



# “TRAVEL Q & A”

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## “Fall Foliage Trips: It’s Time For 2003 (And 2004!)”

In many corners of the USA, we’re enjoying the “dog days” of summer — hot, humid weather that’s perfect for family picnics and lazy afternoons in the hammock or at the beach. Believe it or not, however, the cooler days of autumn are just around the corner, and that means fall foliage season in the travel industry! Unless you live within driving distance of a fall foliage area, you should plan ahead with a package tour that takes care of the travel hassles so that you can focus on the spectacle of leaves changing colors before the onset of winter.

(By the way, have you ever wondered why the leaves change? Check the scientific explanation at the <http://www.stormfax.com/leaves.html> for the details.)

Many national tour companies like Globus have already sold much of their space on upcoming fall foliage trips, but we can still find bargains for you such as the “Autumn Glory” tours (from \$1,599, per person double occupancy) that run from Boston for seven nights along the Mohawk Trail through Massachusetts, New York, Vermont, and Maine. You’ll get lots of great snapshots in three different mountain ranges: the Berkshires, the Adirondacks, and the White Mountains. Some travelers prefer the romance of the rails while they enjoy the changing fall scenery. Rocky Mountain Railtour will take you through aspen, maple, and birch forests on its “Western Explorer” trip (seven nights from \$1,319 ppdo). If you can’t get away for a full week, we can recommend the tour company’s three-night package that includes two days on the train from Vancouver, B.C., to Jasper, Banff, and Calgary (from \$629 ppdo).

Not surprisingly, the major cruise lines have tapped into fall foliage as a huge market. In fact, many lines recommend that we book a year in advance for these sailings, as they have grown extremely popular. Think about it—during the day, you can experience the changing seasons on your shore excursions, returning at night to the comfort and activity aboard a luxurious cruise liner! Princess Cruises offers seven-day voyages from \$1,095 (ppdo) calling on ports such as Boston, Halifax, Bar Harbor, and Quebec, with pre- and post-cruise tours that we can add on to the heart of fall foliage country in places such as Virginia’s Skyline Drive or Pennsylvania’s Amish country. Carnival and Royal Caribbean also have numerous sailings from September through late October. For fall foliage, we can book you a last-minute bargain this year — or plan ahead for fall 2004. Want to talk more about fall foliage cruises and tours? Give me a call! (650) 610-8782

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# "GOD DON'T MAKE NO JUNK" by Rev Kristi Denham

Every Sunday I say it. "God do make no junk." Sometimes I clean it up a bit: "God doesn't make any junk." Always I wonder, have I repeated myself too many times? Is it time to leave it alone? Have you heard me? Believed me? Internalized the profound wisdom of this statement?



Lately I've been realizing that I need to say it every Sunday not only because our culture has been so hard on most of us in the area of self-esteem, but because there is still a sneaky little voice in the far recesses of my own brain that whispers: "Yeah, sure, God don't make no junk, except me!" It's sad, I know, to admit that. And I hope you will know that I know you think I'm wonderful, or at least okay, i.e., not junk! But there is a part of me that believes, if you really knew me....Sigh...

We always teach what we most need to learn. And so I admit to you that I am beginning to learn that "God don't make no junk." And even I am not junk. Sharing the journey with all of you in the Belmont community has been an amazing experience of renewal and joy for me. I am becoming more fully myself, more honest, more excited about our future together by the day. I see God working in our midst in so many ways:

- ~ The energy and joy we share in worship and community building.
- ~ The compassion and caring that pours out from us in prayer.
- ~ The miracles of healing we are part of.
- ~ The meaningful service we do for one another and the wider community
- ~ Our passion for ecumenical and interfaith dialog and participation.
- ~ Our openness to new ideas, new experiences, new people.

I am learning to let God be God within me, within our community of faith, within our wider world, and within our universe. It is unnerving at times because it challenges me to trust that "God don't make no junk" anywhere, anytime, not even me.

## The Pacific Athletic Club invites you to be a part of the 3rd Annual Mr. PeeWee Tennis Benefit Saturday, October 4<sup>th</sup> & Sunday, October 5<sup>th</sup>

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Greater Bay Area Make-A-Wish Foundation is a non-profit organization dedicated to granting the wishes of children between the ages of 2 1/2 and 18 who are bravely battling life-threatening illnesses. Their goal is to provide each child and their family with a wonderful experience – a bright oasis of normalcy during uncertain times. Having a wish come true is magical. This past fall, the Greater Bay Area Make-A-Wish Foundation granted it's 3,000th wish since being established in 1984.

