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BACK TO THE STATS *By Angelo Charonis D.C.*

Reprint: www.PremierChiropractic.com

Although doctors of chiropractic (DC's) care for more than just back pain, many patients visit DC's looking for relief from this pervasive condition. Thirty-one million Americans have low back pain at any given time. One half of all working Americans admit to having back symptoms each year. One third of all Americans over age 18 had a back problem in the past five years severe enough for them to seek professional help. And the cost of this care is estimated to be a staggering \$50 Billion yearly- and that's just for the more easily identified costs!

These are just some of the astounding facts about Americans and their miserable backs! Is there any wonder why some experts estimate that as many as 80% of all of us will experience a back problem at some time in our lives? Because back problems are this common it's probably going to happen to you too! Shouldn't you find out what to do about it before it happens rather than after? Why wait until you're hurting to learn about your treatment options? When you're hurting you may not give this important decision the time and attention it needs to make the best choice. Here are the facts about manipulation as a treatment for back problems: Manipulation is one of several established forms of treatment used for back problems.

Used primarily by Doctors of Chiropractic (DC's) for the last century, manipulation has been largely ignored by most others in the health care community until recently. Now, with today's growing emphasis on treatment and cost effectiveness, manipulation is receiving much more widespread attention. In fact, after an extensive study of all currently available care for low back problems, the Agency for Health Care Policy and Research- a federal government research organization- recommended that low back pain sufferers choose the most conservative care first. And it recommended spinal manipulation as the ONLY safe and effective, DRUGLESS form of initial professional treatment for acute low back problems in adults! Chiropractic manipulation, also frequently called the chiropractic adjustment, is the form of manipulation that has been most extensively used by Americans for the last one hundred years. Satisfied chiropractic patients already know that DCs are uniquely trained and experienced in diagnosing back problems and are the doctors most skilled in using manipulation for the treatment of back pain and related disorders. As a public service, the American Chiropractic Association (ACA) urges you to make an informed choice about your back care.

*Angelo Charonis, D.C. practices at
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MOTHER EARTH IS CALLING *By Rev. Kristi De*

I have a picture on my altar at home that came to me originally as a note card from a girlfriend years ago. I tucked it in the back of my small sacred space—a bookshelf in my bedroom where I go to reflect on what is most important to me. The picture shows a beautiful Black Madonna with a dark skinned Baby Jesus perched on one arm while the two of them balance the Earth between them. The picture reminds me daily of my values and speaks a prayer in my heart that has no words. All week the single image of the Earth as photographed from space has been hovering front and center in my consciousness. A green blue marble floating in space, sparkling with lights in some parts, swirling with clouds, white polar ice defines her direction in a limitless sky. It is an image first recorded from satellite some 47 years ago, an image of home as seen by an outsider.

We are the first generation of our species to be able to imagine our planet whole. Scientists now speak of her as Gaia, a place so teeming with life, that she is seen as life herself. We are relatively recent inhabitants of her gardens yet we seem hell-bent on destroying her.

We think of ourselves as special, created in the image of God, because of our ability to self-consciously reason and create. We believe we have been given the right to dominion over our Mother Earth, but we take no responsibility for that gift.

That image of our Mother Earth, floating in the cosmic soup of a majestic universe seems detached. We can imagine the earth “out there,” and too easily forget we are there with her, intimately connected to all her woes. If her ice caps melt, everything changes; we are so connected to her story. Yet we make our choices oblivious to their effects upon her: one more plastic convenience here, one more SUV there, what difference does it make? Governments speak of our addiction to oil. It is addiction to unconscious choices from consumerism to drugs that allows us to continue down a path of imminent peril. “I don’t want to think about it.” So we pop another pill, watch a bit more television, go shopping, clean the house with chemicals that hurt the environment. Oh well.

Mother Earth calls us to accounting. She may simply shake us off as the destructive parasites we’ve become. Our image of God status denigrated to the image of the cockroaches we have become. Our Mother loves us and longs for us to change. She has nurtured us with her very life and calls to us with warnings we are finding harder to ignore. Now, if we could just stop fighting with one another long enough to listen, we might be able to change. Our Mother is calling, and she can’t wait until Earth Day for our response.



EMERGENCY PREPAREDNESS

By Naveen Mahood M.D.

HELP YOUR FAMILY WHEN DISASTER STRIKES

In October 2005, a 7.6-magnitude earthquake hit the northern areas of Pakistan. That December, I participated in a Pakistan earthquake relief trip. Being present at the site of such utter destruction; walking over rubble of what once were homes, schools and hotels; and hearing people's stories of lost loved ones are experiences that I will never forget.

We never know when disaster will strike. In some cases, people may have to evacuate their neighborhoods or remain confined in their homes without basic services such as water, gas, electricity or phones. While relief workers get to a disaster scene as quickly as possible, it's important to do as much as you can do to be prepared to help your family until relief arrives.

Following are highlights from the "Four Steps to Safety" from the "Family Disaster Plan," developed by the Federal Emergency Management Agency and the American Red Cross. For the complete list, visit www.redcross.org.

