



Patrick Carmichael



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'05 SHORES Home Sales - 3rd quarter update -



NEW RWS LISTINGS



THE COVE

3 Breaker Lane

3/2.5 \$739,000

3rd Quarter News

Patrick Carmichael

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

Economic indicators suggest the trend will continue thru the end of the year.

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

We receive many inquiries about the Shores Real Estate forecast, housing inventory and home values.

Stay tuned to this column & our online updates for the latest Shores Real Estate info

Home Sales YTD

year	#sales	median \$
'05	98	1,076,400
'04	95	975,000

Condo Sales YTD

year	#sales	median \$
'05	119	636,500
'04	153	580,000



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Rick Hascal

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Thank You! Recent SHORES Clients



GOSSAMER HOLLOW

105 Windrose Lane

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- 200 BALTIC CIRCLE 232
- 806 MENDOCINO WAY
- 520 SANDLEWOOD LANE
- 368 GENOA DRIVE 200 BALTIC CIRCLE 230
- 3014 WHISPERWAVE CIRCLE
- 635 INTREPID LANE 421 CORK HARBOUR
- 813 PORTWALK PLACE 591 SHOAL CIRCLE
- 851 COLUMBIA CIRCLE
- 461 CORK HARBOUR 500 BALTIC CIRCLE



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As the pace of everyday life in America continues to speed up, everyone is looking for ways to streamline and simplify their lives. Your contractor may help you include some of these new products in your remodeling project.

1. Hoover now makes retractable vacuum hoses for their central vacuuming system-nothing to store or trip over.

2. Maytag and KitchenAid have three door refrigerators(called the French Door™ or Trio™.The narrow upper doors don't require much room to swing out to reveal full width shelves. A roll out freezer drawer is at waist level.

3. Stainless steel finishes on appliances dent and show hand-prints. The new Meteorite™ finish from KitchenAid is a baked on powdercoat that's available on a full line of appliances.

4. The G.E. Monogram™ cooktop has a burner that can be converted to a wok stand just by flipping it over. G. E. has also introduced a 2" thick wall mount retractable chimney hood for the cooktop. This sleek canopy is flush with the upper cabinets when it is not in use.

5. If you are not using your trash compactor you can buy a wine chiller by Marvel that will fit into the same space.

6. For a more unique cabinetry look in the kitchen, intersperse some open modular cabinets with those with doors. This is an

attractive way to display colorful platters or glassware. Consider using metal mesh or seeded glass on some cabinet doors to visually expand the kitchen.

7. For a contemporary look you can make the handrail on your stairs appear to float by installing Cleaview™ tempered glass banisters. This easy-to-install product can also be used on decks where preserving the view is paramount. Good design isn't expensive, but you will be paying for poor design forever!

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



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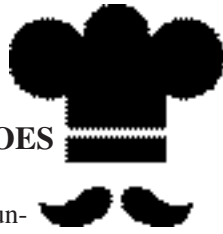
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FOR THE LOVE OF GOOD

FOOD

By Susan Prescott



TOMATOES & MORE TOMATOES

At this time of the year, tomatoes are abundant and flavorful so it seems a good opportunity to offer you 2 treatments for this wonderful fruit that is a great source of the anti oxidant lycopene which also gives the tomato its red color.

TOMATO RELISH

Ingredients (makes about 4 lb)

3 lb ripe tomatoes	
1 tsp English mustard powder	
4 onions, finely chopped	1/2 tsp mild curry powder
2 celery sticks, finely chopped	1 pint white vinegar
2 carrots, finely chopped	7 oz fine sugar
2 tbs fine salt	2 tbs plain flour

1. Blanch tomatoes 30 seconds to loosen skins. Cool under running water, remove skins & roughly chop. Place in a large bowl with onions, celery & carrots. Sprinkle over with the salt, cover with a clean dishcloth and leave for 24 hours.
2. Meanwhile, mix flour, mustard and curry powder with 1/4 pint of the vinegar to form a paste. Leave this preparation in the fridge until the tomatoes are ready.
3. Next day: place vegetables in a colander to drain (reduces water content and any bitterness). Put vegetables in a non-reactive pan, add remaining vinegar and sugar and boil for 10 minutes, stirring occasionally.
4. Lastly, stir in the spicy paste and simmer for 3-4 minutes to thicken. Pour the relish into 4x1lb hot clean jars and seal immediately. It will keep for 3-4 months.

