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Most parents are aware of the damage to the teeth caused by putting a child to sleep with a bottle of milk or other sweetened beverage. The condition it can cause, “baby bottle cavities,” usually involves the upper teeth because the tongue protects the lower teeth during bottle-feeding. These decayed baby teeth can become infected, and may need to be removed. Now, a recent study suggests that the prolonged use of spill-proof cups with bill-shaped extensions can also cause “baby bottle cavities.” Putting a child to sleep with either a bottle or a spill-proof cup can cause damage to the teeth. The reason is that milk or other carbohydrate containing liquids stay on the teeth and allow bacteria that are normally present in the mouth to attack the teeth by forming “plaque acids.” These acids create holes in the teeth (cavities) and can lead to deeper infections of the tiny nerves within them. The susceptibility to cavities is also increased because the flow of protective saliva is greatly reduced during sleep. A recent study identified 186 children who used either a bottle, spill-proof cup, or were breast-fed after one year of age. The children drank a variety of sweetened beverages. The results confirmed that drinking from a spill-proof cup was just as damaging as from a bottle. Infants and young children should not be put to bed with a bottle or spill-proof cup containing milk or any other sweetened beverage. If your child must use a bottle or spill-proof cup, try substituting water or something unsweetened, otherwise use a pacifier instead. It is also important to clean your baby’s teeth with a moist cloth (from 6-12 months) or a child-sized toothbrush with a tiny amount of toothpaste (from 1-4 years) before bed.

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NEWS FROM RSTC *By Karen Brodersen*



Margaret going for a winner

Late on the beautiful spring afternoon of March 6th, the Redwood Shores Tennis Club began its 17th season with the annual Membership Mania event. No tennis was involved that day-although much tennis was planned. With about half of its membership represented, the club elected its 2005 board of directors. Graciously volunteering for a second year as president was Annette Vernon. Florence Rust earned applause for continuing as treasurer, a position she has held since the proverbial year one.

The club holds one tournament per month, along with at least one "open play," in which members can participate on a drop-in basis. Each tournament is followed by a social, usually held at a member's home; once or twice a season, there's a barbecue at Shorebird Park right after the tournament. Although most members live in Redwood Shores, residency here is not a requirement for membership. The cost is only \$25 per year, plus \$7 for each tournament in which you participate (which covers the cost of balls and courtside refreshments).

If you'd like to meet more tennis players, engage in good-natured competition, and enjoy the company of friends old and new, visit our web site at www.rstc.org and download a membership form.

Or, call Annette at 650-349-1617. The first tournament of the season was March 19th, so don't delay!



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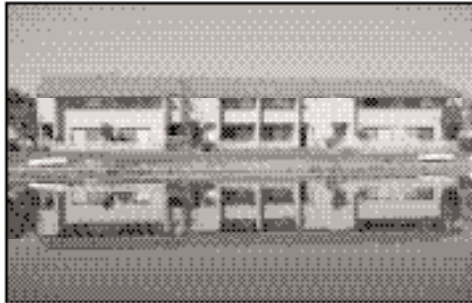
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Matt Sharrers - 1996-1997 Canadian National Hockey Team - Redwood Shores Resident

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FOR THE LOVE OF GOOD FOOD

By Susan Prescott

CHOCOLATE MOUSSE

Chocolate mousse is a favorite for choc-aholics of all ages. Since we have Easter this month it seems evident that we must have a chocolate recipe to compliment the festivities. When I ran my restaurant in Brussels, this used to be our most popular dessert, always. It has been said that the finest chocolate mousses are made by people for whom chocolate is their first love. If you are such a person, it should go without saying that you cannot make a good chocolate mousse out of anything but the finest plain chocolate.

INGREDIENTS (serves 4)

7oz best-quality plain chocolate (with the highest quantity of cocoa butter you can find)

3 eggs separated

2oz powdered sugar

1/2 pint double cream, softly whipped

Decoration

1/4 pint whipping cream

3oz plain chocolate, flaked

1. Break the chocolate into a bowl and melt by standing over a saucepan of simmering water. It is important not to allow any moisture or steam into the chocolate or it may have a tendency to thicken.

2. Place the egg whites in a large mixing bowl.

3. Remove the melted chocolate from the heat and stir in the egg yolks.

4. Whisk the egg whites with the sugar until soft peaks are formed. (adding a pinch of salt at the beginning of this step can also help stabilize the mixture).

