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FROM THE SCHOOL BOARD

Bond Measure for New School in the Shores:

Steps are underway in the Board of Trustee's plan to place a School Facilities Improvement District (SFID) bond measure on the ballot for building a much-needed second school in Redwood Shores. A committee of community residents has been meeting with me, other district officials, and a consultant to discuss the plan for the new school. This group also established a campaign committee, which will be ready to act if the Board decides to move forward with the SFID.



A polling firm, Decision Research, was retained by the District to conduct a feasibility poll for placing the SFID on the ballot. The poll, conducted the weekend of April 9-10 and presented to the Board at its April 21 meeting, showed that voters in Redwood Shores overwhelmingly support funding for a new school in Redwood Shores. In fact, a 72% majority of voters support a bond measure to fund a new school in Redwood Shores, far surpassing the 55% majority needed to pass such a facilities measure. The SFID encompasses the Sandpiper attendance boundaries and would generate \$30 per \$100,000 of assessed valuation of all property east of the 101 freeway in Redwood Shores.

Two School Board Members, Jeff Keuscher, and I met with Redwood City Council Members Rosanne Foust and Jeff Ira to review and positive results of the poll taken in Redwood Shores. Jeff and Rosanne indicated support for the bond measure from the Redwood City Council. The Board may take formal action to place the SFID on the November ballot at a special Board meeting on June 23.

2004-05 Strategic Plan and Goals:

The strategic goals in the Resources area of focus include revenue enhancements through a parcel tax; supporting the work of our outstanding education foundation, School-Force; grants; shared services with other districts; and advocacy for funding for public education at the state and local level. Our efforts have been successful as the 2005-06 district budget is close to being balanced at this writing. Thanks to the voters who supported Measure G, we will be able to bring back some programs that have been cut in prior years. We will have two fully funded 4th and 5th grade science specialists, reading specialists, 4th and 5th grade music, libraries staffed at pre-2002 levels, continued class size reduction in grades K-3, and a fair and equitable compensation package for our teachers. The Board has adopted a complete, revised, and updated set of board policies, and it has launched Agenda Online,



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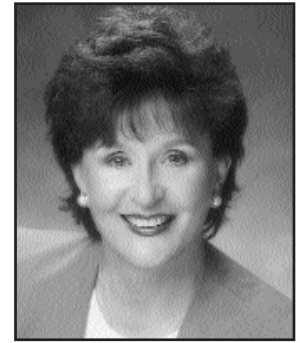
which allows the public to go to the District website at www.belmont.k12.ca.us and access the Board meeting agendas and minutes. We have worked hard this year on some very difficult issues. That hard work, however, has created positive opportunities and long-term gains for our students, our staff, and our school community. I would like to thank each of you for your involvement in the process of making Belmont-Redwood Shores an outstanding school district. Please encourage your students to work hard through the last day of school and then enjoy the much deserved summer break.

John McIntosh, Belmont/RWS School Superintendent

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REDWOOD SHORES LION'S CLUB *By Shellie Sakamoto, Past President*

HIGH SCHOOL SCHOLARSHIP PROGRAM

Congratulations to our high school scholarship winners! Each year, the Redwood Shores Lions Community Service Scholarship is awarded to graduating high school students who demonstrate academic caliber, extra-curricular involvement, and commitment to community service and volunteerism. The Scholarships are open to any graduating high school students in the local Bay Area. This year, the Redwood Shores Lions Club has selected the following scholarship recipients: Rafael Delgado, Woodside High School, will receive a \$1,000 scholarship and Julian Flores, Serra High School, and Alison Richins, Carlmont High School will each receive \$400 scholarships. All of these students were truly impressive in their dedication to the spirit of community service.

2005-2006 NEW OFFICERS

Congratulations to the new officers for 2005-2006. Gary Krippendorf, President, Trevor Newman, Vice President, Norma Villa, Secretary, and Irma Almaguer, Treasurer. Congratulations and best wishes for another successful year!

POLICE AND FIRE AWARDS DINNER

The Redwood Shores Lions Club recently sponsored two local policemen/firemen to attend the Lions Clubs' Peninsula Police and Fire Award Dinner. Each year, the Police and Fire Awards Dinner is hosted by the Peninsula Council of Lions and honors

our local police and firefighters, for acts of heroism above and beyond the call of duty. This dinner is a very special and moving event in honor of these courageous men and women in our community.

2004-2005 DISTRICT PERPETUAL TROPHY - INVITE-A-GUEST

Congratulations to the Redwood Shores Lions Club for being awarded the 2004-2005 District Fred Newman perpetual trophy for the Invite-a-Guest participation. The RWS Lions have a well-deserved reputation for hospitality and was recently recognized for this. Way to go!

