

HAPPY CHANUKAH TO ALL

Chanukah falls on Dec. 20th this year. Chanukah commemorates the defeat of Syrian based Greek Hellenists led by Antiochus IV by the Jews under the leadership of Judah the Macabee in the year 165 B.C.E. Following this victory, the Second Temple in Jerusalem was cleansed of all Hellenistic influences and rededicated (Chanukah) to the worship of the God of Israel. According to a legend, the eternal light burned for eight days on a one day supply of oil.



In Israel, everyone young and old, knows when it is Chanukah. If you walk through any of the towns and cities of Israel you will see a *chanukiyah* lit on every window sill. The water towers on the *kibbutzim* are adorned with chanukiyot, as are all the public buildings and synagogues.

During Chanukah schools are closed. As the weather is pleasant at that time of year, hiking is a favorite activity. It is a custom to visit the graves of the Maccabees in Modin. At Modin, a huge bonfire is lit, a torch of freedom is ignited from the bonfire and carried by marathon runners to the large cities. As these runners pass through settlements on their way to the cities, others light their own flames from the torch and use it to light a *chanukiyah* at home.

Gifts For Growing and Giving

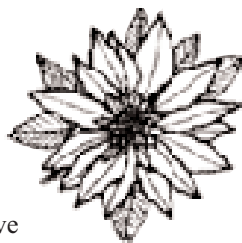
Gift plants brighten the holidays, and many provide color and fragrance for years to come. You'll be remembered often throughout the year when you give one of these living treasures to someone special.

Poinsettias are the traditional gift plants that everyone loves to receive. Make them the focal point of your own decorating by displaying them in groups or scatter them around your entry-way and indoor areas.

Azaleas are long time favorites, with delicate leaves and bright fluted flowers. The colorful blooms will last for weeks indoors, when planted outdoors after the holidays, they become a lovely part of the landscape.

Camellias with shiny dark green leaves will be a welcome addition to anyone's garden. Large flowers in several forms bloom profusely in partial shade. Some varieties begin in late fall, others bloom through the spring. Also choose from Xmas cactus, orchids, African violets, ornamental peppers, topiary, and paperwhite narcissus.

Compliments from the Carlmont Nursery



(CHIROPRACTIC - Continued from page 29)

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MICHAEL CHANG, GUEST SPEAKER AT ALPHA BEACON CHRISTIAN SCHOOL BANQUET

About 300 guests showed up at Crowne Plaza Hotel, Foster city on November 1st to honor one of the world's top tennis player, Michael Chang. He was the youngest male to ever win a match at the U.S. Open at the age of 15 and also the youngest to win a Grand Slam tournament (in 1989) at the age of 17. America had not won the French Open since Tony Trabert did 34 years ago. Michael had been ranked No. 2 in the world and he retired this year after the U.S. Open.

At the banquet sponsored by Alpha Beacon Christian School of San Mateo, Michael shared a few of his tennis experiences during his 16 years as a pro. With deep conviction and confidence along with a great sense of humor, he had no trouble captivating the audience. Michael humbly gives Jesus Christ all the glory and credit for his successful tennis career.

He is a "David" of the tennis world. Smaller in stature than most of his opponents, he plays tennis with his heart. Woven throughout his life you will also discover something else: the Chang family's simple, strong personal faith in God—the same God who inspires Davids everywhere to conquer their "Goliaths" quoting from Michael's book "Holding Serve".

Kim Mark of the Pacific Athletic Club introduced Michael Chang as a true "champion" and role model for young athletes by virtue of his integrity, industriousness, self-control, abstinence, respectfulness to his parents, and those around him, including umpires and opponents on and off the court.

A plaque and Bible were presented to Michael by Superintendent Dr. Lillian Mark for his "ministry" in the professional tennis



From left to right - Redwood Shores residents - Chris & Faye Chu, Lynne Mark Wong., Kim Mark, Tennis Player; Michael Chang, Lillian Mark and Mary & Glenn Mark

circuit, impacting many lives, whether fans, friends or foes. After retiring, Michael said he would be devoting more time to the Chang Family Foundation to benefit young people by sponsoring tennis and other youth camps to develop their athletic skills and for their spiritual growth.

In conclusion, many were challenged by Michael's reminder to get our priorities in life straight. The staff and parents of Alpha Beacon Christian School are reassured in its mission to train godly leaders for the next generation which might be the last to turn this nation back to its godly heritage. Michael Chang came, saw and spoke to us for such a time as this.

