

Bernard Accristo
"Professional service, quality results"
650.483.7653
 www.bernardaccristo.com

I have been an investor and contractor on the Peninsula since 1973, Realtor since 1986, and a Real Estate Broker since 1989. I have also been a Redwood Shores resident since 1977.



I know and love Real Estate. Most of my business comes from family, friends and past clients. I care and know how to get the best transaction for you. I listen and will represent you in your best interest. Your satisfaction, your future business and recommendations are my goal.

My personal beliefs are: *Honesty, Loyalty, and Dedication.* My business ethics are dictated by the "The Golden Rule" always treat others as I like to be treated. Please feel free to interview me about any of your Real Estate needs.



Best Regards, Bernard Accristo



Team Dance
with JAZZERCISE

Join Jazzercise Team Dance!

Kick it OUT!
Shake it UP!
Learn DAN CE techniques at Jazzercise TODAY!

Ages 10-14 at Sandpiper
6-Week Session starts 3/17
Saturdays 9:30-10:15 am

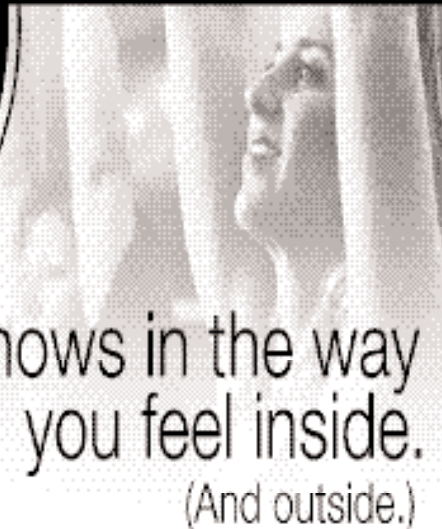
Jazzercise of Redwood Shores



(650) 400-6019 • shores_jazzercise@yahoo.com • www.jazzercise.com




**New
6:15am
Class!**

*Start Anytime!
First Class
Free!*




It shows in the way
you feel inside.
(And outside.)

When you love your workout, results come easy. That's why Jazzercise blends aerobics, yoga, Pilates, and kickboxing movements into fun dance routines set to fresh new music. All fitness levels are welcome.

Jazzercise of Redwood Shores
 Thirteen Classes Each Week
 Two Great Locations
 jazzercise.com • 1(800)FIT-IS-IT



Dance Mode Studio (DMS)
767 Industrial Road

Sandpiper Community Center (SCC)
787 Redwood Shores Pkwy

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
6:15A		DMS CQ		DMS CQ			
9A	DMS* JZ	DMS* JZ	DMS* JC	DMS* JZ	DMS* JP	SCC JCP	DMS JP
6P	SCC JZ	SCC JC	SCC JZ	SCC JZ			

JZ = The Original Jazzercise Cardio/Strength Class (60 min)
 CQ = Jazzercise Cardio for Busy People (45 min)
 JC = Jazzercise Circuit with added Resistance Training (60 min)
 JP = Jazzercise Plus, an Extended Jazzercise Class (75 min)
 JCP = Jazzercise Circuit Plus (75 min)
 *Babysitting Available for a Small Fee

Jazzercise of Redwood Shores

(650) 400-6019 or shores_jazzercise@yahoo.com
 1-800-FIT-IS-IT www.jazzercise.com

GREG STANGE - A Full Service Realtor

Getting Your Home Ready For Sale - and FAST.

Getting the highest possible price for a home requires careful planning-not just marketing but also home preparation. Under my management and with my advice, my team will get your home ready for sale quickly and painlessly.

Let me come by and give you some seasoned home preparation advice.

Listing and Closing the Deal...

- Staging and Virtual Tour
- LeadRouter Exclusively
- Advertising-Internet, Newspaper, Direct Marketing
- Continuous Communication

Getting Ready For Sale...

- Painting
- Carpeting and Flooring
- Landscaping
- Handiwork
- Cleaning



Coming Soon!
3 bed and 2.5 bath townhouse in Redwood Shores with water views!



GREG STANGE

“INTERNATIONAL DIAMOND SOCIETY”

650.752.0815 E-mail gregory.stange@cbnocal.com

Search MLS on www.gregstange.com



STILO PARTICIPATES IN INTERNATIONAL SHOW

Award Winning Stilo Salon in Redwood Shores was invited to partake in the International Goldwell Hair Color Event held at the MGM Grand Hotel in Las Vegas.

