



STILO SALON IS PLEASED TO ANNOUNCE THE GRAND OPENING OF OUR SECOND LOCATION AT THE BAY MEADOWS PARK PLACE CENTER IN SAN MATEO. MONDAY, JULY 12TH, 2004.

THIS MIX-USE CENTER IS ANCHORED BY WHOLE FOODS MARKET AND OTHER FINE ESTABLISHMENTS INCLUDING LEFT BANK RESTAURANT, PASTA POMODORO & PEET'S COFFEE.

ADDRESS: 1100 PARK PLACE, SUITE 80, SAN MATEO
OFF THE HILLSDALE EXIT FROM THE 101 FREEWAY.

PHONE: 650- 578-8700

Premier Chiropractic Clinic



“Your Redwood Shores Neighborhood Chiropractor”

Our Clinic Features:

- An Emphasis On Gentle Chiropractic, Physiotherapy and Massage Therapy Care
- Care Which Is Covered By Most PPO Insurance Plans and Medicare
- Motor Vehicle Accidents And Work Injuries Accepted
- Relief From Pinched Nerve, Shoulder, Hand, Arm And Leg Pain
- Restoration Of Flexibility And Strength
- Alleviation Of Numbness And Tingling
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*Morning, Evening and Saturday
Appointments Available*



Angelo Charonis, DC
 250C Twin Dolphin Drive
 Redwood City, CA 94065
 650.631.1500 Ph
 650.631.1504 Fax
 www.premiercc.com

“Dr Charonis effectively helped me through an episode of leg and back pain. I find his chiropractic therapy an excellent treatment for body aches and pains. I think it is also a great way to aid athletes in keeping their body in peak performance shape.”

Matt Sharrers - 1996-1997 Canadian National Hockey Team - Redwood Shores Resident

Complimentary Initial Consultation with this ad.

*“Heal your body the natural way with...
gentle chiropractic care”*

EXAMINING SPINAL DISC INJURIES

By Angelo Charonis D.C.

Spinal discs are soft tissue structures that separate the vertebrae in your spine. They aid in its flexibility and shock absorption. Injuries to these discs can be quite problematic, but are treatable. Injuries fall into two categories. The more widely known of these are disc herniations. These can be bulges, protrusions, extrusions, or sequestrations. With the first three the inner disc material is bulging into or through the disc’s outer layers, but it is still intact. With a sequestered herniation there is a free fragment of the disc that has separated from the disc and is floating in the space nearby. All can be problematic because they cause back/neck pain and weakness and can lead to irritation of adjacent sensitive nerves. This irritation occurs either by direct compression of the nerve or by an increase in inflammation in the area. In addition to back/neck pain the patient may then experience buttock, thigh, leg, foot, shoulder, arm, or hand symptomatology. This symptomatology may include such sensations as pain, numbness, pins and needles, weakness, or clumsiness of the lower/upper extremities. The other category of disc injury is called internal disc derangement syndrome, or IDDS. With IDDS some type of injury or repetitive stress and strain creates a small tear or tears in the disc and leads to a loss of its fluid. In this case there may not be the typical lower/upper extremity nerve symptomatology. Instead, isolated back/neck pain and weakness will be the complaint. This disc injury may progress to

one of the types of herniation discussed earlier. Conservative treatment includes techniques to correct the structure and mechanics of the disc and spine. In addition, therapy is utilized to stabilize and support the spine at the area of involvement. In some cases, surgical treatment may be necessary.

Dr. Charonis practices at Premier Chiropractic Clinic in Redwood Shores.

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 U.S.R.S.A. Member

Joey Delgado
650.867.0957
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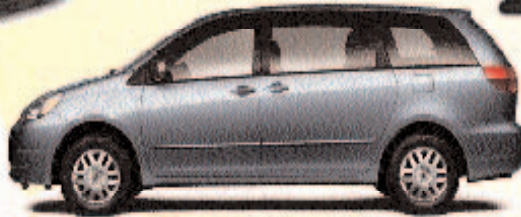
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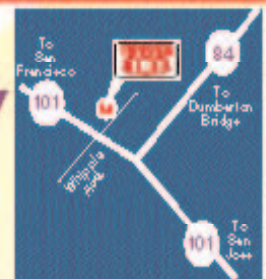
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SOLARA SEQUOIA AVAION CELICA ECHO RAV4 SIENNA COROLLA MATRIX CAMRY TUNDRA PRIUS 4RUNNER

Bastille Day

A Parisian Street Fair put on by Hotel Sofitel on Friday July 9th, 2004 from 5pm to 11. \$10 Admission per person.

