

## WHAT DOES LEADERSHIP HAVE TO DO WITH "ACCIDENTS"?

By Peter Levy

My client Tonya was dismayed that her one-year-old Bichon was evacuating bowels and bladder all over her lovely Emerald Hills home. The final straw came after a trip to her parents' house in the South East. Prudence celebrated an accident-free week in Dixie by resuming random deposits within hours of returning to her own home.

A second client, Bryce, claimed his three-year-old Beagle was crazy. After eight accident free months, Puddles lifted his leg against the kitchen counter, right in front of Bryce.

Farfel, a three-year-old Golden, baffled Brianna and Joe, his foster "parents" when, notwithstanding his status as "house-broken", he went on a potty spree all over their previously tastefully decorated townhouse. Farfel indulged this unwanted generosity after two accident-free days in his new surroundings.

What did Prudence, Puddles and Farfel share in common other than frustrated owners? Quite simply: confusion about leadership. Survival instinct drives any dog perceiving indifferent or inconsistent leadership on the part of an owner to self-promote - this mechanism is essential for pack survival. A pack leader goes where she or he pleases. Dogs lack both the memory and the introspection to view as high risk engaging today in behavior which they knew displeased the leader they responded to yesterday.

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In Farfel's case, Brianna and Joe, new to fostering, were empathetic and solicitous - concerned by an abrupt change in Gus' living arrangements. They coddled Farfel and lavished affection at any cue he provided seeking their attention. Farfel misread empathy for submission and his perceived need to lead his new pack added to the stress he already felt. Bryce had been more subtle in contributing to Puddles confusion - turning Puddles around was a matter of recognizing the ways in which he had shown his dominance to Puddles and re-establishing dominance with a more conscious effort. Tonya recognized contrast between her soft approach to Prudence and her father's very firm manner with humans and animals alike.

In all three situations, the key was not delivering less love, attention or affection. The key lay in each human setting the agenda rather than permitting the dog to set one for the human.

## COMMUNITY EMERGENCY RESPONSE TEAM

Come join in this FREE interactive and informative class and learn how to take better care of yourself, your family, your loved ones and your neighbors when a disaster does happen. Disasters come in all forms and severity, are unpredictable and cause disruption of service. The C.E.R.T. program provides citizens basic training in disaster survival and rescue skills to help save lives and protect property during the most critical time frame, until emergency responders can arrive.

Students will receive training in an emergency preparedness over these three sessions covering: fire suppression, medical operations, light search and rescue disaster psychology, team organization and terrorism awareness. Upon course completion, students will receive a Certificate of Completion and some basic disaster response equipment (hard hat, work gloves, goggles, vest and more. Don't miss a moment of this valuable training. For ages 18 and above. Please contact Heidi Morrison of the San Carlos Police at 802-4291

to register for this class for FREE. DATES: Saturdays, 10/7-10/14 8am-5pm. Belmont Location: Belmont City Hall, 1 Twin Pines Lane, 2nd Floor, Emergency Operations Center (Rm. 210) Offered by the Belmont Park and Recreation Department 10/21 8am to noon.

### Redwood City Fire Department Offers Community Emergency Response Team (CERT) Training Program, Launches CERT Web Page

To learn more about CERT, interested community members are encouraged to go to [www.redwoodcity.org](http://www.redwoodcity.org) and select "Emergency Preparedness" from the "Hot Topics" menu, and then select CERT. Or, call 780-7400 for more information, to reserve a slot in the upcoming CERT course, or to get on the list for the training.

# TRAVELING WITH CHILDREN *By Natalie Lynch, M.D.*

## **SAFETY AND SANITY TIPS**

Two-year-old Sarah didn't want to get on the plane. Right after takeoff, she began fussing, but that was nothing compared to the screaming that followed when the plane reached altitude. Sarah's ears hurt. She didn't like being cooped up, and she wouldn't stay in her seat. She was bored and eventually began kicking the seat in front of her for entertainment, earning her parents more than a few dirty looks from the passengers in that row.