The weekend long show was a fashion show made up of hundreds of international models showcasing the latest and forecasting the color trends for this coming fall. The event entitled TRENDZOOM 2006 was attended by many of the top salons from Europe, Asia and the U.S.A...



Front Center-Owner Manuel Roces with the Stylists from Stilo.



BELMONT VILLAGE GALLERY

FINE ART AND CUSTOM FRAMING

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

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 Injuries Accepted
- Relief From Pinched Nerve, Shoulder, Hand, Arm And Leg Pain
- Restoration Of Flexibility And Strength
- Alleviation Of Numbness And Tingling
- In-Clinic Nerve And Ultrasound Diagnostic Testing Available

*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.

**CREDIT CARDS
Accepted**

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

OSTEOARTHRITIS *By Angelo Charonis, D.C.*

Excerpts from the Journal of the American Chiropractic Association (ACA), September 2004, Volume 41, No. 9

For decades, osteoarthritis has been considered a part of aging. The usual doctor’s recommendation was, “You have degenerative joint disease. Live with it!” But not anymore. Recent research points out that, on the one hand, older people don’t have to suffer from osteoarthritic pain. On the other hand, people much younger than 65 can develop osteoarthritis. What is osteoarthritis? Osteoarthritis (OA), or degenerative joint disease, affects more than 20 million Americans and is more common in women than in men. The disease affects the cartilage-slippery tissue on the ends of bones that meet in a joint. Normally, cartilage helps bones glide over one another. In an OA patient, however, the cartilage is broken down and eventually wears away. As a result, instead of gliding, bones rub against each other, causing pain, swelling, and loss of motion.

The signs of OA include:

- *Steady or intermittent joint pain
- *Joint stiffness after sitting, sleeping, or otherwise not moving for a long time
- *Swelling or tenderness in the joints
- *A crunching feeling or the sound of bones rubbing against each other

If you experience any of these signs, consult your health care provider. Often, people believe that such symptoms are a part of getting older and simply ignore them. This approach, however, can lead to irreversible joint damage. Timely diagnosis and treatment can help manage pain, improve function, and slow the degeneration.

How can your doctor of chiropractic help? Doctors of chiropractic, by nature of their work, can detect the earliest degenerative changes in the joints. They see the impact of degenerative changes in the spine, as well as in the hips, knees, and other weight bearing joints. Doctors of chiropractic are also trained to relieve the pain and improve joint function through natural therapies, such as chiropractic manipulation, trigger-point therapy, or some massage techniques. Doctors of chiropractic can provide exercise counseling, helping you choose exercises that are best for you. If a sore or swollen joint prevents you from exercising, talk to your doctor or chiropractor about other drug-free pain-relief options, such as applying heat or cold to the affected area. In addition, your doctor of chiropractic can help you choose a proper diet and supplements that play important roles in OA prevention and treatment.

Dr. Charonis practices at Premier Chiropractic Clinic in Redwood Shores



- Platinum Club Member
- Quality Service Certified
- Redwood Shores Resident Since 1996



650.598.2800

San Mateo County Real Estate Market Update And Private Home Searches. Home Valuations at: www.carmenmiranda.com



(603 Island Pl) JUST LISTED! Outstanding Opportunity at Exclusive Shorebird Island, Redwood Shores! Shorebird Island consists of 56 Private Gated Luxury Homes with Private Park and Trails to Waters' Edge with 2 Boat Docks and Boat Storage! Entertain in this Contemporary, Luxurious 3bd, 2ba, Single Level Home with Limestone Floors in the Foyer and Expansive Vaulted Ceilings in the Dining and Step Down Living Areas! Remodeled Gourmet Kitchen with Custom Maple Cabinets, Center Island for added Counter Space with Pot Rack, Granite Slab Countertop and Backsplash, Stainless Steel Appliances and Custom Artistic Cement Floor! Ultra Private Rear Yard with Jacuzzi Tub and Direct Access to Complex Park! Virtual Tour @ carmenmiranda.com. Call Carmen today for your Private Showing and Market Price, 650 598 2800.

(533 Osprey Dr.) JUST LISTED! 10 Years NEW, Contemporary, Sunfilled 3bd, 2.5ba Stratford Bay, Redwood Shores Beauty! High Vaulted Ceilings grace your entry into the Living and Dining Areas. Tastefully upgraded Media Section with TV, Corian Countertop and Breakfast Bar in Modern Kitchen! Expansive Master Bedroom Suite, Custom Office and Murphy Bed in Second Bedroom and More! Professionally Designed Rear Yard with Brick Planter Bed and Patio. Stratford Bay Complex offers Pool and Spa on Waterfront Setting...Boat Dock too! Virtual Tour @ carmenmiranda.com. Offered at \$928,888. Call Carmen today for More Information and Private Showing, 650 598 2800.



