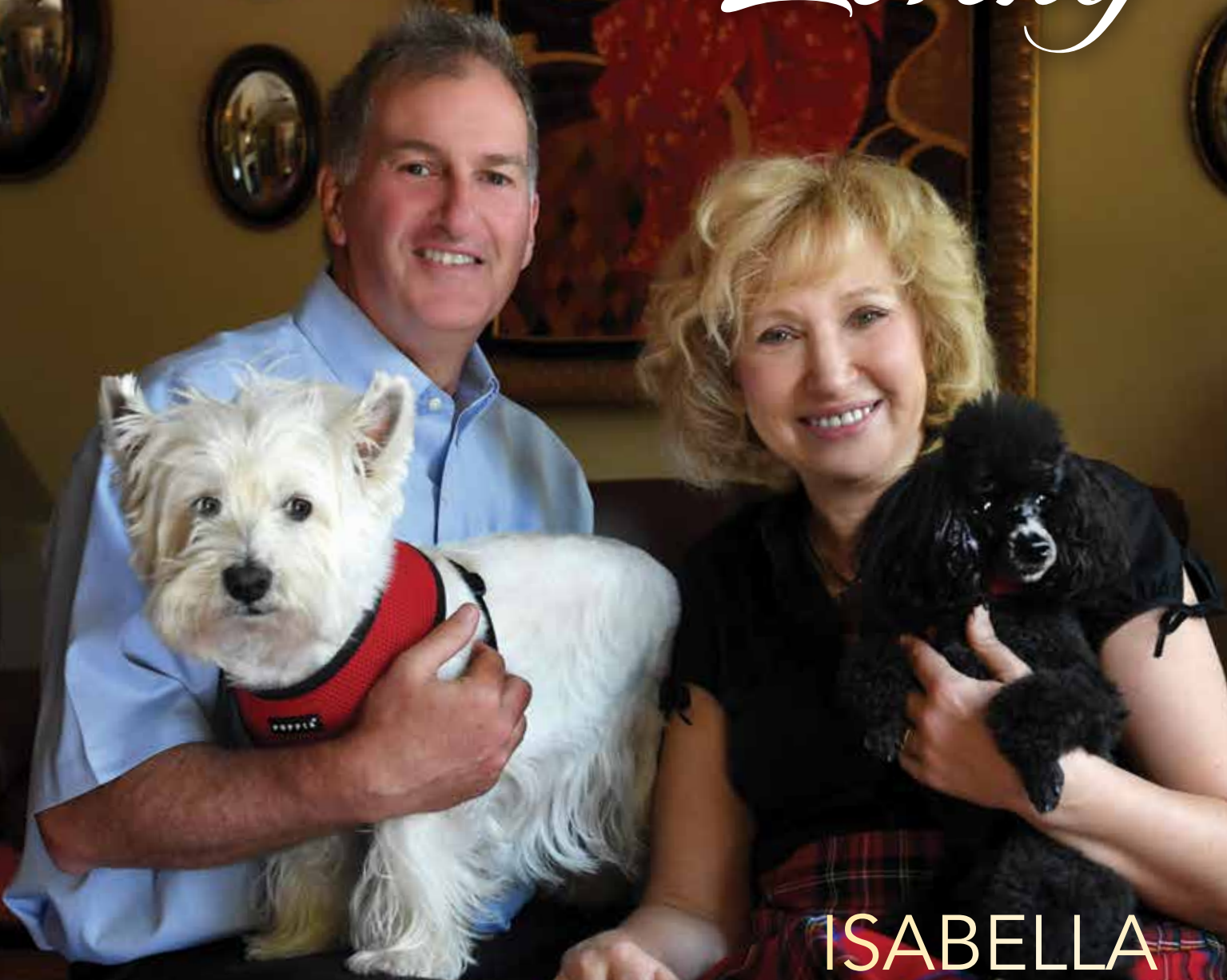


LOS GATOS

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

Living



ISABELLA
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Rennie:

Supporting our Wonderful Community



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Cover photo by Dave Lepori



Music in the Park By Arn Andrews

The Town of Los Gatos is proud to present this summer's Music in the Park concert series! Along with the help of our generous sponsors this summer is shaping up to be one of the best seasons ever. In addition to a family-friendly vibe and a variety of musical genres, MIP is excited to introduce an assortment of fun activities and amenities for our concertgoers this year.

This summer will see dance lessons before each concert, a Story Time hosted by our Library before the July 15th concert, a Beer & Wine Garden hosted by the Chambers Food & Wine Committee, additional opening acts, free inflatable microphones and guitars for our early younger concertgoers - and much more!

The Peelers – July 8 - The Peelers are the San Francisco Bay Area's riveting cover band sensation.

Prince Damons and Band – July 15th - Prince Damons is a two-time Grammy-nominated music producer from the Bay area.

Extra Large – July 22 - Voted Best Local Band in Santa Cruz County fifteen times running, Extra Large splices together funk, Latin spice, fun-in-the-sun reggae, and classic California rock vigor.

Journey Unauthorized – July 29 - JOURNEY UNAUTHORIZED is comprised of the best musicians and performers specializing in a complete Journey concert production.