Squash and Tomato Soup

Summer squash or large zucchinis can be a bit bland in flavor, but combined with tomatoes they make a delicious light cold soup.

Ingredients

2 tbs olive oil	2 tsp tomato purée
1 large onion, chopped	10 oz tomato juice
1 clove garlic, crushed	2 tsp oregano or marjoram
1 lb squash, skinned & cubed	salt & pepper
1 lb ripe tomatoes, skinned, deseeded and roughly chopped	

1. Heat oil in a large saucepan, add onion and soften gently over a gentle heat so it does not color. Add garlic, then the squash, herbs, tomato purée and juice.
2. Cover and simmer for 10 minutes. Add the tomatoes and simmer for a further 10-15 minutes until squash is softened completely.
3. Season to taste and allow to cool. The soup can be served as it is or, if the occasion is a little more formal, can be blended until smooth.

THE WINE ENTHUSIAST - By Tom Barras

It really is a pretty cool drink, you know. Totally pleasure giving. And one of mankind's neatest discoveries. It comes in red and white, and various salmon shades in between. It is enjoyed chilled or at room temperature, anytime of the year, and if it's anonymous and inexpensive, it can be lightened up with a handful of ice cubes. When fizzy or sparkling, at which time the Queen of Whites appears, it's the classic special event and celebration drink. And when it's "still," without that shimmering effervescence, it assumes its traditional, tabletop, food-friendly form, including, for those who savor sweet things, the perfect after dinner beverage when served with fresh fruit, nuts and cheeses.



It can be quaffed moments after the harvest crush (Nouveau Beaujolais), or in the case of European Grand Cru wines, it can be cellar-aged to be savored and discussed ten or more years after its bottling. But more likely, if it's the standard, fruit-forward, varietally labeled wine, you're enjoying it within a year or two of its vintage date, just like the majority of wine drinkers.

Whites provide a wide range of choices. Like the rich and buttery, fruit cocktail richness of the abundantly oaked California and Australian styled Chardonnays. While at the other end of the tasting spectrum is the edgy, herbal, food-friendliness of the oak-free Sauvignon and Fumé Blancs. Coming down a bit on the "green" aspects, you'll enjoy the zesty pleasures of Pinot Grigio and Chenin Blanc or, the recent "in" wine, Austria's Grüner Veltliner. And if you're attracted to aromatics, then you can treat your olfactories to the delights of Gewürztraminer, Riesling, and Muscat to mention the more well known perfumed whites. However, if you're a seasoned wine geek, then the White Burgundy model is the quintessential Chardonnay; it delivers harmony, finesse and subtlety, all in the same glass.

The range of red wine options is just as extensive. However, the look, smell and taste of the reds in the last two decades has pretty much been dictated by the demand for approachable, now-drinking wines. As such, fruit forward, aromatic and low-tannin reds are pretty much the norm, no matter which varietal you prefer or from which country it originates. Your decisions will be dictated by the red and blackberry smoothness of Pinot Noirs and Merlots, versus the structure and size of the larger scaled, fuller bodied Syrahs, Cabernets, and Zinfandels. However, tannic ageworthy Grand Crus from Bordeaux and Burgundy, and Reservas from Italy and Spain, and similar rich, full bodied New World Cult Cabernets and blends, are still available for those who prefer to age their wines. It's a beverage that quite frankly has something for everyone's palate and pocketbook and for every occasion throughout the year, and the limited listing of the above wines shouldn't preclude you from exploring others. Peruse those shelves, get adventurous, and pick one. It's definitely worth the pursuit.



Gail Aknin

Real Estate Sales Continue to Sizzle this Summer!