JUST LISTED! Attention Investors or 1st Time Buyer! "Just a Little Bit of Lovin'" will make this Awesome, Affordable End Unit 1Bedroom Home Shine! Ideal location to Shops, Park, Trails, Highway and Transportation. Value Price at \$369,888. Call Carmen today for More Information and Private Showing, 650 598 2800.



Proud Annual Sponsor of the Susan G. Komen Breast Cancer Race for a Cure.

PUZZLED ABOUT YOUR GARDEN?



Call Richard or Raymond Tyler for Garden Consultation (650) 591-6845

8:30 – 5:30 - 7 days a week at Carlmont Nursery. There is a one time charge of \$75.00.

This charge will be refunded to you after your total purchases equal \$750 or more.

Save your receipts. When the total of your receipts equals \$750, ask for your refund.

CARLMONT NURSERY 2029 Ralston Ave Belmont, CA 94402



Therapeutic Massage

By **Liz Shelton, C.M.T.**

*Certified Massage Therapist
& Holistic Healer*

*Helping to facilitate relaxation
& healing on all levels.*

SERVICES AVAILABLE

- Swedish Massage
- Deep Tissue
- Shiatsu
- Sports Massage
- Holistic Healing

(650) 218-6576

*Your Home or My Home
By Appointment Only*



Ariel Frost

U.S.A. PLACES 4th AT 2005 WORLD ROWING JUNIOR CHAMPIONSHIPS

Brandenburg, Germany was the site of the 2005 Junior World Rowing Championships. It featured over 600 athletes from 51 countries. The Grand finals featured many returning pre-olympic hopeful athletes and the top boats in the world. The races reflected the high standard of junior rowing in Romania, Italy and Germany. Team USA bat-

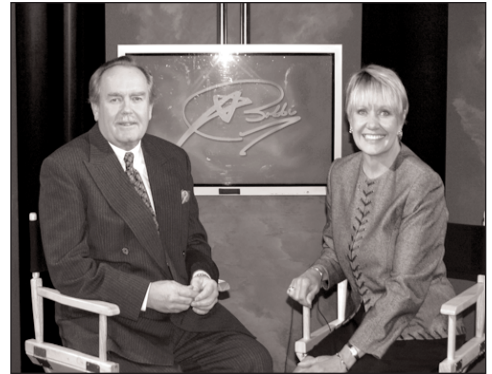
tled hard and raced their best race ever. At the finish, Germany continued its dominance over defending JW8+ champion Romania, and Great Britain edged out USA to take the Bronze. Russia finished 5th and the Czech Republic finished 6th.

Ariel Frost, Team USA coxswain, says, "It was an amazing race, we kept pace with Germany & Romania the entire race ... it was our best race ever as a team". This is one of the best (if not the best) performances of all USA Junior Women's Teams at the World Rowing Junior Championships, typically dominated by the Europeans. USA has not always qualified to race in the Grand Finals. 17-year-old Ariel Frost of Marlin Court will be a senior at the College Preparatory School in the fall. She is finally back home in California for the remainder of the summer, where she says the weather is much better than Germany's. She rejoins her home team, the Oakland Strokes, the current National champions JW8+ two years running, in her final year before heading on to College in 2006.

BUYER'S CHECKLIST

By *Bobbi Decker, Broker, REALTOR(r), GRI, CRS, SRES*

The process of buying a house in a complex market like ours can be difficult and frustrating. If you are like most people, you have a limit on what you can spend. To go about it right the right way, you should embark on a plan that can improve your odds of succeeding.



Make a checklist of what you can afford and what are negotiable and non-negotiable items. The key initial step is to get "Pre-approved". Work with a qualified loan specialist that will work with you and your credit ratings to maximize the amount of capital that is available to secure a home.

Be clear as to what you are looking for. So many couples have different expectations so right down the top five "must-haves" away from each other, then compare. Otherwise, you could be looking forever.

