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## Three Redwood Shores Children Appearing in San Carlos Children's Theater Production

Nik and Khail Duggan and Erin Browner of Redwood Shores are appearing in the Fairy Tale Courtroom production, directed by Eron Block, written by Dana Proulx at the San Carlos Children's Theatre.

**For information contact: Donna Avanzino**  
**Phone: (650)-595-5967 or call voicemail: (650)-594-2730**

**When:** December 5 & 6 at 7:30 PM and December 7 at 1:30 PM

**Where:** Heather School Auditorium, 2757 Melendy Drive, San Carlos, cross street - Alameda de las Pulgas

**Tickets:** \$8. Available at Burton Park in San Carlos or at the door. Seating is first come first serve.

**Synopsis:** Fairy Tale Courtroom is a comedy showing the other side of several familiar fairy tales, when two of the biggest villains, the Big Bad Wolf and the Wicked Witch, are brought to trial. Both the Witch and the Wolf have been frolicking from fairy tale to fairy tale, wreaking havoc as they try to prevent the public from living happily ever after. Hear the personal accounts



## HAPPENINGS AT SANDPIPER REC.

We have some new exciting things for you to check out this November. First, if you have not been to our website lately, check it out! We have a new city website, with up to date information on everything you ever wanted to know about Redwood City and our programs. Visit [www.redwoodcity.org](http://www.redwoodcity.org) <<http://www.redwoodcity.org>> today!

Also, keep an eye out for our Winter Session activity guide. This brochure will cover the months of January and February and will be delivered after November 18th to your home. It will include information about Redwood City's 'Tis the Season holiday event downtown as well as vacation camps for your child during the President's holiday week.

*Happy Thanksgiving! Sandpiper Staff*

of what happened told in testimonies and flashbacks from characters such as Snow White, the Three Little Pigs, Dorothy, Sleeping Beauty, Little Red Riding Hood, and many others.

# FULLY ALIVE COMMUNITY CHURCH

By Lorene Campbell

## GOOD NEWS OF GREAT JOY IT'S TIME TO CELEBRATE CHRISTMAS

Ever since the angels told the shepherds of Christ's birth, the symbols of the first Christmas have been woven into holiday celebrations. Over 2000 years later we still recognize Christmas by the crèche ("she ...placed him in a manger"), bright lights ("and the glory of the Lord shone round them"), the shepherds who got the first news bulletin ("Behold!"), and the Magi, who almost unwittingly helped that stinker Herod.

But where do trees, ornaments, and holly come into the picture? Who started the stuff-yourself-and-be-merry thing? Then there's all the gifting, and carding, and Ho-Ho-Hoing. Its enough to make you wonder (albeit with "great joy," of course).

Well, wonder no more. The Women's Ministry of Fully Alive is bringing it all together for you at a Christmas Tea, Saturday, Dec. 6, 2-4pm, at the campus on Radio Road. There will be music, refreshments, and a presentation on holiday traditions (just why are those stockings hanging by the chimney with care?!) Each table will be decorated uniquely and beautifully for Christmas, offering ideas you can use to make your home sparkle in new ways this season.

Then, just when your senses are filled with the sounds, tastes, aromas, and dazzle of Christmas, the boutique will open, where you'll be able to purchase decorations for your home, fresh and dried flowers, handmade truffles, gifts, cards, and Christmas tree decorations. \$10 at the door; reservations are requested. Call 631-9595 ext. 133 or email [jenny@fullyalive.com](mailto:jenny@fullyalive.com). Then get ready to celebrate!

And celebrate we should. Of the many important events in life, none is as important as the celebration of the one who gives us life. Before the first Christmas an angel told Joseph, "Give him the name Jesus (meaning: the Lord saves), because he will save his people from their sins." To a frightened Mary the angel Gabriel said, "Do not be afraid" and "nothing is impossible with God." To the shepherds an angel announced, "I bring you good news of great joy that will be for all the people. Today, in the town of David a Savior has been born to you; he is Christ the Lord."



