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## About Patrick Carmichael

Known as 'Mr Redwood Shores', Patrick successfully markets Shores homes with all the latest sales info. With over 550 satisfied clients, Patrick can help you sell your home quickly, save money, and earn fair market value.

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## STEPS FOR PLANNING A KITCHEN REMODEL - *Part II*

Last month's article discussed how to plan for your kitchen remodel. This month you will learn tips for purchasing the components you will need.

Plan your kitchen with your comfort level as first priority. Choose the flooring first because it will significantly impact the colors of the counters and the cabinet finishes. If you spend a lot of time in the kitchen you should select durable resilient flooring such as solid vinyl or laminate. If you order take out food more than you cook, a tile or stone floor is fine. Hardwood flooring is not a practical choice for the kitchen because an overflowing dishwasher will ruin the floor.

If the kitchen is open to the family room, the kitchen lighting needs dimmers and under the cabinet task lighting on separate switches. This will prevent glare on the TV in an adjacent space.

Raising the countertops to a 36" height is wonderful for people 5'6" or taller because it lessens back strain. Whirlpool makes a standard dishwasher elevated on a 6" pedestal for ease of loading. Consider a dishwasher with adjustable height racks and a minimum of noise production. When you choose appliances, keep your cooking style in mind. Would you be more likely to use four burners and a grill insert than six burners? Side by side refrigerators have narrower shelves which preclude chilling large items like turkeys. The Kenmore Trio™ has side by side

doors on the top and a wide pull out freezer drawer on the bottom.

All the decorating magazines are featuring kitchen islands and peninsulas. These are not practical if the kitchen is narrow or if the open doors of appliances block the traffic flow between the island and the countertops.

Now you are ready to select the products for this important room. Shop in this order and you won't have to make second choices:

1. Flooring
2. Cabinet finish and style
3. Countertop surfaces and edging
4. Appliances and finishes
5. Backsplash, tile and wall colors
6. Lighting fixtures-ambient and task

At this point you are ready to discuss your plans with a contractor to obtain accurate bids and a timeline for the completion of the work. The more time you put into planning the details of this space before you call the contractor, the greater the opportunity you have for the kitchen remodel to live up to your dreams.

*Written by Jean Cary of Jean Cary Interiors (650-593-9622)*



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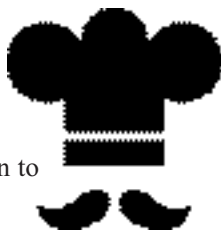
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## ADRIENNE'S GOURMET CUISINE



I love brunch on Sundays and am turned on to French toast, a variety of omelettes and roasted potatoes. I like to finish the meal with a fruit salad or treat myself to a double berry sour cream coffee cake. This recipe is rich but a definite crowd pleaser.

### DOUBLE BERRY SOUR CREAM COFFEE CAKE

Serves 8 to 10

1/4 lb butter, softened  
1 1/2 cups sugar, divided  
2 eggs  
2 cups flour  
1/8 tsp salt  
1 tsp baking powder  
1 tsp baking soda  
1/2 pint sour cream  
1 tsp vanilla  
1 tsp cinnamon  
2 cups blueberries  
12 medium strawberries, quartered

Cream butter and 1 cup sugar. Add eggs 1 at a time, beating after each addition. Sift together flour, salt, baking powder and baking soda. Add to creamed mixture. Blend in sour cream and vanilla. Batter will be stiff.

Pour batter into greased 10-inch springform pan. Combine cinnamon with remaining 1/2 cup sugar. Sprinkle half of cinnamon-sugar mixture over batter. Insert knife and make zigzag movements through batter to marbleize. Smooth top.

Sprinkle blueberries evenly over batter. Arrange half of strawberries decoratively around outer edge, spoke-fashion. Sprinkle remaining strawberries over blueberries. Pat berries gently into batter so they are one-half submerged.

Sprinkle with remaining cinnamon-sugar mixture. Bake in preheated 350 degrees oven 50 to 60 minutes, or until lightly browned around edges and tester inserted in center comes out clean. Cool in pan on rack 30 minutes. Remove pan sides and cool completely.

If you liked this recipe or have questions about it, let me hear from you. Call Adrienne's Gourmet Cuisine at 593-4003. You can also find out more about my services by visiting my website at [www.theLadyChef.com](http://www.theLadyChef.com)

## THE WINE ENTHUSIAST - *By Tom Barras*

Quite some time ago our good friend Michael called me to "sleuth" through a case of wine he had received as a gift. It was a mixed case of several types, all with different vintage dates. "What's in the box, Michael? Tell me what's on the labels."



