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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.



I know and love Real Estate. Most of my business comes from family, friends and past clients.

I care and know how to get the best transaction for you. I listen and will represent you in your best interest. Your satisfaction, your future business and recommendations are my goal.

My personal beliefs are :*Honesty, Loyalty, and Dedication.* My business ethics are dictated by the “The Golden Rule” always treat others as I like to be treated. Please feel free to interview me about any of your Real Estate needs.
Best Regards, Bernard Accristo



(RECYCLED WATER UPDATE -

Continued from page 8)

Focus on Water Conservation Continues

Water conservation is crucial to the community’s current and future water supply, and the City is working hard to provide people with the tools to save water, and save money at the same time. An aggressive water conservation program continues throughout the city, with tremendous results. Throughout Redwood City, over 1,350 toilets have been replaced with low flow models, saving over nine million gallons a year. Additionally, the council recently approved two new positions: Water Quality Specialist and Water Conservation Specialist. Recruitment will begin immediately with the expectation of filling both positions by the end of April.

These professional staff positions will strengthen the City’s ability to meet increasing regulations and public expectations about the quality of the water customers receive. They will also aid in the implementation of the Council’s landscape irrigation efficiency initiative. In Redwood Shores, the city’s landscape auditors are already inspecting sites and talking with landscape contractors about the irrigation efficiency program, which includes training seminars, water use reports and inspection services.

For more information on how you can save water in your home, yard and HOA common areas, visit <http://www.redwoodcity.org/conservation> or call (650) 780-7436.

In other project news, it is likely the Task Force will be reconvened in April to receive a first annual progress report on the Recycled Water Project. This month, design work on artificial playfields begins and a report-back date to the City Council regarding performance monitoring at the treatment plant for pathogens will be announced.

Project updates are available by e-mail with your expressed permission. Send your request to constupdate@datainstincts.com. Project information is also available online at <http://www.redwoodcity.org/water> or by calling (650) 743-5759.

Contributed from Mark Millan

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CAVITY VACCINE

When we think of vaccines, what we usually think about is the prevention of diseases like Polio, Small Pox and Hepatitis. Have you ever thought about a vaccine for the dental cavity? Cavities are formed when bacteria that normally exist in your mouth use carbohydrate-containing foods (candy, fruit, soda, etc.) to produce acid. This acid can penetrate the hard surface of your teeth to make those painful damaging holes that bring you to the dentist. A new hope exists for a vaccine to prevent cavities. Several months ago, British scientists published a study. (May, Nature Medicine describing a new vaccine that they herald as a safe, effective and painless way to prevent dental cavities. The vaccine was developed by a California-based company called Planet Biotechnology, and was tested by a team of researchers at Guy's Hospital Dental School in London. The vaccine is said to produce antibodies against the cavity causing bacteria *Streptococcus mutans*. The vaccine was tested on people in a four month study. The results revealed that a group who received the vaccine had no evidence of the cavity causing bacteria (*S. mutans*) for up to four months whereas a placebo group was without bacteria for only two months. While these results are encouraging, I can think of a few potential problems with the study. The first problem is that the results lasted for only four months. Also, this study does not look at other bacteria (*Lactobacillus casei* and *acidophilus*, *Actinomyces naeskundii*) that have also been shown to cause cavities. Finally, no other major clinical trial has confirmed the results of this study. Despite these limitations, I'm still optimistic that there may be an effective cavity vaccine available in the future. I think it is important to keep in mind that even if we had a viable cavity vaccine, there would still be a need for brushing, flossing, regular dental checkups and cleanings.

Email questions to DoRocky@msn.com

CONNECTING ON THE JOB *By Helen Selenati*

Much has been written in recent years about the importance of "emotional intelligence" at work – how getting ahead requires more than the kind of intelligence measured by standard IQ tests. Emotional intelligence consists largely of our ability to make and build emotional connections with others. This type of connection makes it possible for co-workers to get along, to see issues from one another's points of view, to solve problems, and to invest in other's visions of the future.

Such skills become even more important with advances in technology. We're spending increasingly less time on mundane tasks better suited to computers and robots. To be successful in today's workplace, we need to excel in areas such as communication, collaboration, motivation, and adaptation to constant change. All these skills require the ability to understand and connect well with other human beings.

Many employers have made huge profits by dismissing the human needs of their workers and many individuals have grown wealthy by focusing only on work, while ignoring their own feelings and the emotional needs of their families. However, I do believe that employers and individuals that place a high value on encouraging better emotional connections with others within their organizations can reap

significant benefits aside from financial rewards. These benefits include the creation of less stressful work environments with lower turnover, increased productivity, and a higher quality of life.

