Page 12 FROM THE SCHOOL BOARD

This November, Redwood Shores voters are going to be asked to vote on a school facilities construction bond measure placed on the ballot by a unanimous vote of the Belmont

Redwood Shores School District Board of Trustees. Bond proceeds would be used to construct a new school in Redwood Shores in order to alleviate overcrowding and over enrollment at Sandpiper Elementary.

Sandpiper Elementary was built in 1997 and was intended to house 450 students. Over the last few years, the school has exceeded capacity with over 520 students enrolled. Demographic projections show that by the 2009-2010 school year, there will be over 900 elementary-school-age children in the Shores with Sandpiper Elementary as their neighborhood school. In fact, in the 2004-2005 school year, the district had to turn away 67 Redwood Shores kindergartners from Sandpiper. Likewise, early enrollment figures for next year show that the number of kindergartners in the Shores exceeded available classroom space by at least 140 students.

Over enrollment and overcrowding at Sandpiper has become a problem in terms of academic programs as well. As all of the building space on Sandpiper's campus is used for classrooms, the school lacks many of the resources available to other schools in the Belmont Redwood Shores school district. For instance, students at Sandpiper do not have music rooms or science labs to enhance their core academic curriculum.

The district anticipates creating a school similar to Sandpiper in terms of size and appearance on whatever site is chosen.

Local bond funds in California cannot be taken by the state, and they must be spent locally for voter-approved school construction purposes. The bond mandates a citizen's oversight committee made up of parents, teachers, local retirees, taxpayers association representatives and other local residents to ensure that funds are spent within the provisions approved by voters. This committee will be charged with monitoring and auditing bond funds and issuing public record documents ensuring that money is being spent as promised.

The bond would cost property owners \$30 annually per \$100,000 assessed (not market) value over the life of the bond. The measure requires a 55% majority vote to pass. For more information on the bond measure or the overcrowding problem at Sandpiper Elementary, please contact the District Office at (650) 637-4800.

Contributed from John McIntosh, Belmont/RWS School Superintendent

MAN ABOUT THE SHORES

By Carol Mertens

This month, it is my privilege to tell you about a Man About The Shores. You all know him as Pete Hughs. He is involved in many projects that shape Redwood Shores and Redwood City



A long time board member of RSCA and the founder of the Levee Cleanup Day, you know of him best. Pete is a very diligent man. He has been active in Redwood City for almost fifty years

Some of his other achievements are:

- -Past president of the Jaycees
- -Young man of the year for Redwood City Jaycees
- -Soccer coach and manager
- -American Legion Citizen of the Year Award
- -Sequoia award as Citizen of the Year
- -Police activities League Chief's Award for 2004
- -Past president and parade chair of the PCA, the July 4th parade -Past President and longtime member of Rotary
- -Founder of the Sunrise Rotary Club
- -Past president and board member of Casa de Redwood
- -Founder and President for 35 years of the Hughes Plastics Corp.

His favorite pastime is traveling with his wife Ginny. Other interests include camping and backpacking, enjoys season tickets with the Giants and the 49er's, is an avid reader and loves to play scrabble.

Pete and Ginny have five children and 3 and 3/4 grandchildren.

If you know of a deserving resident of Redwood Shores, Contact the Pilot so we may tell their story at:cpmert@comcast.net

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Sunday, October 2nd

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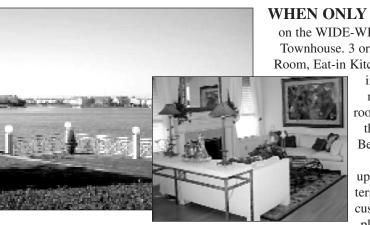
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RE-CAP OF AUGUST RSTC TOURNAMENTS By Monique Seibel

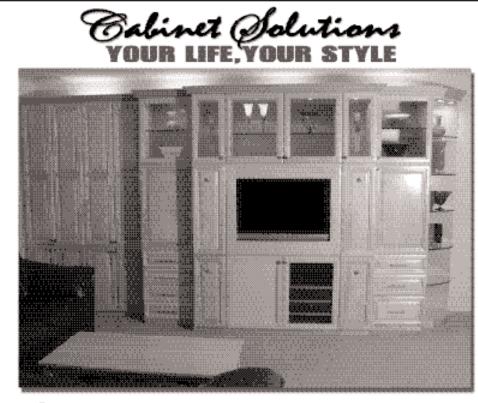
This year's annual BBQ event, held on August 14, turned into a picnic instead, but that had no effect on the level of enthusiasm displayed or the amount of fun that was had. The tournament format was team tennis, with partners changing every set as the team captains (Monique Seibel, Cynthia Hunton and Florence Rust and Michael Garb) penciled in players on the fly. In keeping with the picnic theme, tournament planners Cynthia Hunton and Dennis Murphy assigned 26 players to teams "Big" Cheese, Cold Cuts, Condiments and (those traditional spoilers) the Fire Ants. Not long into the tournament, the Cold Cuts changed their name to the Cool Cuts - but a cool name brought them no closer to victory. They came in third, just ahead of the Fire Ants (alas no spoilers this time). Ant Annette Vernon, asked to comment on her team's performance, could only say, "It wasn't pretty." Indeed, the Ants came in last with 47 total games won. There was a 20-point spread between them and the winning team, the Condiments - with the Cheese coming in second. Throughout the morning and into the early afternoon, players moved between Shorebird and Quay Courts to assure that each team would have a chance to play every other team. Mixed doubles sets alternated with "captain's choice"-more mixed doubles or men's and women's doubles. All in all, some really great tennis was played (even by the Fire Ants). Several prospective members came to watch and stayed for the picnic. Sandwiches