Next, find the right Realtor. There are many agents out there these days. However, there is no substitute for experience and a track record of success. Family and friends will have all kinds of suggestions and recommendations. You will be working very closely with your Realtor so do your homework. The seasoned professional can save you time and money, keep your frustration to a minimum, and educate you on home buying process. Ask for references. Credentials and credibility with their peers are critical. Being able to keep you focused when you are outbid and getting discouraged is paramount. A Realtor who has experienced these twists and turns can keep you headed in the right direction.

Get pre-approved, be clear on what you are looking for and listen to your Realtor. All these suggestions will make your efforts less frustrating and more rewarding by helping you get your home in a very competitive market.

To learn more about home ownership or buying or selling a home tune into the weekly cable community access TV program Real Estate with Bobbi Decker on community cable Pen TV Channel 26, (www.pentv.tv) Monday at 3PM, Tuesday at 6PM, Wednesday At 8 PM, Thursday 9AM & 5



***“Real Estate
with
Bobbi Decker”
New Season of TV
Programming***

***Announcing new
underwriters:***



- *Washington Mutual, Home Loans, The Steve Herbert Team, Prudential Underwriters*
- *Financial Freedom's, Elaine Parker & Beabeth McCaughey - Reverse Mortgage Specialist and Certified Senior Advisors, underwriting the Trends & Issues segment on selected programs*

*Twenty Four (24) new programs will begin along the week of September 5, 2005 on Pen TV, Channel 26 and the Palo Alto Media Center, Channel 28.
(See www.bobbidecker.com for specific dates and times)*

This unique half hour daily television program provides detailed and valuable information along with professional insights into almost every facet of home ownership. The new season offers timely and important knowledge that can provide assistance to everyone who owns a home or is contemplating buying or selling a property. From important new tax information, to reverse mortgages for seniors, to the basic issues of maintaining your home & more, top-notch experts give their advice, making this a program to watch.



John Edmiston

The passing of our friend, and television professional, John Edmiston, saddens us all. His technical expertise, artistic lighting and willingness to share all his knowledge will long live in the work he did. Those of us who had the pleasure to work with such a quiet, but powerful man will always remember him. Thank you, John, for all you did for Real Estate with Bobbi Decker”

***Bobbi Decker & Associates
Broker, CRS, GRI, SRES***

650 373-2088 www.bobbidecker.com

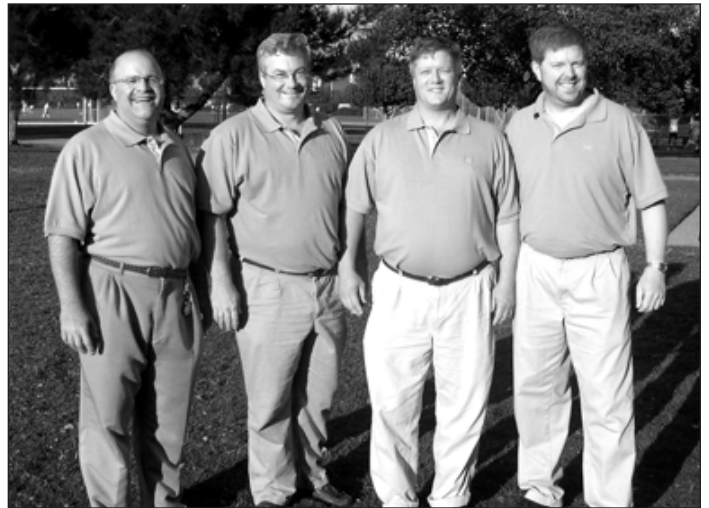


SUMMER CONCERTS IN THE PARK

The two concerts presented at Marlin Park, sponsored by RSCA were within a few weeks of each other. All who attended were treated to good weather and good music. Headlining the first concert was Jimmy Valencia and his group Cool Jazz. The second concert was opened by violin students of Sumi Nagasawa and Eric Leong. The second act was Velocity, an award winning barbershop quartet, and the closer was Belmont resident Akira Tana and Friends. A Thank You goes to Hobee's for donating coffee cake at the first concert. A special Thank You to boardmembers Beth Beach and Peter Levy for doing such a great job organizing these events.



Jimmy Valencia(left) and his Cool Jazz Group



Velocity



RSCA Boardmembers -from left-Carol Mertens, Pat Dixon, Jim Cvengros, Beth Beach, Lynn Adams, and Robert Schmidt



Akira Tana, on drums, and Friends



Redwood City Councilmembers



Anne Pearson
Broker/Owner
650.631.0170
anne@equusrealty.com



187 Donner Ave.
3 bedroom/1.5 bath home with custom
Ralph Lauren paint and full of charm!
Listed for \$519,900 and sold for
\$546,000 with 5 offers!

