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DEALING WITH THE WINTER BLUES *By Helen Selenati*

It is common for people in the northern hemisphere to feel depressed in the months following the holidays when the short winter days are still dark and the weather tends to be cloudy. This depression which commonly shows up during the winter months is also known as

Seasonal Affective Disorder or SAD for short. It is more prevalent at higher latitudes and younger people and women in particular are at greater risk of developing the symptoms.

Symptoms that are often related to SAD are:

- prolonged duration of depression lasting about five months on average

- oversleeping and feeling fatigued and lethargic most of the time

- Overeating, craving carbohydrates and gaining weight

The etiology or cause of the winter blues or SAD is not only due to the lack of sunlight but can also be attributed to working and living in dark indoor environments. Research has shown that SAD could be the result of shifted circadian rhythms. When your internal 'body clock' shifts, the wrong hormones are produced at the wrong time of day, causing the symptoms of SAD.

Some recommendations for alleviating the winter blues :

- Try to get out into the daylight as often as possible. If the weather permits, go outdoors at lunchtime when the natural light is at its brightest. Once in a while on a sunny day, leave work while it is still light outside (the work will still be there the next day).

- Plan fun activities outdoors on the weekend or simply take a walk during the middle of the day.

- Read books and enjoy music and movies with an uplifting theme.

- Exercise regularly at least 3 times a week and pay special attention to your posture. Sitting and standing upright and breathing deeply can make a big difference to your general attitude and feeling of well-being.

- Seek the company of upbeat friends and family members who have a positive outlook on life - they can have a big influence on the quality of your mood.

- Place live flowers with vibrant colors in your living and work space.

- Open the blinds and allow as much daylight into the rooms where you work, play and live.

- Wear fun colored clothing that cheers you up.

Are you tied up in knots?

- ✦ Feeling that life is meaningless and without purpose?
- ✦ Wondering why you are feeling depressed and anxious?
- ✦ Frustrated with an uninspiring work life?
- ✦ Plagued by chronic pain or an illness that never lets up?
- ✦ Held hostage by habitual behaviors that no longer serve you?
- ✦ Having problems staying focused and completing tasks?

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- Take advantage of the short days by noticing the beautiful light and colors in the sky at dawn and dusk. Look for rainbows after a rain shower.

- Light therapy lasting from 15 to 30 minutes per day could also be considered as a treatment approach. These lights should have an ultra-violet block to prevent potential danger to the skin and the eyes. Numerous sources for these therapy lights can be found on the internet (search under "Light therapy").

A positive response to these strategies should be evident within a week or two. People notice that they awaken earlier and easier in the mornings and feel more refreshed and energetic during the day. They sleep better throughout the night, and don't feel exhausted or fatigued any more. The cravings for carbohydrates diminish and there is less of a tendency to overeat. These recommendations can help in uplifting your mood and general feeling of well-being.

Helen Selenati is a pharmacist, certified life coach and counselor and has been a resident of the Shores since 1995. She has a private practice in San Carlos and can be reached at hselenati@comcast.net or by calling 650-596-0807

PLANNING FOR A HEALTHY PREGNANCY

By Linda Shiue, M.D.

When a woman learns she is pregnant, she generally begins thinking about how to ensure a healthy pregnancy by eating right and avoiding harmful substances. In addition, there are many steps a woman can take prior to becoming pregnant that can positively affect her health and that of her baby.

One way to learn about these healthy steps is to schedule a pre-conception physician visit. During this appointment, a woman can discuss ways to get her body prepared for a healthy pregnancy.

For example, women with certain medical conditions, such as diabetes or high blood pressure, should work with their physicians to ensure proper treatment. Similarly, all women should make sure their vaccinations are current, as some infections can harm both the mother and fetus if contracted during pregnancy.

Of course, you will have to make many lifestyle choices throughout your pregnancy. One important choice is avoiding the use of alcohol, tobacco and illegal drugs. No amount of these substances has been proven safe during pregnancy, and the damage they can cause can last a child's entire lifetime. Women who need help quitting should talk to a doctor and get a treatment referral.

