter flows, and even robots are in on the action.

If you can hold a paddle, you can play—whether you're learning your colors or reminiscing about the '60s. Stop by for an hour of casual play or grab a membership and enjoy all the perks—like unlimited access and a ping pong robot that never gets tired (or trash-talks).

I'm Coach Kevin, owner and operator of PingPong.info! I've stood on podiums with a college team ranked third in the nation and traded shots with players rated in the top 50 in the US, often coming out on top. I coach everyone from nationally ranked teens to seniors using table tennis to stay sharp. One of my proudest moments is helping a 72-year-old stroke survivor regain coordination through table tennis.

Ping pong isn't just fun—it's science-backed longevity training. Studies show it can add up to seven extra years to your life. And it's easier than you think: most new players become intermediate with just ten hours of coaching.

More into cake than competition? You're still in the right place. Our spacious, air-conditioned, Saratoga facility is perfect for birthdays, team events, or celebrations of all kinds—starting at \$99. Food and drinks? Bring your own or let us take care of it!

#KingOfTheCourt runs every week (6-8pm on Fridays)—part social mixer, part friendly contest. Then once a month, we crank up the competition with our league tournaments. Winners take home top-tier gear—crafted right here at PingPong.info! Fun fact: I manufacture some of the best pro-grade paddles and accessories you'll find anywhere—in-store at our Saratoga location.

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## MEDICARE AND MEDICAL ALERT SYSTEMS

By Lucille Maravilla

This is a reprint article. However, I still get many inquiries about whether Medicare will cover medical alert systems. Let's look at what's currently available.

According to some surveys, at least 80% of adults aged 50-80 want to remain in their homes as they age. Medical alert systems are frequently advertised on television and in newspapers, and in magazines. Because these devices allow those who have fallen or have an emergency to contact someone for assistance, they help individuals maintain independence. Today's medical alert options range from in-house and on-the-go systems, to watches and other wearables.

At-home medical alert systems have a base unit in the home that connects wirelessly to wall-mounted sensors or a wearable device. On-the-go or mobile systems include a rechargeable battery and charger. Both systems typically offer wearable accessories, such as a necklace, bracelet, or watch, that include a help button. When the button is pushed (or in some models, when a fall is detected), an alarm is activated, and the monitoring center or emergency contacts and responders are notified. Another system, voice assistants, are devices placed around your home that can remind you about appointments. While not medical devices, they may help in a medical emergency.

Original Medicare (Medicare Part A and Part B) and Medicare Supplements do not cover medical alert systems, smart watches, or voice assistants. Medicare Advantage plans are private insurance plans that may include coverage that's in addition to Original Medicare. Some Medicare Advantage plans may cover medical alert devices. In addition, some Medi-Cal programs may cover what they call Personal Emergency Response Services (PERS) devices.

Medical alert systems do not meet the definition of covered medical devices or durable medical equipment under Original Medicare. Medicare Part B only covers medically necessary durable medical equipment if your health care provider prescribes it for use in your home. Medically necessary is defined as "health care services or supplies needed to diagnose or treat an illness, injury, condition, disease, or its symptoms and that meet accepted standards of medicine".

Typical durable medical equipment covered under Medicare includes canes, walkers, and oxygen equipment. The main purpose of Medicare is to treat problems, rather than prevent something from happening. Since medical devices are mainly preventive, they are not covered.

However, there are other ways to pay for medical alert devices: Veterans may qualify for a free medical alert system through the VA. Medical device companies sometimes offer discounts on the equipment. If you have funds in an HSA account, as with many other medical expenses, you can use the funds to pay for a medical alert system. Sometimes there are community-based programs that can help pay for the devices. The National Council on Aging's localized benefits database (Helpline 1 800-794-6559) may be able to connect you to benefits programs that help pay for a medical device.

When discussing with your Medicare agent what medical coverage you want, make sure to mention what you need or think is important (a medical alert system?)

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## THE TIGER TEERLINK TEAM ... TOP COMMUNITY SUPPORTERS & TOP REAL ESTATE ADVISORS

By Carol Gerwitz

In Saratoga's competitive real estate market, one name stands out for its dynamic approach and deep community roots: the Tiger Teerlink Team. Led by Tiger Teerlink, a lifelong Saratoga resident, the team is renowned for its unparalleled local knowledge and unwavering commitment to the community. Tiger and Cody are the founders of and volunteers to produce the Annual Saratoga Classic and Cool Car Show brings prestige, notoriety, and business dollars to town.