Much depends on the dominant leadership style within the organization - a factor over which individual workers have little control. But each of us makes daily choices that affect the quality of relationships we create and sustain at work. How you manage these relationships can determine not only the experience you'll have on the job today, but also the direction your career may take in the future.

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



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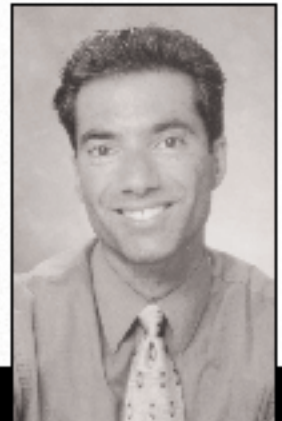
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MARCH MANIA IS HERE *By Karen Brodersen*



RAIN RAIN GO AWAY - WE WANT TO PLAY TENNIS TODAY!

The Redwood Shores Tennis Club is eager to start our 2005 season. RSTC members come from Redwood Shores and neighboring areas Redwood City, Belmont, San Carlos, San Mateo and we enjoy tournaments, open plays, and parties EVERY MONTH! We kick everything off with MEMBERSHIP MANIA in MARCH. If you are a tennis player and would like to meet and play with some very nice people, come check us out! Membership Mania is March 6 this year at 4pm. This is a potluck party — everyone brings something to share and the club provides drinks and paper/plastic

supplies. We enjoy tasty tidbits, catch up with friends, take membership forms, select the 2005 board, etc. This is the main general meeting for club business. Save the date and contact President Annette Vernon (650) 349-1617 to get further details as the party is finalized. Our first OPEN PLAY of the year is MARCH 13th. We have reserved the 2 courts at Shorebird Park. RSTC members (and those interested in becoming members) can drop by and play tennis. We play 8 game no-ad sets and rotate in people who are waiting as quickly as possible. You get to play tennis with a variety of people. Formats are decided by the genders of those available to play. This is a great way to tune up your game if you are rusty from the wet wet winter. Our first TOURNAMENT is MARCH 19th. The format of the first tournament has traditionally been team tennis. You sign up by yourself and are assigned to a team. The team captain assigns partners for each round and you play against 3 other teams. The team with the highest number of games won at the end of the day earn accolades and prizes at the evening social! No wonder we call this month MARCH MANIA. We are excited and rarin' to go. So go re-string your racquet, buy those new tennis shoes, and come to a Redwood Shores Tennis Club event soon. We want to play tennis with YOU!

(Visit www.RSTC.org for more information.)



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Prices could certainly slow their rapid ascent, and may even drop a bit, but burst? Unlikely.

What drives current real estate prices are: low supply compared to high demand; good interest rates; and increased incomes of buyers as the labor market strengthens.

RWS supply of homes remains low during this first quarter of 2005. Demand remains high. The on-going lack of inventory and multiple offers on virtually all our listings is testimony to this.

Mortgage rates remain low & not expected to rise significantly any time soon; at worst, it seems, by year's end, 1% higher than current levels. These near-historic lows have positive effects on buyers' ability to afford a mortgage.

Increasing in popularity are interest-only loans, which increase the amount of financing for which a buyer may qualify. Thus, interest-only loans can significantly increase buying potential.

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EFFECTIVE LIGHTING FOR RESIDENTIAL INTERIORS

Residential lighting design is often the afterthought in a decorating project due to budget constraints or a lack of understanding of its powerful contribution to the overall effect on the room. A well executed lighting plan can enhance any interior from both a functional and an esthetic perspective. Light is a tremendous factor in the final effect of the design plan. It is the one element that integrates the color, texture and form of the design. Light has four specific duties: to provide decorative, accent, task and ambient illumination. There is not a single light source that can perform all these functions. Various light fixtures must be used to create a layered effect.

Decorative lights such as chandeliers add sparkle to a room, but they are inadequate as the sole source of light. When you turn up the brightness of a chandelier, its glare overpowers the art, the wall color and the carpeting. This bright source of light is designed only to create a soft localized pool of light. Adding shades or using frosted bulbs will decrease the glare. Accent lighting highlights objects in a space. It cannot be the only source of illumination in a room because only the art will be in the light while the people sit in darkness! Use subtlety with accent lighting for the most powerful effect. For example, shine an accent light on a floral arrangement. Guests will notice the flowers, not the light fixture. Accent lighting is very effective for adding depth and dimension to a space. It is an excellent way to add interest to a room, which is devoid of any interesting architectural features. Task light provides illumination for work-related activities. For ease of reading tabletop lamps and fluorescent fixtures mounted under shelves should be placed so

the light falls between your head and your shoulders at an angle. If you're depending on a bright ceiling fixture for task lighting, the glare from the light bouncing off the work surface will be directed into your eyes, causing eye fatigue. (This is why you often have to tip the shiny page of a magazine to read it if you're outdoors in bright sunlight.)

