

# WHEN I AM OLD

Author Unknown



I shall wear Turquoise and soft gray sweatshirts and a bandana over my silver hair and I shall spend my Social Security checks on sweet wine and my dogs and sit in my house on my well-worn chair, and listen to my dogs' breathing.

I will sneak out in the middle of a warm summer night and take my dogs for a run, if my old bones will allow and when people come to call, I will smile and nod as I show them my dogs and talk of them and about them...

*The Ones so Beloved of the Past and the Ones so Beloved of Today*

I still will work hard cleaning after them and mopping and feeding them and whispering their names in a soft, loving way. I will wear the gleaming sweat on my throat, like a jewel, and I will be an embarrassment to my friends and my family who have not yet found the peace in being free to have dogs as your Best Friends...

These friends who always wait, at any hour, for your footfall and eagerly jump to their feet out of a sound sleep, to greet you as if you are a god. With warm eyes full of adoring love and hope that you will stay and hug their big, strong necks and kiss their dear sweet heads and whisper to them of your love and the beautiful pleasure of their very special company... I look in the mirror and see I am getting old. this is the kind of woman I am and have always been.

Loving dogs is easy, they are part of me, accept me for who I am. My dogs appreciate my presence in their lives. When I am old this will be important to me. You will understand when you are old...and if you have dogs to love, too.

Chris Keller, Bay Area Poodle Rescue  
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*Matt Sharrers - 1996-1997 Canadian National Hockey Team - Redwood Shores Resident*

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### **WHY DO SO MANY PEOPLE HAVE BACK PROBLEMS?**

Reprint: Foundation for Chiropractic Education and Research, Chiropractic Healthways, Issue 142. www.fcer.org

The standard statistic for many years has been that 80% of the American public will have back problems—if they don’t already. It seems that like such an alarming number (8 out of 10), but strike up a conversation with several people about back pain and it is easy to understand the magnitude of this situation. Many back problems originate from acute trauma, such as sports injuries, slips and falls, motor vehicle accidents, and work injuries. However, most occur and are perpetuated by poor postural and body movement habits day after day. We learned many of these habits when growing up by modeling the behavior of those older than us. We did this without knowing that most of these people had developed back problems well before we started copying their behavior. What looked normal to us was the blueprint for developing and perpetuating back problems. What looks normal to us is actually abnormal to the human body in many ways. Fortunately, Doctors of Chiropractic thoroughly understand how the human body should work. They are quite capable of actively passing this important information on to you. This can certainly have a positive effect on the quality of your life.

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### July Market Update

We are seeing fewer new listings in the past two weeks, but we see more after the July 4 weekend! This summer market will be dictated by the inventory in July & until early August. The market is becoming more balanced, & homes are selling at a healthy pace. It is indeed one of the best times to move up or even to acquire investment properties (while interest rate is still attractive!)

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## BARK BUSTERS TEACHES OWNERS TO SPEAK DOG

**R**edwood Shores resident Peter Levy is the local behavioral therapist/trainer for Bark Busters Home Dog Training, an Australian company whose techniques are currently in use in six countries: Australia, New Zealand, the UK, Canada, Japan and the United States. Bark Busters' has trained upwards of 250,000 dogs since 1989, with better than a 90% success rate. Bark Busters uses humane, natural methods to teach owners to educate a dog in much the same fashion the dog would learn in the natural pack. The client is taught to use leadership, voice tones and body language to show and guide the dog in establishing wanted and unwanted behavior. Bark Busters' mission is to enhance responsible dog ownership through education in pack law and canine communication. They hope doing so will reduce the possibility of maltreatment, abandonment and euthanasia of dogs. Peter works with any dog, any age, any issues and can train most dogs in two-and-one-half hours. Owners typically must reinforce the training with ten or fifteen minutes of exercises daily over a four or five week period.

A life of the dog guarantee provides peace of mind for owners who might need further assistance. Peter has honored that guarantee when clients needed refreshers long after their dogs' initial training and for a dog trained as a puppy by another Bark Busters therapist in Colorado nearly four years ago. The guarantee covers all issues, not just those addressed in the initial training, and attaches to the dog, not the owners. For example, it applies if owners leave a dog temporarily with friends or relatives because of career or housing changes. As one client aptly put it, a Bark Busters trained dog has an advocate for life! More information about Bark Busters and about Peter is available at [www.barkbusters.com](http://www.barkbusters.com).

*Submitted by Peter Levy*

## WHO IS IN CONTROL OF YOUR LIFE *By Helen Selenati*



A hallmark of self-sabotage is the tendency to blame others when things go wrong. People who sabotage themselves generally take very little responsibility for their lives. We all do some blaming. It's part of our nature to not take the rap when things don't turn out as planned.

Blaming others serves the purpose of temporarily ridding ourselves of feelings of guilt or responsibility. However, it also reinforces the idea that life is out of our control, and that others can determine how things are going to go for us. This causes much inner turmoil, leading to anxiety and feelings of helplessness.

To stop the downward spiral of blaming others and becoming the innocent victim of circumstances, we need to ask ourselves how we have contributed to our problems. This does not mean that we have to go overboard blaming ourselves for our troubles and getting stuck in a mire of guilt. This self-blaming will also render us powerless to change our lives.

