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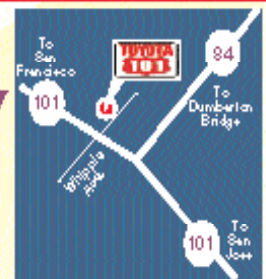
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AVAILON CELICA ECHO RAV4 SIENNA COROLLA MATRIX CAMRY TUNDRA PRIUS 4RUNNER TACOMA HIGHLANDER

SOLARA SEQUOIA AVAILON CELICA ECHO RAV4 SIENNA COROLLA MATRIX CAMRY TUNDRA PRIUS 4RUNNER

Make Thanksgiving Count, Host An Orphan From Ukraine

Thanksgiving is a uniquely American tradition, unique for many reasons. No other country has so many families spread out across six time zones and wanting to come together for a special occasion. No other country has so many families thankful to be living in America and counting their blessings.

This year, we are trying to make a difference for several older children from a Ukrainian orphanage. We are hoping to bring them to California to spend 10 days on a Thanksgiving week with an American family. To kids, it would be an unforgettable vacation, perhaps an only chance to travel abroad, and to spend the holidays in the warmth of a family. To a hosting family, it might be an opportunity to share their blessings, to learn a new culture, and to make this Thanksgiving a memorable one for everyone.

We are looking for Northern California families willing to open up their hearts and homes to these children. Spend ten days sightseeing, hiking, shopping, or even watching football with kids who may have never experienced anything like that before. Learn more about life in Ukraine and see even ordinary things in a new light. The children for this program are highly recommended by the orphanage director. They are 7 to 15 years old, and some of them are siblings. Most kids know only a few words of English,

and part-time interpreters will be provided to ease communication with kids. During the working days of the Thanksgiving week, our interpreters may act as chaperones to take kids sightseeing and do something fun while the hosting family is at work.

Depending on local community response, we might also be able to receive pro-bono help from local doctors and dentists to give these children at least initial diagnostics and treatment not available in Ukraine.

For more information, please contact Victoria Kats at 650.596.2816 or visit our website at www.aboutachild.org.

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 400 words. We welcome pictures as well.



ON MY SOAPBOX

Hello again! Not too many calls so I am presuming everyone is being considerate of each other. Just want to re-emphasize that now with the beautiful weather there are many Moms. Dads and Grandparents walking along Davit with the kids playing on the grass, so please remember to pick up after your "poopie-dog". I do hear that occasional parental warning "be careful of the dog doo on the lawn". Also want to ask all of you who are walking on the levee's or out behind Nob Hill Market to please keep an eye out for Little Girl (our female swan). I have been trying to 'monitor' her whereabouts ever since ROC put up the fence at Marlin Park and started working there. Then with the soccer starting up and this wonderful warm weather bringing so many people out to barbeque at Marlin Park, she disappeared for a while. I found her back over in the reservoir behind Nob Hill, then when I came back the next day she was nowhere to be seen. A few days later she was back in the water, but as of today she has been gone for about a week. I keep checking the Marlin Park area to see if she came back here; so far no luck. So if you all would keep an eye out for her I would be very grateful. You can leave a message on my machine at 591-5455. On my way back from Oakland this past week I saw a really 'spectacular' accident! This car had been traveling at a high rate of speed and had been cutting in and out of traffic - without the use of his turn signals. He was trying to cut in from the right side on a car in the center lane at the same time that a car was cutting in from the left also -without benefit of turn signals. Fortunately those of us closest to these drivers were able to slow way up when we could

see what was going to happen. I truly do not understand why no one bothers to use their turn signals. With your left hand on the wheel at about the 9:00 position an extension of the little finger would operate the turn handle. Such a little effort to avoid a horrible accident. Also would help prevent 'road rage'.