Ambient light, which is used to soften the shadows of the room is best when it comes from sconces or floodlights that bounce the light off the ceiling and walls. This type of lighting will not be effective if the room has a dark or wood ceiling, which just absorbs the light. Putting the ambient lighting on one dimmer and the accent lighting on another provides the most flexibility for illuminating a space.

Track or recessed lighting should be unobtrusive and not the first thing someone notices when they enter the room. Larger track lighting fixtures can be retrofitted with smaller cans. Likewise, recessed lighting with silver or black interior trims can be retrofitted with a trim that eliminates the "Swiss cheese" look for your ceiling.

A well executed lighting plan can transform even the most mundane space into an exciting room with different atmospheres: dramatic, functional or restful. With dimmer switches the mood of same space can be altered to fit the situation. An experienced designer and electrician can work as a team to provide you with the layout that's best for your home.

Submitted by Jean Cary of Jean Cary Interiors (650) 593-9622



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FOR THE LOVE OF GOOD FOOD

By Susan Prescott

COTE DE VEAU VALLEE D'AUGE



VEAL CUTLETS FROM THE D'AUGE VALLEY

The following recipe comes from the Normandy region in North Western France, which is famous for dairy produce, Calvados (apple brandy) cider and beef. Veal cutlets with a creamy cider sauce served with mushroom stuffed apples include all the signature flavors of the region. Although the recipe states veal chops, it is equally good with pork, especially with medallions of pork loin, or indeed with boned chicken breasts.

This is a very rich dish, but is worth doing occasionally. You can use low fat substitutes, but cut down the cooking time as they lose their texture during cooking.

Ingredients (serves 6)

6 Veal cutlets
3 shallots, chopped very fine
4 ounces of butter
1 tablespoon of oil
12 ounces of mushrooms, chopped
3 ounces of sour cream
9 green apples – golden delicious (6 cut in 1/2 and cored, 3 peeled and chopped)
3 tablespoons Calvados
8 ounces of dry cider
1/8 cup reduced beef stock or 1 teaspoon concentrated beef stock – made up
Parsley to garnish

Pre-heat the oven to 350. Place the apple halves, cut side up in a roasting pan and dab with some of the butter and sprinkle with some Calvados. Cook in the oven for 15-20 minutes. Sauté the chopped mushrooms and apples in a little of the butter until they have rendered all their water, (can also add chopped clove of garlic if desired) season with salt and pepper, deglaze with 1 tablespoon of Calvados add a tablespoon of the sour cream and pack into the middle of the cooked apples. Keep warm. Sprinkle with chopped parsley to serve. Dust the chops, or whatever meat you are using with seasoned flour. Sauté in the remaining butter and oil for 6 minutes a side on medium to high. Keep warm in separate dish. Using the same skillet as for the meat, drain off the remaining fat. Add the remaining butter and on a low heat gently sweat the shallots until translucent. Add the remaining Calvados and the cider and reduce by half, add the stock and reduce by half again. Add the sour cream and reduce by half.

Serve the meat covered with the sauce, accompanied by the stuffed apples and some steamed potatoes with chopped parsley. Cider is a great accompaniment, or a rich white wine—an oaky Chardonnay.

THE WINE ENTHUSIAST - By Tom Barras

Food and wine pairing remains a lively topic. Conventional wisdom from the high priests of food and wine matrimony assert for the perfect union to occur there should be a synergistic coupling, (complementary or contrasting), of their parallel components (acidity, sweetness, bitterness). This wedded bliss also takes into consideration the wine's age, alcohol level, oak seasoning, tannins, and other relevant qualities, as well as the food's mode of preparation (roasting, braising, grilling, etc.).



However, those same gurus, when nudged, will admit there are no inviolate rules, no marble tablet "do's and don'ts," and most importantly, no single best wine for a specific dish. Also, they will agree that one's personal preferences should and will override the recitations of any textbook "perfect match." And finally, and most importantly, posited any dish, with whatever cooking methods, herbs and spices they prefer, and it's likely, nay, highly probable, that any number of wines will be compatible with it.

