



PATRICK CARMICHAEL

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SALE PENDING

LAKESHORE

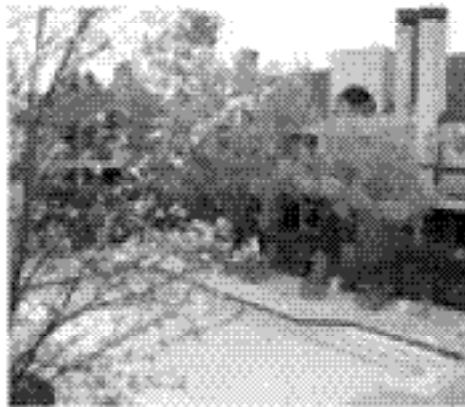
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Buyer's Rep



— SOLD —

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- San Mateo:** 1620 S. Delaware St., near S. Delaware St., Garvey Way, US Post Office, and Highway 92.
- San Carlos:** 980 El Camino Real, near El Camino Real, Industrial Blvd, and Highway 101.

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THE TYPES OF FATS YOU EAT CAN AFFECT HEART HEALTH

There are four kinds of fats: monounsaturated fat, polyunsaturated fat, saturated fat, and trans fat. Monounsaturated fat and polyunsaturated fat are the “good” fats, which are mostly derived from oils in plants. Common examples of monounsaturated fats are canola, olive and peanut oils. Sources of polyunsaturated fats include corn and soybean oils as well as many seeds, nuts and their oils.

It is generally accepted that consumption of saturated fat should be kept low, especially for adults. Trans fat (which means trans fatty acids, is the worst kind of fat (see www.bantransfat.com), far worse than saturated fat.

Partial hydrogenation is an industrial process used to make perfectly good oil, such as soybean oil, into perfectly bad oil. The process is used to make an oil more solid; provide longer shelf-life in baked products; provide longer fry-life for cooking oils, and provide a certain kind of texture or “mouth feel.” The big problem is that partially hydrogenated oil is laden with lethal trans fat.

It is only the trans fat created by the partial hydrogenation of vegetable oils that we are concerned about and that should be eliminated completely from your diet.

There is a kind of naturally occurring trans fat found in small amounts in pomegranates, cabbage, peas, or the type found in the meat and milk of cows, sheep and goats, these are not a concern due to their organic nature. Partially hydrogenated oils are commonly found in processed foods like commercial baked products such as cookies, cakes and crackers, and even in bread. They are also used as cooking oils (called “liquid shortening”) for frying in restaurants.

Be a fat expert. Fats and oils are important parts of a healthful diet, but the type of fat you choose can make a big difference for the health of your heart.

In summary:

Trans fat = bad

Saturated fat = bad

Polyunsaturated fat = good



THE WINE ENTHUSIAST - By Tom Barras

Seemingly like everyone else on the Peninsula., I recently suffered through a flu-like, killer cold. But the most disconcerting aspect was the near lethal effects on my taste buds and palate. For this food and wine enthusiast it was the nearest thing to cruel and unusual punishment. Nothing tasted good. Not the food my wife prepared, nor the wine I tried to enjoy with her gourmet recipes. It was a painful reminder of how one’s sense of smell and taste affects one’s perception and enjoyment of food and beverages. Food flavors seemed bland and uninteresting and wines were unattractively sharp and alcoholic. Remedial action was required.



Additional salt and pepper on the food upped the flavor interest, but what about an accompanying beverage? Beer bloats. Soft drinks and colas...don’t even go there. While water is an acceptable lubricant, it lacks a certain “generosity” of spirit as a food accompaniment. But how about wine with water? I mean wine diluted with water? Why not I thought? And so I did the improbable, I diluted a half glass of wine with an ounce or so of water. A little bit at a time until the wine’s alcohol level diminished and the palate burn disappeared. Not quite a Rosé, but somewhere in the very lower tier of light bodied wines.

By doing so I borrowed a page from the practices of the ancient Greek Symposia. During the after dinner philosophical discourses that took place at these meetings it is well documented that the men drank their wine diluted with water, not only to ensure that their intellectual capacities would not be dulled, but also it was thought that to become inebriated would make one no better than those “barbarians” in the North who spoke unintelligible gibberish and also routinely got swacked on their heady versions of malt liquor. However, sober or not, it is also certain that other activities, not always intellectual and metaphysical, also occurred at the Symposia. And even though they were interested in pursuing topics that would assist in solving life’s riddles and dilemmas, occasionally the evening’s host would arrange quite a different program for the group. Courtesans and watered wine? Well...if you insist.