ABOUT THE REDWOOD SHORES LIONS CLUB

The Redwood Shores Lions Club holds its general meeting on the 1st Tuesday of each month at 7:30 p.m. at the Sandpiper Community Center. Anyone who is interested is welcome to attend. The Club has approximately 20 members who are young and young-at-heart working professionals. The Club is a family-friendly group of individuals who enjoy giving back to the community while having fun at the same time. Since its inception, the Club has provided a variety of services to the community of Redwood Shores, as well as other neighboring areas. For more information, please contact Lion Mary Carbullido at (650) 593-6384, Lion Virgil Sadsad at (650) 595-4031, or Lion Shellie Sakamoto at (650) 654-7914.

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SCHOOL FORCE UPDATE *By Andrea Burfield*

THANKS FOR YOUR SUPPORT-ANNUAL CAMPAIGN YOUR DONATIONS HAVE REACHED \$250,000

Help us Earn a \$15,000 Match! We are still working to meet the qualifications for our \$15,000 match, which encourages new donors to School-Force by matching their donations dollar for dollar. It also matches any increased amount from previous donors. Make your donation today, before the fiscal year deadline of June 30th. All donations are used to support programs for the next school year.

Save the Music Festival, Sunday, October 2nd, 2005 Save the date for this wonderful family event that goes to support the music programs in our schools. Come hear live music all day long, with community groups and professionals all coming together to support music. We need volunteers for the festival committee, particularly in the marketing area. Please contact Geri Crane at gericrane@yahoo.com to volunteer.

Fun Run, Sunday, October 30th, 2005 Save the date for a Fun Run to benefit School-Force.

School-Force is the volunteer-run Belmont-Redwood Shores nonprofit educational foundation that benefits children attending our K through 8 public schools. Decisions on funding

allocations are made by the School District's Board. Donations to School-Force, a 501(c)(3) organization, are deductible as charitable contributions (Tax ID #91-2159650).

Contact School-Force at info@school-force.org or visit us on the web at www.schoolforce.org.

Address for donations:

P.O. Box 5196, Belmont, CA 94002.

Every Friday evening this summer at Mistral's Restaurant, a portion of the proceeds will benefit the October 2nd Save the Music Festival. Live music, cocktails, wine tasting, aqua fresca for the kids and appetizers cooked on the grill by the fountain in front of the restaurant.



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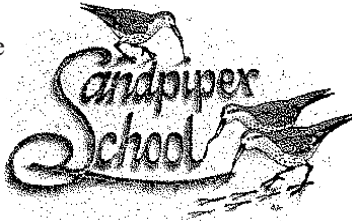
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THE END OF A SCHOOL YEAR *By Lisa Frerich*

Another school year has come to a close—field trips taken, parties enjoyed, tests taken, friendships grown.



The last day of classes is June 17th, which is also 5th Grade Promotion. Parents, remember that this is a minimum day, and students will be released at 12:10pm. The highlight of the month of May was Teacher Appreciation Week. Always a favorite, this year the teachers were treated to "Fiesta Days" in "Mexico" in honor of Cinco de Mayo. Each day, parent volunteers served homemade breakfast foods as well as fruit and coffee. Several lunches were also served throughout the week, but the favorite by far was the authentic Mexican luncheon complete with strolling guitarist on Cinco de Mayo.

Many thanks to Una Mas and Chevy's Foster City for donating food. Also, thank you to Stilo Salon, Monde Spa, Jamba Juice, Starbucks, GNC and Nob Hill Foods for their participation. Children were encouraged, on certain days, to write poems, bring flowers and even wear their teacher's favorite color. Thank you to Kim Walsh and her crew of dedicated, enthusiastic volunteers, who made each and every teacher feel appreciated on behalf of all Sandpiper Parents.

There are already a couple of summer dates on the calendar. June 26th will be the Kindergarten Picnic. This will be an event hosted by both Sandpiper and Nesbitt Elementary Schools. Incoming Kindergartners, look for invitations in the mail as soon as details are finalized.

Welcome Back Registration Day is Monday, August 29th from 3-8pm. Packets will be available for pick-up at Sandpiper on Monday, August 22nd from 5-7pm. Please plan to pick up your packets then; if you will be out of town, please have a friend, neighbor or classmate pick your child's up while they are getting their own. Thanks for journeying with us this year. Have a wonderful summer. We'll be back in the September!

ARIEL FROST, 2004 TEAM USA WINS 3 NATIONAL AND 2 INTERNATIONAL CHAMPIONSHIPS

17-year old Ariel Frost of Marlin Court first became interested in crew as a 14-year old watching PAC 10 races from her boat dock in Redwood Shores. The following year, she joined the Oakland Strokes. As a freshman, Ariel became the coxswain for the Novice Women's Boat A, and ended her first season coxing the Men's Varsity Four to their first international race in Canada.



