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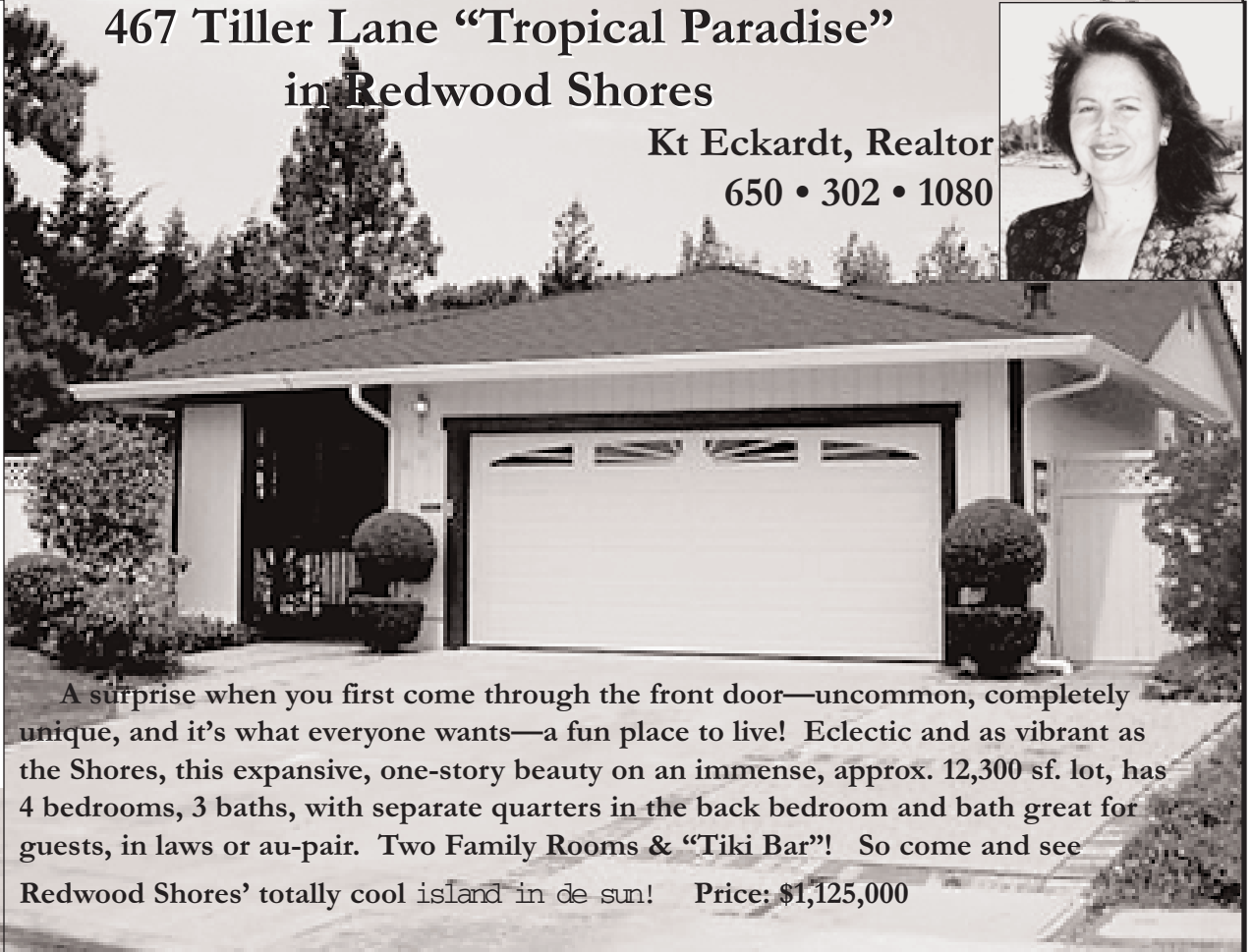
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ARIEL FROST TO COX 2005 U.S. JUNIOR WOMEN'S NATIONAL TEAM, AFTER WINNING U.S. JUNIOR NATIONALS AND ENGLAND'S HENLEY

The United States Olympic Committee and USRowing have named 15 young women to the 2005 US Junior National Team. 17 year-old Ariel Frost of Marlin Court has been selected as coxswain to take the country's top 14 rowers to the 2005 FISA World Rowing Junior Championships in Germany. The team is currently training at the Olympic Training Facility in Lake Placid, New York. They will race in the US Rowing National Championships in Indianapolis, July 19-24, then depart for Berlin July 26, for World Championships in Germany, August 3-6. Like last summer, Ariel spent the first half of the summer at the US National Selection Camp in Connecticut, where the initial group of the country's top 40 rowers and 5 coxswains underwent a rigorous training and selection process, to ultimately form the 2005 US Junior Women's National Team, comprised of 14 rowers and 1 coxswain.