catered by Togo's were complemented by an assortment of wonderful appetizers, salads, and desserts made by our talented members. If you'd like to join the Redwood Shores Tennis club, please visit our web site at www.rstc.org and download a membership form, or call Annette Vernon (650-349-1617) or Michael Garb (650-592-6970).



It's the team that won the tournament - the "Condiments" - left to right, Judy Garb, Kristian Nergaard, Cynthia Hunton, Paul Reinhardt, Michael Garb, and Ivan Quinones. They are shown holding their tournament prizes; each got a picnic blanket that turns into a tote.

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RADIO ROAD ROUNDUP A HOWLING SUCCESS

Saturday, July 23 was a beautiful, sunny day. The dog park looked extra spiffy with its newly re-sodded lawn. About 15 volunteers showed up bright and early and, fueled by donuts, set up all the equipment for the Radio Road Roundup. Lots of people and dogs were there. We had music, doggy games, and a barbecue. A good time was had by all. Our silent auction raised over \$1700, which will be used to defray the cost of the new grass and pay for the new shade structure in the large dog park.

Contributed from Chris Keller, Bay Area Poodle Rescue poodlesrescue@comcast.net

Competition winner receiving his prize from Pia Mc Govern of K-9 Insight Dog Training

One of the dogs participating in the" dunkin for weenies contest"



A LOST CAT

TO JEFF GEE

My name is Mirella Stefan and I am your neighbor. I am writing to you in an attempt to find the owners of a cat that I found in front of my house a few days ago.

My husband and I have already tried other ways to locate the owners: We put flyers in and around our neighborhood, we



completed a Found animal form at the Peninsula Humane Society and we had the cat scanned there for a chip implant. We were hopeful when a chip was detected but were told that the code was not in the PHS' database. However, when we contacted the chip manufacturer, they confirmed that the chip was sent to PHS in November last year. At this point PHS does not have a good explanation why they can't retrieve the owner's contact info so we are stuck. We are cat lovers (have our own cat) and have been caring for the lost animal since we found her. If possible, please include a message in the next issue of *Pilot* and maybe her owners will see it. Instead of describing the cat, I am attaching her picture.

Thank you, Mirella



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GIRL SCOUTS IN **REDWOOD SHORES**

Girl Scout troops are organized by grade level at the schools in our communities, from Kindergarten through high school. The Diamond Crest Girl Scout Association has volunteer-led troops of girls in Redwood Shores, Belmont, and San Carlos. As school starts, new troops will be started for Kindergarten girls where there is interest. Please watch for flyers distributed at school about our "Daisy Kickoff" in September. This is an event for girls and their parents to learn about Girl Scouting. For information about joining Girl Scouts, please contact: Emily Sarver at 650-592-6129 or esarver@comcast.net.

Thanks for supporting Girl Scouts in your newspaper, Emily Sarver Diamond Crest Girl Scout Association Coordinator, 650-592-6129

SEPTEMBER IS ADDICTION RECOVERY MONTH

by Helen Selenati

ach year in September addiction recovery campaigns make an important contribution to raising awareness about issues related to substance use disorders and their impact on the



family members of people with these disorders. Meaningful recovery often involves an encompassing group of caring individuals who support the recovery of both the person experi-

encing dependence or addiction and the family members that are affected.

From healthcare professionals who proactively recognize and treat these disorders, to employers and insurers who provide affordable treatment options, to community and family members who offer acceptance and encouragement, all contribute to recovery which in turn heals lives, families, and communities.

For people with substance use disorders starting on the road to recovery can seem impossible. Even after admitting they have a problem; people who want to overcome their addiction have many other issues to consider: How do they find available treatment programs? Will health insurance cover the costs of the services they need? Will they be able to stay on the job while seeking help?

Alcohol and drug addiction can make you feel alone and isolated. But you are not alone. You can get help, get better, and reconnect with the people who care about you. Drug and alcohol addiction are equal opportunity diseases. People in recovery from these diseases come from all walks of life and deserve to be treated with kindness and respect for fighting and winning one of the hardest battles there is.

As a responsible community we must ensure that addiction is recognized as a disease and treated as such. We can do this by educating ourselves about the signs to look for in friends, family and co-workers, such as sudden decline in performance or attendance at work or school, or sudden changes in behavior or personality. For drug and alcohol information and treatment referral for you or someone you know, call 1-800-622-HELP Helen Selenati is a Licensed Marriage and Family Therapist and Certified Coach specializing in addiction issues. She has a private practice in Redwood City and can be reached at helen@selenati.com or by calling 650-596-0807. Also visit www.selenati.com



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

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.