Two reminders: school will be out about the middle of June. Please start NOW to drive carefully. And the Ventana del Mar complex will be having a community garage sale on Saturday and Sunday, June 26th and 27th. They are located on the east end of Davit Drive just beyond Shell Parkway. These two reminders will also be on our median bulletin board signs a week or so prior to their effective dates. Just had another phone call which has several people concerned—someone speeding down RWS Parkway hit and injured a mother Canada Goose who was apparently the 'last in line' while escorting-corting her goslings across the street. PLEASE, people, drive slower and with care. This could have been a human child instead of a wildlife mom, and we really need to be more concerned with ALL LIFE out here.

By the Swan Lady, Pat Dixon, 591-5455.

DENTISTRY IN REDWOOD SHORES

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Anthony R. Ferrer, DDS 593-6106

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Katalina Ramirez DDS, MS 592-2100

ENDODONTICS

Nancy N. Huynh MSD 592-6066

ORTHODONTICS

Ronald E. Marena, DDS 591-8922
Kathleen B. Tavarez DDS, MS 591-8922

PERIODONTICS & IMPLANTS

Robert W. Par, DDS, MS 595-5083
Mauricio Ronderos, DDS, MS, MPH 595-5083

YOUR EVENING GARDEN

Most of us work all week, then spend weekends running errands, skiing, camping, etc. For many of us, this makes nights the best time to enjoy our gardens. Color is an important element in your night garden. Include white, pale yellow, and pink flowers in beds. These light colors will begin to shine in the moonlight when the blues and purples fade with the setting sun. Try petunias, cosmos, nicotiana gardenia, alyssum, candytuft, Shasta daisies, rockrose, matilija poppies and hydrangeas. Add silver foliage plants (including lamb's ear, and convolvulus, dusty miller, and artemesia), and variegated foliage plants (such as hosta, lamium and ivy for continued interest.



Special tip for increasing night fragrance in your garden; Water deeply just before sunset. This will intensify the fragrance in the daytime. Water the soil, not the foliage.

SPEARS AND SPIKES

Be sure to include some tall slim plants in your flower beds. They provide vertical interest in many ways, including drawing the eye up to a garden ornament, birdbath, or taller shrubs and trees. They also draw the eye up and away from less attractive areas.

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Zara Stender, CID, IDS, Allied ASID, Member - Color Marketing Group 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.

SHOREDOGS - Continued from page 22)

- Stop frequently for exercise and potty breaks. Bring a supply of bags to pick up after your dog.
- Car rides are boring for everyone, so instruct your children not to tease or annoy the dog in the car.
- Never, ever leave your dog unattended in a closed vehicle, particularly in the summer. The temperature in a car during summer can kill a dog, even if the windows are partly open. If you must leave the car, designate a member of the family to stay with the dog.

By Plane

- Each airline has its own set of rules for canine air travel. You should call for information and make arrangements well in advance of your trip.
- All airlines require health certifications and proof of vaccinations.

Some airlines will not transport animals when it is extremely hot or cold.

- Dogs must be in an airline-approved crate when transported as cargo. Small dogs may ride under the seat in a crate or carrier.

By Train, Bus, and Boat

If you plan to travel by train or bus, you may be disappointed. Dogs are not permitted on Amtrak trains or on buses operated by Greyhound and other interstate bus companies. (Service dogs are permitted.) Local rail and bus companies have their own policies. You may fare better if you're taking a cruise. The QE2 luxury cruiser, which sails from New York to England/France, provides special lodging and free meals for your dog. However, you should check the policies of the cruise

SPRING INTO COLOR

Brighten Your Home and Lighten Your Waistline

Winter's drab skies and deep colors are far behind us now. It's time to freshen up your home for the new season. Did you know color can do more than just add a little zip to your space? It can actually affect your mood and your appetite!

Since I am a designer, my dining room features walls in several colors. My husband, who sits facing the cool grey and taupe wall, has started losing weight. Meanwhile, I sit facing the warm, deep terracotta wall and guess what? I've started gaining a bit.

Warm color palettes stimulate the appetite. Red, in its many versions, is the worst offender. Have you ever noticed that you will eat more, lose track of time, and spend more money in a red plushy restaurant? Those steak houses know what they are doing.

Everyone, it seems, wants to lose a little weight in Spring and Summer. When fashions show more skin, we'd like to have less skin to show! Could it be that the cooler colors of the season actually help reduce appetite?