Good news for "all the people," said the angel. This includes you, me, and everyone before and after. You can read the record of Christ's birth in the first two chapters of Matthew and Luke. There you'll discover ancient prophecy fulfilled, the story of Zechariah, Elizabeth, and John, the scheming of King Herod, the joy of Simeon when he first sees the baby Jesus, and the preaching of Anna. Enrich your holidays this year by celebrating in new ways the miracle at Bethlehem, "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." John 3:16.

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**FALL, A SANDPIPER BEGINNING**

The fall at Sandpiper is always an exciting time, and this year is no exception. Already there have been many wonderful events, with many yet to come. The first event this year was our Fall Funtastic Carnival. Several hundred families came to the campus on September 13th for an afternoon of food and activities. There were doorprizes from many local merchants whose donations and generosity made the event a success. This was also our first fundraiser for the year, and it was a huge success, adding much-needed resources to the PTA's coffers. Future fundraisers include dinners at Chevy's in Foster City the first Wednesday of every month. Chevy's will donate 20% of the dinnertab just for letting your waiter know that you are there with Sandpiper.

On November 18th, join us at Talbot's Toyland to get a jump on your holiday shopping. Talbot's will donate up to 10% of your purchases. Lastly, mark your calendars now for our Third Annual Spring Gala. It will be held on March 6th and will be a Mardi Gras theme. The Pacific Athletic Club has graciously agreed to host this event.

Now you can raise money for Sandpiper while shopping at Nob Hill! Please stop by and get your Nob Hill Quality of Life card and register to begin this new and exciting fundraiser for our school! It is so easy to use. Just go to Nobhill.com; under Lifestyle, click on Script program and follow the instructions for

New Guests. This program does not require you to provide any credit information to register!

Bring your card to Nob Hill every time you shop. Give it to the cashier or scan in "self check" in the beginning of the checkout. It must be scanned before the transaction is totaled. You have now made a contribution to Sandpiper. It's that easy! Please share the cards among all Nob Hill shoppers in your family. Sandpiper is fortunate to have an ongoing relationship with the Hotel Sofitel. For the past few years, the Sandpiper parents assist the Sofitel at Bastille Day by selling raffle tickets and t-shirts. In turn, the Sofitel donates all proceeds from the raffle to Sandpiper. This year, we received a check from the Sofitel for \$5,000! Thank you to the Sofitel for their continued support of our school. October 27-30 was Red Ribbon Week at Sandpiper. We look forward to this event each year, as our children learn the benefits of a healthy lifestyle. Many events are held in regards to exercise and nutrition. But, the focus of the week was staying away from drugs and smoking and other unhealthy choices. We are happy to have, this year, a partnership with Oracle's Bon Appetite, for our Friday Fun Lunch. Homemade dishes such as Macaroni and Cheese and Chicken Chow Fun are welcome, healthy additions to our kids' lunches. The kids are enjoying the addition to their regular Friday fare.





# SAVE THE MUSIC FESTIVAL AND REGATTA

By Co-Chairs  
Shellie Sakamoto and Mary Carbullido

## Save the Music With the Little School District That Could

“Please save the music because music is groovy!” says Joseph, a third grader in our schools. “I feel proud when I play my violin. Music makes me feel good!”

There’s nothing like a community music festival to inspire music students to do great things. Sunday, September 28th was the inaugural “Save the Music With The Little School District That Could” Festival and Regatta—an all day music event held in Redwood Shores to benefit the Belmont-Redwood Shores (“BRWS”) School District.

Beautiful weather and plenty of entertainment brought out an estimated 2,000 people. The day included the high spirited Stanford Band. Also popular with the crowd was Branford Marsalis, who stopped by to jam with professional jazz percussionist Akira Tana and friends. Also on hand was Belmont-Redwood Shores alum Curt Moore with his band, Soul Sauce. The Royal Doggs, the Flying Other Brothers, the Blue Eyed Devils, Blue House, and Everyday People, a talented acapella group, also entertained.