Another important area is diet and nutrition. An average woman needs about 2,200 calories a day, and about 300 additional calories a day during pregnancy to get extra nutrients for the baby.

Women should choose their meals from the food-guide pyramid to ensure adequate nutrition for themselves and their babies. This includes six to 11 servings of bread, cereal, rice and pasta; two to four servings of fruit; three to five servings of vegetables; two to three servings of meat, poultry, fish, beans, eggs and nuts; two to three servings of milk, yogurt and cheese; and spare amounts of fats, oils and sweets.

Another important nutrient to include both before and during pregnancy is folic acid. This B vitamin has been shown to reduce the risk of neural tube defects, which can cause disorders of the spinal cord and brain, such as spina bifida. As a result, the U.S. Public Health Service suggests all women of childbearing age get at least 0.4 mg of it each day.

Women who don't get enough folic acid through foods (dark leafy greens and vegetables, whole-grain breads and cereals, citrus fruits, organ meats, dried peas and beans) should take a supplement. Because the neural tube forms early in pregnancy, it is especially important that women ensure adequate amounts of folic acid before they become pregnant.

Incorporating fitness is another way to help prepare for a healthy pregnancy. Studies have shown that women who

exercise prior to becoming pregnant often have more comfortable pregnancies. Some good sports to consider are swimming and walking.

More strenuous activities, such as jogging and cycling, may be fine during pregnancy for those who are already used to these activities before

becoming pregnant. The best time to lose weight is before pregnancy. It is never a good idea to diet or lose weight during pregnancy.

When considering pregnancy, women may also want to talk with their doctors about any prescription or non-prescription drugs they take to make sure these medications don't pose any risks. While many medications can be taken safely during pregnancy, others can have serious side effects on a developing baby.

Becoming a parent is an exciting milestone. Women can help ensure their road to parenthood is healthy and happy by adhering to a sensible lifestyle and talking to their doctors about any changes they need to make.

Photo Caption: Dr. Linda Shiue is an internist at the Redwood Shores Health Center of the Palo Alto Medical Foundation.

Endnote: The Palo Alto Medical Foundation and column editor Arian Dasmalchi provide this monthly column.



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FOR THE LOVE OF GOOD FOOD

By Susan Prescott



Sweet Crepes/Pancakes

In Europe, in the past, the night before the pre-Easter fast of Lent, people would use up rich and perishable dairy products that were forbidden until the Easter celebration by making 'pancakes' or crepes, but you don't have to wait for such excuses to make these delicious desserts. Crepes can also have savory fillings. In France such pancakes are called galettes and are made from buckwheat flour rather than wheat.

Ingredients for basic pancakes with Sugar & Lemon (makes 12)

- 1/2 oz butter
- 2 eggs
- 4 oz plain flour
- 1 tbs fine sugar
- 1/2 cup milk
- juice 2 lemons

1. Melt the butter and brown slightly. Leave to cool.
2. Sieve the flour into a bowl and gradually add and stir in milk to make lump-free paste. Add eggs and sugar to make a smooth batter. Stir in the nut-brown butter and leave to stand for 20 minutes before using. (Allows the gluten to develop.)
3. Heat a 7 inch non-stick skillet. Pour enough batter into the heated pan to coat the bottom, tilting the pan until even. Allow 30 seconds to brown on underside, turn over and cook briefly until lightly colored.
4. Stack them in a warm oven, interleaved with waxed paper. Or put them into a freezer bag and keep in the refrigerator until needed. They will keep a few days like this.
5. To serve, warm them through and sprinkle with sugar and lemon, or preserve and whipped cream

Ingredients for Rolled Pancakes with Almond & Orange Filling (makes 8)

- 8 ready made basic pancakes
- 2 drops almond essence
- Filling:** 3 oz softened butter
- Finely grated zest & juice of 1 orange
- 3 oz fine sugar

To finish:

- 2 eggs beaten
- 1 oz butter
- 4 oz ground almonds
- 2 oz flaked almonds

1. Preheat the oven to 375F.
2. Blend butter and sugar together until pale. Add eggs a little at a time, followed by ground almonds, almond essence and orange zest, and beat until thoroughly combined. Divide the filling among the pancakes and rollup into cigar shapes.