In her second year, Ariel was selected to cox the Women's Varsity Eight, and started the Fall season by winning the Head of the Lake Regatta in Seattle. She went on to cox both the Women's Varsity Eight and the Women's Varsity Four to a double gold medal as 2004 South West Regional Champions, ultimately winning the 2004 National Championships for WV8.

With their National championship, Ariel and her four-seat rower Taryn O'Connell were chosen by the US National Women's Coach to join the six-week National Development camp in Connecticut, together with the top 6 coxswains and top 30 rowers in the United States. It was an intense and rigorous camp. All the hard work came to fruition when Ariel Frost was chosen to be the coxswain for the 2004 TEAM USA Junior Crew.

As coxswain for TEAM USA, Ariel took the top 10 rowers in the country to compete in two Nationals and one International Crew Championships. They first went to Philadelphia where they won Silver for the National Women's Junior A-8. A week later, they went to Canada for the CAN-AM-MEX International regatta, where Ariel coxed TEAM USA to double gold medal-winning International Championships for both Junior Women's 8 and Junior 4. TEAM USA's journey peaked a week later in Indianapolis, at the US Rowing National Championships, where Ariel Frost coxed a very strong team of rowers winning the coveted double gold for both the National Women's Junior 8 and Junior 4, capping a long, hard, but joyous 2004 Crew season.

Contributed from Celli Frost

REDWOOD CITY PACT APPLICATIONS ARE NOW AVAILABLE

Redwood City Manager, Ed Everett urges everyone to consider going through this program and becoming a community partner. This program has been a great success bringing together up to 40 members of the community from throughout the City

for a nine week hands on overview of the inner workings of City Government. But more than that, Pact builds relationships between the participants, City Staff, Council members as well as the class members themselves.

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HELLO FROM FULLY ALIVE *By Lisa Frerich*

Have you impacted your world, your community, your family? As the death and funeral of Pope John Paul II dominated the news over the last few weeks, it is clear that, whether you agreed or disagreed with him, believe or don't believe, his life impacted most of ours in one way or another. Whether you are an ordinary citizen or the leader of a world superpower, his life affected yours. Even before you were born, God had a purpose in mind that only you could fulfill. Isaiah 46:10-11 says, "...My purpose will stand, and I will do all that I please...what I have said, that I will bring about; what I have planned, that I will do." He ordained all of the experiences that you would have, good and bad, to empower and prepare you for what He has planned for you to do. As the early events of the life of Pope John Paul II began to be played out on television day after day, it became clear that God had played a leading role in the events of his life to prepare him to be Pope. From stories of great compassion to stories of great perseverance and determination, God was grooming and preparing a life from which He would demand much. According to the media, he was instrumental in freeing Poland from communist aggression as well as the end of the Cold War and the fall of the Soviet Union. He had great

aptitude for languages, putting millions of people at ease by speaking to them in their own language. He had great stamina, logging more traveling miles than all the other Popes in history—combined! We also learned the source of his strength. John Paul II reportedly spent 4-7 hours in prayer every single day. He received the courage and the strength to fulfill his purpose through the power of God, the sustaining relationship with his Heavenly Father. Few of us will have as great an impact on our world as did John Paul II, but few of us will be called to such a life of service on a global scale. Instead, we are called to impact our children and our friends, the people whose lives we touch every day. In our words and in our actions lies the ability to affect change around us or to simply let our lives happen each and every day. The choice is yours. Will you impact a life today?

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CHURCH**

Fully Alive meets Sundays at the Sandpiper Community Center at 9 & 10:30am. Check our website, www.fullyalive.com, for information on upcoming events.



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NEW ONLINE COMMUNITY FOR RWS MOTHERS

Redwood Shores has one of the highest concentrations of children under the age of five on the peninsula but we do not have our own mother's club. Many Redwood Shores moms join the San Carlos/Belmont, Redwood City, or Burlingame mothers' clubs. These clubs are big and lots of fun, I wouldn't it be nice for local moms to have a place of their own? It's so much easier to meet for playgroups, share babysitting, and help out when it's with your own neighbors! We are starting an informal online community for Redwood Shores moms (dads are welcome too) with children under the age of five on Yahoo! To join us, go to:
<http://groups.yahoo.com/group/redwoodshoresmoms>
and apply for membership, which is free.



HOW'S TED?

***Contributed from
Rabbi Alan Berg,
Peninsula Temple***

For most people the demands of daily living push us farther away from feeling the sanctity of time. In fact we can feel as if we are working too hard, just to keep up. The challenge before us is to bridge this gap between knowing that we are children of God, and feeling too much pressure to even remember to treasure each day.