Featured will be savory and authentic french foods, live music by the Fundamentals and dancing by the Studio S Dancers. There will be a spectacular performance of fireworks over the lagoon.

Among the many prizes, a Parisian Grand Prize is the first prize in the raffle drawing and you could win roundtrip airfare for two and five nights in Paris. The raffle proceeds benefit the Sandpiper Elementary School.

Coyote Point Yacht Club Open House Membership Drive Sunday July 11, 2004 From 11-2

Live Jazz Music
Yacht Club & Boat Tours
Remote Control Boat Races



- Learn About the Club's Many Activities
- * Junior Sailing Program
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BASTILLE DAY

A Celebration of Independence



Summer in the Shores

DRY CLEANING 101

By Steve Chun

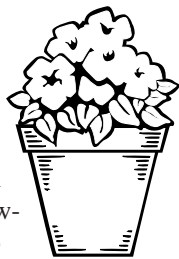
What do you do when you're not happy with your cleaning?

Do you return?

Do you yell and scream to vent yourself? Or do you go to the cleaners and ask what happened or what can be done? A wise person told me that "you get more bees with honey." Most cleaners don't do bad cleaning or pressing on purpose. Mostly there is a reason a spot can't be removed or pressing is not done properly. Establish a relationship with anyone you do business with and you will find life a lot easier.

Trust yourself and use common sense. Talk with your cleaners and not at your cleaner. We all go out of our way when someone treats us with respect and as a person. Next time you have a problem with anyone you do business with, go to the source. Thinking about it sometimes makes it worse than it really is.

ENJOY EDIBLE FLOWERS



Edible flowers can transform an ordinary meal into a special one. Although readily available in markets, edible flowers are fragile and can be expensive, so grow your own! Here are some of the most popular flowers and the flavors they provide.

Squash Blossoms have a mild vegetable flavor and blossoms from all types of squash are edible. And just think about this: the more blossoms you eat, the fewer zucchini you'll have to cook or give to the neighbors!

Calendulas have been called "poor man's saffron". To use as saffron, pick the daisy-like petals, chop them, then cook with oil to bring out the color and flavor.

Marigolds *Tagetes tenuifolia* "Lemon Gem" and "Tangerine Gem" have a citrus-tarragon flavor; other marigolds aren't really edible. To use them, pull off the bitter, white right-angled portion of the petals before using.

Pansies have a mild wintergreen flavor and come in so many different colors. They brighten even the most bland looking dish
Contributed from Carlmont Nursery

The Pilot always welcomes Redwood Shores resident's input, new ideas, articles and letters. If you are interested in responding. Articles, and letters are to be no longer than 300 word



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Dance Mode Studio • 767 Industrial Road (Just South of Holly St.)
Sandpiper Community Center (SCC) • 797 Redwood Shores Pkwy

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9A	Dance Mode* Regular	Dance Mode* Regular	Dance Mode* Circuit	Dance Mode* Regular	Dance Mode* Plus	SCC Circuit Plus	Dance Mode Regular
6P	SCC Regular	SCC Circuit	SCC Regular	SCC Regular			

*Childcare Available For A Small Fee Monday - Friday pm

HOOVER CHILDREN'S CENTER



Where fun and learning go hand in hand

Open year round 7 am.-6 pm., full and part time
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650-593-6824

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- Fostering independence and education by encouraging children to think, reason, question and experiment
- Social skill developed by learning to cooperate, help, take turns, and talk through problem solving

Building the foundation for future educational



Certified Interior Designer
Zara Stender, a Redwood Shores resident, invites new and returning clients to meet her at **Flegel's Home Furnishings**, for a complimentary in-store appointment.
Call 650.326.9661.

Zara Stender, CID, IDS, Allied ASID, is a Certified Interior Designer and color specialist. She is President of the Interior Design Society, Northern California Chapter, winner of three Bay Area design awards and the author of two books on design and color. Zara is an independent member of the California Legislative Coalition for Interior Design and she sits on the Advisory Board for the Sacramento Valley Technical High School, a privately-funded charter school, which offers interior design curriculum to high school students. You may reach her at zaradesigns@yahoo.com.

Flegel's Home Furnishings Menlo Park location is 870 Santa Cruz Avenue.