Most of what one needs to know about a wine is on the bottle. Who the producer is and what is the vintage (when the grapes were harvested). Whether it's a varietal wine (think grape) or their own blend of grapes with its own proprietary name. Where the grapes originated (their own estate or purchased from elsewhere in California.) What the alcohol level is and, therefore, its body style. And any winemaking details that the winemaker chooses to disclose, like which grapes were used, aging timeline, fermentation methods, and serving suggestions, to name a few.

I advised him that the wines came from a well known Carmel Valley premium winery. In other words, good juice from a reliable producer. The first few bottles he mentioned were Chardonnays and were labeled "Monterey County," implying that they were blended from anonymous county vineyards, possibly a blend from several. The Chardonnays were four or five years old, so I advised him to drink those up in the near future. As a general rule, whites are best enjoyed within a few years of their vintage. Older ones are not undrinkable, it's just that they don't retain their floral and fruity freshness.

The next few bottles he said looked like squat Champagne bottles, but on reading the label he mentioned they were labeled as Pinot Noir, and additionally, it indicated the specific vineyard from which they came. It was one with a good reputation. Over time, vineyards with special microclimates that produce higher quality grapes, resulting in better wines, receive special mention on wine labels. That specific vineyard and the unusual shape of the bottle was this winery's method of signifying that this Pinot Noir was their upper echelon Pinot offering.

He indicated the next few bottles were shaped like Cabernets, but were not labeled as such. "What does the back label indicate?" I asked. It was a blend of grapes that's typical of a red Bordeaux style. Also, the front label contained the producer's proprietary name for that wine. As such, if one wants to buy that specific wine, it's available only from that producer. At the end I advised him to hang on to a few of the special Pinots and Bordeaux blends for a while and keep them stored somewhere that is cool and away from temperature fluctuations, which is a common cause of spoiled wine. He appreciated my input, and was generous enough to gift me a bottle of the special Pinot Noir at my front door the next morning. Knowing how to interpret the content of wine labels occasionally has some very tasty and unexpected side effects.



# Gail Aknin

## Local Farmer's Markets

**Folsom Farmers Market** - Every Fri-Sat 9am-6pm and 1:00pm (650) 652-2276 - seasonal: 7 Day Fresh Produce Wholesale Children's Market - El Cerrito Park and C-7 Rd

**San Francisco Farmers Market** - Every Fri-Sat 9am-6pm and 1:30pm (650) 652-1736 - seasonal: 7 Day Fresh Produce Wholesale Market Level 1 - Market

**Redwood City Farmers Market** - Every Sat 9am-6pm and 12:00pm (650) 652-2105 - seasonal: April-October Wholesale Wholesale and Retail Market

**San Jose Farmers Market** - Every Wed, Sat-Sun 9am-6pm and 1:00pm (650) 652-2266 Wholesale College of San Jose, 1700 W Park Blvd, 95121

## Local Summer Events

**June 17th - August 17th**  
**Redwood City Whales Concert Series**  
Whale Every Friday Night (except 7/20) 8:30pm June 17th through August 17th, 6:00 - 8:00pm Whales Live! Live Downtown at City Center Plaza, 1017 Redwood Rd.

**June 19 - July 01**  
**Folsom Concert in the Park** - Live music - Live June 19 - July 31, 1-4pm  
Whales Live! Live Downtown Whales Live! 650-652-2266

**June 20th - August 17th**  
**Redwood City Whales Concert Series II** - Whales Every  
Wednesday Night 8:30pm June 20th through August 17th, 6:00 - 8:00pm  
Whales Live! Live Downtown Whales Live! 650-652-2266

# Celebrating Summer Locally!

**July 2**  
**The 2006 Valentine's Festival** - San Francisco  
Marketplace 9am-5pm Whales July 2nd 11:00am-1:00pm  
650-721-7800 or 650-706-6600  
Whales The Valentine's Festival, San Francisco, CA,  
2006 The Community, Children's Market, Market  
and the Market of the local attractions that line the  
Valentine's Festival in Fisherman's Wharf will take part in  
the Valentine's Festival on the 7th of July.