GAIL'S SUPPLIER REAL ESTATE MARKET SHEET

Address	City	Bed/Bath	SqFt	List Price	Walk Price	Hold Date	Days	Low Offer	Price Walk Price
Conover Ave.	PS	4/3	2,400	\$1,145,000	\$1,175,000	6/30/05	6	11/701	\$1,050,000
Park Ave.	EUPA	3/2	1,683	\$682,000	\$1,000,000	6/30/05	7	6/13/07	\$450,000
Joker St.	PC	3/1.5	1,520	\$739,000	\$800,000	6/30/05	14	5/27/07	\$320,350
Cypress Ave.	EUPA	3/1.5	1,750	\$1,160,000	\$1,280,000	6/12/05	11	9/13/08	\$1,150,000
Florida Dr.	SAL	3/2	1,280	\$739,000	\$800,000	6/12/05	3	12/27/09	\$252,000
De Soto Ave.	EUPA	3/2.5	1,990	\$1,232,000	\$1,330,000	6/15/05	10	5/14/03	\$972,000
Stubbins Dr.	PS	3/2.5	1,930	\$682,000	\$682,000	6/15/05	15	3/23/00	\$730,000
Calvin Circle	PS	3/2.5	1,970	\$682,000	\$1,000,000	6/15/05	9	6/14/00	\$770,000
Jackson Ave.	PC	3/2.5	2,510	\$1,136,000	\$1,230,000	6/22/05	19	3/29/09	\$680,000
Shamrock Ct.	HIL	4/3.5	4,035	\$3,142,000	\$3,280,000	6/26/05	12	5/23/03	\$2,000,000
Massachusetts	PC	3/2	1,400	\$739,000	\$870,000	6/26/05	9	11/10/07	\$345,000
Easton Dr.	EUPA	4/2.5	2,950	\$1,735,000	\$1,780,000	6/30/05	23	2/1/01	\$1,500,000
Monte Carlo St.	SAL	3/2	1,230	\$339,000	\$305,000	7/30/05	12	5/24/01	\$600,000
Swanton Dr.	PS	4/2.5	1,990	\$665,000	\$875,000	7/30/05	10	6/21/02	\$750,000
Newport Circle	PS	3/3	1,390	\$942,000	\$1,005,000	7/12/05	3	6/1/01	\$750,000

Our neighborhood real estate market continues to remain strong. Sellers continue to receive multiple offers and homes continue to sell over list price. Don't let a great selling opportunity pass you by in 2005. Call Gail today!

*Gail's Clients
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gail@gailaknin.com 650.403.1220



Free Consumer Hotline Helps Residents Buy Shores Homes For Zero Down Payment

Redwood Shores — A 24-hour free recorded message is now available to help families and singles buy homes in Redwood Shores for as low as zero down payment even when they can afford to pay cash.

This information is free of charge. For more information call the Redwood Shores Consumer Awareness Hotline anytime, 24 hours a day at 1-888-303-2934, ext 8600.

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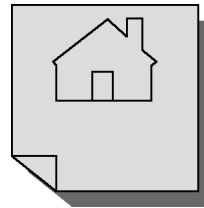
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NEW RWS RESIDENT INTERESTED IN STARTING T'AI CHI GROUP

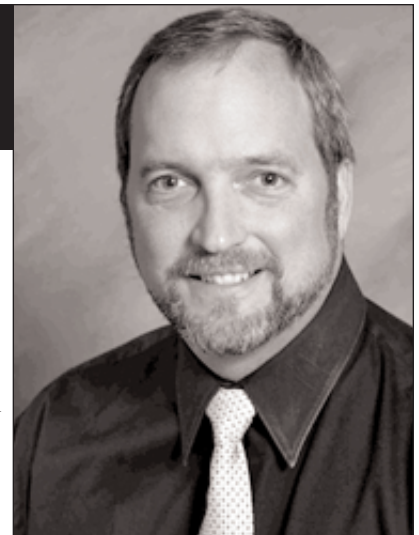
Tony Smith recently left his T'ai Chi teaching position at Walt Disney World to return to the Bay Area where he started practicing T'ai Chi almost 25 Years ago. Smith explains that it is easy to leave a job but when one experiences the benefits of T'ai Chi it is impossible to quit.

This rare style of T'ai Chi focuses on health maintenance rather than martial arts. Smith will not only show you the moves but also explain what they are doing to the energy in your body and how these moves can help you in daily life. Smith went on to explain that this form has moves that continue to gain attention of accomplished instructors when he performs in exhibitions. In fact, his students are still winning T'ai Chi competitions around the country.

