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## RWS LION'S CLUB EVENTS

### PEACE POSTER CONTEST WINNERS

The Redwood Shores Lions Club sponsored a local Peace Poster Contest at James Flood School in Menlo Park. The Peace Poster Contest is a contest for students ages 11-13 and is aimed at promoting the concept of peace throughout the world. The winner of the contest is Rogelio Flores and his entry will compete at the District 4-C4 level.

Runners-up are Vashon Guidry, Michael Washington and Evan Dayce. A special thank you to Lions Gary and Diana Krippendorf for chairing the contest, and congratulations to these wonderful artists!



### SANDPIPER SCHOOL TEACHER'S APPRECIATION BREAKFAST

On Friday morning, November 5th, the Redwood Shores Lions Club welcomed the teachers of Sandpiper Elementary School with a delicious breakfast as well as a large box full of treats and goodies. Our club has happily provided breakfast to the Sandpiper teachers and staff since Sandpiper opened seven years ago. Teachers and school staff smile brightly in the morning and are so appreciative for this "gift"—and yet our members are so pleased to be able to express our gratitude for their



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dedication to maintaining quality education for our community's children. This is especially challenging these days with the pressures of meeting the state's educational standards, compounded by budgets cuts to school resources and programs. Consequently, it often becomes an investment of their time and resources. These teachers are really

providing a community service—and that's what the Lions Club is all about!

### SAVE THE MUSIC FESTIVAL AND REGATTA

Recently, the Redwood Shores Lions Club lent a helping hand to School Force, the non-profit foundation supporting the Belmont-Redwood Shores School District. Redwood Shores Lions Past President Greg Carbullido chaired the Save the Music festival, with strong support from committee chairs and fellow Lions Mary Carbullido, Shellie Sakamoto and John Sakamoto. Chair and Lion Greg Carbullido commented, "We're so appreciative of the great community support and turnout for this wonderful event, raising over \$60,000 towards music education. We enjoyed seeing so many folks within the community enjoy themselves and support

*(Continued on page 23)*



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P.S. Tooth whitening generally yields results that are one to three shades lighter than before teeth were treated.

## ***(RWS LION'S CLUB EVENTS - Continued from page 22)***

this very worthy cause. The Lions Club was happy to show its support in a tangible way.”

### **ANNUAL CHRISTMAS PARTY**

On Sunday, December 12th, the Redwood Shores Lions Club hosted its annual Christmas Party at Twin Pines Community Center. The event featured a delicious potluck dinner, singing, dancing, and a visit from Santa with treats for the kids. The admission “charged” was warm clothing, which was donated to the Maple Street Shelter, a shelter for homeless teens and adults in Redwood City. Everyone who attended had a great time and the Maple Street Shelter truly appreciated the generous gifts of warm clothing and blankets collected at the event.

### **TWIN PINES SENIOR CENTER**

On Thursday, November 18th, the Redwood Shores Lions Club volunteered to help with the Twin Pines Senior Center luncheon in Belmont. The Lions Club volunteers help cook, serve and assist with the luncheon festivities. This has become an annual project and the Lions, together with Lion Chair Jun Madrinan, enjoy giving a helping hand to our seniors in the community.

### **STUDENT SPEAKER CONTEST**

On February 1st, the Redwood Shores Lions Club will host a Student Speaker Contest at the Sandpiper Community Center. This year's topic is “Is attitude the key to success?” For more information or application forms, please contact Mary Carbullido at (650) 593-6384.

### **HOLIDAY GREETINGS**

The Redwood Shores Lions Club would like to extend its best wishes to everyone in the Shores during this Holiday Season. May you all enjoy the holidays with family and dear friends, and may we all have peace and prosperity in the New Year.

### **ABOUT THE REDWOOD SHORES LIONS CLUB**

The Redwood Shores Lions Club holds its general meeting on the 1st Tuesday of each month at 7:30pm at the Sandpiper Community Center. Anyone who is interested is welcome to attend.

*Contributed from Shellie Sakamoto, Past President*





# COLD AND FLU By Alison Hguyen, MD



## Those Nasty Viruses Strike Again

It is that time of year again. More people catch the flu and common cold in the fall and winter months than any other season. During this time, many people share the same questions: How can I avoid getting sick? If I do get sick, what can I do to heal faster? When should I see my doctor?

First, it is important to understand that the flu and common cold are both viral infections. The flu and common cold share many of the same symptoms, including fatigue, cough, sore throat and runny nose, although flu symptoms tend to start suddenly, be more severe and last longer. Individuals with the flu may also experience overall weakness, sore muscles, chills, headache and fever.

In most cases the flu and common cold are not serious, and the symptoms begin to subside within a few days. However, some individuals with the flu may require hospitalization. The flu can even be fatal for people with weakened immune systems, such as the elderly, and is responsible for approximately 36,000 deaths annually in the United States.