5. Put one third of the egg whites into the melted chocolate and mix thoroughly with a wooden spoon.

6. Slowly fold the rest of the egg whites into the chocolate using a plastic spatula, retaining as much air as possible.

7. Add the whipped cream and fold in evenly.

8. Turn the mousse in 4 goblets or one large bowl and refrigerate for at least 2 hours.

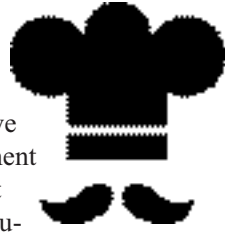
9. Just before serving decorate with whipped cream and flaked chocolate.

ALTERNATIVES

1. Grate orange zest into the melted chocolate and just before adding the beaten egg whites add either 1-tablespoon of an orange liqueur or 1/4 cup orange juice. Decorate with strips of candied orange peel and whipped cream

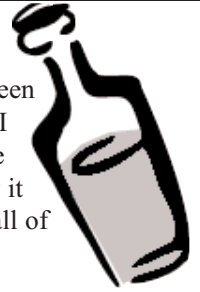
2. For 8 people double the quantities shown, but make up one batch with white chocolate and the other plain, then put into martini glasses in separate layers, finishing with a dark chocolate layer. Then decorate with flakes of both white and dark chocolate and candied violets.

3. Macerate some quartered strawberries or other soft fruits in a fruit-flavored liqueur, divide between 4 glasses, top with mousse mixture as above. To decorate, melt a little chocolate, and add a knob of butter, mix gently, then dip 4 or more strawberries partially into chocolate.



THE WINE ENTHUSIAST - By Tom Barras

This is not going to be easy, but it's time to come clean. I have a confession to make. I have not been true to my first love. I have been unfaithful and regret that I have strayed, but I hope by owning up, telling all and setting the record straight, that you will understand how it all came about and thereby avoid a similar fall of your own.



For years, under the rationalization of creating variety in my life, I was more often than not in the clandestine company of others. Random rendezvous with voluptuous, dark-skinned beauties from Spain. Secret candlelight dinners with svelte, light-skinned Alsatian charmers. Romantic trysts with full bodied, earthy types from Tuscany. As well as spontaneous, alfresco lunches with well structured, elegant ones from Germany and Austria.

And not that those dalliances are the complete account of my indiscretions. I was also drawn to the enjoy-me-now, forward offerings of youthful Chileans and Australians. The fresh and vibrant air of New Zealand and South African samplings also offered some exciting New World experiences that were too tempting to resist. Further, I jetted to Provence and other Mediterranean locales, where many Old World types were born and raised, where they openly revealed the best of their underlying charms, not only on the beaches of the Italian and French Riviéras, but also in the dark and intimate corners of countryside bistros and trattorias.

It was exciting and stimulating, and I was addicted to the thrill of the search, but I now understand how self-indulgent that pursuit was. I've realized those encounters were simple and temporary, and that they lacked the complexity and depth needed for a meaningful connection. And so, I'm returning to the one that first turned my head. The one that first seized my attention and stirred my imagination. And the one that...

When a friend first described her I knew I needed to know all about her. I scoured newspaper and magazine articles, and poured over books that revealed the intimate details of her life; her personality and character, and the related traits of her extended family as well. I discussed her with friends, acquaintances and confidants alike, and eventually, I understood what she was all about. When the moment came for our first meeting, she was initially shy and reserved, later somewhat more approachable, but with time she eventually revealed her hallmark qualities of complexity, finesse and elegance, precisely those character traits that others struggle to emulate, but frequently fall short of achieving. It was not as I imagined. It was better.

The other night my wife and I enjoyed a lovely bottle of Red Bordeaux with dinner, and it reminded me, ever so sweetly, why I originally got enthused about wine. Why sometimes it can be more than a beverage. And why sometimes it can bring life a few special moments. I'm looking forward to a few more of those.



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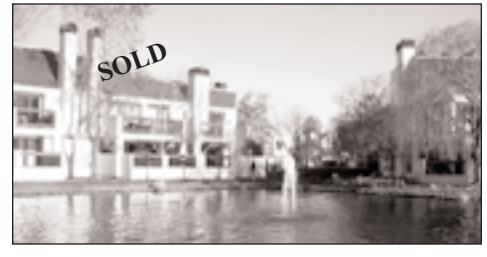
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A MESSAGE FROM FULLY ALIVE