This is perfect for someone who knows nothing about T'ai Chi, and just wants to check it out. Hey, it's FREE! Even if you know another style of T'ai Chi and just want to get another perspective this is great for you as well. This is even good for those who have learned another style in the past and have forgotten it. This will help dust off the cobwebs. He would like to invite anyone who wants to start "playing" T'ai Chi to email him at tonysmith1@earthlink.net or call him

at 650-592-4054. He is still looking for the "right" location, so anyone with suggestions feel free to contact him.

This is not affiliated with any school. Mr. Smith will not be holding the title of instructor. He is just offering to practice T'ai Chi informally with those in the neighborhood who are interested. As with any physical activity one should consult a physician before beginning.



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

CERVICAL CANCER SCREENING - A SIMPLE TEST THAT SAVES LIVES *By Wendy Landreville, M.D.*

Although some women dread their annual pap smear, they may not realize the importance of this test. The pap smear screens for cervical cancer, the third most common cancer in American women. When detected at an early stage, cervical cancer can be treated before it spreads to other reproductive organs, lymph nodes and nearby organs like the colon or bladder.

Cervical cancer is caused by certain forms of the human papilloma virus (HPV), a sexually transmitted infection that affects an estimated 75 percent of men and women at some time. Many types of HPV cause no problems, but the high-risk types can cause abnormal changes in cervical cells that can be seen under a microscope. Pap smears identify these cells.

Because of the direct link of cervical cancer with the sexually transmitted HPV, we recommend that women start getting pap smears once they become sexually active. Pap smears should be performed once per year until there are three normal pap smears. After this, it is acceptable for a woman to have a pap smear every three years if she is in a long-term monogamous relationship with no other risk factors for cervical cancer. At age 65, a woman who has had normal pap smear results at regular intervals can talk to her doctor about discontinuing pap smears.

When a doctor performs a pap smear, he or she takes a sample of the cells from the cervix, or lower part of the uterus. These cells are then sent to a pathologist who examines the sample under a microscope and can detect any cells that may be cancerous or that have the potential to develop into cancer. Cells go through a series of changes before they turn into cancer, so a pap smear can determine if the cells are going through these changes long before cancer is present.

A positive or abnormal pap smear can be a sign of a number of changes on the cervix. These changes include inflammation or irritation, which can represent an infection of the cervix; very early signs of cancer called "dysplasia"; more serious signs of cancer called "carcinoma in situ," which means the changes are in the top layers of the cervix only; and finally, more advanced cancer that has invaded past the top layers of the cervix.

A woman who has a positive pap smear will need to have some additional testing. This will be decided by your doctor based on the degree of abnormality of the test. A doctor may decide to repeat a pap smear in three to six months, or may recommend a procedure called a "colposcopy." A colposcopy magnifies the cervix to allow the doctor to see any abnormalities that can then be biopsied. If the biopsy shows that the abnormal cells have a high likelihood of turning into cancer, then the doctor may decide to treat the abnormal cells with cryotherapy (freezing the cells), laser therapy (using a beam of intense light to destroy the abnormal cells), or a LEEP procedure (using an electrical current that acts like a knife to cut out the abnormal cells).



After any abnormal pap smear, it is very important that a woman continue to get pap smears at intervals determined by her doctor to monitor for any recurrence of abnormal cells. Although some women consider it an unpleasant test, the pap smear saves lives.

Photo Caption: Dr. Wendy Landreville 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.

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The end of Summer

In the past few weeks we are seeing more homes staying on the market longer and it is normal towards the end of summer. Any medium priced home (\$800k-1 mil) still receive many buyers' interests, and houses above \$1 mil tends to stay on the market longer. What may happen is when the interest rate start to climb, the housing market will probably slow down a little, however, it doesn't mean the market will head south. Most buyers in this area are buying to live in, not to flip, so this is a good sign that we don't have heavy investors here to create the bubble. In any normal market we see a +/- 5-10% fluctuation, and people are either paying now for the price or later for the higher interest rate. Remember, when you buy a home, you will enjoy the tax benefits, equity build up, pride of ownership and finally, the possible appreciation.