Sound familiar? Many parents have at least one nightmare story to tell about traveling on a plane with their children. This experience can be challenging and stressful. However, planning ahead can alleviate some of the stress and make for a much smoother journey.

- Arrive early at the airport to give yourself extra time to get through security.
- Let older children know that their bags, personal items and toys will have to go through the X-ray machine, but that they will not be harmed and will be returned to them on the other side of the security check. Have your children wear shoes with that slide off easily, such as those with Velcro.
- Take advantage of pre-boarding. A few airlines no longer allow pre-boarding with children. In that case, have one adult board with the carry-on items and the other adult wait until final boarding to board with the children.
- If you're traveling with an infant or toddler, you'll need to remove the child from the carrier, stroller or infant seat before boarding the plane. Most airlines will allow you to keep the stroller until the gate, where it will be checked in and made available to you at the destination gate. It is best to keep young

children in their strollers even if they are able to walk to minimize risk of injury and so you can more easily handle your carry-on luggage.

- Only carry-on necessary items so you don't have your hands too full trying to juggle bags and your children.
- Pack a bag with toys and snacks to occupy your children during the flight. For toddlers, buy inexpensive new toys for long flights, wrap them with wrapping paper or even newspaper, and let them open them on the plane. It's best to bring toys that are not noisy.
- The FAA allows children under age 2 to sit on an adult's lap; however, the American Academy of Pediatrics recommends that families purchase a seat for children of all ages due to safety issues. A child is best protected when restrained in a car seat until he or she weighs more than 40 lbs. and can use the aircraft seatbelt. Belt-positioning booster seats can't be used on airplanes, but they can be checked as luggage so you have them for use in rental cars and taxis.
- To decrease ear pain during takeoff and landing, encourage your infant to nurse or suck on a bottle. Toddlers can snack on something, such as raisins, that will keep them chewing and swallowing. Children ages 4 or older can try chewing gum. Avoid air travel within two weeks of when a child has an ear infection or ear surgery.
- For information about international travel with children, visit the U.S. Centers for Disease Control and Prevention (CDC) Web site at [www.cdc.gov/travel/child\\_travel.htm](http://www.cdc.gov/travel/child_travel.htm).

Traveling with children doesn't have to be frustrating. A little advance planning can go a long way toward a peaceful flight. For more information, visit [www.aap.org](http://www.aap.org) and [www.faa.gov/passengers/fly\\_children/crs/](http://www.faa.gov/passengers/fly_children/crs/).

*Photo Caption: Dr. Natalie Lynch is a pediatrician at the Redwood City Center of the Palo Alto Medical Foundation.*

*Endnote: The Palo Alto Medical Foundation and column editor Arian Dasmalchi provide this monthly column.*