There was plenty to see and do, with families coming out to the event and lingering to indulge in good old Texas barbecue, hamburgers, polish dogs, dim sum, Japanese food, frozen lemonade and cotton candy. The children enjoyed spin art, a storytelling area, face painting, large inflatable equipment and scenic train rides. Hiller Aviation had a small airplane exhibit, the Tech Museum of Innovation participated with interactive exhibits, and the Redwood City Fire Department displayed their firetruck. The Redwood City Police also drew crowds with their K9 demonstrations.

The small stage featured enthusiastic 4th graders playing their recorders led by Owen Bruce, the Ralston band, led by John DaBaldo, and the Carlmont High School band, led by Rich Bice. The Carlmont High School dancers performed, directed by Rosemary Schulenberger. Akira Tana and Curt Moore led a popular and fun percussion clinic. An impromptu community kazoo band was led by maestros Woody Shackleton and George Metropolis. The Regatta consisted of a series of canoe and kayak races, with Jamis MacNiven, founder of the Sand Hill Road Challenge, providing lively commentary. Teams included the PTAs from Fox, Sandpiper, Nesbit, Cipriani, and Central schools,

as well as Notre Dame de Namur University (“NDDNU”), UBS Financial Services, Hotel Sofitel, the BRWS School District 1, Autobahn Motors, the Belmont City Council, and the BRWS School Board. The overall winner was the Belmont Chamber of



Commerce team. Special thanks to Jeff Adams, Gina Sanchez and the Redwood Shores Rowing and Paddling Club for organizing the Regatta. Also, thanks to Paul Smith for building the portable boat dock.



Senator Jackie Speier was on hand to recognize the many community supporters such as the Belmont and Redwood City Chambers of Commerce, the Redwood Shores Lions Club, the Foster City Lions Club, NDDNU, BizWorld, and the Redwood Shores Community Association. The entire event was under the guidance of School-force!, the BRWS School District Public Foundation. School-Force! is a newly formed organization to raise funds to support the BRWS School District.



The Festival and Regatta was a great success, bringing both the Redwood Shores and Belmont communities together. Special thanks to the many volunteers that supported this effort. The Festival and Regatta is the kick-off event to a series of fundraising activities to support music education in the BRWS School District. Approximately \$30,000 was raised during the event, with more fundraising activities such as a merchant program and a silent auction to come. Items have been donated from Jefferson Starship, Branford Marsalis, Ringo Starr and various artists and

merchants. We still need more items. If you are interested in donating, please contact Keiko Smith at 592-8922. All proceeds from the sale of memorabilia will go toward music education.

School-force! has also partnered with AuctionDrop. If you would like to donate an item to AuctionDrop, then please contact Effie Milionis at [effie@auctiondrop.com](mailto:effie@auctiondrop.com) or 650.654.4365. A portion of the proceeds may be designated to Save the Music (music education) or School-force! (for overall BRWS School District needs).

*(Photos include just some of the many activities that went on. More on Save the Music on page 34)*



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## READING BETWEEN THE LINES

There is a reason that dentists mention “flossing” in the same breath with “brushing.” Which is, flossing cleans those areas of the teeth that brushing cannot reach. The fact is, that if you do not floss, you are missing 30% of tooth surfaces between teeth that are the most vulnerable to decay because they are places where food often becomes trapped. Equally important, flossing helps prevent gum disease by ridding the teeth of bacteria-laden plaque. While flossing may seem like a chore to the uninitiated, it really only takes two to three minutes to perform. If flossing between each meal is not a possibility, floss before retiring for bed.