*Submitted by Dr. Lillian Mark,
Superintendent/Founder
November 7, 2003*

METHYL MERCURY FOUND IN SEAFOOD

Everyone knows that fish is good for you, right? What you may not have heard is the same fish that is low in fat, protein, rich and nutritious may contain harmful mercury that causes harm to the brain, spinal cord, kidneys and liver. So if you eat a lot of fish, or eat fish from waters with high mercury levels, it can make you sick. Mercury is especially dangerous to pregnant women or nursing women and children under the age of six. Mercury can damage developing brain cells, causing learning disabilities, impaired motor coordination and birth defects. FDA guidelines advise women in this group to eat no more than one pound of fish or shellfish bought in stores or restaurants per week. Do not eat shark, swordfish, golden or white snapper, or king mackerel because they often have high levels of mercury.

This does not mean that all fish are unsafe or that you should not eat any fish.

Everyone can minimize their risk of exposure by following the guidelines above, limiting fish intake and eating a variety of different kinds of fish. Choose species known to have little or no mercury like salmon, catfish, or shrimp. If you eat canned tuna, choose chunk or chunk light, which has less mercury than solid white or chunk white tuna.

For more information you can contact the U.S Food and Drug Administration Center for Food Safety and Applied Nutrition at (800)safefood or e-mail www.cfsan.fda.gov/seafood1.html
(Excerpted from the Re News)





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DAVID AND LINDA LaFLAMME BAND (formerly IT'S A BEAUTIFUL DAY)
Fri. Dec 19, 9PM \$13 ADV./\$15 DOOR

David LaFlamme's timeless music is still burning up stages and the air waves. International superstar violinist/singer Vanessa Mae's 2002 world tour opened and closed with her arrangement of LaFlamme's White Bird. On the heels of Mae's unveiling of It's A Beautiful Day's 60's platinum hit, Lorenzo Ponze's debut CD features yet another version of White Bird. The emerging solo artist is also a violinist with Sheryl Crow. The international popularity of LaFlamme's music is keeping the artist busy with performances from New York to his home state of California. LaFlamme's music has also served as a backdrop and theme music for such major motion pictures as Contact, A Walk On The Moon and Comedian.

www.roadhogs.net/laflamme/main.htm

LYDIA PENSE and COLD BLOOD
Sat. Dec 20, 9PM \$14 ADV/\$16 DOOR

Lydia Pense has been inspiring audiences with her unique blend of funk, soul and blues since Cold Blood's first shows at the Fillmore West in the early 70's. Over the course of the 6 albums Cold Blood has released, Lydia established herself as a legendary singer with a loyal following of devoted fans. Today, many contemporary female singers count her as one of their major influences. The current lineup of Cold Blood features some of the finest musicians in the San Francisco Bay Area. They are continuing to kick out some of the tightest, funkier music around. Lydia Pense and Cold Blood are keeping the tradition of East Bay Soul alive in the 21st Century!

www.coldblood.biz



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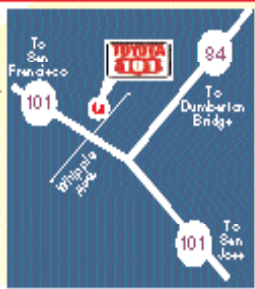
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NEED A GREAT HOLIDAY GIFT IDEA? HOW ABOUT A GIFT BASKET OR GIFT CARD FROM MONDE SPA!

The Holiday Gift Boutique at Monde Spa is helping solve many shoppers' needs this Christmas season. "We've have many exciting products that are both excellent quality and reasonably priced. We are also creating custom gift baskets and giving a nice discount for our clients and customers," says Linda Nash, founder and creator of Monde Spa. "We are also doing Gift Cards as holiday presents for the many services we offer at Monde. We find that our gift cards (similar to an ATM debit card) are very popular this year. It's a nice gift that loved ones really appreciate."

Monde spa, opened its doors in July, and is already an exciting addition to the Redwood Shores community. The Spa has become quite a popular day retreat for both men and women in our area. "We consider ourselves an integrated Health Spa that offers Skin Care, Massage, Acupuncture and Chiropractic treatments. This spring we will begin our insurance billing services.

The facility was designed to create an atmosphere of calm and serenity. From the moment you walk through the door and are greeted by one of Linda's friendly yet attentive staff, to the peaceful feeling that the relaxation lounge provides, Monde spa is an escape from life's everyday tasks.