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WHY WOMEN HAVE MORE DIFFICULTY WITH DOGS

AND, WHY MEN SHOULD LISTEN

Recently, a woman (Gloria) called me and said her family dog (Minnie) had many behavior problems. If they weren't fixed she'd have to get rid of Minnie. The problems included jumping on young children, menacing visitors at the door, barking at almost anything, and sometimes even growling at Gloria and her friends. On walks the dog sometimes lunged at other dogs and nearly pulled Gloria over. She was clearly distressed when we spoke, concerned that the dog might have to be surrendered, and possibly destroyed. I said these seemingly severe problems could surely be addressed, and Gloria was extremely relieved. She said she would check with her husband and call to set up training. When I hadn't heard in several days I called Gloria, and heard a story I hear often. Her husband said "There's no need to train Minnie—I don't have any problems with her—it's your problem". The dog, untrained, was sent to the Humane Society, distressing Gloria and the children. Unfortunately, we hear this story too often. Approximately 85% of the calls we receive for help are from women - and, a large percentage of these situations are never dealt with because of the attitude described above. Here's one

reason why the attitude described above exists in the first place, and one suggestion: Gloria's husband may have had fewer problems with Minnie than did Gloria. But, he probably had no idea why Minnie obeyed him but not her. Men dominate dogs more often than do women: a consequence of the man's (usually) greater height and the man's (typically) lower voice. Height and lower voice tone, (often expressed as growling), are ways dogs gain dominance over each other. People gain dominance over dogs in the same way. Women tend to nurture more than men, which often leads dogs to see them as peers, not leaders. As a result, women have a distinct disadvantage when trying to control a dog's behavior. Understanding this, men should be more open to investing the time and money required to bring calm to humans and dogs alike. In only several hours of training, women (and men) can understand the simple techniques needed to command their dog's respect and easily influence all the dog's behavior—for a lifetime.



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



Some unusual messages were left this past month, so I will try to comment on them. The one that got the most was about “water noise”. We’ve had a number of “new-comer” residents that apparently have not lived near large bodies of water. The problem is that while out in your boats or canoes, as water magnifies sound, nearby residents are over-hearing your conversations as if you were sitting down with them outside on their patios or even inside their homes. This also applies to families with children that live “on the water”, inasmuch as the shrill yells of kids playing are magnified many times and as some said, become ‘ear-piercing’. They all said they just wanted those involved to please remember there are other residents living nearby and to please show some consideration. My note is that we seem to have had a larger number of boaters this year; unfortunately some are not taking their trash back with them. If you are taking out anything with a plastic ring—Coke, Pepsi, beer, etc. PLEASE DO NOT JUST THROW IT INTO THE WATER. The wildlife are nosy and have been getting their necks stuck into rings. Catching them to remove the plastic is a chore unto itself! Next were a number of calls relating to the dead wild-life on our parkways and side streets. Among the animals was a skunk and some ducks. This is their habitat—we humans are the intruders. So when you are driving, please, use care and consideration, abide by our speed limits as it could be some of our children that get hit rather than

the wildlife. Now for a driving tip for our “younger crowd”. With this nice warm weather I have noticed drivers windows open and left arms sticking out. Before the days of automatic turn signals, an arm outstretched was an indication that a left turn was going to be made, while an upheld arm meant a right turn was coming up. Therefore, if you find someone following you at a slower pace and your arm is outside the window, they may be waiting for you to make up your mind as to which way you really want to go! Another good reason to use your signal lights! However arm signals are a necessity for bikers and motorcycles. Each time I go to Nob Hill Market I generally drive behind to the reservoir to see what different birds are in. The last time I met a man who is with a county bird watcher’s group and he was telling me about all the different species that stop there on their way to different places. Some are really off course and interesting to watch. I also saw two of the white pelicans. Earlier there had been eight, but they come and go. I saw them several times down by the Pescadero Apts. waterways off Radio Road and other times in the low tide waters on the east side of Route 92. So keep your eyes open and keep a pair of binoculars in your car or with you if walk back there; every time it is different. *See you next month.*

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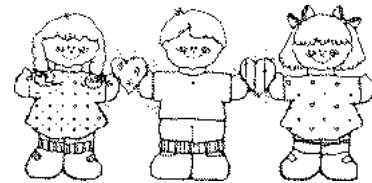
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