Tiger's journey is woven into the fabric of Saratoga itself, giving him a unique perspective that goes far beyond property lines. His law degree, plus 30 years of legal contracts and negotiation experience, gleaned from training by three Fortune 100 companies, means customers will have the upper edge when negotiating the best terms and price for the sale or purchase of their home or building site.

Cindy Teerlink shares her husband's love of real estate and has been a licensed Realtor for 14 years. Creative staging and hosting successful open houses are Cindy's fortes. An instructor at West Valley College, where she teaches senior fitness, Cindy is especially drawn to advising seniors as they transition to more comfortable homes.

Cody Teerlink joined his parents' team eight years ago. Cody has a degree in business management and was recently recognized for his exceptional volunteer and organizational services and awarded the "Saratoga Shines Because Of You" award. Cody has an eye for improving properties, and he brings fresh and innovative ideas to the team.

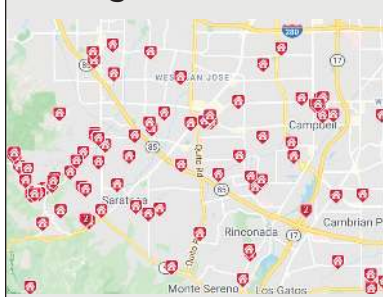
It is no surprise that Tiger has been nominated Business Person of the Year and chosen by the California State Senate as a "Best of the Bay" Honoree for his service. The Tiger Teerlink Team is a formidable team to have on your side when buying or selling real estate. The team's success is not just measured in sales, but in the lasting relationships they build and their dedication to their clients, whom they consider family.

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*Voted Saratoga's Business Person of the Year.*

#### ► Cody Teerlink

*Honored as Saratoga's Exceptional Volunteer of the Year.*

#### ► Cindy Teerlink

*Thirty plus years serving the Saratoga Senior Center.*

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TIGER TEERLINK TEAM



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the Saratoga  
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By Lisa Bryant

Many parents want to ensure that their children inherit their house. Most people believe the easiest way to do this is to gift the house to their children while they are alive. The parents plan to live in the home until they pass away, but not own it. While this may seem easy, there are a lot of serious tax and liability consequences when you put your kids on the deed to your house.

First, your house becomes subject to your children's lives. Specifically, if your kids have creditors, they can come after the house for the children's debts. If your children are sued, the house you are living in is now involved in their lawsuits. Even worse, your child gets divorced, and now the house you gave to your son is involved in his divorce settlement.

When on government benefits, such as Medi-Cal, people believe giving away their house is the only way to prevent a Medi-Cal recovery claim. This is not true – although you are allowed to transfer your home under Medi-Cal rules, doing so could cause serious tax implications if not done properly.

For tax purposes, if you gift away more than \$19,000.00 in 2025 to an individual, you must file a gift tax return to the IRS. Under current law, you can give away \$13.99 million without having to pay additional taxes; however, even if your house is worth far less, you must still account to the IRS.

While you may not have to pay gift tax, if your children decide to sell the home at a later date they could realize significant income tax consequences. When you gift property away, the tax basis (what you originally paid for your house) is transferred to your children. For example, if you paid \$60,000.00 when you purchased your home and you gifted your home to your children, when your children sell your home any gain or loss will be determined based on the original \$60,000.00. So, in 2025, now your home is worth \$900,000; but, if you gift your home to your children and they decided to sell the house,

they will realize a taxable gain of \$840,000.00 (the fair market value minus the tax basis).

When your children inherit property from you, the result in the above scenario is much different because they receive a 'step up in basis' at the time of your death. This means that the tax basis for your house "steps up" to the current fair market value of the property, instead of remaining at the original purchase price. So, in the above example the gain or loss when your children go to sell the property is now based off of \$900,000.00 (the fair market value). As a result, they do not recognize any taxable gain on the property.

Typically, the best estate planning technique that will allow your children to inherit real property from you is a living trust. In California, you need to transfer your property to your children through a living trust in order to avoid probate. If you do use Medi-Cal, a living trust also prevents Medi-Cal recovery when you pass away.

Before you decide to gift your house to your children, please call Bryant Elder Law at (408) 286-2122 to schedule a no-cost consultation to discuss your options and ensure that you are able to provide for your children in the best possible way that will not result in unintended consequences.