TRENDS IN ART TODAY: A SAVY COLLECTORS GUIDE

We are fortunate to live in an area that is not only innovative in producing state of the art technology, but is also fast becoming a mecca for some of the finest artists of our times. These artists bring a wealth of experiences, but it is the Bay area that shapes their art today. We can all enjoy the excitement of owning original art today as well as creating a family legacy that reflects our current times.

UPDATED CLASSIC

Collectible artists are innovative in their use of canvas. Dominique Caron, internationally recognized impressionist painter, uses split canvases, mixed media, calligraphy, & floats art on French antique silk. Subject matter for today's classic artists takes advantage of our local surroundings & lifestyles. Brigitte Curt, celebrated Plein Air artist, paints our Back Bay. Jim Smyth's classic paintings are vibrant with color & the richness of the California wine region. Richard Becker's watercolors reflect local historic gardens. Leona Moriarty has perfected her craft not only on canvas but also wall murals for private & civic commissions. Susan Jansen's portraits capture the contemporary personality. John Melvin's canvases convey his love of S.F. and the people who enjoy what this area has to offer.

TODAY'S CONTEMPORARY

Today's artist has available improved tools. Frank Sustarich's surrealistic style developed from electro-acoustical music. This form of unreferenced soundscape permits him to create mental visual images that correspondence

ASK THE DESIGNER WITH ZARA STENDER

Dear Zara: Should I reupholster my living room chairs or buy new ones for the Eichler home we purchased in the 1950's? I've shopped around and haven't seen anything I like as well. And they are so expensive!

*M.H.
Palo Alto*

Dear M.H.
Reupholstering costs about the same as purchasing new. Since you love your chairs, having them re-done will improve the look and seating, yet give you the comfort of familiarity. My guess is that the chairs come from a collection recommended by Mr. Eichler and that is why they have worked so well all these years.

Dear Zara: How do I find a designer I can trust? Seven years ago, I worked with one who put a color scheme in my home that I hated. Now, I want to redecorate but I'm frankly scared of another unhappy and costly experience.

*L.M.
Emerald Hills*

Dear L.M.:
Your best bet is to work with a Certified Interior Designer. The California Council for Interior Design Certification (CCIDC) will be happy to provide a free list of Certified Interior Designers in your area. Start there. Design professionals who go the distance to get certified are committed to the well being of their clients. Visit their website at www.ccidc.org.



FINE ART AND CUSTOM FRAMING

956 Ralston Avenue, Belmont Phone: (650) 595-3581

to sound patterns. Michelle Wilcove uses alternative materials for paint application in a wood block printing technique that gives depth & dimension to an otherwise flat abstract composition. Joseph Cariati abstracts are both paint & glass sculpture in one artful composition. His palette is the Bay area, sophisticated & complex. View these artists locally at:

**BELMONT VILLAGE GALLERY Fine Art & Custom Framing
956 Ralston Ave. Belmont - 650-595-3581**

Sandra VanDonkelaar and Judy Clarke

invite you to attend ~~the~~ seminar

"Remodeling to Increase the Value of Your Home"

Spend the morning with Jean Cary, decorator, on Saturday, July 2004 from 10:00 a.m. to 12:00 Cort Furniture Solutions show room, 2004, San Mateo Information from Bank of America and AuctionDrop v

Enter to win great door prizes!

Please R.V.P. to Sandra or Judy by July 14th



Sandra VanDonkelaar
Realtor
650.246.3518



Judy Clarke
Realtor
650.871.3697



Remodeling - Continued from page 28

Project	Cost	Resale	Value Cost Recouped
Bathroom remodel upscale 9X9' room. Add skylight, 4X6' shower stall with top of the line fittings, tile enclosure, spot lighting, new bidet and toilet in separate stall, stone tops on double sink vanity	\$27,500	\$40,600	\$147%
Window replacement Replace 10 existing windows with vinyl or aluminum framed double glazed windows	\$11,000	\$14,200	\$128%
Kitchen remodel-upscale Install 30' of cherry cabinets and stone counters with tile backsplash. Built-in refrigerator, cook top, 36" commercial range and hood, new lighting and flooring, microwave/convection oven, trash compactor, under mount sink with designer faucet and water filter	\$77,300	\$104,260	\$135%

The benefits of a remodel are tangible (once the dust settles), adding comfort and lowering energy costs. The lowered maintenance requirements of newer materials and appliances also increase the homeowners' free time. Doesn't everyone want more time to relax?

For an invitation to attend a free remodeling seminar, call Jean Cary Interiors at (650) 593-9622.