Ariel Frost is the Women's Varsity 8 and Varsity 4 coxswain for the Oakland Strokes. Right after claiming the US Rowing Junior National Championships for Women's Eight for the second year in a row (June 10-11, Cincinnati, Ohio), the Oakland Strokes went straight to England to race in the Royal English Henley Regatta. Representing the USA as the reigning Junior National Champions, the Oakland Strokes WV8 captured the Peabody Cup at the English Henley, June 23, 2005. The Henley Regatta is one of the crown jewels of England's sporting scene, and is one of the world's most prestigious rowing competitions. The team accomplished this victory in a borrowed boat that they had to assemble, and barely a week to practice and get used to a 1500-meter course. The victorious Strokes squad coached by Derek Brynes, included Ariel Frost, Lauren Hoffmayer, Laura Huppert, Jo Jacobs, Ashley Jones, Tory Kaso, Sarah Moore, Taryn O'Connell, and Anne Scheir. Ariel Frost and Lauren Hofmayer are both in the 2005 US Junior National Team going to Germany.

Ariel and the Oakland Strokes WV8 and WV4 had an undefeated 2004-2005 Crew season. All victories were won with wide-open water leads. The season's highlights include: Head of the Lake, Nov. 2004, Seattle, Washington (Oakland Strokes 7:06.31); San Diego Crew Classic, April 2005, San Diego, CA (Oakland Strokes 7:02.9); South West Regional

PACT APPLICATIONS AVAILABLE FOR RWC'S FALL PROGRAM

The City of Redwood City announces that applications are now available for the Fall, 2005 session of PACT (Partnership Academy for Community Teamwork). The deadline to submit an application is 5:00 pm, August 12, 2005. Applications are available from the City Manager's office, located in City Hall at 1017 Middlefield Road, or by calling 650-780-7300. The application is also available online :www.redwoodcity.org/pact. Enrollment is limited to 40 participants, and high-school aged youth are encouraged to apply (waiver must be signed by parent or guardian).

This nine-week citizens' academy will provide participants with a hands-on overview of the management and governance of Redwood City, while helping to build relationships that will strengthen our entire community. The Fall 2005 program takes place each Wednesday evening from September 7th through November 2nd and engages in dynamic and interesting activities illustrating how the City functions. The sessions cover subjects from Public Works to the Police Department, from the City Council to Finance, from the Fire Department to the Library, and more. This is a great opportunity for interested community members to get an insider's view of where the City is going, become experts on how the City operates, and help to build a great community, together.

The objectives of PACT are to involve and engage people in learning about and understanding the operation of City government, and to improve communication between the City and those that live and work here in order to strengthen and enhance the entire community. Participants will learn how decisions are made, how City funds are allocated, and how City departments operate with each other, and get an opportunity to sit down with City Council members for frank discussions of issues, projects, politics, and plans for shaping the future of our community.

"It's important for people to know about and be involved in City government, and to bring a true partnership to how we address community issues," said Redwood City Mayor Jeff Ira. "We want a wide variety of people from all across Redwood City involved in PACT. This is one key way of building a great community together."

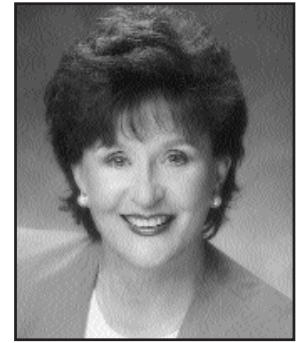
Championships, May 2005, Sacramento, CA (Oakland Strokes WV8 06:53.01 and WV4 07:33.30); and ultimately winning the US National Championships, June 2005, Cincinnati, Ohio (Oakland Strokes 06:56.05).

Ariel Frost will be a senior in the Fall. In her spare time, she enjoys hanging out with her team watching the PAC 10 races from her boat dock in the Redwood Shores lagoon and in Sacramento's Lake Natoma.

