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Patrick Carmichael

Redwood Shores witnessed record high sales prices on single family homes, town homes and condos.

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At homesellers, we thank the Shores residents who chose us to represent them.

We receive many inquiries about the 2005 real estate forecast, housing inventory and home values.

Stay tuned to this column & our online updates for the latest Shores RE info.

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Rick Hascal

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 149 Positano Circle
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 5 Lido Circle
 2005 Gossamer Avenue

115 Positano Circle
 548 Shorebird Circle
 103 Positano Circle
 200 Baltic Circle 216
 701 Baltic Circle 737
 801 Prism Lane
 72 Cove Lane
 835 Intrepid Lane
 837 Intrepid Lane
 701 Baltic Circle 713
 134 Positano Circle
 409F Cork Harbour Circle
 536 Shorebird Circle
 842 Sovereign Way

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 3 Buoy Lane
 500 Baltic Circle 506
 818 Portwalk Place
 1 Knot Lane
 573 Marlin Court
 700 Baltic Circle 736
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 102 Moonbeam Lane
 74 Pelican Lane
 600 Baltic Circle 622
 819 Intrepid Lane
 370 Genoa Drive
 200 Baltic Circle 238



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SANTA WAS AT THE SHORES

On December 18th at the Sandpiper Auditorium, with the help of RSCA boardmembers Gina Sanchez, Lynn Adams, President, Jeff Gee, Rosanne Foust and Rory Faber. Everyone who attended got their picture taken with Santa. RSCA wishes to thank the Studio S Dancers for their wonderful performance and most of all Fully Alive Church for the use of their sets and their photo shy crew who put it all together. Below are just a few of the many pictures.



Jeff Gee, Lynn Adams & Gina Sanchez



Councilpersons,
Rosanne Foust & Jim Hartnett



Mark Nunn of Fully Alive
& Santa's Elves Austin and Amber





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ASPIRIN: A POTENT DRUG

One important drug that is often left off the medical history form at the dental office is aspirin (ASA, Ecotrin, Empirin, Easprin and Measurin). The reason appears to be that the perception of their potency is often underated. When we are asked about taking any medications, most of us think about prescription medications, and waiting in line at the pharmacy. We are much less likely to think about the bottle of aspirin we picked up at the supermarket. Aspirin is a potent drug that is used for a wide variety of conditions. The primary function of aspirin is to reduce pain, swelling and fever. Aspirin is often used to ease the discomfort associated with a toothache, headache, reduce the risk of a second heart attack, relieve the symptoms of rheumatoid arthritis, and other medical uses. Despite its importance, one important side effect of aspirin is that it can increase bleeding. This is of critical importance to any doctor who is performing a surgical procedure. This includes your dentist when providing certain types of dental treatment. The dental procedures expected to cause bleeding include dental extraction, deep cleaning under the gum-line, gum surgery, and biopsies. The daily use of aspirin can cause excessive and prolonged bleeding during and after these procedures. It is also important to remember that the aspirin used in combination with other blood thinners such as Coumadin (warfin sodium), Ticlid (ticlopidine), and Persantine (dipridamole) can increase bleeding even more than aspirin alone. In some cases, aspirin should be avoided for at least one week prior to dental procedures that are expected to cause bleeding. The decision to alter your aspirin intake should be made with the consultation of your family doctor (or specialist) and your dentist. You should always include any dentist's medical history form, especially aspirin and aspirin containing compounds.

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**BEST WISHES TO YOU ALL FOR A
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TOYS AND SAFETY

By Albert Chan, MD

Did Your Child Receive Safe Toys During the Holidays?

Your children's eyes likely lit up when they received toys during the holiday season. Giving children the right toys can help foster their emotional development, inspire the imagination, provide a creative outlet and function as learning tools. The wrong toys, on the other hand, can put children at risk for bodily injury.

According to the National SAFE KIDS Campaign and the U.S. Consumer Product Safety Commission (CPSC), more than 200,000 children age 14 and under are treated at hospital emergency rooms for toy-related injuries each year. Nearly half of these children are age 4 and under. Unfortunately, some toy-related injuries are fatal.

Below are some general tips for toy safety that parents can use to ensure their children play safely with the gifts they have received, and to help parents choose the right toys during future shopping excursions.