**July 1st**  
**Central Park Festival** - Oakland Beach Party  
Whales July 1st, 6:00pm to 8:00pm Whales Central Park  
The year's top 100 events include a variety of activities that include  
entertainment and local beach parties.

**July 17-18**  
**Community Festival** - Whales July 17-18, 10-6pm  
Whales Santa Clara Avenue, San Jose, CA  
Popular Children's Entertainment Tent, arts, crafts, music, face painting  
and a special specialty food market.

**July 28th**  
**Redwood City Whales Concert**  
Whales July 28th Whales Live! Live Downtown Whales Live!  
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**MARTINQUE - THIS MUST BE YOUR LUCKY DAY.** This Mediterranean home boasts 3 sunny bedrooms including a spacious mastersuite and 2.5 baths. Nestled in a sought after private community, this home has a well-thought out floorplan which features a family room adjacent to the bright kitchen, vaulted ceilings, new carpet & fresh paint. Complex has tennis courts & children's play area. Low HOA dues. Call (888)-682-5659 and ask for audio tour #333. Surprisingly priced at \$899,000.



**BEACON SHORES DRIVE - This Cape Cod home is located on a waterfront here in RWS.** This home includes 2 spacious bedrooms including a mastersuite full of closet space and a 3rd room, ideal as an office. Living room has soaring ceilings and brick work wood-burning fireplace. The hardwood floors throughout the first floor give a continuous look to the house. Upstairs has new carpet. Private neighborhood offers quiet streets, swimming pool & spa and low HOA dues. Thoughtfully priced at \$799,000. Call (888)-682-5659 and ask for audio tour # 331.



**CADIZ CIRCLE - This home offers classic elegance throughout.** Lovingly cared for, this home offers 3 bedrooms, 2.5 baths, a super-size family room, vaulted ceilings, remodeled kitchen and baths. One of the most attractive features of this home is the lush backyard that Mother Nature herself couldn't improve on! Amazingly priced at \$929,000. Call (888)-682-5659 for audio tour #732



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## ABUSIVE HOME-BASED BUSINESS TAX SCHEMES

The Internal Revenue Service is cautioning the public about promoters who are selling the concept that taxpayers can operate any type of unprofitable "business" out of their home and claim personal expenses as business expenses.

These schemes have gained popularity for a variety of reasons, including:

- The desire of individuals to reduce the amount of taxes they pay.
- Unscrupulous promoters, selling tax avoidance and audit assistance packages.
- Taxpayers being advised they can deduct all or most of their home and other personal assets as business expenses.

Most taxpayers with home-based businesses accurately report their income and expenses, while enjoying the benefits that a home-based business can offer. However, some individuals have received advice that they can operate any type of "business" out of their home and claim personal expenses as business expenses. Non-deductible personal living expenses cannot be transformed into deductible business expenses regardless of how convincing the information in marketing materials may seem. The following are a few examples of items that are

generally not deductible as business expenses:

- Deducting all or most of the cost and operation of a personal residence. For example, placing a calendar, desk, file cabinet, telephone, or some other business-related items in each room does not increase the amount that can be deducted.
- Deducting education expenses from salaries paid to children wrongfully claimed as employees.
- Deducting excessive car and truck expenses when the vehicle was used for both personal and business use.
- Deducting personal furniture, home entertainment equipment, children's toys, etc.
- Deducting personal travel, meals, and entertainment under the guise that everyone is a potential client.

Any investment scheme or promotion that claims to allow a person to deduct what would normally be personal expenses, and not ordinary and necessary business expenses, should be considered highly suspect. As always, a business must truly exist prior to claiming expenses.

*Article provided by B.L. Pang EA.  
B.L. can be reached at (650) 593-7522.*

## **HAPPY 15TH ANNIVERSARY RWS LION'S CLUB** *By Shellie Sakamoto*

The Redwood Shores Lions Club will celebrate its 15th year of existence on Tuesday, July 12th at 7 p.m. with a brief installation of officers and a festive potluck and party. Friends, family and the general public are welcome and warmly invited to attend.

The Redwood Shores Lions Club was established in 1991 and was sponsored by guiding Lions from the Foster City Lions Club. The Redwood Shores Lions Club Charter President was Lion Joe T. Loo.