A teacher of mine would call me during a difficult time and ask How's TED? Using an acronym, a verbal shorthand, he was reminding me to Treasure Each Day. We all need that reminder. These days, life is very challenging. We're all working hard.

The great Rabbi Nachman said it this way: All of life is a very narrow bridge; our greatest task is not to be afraid.

Religious traditions use a sacred calendar, a weekly and yearly observance of festivals, to remind us and help us to see ourselves and our days as holy and blessed.

We all have our own personal sacred calendars. There are many times when we all bless special days. Think about birthdays, anniversaries or, as we are seeing a lot these days, graduations. Any day a family can have dinner together feels like a holiday.

In religious living, holidays are a way of accessing the harmony of the cosmos, of nature, of the world we live in. In Jewish life, Passover, the planting festival, is called the season of our freedom. As the exodus from winter to spring unfolds, we celebrate our exodus to freedom.

As we follow the festivals, and bless those days, we give greater meaning to the more ordinary days, because they gain a context: they exist as a part of the coming and going of festivals.

Festivals also tell the story of our faiths. In Islam, Ramadan teaches the discipline that allows one to receive the word of the Prophet. Christmas provides the unfolding for Christians of the promise of eternal life through a new birth.

At a meeting of the Peninsula Clergy Network Reverend Jim Keck had asked the religious leaders assembled there to speak cogently of the essence of their faith, but in one minute's time.

One minute! At first, I laughed. Then I was surprised as each religious leader took their turn and how each person quite easily and concisely made a powerful statement about their own faith.

(Continued on page 27)



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PERIOSTAT AND GUM DISEASE

Periostat: a new drug for the war against gum disease

The leading treatments for gum disease are scaling and root planning (deep cleaning of the gums) and surgical gum treatment in more advanced cases. Antibiotics are sometimes used in conjunction with these other therapies, often with the goal of killing bacteria that is causing the gum disease. Recently, there is a new drug, which instead focuses on controlling our body's reaction to these bacteria. The new drug is called Periostat. To understand how periostat works, we need to have some understanding of how bacteria in the mouth cause the loss of gum tissue and bone around the teeth. Oral bacteria cause a chronic infection in the mouth of people with gum disease. This infection causes the body to release chemical substances called cytokines, which in turn cause a cascade of reactions within the gum and surrounding tissue. One of the substances released is a family of enzymes known as matrix metalloproteinases (MMPs). One of the MMPs is collagenase, an enzyme that breaks down the gum and bone. Periostat is a new application of a not so new drug, doxycycline. Doxycycline is a derivative of tetracycline. Periostat is a 20 mg capsule of doxycycline that should be taken twice a day over several months. Periostat helps to inhibit the body's production of the destructive collagenase. Unlike higher doses of doxycycline or tetracycline that can be used to prevent the multiplication of some bacteria associated with gum disease. Periostat protects our body's "over reaction" to bacteria, and its lower dose has far fewer side effects. Periostat is not intended to replace the need for excellent oral hygiene or other traditional gum treatment. It is a drug that clinical research has shown that will modestly improve gum disease when taken in conjunction with professional deep cleaning of the gums and a thorough oral hygiene regimen.

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STANFORD CANOE & KAYAK TEAM WIN 4TH CHAMPIONSHIP



The Stanford Canoe and Kayak Team won their fourth Collegiate National Championship in a row! The team of 16 athletes made the long trip to Gainesville, Georgia, site of the 1996 Atlanta Olympics Rowing and Kayaking Venue. The athletes, accompanied by coaches Peter Romankevich and Shores Resident, Gina Sanchez, put up a good fight against rival Georgia Tech, who, for the first time since 2001, outnumbered them. Tech, Clemson and UC San Diego grabbed many medals away from mostly novice Stanford Team, but strong performances by the Stanford Novice team in both the men's and women's category helped keep the team ahead. The team is looking towards Beijing and hoping to meet its long set goal of placing one Stanford athlete onto the 2008 US Olympic Canoe and Kayak Team. This year's performance in a steadily more competitive Collegiate Championships brings us one step closer. The Stanford Canoe

and Kayak Team would like to thank Keene Footwear, Patagonia, Epic Paddles, Ocean Kayak, West Marine, The Bay Area Paddle Fest and California Canoe and Kayak for sponsorships and support. Most importantly, the team owes an enormous debt to their supporters within Redwood Shores. Thank you for smiles on the water, the words of encouragement and the general feeling of welcome. In particular, our team captain, Ben Palmquist, was out paddling with the team earlier this year and was overwhelmed when a resident stood on her dock as the team paddled by and yelled "We Love You!" Thank you!

By Gina Sanchez



blue plum design

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Italianian Style:

A fusion of color, texture,
and design for a dramatic,
yet calming environment.

Redwood Shores Resident