## **Gardening Tips From Carlmont Nursery**

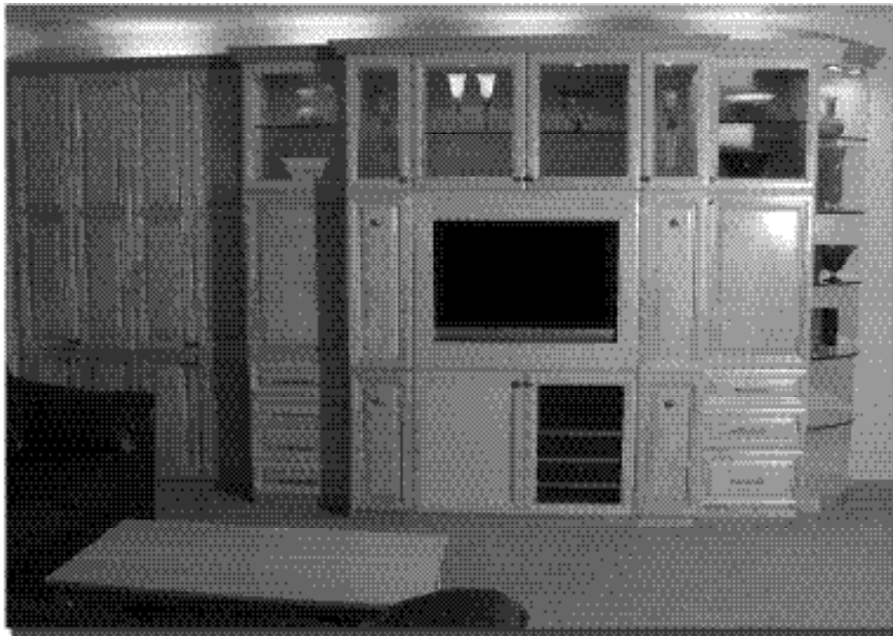
You can have a beautiful garden and pet pooch too. You just have to find the middle ground. Here are some pointers when installing or improving a landscape. Dogs like to guard their territory by walking around the perimeter, but they don't like solid fences or hedges. A picket fence they can see through allows them to fulfill their innate lookout and guard duty functions. You can also help confine a pet with plantings. Vary the height of the barrier, depending on the size of the animal. If

your dog is a digger, provide an area of very sandy soil in an out-of-the-way corner of your garden when he/she can dig all day. A shady area is essential, especially for dogs that spend all day out doors. Walkway should be paved or made of brick, flagstone etc. They also help to keep your dog cooler and cleaner. If you want your dog out of a certain area, cover it with sharp crushed stones.



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## **A PRAYER FOR PEACE** *By Rev. Kristi Denham*

**W**e live in crazy times. The violence continues to escalate in the Middle East. Here at home, in America, in California, in the Bay Area, the news is mostly local - a house fire here, a murder trial there, teenagers killing teenagers in our poorest neighborhoods. Schools are under funded. New prisons are being built instead. Our lives may seem relatively sheltered but tragedy is everywhere.

We are a country that believes we have God on our side. We believe in vengeance and retribution. To say we are a Christian nation when Jesus taught us to love our enemies, forgive seven times seventy, turn the other cheek, is particularly absurd.

Religion is at the heart of most of the world's wars. Politics has always been religious and religion has always been political. The world's fundamentalist Christians, Muslims and Jews all believe they have God on their side. They are ready for Armageddon or Jihad or a first Messiah. And it breaks my heart.

Sometimes I feel ready to abandon my religion all together in favor of a simpler understanding. Great Spirit, called by

a thousand different spirit of unconditional love and unconditional love of galaxies and my stars sees our warring foolishness and cries. We are still loved but Christ is crucified in every car bomb, in every cruise missile, in every stray bullet on the streets of Richmond or East Palo Alto.



My heart aches as I know God's own heart breaks a thousand times over because we have not yet learned to become the blessed peacemakers we are called to be.

Today I send out a silent prayer for peace within every heart and throughout the world. I invite you to join me. "Let there be peace on earth and let it begin with me."





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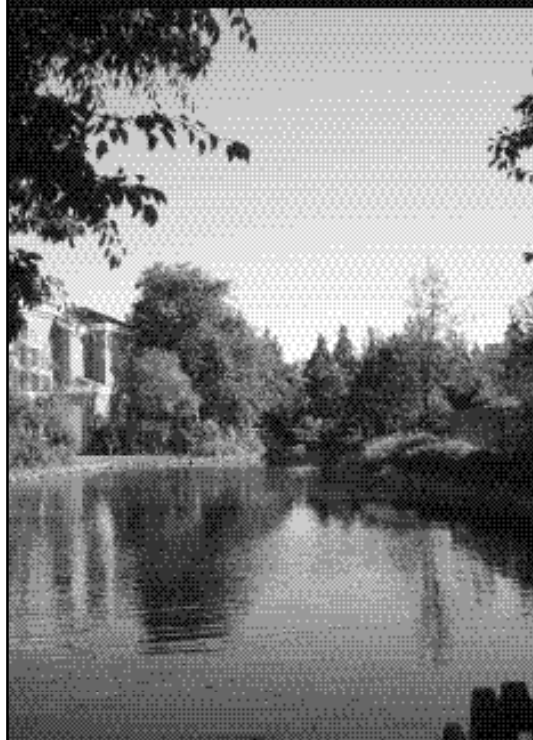
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I have been an investor and contractor on the Peninsula since 1973, Realtor since 1986, and a Real Estate Broker since 1989. I have also been a Redwood Shores resident since 1977.