(Continued on page 28)

THE WINE ENTHUSIAST-By Tom Barras

Recently my wife and I rented an English subtitled French video. Among other interesting moments, the movie had a scene where two gentlemen, in some no-name, no-action small town, were seated in a restaurant ordering a light dinner. One requested an omelet and the other seconded the choice. The waitress then asked, "Red or White?" Not, "What would you like to drink?" Just simply, "Red or White?" Without even inquiring about other beverage options, they agreed on red. She returned with a large carafe filled, most likely, with an inexpensive, generic blend of local grapes. "Vin de table." Quaffable, but not particularly memorable stuff, it's dead last in their appellation hierarchy.



That scene, in turn, reminded me of an experience years ago in a small, frenetic city somewhere in sun-drenched Provence, where my wife and I squirmed impatiently in our traffic-challenged rental car. Wanting to absorb as much local culture as I could, I began to scan the various sidewalk store fronts to my side. Eventually I gazed through a store window and noticed that customers inside were filling up empty, gallon-sized, glass containers with wine via a long, nozzled, rubber hose from a metal container, both of which, I swear, looked exactly like the types from which we pump gas for our cars! "Vin de pump," I believe, is not one of their better wines.

I am moved by the artlessness of the above scenes, and it occurs to me that the citizens of France regard wine as a food product, not as an image-laden, "with it" beverage. To the contrary, it is a standard, table top food complement much like salt and pepper, oil and vinegar, and the like. And that is hinted at by the "per capita" consumption figures that are periodically published for France as well as the other "wine drinking" nations. America, alas, is very low on the list.

However, don't let me mislead you, for I suspect that if you were to nudge them, tug at their shirtsleeves and ask, "C'mon, where's those special reds that Grandpere gave you? Where's the good stuff?" that they would lead you by the hand down to some secret stash in the cool, damp underground cellars behind the potato and onion sacks, or to some carefully stored and tucked away hoard inside some handcrafted antique armoire. And this wouldn't just be some frumpy "vin ordinaire," no, this would be a Grand Cru wine of elegance, balance and longevity, crafted from one of the better producers in one of the higher quality appellations. Yep, the really good stuff.

The French appellation system is a product labeling system which guarantees origin, authenticity and indirectly quality, not only of wines and spirits, but also other food products like cheese from Roquefort, green lentils from Le Puy and chickens from Bresse. A nation that has categorized their food and wine products into stringent hierarchical classifications teaches us more than when to gulp "Two Buck Chuck," and when to savor those special occasion Cabernets sequestered in the rear of the bedroom closet. It teaches us to be sure to enjoy each for what they are.



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REMODELING FOR A BETTER ENVIRONMENT

There are some terrific products available for the builder who wants to decrease the waste stream from demolition and increase the energy efficiency of his home. One builder in Palo Alto is building a second home from the scraps of a mansion building site! With a 2000 square foot home using over an acre of lumber to build, finding alternative lumber sources is very important.

- Trex decking is made from recycled milk jugs and never needs staining or sealing.
- Oriented strand board, an excellent substitute for plywood, is made from small diameter trees (which can be farmed) and low formaldehyde glue. There are businesses which specialize in salvaging flooring, tiles and lighting fixtures to be used in other projects.

The airborne particles from fiberglass insulation are suspected as carcinogens, so “green” builders are using cellulose insulation. This is made from recycled newspapers which have had boric acid added as a fire retardant and insect deterrent. Effective insulation is also being made from scraps of denim! These recycled insulation’s are blown into the walls and are much more effective insulators than the rolls of pink fiberglass we are used to.

The Cal Wall Company has developed a translucent light system of panels of fiberglass with a 2 inch air space which provide excellent insulation while acting as skylights. The frames of the panels are strong enough to support the weight of a man and can be made in very large sizes because they weigh so much less than the traditional glass or Plexiglas skylights. This is a great way to put natural lighting in a room without damaging the art work hanging on the walls. The panels diffuse light, reducing glare and providing privacy.