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*Matt Sharrers - 1996-1997 Canadian National Hockey Team - Redwood Shores Resident*

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**COMMON CAUSES OF SHOULDER PAIN**

*By Angelo Charonis, DC*

The shoulder joint is a complex system. Its lack of depth allows for a wide range of motion, yet also sets it up for vulnerability to overuse and overstretch injuries. A multitude of soft tissue structures play a part in its support and functionality. Therefore, when there is an injury or pain, one must first look to these structures for the cause.

Strained or torn rotator cuff muscles are most commonly the cause of shoulder pain. They are not large muscles, and this is especially true as they narrow down to connect at various points around the shoulder joint via their tendons. These muscles do not only get injured during major trauma. They are very susceptible to injury during any unguarded lifting movement, such as jerking the shoulder while lifting a bag of groceries or golf clubs. An individual with this injury may have pain or weakness while lifting their arm forward or rotating it in or out.

Another common cause of shoulder pain is a condition called adhesive capsulitis, or frozen shoulder. Here, there is scar tissue that builds immediately around the shoulder joint. This build up of scar tissue limits movement of the arm sideways, away from the body. This movement is extremely painful and gradually gets worse over time.

These types of conditions respond well to conservative care. Addressing the injured soft tissue structures with a series of physiotherapy methods, directed towards reducing scar tissue, increasing flexibility, and strengthening weakened structures, can be quite beneficial towards rehabilitating the shoulder joint. This approach should provide significant relief of pain and restoration of normal shoulder function.

Individuals can tear the cartilage that cradles the attachment of the shoulder joint, called a glenoid labrum tear. This can be quite painful at the location of the shoulder joint when the muscles that flex the elbow are contracted. Often, this type of injury necessitates surgical intervention.

Additionally, there can be referral of nerve sensations from irritated nerves in the neck that can feel like pain at the shoulder. As one would feel nerve sensations down their leg if the low back nerves were irritated, one could similarly feel nerve sensations down to their shoulder, or arm and hand, if the neck nerves are irritated. Chiropractors are best trained to detect this nerve irritation and provide the correct therapy to relieve it.

*Dr. Charonis practices at Premier Chiropractic Clinic in Redwood Shores.*

# THE BACKYARD BIRDER

By Julie Thrower



The Peregrine Falcon (*Falco peregrinus*) is a local to Redwood Shores and since 2000 has nested in an artificial nest box installed for them on the Oracle Campus by the Santa Cruz Predatory Bird Research Group. (They did not nest there this last spring however.)

These falcons nest near water on rocky ledges or buildings, using depressions and crevices as nests rather than building one.

Peregrines typically eat birds, such as starlings, pigeons, blackbirds, and some waterfowl. Prey is caught mid-air after a fast pursuit. Unlike many species whose population decline is due to habitat destruction, Peregrines adapt well to the city environment. However, they were listed as a federal endangered species in 1970. Populations plummeted due to lack of successful breeding. The cause: exposure to the pesticide DDT, which caused thin-shelled eggs that were easily crushed by the parent birds. Since the ban of DDT in the U.S., The Peregrine Fund has released more than 4000 captive-reared birds out into the wild in the last 25 years. Fortunately, populations have increased and the Peregrine was taken off the federal endangered species list in August 1999. It still remains on the California state endangered species list.

Western Burrowing Owls (*Athene cunicularia hypugaea*) are small owls about 7-10 inches in length. These owls are unusual

from others in that they live and nest in underground burrows that were primarily dug by other animals, such as ground squirrels or skunks. Burrowing owls also hunt on the ground, capturing insects and small mammals. Although most active at dusk and dawn, they hunt 24 hours a day, making them the most likely owl seen by humans. Although not globally threatened, the Burrowing Owl as a breeding bird has disappeared from 5 California counties and is rare in 6 others, including San Mateo. Most of the decline can be attributed to loss of habitat (dry, treeless grasslands, prairies, and farmland), and pesticide use. Several organizations, including Santa Clara Valley Audubon, are petitioning to list the Burrowing Owl on the California endangered or threatened species list (you can go to their website to sign it). Santa Clara County has one of the largest populations (estimated at 120 individuals), which is rapidly disappearing. A couple pairs have colonized in Bixby Park, a former landfill in Palo Alto.