1. FIND OUT WHAT COULD HAPPEN TO YOU.

- * Know what types of disasters are most likely in your area.
- * Find out how to help elderly or disabled persons.
- * Find out about the disaster plans at your workplace, your children's school or day care center, and other places where your family spends time.
- * Ask about animal care after a disaster. Animals are not allowed inside emergency shelters because of health regulations.

2. CREATE A DISASTER PLAN.

- * Meet with your family and discuss why you need to prepare for disaster. Plan to share responsibilities and work together as a team.
- * Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- * Pick two places to meet:
 1. Right outside your home in case of a sudden emergency, like a fire.
 2. Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.
- * Ask an out-of-state friend to be your "family contact." After a disaster, it's often easier to call long distance.
- * Discuss what to do in an evacuation.

3. COMPLETE THIS CHECKLIST.

- * Post emergency telephone numbers by phones (fire, police, ambulance, etc.).
- * Teach children how and when to call 9-1-1 or your local

Emergency Medical Services number.

- * Show each family member how and when to turn off the utilities at the main switches.
- * Install smoke detectors on each level of your home, especially near bedrooms.
- * Conduct a home hazard hunt.
- * Stock emergency supplies and assemble a disaster supplies kit.
- * Take a first aid and CPR class.
- * Determine the best escape routes from your home.



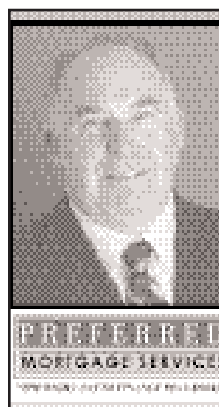
4. PRACTICE AND MAINTAIN YOUR PLAN.

- * Quiz your kids every six months or so.
- * Conduct fire and emergency evacuations.
- * Replace stored water and stored food every six months.
- * Test and recharge your fire extinguisher(s).
- * Test your smoke detectors monthly and change the batteries at least once a year.

We can't predict when a disaster will strike, but we can be prepared. When the unexpected happens, a little planning can keep your family safe until help arrives.

Photo Caption: Dr. Naveen Mahmood is a pediatrician at the Redwood Shores Health Center of the Palo Alto Medical Foundation.

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



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GROOMED FOR SUCCESS

By Roger Spring

To maintain a competitive edge in today's highly demanding work force, men are depending on more than their technological skills. They are turning to high tech skin and body care to help them address their grooming, anti-aging and high stress lifestyle needs. No longer is a quick shower and shave, a slap of cologne and coffee on the run, the daily mantra of the common man. Concerns about competitiveness in a youth oriented job market, heightened awareness about the impact of proactive skin and body care, and a healthy lifestyle have transformed men's approach to their daily routines.

Men are discovering advanced shaving, grooming and skin care products scientifically developed for their unique needs as well as professional facial and microdermabrasion treatments to undo the years of environmental and sun damage. They are also turning to professional massage therapists and body workers to alleviate repetitive stress syndrome from excessive keyboard work, back and neck knotting from mental overload and physical inactivity, and overall mental escape from the stress of life's frenetic pace. In a primarily female oriented realm, men are rapidly embracing the world of the spa.

Men are flocking to day spas for head to toe renewal. Skin care therapists not only provide corrective anti-aging professional facials and peels but also consult regarding healthy daily grooming habits. Ingredients such as Alpha and Beta Hydroxy Acids, Green Tea Extract, Peptides, Idebenone and Antioxidants leave skin soothed, balanced and protected. The signs of aging can be significantly reduced, and focused daily care can help correct and prevent future damage. Supplementing a regular exercise program with therapeutic, deep tissue or sports massage reduces stress, increases blood circulation and promotes a feeling of holistic balance and well-being. It also enhances recovery from muscle strain and increases flexibility and range of motion. For finishing touches, men are venturing into waxing hair removal and sports manicures and pedicures.

High performance skin and body therapies are no longer a luxury for men. These services are a necessity for that winning edge.

For more information please contact Roger Spring or Sky Loja Hill at 650.595.5893 or info@spa-luxe.com

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business comes from family, friends and past clients.

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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



THE YEAR OF THE PIG



If you are born in this year, you are a splendid companion. An intellectual with a strong need to set difficult goals and carry them out. You are sincere, tolerant and honest. But by expecting the same from others, you are incredibly naive. Your quest for material goods could be your downfall. The Pig would be best in the arts as an entertainer, or possibly a lawyer.

HOW DO THE CHINESE PEOPLE CELEBRATE CHINESE NEW YEARS EVE?

It seems that people show much more enthusiasm toward the new year’s eve. So what is happening on the new year’s eve?

Members of a family are supposed to stay up as late as they can at the New Year’s eve. Long ago, it was believed that gods in Heaven would spread gold over each family so they kept awake, active and ready to seize it with door closed.

The new year’s eve is also the best time for the members of a family to talk with each other, report about their experiences and achievements, and exchange their ideas and plans for the next year.