Here are a few tips on using color with your diet plans:

- 1 The cooler, appetite-reducing colors are the blue and green family. Some purple tones work, but be careful with violet. Red is one of its components. Red is used in tandem with purple to stimulate appetites of all kinds. Don't believe it? Check out Las Vegas.
- 2 Paint one wall of your dining room in a shade of blue. Find a tone that compliments existing colors. If you are the only one in your family dieting, make it the wall you sit facing at mealtime.
- 3 Use blue table settings, plates, glassware, and tablecloth and napkins. Mix and match with white or bone pieces you already have for a wonderfully fresh and inviting look.
- 4 Find artwork with blue and green themes to hang in the dining room and kitchen areas.

Even if you don't want to shed any pounds, bringing blues and greens into the home will freshen the look after the winter blahs.

Zara Stender, CID, IDS, Allied ASID, Member - Color Marketing Group, is a color specialist. You can reach Zara at zaradesigns@yahoo.com, or visit her at Flegel's Fine Furnishings in Menlo Park.

Excerpt from Designer Color Secrets

by Zara Stender

(2003 all rights reserved available May, 2005)

line or ship you will be traveling on before making plans to take your dog on a cruise with you.

Lodging

- Find out in advance which hotels or motels at your destination or on your route allow dogs. Many do not, or have size or breed restrictions.
- If your dog is allowed to stay at a hotel, respect other guests, staff, and the property.
- Keep your dog as quiet as possible.

The Redwood Shores Lions Club

By Shellie Sakamoto, Past President

HIGH SCHOOL SCHOLARSHIP PROGRAM

Congratulations to our high school scholarship winners! Each year, the Redwood Shores Lions Community Service Scholarship is awarded to graduating high school students who demonstrate academic caliber, extra-curricular involvement, and commitment to community service and volunteerism. The Scholarships are open to any graduating high school students in the local Bay Area. This year, the Redwood Shores Lions Club has selected the following scholarship recipients: Johnny Wise, Serra High School, will receive a \$1,000 scholarship and Brandon Onisko, Serra High School, and Sara Kaufman, Carlmont High School will each receive \$500 scholarships. All of these students were truly impressive in their dedication to the spirit of community service.

STUDENT SPEAKER CONTEST

The Redwood Shores Lions Club recently held its Student Speaker Contest. This year's winner was Rebecca Miller. Rebecca then competed and won the Region Contest. She will also competed at the District level. Congratulations Rebecca!

2004-2005 NEW OFFICERS

Congratulations to the new officers for 2004-2005. Gary Krippendorf, President, Greg Carbullido and Jun Madrinan, Vice Presidents, Shellie Sakamoto, Secretary, and Mary Carbullido, Treasurer. Congratulations and best wishes for another successful year!

POLICE AND FIRE AWARDS DINNER

The Redwood Shores Lions Club recently sponsored two local policemen/firemen to attend the Peninsula Police and Fire Award Dinner. Each year, the Police and Fire Awards Dinner is hosted by the Peninsula Council of Lions and honors our local police and firefighters, for acts of heroism above and beyond the call of duty. This dinner is a very special and moving event in honor of these courageous men and women in our community.

EYEGLOSS COLLECTION RESULTS

Thank you Redwood Shores, for your generous eyeglass donations. Because of you, this year over 230 pairs of eyeglasses will be recycled to needy individuals throughout the world via the Lions In Sight program. As we do this, we truly give the gift of sight to those who cannot afford something as simple as eyeglasses.

Remember, if you have any old eyeglasses and would like to contribute them, please look for our eyeglass collection box at the Sandpiper Community Center.

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HELP NEEDED FOR THE FOURTH OF JULY

Have you ever attended the Fourth of July Parade and Festival in Redwood City and wondered how you could get involved, well now is the time. The Peninsula Celebration Assoc. sponsors the Fourth of July Celebration in Redwood City, is kicking off its annual Membership drive. As a member, you are needed to help with the Fourth of July Celebration from 2 to 4 hours, before, on the day or the day after the Fourth. You must be at least 21 years old. There are a total of 4 meetings a year and no dues. Your reward is lots of fun and a free lunch on the Fourth. A meeting was held in March. So, if in fact, you are interested, for further information and an application call the PCA office at 650-365-1825 or Membership Chairperson Christine Cheshire at 650-703-1113.