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📍 1625 The Alameda Suite 820, San Jose, CA 95126





# "MOST AWED CAR"

By Neal Casteel, Saratoga IOOF Member

At the 14th Annual Saratoga Classic & Cool Car Show, the Saratoga Odd Fellows Lodge #426 tipped their top hats to a ride that had jaws dropping and memories roaring down the boulevard. This year's Most Awed Car roared home to a local Saratogan whose family roots run deep in the soil of Odd Fellowship. With Levi Renn joining the Saratoga Lodge in October 1913, and Earl Renn following in July 1919, the Renn lineage reflects a legacy of community, character, and, it turns out, an impeccable eye for vintage steel.

This year's winner is Brad Renn, a Saratoga High grad (as is his wife Ann). His

winning chariot? The legendary 1932 Ford Roadster — a machine that didn't just define hot rodding, it lit the fuse. With its low-slung stance and timeless silhouette, Brad's roadster is pure Americana on wheels: a chrome-drenched throwback to the sock-hop days, drive-in diners, and dragstrip dreams.

Much like the Lodge itself, this car stands as a tribute to daring style, storied history, and the kind of grit that gets passed down through generations. Here's to horsepower with heritage — and to keeping the spirit of Saratoga bold and beautifully loud.



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## FALL-THEMED DOG TREATS

## 5 Seasonal Recipes Your Pup Will Love

Submitted by Miranda Dow

As autumn leaves begin to fall, why not treat your furry friend to some seasonal delights? These fall-themed dog treats use dog-safe ingredients that capture the essence of the season while keeping your pup healthy and happy.

## 1 Pumpkin Peanut Butter Biscuits

**Ingredients:**

- 1 cup pure pumpkin puree (not pie filling)
- 1/2 cup natural peanut butter (xylitol-free)
- 2 cups whole wheat flour
- 1 egg
- 1/2 cup water

**Instructions:** Mix all ingredients until a dough forms. Roll out and cut into shapes. Bake at 350°F for 20-25 minutes until golden.

## 2 Sweet Potato Chews

**Ingredients:**

2 large sweet potatoes

**Instructions:** Wash and slice sweet potatoes into 1/4-inch rounds. Bake at 250°F for 2-3 hours until dehydrated and chewy. These naturally sweet treats are packed with vitamins and fiber.

## 3 Apple Cinnamon Cookies

**Ingredients:**

- 1 cup diced apples (seeds removed)
- 2 cups oat flour
- 1/2 teaspoon cinnamon
- 1 egg
- 1/4 cup water

**Instructions:** Combine ingredients and form into small cookies. Bake at 325°F for 15-20 minutes. The natural sweetness of apples makes these irresistible to dogs.

## 4 Pumpkin Spice Frozen Treats

**Ingredients:**

- 1 cup pumpkin puree
- 1/2 cup plain Greek yogurt
- 1 tablespoon honey
- Pinch of cinnamon

**Instructions:** Mix ingredients and pour into ice cube trays or silicone molds. Freeze for 4 hours. Perfect for dogs who love cold treats!

## 5 Carrot Ginger Bites

**Ingredients:**

- 1 cup grated carrots
- 1 1/2 cups rice flour
- 1/4 teaspoon ground ginger
- 1 egg
- 2 tablespoons coconut oil

**Instructions:** Combine all ingredients and roll into small balls. Flatten slightly and bake at 350°F for 12-15 minutes. The ginger aids digestion while carrots provide beta-carotene.

**Safety Notes**

Always ensure ingredients are dog-safe. Avoid chocolate, grapes, raisins, onions, garlic, and xylitol-containing products. When introducing new treats, start with small portions to ensure your dog tolerates them well. Store homemade treats in airtight containers in the refrigerator for up to one week, or freeze for longer storage.

These autumn-inspired treats will have your dog's tail wagging with seasonal joy while providing wholesome nutrition. Remember, treats should make up no more than 10% of your dog's daily caloric intake, so enjoy these special snacks in moderation alongside your pup's regular balanced diet.



# Cooking Quick Tip:

## Better Browning Ground Beef

By Amanda Griffin

If you're looking for a nice browning on your ground beef, add a pinch or so of baking soda into the mixture. It will help stop the proteins from bonding, which is what causes so much moisture to escape during cooking. Additionally, be careful not to overcrowd the pan with too much ground meat. This allows the steam to escape during cooking and will help the browning process.



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