By Lisa Frerichs

Author Max Lucado writes, "Watch a small boy follow his dad through the snow. He stretches to step where his dad stepped. Not an easy task. His small legs extend as far as they can so his feet can fall in his father's prints. The father, seeing what the son is doing, smiles and begins taking shorter steps, so the son can follow. It's a picture of discipleship. In our faith, we follow someone's steps. A parent, a teacher, a hero—none of us are the first to walk the trail. All of us have someone we follow. In our faith, we leave footprints to guide another. A child, a friend, a recent convert. None should be left to walk the trail alone. It's the principle of discipleship." It has been said that, "You are what you eat." The theory being that what you put into your body affects not only the performance but also the health of your body. Does it not seem also logical that the same could be true of your mind and your life? Have you ever noticed that when your life is full of busyness and confusion, that you find yourself filled with chaos and irritability? When you spend your afternoon watching the soaps, do you find that you are more interested in Erika Kane's life than your own? Philippians 4:8 says, "Fix your thoughts on what is true and honorable and right. Think about things that

are pure and lovely and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned from me and heard from me and saw me doing, and the God of peace will be with you." God tells us that when we fill our lives and minds with things that are true and worthwhile, instead of irritability, we find peace. When we follow God's footsteps in the snow, we learn from Him love and honor. And as we look back, these are the footprints that we leave on the trail for others to follow. Discipleship works best when the pair works in tandem. The mentor must present the follower with a sense of security and safety. Through patience and love, the mentor gently guides the follower. At the same time, obedience by the follower is necessary. How can anyone be taught who is difficult and rebellious? Both must want the same thing. In the end, the disciple learns from the mentor and their lives end up looking very similar. Ideally, as we follow in God's footsteps, we begin to live life more and more like Him. Our lives begin to reflect His values, His love, His grace. John 13:35 states, "All people will know that you are my followers if you love each other."

(Continued on page 29)



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(FULLY ALIVE - Continued from page 27)

Our goal should be to give to others the love that God has given us. The Extraordinary Women of Fully Alive would like to invite you to their annual Women's Retreat. Entitled, "Power for Purpose", we hope to give you tools you need to live your life empowered rather than exhausted, victorious rather than defeated. It will be held April 28-30 at Mount Hermon. Please contact Jenny Williamson at jenny@fullyalive.com, for more information. If you are the nature-loving type, then we also

invite you to join us for the "Journey to Yosemite" August 18-19. There will be Half Dome hikes, Vernal Falls Hikes or simply sitting in a poolchair and taking a weekend off. Contact Jenny for details for that also. Fully Alive Community church, as always, invites you to join our Sunday services at the Sandpiper Community Center at 9:00am and 10:30am.



HOW TO PROMOTE A HEALTHY LIFESTYLE FOR YOUR CHILD

By Natalie Lynch MD

In today's society, obesity is a growing problem. Research shows that obese children are more likely to become obese adults, which also means they are

more likely to suffer from obesity-related diseases and problems such as heart disease and diabetes.

Parents can help their children remain healthy throughout their lives by helping them establish good exercise and eating habits and exercise as early as 2 years of age.

Good health begins with nutrition. Parents should offer a variety of foods and encourage vegetables, fruits and lean meats. Even when children are in their picky stages, it is important to continue to offer healthy foods.

It is also important to allow your child to experiment with new foods through touching, smelling and licking. This experimentation shows that he or she is interested in trying new things and should be encouraged, even if the child occasionally spits out the foods.

Try to limit beverages that are high in calories and sugar. For example, limit the amount of juice your child consumes to 4 to 6 ounces each day, and only allow soda as an occasional treat, not a daily indulgence.

The proper food portion size for a child is one-third to one-half of an adult serving size. Avoid restrictive dieting in school-aged children; it is much more effective to promote eating healthy foods.

Parents can also help their children by forming new habits around food and mealtimes. Having a structured family mealtime is healthy, unlike allowing children to eat in front of the TV. Keep distractions to a minimum while eating and keep mealtime relatively brief since children have short attention spans. Helping with food preparation can also be a fun activity for children.

Encourage your children to eat all three meals, especially breakfast, since skipping meals often leads to overeating later in the day. You should also avoid using food as a punishment or a reward, and should never force children to "clean their plates." Also, try to avoid eating out often as restaurant foods tend to be higher in fat, have fewer nutrients and are larger in portion size.

It is equally important to teach your child about exercise and encourage daily activity. Keep in mind that children with active parents are likely to be more active. Try taking the stairs instead of the elevator, and going for bicycle rides and walks as a family. If you have a child over age 2, encourage him or her to walk instead of using a stroller.

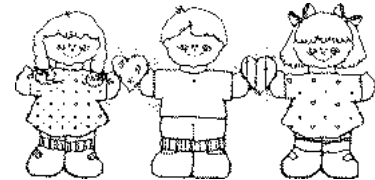
Try to limit TV, video game and computer use to a total of one to two hours a day for children over age 2, and discourage TV watching altogether in younger children.

Our children follow our examples. If we live by the above guidelines—demonstrating healthy eating habits, enjoying structured family mealtimes and remaining active—our children will follow in our footsteps and lead happier, healthier lives.

Photo Caption: Dr. Natalie Lynch is a pediatrician 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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