No time to floss? You might want to re-examine your priorities. A growing body of research suggests that good oral health, including brushing and flossing daily, not only cuts down on tooth decay but may prevent serious health problems, including heart disease, osteoporosis, stroke, and diabetes. We utilize all available resources and procedures to provide the dental health care our patients deserve and expect. When was the last time you had a comprehensive dental examination? We are currently accepting new patients. Please call us to schedule an appointment.

P.S. Pack dental floss in your pocketbook or car glove box.

## *(GOOSE RECIPE - Continued from page 8)*

In contrast, few people today can conceive of the desperation early conservationists felt in the face of the rapacious slaughter of wildlife after the Civil War and into the 20th century. It was called the “age of extermination.” In 1916 the U.S. and Great Britain (on behalf of Canada) signed the Migratory Bird Treaty, to regulate commerce in wild birds. Legislation implementing it passed two years later. But by the 1920s some six million recreational hunters had become as much of a threat to wild fowl as professional hunters were before. In 1930 the giant Canada goose, which had been relatively easy to hunt, was widely believed extinct in the wild. Bringing it back became an urgent quest. Something crucial happened in 1935: live decoys were outlawed. These were wounded or caught birds, used by hunters to lure wild birds into gunning range. Decoys were held captive by cutting a wingtip or clipping feathers so they couldn’t fly. Decoy flocks held some of the last Canada geese in existence. When live decoys were outlawed, hunters got rid of tens of thousands of the birds. Wildlife agencies took some, to help restock wild populations. But many settled in local communities. Some towns wanted the geese for park ornaments, like peacocks. Farmers took and raised others. The geese embraced human habitats and handouts. When America’s suburbs sprouted after W.W.II, “resident” geese soon moved in. With plenty of food and protection from predators and hunters, they thrived. President Eisenhower encountering goose feces on a country-

club fairway in the 1950s asked if something could be done about this? From then until the 1980s federal agents rounded up “nuisance geese” in the suburbs, and relocated them to other states, where they were wanted for hunting. In 1982, and avian influenza outbreak brought relocations to a halt. Goose populations soared. By the time relocations were allowed again, nobody wanted geese anymore. Fish and Game estimates that nonmigrating geese have multiplied at an average rate of 14% a year since 1989, and non-migrating geese now outnumber their migrating brethren. Some see political capital among residents fed up with geese. In a statement issued before Federal goose hearings in May 2002 Congressman Jim Saxton said, “Every citizen in New Jersey who drives past a farmer’s field or pond, or walks through a park or soccer field can see the problem. It’s much worse than five years ago, but it’s not nearly as bad as it will be five years from now if we don’t act soon.” Back in Kent, N.Y. Kathy Doherty mails out “how to” packets to towns seeking advice on dealing with their geese and the ‘inflammatory misinformation’ and “plenty of anger” generated by animal-rights groups. Mrs. Doherty, who was chairwoman of the Lake Carmel Park District, researched the problem and lobbied the town council to approve rounding up the Lake Carmel geese. She was rewarded by being elected to the council herself. “Heck,” says Clarkstown’s Mr Holbrook, “you could run for president on this issue.”

*(Excerpted from the June 2003 Issue of the Wall Street Journal)*



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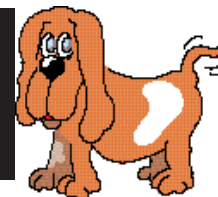
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## An Ecological Meditation. AND THE SANDPIPER SAID:

One of my favorite walks is along the levees of Redwood Shores. How privileged we are to have such a beautiful environment and to see Mother Nature at her best. A walk in the early evening brings out the charm and tranquility of the marshes whose silence is periodically broken by the loud chirping and flutter of those winged creatures that creates its own spiritual aura. Whether your thoughts turn in gratitude to the Creator or to Mother Nature, the stress and strains of our overfilled schedules fade away as you sap in the peace of the evening. When was it last you touched the moist grass with your bare feet? When was it last you saw a sandpiper land? There is grace in these smallest of the shore birds, there is motion at its best and there is; the hidden message for each of us. These winged creatures carry no excess baggage. Their food is from nature's rich marshy soil, and their nesting-homes are camouflaged from human view. Yes! They live in the 'nowness' of life and in nature's paradise. Their message to us is clear. Why carry the excess baggage of anxiety and worry, stress and strains of a future we do not yet have? Their graceful flight and shallow dives, preach a loud sermon of what true freedom is, they speak beyond the words of any preacher or poet. It is a freedom far from the reaches of war and violence. A freedom that we humans can only envy and hope will, someday, become a reality in our world. Soon Winter will come, and as the cold sets in, these winged creatures along with their brothers and sisters will

## SHOREDOGS

Contributed from  
Chris Keller, Nor Cal Poodle Rescue



### PLANNING TO FERTILIZE YOUR LAWN? READ THIS FIRST (from the ASPCA newsletter)

How does your garden grow? Not with cocoa bean mulch, please. A retrospective study just released by the ASPCA Animal Poison Control Center (APCC) confirms that this commonly used fertilizer may deter slugs and snails, but it also attracts companion canines, which can be poisoned by eating it.

Made from spent cocoa beans used in the production of chocolate, cocoa bean mulch contains caffeine and the obromine, both of which are toxic to dogs. Depending on the amount ingested, symptoms range from vomiting and diarrhea (as exhibited by a 50-pound dog that had eaten about two ounces of the mulch) to tremors, seizures and death.

The study, which included six cases received and managed by veterinarians at the APCC between January 2002 and April 2003, was presented at last month's 2003 North American Congress of Clinical Toxicology. Comments Dr. Steven Hansen, the APCC's Senior Vice President, "Since the updated data confirms that dogs can exhibit certain clinical effects after consuming cocoa bean shell mulch fertilizer, the ASPCA advises pet owners that they should avoid using this fertilizer around unsupervised dogs, and dogs with indiscriminate eating habits."

If you suspect that your dog has ingested this organic fertilizer—or any other potentially toxic substance—immediately contact your veterinarian or the APCC at (888) 426-4435 for 24-hour emergency assistance. For more information on cocoa bean mulch, visit APCC online  
<<http://www.apcc.aspc.org/>> <http://www.apcc.aspc.org>.

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depart to the warmer South. Their leaving will create a void, we will miss the music of their chirping and the flutter of their wings; but we are grateful that we enjoyed their cheerful presence—and the story of life's meaning they leave us. Our thoughts cannot but rise heavenwards in thanksgiving to our Creator, to Mother Nature, for their presence in our midst. For us lies the duty and obligation to preserve a clean and inviting environment for their return.

(Fr. Al is a Missionary Priest of the Holy Spirit Congregation, who worked in Kenya and Tanzania, East Africa. Fr. Al is the Pastor of St. Mark's Church, Belmont.)

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## CONGRESSWOMAN ANNA ESHOO TO SPEAK AT RWC'S VETERANS MEMORIAL SENIOR CENTER

The Redwood City Senior Affairs Commission is pleased to announce that United States Congresswoman Anna Eshoo will be the keynote speaker at a very special luncheon event on Thursday, November 13, 2003 at 12:00 noon. This is a wonderful opportunity to hear from the Congresswoman about federal issues and initiatives of importance to seniors and our community, and to ask her questions about how these issues affect us in Redwood City.

The luncheon event takes place in the Redwood Room at the Veterans Memorial Senior Center, 1455 Madison Avenue in Redwood City, and costs just \$4.50 per person. The public is invited to enjoy lunch with Congresswoman Eshoo, and discuss with her the issues of the day. This luncheon is sure to be "sold out" so reservations are required - please call 650-780-7270 to reserve your seat.

This is just one of the educational, informative, and fun events and activities provided by the Veterans Memorial Senior Center. With a variety of programs and services including innovative and creative classes, dinner dances, presentations by local historians, talks by our elected officials, great food, information and referral, health and

fitness classes that focus on wellness for free or at a very low cost, the Center is a great asset to Redwood City.