One good way to reduce your risk of contracting the flu is to get a flu shot or the new nasal inhalant version of the vaccine. Unlike the flu shot, the intranasal vaccine contains live, weakened virus, and thus is only suitable for certain individuals. Check with your doctor to see which immunization is right for you, but be aware that the flu vaccine shortage this year has necessitated the vaccine only be offered to high-risk patients. Because more than 100 viruses cause the common cold, there is vaccine option available.

You can also reduce your chances of contracting the flu or common cold by washing your hands frequently and avoiding touching your eyes, nose and mouth. While there is no cure for the flu or common cold, you can treat your symptoms by following the guidelines listed below.

- \* Get plenty of rest, especially if you have a fever.
- \* Drink a lot of liquids, including water, juices and broths.
- \* Gargle with warm salt water several times per day to relieve a sore throat. Cough drops can also help.
- \* Use nasal saline drops to relieve nasal congestion.
- \* Use other over-the-counter medications, such as aspirin, ibuprofen, cough syrups and decongestants only as needed to relieve additional symptoms. Be sure to follow the instructions and contact your doctor if you have any questions.
- \* Do not drink alcohol or smoke. Avoid secondhand smoke.


In general, you do not need to see your doctor when you get the flu or a cold. However, contact your doctor right away if you:

- \* Feel sick for more than 10 days,
- \* Have severe pain in the face or forehead,
- \* Begin wheezing or feel short of breath,
- \* Have a fever above 102 degrees, or

\* Experience a constant earache or ear drainage. By taking the proper precautions, you can decrease your chances of catching a cold or the flu. If you do get sick, you will likely only have to suffer through a few sniffly, sneezy days before you are on the road to recovery.

*Photo Caption: Dr. Alison Nguyen is a family practitioner at the Redwood Shores Health Center of the Palo Alto Medical Foundation.*

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



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**THE TRIVIA CORNER**

WHY WERE WORLD WAR I PILOTS CALLED "ACES"?

"Ace" comes from the Latin word *as*, which was a unit of weight, roughly equal to a pound. When the word became part of the French language, the weight reference was gone. The word *as* simply meant "terrific."

When French, British and American Fliers took to the skies during World War I, a victorious pilot was referred to by the French as *as*. That translated to the English word "ace" and it stuck.

The use of the word to describe the playing card took a slightly different course, the Latin *as* was considered "a whole thing," the playing card was also regarded as indivisible and, thus, *as*...or an ace.

In last month's Trivia Corner, another opinion about how OK came into being, submitted by Peter von Bleichert, a Redwood Shores-based freelance writer, stated that the word OK is a result of O (Zero) Killed, the preferred report from a World War I Soldier returning from a mission.



## FOR THE LOVE OF GOOD FOOD

By Susan Prescott

[sjprescott@sbcglobal.net](mailto:sjprescott@sbcglobal.net)



### STUFFED RIB OF PORK WITH STILTON & WALNUTS

This is a festive dish that is not currently traditional for the Christmas period, but one that uses ingredients that are at their best this time of year in England, which is where this recipe originates. Before we imported turkey from America, pork was the most common festive meat, and still is in Germany where it is considered good luck to eat pork on New Year's Eve. One of the advantages of pork over other meats is that small joints can be roasted without becoming dry. For this recipe I have chosen a loin of pork with the ribs attached since meat that is roasted on the bone has better flavor. I have also incorporated a stuffing of Stilton cheese and walnuts with a hint of sage.

#### INGREDIENTS (SERVES 4)

3lb loin of pork on the bone

Stuffing:

1 small onion, chopped

1/2 celery stick, chopped

1oz butter

1oz walnuts, chopped

1tsp rubbed sage

Finely grated zest and juice of 1/2 lemon

1oz Stilton cheese, crumbled

1oz fresh breadcrumbs

Gravy:

4floc dry white wine or cider

1/4 pint chicken broth

1tbsp corn starch, & salt & pepper.

1. To prepare the pork for stuffing, make a single cut against the full length of the ribs, leaving the meat intact at the base. Season the pork inside and out and set aside.

2. To prepare the stuffing: soften the onion and the celery in the butter without letting them color. Remove from the heat and stir in the walnuts and sage. Add the lemon zest and juice, Stilton and breadcrumbs.

3. Season well, stuff the pork firmly and secure with string. (You can prepare this 2 days ahead and keep refrigerated, or up to 3 weeks in the freezer, but remember to thaw overnight in refrigerator prior to cooking.)