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.



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**WHY DOES BACK PAIN**

**COME AND GO?**

The awareness of pain occurs when special nerve fibers send impulses to the brain and are interpreted as pain. Whatever increases the irritation of these nerve fibers can cause an increase in pain. Many people's painful back problems, especially when left untreated, are due to instability in the vertebrae of the spine as well as the surrounding muscles, ligaments, and discs. When the positioning and movements of these structures causes less irritation of the nerves, less pain is felt. Changes in posture during standing, sitting, sleeping, or changes in patterns of movement that cause increases in nerve irritation will result in more pain. Recovering during treatment of chronic or acute back injuries can occur in one of two ways - either the pain gradually diminishes or it becomes intermittent. Both are signals of an improving condition that needs continued treatment. Back pain that comes and goes can also give you and your Doctor of Chiropractic clues as to what factors might be irritating your condition and what helps make your condition better. Intermittent pain that persists could also indicate a serious health condition so be sure to discuss these factors with your chiropractor so that he or she can help determine the best course of action.

*Angelo Charonis, D.C. practices at Premier Chiropractic Clinic in Redwood Shores*

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## First Children's Art School To Open in San Carlos

Every parent thinks of art as something fun, enjoyable, and enriching for our children. It livens up our kids' classrooms. Art is a great rainy day pastime. Kids' art has a pure exuberance, and the adorable finger paintings we keep from pre-school are wonderful mementos of youthful innocence.

We sometimes lose sight of how beneficial the arts might be for the development of young minds. We understandably focus on our children's mastery of math, reading, writing, and science. With the competitive global economy, we of course want them to be highly skilled at those subjects.

Research shows the importance of something additional, that the arts are a critical component to our children's success.

Students who are heavily involved in the arts are:

- \* Four times more likely to be recognized for academic achievement
- \* Three times more likely to be elected to class office within their schools
- \* Four times more likely to participate in a math or science fair

Art instills in students the habits of mind that last a lifetime: critical reasoning skills, the ability to deal with ambiguity and

to solve problems, perseverance, and a drive for excellence. The creative skills children develop through the arts carry them toward new ideas, new experiences, and new challenges, not to mention personal satisfaction.

When considering the best way to involve you child in art, there are many factors to consider. What will the quality of instruction be? Will the environment be serious or be playfully stimulating? Will the curriculum be "canned" or individualized? Will the class size be limited? Will the art school care?

Just as important are your child's individual needs. Not every art class is for every child. At its best and most effective, art class needs to be something your child is enthusiastic to join, where he or she can be expressive and be encouraged with a gentle touch.

These are the things my family and I had in mind when we decided to open Art Safari Studio in San Carlos, and we hope sharing our perspective is helpful to you.

We wish you and yours the best for the new school year.

*By Elyse Gerson, Director, Art Safari*

## ADVISORY COMMITTEE UPDATE *Continued from page 3)*

quality school sites. However, our months of deliberation established that all potential sites other than Area H had serious problems that could not be satisfactorily mitigated - we could not recommend such flawed alternatives.

For example, renovating Sandpiper Elementary would require shoe-horning 900 students into an already too-small campus that has recently been overwhelmed with 500 students. Such renovations would also require the erection of a two-story school building and would produce a much greater imposition on the surrounding neighborhoods, which are already burdened by the current Sandpiper drop-off traffic and parking.