- * Before allowing your child to play with a toy received as a gift, read the instructions carefully. If the toy is appropriate for your child, show him or her how to use it properly.
- * Always follow the recommended age ranges on toy packages. Toys that are too advanced could pose a safety hazard for younger children.
- * Be cautious with holiday gift wrapping, including bags, paper, ribbons and bows. These items may pose suffocation and choking risks to a small child.
- * Watch out for pull toys with strings that are more than 12 inches in length. They could be a strangulation hazard for babies.
- * To prevent both burns and electrical shocks, never give children under age 10 a toy that must be plugged into an electrical outlet. Instead, buy battery-operated toys.
- * Children under age 3 can choke on small parts contained in toys or games. Government regulations specify that toys for children under age 3 cannot have parts less than 1 1/4 inches in diameter and 2 1/4 inches long.
- * Children under age 8 can choke or suffocate on un-inflated or broken balloons.
- * Avoid toys that make loud noises, which can permanently damage a child's hearing.

Beyond providing your child with toys that do not pose a physical risk, parents want to make sure the toys are beneficial for their children's development. Below are some additional tips to help you select the best toys for your child.

- * The most educational toy is one that fosters the interaction of an adult with a child in supportive play. Toys are never substitutes for the attention of devoted caregivers.

- * Remember that a good toy does not have to be trendy or expensive.
- * Seek out toys that help promote learning and growth in all areas of development. As children use play to work out real-life problems, they develop social, emotional and cognitive skills.

- * Be skeptical of educational or developmental claims made by advertisers, especially product claims of intellectual enhancement.
- * Remember that some toys promote violence or negative social, racial or gender stereotypes. These toys are not recommended for children.

- * Limit video game and computer game use. Total screen time, including television and computer use, should be less than one to two hours per day. Children under age 5 should play with computer or video games only if the games are developmentally appropriate, and they should be accompanied by a parent or caregiver.

I wish you and your families a happy, healthy and safe New Year. For more information on toy safety, visit www.safekids.org.

Photo Caption: Dr. Albert Chan 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.

An advertisement for a pet care service. On the left is a black and white photograph of a small, spotted kitten sitting and looking towards the camera. On the right is a large, white, rounded rectangular speech bubble containing text. The text reads: "The next time you travel. let your pets have as much fun as you will!" followed by "Call FUR, FINS, & FEATHERS DOGS, CATS, BIRDS FRESHWATER AND MARINE FISH. Pet sitting and Dog Walking Service PHONE 650-221-0028".

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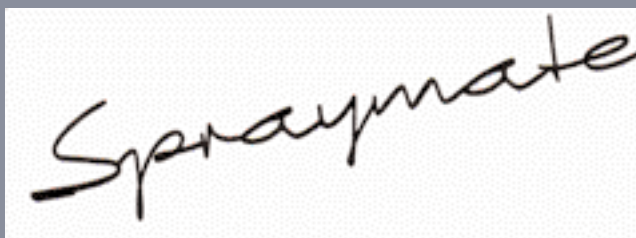
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FOR THE LOVE OF GOOD FOOD

By Susan Prescott

sjprescott@sbcglobal.net

BOEUF BOURGUIGNON - Burgundy Beef

This classic is one of my favorite winter dishes that can be served simply one cold evening, or can be dressed up for a dinner party well in advance and then finished off once guests have arrived. In fact like all casserole dishes it improves overnight.

Ingredients (serves 4)

2 pounds trimmed beef chuck, cut into 1 1/2-inch pieces

1 bottle Pinot Noir wine

2 large onions, thinly sliced

2 carrots, finely chopped

4 thyme sprigs, 2 bay leaves small celery stick & parsley sprig in a bundle,

6 peppercorns, 1/1/2 teaspoons herbes de Provence

2 strips of bacon, cut into 1/4-inch pieces

2 tablespoons all-purpose flour

4 tablespoons unsalted butter

1/2 pound white mushrooms quartered

1/2 pound pearl onions,

salt, chopped parsley and croutons

1. Place meat, onions, carrots, herb bundle, peppercorns and herbs in a large bowl. Cover with the wine and refrigerate overnight.

2. Next day, drain the meat and vegetables, reserving the marinade. Pat the meat dry with paper towels.

3. Heat oil in a medium enameled cast-iron casserole. Add bacon and cook over low heat until bacon is browned (5 minutes). Remove and drain on paper towel.

4. Add meat to casserole in 3 batches and brown it over moderate heat (5 minutes per batch). Transfer to a plate.

5. Add onions and carrots to casserole and cook, stirring occasionally, until browned (8 minutes). Stir in the flour, then gradually stir in the reserved marinade including the herbs. Add the meat plus any juices, salt to taste. Bring to a boil.