Anne Pearson defines her work in terms of the quality customer relationships she maintains during and after the sales process. Her sales expertise and reassuring, comfortable manner provide for a successful, enjoyable experience and enduring friendships. Her business savvy, in combination with her eye for detail, will lead you through the toughest transaction. Multiple degrees in both the arts and sciences, along with her 15 years experience in residential real estate, enable her to provide you with the skills necessary for anything from professional staging of your home to the business acumen needed when completing any sales transaction.



Call today for a complimentary & confidential market analysis of your home!



Peter Levy





Jessica Yau

*A trusted realtor,
a long time
Redwood Shores Resident
and a Sandpiper School Parent*
I am committed to serving
YOU

“My Latest Transaction”

REPRESENTED BUYER:

675 SHARON PARK DRIVE #240 MENLO PARK
SOLD FOR \$580,000
Closed in 6 days

Call Me Today For Your Free Market Analysis

Prudential California Realty

Tel: 650 283-9525

Email: jessica.yau@prurealty.com

www.jessicayau.com

Custom Critter Care

Personalized Pet Care



Custom
Critter Care

Maria Patron

maria@customcrittercare.com

(650) 654-1330

www.customcrittercare.com

Providing my clients with the highest level of personalized care for all types of pets~ *Licensed * Bonded * Insured*

Give Custom Critter Care A Try! 10% OFF for New Clients!!



ADVERTISING IN THE

PILOT BRINGS

RESULTS - FOR MORE

INFORMATION CALL

CAROL MERTENS (650) 595-1595

SHOP IN THE SHORES!!

SUPPORT OUR LOCAL MERCHANTS

Nurture Your Body, Honor Your Spirit **Massage Therapy, Yoga Lessons, Childbirth Support**



Personalized, Caring, Inspiring

Jennifer Tripp

Licensed Massage Therapist
Certified Yoga Alliance Instructor
Labor and Birth Doula

(650) 740 3936

jetripp@mac.com

Please mention this ad for a 15% discount on your first service

SENIOR ACTIVITIES IN REDWOOD CITY

We have great classes, including Windows Basics, Beyond Basics, Fun with the Internet, and Users' Group Forum. The cost is \$25 per class. Classes are 10 weeks. Call 780-7306 for more information or to request a flyer.

Homeowner/Renter Tax Rebate Program

The Homeowner/Renter Tax Rebate Program is an annual payment by the State of California to people who are over 62 and whose total household income for 2004 is under \$39,699. You may also qualify for a refund if you are under 62 and are blind and disabled. The refund is based on property taxes you pay directly to San Mateo County Assessor's Office or indirectly through your monthly rent payment. Learn more about this program by calling Veterans Memorial Senior Services Tax Hotline at 780-7264. Our tax volunteers will be at the center on Wednesday, September 28, by appointment only.

Do You Need Transportation?

The Veterans Memorial Senior Center van operates Monday through Friday to take you from your home to our fun center to enjoy the company of friends and a delicious meal. In addition, the Senior Center, in collaboration with the Redwood City Kaiser Hospital, offers transportation to your morning medical appointments. Call 780-7274 for more information. Remember, our Redwood City seniors "rock and roll!"

Linda M. Griffith

Phone: (650) 780-7276 E-mail: lgriffith@redwoodcity.org

THE PILOT



Presorted Standard
U.S. Postage Paid
Redwood City, CA
Permit No. 579

September 2005

531 SHOAL CIRCLE
REDWOOD CITY, CA 94065



APS Group
Company

Paula Schofield, Allied ASID
Interior Designer

••• **TIME TO REDECORATE!**

- Complete Interior Design Service offering:
- Spaceplan drawings for bath, kitchen and other room remodels
 - Selection of colors, materials and furnishings
 - Provide resources for contractors & suppliers
 - One-time consultation to rearrange existing furniture and accessories

Paula Schofield 650.341.8892



Mango Bay

*Delicious Malaysian Delicacies Served in
Healthy Combinations of Fruits, Veggies & Seafood
All At Affordable Prices!*

240 Redwood Shores Plaza Next to Tokyo Star

Coupon

\$5.00 off

for \$30.00 or more / Take Out order only

(650) 631-8282



AMICI'S

EAST COAST PIZZERIA

FRESH PASTAS • GREAT SALADS!

FREE DELIVERY

226 REDWOOD SHORES PARKWAY

654-3333