We are fortunate to have a showroom called Eco-Design in San Carlos where you see these products and other creative ideas for flooring and furniture that use recycled or environmentally healthy materials. The next time you update or remodel a space in your home consider these alternative products.

*Submitted by
Jean Cary of Jean Cary Interiors (650)-593-9622*

THE ROLE OF EXERCISE IN WEIGHT CONTROL

Contributed by April Ronca, Ph.D.
Certified Jazzercise Instructor

In the Great American Battle of the Bulge, exercise tends to receive less attention (or at least action) than does diet. However, many experts believe that the nationwide obesity epidemic is primarily a result of under activity, not overeating. In fact, a recent study followed three groups of people using various means to achieve weight loss: a diet only group, a diet and exercise group, and an exercise-alone group. All lost weight, but after two years, the only group to have kept any weight off was the exercise-alone group! Regular exercise has many far-reaching effects. Here's a little food for thought:

* The average American gains one pound per year after age 25 due primarily to an increasingly sedentary lifestyle, and not necessarily increased caloric intake.

* Regular aerobic exercise enhances your body's ability to use fat for fuel. As you become more fit, you will burn more calories in the same amount of work-out time, with the same degree of effort.

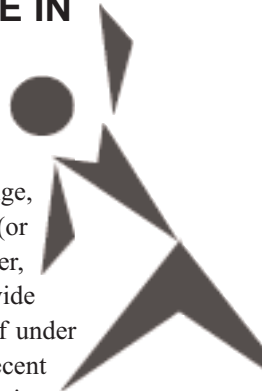
* Not all weight loss is good weight loss. Extreme, or "crash" dieting may result in weight lost primarily from muscle and water stores versus fat stores. Exercise combined with sensible dieting helps to preserve lean body mass (muscle) and facilitates fat loss. If you eat too little (i.e. less than 1000-1200 calories for women, less than 1500 calories for men) you may have little energy for exercise and your body will be more likely to burn muscle for fuel. Regained weight is likely to come in the form of fat, not muscle, leaving you worse off than before you began!

* The more muscle you develop, the better. Although a single bout of strength training may not burn as many calories as an aerobic work-out, stick with it. Here's why: Over time, the muscle you gain will translate to a higher resting metabolism. This means you'll burn more calories even while you're sleeping! In fact, for each pound of muscle gained, you burn roughly 50 more calories per day. Over the months and years, this can add up, making maintenance of your new weight much more likely.

* Regular exercise will boost your energy level and can help break the cycle of stress-related eating. Stress is a part of life; there is no getting rid of it. What we can change is how we cope with it! Turning to food to relieve our stress simply leads to depression, which in turn leads to more eating, and a vicious cycle ensues. Exercise helps us to cope with stress in a positive way that provides helpful benefits and breaks the stress-eating cycle. Getting regular exercise is an excellent way to start living out your commitment to a healthier, more fit lifestyle!

April Ronca teaches Jazzercise at the Belmont Sports Complex (550 Island Pkwy) and at Sandpiper Community Center. Mention *The Pilot* and Receive a Week of Complimentary Classes (No Purchase Necessary).

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Habana Yacht Club



Habana Yacht Club Sets Sails in San Carlos

As the Habana Yacht Club opened its doors in November, Peninsula diners can now easily enjoy the same spirit of romance and flavor—"sabor de Cuba"—that restaurateur Sam DuVall brought to San Francisco with the opening of Habana earlier this year.