Renovation would also create a "monster school" in a school district where the average school size is near 300 kids. This would be a great disservice to our children, teachers and community. We were concerned that with the added noise, movement, and distractions, the educational soundness of such a mega-school would certainly be in question.

Another option with which we struggled was the idea of putting the school in one of our existing parks. Our personal respect for our parks, extremely strong and unified community opposition to losing a park, the fact that Redwood City actually is looking to add park space, and other logistical issues, such as the traffic nightmares that would clog the small streets near Marlin and Mariner parks, all weighed against our recommending a park site.

### **Background on the New School and Measure C.**

For anyone new to the Shores, the passage of Measure C last November authorized the BRSSD to issue Proposition 39 bonds to build a new elementary school in the Shores to meet the projected and overwhelming growth of school age children here.

In February 2006, in response to vigorous community demands, the School Board of the BRSSD appointed the New Shores School Advisory Committee to study and provide recommendations to the school board on various issues related to the new

school. The 10 committee members are all from the Shores and were selected by two members of the School Board, the President of the Sandpiper PTA, and the President of the Redwood Shores Community Association.

The school board's initial charge to the Advisory Committee was to recommend a site for the new school. Among the 50-plus locations evaluated by the committee were small sites of as few as 2.5 acres, locations that were largely under water, poorly accessible locations, and sites with known un-mitigatable and prohibitive hazards.

In conducting our evaluations we personally visited each site, consulted with California school site selection experts, individually scored the sites using official state criteria, and considered the extensive community input and comments offered at Advisory Committee meetings, which were - and continue to be - conducted in public.

Please feel free to join us at any of our upcoming meetings, the dates of which will be posted on the district web site at <http://www.belmont.k12.ca.us/main/district/nssac/index.html>. Now that we have made our site recommendation we will begin to focus on architect selection and school design issues.

A detailed report of the Advisory Committee's evaluation process and recommendations will be issued in the near future, and we are urging the School Board to proceed with the Area H site as expeditiously as possible. It is time for the Shores to have the school it needs and deserves.

*Signed,*

<i>Michelle Atno-Hall</i>	<i>Heather Irwin</i>
<i>Joe Foust</i>	<i>Darby Limkakeng</i>
<i>Pauline Facciano</i>	<i>Doug Crisman</i>
<i>Bonnie Wolf</i>	<i>Pete Hughes</i>
<i>Scott Miron</i>	<i>Lawrence Pon</i>

## HOW TO GET YOUR ENVELOPE OPEN



The envelope is arguably the most important part of your mailing. If it doesn't get opened, your well-crafted letter and slick brochure will not see the light of day. Create tension. Don't try to close. For most envelopes, you should create an incomplete feeling or a curiosity that leads to opening the envelope. Inside, you'll have more time and space to present your offer, tell your story and close the sale. Don't make your envelopes too pretty. An envelope is like a kamikaze pilot. Its sole purpose is to carry its powerful cargo to a specific tactical location and then sacrifice itself as it delivers that cargo. But, if your envelope is a design masterpiece, prospects might avoid tearing it open like they avoid tearing Christmas paper.

To catch the attention of people who have seen your package before but haven't ordered, consider changing the color of your envelope. This could be the cheapest, easiest way to boost response quickly. Show off a killer brochure with a clear envelope. Sometimes the best envelope is an invisible one if your brochure is impressive. It's tougher for your prospects to throw away your package if they can see all the colorful, valuable items inside. Clear envelopes tempt. Change the size of your envelope. Using a #10? Try a 9 by 12 inch or a 6 by 9. Make your package big and flat or small and bulky. Try an odd size. Sometimes this is all it takes to stand out in a crowded mailbox. *Submitted by Steve Elder, Accurate Mailings, Inc*



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## SUMMER WITH

Summer has been a whirlwind of activity at Fully Alive. From July 4th Community-wide block parties to Youth Mission Trips to Mississippi, there has never been a dull moment. Our mid-week service continues to be focused on prayer for wisdom and direction for our leadership as we transition forward with Mike Crook and Mark Nunn at the helm. We have seen a renewed sense of commitment and excitement as the summer has unfolded, and we are anxious to move into the more steady pace of fall.