So, where does that leave us? With a great deal of wiggle room, really. You can even resuscitate the ancient proclamation "Red wine with red meat, white wine with white meat, fish and poultry." At least as starting points, anyway, for they're frequently reliable and safe choices for table top compatibility in their respective venues. Red meat, with its rich, abundant texture and customary methods of preparation, virtually always points to red wine, while fish and poultry, with their delicate flesh and smaller scaled preparations, can nearly always be enjoyed with most white wines. However, there are times when you can and should slip out of those gastronomic straitjackets, by being mindful of a food's most expressive flavors, which is typically determined by sauces, gravies, salsas, herbs, spices, and other flavor-determining ingredients.

Take chicken for example. Or veal, pork or other "white wine only foods." Depending on how each of those is cooked, spiced, sauced and finished, any number of red or white wines could be acceptable partners. If, say, sautéed in olive oil and finished with capers, green olives, artichokes, and some lemon zest, the dominant flavors, and palatal effect, point to something like Sauvignon Blanc, Spain's Verdejo and similar oak-free white wines with a lively profile that will stand up to those components. However, if braised with onions, garlic, mushrooms, thyme, bacon bits and a splash of broth, this rich, earthy combination virtually begs for a medium/full bodied red wine. (Pick your favorite from that list of usual suspects.)

Conventional wisdom. Personal preferences. Ancient pontifications. Dominant flavors. Each of these offers a suitable pathway through the food and wine pairing maze. Nevertheless, I should remind you that there is one unfailingly effective ingredient in the successful pairing of food and wine. One that heightens the appreciation of the food on your plate and the wine in your glass. And the only one that brings it all together. That, fellow wine enthusiasts, as you're tacitly aware, is the company of your good friends.



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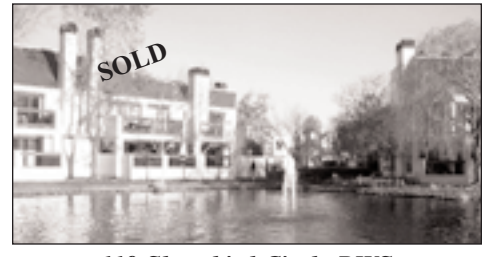


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A MESSAGE FROM FULLY ALIVE

By Lisa Frerichs

Spring is just around the corner. Already we have had gorgeous, sunny days that make you grateful to live in California. Only in California can you start gardening in the middle of February. Only here do the fragile bulbs of tulips and daffodils push their tender stalks up through the hard, winter-packed earth, reaching desperately up to the sunlight to drink in the needed nutrients to bloom into the beautiful array of color that make us stop and take notice. And, as the rains give way to sunshine, so the winters of our souls should give way to the light of the Son. The Easter lilies are beginning to make their way into nurseries and grocery stores. And Easter itself is hopefully making its way into our hearts and minds. This time last year, our country was caught in the grip of "The Passion of the Christ" by Mel Gibson. It opened doors to conversations and made people ask questions that they had never thought to ask before. It brought a loudness to Easter that probably has not been heard since the thunder rolled, the earthquake rumbled and the stones themselves split two thousand years ago. The temple veil was torn asunder, and blackness covered the sky. The heaviness of a Son forsaken matched the brokenness and confusion of those who stood speechless as the reality of what had just happened assaulted their senses. The future looked as black as the sky itself.

But blackness was not the end. Charles Spurgeon, the great 19th-century preacher wrote:

"Coming one Thursday in the late autumn from an engagement beyond Dulwich, my way led up to the top of the Herne Hill ridge. I came along the level out of which rises the steep hill I had to ascend. While I was on the lower ground, riding in a hansom cab, I saw a light before me, and when I came near the hill, I marked that light gradually go up the hill, leaving a train of stars behind it. This line of new-born stars remained in the form of the one lamp, and then another and another. It reached from the foot of the hill to its summit.

I did not see the lamplighter. I do not know his name, nor his age, nor his residence; but I saw the lights which he had kindled, and these remained when he himself had gone his way. As I rode I thought to myself, 'How earnestly do I wish that my life may be spent in lighting one soul after another with the sacred flame of eternal life! I would myself be as much possible unseen while at my work, and would vanish into eternal brilliance above when my work is done.'"

(Continued on page 29)

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(FULLY ALIVE - Continued from page 27

Neither do we see the lamplighter. But his name is Jesus Christ, and his age is...timeless...the relevance of his message is as true today as it was two thousand years ago. Jesus tells us that, "You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven." (Matthew

5:14-16) Perhaps Easter this year will be not a loud one but a quiet one, as our souls awaken to the Lamplighter and to the light itself. And then, like the lamplighter in the story, may we quietly pass that flame along to those around us, so that while our fingerprints may be left behind on their lives, all that people will truly see is the light of the Son. Easter Services will be held at 9 and 10am at Sandpiper Community Center.