I am, however, somewhat ambivalent about recommending diluted wine as your new “half-buck Chuck,” but maybe what we have here is a pragmatic alternative for those who have concerns about the alcohol level in today’s wines, which seems routinely above 14%. The other day I ordered a glass of Zinfandel with my pizza. I took a sip, and after recoiling from the alcoholic wallop, I topped off the wine glass with water. Appropriately defused, my “Symposium Cocktail” became a mild and quaffable counterpoint to the lusty pizza. I won’t, however, repeat what the waiter uttered.



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IDES O' MARCH TENNIS TOURNAMENT

By Dennis Murphy

The Redwood Shores Tennis Club opened its 20th season with a Roman Holiday "Ides o' March" team-tennis tournament on Saturday, March 17th. Four teams competed under auspiciously blue skies—the Gladiators, the Senators, the Emperors and the Centurions. Despite the inspired play of their rivals, the Emperors triumphed in the end. Ave victor (hail to the victor)!

Paul Reinhardt participated in an unprecedented triple play: he masterminded the tournament, captained the victorious team and then, along with his spouse (and club president) Annette Vernon, hosted the apres-tennis social. Laudate imperator (all praise the emperor)! Contributing to the victory of the Emperors were Paul's teammates Ivan Quinones, Scott Stingel, Ruth Waters, Cynthia Hunton and June Walker. Winners were awarded bottles of Amaretto and the second-place team got Gladiatore Frescati.

The "Ides o' March" theme was best exemplified by the contribution of Monique and Erwin Seibel, who devised an interactive and engaging Roman trivia game while garbed in period costume. Alas, the Emperors' knowledge of the history and customs of ancient Rome was not as acute as their skill in tennis. They tied for second place with the

Gladiators in the trivia tournament. The big winners were the Senators, who won the olive oil prizes.



Photo's left to right - Jay Muzio, Calona Paiko, Rudi Kain, June Walker and Ivan Quinones



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HELP PACIFIC ATHLETIC CLUB HELP THE HOMELESS

We've all seen the cartoons where the characters closest is so full of items that when he opens the door, a avalanche of items bury him up to his neck. Well, that's what it feels like here at Pacific Athletic Club after a month of storing lost and found items left here at the club from our members and guests. Where does all of our Lost & Found go each month? When our storage is about to overflow with towels, clothes, and various lost items, in comes the help of Francis Hunter, a long time club member and community minded individual.

Around the start of each month, we get the familiar call from Francis asking if we've "got the goods". The next day we load up Francis' car with over 600 large towels, 3600 small towels, and bags upon bags full of lost and found clothes that are turned into our Front Desk. Where does it all go you ask? To the Shelter Network and various Homeless shelters across San Mateo County.

Shelter Network is committed to providing housing and support services that create opportunities for homeless families and individuals to re-establish self-sufficiency and to return to permanent homes of their own. The clean towels help them get showered up and the clothes from the lost and found get them back on their feet and working towards turning their life back around.

On the other end of the spectrum are the Homeless Shelters. San Mateo County has 3 locations: Safe Harbor in South San Francisco; Maple Street Shelter in Redwood City; and Clara-Mateo in Menlo Park. The shelters, each run by separate non-profits, are filled to capacity. Our donated towels and lost and found clothing also support these shelters in numerous ways. But there is still more we all can do. If you have any bedding items such as blankets, pillows, pillowcases, and sheets, those items will greatly help others in need. We are also looking for toiletry items such as toothpaste, toothbrushes, and razors. Just a few simple items really go a long way in help these men and women get back on their feet. Please contact Jim Gerber at 650-232-1233 or stop by our Front Desk if you would like to help.

*Submitted from Pacific Currents,
Pac Club Newsletter*

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ABUSIVE EMPLOYEE BENEFIT PLAN TAX SCHEMES EXAMPLE 3

The Internal Revenue Service has identified the following situation as a listed transaction. Listed transactions are defined as those that the IRS has determined to be structured for the significant purpose of tax avoidance or evasion.

The owner of a personal corporation participates in a section 412 (i) pension plan maintained by her corporation. The pension plan provides a \$1,400,000 death benefit, payable upon death of the owner, to her beneficiaries. Although the death benefit is equal to \$1,400,000, the plan purchased a life insurance policy with a face value of \$5,000,000. The plan provides that if the owner dies while employed by the corporation, \$1,400,000 is payable to the beneficiaries but the remaining \$3,600,000 is to be applied to pay premiums under the plan for other participants. The employer corporation deducted the contributions paid to the plan that were used to pay the premiums on the full amount of the insurance policy.

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

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NEW ESSURE FEMALE STERILIZATION By John D. Hoff, M.D., Ph.D.

There is now a new sterilization procedure for women who want a minimally invasive, dependable and permanent method of birth control. The procedure, called Essure, is the only FDA-approved method of female sterilization. It is 99.8-percent effective based on four years of follow-up studies. Of the women who participated in the clinical trials, none became pregnant.