Each state as well as the federal government has an endangered or threatened species list. Currently, the U.S. has 1263 plant and animal species listed, 92 species are birds. Ten new species were added to this list in 2002 alone. Not all state species are listed on the federal list, and vice versa. California State has 299 species listed. Check out [www.endangered.fws.gov](http://www.endangered.fws.gov) for a complete list and information about the Endangered Species Act. [julie\\_thrower@yahoo.com](mailto:julie_thrower@yahoo.com)

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## ON MY SOAPBOX

*By Pat Dixon, The Swan Lady*



*It's me again - continued* - Following is the "good news" part that was omitted from the July *Pilot* for lack of space:

Now for the 'good news'! Several weeks ago when I was leaving my house I saw a beautiful black Lab dog running north on Marlin Drive. My neighbor was coming towards me and I stopped and she asked if that was our neighbor's dog. When I said no, she said she would call the SPCA at Coyote Point when she got home. I was only gone for a short time and when I returned home I saw the dog swimming in the lagoon and chasing both the ducks and the swans. To me he seemed to be quite tired so I called him over to my dock where he could get out of the water and in checking him over found there was no license, collar or other identification that I could see. He rested for a while but wanted to get back into the water. It was then that I saw the SPCA truck cruising along Davit looking for the dog, so I went around the corner to talk to the driver, Officer Lovell. At that point a resident came up and said she had phoned and that there were two dogs and they had scared her children. Officer Lovell spotted the second dog on the other side of the lagoon in the backyard area of a house on Marlin Court and the first dog frantically trying to get there also. After asking how to get to that residence he drove around and was then able to get both the dogs. They obviously were well trained, not aggressive, and when he said sit, down they went. He then took them back to the Coyote Point shelter. I called him this morning to ask about them; it seems the frantic owners had telephoned the shelter

even before he arrived back with them, saying their dogs had 'gotten out' of the... fenced yard, and as they had been micro-chipped identification was made easy. The lesson here, that Officer Lovell wants made known, is that at all times—like our pooper-scooper and leash laws—it is a necessity—and a law—that all dogs need to wear a collar and license. Finally, I received a telephone call from Mary that she and her husband had been walking the levee area near the reservoir behind the shopping center and had seen a single swan. I've had previous similar calls and in checking them out had never found Little Girl, but I decided I would go check this out. This time I saw her and fortunately I had some hen scratch in the car, so I went down to the water's edge and called to her. It took her a bit of time to remember my voice, but she came right over. I also saw several of the other ducks, geese, Canada's with their goslings and the American White-fronted Goose that I call the "Baby-sitter", who generally hangs around my fresh water waterfall also there. When I called to Little Girl, "Baby-sitter" responded immediately 'honking' her way over to me. They all appear to be doing well, and there, at least, they do have native grasses, reeds, etc. to eat. Needless to say I am delighted to have found Little Girl and that she is well. I have been quite worried about her, but now that she is away from the two boys she should be safe! Her other 'friends' are some white pelicans. Many thanks to all of you for your calls, I really appreciate everyone keeping their eyes open for her! Still getting calls relative to our 'erratic' driving but more on that next month. See you then .....

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## LETS CUE IN TRUST

*By Abdullahz Bawaney*

The last few years, I have been waking up in a different stream of learning. In fact, it's a world of innocence filled with three beautiful grandchildren, a girl and two boys. It's a most adorable and magical world. In their eyes is an unquestioning trust and there's so much wonder, delight and playful expectation. I guess they're like most growing children anywhere. I don't see a single hate carried from one day to the next. All is forgotten and forgiven. They don't yet know what it is to forgive but their actions are awash with forgiveness. Curiously I ask, "What does it take for us adults to extend our trust to others?" From the world I wake up in these days, the answer seems to be, "Make sure you're tapped into an abundance of trust!" Those who have plenty of money say, "Price is no object!" Those with profusion of trust may say, "Confidence is not a problem!"

In a world of polarized madness, greed and hunger, trust is sorely wanting. Confidence in God, let alone fellow beings, is lacking. Is it difficult to realize that Allah (God) trusts us? He gave us incalculable gifts, for free! For openers, He gave us the senses: hearing, sight, smell, taste and touch. No conditions are laid out on the limits of their use. It's a blanket trust He extends to us. Do we ever make a point of thanking Him for it? How often do we violate it?

Truth to tell, as individuals, we do experience problems with "trusting too much," "trusting the wrong person," "never able

trust the spam-merchants," and so on. Each area carries an undercurrent of lack of confidence in self and others.

However, these are attitudinal experiences, which may necessitate creating workable levels of trust with people you're in daily contact with. I won't even suggest that this is easy. Extending the benefit of doubt may be easier than extending one's real trust.

Trust in international relations or within a group is yet another level dealing with different perceptions, where trust is found wanting.

Diplomacy, political savvy, peaceful strategies, dialog and other positive exercises are tried but these avenues are, at best, a search for solutions that may lead to a widening level of trust. One might say that these are efforts at "suing for peace," with the hope that when peace finally reigns, trust will develop and grow again.