The Veterans Memorial Senior Center is operated by the Redwood City Parks, Recreation and Community Services Department, which provides recreational facilities and activities for all ages and interests, and supplies building and custodial services for City buildings. Redwood City Parks operates 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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**The Interior Design Society (IDS) Now Has Seven Divisions in Northern Calif.**

**Thanks to RWS Resident**

Long time Shores resident, Zara Stender, IDS, Allied ASID, and current President of the Northern California Chapter of The Interior Design Society, has spent the last 18 months concentrating on her presidential duties. The Northern California Chapter of The Interior Design Society now has seven divisions as a result: Wine Country, Sacramento, Silicon Valley, Central Valley, San Francisco, East Bay, and Peninsula. She credits the magazine-style newsletter, "Residential Designee" with being a key element in connecting the expansive Northern California chapter.

Stender is also very involved in governmental activities as they relate to the design community, and is a member of the California Legislative Coalition for Interior Design [CLCID].

She is the winner of three Bay Area design awards and the author of two books on design and color, which will be available Fall 2004.

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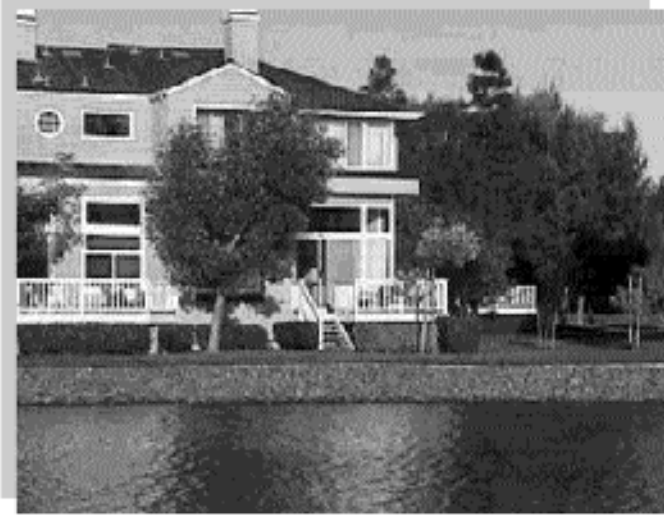
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# PEANUT ALLERGIES IN CHILDREN

By Erica Goldman, M.D.



Like asthma and other allergic diseases, peanut allergies are on the rise in the United States, and the symptoms can range from mildly annoying to severe or even life-threatening. Allergic reactions to peanuts typically start in childhood, and they can be more serious than other food allergies.

It's important that parents of children with food allergies learn to recognize the symptoms of an allergic reaction, seek proper medical diagnosis, take precautions to avoid exposure to the offending food, and be able to treat the child quickly when exposure occurs. It's also important for parents of children at risk for developing food allergies to understand how they can reduce this likelihood.

Like any other food allergy, peanut allergy involves an overreaction of the immune system to substances called allergens that are found in a particular food—in this case, peanuts. The body develops antibodies, called IGE, that are activated by the allergen. The immune system's response leads to inflamed body tissues, such as the skin, eyes, nose, lungs and airways.

## Symptoms

Symptoms, including hives, an itching sensation (especially in the mouth and throat), swelling of the throat and lips, difficulty breathing and stomach aches, can occur within seconds or minutes of exposure. A child can have a severe reaction on what appears to be the first exposure, or may be exposed to a food many times with only mild effects before he or she has a severe allergic reaction. Some reactions can grow worse with each exposure.

The most severe type of allergic reaction is called “anaphylaxis,” which affects the entire body and can cause serious breathing difficulties, unconsciousness, shock or even death. Peanut allergies are the No. 1 cause of food-induced anaphylaxis episodes seen in U.S. emergency rooms.