With characteristic humor, DuVall says the name refers to the actual Habana Yacht Club in Cuba (which incidentally has no yachts either). The restaurant is situated next to the San Carlos Airport so that inspired guests, "can make a quick getaway to Cuba," says DuVall, himself a sincere devotee of all things Cubano. While this marks the 27th opening for the enduring DuVall (including Izzy's Steak and Chop House and the Elite Café both of San Francisco), Habana Yacht Club is the first foray south of San Francisco for him and executive chef /partner Joe Kohn. Kohn and chef de cuisine Bradley Reynolds offer many of the Cuban-inspired favorites found at Habana in San Francisco; however, the menu is peppered with unique specials such as Carne Borracha-Rioja Braised Short Ribs (\$18.95), and Lomo de Cuerdo-Pork Loin Steak with Sweet Potato Tamale and Grilled Pineapple Mojo (\$18.95). Another delicious signature is the selection of three empanadas (\$7.95-\$8.50) made fresh daily. Pastry Chef Edgar Valenzuela sweetens the scene with sumptuous desserts (\$6.50), such as Pudín Diplomático-Apple Bread Pudding with Calvados and Cinnamon Raisin Ice Cream, and Paradiso de Chocolate-Chocolate Truffle Cake with Pistachio Ice Cream, Vanilla Tuile.

Designer Michael Brennan (Habana, Cortez, La Table) evokes a 1940s private dinner club ambiance. Diners are greeted by an enormous gold dome encircling a breath-taking rose/leaf motif chandelier (like all the fixtures, from Sam DuVall's personal collection). Wrought iron, ceiling fans, weathered shutters and warm leather booths with hanging alabaster fixtures all combine to set the mood. Mounted sportfish add a touch of casual whimsy, as do Brennan's trademark murals of

Hemingway boating, island still lifes and yachts. The Hemingway Bar pays homage to the great literary figure with notable associations to Cuba. "Hemingway is a man after my own heart. He loved Cuba like I do," says DuVall. According to DuVall, Hemingway had a residence in Cuba for thirty years. Photographs, book covers, and memorabilia from DuVall's collection adorn the watering hole. "If he were alive," says DuVall, "this would be his favorite bar." He would certainly find his favorite drink, the Hemingway Daiquiri, which he helped create at the El Floridita Bar in Havana. DuVall offers the original recipe, including the secret ingredient he was able to obtain after "many afternoons of research at the El Floridita." A handful of other original Cuban cocktails (sure to make you feel like you are sailing) are offered, as well as a boat-load of classic tipples from the full bar. The focused wine list features fine vintners from Spain and California, with 12 selections available by the glass, and many bottles under \$30.

For private events, or last minute holiday parties for 12-20 guests, guests can reserve the elegant Peacock Room. In Cuba peacocks, or pavo royale (literally "royal turkey"), are seen as good luck and often kept as pets. "Most places have a courtyard, and it's common to see two or three pecking around," says DuVall. "There's a saying among restaurants that if you keep a pavo royale as a pet, business will always be good."

Located at 525 Skyway Road, at the Holly Street off-ramp toward Redwood Shores and adjacent to the San Carlos Airport, the Habana Yacht Club dining room serves nightly from 5:30 to 11 p.m. with seating for 200. Enclosed bar area opens at 4:30 p.m., with additional seating for 80. Ample complimentary parking available in attached lot. All major credit cards are accepted. For reservations (recommended) call (650) 654-CUBA or visit www.opentable.com.

For more information, call the number above or visit www.habanayachtclubsc.com.

(CHEF - Continued from page 25)

3. Lightly butter an ovenproof dish and arrange the pancakes neatly in the bottom. (They will keep overnight in the refrigerator at this point).
4. To finish the pancakes, cover the dish with foil and bake in the oven for 25-30 minutes.

5. Meanwhile, melt the butter in a skillet and brown the flaked almonds evenly. Add the orange juice and pour the mixture over the pancakes when they are ready.
6. Serve with softly whipped cream.

GOOD SHEPARD CHURCH PROVIDES OPPORTUNITY FOR ALL

By the Rev. Joseph A Lane, Rector

TO EXPLORE QUESTIONS OF FAITH.

As I shared in a recent issue of *The Pilot*, the Episcopal Church has been making headlines in recent months, both globally and locally. The increasing amount of tension in relation to the prophetic actions of last summer's General Convention, and the recent ordination of Bishop Gene Robinson, have created a buzz, both within our church and in the larger community.