I am not suggesting that everything that has happened to you in your life is necessarily your fault. However, if your past continues to haunt you, a tremendous amount of emotional energy is invested in things that cannot be changed. Therefore, letting go of the past will go a long way in helping you feel empowered. It is helpful to create a personal responsibility statement for yourself that will put you back in the driver's seat.

Here's a good example: "Bad things have happened in my life, some of which I have had something to do with and some I was a victim of. Either way I need to learn from these experiences and be responsible to find ways to overcome the difficulties and negative consequences." Having your own personal responsibility statement will help you stay in control of your life's circumstances whenever you feel tempted to step into the victim role.

*Helen Selenati is a Licensed Marriage and Family Therapist and Certified Coach and has been a resident of the Shores since 1995. She has a private practice in Redwood City and can be reached at [helen@selenati.com](mailto:helen@selenati.com) or by calling 650-596-0807. Also visit [www.selenati.com](http://www.selenati.com)*

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## HARRY POTTER EXTRAVAGANZA AT THE REDWOOD CITY PUBLIC LIBRARY



The Redwood City Public Library is offering the community a fresh and free way to celebrate the latest release in the Harry Potter series Harry Potter and the Half-Blood Prince. The Harry Potter Book Release Extravaganza takes place at the Downtown Library, 1044 Middlefield Road on Friday, July 15th starting at 9 pm and going into the early hours of the next morning when the book is officially released.

The Friday night party includes a showing of one of the Harry Potter movies, a free “raffle”, and other activities related to the Harry Potter theme—all leading up to midnight when 200 copies of the new book will be available for check-out and 20 copies of the book will be given away to lucky raffle winners. All participants receive a free raffle ticket; children in costume will be given an extra ticket. The party requires pre-registration and all children must be accompanied by a parent or guardian. For more information or to register contact the library at 780-7017.

The Harry Potter extravaganza is just one of the many free programs offered at the Redwood City Public Library during the summer. The Summer Reading program, “Super Readers, Super Heroes-I Got the Power,” is open to people of all ages and includes prizes based on the number of hours participants spend reading or listening. Children not yet able to read can join the Summer Listening Club. Parents are encouraged to join the Summer Parents Club and become eligible for prizes for reading out loud to their children or reading to themselves in the presence of their children. The Summer Reading program is designed to help kids keep up their reading skills over the summer and to encourage families to read together.

Participants may sign up until September 3rd at the Downtown Library, the Fair Oaks Library, or the Schaberg Library, when it reopens. All those registering receive a log book to track their activities. Prizes include a free round of miniature golf at Malibu Castle, two admissions for the price of one at Redwood Roller Rink, a free personal pizza from Round Table Pizza, and a free paperback courtesy of the Friends of the Redwood City Public Library, and more. Teens who read four books also earn a \$10 gift certificate to the Century Theaters

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The Friends of the Redwood City Public Library sponsor free performances to enhance and promote the Summer Reading program every Wednesday beginning June 22nd through the end of July. Each program is repeated three times, once at each of the three Redwood City libraries on the following schedule:  
 June 22 Swazzle - puppet show; June 29 Juan Sanchez - Latin music; July 6 Amy Wigton - funny acoustic music; July 13 Ashkenazi, the Pretty Good - magician; July 20 The Keith Show - juggling; and July 27 Nick Barone Puppets - puppet show. Please check with the libraries for times and locations.

Weekly storytimes for children from infancy and up continue through July. Teens are invited to become volunteers for the Library, learn to knit, or teach chess to younger children.

The Redwood City Public Library offers many free programs for children, adults, and families, and is the learning center of the community. More information about these children’s events and services can be found in the events calendars available at all Redwood City public libraries, by visiting the Library’s web page at [www.redwoodcity.org/library](http://www.redwoodcity.org/library), or by calling 780-7017. Visit Redwood City’s award-winning website at [www.redwoodcity.org](http://www.redwoodcity.org) for information about the City and its services, the community, recreation programs, education, City government, and local business.



**Attention Redwood Shores Families with Kindergartners Attending Nesbit In September**

CCLC is excited to announce limited spaces from Nesbit after school to the Sandpiper Childrens' Creative Learning Center. This will enable families to pick up their children in Redwood Shores and participate in CCLC's after school activities. Since we anticipate these spaces to go quickly if you are interested we encourage you to contact us soon.



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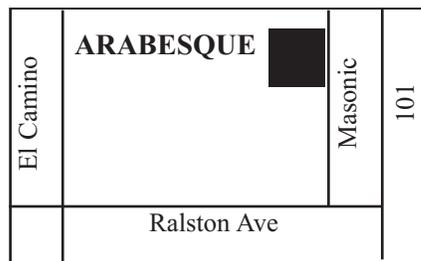
To contact CCLC at Sandpiper, please call Tyrone Jones at (650) 780-7322 or email him at [tjones@redwoodcity.org](mailto:tjones@redwoodcity.org)

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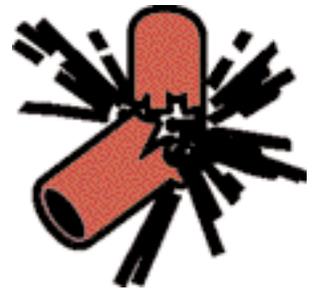
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