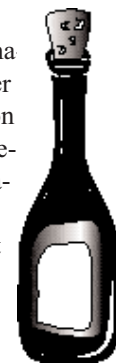
4. To roast the pork: preheat the oven to 400F; roast the pork without any additional fat in the center of the oven for 30 minutes. Reduce the oven temperature to 350F and cook the pork for one further hour.

5. To prepare the gravy: transfer the pork to a plate, cover and keep warm. Spoon off any visible fat from the cooking juices. Heat the juices on top of the stove in the roasting pan, add the wine or cider and reduce by half. Add the chicken broth; thicken with the corn starch mixed with 2tbsp water and season to taste.

6. Carve the pork off the bone and serve with roast potatoes and apple sauce, with the gravy handed out separately.

## THE WINE ENTHUSIAST - By Tom Barras

Recently I enjoyed dinner in the Napa Valley with three golfing buddies, two of whom are wine aficionados. To accompany the first course we decided, after browsing the wine list, to sample a California version of Italy's very popular Pinot Grigio (Pee-no Gree-jee-oh). This occasion is worth relating for a couple reasons. First, it reminded us, quite clearly, of the singular nature of one's tasting perceptions; that is, just how very personal and subjective they are, and secondly, it dramatized quite convincingly, at least for this wine buff, the relevance of the relatively unknown, but important wine characteristic known as "typicity."



After the Pinot Grigio was poured and we swirled, sniffed and sipped, our perceptual divide was immediately and vividly revealed. One asserted it was not cold enough; another, it was too acidic; and a third agreed with neither, but who also observed (to which the other two demurred) that instead of being a representative Pinot Grigio, it was closer to the Alsatian norm with the gratuitous and unfortunate addition of California's favorite seasoning: oak.

You may already be aware that Pinot Grigio is also known as Pinot Gris (Pee-no Gree) in France's Alsace, and that those two wines account for the bulk of Pinot Gris made world wide. (Note that Oregon and California are making some interesting interpretations.) Though Pinot Grigio and Pinot Gris share the same family tree, they express themselves quite differently when bottled. They are as similar as actress Ashley Judd and her singing sister Wynonna Judd. The typical, inexpensive, breezy, low-aroma Pinot Grigio is light-bodied, faintly aromatic, noticeably acidic, and ranges from forgettable to enjoyable. (There are special vineyard designated versions, but they are few and not inexpensive.) In contrast, the Alsatian model is Grigio's polar opposite: serious, full bodied, viscous, low acid, mildly aromatic, and, when aged, they become serious challengers to white Burgundy. However, both, it should be pointed out, have their loyal followers, and each faithfully typifies its provenance and distinctive style. Each, therefore, has typicity.

Typicity, a tasting term we lifted from the French, is an attribute of wine quality by which it reveals the underlying grape's inherent characteristics and/or its origins. For example, is an alcoholic, full-bodied, brambly, Burgundian Pinot Noir true to its type, or is it more atypically like a California Zinfandel? Such a Pinot Noir, while maybe interesting and drinkable, is said to lack typicity. Similarly, what can we conclude about a wine that is labeled as Pinot Grigio, but does not suggest that lively northern Italian wine in the slightest?

Is California delivering a new typicity? Or is this another example of California's rugged individualism in wine making? (Make what you want, call it what you want.) Or is this, maybe, a good argument for appellation-type controls? And, is this lack of predictability in the best interests of the wine-consuming public? Or is all of this just a little too nitpicky? Hmmm?



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## HOLIDAYS AT FULLY ALIVE *By Lisa Frerichs*

Since its inception almost nine years ago, Fully Alive Community Church, has had one main mission, to show God's love to each other and everyone within our sphere of influence. With the Christmas holidays coming quickly upon us, many people naturally take this opportunity to share with those around them. From fun things like Secret Santas to the very serious work of feeding the homeless on Thanksgiving Day, most of us find it easy to take our focus off ourselves and onto those near and far. So, as you begin to make your lists of things to buy, things to cook and things to do, let us help make it a little easier for you. On December 4th, from 2-4pm, the women of Fully Alive are hosting a Christmas Tea at our Radio Road campus. The tables will be festively decorated. There will be tea, coffee, desserts, music and a discovery of the origins of some of our own Christmas Traditions. Tickets are \$10, and all the proceeds will be used to adopt as many families as possible from the Samaritan House's Family Sharing Program. This program links adopting families with local, underprivileged families. Once you adopt a family, you will contact them to get the list of their needs. You shop and then deliver those presents, along with a holiday dinner. You need not attend the tea to participate in this. Simply stop in at Fully Alive to make a donation or sign up for a family. This is a great project do to with families, neighborhoods, friends or classrooms.