In response to the attention, I'm pleased to announce that Good Shepherd Episcopal Church is offering a free series of eight Christian education classes called *Via Media*. The program is focused on continuing the conversation, and it's open to anyone who has ever been curious or interested in the Episcopal/Anglican tradition. Our objective is to create an open and inclusive environment that appeals to people wondering about the Episcopal Church, thinking of looking for a local congregation in which to explore your faith, or for those who are already churchgoers or members at Good Shepherd. *Via Media* is an open door. It invites people to come in without any special language or any special knowledge, simply saying, "If you're curious and if you're interested, if you want to grow in the faith, if you want to test the questions that have always been in your mind, then try *Via Media*," writes Steven Charleston, former Bishop of Alaska. Using a combination of learning styles including video, written materials, small group discussion, and large group forum, a group of people will encounter the basic principles of Christianity through the Anglican approach of Scripture, Traditions, and Reason. All are encouraged to ask questions, and to learn how to answer their own questions of faith. Topics covered in *Via Media* include:

- * *Via Media*: An Anglican Way of Being a Christian
- * God and Creation: The Goodness of God's Goodness
- * God in Jesus: An International Faith
- * God the Holy Spirit: The Breath of New Life
- * The Bible: The Word of God for the People of God
- * Sin: Roadblocks to Abundant Life
- * Thy Kingdom Come: The Promise of Christian Hope
- * So, What? (Half-day Retreat, Saturday, April 24)

If you'll bring your own questions and experiences, we'll provide the informational resources and a place to exchange your thoughts with others and voice your opinions. Plans are to run both morning and evening series beginning Tuesday morning, February 3, and Tuesday evening, March 2. The morning sessions will include a continental breakfast, and the evening series will include a light supper.



Please contact me goodshepbjmtjal@aol.com or 650-593-4844 for more information.

"Via Media is an open door. It invites people to come in without any special language or any special knowledge, simply saying, 'If you're curious and if you're interested, if you want to grow in the faith, if you want to test the questions that have always been in your mind, then try Via Media.'"

*The Rt. Rev. Steven Charleston,
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By Angelo Charonis D.C.

Exerpts from an American Chiropractic Association (ACA) statement as follows:

Doctors of chiropractic, in particular, have long emphasized the importance of spinal health, posture and other lifestyle factors in the body’s ability to function optimally. Poor spinal health, for instance, can cause a negative chain reaction throughout the body. It can cause stress on joints, which, especially if the muscles are weak, can cause wear and permanent damage. The ACA and your local doctor of chiropractic offer the following advice to help improve and maintain your musculoskeletal health.

In the Yard:

* When using a shovel, dig straight ahead. Avoid twisting and turning motions. Bend your knees to lift. Let your legs and arms do the work, not your back. Take frequent breaks to take the strain off your muscles.

* When raking leaves, use a scissors stance: right foot forward and left foot back for a few minutes; then reverse, putting your left foot forward and your right foot back. Bend at the knees, not the waist, as you pick up leaves. Make piles small to decrease the possibility of back strain.

* For mowing, use your weight to push the mower. Whenever possible, use ergonomically correct tools for the job.

Playing Sports:

* Warm up slowly before a game. Do calisthenics, flexibility exercises, or light running to increase your heart rate.

* When sweat beads form, your body is at the proper temperature to stretch the tendons and muscles.

While Traveling:

* When driving, adjust your car seat so you can sit firmly against the seat back without having to lean forward or stretch. Buckle your seatbelt and shoulder harness, and adjust the headrest so that it supports the center of the back of the head.

* Invest in a wheeled suitcase that has a sturdy handle.

* Don’t always carry the weight on one side—take frequent breaks and transfer the weight to the other side.

* Don’t try to carry too much. Even wheeled suitcases can cause problems to the neck, shoulders, and lower back when pulled from behind.

* When traveling by air, check all bags heavier than 10 percent of your body weight. Overhead lifting of any significant amount of weight should be avoided to reduce the risk of pain in the lower back or neck. While lifting your bags, stand directly in front of the overhead compartment so the spine is not rotated. Do not lift your bags over your head, or turn or twist your head and neck in the process.

* While seated in an airplane, vary your position occasionally to improve circulation and avoid leg cramps. Massage legs and calves. Bring your legs in, and move your knees up and down. Prop your legs up on a book or a bag under your seat.

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