## When to Seek Emergency Care

In the event of an anaphylactic reaction, emergency medical care is critical. If your child has been diagnosed with severe peanut allergy, he or she should wear a MedicAlert wristband to let others know of this condition in the event of an emergency. Your child should also carry an “anaphylaxis kit” at all times, containing epinephrine (adrenalin) in a preloaded syringe (called an EpiPen™) and antihistamine syrup or tablets. The epinephrine injection should be given as soon as a reaction starts, and the child should then be rushed to receive emergency care since some reactions can continue despite the use of epinephrine. Having and knowing how to use this medication can mean the difference between life and death.

My personal experience with peanut allergy started with mild reactions in early childhood (a little itching and an occasional

rash) and led to full and unexpected anaphylaxis my freshman year in college. Since my reaction became more severe, I have had five life-threatening episodes, where the use of my EpiPen™ and hospitalization saved my life. I want very much to help children avoid developing such an invasive, threatening condition.

## Risk Factors

Factors that increase an individual's risk for developing peanut allergies include:

- \* A family history of allergies (including hay fever, eczema, food allergies and asthma).
- \* Young age. Infants are more likely to develop food allergies because of their immature digestive tracts.
- \* Other food allergies during infancy and early childhood.

## Prevention

One of the most concerning facts about peanut allergy is that, unlike many other childhood food allergies to products such as milk and eggs, 80 percent of children with peanut reactions will carry the allergy into adulthood.

Therefore, for children who are at higher risk for developing food allergies, it is vital to delay the introduction of peanuts until as late as possible in childhood. The American Academy of Pediatrics recommends waiting until after 3 years of age in children whose families have histories of allergic diseases. Some experts recommend that mothers of children at risk abstain from eating peanuts if they are breastfeeding, since the peanut protein can be transferred into breast milk.

## Avoiding the Allergen

Currently, the main “treatment” for peanut allergy is avoiding the allergen, but this can be difficult. Your child may have an allergic reaction by simply being near peanuts. For example, people with peanut allergies have been known to suffer allergic reactions when fellow airplane passengers open packages of peanuts, or after using a utensil previously used for a peanut product and then not thoroughly cleaned. As a result, some preschools and classrooms have implemented nut-free policies.

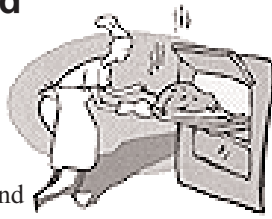
Even with strict avoidance, the average patient with peanut allergy will probably have an exposure every three to five years from sources that seem unlikely.

While peanuts are legumes, not true nuts, 30 percent of patients with peanut allergy are also allergic to tree nuts (almonds, walnuts, etc.)

*(Continued on page 39)*

## For the Love of Good Food

### QUATRE-QUARTS OR FOUR QUARTERS CAKE



This is a French version of pound cake and is called four quarters because there are 4 basic ingredients of equal measure. This makes the recipe easy to remember and to adjust quantities. It is also easily made by children, but let them make small cakes to reduce cooking time and the impatient little chefs can savor their work within 20 minutes. The base recipe is good on its own, but can be flavored with citrus fruits, dried fruits, extra spices and the perennial favorite - chocolate.

Ingredients (for 1 pound baking tin)

1/4 pound butter

1/4 pound sugar

1/4 pound sifted self raising flour or plain flour with 1/2 teaspoon baking powder

1/4 pound of whole eggs (2 eggs)

Optional flavorings:

1. Grated zest of lemon, orange or lime + 1 tablespoon of juice;
2. 2oz chopped dried fruit like apricots or plums + 1 teaspoon of your preferred spice, i.e. cinnamon, vanilla, ginger or nutmeg.
3. 2oz melted chocolate. (increase the baking powder by 1/2tsp)

1. Heat oven to 400 F. Grease a cake tin (any shape will do), then line with baking parchment so that the cake does not stick.