During its 15 years in service, the Redwood Shores Lions Club has upheld the Lions' motto "WE SERVE" and has directed its energy towards serving local youth and families through club programs and projects such as: Peace Poster Contest (middle school students); Flag Day education project (elementary school students); Student Speakers Contest (high school students); high school scholarship awards; the Belmont Senior Citizen Center and clothing donations to the Maple Street Shelter in Redwood City. The Club has also established ongoing relationships with Sandpiper School and Nesbit School. The Club provides bi-annual Teacher Appreciation Breakfasts as well as volunteer services. Other projects have included: Eyeglass Collection (recycling of used eyeglasses); Camp Pacifica (donation to camp for deaf and blind children); Lions Quest/Youth Outreach (workshops for teachers in dealing with issues of today's youth); My Fair Lady Senior Pageant; Giving Tree" (gift donations to needy children); Canned food drive (St. Anthony's Hall-Redwood City); Ear of the Lion Foundation (hearing aids recycling project); Children's Identification Program (in conjunction with the Redwood City Police); and VNA Hospice Flu Shot Clinic Program.

The club also supports sight and hearing conservation projects lead by Lions Club International, namely: Lions Eye Foundation of California-Nevada, Inc. (a charitable non-profit foundation that provides eye care, including eye surgery to people in need); Lions Project for Canine Companions for Independence (a program which helps people with physical, developmental, and hearing disabilities by providing them with trained assistance dogs); and Lions White Cane Days (a day when members go out and ask for public donations for sight conservation projects such as eye examinations and eyeglasses).

The Redwood Shores Lions Club is also very active at the District level and its members hold district leadership positions annually. The Club has won numerous awards through the years including awards for community service, invite-a-guest, and club visitations.

Finally, the Redwood Shores Lions Club is also active internationally. The Club has established sister club relationships with the Lions Club of Geelong Eastern Suburb Inc., of

Australia, the Lions Club of Bangkok Dusita and the Lions Club of Chabahil, Nepal.

The Redwood Shores Lions Club is a warm and friendly group. The Redwood Shores Lions Club holds its general meeting on the 1st Tuesday of each month at 7:30 p.m. at the Sandpiper Community Center. Anyone who is interested is welcome to attend. The Club is a family-friendly group of individuals who enjoy giving back to the community while having fun at the same time. Since its inception, the Club has provided a variety of services to the community of Redwood Shores, as well as other neighboring areas. For more information, please contact Lion Mary Carbullido at (650) 593-6384, Lion Virgil Sadsad at (650) 595-4031, or Lion Shellie Sakamoto at (650) 654-7914.

### **AMERICAN LUNG ASSOCIATION - BIKE FOR BREATH**

On Saturday, July 9th, the Redwood Shores Lions Club volunteered during the American Lung Association Bike for Breath event, held in Foster City and Redwood Shores. Lions Club volunteers manned a station at the rest stop at Island Park. The Redwood Shores Lions Club is the largest group, amongst the volunteers for this event. This has become an annual volunteer event for the club. It was a fun day for all and in support of a good cause!

### **TEACHER'S APPRECIATION BREAKFASTS**

The Redwood Shores Lions Club recently hosted Teacher Appreciation Breakfasts at Sandpiper and Nesbit Elementary Schools. The Redwood Shores Lions Club welcomed the teachers with a delicious breakfast as well as a large box full of treats and goodies. The teacher's appreciation breakfast has become an annual event which the Lions enjoy doing. The breakfast was much appreciated by the teachers at the end of a long and productive school year.

### **BELMONT SENIOR CENTER FUNDRAISER**

The Redwood Shores Lions Club recently participated in the Belmont Senior and Recreation Center fundraiser on June 23rd. The Club helped to serve dinner and also donated \$200 for the entertainment for the evening. All proceeds raised benefit the Belmont Senior Center and will be used to defray costs for senior center events such as subsidized lunches and other projects.

**The *Pilot* welcomes articles and letters of 300 to 400 words (or less) in length and pictures as well.**



# THE MYTHOLOGY OF YELLOW

*By Interior Designer, Zara Stender*

Yellow, ah-spring and summer, fresh and happy, energizing, isn't it? Yellow is all that...and a lot more! Let's look at how you might use it more effectively in your home.

## **SOME FACTS ABOUT YELLOW:**

- \* Yellow is the fastest color for the eye.
- \* It is a difficult for the elderly to perceive.
- \* Yellow is used in nature two ways: either transitorily (flowers bloom, than fade or as a warning displayed by most poisonous creatures and those pretending to be poisonous.)
- \* Biological reflex causes even babies to recoil from this signal.
- \* Yellow stimulates the receptors in the brain which trigger aggression.