MARIJUANA AND YOUR TEEN

By Helen Selenati

(Continued from last month)

Talking to our children about drug abuse is not always easy, but it is one of the most important and effective deterrents of teen drug addiction. There are stronger forms of marijuana available to adolescents today than in the 1960s. Stronger marijuana means stronger effects.



What is Marijuana?

Marijuana is a green, brown or gray mixture of dried, shredded leaves, stems, seeds and flowers of the hemp plant (*Cannabis sativa*). Today Marijuana is the most often used illegal drug in the US.

Canabis is the term that refers to marijuana and other drugs made from the same plant. Strong forms of cannabis include sinsemilla (made from just the buds and flowering tops of the female plant), hashish (the sticky resin from the female plant's flowers), and hash oil (a tar-like liquid distilled from hashish). All forms of cannabis are mind-altering drugs.

What are the current slang term for marijuana?

Slang terms for drugs change quickly, and they vary from one part of the country to another, even across sections of a large city. Terms from years ago, such as pot, herb, grass, weed, Mary Jane, and reefer, are still used. You might also hear the names Aunt Mary, skunk, boom, gangster, kif or ganja. A recent book of American slang lists more than 200 terms for various kinds of marijuana.

How is marijuana used?

Most users roll loose marijuana into a cigarette (called a joint or a nail) or smoke it in a pipe. One well-known type of water pipe is the bong. Some users mix marijuana with food or use it to brew a tea. Another method is to slice open a cigar and replace the tobacco with marijuana, making what's called a blunt.

Lately marijuana cigarettes or blunts often include crack cocaine, a combination known by various street names such as "primos" or "woolies". Joints and blunts often are dipped in PCP and are called "happy sticks". "wicky sticks". "love boat", or "tical".

At what age do children generally start?

Recent government research reports:

- * Among teens 12 to 17, the average age of first trying marijuana was 14 years.
- * 23% of 8th graders have tried marijuana at least once and by 10th

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?

Embark on a journey of self discovery that can unfold into a more satisfying life experience.



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grade, 21% are "current" users (used within the past month).

* Among 12th graders nearly 50% have tried marijuana/hash at least once, and about 24% were current users. Other researchers have found that the use of marijuana and other drugs usually peaks in the late teens and early twenties, then declines in later years.

How can I tell if my child has been using marijuana?

There are some signs you might be able to see if someone is under the influence of marijuana. He or she might:

- * Seem dizzy or have trouble walking;
 - * Seem silly and giggly for no reason;
 - * Have very red, bloodshot eyes; and
 - * Have a hard time remembering things that just happened.
- * When the early effects fade, the user can become very sleepy.

Parents should be aware of changes in their child's behavior; look for withdrawal, depression, fatigue, carelessness with grooming, hostility, deteriorating relationships with family members and friends. In addition changes in academic performance, increased absenteeism, lost interest in sports, or other favorite activities, and changes in sleeping habits could all be related to drug use.

Tips for parents: Be a good listener and maintain an open dialogue with your teen. Give clear no-use messages about drugs and alcohol. Monitor your child's whereabouts and supervise teen activities. Get to know your child's friends and their parents. 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.

MAPPING YOUR FINANCIAL FUTURE WITH AN ANNUAL REVIEW

Contributed from Rick Raybin

During the course of your lifetime you will most likely be involved in a variety of complex financial activities, such as budgeting, saving for certain goals, participating in one or more retirement savings plans, and tax planning.



Although you probably review parts of your financial picture from time to time, such as when you renew your insurance policies or file your income taxes, it is worthwhile to take a close look at your overall financial position at least once each year. A comprehensive annual review provides an excellent opportunity to reassess your financial decisions, measure your progress, and make any necessary adjustments.