The final point I offer in thinking about the many aspects of trust is that we may not feel rich enough in experience to declare a total confidence in ourselves. However, if we were willing to act with confidence, relying on God's Grace, we would make our breakthrough to energizing all levels of trust and experience an abundance of self-reliance. Willingness has to be exercised for rewards to be realized-after a period in the field.

*Are we willing? Say InshaAllah! (God willing!)*



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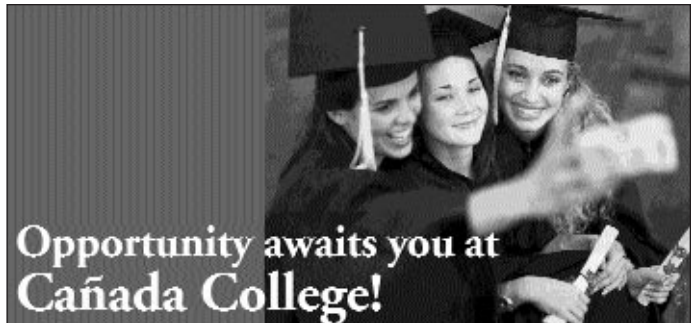
*Save the Music is a School-Force Program that places its emphasis on supporting the music arts programs for the Belmont-Redwood Shores educational system*

## Save the Music Regatta



The Belmont-Redwood Shores School District music and arts programs are in danger of being cut, but a group of very dedicate parents and community leaders have teamed together to plan a festival that will help keep the music program going in the Belmont-Redwood Shores school district. The Save the Music Festival, part of the Music in the Shores weekend, promises to be a fun and exciting weekend here in the Shores. One of the interesting twists to the Save the Music Festival is a regatta to be held on the water between Paragon Point and the Hotel Sofitel. Jeff Adams, a member of the Save the Music group, will be the regatta coordinator and is looking forward to a fun day on the water!

So how can you get involved? Each PTA is allowed to sponsor boats, so community entries should be directed to your local PTA. Corporations are strongly encouraged to sponsor entries to help benefit the Save the Music campaign. There will be three events featured at the regatta. 1) The parent-child pedal boat race over 200 meters , 2) The 200 meter kayak race and 3) The 200 meter canoe race. The most whimsical of the races will be the 200 meter Canoe race, which will feature a prize for the best theme canoe. You can put up to four people in a canoe and dress up and decorate the canoe to win the prize! Kayaks will be provided by the Redwood Shores Rowing and Paddling Club. However, if you own a pedal boat or



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By April Ronca, Ph.D.

Certified Jazzercise Instructor

The connection between physical, emotional and mental health is widely accepted, and scientific research indicates that regular exercise plays a vital role in achieving optimal health in all three areas. Physically, exercise has a positive influence on everything from weight control to cancer and heart disease risk. Mentally and emotionally exercise is a natural stress reducer, self-esteem booster and anti-depressant. But here's a benefit that is often overlooked: Exercise stimulates our mental acuity as well. The biological changes prompted by exercise improve our "capacity to master new and remember old information," states Dr. John J. Ratey, Harvard University clinical psychiatry professor and author of *A User's Guide to the Brain*. Ratey explains that "physical movements call upon many of the same neurons used for reading, writing and math" and "physically active people reported an increase in academic abilities, memory retrieval and cognitive abilities." Formerly, scientists believed that individuals lost brain function as they aged due to an outright loss of nerve cells. Today, research indicates that memory lapses are more likely due to a breakdown in the synapses or connections between nerves. In fact, researchers from the University of California at Irvine found that a healthy brain continues to grow new neurons indefinitely, which can actually slow the brain's aging process and even reverse existing damage. But a healthy brain is a product of a balanced lifestyle that includes proper nutrition, stress management and mental and physical exercise. What makes physical exercise so important? In addition to reducing stress, aerobic exercise washes the brain in fresh oxygen and increases the production of growth agents for nerve cells. Study participants at the Beckman Institute for Science and Technology at University of Illinois at Urbana-Champaigne who moved from a sedentary to active lifestyle (three 45-minute aerobic workouts per week) improved their mental performance by as much as 25 percent in six months. A diet rich in antioxidants is also helpful. Reactive forms of oxygen, called free radicals, are a natural byproduct of our metabolism. Free radicals break down cell membranes throughout the body and can affect cell connections in the brain. While our bodies produce antioxidants to protect and repair cells from this process, the production slows with age, hence the need for dietary assistance. Individuals whose diets included Vitamins C, E, B and beta-carotene scored higher on memory tests and appeared to maintain mental function better than individuals who didn't get adequate amounts of these nutrients. Fruits and vegetables are a great source of antioxidants. Finally, experts recommend giving your brain a mental workout as well. Word puzzles, hobbies, socializing, reading, travel—any thought-provoking activities - stimulate the brain, increasing blood flow and strengthening both the brain cells and the connections between them. April Ronca teaches Jazzercise classes in Redwood Shores. Classes are offered at the Belmont Sports Complex and at Sandpiper Community Center. Join us on Monday September 8 for complimentary Open House classes at both locations. For additional information, call April Ronca at 364-0414.