We have many upcoming events this fall - many ways that we are reaching out into our community, taking the lessons learned in Mississippi and bringing them here to California. Lessons of God's love and faithfulness, no matter what your circumstances are. There are many needs here right in our own backyard. We do not have to go to Mississippi to find ways to help. On Saturday, September 23rd, a group of 20 people, sponsored by Fully Alive, are headed to Brisbane to build homes with Habitat for Humanity. From 8:30am-4:30pm, we will swing hammers, paint walls and show people that they are valued by God and by us. The same holds true on Sunday,

September 24th, as we head down to East Palo Alto to serve people at the Bread of Life Soup kitchen. It is truly our desire to continue to move out of ourselves and serve our community. For information on these events, please email: REACH@fullyalive.com.

Also upcoming this fall, the annual favorites, the Fall Festival and the Christmas Show. The Fall Festival is scheduled, for Sunday, October 29th, and the Christmas Show is scheduled for the weekend of December 18th. Stay tuned for details for each of those fun events.

Our Sunday services are at 9:00am and 10:30pm at the Sandpiper Community Center. Mid-week services are at our campus at 1406 Radio Road here in Redwood Shores Tuesdays at 6:45. Go to [www.fullyalive.com](http://www.fullyalive.com) for information on locations, times, events and who we are. Come join us!

*By Lisa Frerich*

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## SENIOR CENTER SEPTEMBER ACTIVITIES



The Veterans Memorial Senior Center, 1455 Madison Avenue, Redwood City, is providing the following activities for the month of September, 2006. All activities are open to the public.

- Thursday, September 14, 1:00 p.m., Senior Affairs Commission Meeting, Sunset Room, Veterans Memorial Senior Center, 1455 Madison Avenue, Redwood City. The City of Redwood City Senior Affairs Commission is holding its September 14 meeting at Sandpiper Community Center. The general objectives of the Senior Affairs Commission are to encourage, foster, facilitate, establish, and maintain programs for the enhancement of all matters relating to the social, economic, and personal well being of the City's senior population. The public is invited to attend.
- Saturday, September 16 and September 23, 9:00 a.m. to 1:00 p.m., Goldstar Room, AARP Mature Driving Class. This is an 8-hour classroom refresher course especially designed for drivers age 50 and over. Auto insurance discounts are available in most states. Advanced registration is required by calling 780-7270. \$10 check payable to AARP is due the first day of class.
- Wednesday, September 20, Homeowner's and Renter's Tax Assistance Program, 9:00 a.m. to 3:00 p.m., (by appointment) Goldstar Room. If you are 62 or over and own a home or pay

rent, you qualify for the State of California Homeowner and Renter Tax Assistance Program. Annual income must be under \$40,811 (including Social Security). This is a once-a-year refund to qualified individuals based on the property taxes they paid on their homes or paid indirectly through rent payments. If you are under 62 and are blind or disabled, you also qualify. For more information about the program, go to [www.ftb.ca.gov](http://www.ftb.ca.gov) (Quick Links: Homeowner and Renter Assistance and Forms 9000H/9000R). Call the Senior Services Office at the Veterans Memorial Senior Center, 780-7274, to schedule a 15-minute appointment to have the form filled out. To learn more about the Veterans Memorial Senior Center, call 780-7270.

Redwood City Parks, Recreation and Community Services Department provides recreational facilities and activities for all ages and interests, and supplies building and custodial services for City buildings.

Redwood City Parks also operates the Veterans Memorial Senior Center and the Fair Oaks Community Center, providing social, educational, and cultural activities, as well as information, referral, and counseling services to persons living in Redwood City and neighboring communities. Redwood City Parks is more than you think! Its website is located at [www.redwoodcity.org/parks](http://www.redwoodcity.org/parks).

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