2. Beat the butter until soft, and then mix with sugar and beat until totally blended and pale in color.

3. Add the eggs gradually and beat until smooth. A) If using citrus fruits, beat in the juice and zest. B) If using chocolate add here.

4. Gradually add flour (if using dried fruits, dredge in a little flour to stop them sinking in the oven) plus any spices. Fold gently into the mixture, fill the prepared cake tin and place in the hot oven.

5. After 10 minutes a slight crust should have formed, if you wish you can slash the top so it will continue to rise a little, and then turn the oven down to 375 F. Cook for a further 45 minutes or until a thin knife inserted into the middle of the cake comes out clean.

6. Remove from tin and allow cooling. Remove the paper once cool to serve, or leave in the paper if storing as it will keep the cake moist longer. Do not cut until cold or you will simply squash the cake.

7. If you double the mixture you can make 2 different flavored cakes or 2 combined flavors, e.g. pour 1/2 orange flavored cake mixture in the bottom of a loaf tin, then top with 1/2 chocolate cake mixture and use a knife to swirl a little of the mixtures together. Repeat with the second tin. The cake will then be marbled.

8. If you make a citrus flavored cake, it is delicious served with a sorbet using the same fruit. The chocolate one will go

## THE WINE ENTHUSIAST - By Tom Barras

This August my wife and I visited some friends in Bend, Oregon. We played a couple rounds of golf, during which we fine tuned our scatological expletives. At an open air concert, we sat on the grass and listened to the wizened Willie Nelson while half clothed, tequila shooting groupie swayed their tattooed bodies in rhythmic unison to his songs. And being food and wine kinda people, we took a breezy ski lift ride up to a restaurant at the half way point of Mt. Bachelor to get a high level experience of some of the local offerings.



No, you're correct, there's not much snow on Mt. Bachelor in August, except for the tippy, tippy top. But that's OK because the view of the surrounding terrain is quite exhilarating, and what better way to enjoy the Pinot Noir that Oregon is so justly proud of? (I know it's available in California, but wine seems to be a tad more expressive in the region where it's made.)

We agreed with the waiter's recommendation of an unknown, locally produced Pinot. Being properly trained, he presented the bottle to me to confirm that it was the wine I ordered, as well as the correct vintage. I reached out and touched the bottle. Far too warm, I thought. I asked if he would accommodate us and plunge it into some iced water for a few minutes so it could cool down. He demurred slightly stating that it was, after all, at "room temperature." I agreed, but joked that I wasn't sure whether it was "boiler room" or "steam room." He got the point (the customer is always right) and sped away to chill the bottle for us.

"Room temperature" is one of those time-worn wine verities that must be taken with a grain of salt, or if you prefer, with a sip of Chard. It's a holdover from those bygone days when British wine connoisseurs dined in chilly rooms that had no central heating. When woolen, multi-layered clothing and small, flickering fireplaces were the sole sources of warmth. Times have changed.

As with all wine preferences, do and drink what pleases you, but if you haven't experimented with temperature, please do. I'm not suggesting that you dip a thermometer into the wine before you drink, but place that red, especially one from your kitchen wine rack, in the fridge for about twenty minutes or so before pouring it. As for whites, if they're poured ice cold, cup your hands around the glass until their warmth lowers the wine's arctic grip. In both instances, they should reveal a little something extra. The reds seem fuller and fresher, and somehow even younger, while the aromatics and the flavors of the whites seem to be more clearly delineated. And, who knows, with a few trial runs of this trivia kernel, there may come a time when you can self-assuredly (and unpretentiously) ask the waiter to give that red wine a brief, iced-water cool down.

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well with vanilla or coffee ice-cream. It is equally delicious on its own with a cup of coffee.

9. Children can use the same mixture and put into muffin tins that are greased and floured. They should go into a 375 F oven for about 15 minutes, or until cooked through. They can be frosted, but the mixture is very rich in flavor on its own.