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5:30 pm	BSC Circ		BSC Reg	BSC Circ		
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## PERSONALIZING YOUR HOME

One of the biggest challenges after you move into a new home is to make your current furnishings look good in a new environment. This can be a daunting task if your decorating style is radically different from the previous homeowners' or if the architectural style of the new house is not congruent with your furnishings.

Adopting a new color scheme for the interior of the house is the quickest way to infuse the house with your personality. Choose a color palette that enhances your current furniture regardless of the architectural style of the house. For example contemporary furniture can look smashing in a Victorian home with lighter, brighter wall colors. By having the walls painted the color that you enjoy you won't feel so rushed to buy new furniture. Adding throw pillows and accessories in colors similar to the wall color will pull the room together and create visual balance.

Fewer pieces can make a greater impact especially when you scale down to a house with less square footage or to a house with smaller rooms. Selling redundant or oversized furniture pieces at furniture consignment stores or giving them to someone who is setting up housekeeping for the first time will alleviate guilt. Don't dispose-recycle. There are always charities who 'will be glad for the donations if you want a tax write-off.

Some of your favorite art pieces may not work in their previous room settings. Re-framing or re-matting may help them work in different locations in your new house. You may be surprised how moving a favorite piece of art to a new location may give it a greater impact. Banging that first nail into a wall is such a defining moment in "claiming" a new house as truly "yours".

An oversized area rug can "swallow" up a room. If the rug is a solid color you may be able to have it cut down to a better proportion for the room and re-bound for about \$1.50 per linear foot. An area rug placed in the center of the room with the furniture surrounding it will make the room seem smaller than placing all the furniture on the rug. Either way, the area rug will help to absorb the noise in the room. If you have hardwood or tile floors, make sure that the area rug you're using leaves about 12 to 18in. of border of the flooring showing around the periphery of the room. Corners of the rug should not jut out into major pathways. If opening the door the door snags on the top of the rug, you'll either need to trim the bottom of the door or use a rug with smaller dimensions.

Now when you open your front door you can say with conviction, "Welcome to our home. We love it!"

*Submitted by Jean Cary of Jean Cary Interiors (650) 593-9622  
Continued next month*



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## A FUNNY THING ABOUT BLUE

By Zara Stender

Our psychological associations with blue are usually pleasant. Blue skies are welcome after a storm, the blue of an ocean or lake is soothing, perhaps romantic. Blues can be deep, rich, vibrant, sparkling, dark and muted or pale, soft or greyed into silver.

In varying shades and tints blue is calming, seems to recede and can even cause you to feel that the room is cooler than it actually is. But it has some other lesser known qualities.

Blue does a funny thing with time. Rather, the wavelength of blue light alters how the receptors in the brain process time. What does this mean? Time drags in the presence of large amounts of blue. Don't believe it? Have you ever been in a blue waiting room? You'll be calm, but the wait will seem interminable. [Red has the opposite effect.]

Large amounts of blue can be chilling... and depressing. People who desire everything to be blue, may be troubled deep in their hearts and are trying to relieve the turmoil with this peace inducing color.

Some realtors claim that homes with blue carpets do not sell as readily. Probably because warmth and sense of belonging are not qualities of blue. Since it is the last color the human eye learns to process, perhaps we are doing baby boys a disservice by surrounding them with a color they cannot perceive in the early months.

Lighten it, combine it with yellow and you have a cheery Country French palette. Blue shaded down into navy becomes authoritative

Worked with it's complement orange, or any variation such as peach, terra cotta, rust or bronze it moves toward the Southwestern color palette of aqua and terra cotta. Under new names these are currently very hot colors.

- Pastel blue and soft peach become a little girl's room
- Gray blue and rust are very sophisticated yet friendly.
- Blue teamed with a warm stabilizing taupe, brown, or beige will induce a feeling of trust and serenity into the environment.
- Blue and white create a sense of fresh openness, which lends nicely to a nautical theme, or a Mediterranean feel. Blue and gray are an elegant and understated combination.

While trend forecasters predict that medium blue and copper will be hot in 2004, always choose what you love. Whatever color, hue, shade or tint, the possibilities of blue are endless.



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