Essure provides an increasingly popular and less-invasive alternative to the traditional sterilization methods of tubal ligation (a procedure for women that is often called “tying the tubes”) and vasectomy (a procedure for men that involves small incisions in the scrotum).

Unlike tubal ligation and vasectomy, Essure does not require an incision and is completed within 35 minutes under local anesthetic (an injection that eliminates pain without affecting consciousness). This removes the risks associated with surgery and general anesthesia. Most patients leave the doctor’s office less than an hour after the procedure and return to their normal activities the next day.

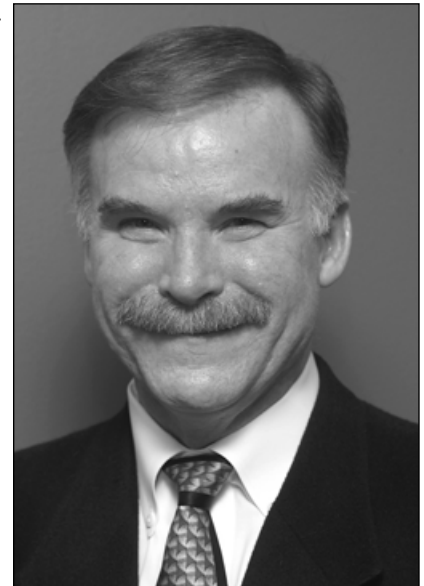
In contrast, the average procedure time for tubal ligation (by laparoscopy) is 30 to 45 minutes under general anesthesia, and recovery is typically four to six days. The comparison of Essure with vasectomy is less dramatic. Vasectomy is also performed under local anesthetic, although the incisions commonly required with vasectomy result in a recovery time closer to four to six days as well as a higher infection rate. All three sterilization techniques have a success rate greater than 99 percent.

Essure is a hysteroscopic procedure often offered in the doctor’s office. Using a small catheter, the doctor inserts a soft, flexible coil called a “micro-insert” into each fallopian tube. This requires no incision because the coils are inserted through the body’s natural pathways (vagina, cervix and uterus).

Once in place, the Essure micro-inserts cause tissue to grow in and around the devices, forming a barrier that blocks the fallopian tubes. The barrier takes about three months to form, so women must continue to use an alternative form of birth control during that time. Once the doctor takes a special X-ray test to confirm tissue has grown and formed a barrier around the Essure micro-insert, other birth-control methods can be eliminated.

Unlike many temporary birth-control methods, such as birth-control pills, the patch, the ring and some intrauterine devices (IUDs), Essure micro-inserts do not contain silicone or release hormones. In addition, they are made with

the same safe materials that have been used in other medical devices, such as heart stents and valves, for many years. Because Essure does not contain hormones, it does not interfere with the natural menstrual cycle, and menses continue in their natural rhythm.



Essure is a new method of birth control that is gaining popularity. Tens of thousands of women in the United States now rely on this revolutionary method of permanent birth control.

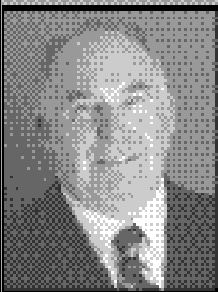
Photo Caption: Dr. John D. Hoff is an obstetrician and gynecologist at the Redwood City Women’s Health Center of the Palo Alto Medical Foundation.

2007 CREW RACING JUST AROUND THE CORNER.

THE SPRING SCHEDULE IS:

April 14, 15	Windermere Real Estate Collegiate Regatta
April 21	Stanford vs UC Berkeley
May 6	High School Regatta

*Craig Amerkhanian, Director of Rowing
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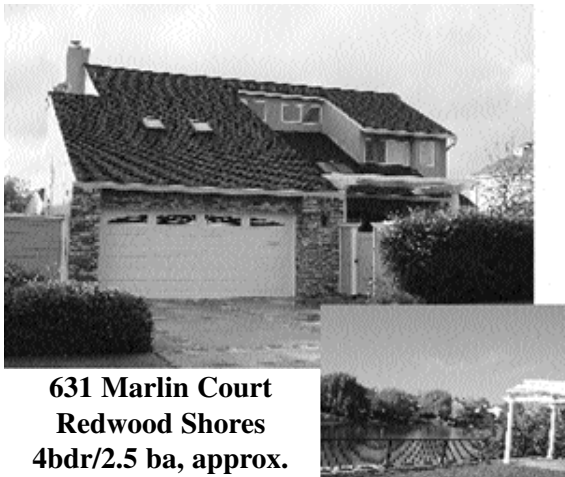
Would you participate in RSCA activities such as Board of Directors, Pilot newsletter, Easter Egg-Stravaganza, Music in the Park, Halloween Parade, Santa Comes to the Shores and Light Up the Shores? (Please circle or note other interests)

What political or environmental issues should RSCA address? (i.e., levee closure, traffic congestion, proposed development or note other issues)

Comments or Concerns: _____

Return this form with your \$35.00 dues payment payable to "RSCA" to:

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CHIROPRACTIC HEALTH TALK *By Angelo Charonis D.C.*

WEIGHT LOSS THAT STAYS LOST!