6. Reduce the heat to low and simmer, stirring occasionally until the meat is very tender, about 2 1/2 hours.

7. Heat 2 tablespoons of butter in a large skillet. Add mushrooms and season with salt and pepper. Cover and cook over moderately low heat until the liquid from the mushrooms has evaporated and they have started to brown (5 minutes). Uncover and cook a further 5 minutes. Keep warm on one side.

8. Treat the pearl onions the same as the mushrooms, and keep warm. 9. To serve as an everyday dish, remove the herb bundle then add bacon, onions and mushrooms, mix, season to taste and then sprinkle with parsley and croutons. Serve with plain steamed potatoes or with buttered noodles.

10. On more festive occasions, drain the meat and strain the sauce. Discard the stewed vegetables and pour the sauce over the meat in a decorative dish. At the last minute sprinkle the surface with the reserved crispy bacon, mushrooms and onions. Make your own croutons by cutting 4 bread slices into heart shapes, brush with oil and bake slowly in the oven until golden. Dip the tips into the chopped parsley and pose around the dish. Finish off with sprinklings of parsley. Serve with plain boiled or steamed potatoes and have a glass of Pinot Noir—Bon Appetit.

THE WINE ENTHUSIAST - By Tom Barras

The other day I was in a local wine shop, browsing around, scavenging through bins and racks, “doing my wine thing,” when I noticed a man to my right looking rather helpless and bewildered. “Gee...so many to choose from,” he said, his voice wavering with uncertainty. Yes,” I answered, “they have quite a varied selection here.” He then uttered the inevitable, the painful one that springs from most every neophyte’s lips: “But how do you know what to buy?”



“Learn the grape. Once you know the grape, you know the wine,” I said in my most authoritative sounding tones, assuming that once he heard that dusty wine axiom that those clouds of indecision and ignorance hovering over him would suddenly dissipate; that his vinous compass would forever point him in the correct direction; and from that day forward he would always make informed wine choices. “Oh...” he said, (which said it all) and then slinked away to another part of the store and started, again, staring blankly at all the pretty labels. Unfortunately, rather than assist him, I may have inadvertently pushed him deeper into Bacchus’ famous black hole of wine fear and intimidation.

Forgive me if I’m unduly repetitive about the importance of a key ingredient in the pursuit of wine enlightenment, but when it comes to being sensitive to wine’s basic structure, to being aware of what makes a particular vino tick, to recognizing the differences between and similarities to various wines, it all ferments down to those juicy clusters dangling on that old and gnarled, perfectly pruned grape vine. More specifically, the single most important item that determines the way a wine looks, smells, feels and tastes is, (drum roll, please) the underlying grape from which the wine is made. Duh, you say? I say reread that previous sentence and commit it to memory. (You’ll dazzle ‘em at cocktail parties with it.)

Moreover, and quite importantly, when you’re checking out a wine, deciding whether you like it or not, please remember you cannot and should not fault it for what it’s not; a Beaujolais, for example, for being light bodied and breezy and unlike, say, a Merlot; or, a Zinfandel for being full bodied and brambly and unlike an elegant Pinot Noir; or, a Sauvignon Blanc for being herbal and lively and unlike a rich Chardonnay, for that is precisely the personality of each of those wines. A Sauvignon Blanc, like every other wine, should be celebrated for what it is, as well as for what it is not. That’s true wine appreciation.

Finally, once you become familiar with how various wines reveal their underlying character, (appearance, aromatics, flavor, acidity and tannin levels, dryness, body style, etc.), which will result from your methodical, mental note taking while tasting and drinking, you will then have entered the exclusive inner sanctum of knowledgeable wine enthusiasts. After that, all that remains is learning the secret handshake.

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MAKE THIS YEAR MATTER *By Lisa Frerichs*

Each new year brings with it retrospection and anticipation. We analyze the good habits that worked for

us and should be brought forward, anticipating this being a better year. We make New Year's Resolutions to make changes in areas that didn't work. We question whether we made a difference last year, if it mattered. Were you fulfilled in your life last year, or was it simply a year of going through the motions? Did you really live or merely survive? For most the answer is probably some of both.

January is typically the time when we look for ways to uncomplicate our lives—figuring out what should stay and what should go, realizing that sometimes it really is okay to say no! What really fulfills you, and what do you do solely out of obligation? What are those things that energize you; and conversely, what drains you? One very simple way to stay energized and positive in your life is volunteering—giving back. Our Women's Ministry Newsletter recently ran an article about a group of students who felt compelled to give to others:

"London, England was devastated by the bombings during World War II. The bombs that dropped on the city struck and destroyed buildings of every kind—offices, factories, homes, museums and churches. Soon after WWII, a group of German students, out of

kindness and love and a deep desire to return Christian love to those who had lost so much volunteered to go to London and help rebuild an English Cathedral that had been severely damaged by German bombs. As work progressed, they became greatly concerned about a large statue of Jesus, whose arms were outstretched, and beneath which was written the words of Matthew 11:28, 'Come to me, all of you who are weary and burdened, and I will give you rest.' The student volunteers had great difficulty trying to restore the hands, which had been completely destroyed. They worked and worked, tried and tried, but nothing was successful to replace Jesus' hands. Finally, after much work and discussion, they decided to let the hands of Jesus remain missing, and they changed the inscription to read, 'Christ has no hands but ours.'"

