

### TRAVEL Q & A - Budapest...Pearl Of The Danube

Ready to meet the challenges of a new era, Budapest, capital of Hungary, finds itself in an enviable position with a solid infrastructure, dramatic vistas, World Heritage sites, endless cultural venues, thermal springs and the lure of the river Danube. All of this and more, where east meets west in a newly configured European community.

The Forint remains the official currency and the Euro won't be introduced until at least 2008. Budapest's 13th-century castle turned Royal Palace in the Buda Castle district sits high above the Danube. Three museums including the Hungarian National Gallery call the palace home. Baroque-style burgher houses, some with medieval details, can be found a short walk away in the town that sprung up centuries ago to support palace life. Teetering on what was once the city's defense wall is Fishermen's Bastion with seven gleaming white towers. Visitors, with cameras in hand, jockey for the best views of the river. Saint Stephen, the country's first king, rides his bronze mount high on Buda Hill near the Neo-Gothic spire and glazed rooftop tiles of Matthias Church where Hungary's kings were crowned.

Across the Danube is Hungary's Parliament with its endless array of white spires, arches and landmark red dome. The rich interior filled with frescos, deep red carpeting, stained glass windows and an abundance of gold leafing provides the ideal setting for Hungary's crown jewels.

Like Vienna, a grand boulevard laden with palaces circles the city. Andrassy Street, Budapest's newest World Heritage site (2002), paved the way to Heroes' Square in 1896 for Hungary's Millennium Exhibition. Pockets of green color the city including Margaret Island, City Park, and the Buda



Hills. While at the City Park, visit the Budapest Zoo with its Baroque-style elephant house.

Spas, or thermal springs, also help define the city. More than 15 million gallons of water 70-172 degrees Fahrenheit surface in Budapest every day. These spas traditionally have a medicinal orientation, but according to tourism officials, more will be adding beauty treatments as well. Hopefully the individual character of the spas will be preserved.

One of the main attractions of Budapest is the river itself. Many Americans visit Budapest as part of a Danube cruise. Tourism officials report this is the fastest growing segment of US travel to Hungary.

By Merrie L Murray

For more information, please contact Paola 650-610-8782 Article copyright by JAXFAX Paola Costantino, President, Luxury-Voyages www.luxury-voyages.com



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www.bernardaccristo.com I have been an investor and contractor on the Peninsula since 1973, Realtor since 1986, and a Real Estate Broker since 1989. I have also been a Redwood Shores resident since 1977.



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### NEW PRODUCTION AT CHILDREN'S THEATRE IN SAN CARLOS

**What:** San Carlos Children's Theater presents Wagon Wheels a-Rollin', directed by Eron Block, written by Tim Kelly



**When**: March 17, 18, 19 at 7:30 PM and March 20 at 1:30 PM

**Where**: Heather Elementary School, 2757 Melendy Drive, cross street Alameda de las Pulgas

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

Synopsis: Great woe falls upon Chuck Wagon's wagon train, stranded in the notorious Whistling Skull Rock outside the tiny town of Vinegar Bottle, famed for its "I'm O.K. You're O.K. Corral" and crawling with villains and bandits! This fast-paced spoof of the Old West is filled with a goofy stable of hilarious characters: our trailblazin' hero, Chuck Wagon; our sweet heroine, Candy Cane; and the villainous crooked card dealer, Smiling Slade Clagget. The wagon train gets robbed by the mysterious outlaw known as "The Snake," but Chuck is accused of being the bandit through a crazy plot twist. Proving his innocence isn't easy... but it is a hoot! Who can forget the host of other characters that add extra spice to this wild romp? There's Wild Bill Hiccup, the Hamm sisters (Virginia and Glazed), fascinating Señorita Juanita and Clagget's evil ally, Sue Flay. Toss in an election for the town mayor, an old Spanish land grant and you'll have some wonderful western entertainment!

Khaila Duggan, Chris Gee and Hanna Koifman from Redwood Shores are appearing in the production.

For Information please call our voice mail at 650-594-2730.