Country Cougars – August 5 - The Country Cougars are a hot 'rockin' country band playing new and classic country and quickly becoming one of Northern California's favorite bands.

It's Time to Build *and* We Want You In!

By Stephen Guruwaiya and Ellen Manzo



We honor those who have served, who are currently serving to protect us, who ensure our safety and are defending our freedoms with their lives.

The Town of Los Gatos Town Council approved a veteran's memorial plan in support of the Veterans Memorial & Support Foundation recommendation. The Flame of Liberty rendering above depicts the chosen design selected by Town stakeholders, Town Council, you - the public, and the Veterans Foundation Board. The Flame of Liberty design was submitted by award-winning designer, illustrator, portrait artist and Master Designer for the U.S. Mint, Frank Kocian Morris.

The memorial will deliver honor, respect, gratitude and healing to the men and women of our armed forces and first responders who put their lives on the line for us every day, to those who have made the ultimate sacrifice, and to two local 9/11 heroes aboard United Flight 93 whose extraordinary acts of courage prevented the targeted U.S. Capitol building from destruction.

Be a part of history. Create a legacy for our community. Help build our own, much awaited Veteran's Memorial and make your mark!

Every gift, large or small, makes a difference.

Go to: honoravet.org

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From an Older Vietnam Vet to Younger Vets



By Sgt. Clyde R. Horn

I'm a combat veteran of the Vietnam War. I served with the 199th Light Infantry Brigade, Company E, from 1967-1968. I was wounded in action December 6, 1967. I survived the TET Offensive. I witnessed six of my fellow soldiers die next to me in battle. I was exposed to Agent Orange suffering from heart disease as a byproduct of my exposure. In 2008, after I retired from full-time work as a professional, I experienced a full blown attack of Post-Traumatic Stress. It took me two years of navigating the VA disability system to finally receive a 100% disability rating from the VA.

I know the horror of trauma experienced in war. I lived it and still suffer from lifelong effects. I've had disabling anxiety, hypervigilance, paranoia, night terrors, sleep disturbance, flashbacks, lack of ability to attach and more. Through years of work, support with other veterans, I am able to function and enjoy some of my retirement to the best of my ability. I utilize many of the tools it takes to self-soothe, love my family along with giving support to other veterans through personal involvement, pro bono work, sharing my art and giving back to the community.

Here are some of my insights and words to you from one veteran to another:

1. I don't expect you will want or seek help for your internalized anger, possible PTSD, isolating behavior or listen to those who say you have changed from the person you once were.

It is probably too early for you to understand or appreciate how traumatized you are. Trauma robs you of joy, connection, discovery, energy and insight. It is a thief in the night. Part of you knows something has changed but you have too much energy with your youth to be able to understand the implications. I only wish you could hear my words.

2. If it is possible be around other veterans. You are not alone. We are brothers and sisters. We waited to get support just like you. I was never the same again after combat, so I know the reality. I listened to family who wondered why I was angry, who desperately wanted to support me while I pushed them away. I couldn't trust myself nor others to understand me. I isolated actually enjoying it even though I suffered with loneliness wanting to be loved but hating myself even though I functioned as best I could.
3. I left a stream of broken relationships. I thought it was the other person who had the problem. It was ME. Trauma

attacked my biology, it imprinted on my brain. The chemical cortisol in the brain stem stayed on all the time without turning off. The fight, flight, freeze reaction that normally turns off after a person calms down from a scare doesn't turn off for those of us who suffer from war trauma.

We stay in a state of readiness. We scan the environment looking for exits, for possible dangers, for signs of quick movements. We can't stand to be among crowds of people because we have no control. We are a relational mess.

4. We lose our past abilities to be intimate. Yes, we can still be around our family. We can parent. Yet, we aren't as effective as we were before war. It's as if we lost our ability to love. We haven't but our mind says different. That's the mind games trauma plays with us. Trauma is a liar. It says we are no good, it negates our positive self, It says it's in control and it haunts us.
5. The time will hopefully come where you will realize this is no way to live. As an older veteran, even though I am a mental health professional, I realized I needed support. I found other veterans, I sought help from the Veterans Administration with the help of Veteran Service Officer (VSO), I joined several veteran support organizations—The Vietnam Veterans of American, The American Legion, and The Military Order of the Purple Heart.

For me it is art therapy and nature that gives me comfort. Therapy helped me find tools to self-soothe, calm the demons, become intimate again, and mostly the ability to give back to others.

6. I've written two books for veterans, PTSD in Pictures and Words and Veteran Guilt in Pictures and Words. I use my hobby of photography to use pictures along with words to explain YOU are not alone. The link for my books is www.rp-author.com/horn. My goal is to produce a third book this year. It will be a book of inspiration. A book I never believed I could ever produce.

I also host a weekly support veteran breakfast for veterans in San Jose, California. We are beginning our 9th year. Check out my books and if you visit San Jose, CA join us. Every Friday at Denny's, 2060 S. Bascom Ave, Campbell, CA 95008 at 9:00AM.

**God Bless America and God Bless you.
SGT, Clyde R. Horn**