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RSTC TOURNAMENTS *By Annette Vernon*

In celebration of the Tour de France, the Redwood Shores Tennis Club took to the courts on Saturday, July 16, for "Le Mixte" Doubles Scramble.

In honor of Lance Armstrong's attempt to win seven events in a row, players battled in mixed pairs to win the coveted "yellow jersey." In a true scramble, players changed partners and court locations throughout the morning and into the early afternoon.

After seven rounds, the players scrambled home to prepare for the evening's social, not yet knowing who had succeeded in claiming victory in the day's "stage." The players gathered that evening for a French culinary treat at the home of Don and Marg Smith. Many diners consulted their cookbooks in search of an appropriately French offering. Over sumptuous desserts, the winners were announced. First place in the women's division was awarded to Annette Vernon (our president), with second place going to Karen Brodersen. In the men's division, first place went to Ivan Quinones, and second place went to Bob Brodersen. The winners and runners-up received fine French champagne



adorned with French flags and yellow

From left - Doubles team Bob Brodersen and Dennis Murphy in play

wrappings in keeping with our theme.

If you'd like to meet friendly tennis players, engage in good natured competition, and enjoy the company of friends old and new, visit our web site at www.rstc.org and download a membership form. Or, call Annette at 650-349-1617. The next two tournaments are on Sunday, August 14th and Saturday, September 17th, with "open play" on other weekends. New members are always welcome.

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Summer is in full swing! If you are still looking for activities for your child, we still have space in our August Camps. This month we are offering Mad Science, Skyhawks Multi Sport, Fun Tyme Sports Camp, Drama Camp, and Lego Camp.

This coming school year brings a variety of new, after school enrichment programs. New classes include: Piano Lessons, Crafting Classes, Voice, Guitar, Chess, the Electronic Experience, and Mad Science. If you can't make it during the week, make sure to check out our new Saturday classes: Oil Painting, Lego Workshop, Child Safety, and Team Jazzercise Dance classes. We also have many new course offerings in the Redwood City and San Carlos areas.

Sandpiper Youth Club will be in full swing on August 31! Make sure to pre-register. We have had a lot of interest in our after school program and we will only accept 100 students. We anticipate reaching the 100 mark this fall, so do not wait!

Adults, we have not forgotten about you! We will be offering a new course in Interior Design, with local resident Zara

Stender, Infant/Chld CPR, Brazilian Dance, Capoeira, Belly Dance, Self Defense, Yoga, and don't forget about our daily jazzercise classes! We have a large number of new courses in the Redwood City area as well.

Look for the Fall brochure in your mailbox the week of August 9th. Visit us online at www.redwoodcity.org for online registration or current updates on what is happening in your area and greater Redwood City.

See you soon!
Jordana Freeman, Recreation Manager



AUGUST DATES FOR THE BACK OF YOUR MIND

- Aug 1, 1969 The Internet was born
- Aug 2, Truck Drivers Day
- Aug 28, Tall Building Day

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These agents are bacteria, virus and toxins that can cause disease in people. Protection during a biological event depends on the agent being used. For example anthrax can only affect people who come into direct contact with it and it cannot be passed on from person to person. But smallpox is highly contagious and would require isolating people who have been exposed. For some biological events immunizations may be recommended. In response to a biological event local authorities may give orders to SHELTER IN PLACE or EVACUATION. They may also use isolation and quarantine. It is important that these orders be followed.



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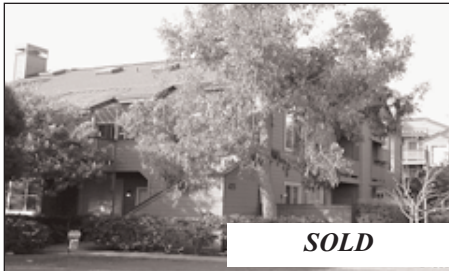
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UPCOMING EVENTS AT THE RWC CHAMBER

REDWOOD CITY CITY COUNCIL CANDIDATES FORUM

Thursday, September 29, 2005

7:30am - 9:15am

Pacific Athletic Club

200 Redwood Shores Parkway

Redwood City

7:30am-8:00am - Registration/Breakfast

8:00am-9:15am - Program

Chamber Members \$30.00

Non Members \$35.00

32ND ANNUAL CHAMBER INVITATIONAL GOLF TOURNAMENT

Monday, October 3, 2005

10:00am - Registration/lunch/Gino & Jim's Salami Putt-Off
Contest

11:30am - Shotgun Start - Scramble Format - Corporate Cup

4:30pm - Yellow Ball Contest

4:45pm - Reception/Live Auction

The Peninsula Golf and Country Club, A Donald Ross Course
Entry Fee: \$295. includes Green fees, cart, lunch, Reception,
Auction, and refreshments.