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A person with bulimia will frequently and repeatedly binge (eat very large quantities of food in a short period of time) and then purge by inducing vomiting, using laxatives or diuretics, fasting, or engaging in vigorous exercise to counteract the bingeing. Some of the medical complications from bulimia results from acid containing vomit that causes ulcers or ruptures in the esophagus. Abuse of diuretics and laxatives can cause dependence on them for normal elimination, as wall as fluid or electrolyte imbalances that can be life threatening The dental complications from bulimia are from the acid containing vomit during purging. The gastric acid causes the outer surface of the tooth to erode. This is most commonly observed on the enamel of the inside of the front teeth. The damage to the protective enamel makes the teeth highly susceptible to decay, and more serious infections of the nerves within the teeth. The salivary glands in the mouth can also become swollen due to frequent vomiting. This is most commonly seen in the parotid salivary glands that are inside the cheeks. I have treated many young women and some men with this disorder. After all of the damaged teeth are repaired, I prescribe highly concentrated fluoride gels for the patient to brush with. The patient needs to keep his or her mouth as clean as possible by brushing and flossing several times a day. I like to see these patients every three to six months to monitor the condition of their mouths. If there is no significant improvement, I will make soft custom trays that cover the teeth. The trays are filled with fluoride and worn while the patient sleeps. An important step toward curing bulimia is the patient acknowledging the problem. I recommend the patient talk to his or her family doctor about the disorder. In some cases, a psychiatrist or psychologist may be needed. Ultimately, the patient needs to have the disorder under control or cured to prevent a lifetime of dental and medical problems.

### NEWS FROM OUR CITY MANAGER By Ed Everett

### GET INSIDE THE CITY BY JOINING PACT

Many of you know that Redwood City has been sponsoring a community-building series of programs called Partnership Academy for Community Teamwork, or PACT. Our past PACT programs have been great successes, bringing together 30 - 40 members of the community for a nine-week hands-on overview of the inner-workings of City government. But more than that, PACT has been building relationships between the participants and City staff and Council members, as well as among the class members themselves. I'm happy to announce that the Spring, 2005 PACT applications are now available.

PACT sessions will take place each Thursday from April 7th through May 26th, with a curriculum that covers everything from Public Works to the Police Department, from the City Council to Finance, from the Fire Department to the Library, and everything in between.

It's a great opportunity for interested community members to learn how the City operates, and get an insider's view of where the City is going.

During PACT, you'll learn how decisions are made, how City funds are allocated, and how City departments operate with each other. And, you'll sit down with City Council members to discuss issues that are important to you.

The objectives of PACT are to strengthen and enhance Redwood City, to build a great community together, and to engage people in learning about the operation of City government. It's also a good way to improve communication between the City staff members and council, and those who live and work here. We want people from throughout our City to be involved in PACT. I encourage residents of Redwood Shores to apply for the Spring, 2005 class of PACT. Call (650) 780-7300 or visit: www.redwoodcity.org/pact for information and an

application. The application deadline is March 11.

# LIVING AN INTEGRATED LIFE By Helen Selenati

Last month I wrote about intentions for the New Year and how we should pay attention to both the inner and outer work that is required to bring about lasting change. Typically at the beginning of each New Year we stop to consider our current situation and how we would like to make some adjustments to bring about a more satisfying life experience. To live fully as a human being we need to adopt an integrated approach to our evaluation of our current situation and make



adjustments in areas where we are not fully satisfied with our level of commitment or engagement.

In doing our self-evaluations we should consider four areas to come up with an integrated plan for our future development and well being. These are:

Our individual inner experiences Our physical body and behaviors Our cultural connections and relationships Our society and environment

Following are some questions we can ask ourselves to evaluate the quality of our individual inner experiences:

How am I doing emotionally? Do I feel centered and peaceful or are my nerves on edge? Do I need to practice some stress reduction techniques to alleviate life's stresses? How has my general mood been lately? What can I do to bring more joy into my life? How am I doing intellectually? Do I find mental stimulation in what I do daily? Am I becoming forgetful and are my thoughts scattered? What can I do to become more intellectually focused and alive?

How am I doing spiritually? Do I have a meaningful spiritual connection? Should I be incorporating more spiritual practices in my daily routine?

In evaluating our physical bodies and behaviors we need to look at our genetic inheritance as well as our physical appearance and general well being. If our genetic inheritance has the potential to predispose us to certain ailments, we need to take extra preventive care wherever possible. We need to get enough rest and exercise, eat a balanced diet and have enough fluid in-take to stay in good health. Keeping our weight within normal limits not only makes us feel good about ourselves but also reduces many health risks. Regular medical checkups are also recommended for the young and older in years. Ask yourself where you could make some improvements in maintaining a healthy body by making some adjustments in your behavior patterns.