Reprint: www.PremierChiropractic.com

America's weight problems are now so well-known they're even fair game for jokes at the Oscars. The statistics are alarming. Sixty-five percent of Americans - 130 million in 2001- are overweight. Fifteen percent of American children are overweight (up from four percent only 20 years ago). Healthcare costs related to overweight Americans has ballooned to \$117 billion (that's billion) in 2003 and the numbers keep going up. The scales don't lie. And yet, diet and weight-loss books fill our nation's bookstores. Low-carb diets. High-protein diets. The cabbage soup diet. The grapefruit diet. The raw foods diet. Most people we know have tried one or more of these. The new diet works for a while, then we can't take the deprivation any longer and break the diet. Then, horrifyingly, all the weight we lost comes right back, and we're right back where we started. Or possibly even a few pounds heavier. The very good news is that a real, long-lasting solution exists. The basics of this healthy approach to long-term weight loss have been known for decades. This solution is not a diet. It doesn't have a catchy name. There are, though, a few "magic" secrets to this food plan that works.

- * "Secret" Number 1 - eat six small meals throughout each day, separated by 2.5 to 3 hours
 - * "Secret" Number 2 - combine protein and carbohydrates in each meal
 - * "Secret" Number 3 - drink plenty of water (eight to ten glasses) throughout the day
 - * "Secret" Number 4 - eat two portions of vegetables each day
 - * "Secret" Number 5 - take one day off each week (a "free" day) and eat whatever you want, whenever you want.
- Why combine protein and carbohydrate at each meal? This critical combination feeds our muscles by providing the amino acids (from protein) necessary to build and maintain muscle tissue, and the carbohydrate needed to shuttle the amino acids into the cells. If the carbs aren't there the protein doesn't get used. There's also a human performance benefit - eating balanced meals enables better cognitive/mental function. So we're not only getting healthier on this food plan, we're getting smarter! Why eat six times a day? Studies have shown this approach results in a faster metabolic rate, a lower percentage of body fat, and reduced "bad" cholesterol levels, all while maintaining lean muscle mass. Each meal contains approximately 300 calories (proteins and carbohydrates in each meal are in "portion" sizes). That's it!

Jenny Chui & Kathy Chang



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Most Recent Sold Data in Redwood Shores

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Address	List Price	Sale Price	DOM
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511 Lichen	\$1,220,000	\$1,265,000	8
803 Sun Blossom	\$1,248,000	\$1,218,000	42
818 Bay Harbour	\$1,299,500	\$1,310,000	12
2021 Seabrook	\$1,750,000	\$1,750,000	9

Condo & Townhome

Address	List Price	Sale Price	DOM
873 Boardwalk	\$662,000	\$662,000	0
767 Barnegat	\$679,950	\$690,000	25
61 Cove	\$699,000	\$699,000	15
84 Pelican	\$719,999	\$700,000	24
150 Positano	\$875,578	\$880,000	14



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Bridal Beauty Countdown

There are so many details to planning the perfect wedding day, but brides shouldn't overlook one of the most important things of all, it's the secret to looking and feeling your best on this important day. Prioritized planning and just a few short months are the secrets to a glowing but relaxed bride!

6 Month Countdown

Now is the time is to consider lifestyle changes rather than stress inducing last minute quick fixes. Begin a stress relief regimen of time management that encompasses quiet downtime not only personally but as a couple, a balanced exercise program that tones and strengthens the body as well as relieves tension and a well balanced diet with realistic weight loss goals (achieved before final dress fittings!).

3 Month Countdown

Interview makeup artists, book consultations, make your decision and schedule your "trial run" as well as your wedding day appointments. Maintain your

professional skin care because

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bridal makeup looks flawless on a blemish free refined skin texture. Maintain home teeth whitening or consult with your dentist for a sparkling smile. Check in with your hair stylist providing all veil/headaddress details. For head to toe perfection, twice monthly manicures and monthly pedicures are a must. Book once or twice a month massages for yourself and your fiance—a gift of time and relaxation for both of you.

2 Month Countdown

Confirm all of your professional appointments to avoid miscommunication and unwelcome last minute surprises. Having trouble deciding on how to show your appreciation to your bridesmaids? Book a spa party! Celebrate this special time together with total body rejuvenation and stress melting spa treatments.

(Continued on page 38)