Once I owned a yellow and black Liz Claiborne dress that was sexy! I didn't realize at the time that I was robed just like any of God's stinging and venomous creatures. I had translated that unrecognized aggression (energy) into flirtatiousness.

Recently, I was consulted by a client who seemed to be in a constant state of nervous exhaustion. When I visited her home, it clear to see why. It was painted bright ochre yellow top to bottom, putting her nervous system into overdrive.

Yellow alters chemical and hormonal actions in the body so that larger doses of medicine are required. Motor function is also impaired. Especially noticeable in the elderly, where a marked loss of muscle control can be observed in the presence of yellow.

However, yellow combined with its complement, violet is said to be the most healing of color combinations. I have seen that proven true frequently.

Yellow can stimulate clear thinking. Combined with red, yellow will stir the creative juices and inspire brilliant thinking. In home interiors it is best used in the transitional areas such as entryway, powder room, and hallways. Because it is the fastest color the eye sees, it makes a wonderful selection for any focal point.

Yellow with its sunny disposition used in measured doses, mixed with other colors in a palette that softens aggression, can give us a lovely boost of energy, lift our spirits on gloomy days and send us out to conquer the world.

*Excerpt from Designer Color Secrets(c) 2005 Zara Stender  
Zara Stender, CID, IDS, Allied ASID, Member, Color Marketing Group (CMG), is a Certified Interior Designer and color specialist. Contact Zara at zaradesigns@yahoo.com.*



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**ON MY SOAPBOX** *By Pat Dixon, Swan Lady, 591-5455*



This will be a “shortie—just want to mention a few of the comments. Several said they felt it was okay to “trespass” as RWS is a “village-type” community. Others were concerned as to liability and the type of complex. Heron Court residents were concerned because of the children there when others use it as a shortcut to their jogging, Marlin Park or the shopping center. Next time you are out leave the cell off and eyeball some of the drivers. It really is quite an education. Several come to mind—lack of consideration, non-use of signals and the attitude that “this is my road—get off!” The first was a lady driving west in the far left lane on the Holly overpass when she decided that she needed to exit there for the southbound 101—so she just moved over—never mind that there were other cars there. She made it but only because a lot of drivers used both horns and brakes. Then there was the cutie that was in the middle lane of west bound Holly overpass at the signal, where Holly joins the southbound exit from 101. Light changed and she chose the left lane, again with a car in it. Lots of horns and brakes, but she just kept going. My favorite is when I was coming home a few days ago. I was on northbound Industrial coming to Holly and the light changed to the westbound Holly. BUT the green arrow was on for those of us to make our right turns. Just as I was about half way thru my turn the car that had been in the far left turn lane on Holly decided he wanted to make a U-turn. As he proceeded to get close to me I “politely” showed him the rather large

red-slashed U-TURN sign. Lastly, on RWS Pkwy when I passed a male on a bicycle I noticed that he had earphones on. As I neared Bridge and was stopping he was fast approaching. The car on my right was in the process of making a left turn to eastbound RWS. The biker never looked up and just shot on across the car, inches from being hit. Bikers need to be mindful that they must observe the same signs as do the cars. Try watching others—it can be an education on what not to do! Drive carefully!



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### TIPS FROM ACCURATE MAILINGS

#### THE THREE TYPES OF MAILING LISTS

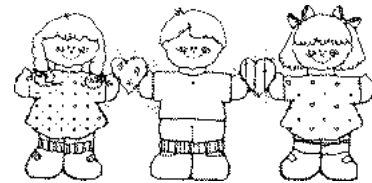


- 1. Your own list of prospects and customers.** This is a list that you have collected, also known as a house list. These people are most likely to respond to your offers, because they have responded in the past.
- 2. A response list** is a list of people that have actually done something. They have either purchased something from the people who put the list together, inquired in response to some offer or asked to be put on the list. They have some level of interest in the topic or purpose of the list.
- 3. A compiled list** is a list of people who were selected to be on the list because they possess the characteristic that you asked your list provider to screen for. Examples of characteristics used to target correctly may include age, sex, geographic location, income level, etc. These are more fixed characteristics than response list characteristics, which are behavioral characteristics.

Remember the biggest single factor in the success of your direct mail marketing strategy is who you send your mailing to.

Steve Elder.-[steve@accuratemailings.com](mailto:steve@accuratemailings.com)

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