### Are you tied up in knots?

- Feeling that life is meaningless and without purpose?
- Wondering why you are feeling depressed and anxious?
- Frustrated with an uninspiring work life?
- Plagued by chronic pain or an illness that never lets up?
- Held hostage by habitual behaviors that no longer serve you?
- Having problems staying focused and completing tasks?

Embark on a journey of self discovery that can unfold into a more satisfying life experience.



Conching & Commoting

Helen Selenati
Certified Cooch and Counselor
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Our relationships with others give us a sense of belonging and support us during difficult times. To keep ourselves nurtured in this way we need to examine our relationships with our family members, loved ones, friends, acquaintances, co-workers and others within our community. Some people take energy from us, while others give us energy. Often we are able to choose to spend more time with people that energize us and nourish us while minimizing time spent with energy draining people. What can we do in the next few weeks to deepen our relationships with the people that we feel we have neglected? How can we make our meaningful relationships more alive and fulfilling?

Finally our environment is also a critical factor in supporting us in a fully integrated life. How are we treating our environment? Are we doing all we can to make it safe and healthy for ourselves and everything else that shares in making up our place of being? Do we care for our environment at home, in our communities, in our cities and states, and in the world in general? Do we use our tools and technology wisely? Do we recycle and conserve wherever we can? What can we do to beautify our environment today and in the future? Our beliefs have a lot of power in determining how we feel and how we act. The more hopeful, positive, and optimistic our belief system is, the greater the probability that we will feel energized and joyful about life. And the better our chances are of creating the life we'd love to live.

Helen Selenati is a Licensed Marriage and Family Therapist and certified integral coach and has been a resident of the Shores since 1995. She has a private practice in San Carlos and can be reached at hselenati@comcast.net or by calling 650-596-0807. Also visit www.selenati.com

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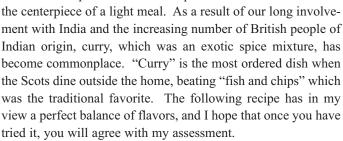
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#### FOR THE LOVE OF GOOD FOOD

By Susan Prescott

### CURRIED PEAR AND PARSNIP SOUP

It is often very satisfying to start a meal with soup or even have soup as



Ingredients (serves 4)

2oz butter

1 onion, chopped

2 bacon strips, chopped

12oz parsnips, peeled and chopped

2 under-ripe pears, peeled, cored and chopped

1 celery stick, chopped

2tsp mild curry powder

1 1/2tsp turmeric

1 tbsp plain flour

1 1/2 pints hot chicken broth

salt and pepper

chopped chives and sour cream for garnish

- 1. Melt the butter in a large saucepan, add onion and bacon and soften over a gentle heat. Add the parsnips, pears and celery, cover and allow to cook in their own steam for 10 minutes.
- 2. Stir in the curry powder, turmeric and flour until absorbed.
- 3. Draw the saucepan away from the heat and stir in the hot chicken broth a little at a time until evenly mixed.
- 4. Cover and simmer for 25-30 minutes or until the parsnips are tender. Cool slightly.
- 5. Pour into a blender and process until smooth.
- 6. Adjust seasoning with salt and pepper. Serve with a swirl of cream and chopped chives.
- N.B. for Vegetarians. Variation on the above is to substitute water for the chicken broth, omit the bacon and the flour, add a peeled, chopped potato at the time you add the water. As you blend add milk to thin the consistency to that of thin cream. Serve as above.

### THE WINE ENTHUSIAST - By Tom Barras

In my former life I owned a small, entrepreneurial business across the bay in Hayward, just a chip shot from the toll booths at the San Mateo Bridge. "World Headquarters," as we mockingly referred to our corporate offices, consisted of an ancient eight or nine hundred square foot, two bedroom/one bath home, the walls of which we selectively wood paneled so it would, we hoped, convey the image and appearances of a viable and upstanding business establishment.

On the property to our left lived a Mexican family with a well tended garden, a scruffy, yelping mutt, as well as a few yard-roaming, pebble-picking chickens. On the half-acre to our right lived a muttering, wizened old man and his portly, drill sergeant wife. The bulk of their back yard was carpeted with a flourishing garden that the gaunt old timer escaped to and labored in from early morning until the sun eased below the horizon . I'm not sure what he did with all the produce, for he could have kept a supermarket well supplied. It's likely, however, the real harvest was solitude and serenity .

One morning as I exited the rear of the office via a tiny five-by-five "service area" that housed our water heater and various shovels, axes, saws, and other implements in the arsenal of corporate readiness, I came face to face, nearly nose to beak, with an outraged, wing-flapping, dust-raising yellow hen that had decided that this unkempt, inhospitable, semi-storage cranny was her private respite area, off limits to any and all. Sensing indeterminate dangers, I backed off.