Make sure lending a helping hand is on your "to do" list this year. If you have never attended our annual Christmas Show, mark your calendar now to attend this year! The dates are December 18, 19 and 20 at the Sandpiper Community Center. Look for postcards in your mailbox soon, or visit [www.fullyalive.com](http://www.fullyalive.com) for details. Join Rudolph, Santa Claus and the choir as they sing your favorite Christmas tunes. Travel through time and span the century with the always crowd-pleasing, "Jingle Bells Through The Ages". And end up at the foot of the manger worshipping Baby Jesus with the shepherds and the Wise Men. Children of all ages, along with parents and grand-parents have enjoyed the Christmas Show for over twenty years. Don't miss it. But, more importantly, don't miss the opportunity, in the rush and busyness of this season to just stop. Stop and savor those moments that money cannot buy, but that make our lives truly rich—baking cookies with our children, catching up with old friends through Christmas cards or phone calls, or reaching out to an elderly neighbor whose family is far away. This is the season during which the angels wished us, "Peace on earth, Goodwill to all men". Let us not get so caught up in our own rush to get it all done that we miss an opportunity to be someone else's angel this Christmas, wishing them peace and goodwill. If you are looking for a place to celebrate Christmas Eve, join us at 4pm or 5:30pm at 1406 Radio Road. Close out 2004 counting your blessings, and begin 2005 by discovering a place to belong, Sundays at 9am and 10:30am at the Sandpiper Community Center.

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## MAN ABOUT THE SHORES

### A HISTORICAL TALE OF OLD REDWOOD CITY....

When I was a young man attending meetings of the Redwood City Rotary Club there were some really old men in our club who remembered things as they were in the early part of the 20th century. One such story is a tale of how many of the old Italian families came to live in Redwood City. It seems that the largest employer in Redwood City, Frank's Tannery, employed as its laborers mostly Irish. Frank's Tannery was located on Redwood Creek on the East side of Highway 101. It was a large company at the turn of the century when this story took place. There were four hundred employees. When I was a young man it still existed because there was still logging on the peninsula so redwood bark was available for the tanning of hides but there were only a handful of employees. Anyway.....in those days, one hundred years ago, the bosses and other men of influence stopped at a particular bar on their way home from work for a drink and a little fellowship. One night the manager of Frank's Tannery was loudly complaining about his Irish employees who were threatening to start a union. Way down at the end of the bar a little fellow piped up and said "how would you like to replace the Irish with a boat load of Italians?" The two men got together and

made the deal right then and there. A few months later a train load of Italian immigrants arrived in Redwood City from the docks of San Francisco, all the Irish were fired and four hundred Italians went to work at Frank's Tannery. I am told this

is a true story. Another legend which I am told is true is how Redwood City came upon the title "climate best by government test." At the turn of the century the Kaiser in Germany instituted a social security type system of retirement. As a part of his program he wanted to tell the German retirees the best places in the world to retire. Therefore he established a commission to explore the world and come back with their recommendations for the best climates in the world. And, no surprise to those of us who live here, Redwood City was chosen by this German Government Commission as having the best climate in the world. Several years later a chamber of commerce type came across this story and invented the theme "Climate Best by Government Test." Until some time in the 1960s there was an arch at the North and South entrances of Redwood City along El Camino with this motto emblazoned for all to see. Recently a smaller version of these arches has been installed across lower Broadway at the Marshall Street intersection.

*Pete Hughes*



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

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## **CHIROPRACTIC THERAPY** *By Angelo Charonis, D.C.*

### **How Does The Education Of A Doctor Of Chiropractic Compare To That Of A Medical Doctor?**

Reprint: Foundation for Chiropractic Education and Research, Chiropractic Healthways, Issue 139.

There are many similarities but also key differences. Both chiropractic and medical training emphasize knowledge of the basic sciences such as anatomy, physiology, and chemistry. How the human body is designed and functions is extremely important to both. The differences begin in how that training is applied to the nature of illness and methods for achieving health and well-being. Doctors of Chiropractic devote a great deal of study in the classroom and in practice to the function of the nervous system and to the structure and function of the physical body - both of these systems affect the quality of a person's health. Chiropractic education also contains increasing study in nutrition as an important consideration in restoring and maintaining health. Medical doctors devote more study to pharmacology and toxicology so that they can understand how medications and other substances affect the human body relative to conditions that are being treated.

Both Doctors of Chiropractic (D.C.) and Medical Doctors (M.D.) must pass stringent graduation requirements and

national and state board examinations to obtain a license to practice. In addition, both D.C.s and M.D.s must annually acquire additional credits in continuing education - so their learning and education is an ongoing process. Even though traditional chiropractic and medical approaches to health differ, it is interesting to note that there is increasing cooperation among all types of health care providers as they work for the common good of the individual seeking care.

*Angelo Charonis, D.C. practices at Premier Chiropractic Clinic in Redwood Shores*



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