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Classes are generally on the 2nd Friday, each month from

8:00am to 3:00pm plus a two day retreat in October.

Registration is \$1000.

For registration information on any of the above please contact
The Chamber at (650) 364-1722.



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Living in the paradise known as the Peninsula does not protect families from the unfair imperative of success measured by too much work, too little time and juggling family with personal needs. Marriages succumb to these competing demands at a rate upwards of 40% (the 50% divorce rate is a statistical misnomer, a subject for another conversation).

Couples who decide that they must honor the truth that their marital relationship is over have alternatives to fighting each other in divorce court. A "healthy divorce" is not a contradiction.

In mediation, couples sit down together with a neutral and unbiased third party who facilitates their understanding of each other's point of view. Jewish tradition distinguishes between arguments that "are for the sake of Heaven" and arguments that serve only one party's interest in a fight for the finish. Arguments "for the sake of Heaven" assume that each side has something valuable to contribute to achieve a lasting outcome. Mediation honors this truth and enables each voice to be heard. The process can seem magical to couples who are accustomed to downward spirals of negative communication. When neither has to "win" or prove that his/her position should prevail, disputants are psychologically free to make mutual decisions that work best for themselves and their children. Mediation allows couples to transform endless arguments into successful problem-solving and decision-making.

In the Book of Genesis, God is seen as the first mediator, shuttling between Abraham and Sarah regarding the birth of their son, Isaac. Sarah laughs to herself, saying, "Now that I am withered, am I to have enjoyment with my husband so old (Genesis 18:12)?" God does not relate Sarah's words which would have been hurtful to Abraham. What the Sunday School books for children omit is that it is God's task to bring the two back to the marriage bed so that Sarah can, indeed, conceive. God successfully mediates despite their advanced ages and the couple is blessed with a son the following year.

In Christian texts, the Messiah is the mediator: "For there is one God, and one Mediator between God and man, the man Christ Jesus."-I Timothy, ii. 5. As such, the "Son of Man" mediates between God and humanity. Mediators working with couples in the throes of divorce can only aspire to such lofty goals. When couples in dispute use a mediator to communicate, they can, perhaps for the first time since the honeymoon, ensure that their needs and concerns will be heard accurately.



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The Talmud proclaims, "The world exists on account of people who are able to restrain themselves during a quarrel (BT Hul.89a)." As a mediator, I feel as if I am carrying forward an imperative from the Judeo-Christian tradition that embraces peacemaking between disputants. An argument "for the sake of heaven" can be a sacred encounter in which parties can let go of defensiveness and create space for the needs and concerns of each other. Arguments resolved in sacred encounter enhance relationships instead of destroying them.

As a communication professor turned mediator, I have witnessed firsthand the transformative power of mediation. Couples who choose mediation to resolve their differences help themselves and their children emerge from the divorce process with minimum emotional and financial cost and maximum dignity and self-esteem.

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SENSITIVE TEETH

WHAT CAUSES SENSITIVE TEETH? Sensitive teeth hurt with exposure to cold air, hot or cold food and beverages and sweets. Sometimes it stops people from properly brushing and flossing their teeth. This can lead to more sensitivity, decay, infection and even tooth and bone loss. Teeth are often sensitive because the dentin layer of the tooth has become exposed. The dentin is the middle layer of the tooth. Above the gums, the dentin layer is normally covered by an outer layer, called the enamel, and, on the roots, cementum. Dentin contains millions of tiny tubes that extend from the nerves at the center of the tooth to the outer layer. When the dentin is exposed, these tubes are left open. Any stimulation at the surface of the dentin is transmitted through the tubes to the nerves, causing pain. The dentin is usually exposed in two ways: Abfraction and Worn-away enamel. Abfraction occurs when one tooth hits sooner than the rest. This causes undue stress on the involved teeth, and they begin to flex. Over time, this continual flexing causes the enamel to separate from the dentin layer. Many habits can wear away tooth enamel, such as brushing too hard, using a medium or hard bristled toothbrush, using an abrasive "tartar-control" or "whitening" toothpaste, and grinding or clenching your teeth. Some dental procedures may temporarily expose the dentin, leading to short-term sensitivity.