One of my employees advised that "Esmeralda," as we later named her, could become a critical part of our corporate culture if we provided her the appropriate environment. So, we fashioned a straw-laden, twelve-pack, cardboard beer carton as her nest, in the middle of which we nestled a few motivating golf balls. We placed her comfy cubicle in the midst of all the rusty, dirt-encrusted, wall-leaning tools which remained her accessorized environment of choice. Thereafter, exiting through Esmeralda's enclave was officially verboten. With privacy and comfort assured, the old girl gifted us an egg or two just about every day.

Like our neighbors, we too had garden plots, one on each side of World HQ's, as well as a Weber barbecue behind it, from which we occasionally treated our customers and sub-contractors to a lunchtime burger, and if they weren't pilfered by the transients, a just-off-the-stalk, fresh ear of buttered corn. Even though beer was the drink of choice for most of them, we also had some supermarket "Burgundy" and "Chablis" in the fridge for those of us who didn't care for the fizzy stuff. And for special occasions, which could be decreed at a moment's notice, we would even swirl and sniff a few upscale wines like Cabernet and Chardonnay. Life was good at World Headquarters. We even closed a deal every now and then.

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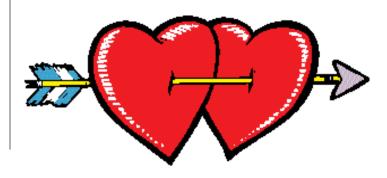
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### "DO YOU BELIEVE GOD LOVES YOU?"

By Lisa Frerichs

February has arrived. The cold, windy, rainy California winter is here. The warm glow of time spent with relatives during the holidays has given way to the resignation of getting back into the January swing of things. But then comes February-a month where, once again, our thoughts return to loved ones. Hallmark and the candy displays at Nob Hill remind us to take time to express our love to our children, spouse, parents and those in our lives that we care about. "I love you" are words that are spoken over and over again. But, do you ever stop and realize or remember how much God loves you? So many of us seem to relate more to an image of God as the judge, punishing us when we mess up, or sometimes even when we feel like we haven't. But over and over again, the Bible speaks much more strongly about God's love than His judgment. Do you believe God loves you? Do you ever give it any thought at all? Do you ever look at a beautiful sunrise or an amazing starlit night and realize those are His special gifts to you? When you are driving in the rain and turn a corner, only to come face-to-face with a rainbow, do you

understand that is His promise to you—the promise of forgiveness and mercy? Can you ever truly believe that nothing makes Him happier than your being exactly who He created you to be? While you are focusing this month on those you love and how much richer and fuller your life is with them in it, take a moment to contemplate how much God loves you too. He desires for you an abundant life, enveloped in His love. To learn more, visit www.fullyalive.com, or join us at 9:00 and 10:30am on Sundays at the Sandpiper Community Center.





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## SELECTING THE BEST FRAMES FOR YOUR ART

By Frances Grisgood, Belmont Village Gallery

What is the color scheme of your art? In general, the frame should be in the family of colors in your art. However, gold frames are put on many pictures that don't have gold or even yellow tones in them, and they look great. Brown wood tones are almost thought of as neutrals that can go with anything.

- Is your art mostly warm or cool colors? It is better to stay with the feel the artist was creating. Art with warm colors tends to look best with gold frames, warm wood tones like mahogany, or other warm colors. Art with cool colors coordinates better with silver frames, grayer wood tones, or other cool colors
- •Is your art formal or casual? A painting of a red barn, yellow flowers, & a warm casual color scheme, would lend itself to warm golden wood tones like ash rather than a gold frame.
- Is your art light or dark? If your art is mostly light, a light frame will allow the darker accents in the art to stand out & won't appear too heavy for the art. Art that is mostly dark would look good in an oak frame that would allow the light accents to stand out & won't be glaringly different from the art.
- Is your art of a particular style? Do you want to be authentic to that style? If you are framing a piece that is Victorian, you can select a Victorian-style moulding—but you don't have to. If you like the art & want to make it look great, try selecting from the new mouldings offered.



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Is your art busy or simple? A simple line drawing may not have the power to remain the focal point if it is surrounded by a bold & ornate frame. However, a bold frame may complement art with strong, bold shapes & colors.

Enjoy the art as much as the artist who created it!