Routes to Security

As you navigate through life, here are some areas to consider: Analyze your cash flow. How does your income compare to your expenses? If your income exceeds your expenses, you have a positive cash flow. If your income is less than your expenses, you have a negative cash flow. A positive cash flow indicates that you may have excess funds available to save. A negative cash flow can be a red flag that you should reorganize your budget and reduce or eliminate any unnecessary expenses. Earmark funds for special goals. How will you achieve special financial goals? For each aim you hope to accomplish, project the cost, estimate how long it will take to reach your goal, and identify an appropriate funding mechanism (taking a loan, scheduling savings, or liquidating assets). It is also important to prioritize your goals. Begin by setting aside an emergency fund to cover three to six months' worth of expenses. Next, establish savings for essentials such as a down payment on a first home or a child's college education. Finally, plan for nonessentials, such as replacing a vehicle, renovating your home, or taking a vacation.

Provide for retirement. Will you have enough money to retire comfortably when the time comes? Your company pension or Social Security benefits may not provide adequate income to maintain your existing lifestyle. It is essential to anticipate your retirement needs and begin a disciplined savings program now to help achieve your goals.

Reduce income taxes. Are you paying the least amount of income tax necessary? The government allows you to take advantage of every legal "tax break" to reduce your taxes. The most common deductions are for items such as mortgage interest, contributions to retirement plans, and charitable donations. Under appropriate circumstances, you may also be able to carry over losses or expenses from prior tax years. Plan for inflation. Is your money hard at work beating inflation? If the inflation rate is 2 percent, you will need an annual wage increase of at least 2 percent simply to maintain your buying power. Once

You have a number of goals to meet. We've got powerful solutions to help you achieve them.

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your purchasing power declines, a lower standard of living could result. In the end, if inflation starts beating you, you will have less money to save or spend.

Prepare for unexpected risks. Are you ready for the unexpected? Life can sometimes throw you a "curve ball"-that is, an unanticipated risk. For instance, you or your family could suddenly be faced with a serious financial hardship due to an untimely death or disability. Adequate insurance is the cornerstone of a solid financial plan. It can help protect you and your family against life's unexpected twists.

Planning Makes Perfect

A comprehensive annual review with a qualified financial professional can help you focus on the important issues that affect your personal finances. By faithfully charting your progress-and making periodic adjustments-you may be on the road to achieving the future of your dreams. Rick Raybin is a registered representative with New England Securities, 950 Tower Lane, Foster City, CA 94404, 650-286-5800. Certain aspects of this article may require the advice of your attorney or tax professional, please consult accordingly. For more information on the topics discussed in this article, please call Rick at 650-286-5849.

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NURTURING GARDEN AND BODY



Ustrasana

Voltaire closed his novel *Candide* with the thoughtful counsel to “cultivate our garden.” Summertime working in the yard brings us closer to the earth: fingers delighting in the dirt; bodies often sore the next morning. As you renew your spiritual self, add these stretching poses to protect, comfort, and strengthen your physical self.

Pulling weeds and digging holes can strain on your lower back. Try to stop every 15 minutes and do counter stretching. A counter stretch stretches the muscles that have been compressed in the previous position, and relaxes the muscles that have been extended. As you bend over the shovel or pull with your arms, your stomach muscles and hip flexors tighten, while your back muscles stretch and can even hyperextend. To stretch the ‘other way’ try a Camel Pose. Come onto your knees (on your weeding kneepad or soft grass), check to see that your knees are hipwidth or narrower. Place the palms of your hands on your lower back, fingertips pointing upward. Pressing your hands into your lower back for support, inhale through your nose, drawing your spine up out of your pelvic area. As you exhale, let your head fall back, feel your upper chest opening, the fronts of your thighs and hips stretching. Try to arch more in your upper back and less in the lower area. Keep breathing! (If you’re feeling especially flexible, you can move your hands to cup your heels, as depicted in the picture of Ustrasana, the traditional Camel.) To come out: slowly inhale back up to neutral, keeping your back supported with your hands.