For most of the northerners in China, making Chinese dumplings is a must at the new year’s eve. As you know, making dumplings for a large family needs more than one person to fulfill. So it is also the time for the family members to chat around the table throughout the cooperation on the job. And the talk can often go back to their past when they were very young. I usually spend the Festival in my hometown with my parents. I can see the delighted faces of my parents when we sit down to work on the dumplings. The scene often brings my mother back to the old days we had together and she treasures those days very much though we were not so well-off as today. I still have a vivid picture of how our brothers and sisters in our childhood played joyfully in the new year’s eve.

If the new year’s eve is the time for families of the year, the new year eve’s dinner will certainly be the hour of the new year’s eve. The dinner is full of symbolic meaning, such as Chinese dumplings implying wealth since they have the shape of ancient Chinese gold or silver ingots. Everyone, even kids, drinks a little Jiu (usually hard liquor), which symbolizes longevity since Jiu has the same pronunciation as longevity in Chinese.


ON MY SOAPBOX

Continued from page 27

and individual complexes are either 10 or 15 mph. Hopefully this should make everyone happier! If you have not had time to get out to the SBSA overflow pond do so soon as the migratory birds will be leaving soon. The water in the reservoir behind the Nob Hill Market is very low, so there are not many birds there or the pelicans, which is too bad as it is a great place to watch them all. Lastly, and extremely important - is that the drains you see in some of our streets ARE NOT SEWER DRAINS, but conduits from the street for any water that should collect to re-enter directly into the lagoons. I have seen people throw cigarettes into them, empty bottles and hose down their driveways after washing the car. Also, if you intend to have your carpets cleaned please be sure that the company you hire is aware they cannot dump the dirty water down these drains - as it goes immediately into the lagoon water. Let's hope our cold spell is now gone and we are in for an early spring! Garden time!

Have a good one and see you in March ...

Kathy Chang

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GARDENING TIPS FROM CARLMONT NURSERY

SHRUBS THAT WELCOME SPRING

We are all looking forward to spring with its warmer weather and a brighter landscape to enjoy. Here are some shrubs with flowers that bloom early in the season. Come in and select some you especially like, they'll return year after year to signal the beginning of the spring season.

- Camellias fit beautifully into every garden. The perfectly formed flowers in red, white and pink, are produced on branches with deep green shiny leaves.
- Cistus (rockrose) is available in several varieties. Most plants produce larger flowers
- Daphne odora, called winter daphne, begins to flower in mid winter and continues into early spring. The unique fragrance fills the air during a time most other plants are dormant. The flower buds emerge purple, then mature into small pinkish white flowers.
- Viburnum is made up of a very large family of diverse plants, most with clusters of white, sometimes fragrant, flowers and attractive leaves. Some produce brightly colored fruit, well-liked by birds.
- Weigela, an old favorite, has pink trumpet shaped flowers that attract hummingbirds. The arching branches covered

with blooms, sweep gracefully to the ground. Foliage is medium green. Some newer varieties are available-their flowers are deeper pink and foliage is purple.

FLOWERS MAKE US HAPPY!

Now, in the dead of winter, is an excellent time to dream about glorious spring flowers! As you outline your spring gardening

plan, be sure to include a cutting garden. (The following information is being provided as a reminder that Valentine's Day is near!) A bouquet of fresh flowers can certainly brighten everyone's spirit, and researchers have found that having fresh cut flowers in the home affects a wide variety of emotions. Among their findings, Harvard Medical School researchers found some interesting information. People with fresh flowers in their house, even for a few days, had fewer negative feelings and greater compassion and kindness toward others.



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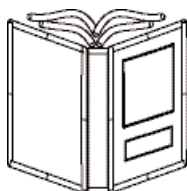
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PENINSULA LIBRARY EVENTS

AAUW SAN CARLOS BRANCH: meets Tuesday, February 20, 7 p.m. at the Redwood City Library, 1044 Middlefield Road. A speaker from the Department of Corporations will discuss Fraud via telephone, mail, internet, and door to door. The public is welcome. Information: 650-593-1950.

BARGAIN BOOK SALE: 12-4, February 10, 11, 23, 24 at the Book Nook, #7 Twin Pines Lane, Twin Pines Park, Belmont. Sponsored by the Friends of the Belmont Library. Information: 650-593-5650.

FRIENDS' BOOK STORE: Open 10 a.m. Monday-Saturday, 1 p.m. Sunday, 1110 Alameda de las Pulgas, . 592-5650.



THE HISTORY OF MARDI GRAS

Mardi Gras came to New Orleans through its French heritage in 1699. Early explorers celebrated this French Holiday on the banks of the Mississippi River. Throughout the years, Orleanians have added to the celebration by establishing krewes (organizations) which host parades and balls. Carnival quickly became an exciting holiday for both children and adults.



Mardi Gras means "Fat Tuesday" and of course is celebrated on that day of the week. The date can fall between February 3 and March 9 depending on the Lunar calendar, used by the Catholic Church to determine the date of Easter. Mardi Gras is always 47 days before Easter Sunday.

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