The Therapists are both experienced and professional in their various treatment specialties. Our staff has either worked at a prior doctor's office or a resort spa. Our Acupuncturist has a Master of Science degree and is licensed in Western anatomy and Traditional oriental medicine.

All in all, a day at Monde spa is a special treat that you and your loved ones will cherish. Stop by Monde spa and feel the serenity for yourself.

IN THE DRIVEWAY *By Calvin Yuyen*

Prius, More Than Green

Three years ago, I drove the first generation Prius, Toyota's first hybrid-powered vehicle. Americans have long forgotten about electric vehicles and its inconvenience of daily charging. But they have embraced the combination of both an electric motor and a combustion engine offering great gas mileage. To show they have not rested on their "green" laurels, Toyota engineers now return with the all-new 2004 Prius and Hybrid Synergy Drive.

To see the improvements, I visited Toyota 101. First, the aerodynamically efficient body is sleeker, with a low coefficient of drag (Cd) of only 0.26. The 4-door liftback's smooth shape flows from its slanted hood and compact front grill, to its long rear roofline. The 2,890 lbs. 5-seater is now considered a midsize car, with interior volume just smaller than the Camry. There is plenty of cargo space; 16.1 cu. feet

Inside, like its predecessor, is the absence of instrumentation immediately behind the steering wheel. Instead, the digital displays for data such as speed, fuel, odometer, and transmission position, are offset from the driver in the dash just aft of the windshield. Designed for safety, it's an easy glance from the road. In addition, a LCD touch panel is located in the center dash for the audio and climate controls, and Energy Monitoring. This display also supports the available voice-activated DVD navigation and hands-free phone. Many of these common functions are also conveniently accessible on the Prius steering wheel. The dash-mounted touch-control shift lever is By-wire Technology, sending an electrical signal to the transmission instead of a mechanical connection. This is ergonomically designed better than the BMW 7-series.

Its long list of standard features includes ABS brakes, air conditioning, power windows and AM/FM CD stereo system. A "must-have" option is the Smart Entry & Start system. Within proximity, the key fob in your pocket automatically receives and transmits signals to unlock the doors. By pushing the power button on the dash, the Prius will start and run, no ignition key required.

Under the hood is the Hybrid Synergy Drive; a 1.5L DOHC 16-valve/76hp/82 lb.-ft gasoline engine coupled with a

50kW/67hp/295 lb.-ft electric motor. Posted gas mileage is City/Highway/Combined: 60/51/55, a 10% improvement. Operation is seamless and virtually imperceptible to driver and passengers. Its five main modes are:

1. When pulling away from a stop or under a light load, only the electric motor powers the vehicle.
2. In normal driving, power from the gasoline engine is divided by a power-split device between the wheels and the electric generator. The generator runs the electric motor to provide additional power to the wheels.
3. Under full-throttle acceleration, the electric motor is supplemented by power from the batteries.
4. During deceleration or braking, the motor functions as a generator to recharge the batteries. The batteries never need to be recharged from an external source. The gasoline engine also shuts down, creating zero exhaust emissions and using no fuel.
5. The battery is regulated to maintain a constant charge. When the charge is low, the electric generator routes power to charge the battery.



The new Prius is not a drag racer, but it has plenty of pep for maneuvering around town and accelerating smoothly to freeway speed.

Power is transferred through a continuously variable transmission to P185/65R15 tires on alloy wheels. Its rack-and-pinion steering with electric power-assist is precise, and overall handling is good. Only on the high-speed curves of Skyline do you feel you should let off slightly. Braking feels strong with the integrated regenerative braking system on the vehicle.

The 2004 Prius is experiencing a very successful launch, with orders out the door. It's larger and better, with more power, but the price remains at \$19,995 MSRP. An eight-year/100,000-mile battery and hybrid system warranty is included. The Prius has the comfort and convenience of a real daily driver. This is only the beginning, as Lexus will release an RX330 next year with hybrid power, and it promises to be as fast as a BMW X5.

Once again, I thank sales manager Dana Marazzito, and his non-commission sales team at Toyota 101 for their support. You can reach Toyota 101 at 650-365-5000.