After your Camel, it can feel good to stretch the torso long and engage the quadriceps (thigh muscles). Find a fence or ledge roughly the height of your kitchen sink. With feet firmly planted hip distance apart, grab hold of the countertop equivalent. Inhale, pull with your arms to bring the chest forward and open. Exhale, let the weight of your lower body sink back behind you, engaging your quads and feeling your vertebrae separate from each other. Breathe in this stretch and repeat as desired. Also, drink plenty of water, both for gardening and for stretching. Dehydration limits your joints’ flexibility and contributes to hot weather headaches. Plus a cool drink adds a nice finishing touch to an afternoon of gardening, or yoga.

Jennifer Tripp lives in the Shores and teaches yoga throughout the Bay Area. Her group classes and private instruction emphasize careful opening of the body, core strengthening, and developing superb proprioceptive alignment.

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(PET THERAPY - Continued from page 28)

One patient who had suffered a stroke and had lost her ability to speak in coherent sentences (aphasic) could carry on an animated conversation when you asked her about her dogs, but she became confused when you asked her about the present. One man spoke his first words several days after a stroke when he was in the recreation room surrounded by dogs. As he stroked one dog’s head he looked up at the therapist and whispered, “Soft. Good dog.”

The dogs can sense when and where a patient is injured. A poodle on our team places a soft ball in the lap of the patient she has selected to throw her ball. When the handler indicates the patient’s weak side to the dog, the dog will consistently set the ball in the open hand of the weak arm and look up at the patient to encourage them to throw the ball. My beagle sits in a chair and extends his paw to the ladies. When I place him on the bed with a male patient, he stretches out across their torso and waits to have his own chest scratched. My “Party Hearty” Labrador knows to sit quietly beside wheelchair occupants so they can pet her head. A terrier on our team would always sniff the bandages of IV’s after the patients had petted him. I guess he was letting them know they were uncomfortable! The smiles and expressions of gratitude we get after these visits are more valuable than any paycheck I’ve ever received. I encourage you to visit the website: Furryfriends.org. to see if this opportunity is for you.

Submitted by Jean Cary who can be reached at 593-9622.

REMEMBERING WILL ROGERS A MAN WITH A HUMOR

Will Rogers, who died in a plane crash with Wylie Post in 1935, was probably the greatest political sage this country has ever known. Enjoy the following:

1. Never slap a man who's chewing tobacco.
2. Never kick a cow chip on a hot day.
3. There are 2 theories to arguing with a woman...neither works.
4. Never miss a good chance to shut up.
5. Always drink upstream from the herd.
6. If you find yourself in a hole, stop digging.
7. The quickest way to double your money is to fold it and put it back in your pocket.
8. There are three kinds of men: The ones that learn by reading. The few who learn by observation. The rest of them have to pee on the electric fence and find out for themselves.
9. Good judgment comes from experience, and a lot of that comes from bad judgment.
10. If you're riding' ahead of the herd, take a look back every now and then to make sure it's still there.
11. Lettin' the cat outta the bag is a whole lot easier'n puttin' it back.
12. After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him. The moral: When you're full of bull, keep your mouth shut.

ABOUT GROWING OLDER...

First ~ Eventually you will reach a point when you stop lying about your age and start bragging about it.

Second ~ The older we get, the fewer things seem worth waiting in line for.

Third ~ Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved

Fourth ~ When you are dissatisfied and would like to go back to youth, think of Algebra.

Fifth ~ You know you are getting old when everything either dries up or leaks.



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Sixth ~ I don't know how I got over the hill without getting to the top.

Seventh ~ One of the many things no one tells you about aging is that it is such a nice change from being young.

Eighth ~ One must wait until evening to see how splendid the day has been.

Ninth ~ Being young is beautiful, but being old is comfortable.

Tenth ~ Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today it's called golf.

And finally ~ If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old.



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From Left: David Kotzing, Carol Scherba, Jesus Gutierrez, Vanessa Gutierrez, Jennifer Newleigh, William Gutierrez, Claudia McCarty, Felice Malone, and Thomas Pizzano.
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