Treating Sensitive Teeth - To determine the cause of your tooth pain, we'll first make sure that the pain isn't caused by decay, a broken tooth or abscess. Then we'll continue the exam to find out how the dentin has become exposed. If the problem is abfraction, we may adjust your bite, restore the damage by bonding a filling in place, or crown the tooth. If the problem is a worn-away enamel layer, we may. Remove plaque and bacteria. Present a plan for improved brushing techniques. Treat the area with fluoride. Apply a protective filling or bonding agent if the problem is abfraction, We may adjust your bite. Restore the damage by bonding a filling in place. Crown the tooth examining for sensitive teeth. Proper homecare is essential in taking care of sensitive teeth. We may recommend that you avoid high-acid and high-sugar foods, like tea, citrus, soda pop, and sports drinks, use a desensitizing toothpaste or mouthwash, use a soft-bristled toothbrush or electric toothbrush, or wear a nightguard if you clench or grind your teeth.



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AUGUST ACTIVITIES AT VETERANS MEMORIAL SENIOR CENTER

Redwood City's Veterans Memorial Senior Center, 1455 Madison Avenue, is continuing to provide summer programs that are of interest to the community. All programs are open to the public:

•**Jim Dunbar**, Thursday, August 18, 1:15 to 2:15 p.m., Goldstar Room.

•**Computer Class Registration**,

August 31, 9:30 to 11:00 a.m. and 7:00 to 8:00 p.m., Sequoia Room, Community Wellness Center: Join us for classes in Windows Basics, Beyond Windows Basics, Fun with the Internet, and Users' Group Forum. Classes are 10 weeks, and the fee is \$20 per class if you register on August 31, otherwise, it is \$25.

For further information, please call 780-7306.

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BEHIND THE SCENES OF EXTREME MAKEOVER

One of television's most popular T.V. reality shows Extreme Makeover: Home Edition has progressed from remodeling a deserving family's home to building a completely new home in a week. How do they do it? Is it real or just severely edited? After all, the construction of a new home normally takes two to three months for completion. Ty Pennington, the star of the show, recently spoke at the Pacific Builders' Conference in San Francisco to explain the process of these building projects. There are two keys to the timely completion of these projects.

1. An experienced large scale builder is selected to oversee the project. Shea Homes and Centex Homes were the generous donors for two projects this season. Their "deep pockets" and vast supply of sub-contractors enabled them to mobilize the resources necessary for a project this demanding.

2. Scheduling the subcontractors (plumbers, building inspectors and drywall specialists) has to be orchestrated down to fifteen minute intervals. Framers have to be able to work in concert with five to fifty other colleagues in a synchronized dance to assemble and raise walls without any wasted effort. Since each step of the house construction is dependent on the previous teams' work and timing, the general contractor has to research the solutions to any dilemmas before the building crew appears on site. For example, special pilings and quick-setting foundation compounds are required for many of these projects. A "tent city" for support of the staff (for meals, generators, and tool storage) has to be erected on site. Access for large delivery trucks and machinery has to be mapped out. This can be very difficult in established neighborhoods.

Once the T.V. production company selects the recipient family, the construction firm has three to eight weeks to research the requirements to complete the design Ty Pennington and his team have created. Next they mobilize all their resources from manpower to product donors and begin the Herculean task of scheduling the sub-contractors. Police and fire departments have to be notified for road access. Usually the city employees are paid twenty four hour salaries, so they can stay on site throughout construction for quick permit approvals.

How can this method of building complete a home in seven days that would normally take two to three months? The truth is that it usually requires the work of 900-1500 people to complete a project of this scale. For example, with 110 framers working simultaneously to hang the drywall, the job is completed and inspected in forty-five minutes rather than three days! Sometimes builders utilize new products such as pre-fabricated walls. The ease of installation and time-saving advantages of these products can be applied to future regular residential building projects.

Builders develop new managerial skills and enhance their vendor relationships and public relations when they work on the Extreme Makeover:Home Edition. The opportunity to make a life changing difference for a stranger fuels the competitive spirit of home builders, encouraging other companies to participate in future makeovers. Since the T.V. production staff is receiving 5000 applications a week from families vying for a new home and since the ratings for the show keep climbing, viewers will be able to enjoy this popular show for many more episodes.

Written by Jean Cary of Jean Cary Interiors: (650)-593-9622