NEW MODELS ADORN MUSEUM'S SHIP'S DISPLAY

Museum's Ships Display, for those familiar with the model ships collection on display at the San Mateo County History Museum, will be delighted to learn that the exhibit has been enlarged by four ships. Model maker Charles Parsons, of San Carlos, has contributed the new models to add to the nineteen previously donated and on display in the Museum's Charles Parsons Gallery. Each ship is an original. Fashioned out of blocks of wood and other basic materials, the models are unique works of art. Parsons finds plans for the ships in a variety of ways, including tracking down the original plans of the ships themselves in order to create their models.

THE FOUR NEW SHIPS ARE:

BLUENOSE CANADIAN FISHING SCHOONER, 1921

The Bluenose was known as the "Queen of the North Atlantic." Built in Nova Scotia as a banks fisherman, her speed soon became apparent as she worked the rough waters off Newfoundland. In 1921, she won the International Fishermen's Trophy and kept it during an 18 year racing career. Commemorated on a Canadian stamp in 1928, her likeness appears on the Canadian ten-cent coin. Sold for coastal trading in Caribbean waters, the Bluenose struck a reef in waters just off Haiti in January 1946. In 1955, the Bluenose and her captain, J. Angus Walters, were inducted into the Canadian Sports Hall of Fame for their achievements in the International Fishermen's Trophy races.

1:72 scale, completed 2001

TRIREME GREEK WARSHIP, CIRCA 500 BC

The trireme-style warship ruled the Mediterranean Sea for nearly two centuries. The Greeks designed the warships so that they were able to ram enemy ships in battle. Trireme warships had three banks of oars on each side. They were quicker and more maneuverable than other ships. There has been some debate as to how the ship was rowed. Some suggest that three men pulled one oar, but the Athenian historian Thucydides stated that each rower pulled one oar. One hundred feet long with a 17 foot beam, a trireme warship was able to travel about 7.5 knots.

1:48 scale, completed 2003

FAR WEST AMERICAN STEAM-POWERED RIVERBOAT, 1870

The Far West operated on the Missouri and Yellowstone rivers. The ruggedly built sternwheeler usually carried passengers and

cargo on the Upper Missouri Rivers between Sioux City and Fort Benton. In 1876, she transported Colonel George Armstrong Custer up to the Little Big Horn where the United States Cavalry was waiting for him. The Far West ferried survivors of the Little Big Horn expedition down the Yellowstone River. She sank on a snag in 1883.

1:96 scale, completed 2002

H.M.S. REVENGE ELIZABETH GALLEON, 1574

In 1588, the H.M.S. Revenge carried the flag of Sir Francis Drake during the English encounter with the Spanish Armada. She was one of a small fleet that pestered the enemy until a North Sea gale destroyed the Spanish fleet. In 1591, she was part of a group of English ships waiting to ambush a Spanish fleet transporting treasure from the New World. Separated from the other English vessels, the H.M.S. Revenge fought for a day against overwhelming odds before surrendering. The ship sank in a gale with the Spanish prize crew on board.

1:96 scale, completed 2001

All twenty-three ships are currently on display. The San Mateo County History Museum is located at 777 Hamilton Street in Redwood City. Hours are 10 am to 4pm every day except Mondays. Admission is \$4 for adults, \$2 for seniors and children and kids five and under are free.

For more information, call (650) 299-0104.



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Owner Esther Grant pictured with her chefs and photo on the right is Esther again with a hostess.



TOKYO STAR OPENS 2ND RESTAURANT IN REDWOOD SHORES MARKET PLACE

By Carol Mertens

The Tokyo Morning Star is open for breakfast, lunch and dinner 7 days a week. Healthy breakfasts are served until 1:30pm during the week and 2:30pm on weekends. Breakfast includes eggs, cereals, pancakes, waffles and crepes. Side dishes are available along with the usual beverages.

The lunch and dinner menu are the same. Owner Esther Grant invited my husband and me to sample items from the new menu. We sat at the counter where Andy (1 of the 5 chefs at the restaurant) prepared us such delicacies as a tasty tomato soup, raw vegetables and dip, egg rolls, slices of duck breast, shrimp, filet mignon, chicken and mushrooms, seabass, squash and fried rice which Chef Andy shaped into a heart and flamed the center of the heart on the grill right in front of us. All the dishes were beautifully prepared and all had their own identity. My personal favorite was the duck breast, and that is unusual because I don't usually like duck.

Esther says, "Everything on the menu is brought in fresh daily. All food is prepared in the healthiest way possible."

Every thing on the menu is available for take-out. They provide special containers for take-out to protect the integrity of the dishes. The call-in number is 650-631-8383



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