SPONSORSHIP OPPORTUNITIES ARE AVAILABLE.

Leadership Redwood City/Belmont/San Carlos Recruitment is underway for the Class beginning September 9 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



Ruthe Smith Assistant Vice President Branch Manager

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Page 20 STRIDES FOR LIFE

Strides for Life is a non-profit organization founded in 2004. Its mission is the prevention and early detection of colon cancer. The Strides for Life organization is funded entirely through contributions from individuals, corporations, and hopefully, grants from public agencies. It is governed by a Board of Directors consisting of people with a variety of experiences and expertise. There are no salaried employees and all efforts and resources are volunteered.

The organization is the outcome of the death of Dylan Cappel. Dylan died of colon cancer at the age of 23 while training for a berth on the 2004 United States Olympic Rowing Team. Dylan was a 1992 graduate of Saint Dunstan School in Millbrae and a 1996 graduate of Serra High School. The organization will hold this year's major fundraising efforts on October 1st, 2005. On the morning of the 1st, there will be a 10-mile "Strides for Life" walk along the beautiful San Francisco Bay . The walk will begin at the Redwood Shores Lagoon (closest to Twin Dolphin Drive) in Redwood Shores and complete at the new Stanford University Boathouse in Redwood City. Upon completion, everyone will be treated to a wonderful barbeque meal and provided mementos of the occasion. Information about Strides for Life and the walk can be found at: www.stridesforlife.org or contact: Frances Doherty at frances@stridesforlife.org

SANDPIPER NEWS

As the calendar changes from August to September, so Sandpiper is marked by many changes as well. Our new principal, Sue Weiser, has begun her



tenure at Sandpiper. The start time has changed to 8:25am rather than 8:30. Not only have the children changed grades, but some teachers have as well. The

kindergartners have even changed schools! With all the changes going on, some adjustments and much patience will be required for all of the transitions to be smooth. Sandpiper has many, many events scheduled throughout the school year. Stay tuned each month for a listing of events, and please plan on joining us. Strong participation leads to a stronger community. Thanks for allowing us to share what is going on at our school each month. Welcome back, Sandpiper family!

L' SHANA TOVA

Rosh Hashanah, the Jewish New Year, is on October 4th and Yom Kippur, the day of atonement, falls on October 13th. These are the most important holidays in Judaism.



Marin Humane Society (MHS) has a new program that helps socialize and train dogs prior to them being made available for adoption. These dogs need quality time with a person who can teach them some basic obedience and help them get over special problems like

shyness. In turn, the dogs are more adoptable and can move on to great new lives.

In looking for candidates to work with the dogs, MHS has started a program with San Quentin prison called Pen Pals. The program teaches specially selected inmates, all who are in jail for non-violent crimes, how to work with the dogs. The dogs live in prison with the inmates, so they receive a lot of quality time with their handler.

With the first three 'graduate' dogs from the program, the prisoners proved to have big hearts and are definitely up to the job. The six prisoners, two per dog, who were the first Pen Pals handlers, received careful screening for prior animal abuse. They also had demonstrated good behavior for several years and had only a short time to go on their sentences. These men all worked in the prison Fire House either as firefighters or emergency medical technicians.

All of the handlers reported that the dogs have built bridges between themselves and the guards. "Some of them have come down here to see the dogs and all of a sudden they are talking to us kind of on the same level," one of the inmates said. "For a minute there, we're all kind of one with the dog. It's a good thing. Even the inmates who are tough guys, it's hard to be tough when you're talking to a dog. It kind of throws a wrench in that act."

While MHS's Pen Pals is the only such program in Northern California, others are working well in other states. Each of these projects report remarkably similar experiences. At Nevada State Prison, where Puppies Up For Parole has been running for more than three years, there has been a 30% decrease in prison violence. When you went into the general population yard three years ago, you had to have an armed guard with you. Now there are flower gardens, a koi pond, and a much friendlier feeling, all because of the dogs.

Those of us who are dog lovers know the special feelings we have for our pets. It's great to know that a program like Pen Pals has a positive impact on a population that does not see a lot of love and compassion on a daily basis, and that everyone in the program benefits from the special devotion that a dog demonstrates every day.

For more information, or to make a donation to the program, visit www.marinhumanesociety.org.

Chris Keller, Bay Area Poodle Rescue poodlerescue@comcast.net





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X-rays tell us a lot about periodontal disease. In a healthy mouth, the bone comes up high around the necks of the teeth, and the bone level is even throughout the mouth. With advanced periodontal disease, the bone levels are much lower and are uneven. We look for the following signs to diagnose periodontal disease:

- . probe readings greater than three millimeters
- . bleeding upon probing
- . swollen and red gums, especially between the teeth
- . bone loss or tartar buildup indicated by X-rays



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