In this new year, make a resolution to make your life brighter by stepping out of it and into the shoes of another. Be those "hands" to a neighbor, a stranger even. Give back to your community. But, don't just put just any activity on your "to do" list, find something you love and are passionate about. In this way, you will stay energized and enjoy your time spent. Take your kids along and teach them the importance of community service.

(Continued on page 33)

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PAMF DONATES COMPUTERS TO LOCAL SCHOOLS

The Palo Alto Medical Foundation (PAMF) recently completed a computer-donation program for area schools that provided additional computers and computer hardware upgrades to schools in the San Carlos, Belmont/Redwood Shores and Fremont school districts. "We were thrilled to receive these computers and will put them to good use with our children in San Carlos," said Patricia Wool, Ph.D., San Carlos School District superintendent. "These computers are newer and better than many computers still in use at our schools, and since many are identical models it is easier to set them up in our computer labs. We appreciate this very generous donation from the Palo Alto Medical Foundation."

In San Carlos, 40 complete computers and 20 computer hard drive upgrades were donated to White Oaks Elementary School, Heather Elementary School and Central Middle School for use in computer labs and classrooms. Earlier this year, PAMF also donated five computers to the Spring Fling event to be auctioned off to benefit San Carlos schools. The Belmont/Redwood Shores Unified School District received 60 hard drive upgrades, keyboards and mice for its schools, and the Fremont Unified School District received 90 of the same in addition to 10 complete computers. "We are very grateful for such a generous donation," said Jerrie Welch, Central Middle School principal. "We were able to

put the computers directly into our classrooms for students' immediate use. The donation allowed some classrooms to upgrade their present computers while others now have an additional computer in the classroom." In addition to the computer donations to schools this holiday season, PAMF also gave 10 computers and a cash donation to the Children's Fund of San Mateo County. "The Palo Alto Medical Foundation's generous contributions are most appreciated," said Forbes King, a Children's Fund volunteer who helped facilitate the donation. "Many of the needy children are victims of child abuse and neglect. It is donations such as this that fill the very real needs of the children, especially at this time of the year."

PAMF employees at its clinic locations in Los Altos, Palo Alto, Portola Valley and Redwood Shores are also involved in toy and food drives this holiday season for the Kiwanis Club of San Carlos, the Salvation Army, the Children's Fund of San Mateo County and Second Harvest Food Bank. At PAMF's Fremont location, employees are sponsoring 40 children from the "Gifts from the Heart" holiday program for Kidango, a nonprofit agency providing a variety of services to children and families in Alameda, Santa Clara, San Mateo and San Francisco Counties, as well as care of women and children, and is a pioneer in advanced patient safety technology.

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

MANIPULATIVE THERAPY FOR THE TREATMENT OF SHOULDER PAIN AND DYSFUNCTION - RESEARCH REVIEW

Reprint: Foundation for Chiropractic Education and Research, Chiropractic HealthWays, Issue 139, www.fcer.org

Researches in the Netherlands studied the effectiveness of manipulative therapy (such as chiropractic) for the treatment of shoulder pain and dysfunction. For the study, 150 patients with shoulder symptoms were randomly assigned to receive either standard medical treatment of shoulder pain or medical treatment plus up to six manipulative treatments. The researchers compared patient-perceived recovery, severity of the complaint, pain, disability, and general health in both groups during the study, at the end of treatment, and then 6 months and one year later. The scientists found that “during the intervention and follow-up periods, a consistent between-group difference in severity of the main complaint, shoulder pain and disability, and general health favored additional manipulative therapy.” Results led to the conclusion that manipulative therapy for the shoulder speeds recovery of symptoms.

(Bergman GJD, et al. “Manipulative Therapy in Addition to Usual Medical Care for Patients with Shoulder Dysfunction and Pain: A Randomized, Controlled Trial” *Annals of Internal Medicine*. September 21, 2004; Vol. 141, Iss. 6, pp. 432-439.)

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

Jessica Yau



*A trusted realtor,
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