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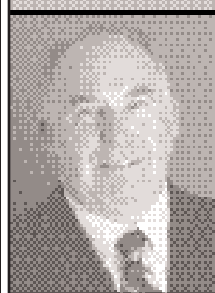
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Healthy, Wholesome & Affordable Meals - Light is Good!

Seems that all my clients are getting on the eating light bandwagon for the summer months and that is a good thing because Chef Joe needs to shed a few "L.B.'s" as well after a long winter! Creating light meal plans for my clients has been a wonderful challenge as a cook because I get to experiment with all kinds of ingredients, textures and flavors. For example "low-fat" ingredients such as cheeses can be somewhat tasteless and let's face it a little B-0-R-I-N-G, but I have found that some outlets such as Trader Joe's and Whole Foods have wonderful low-fat cheeses and dairy products that are a step above some of Safeway's and Albertson's low-fat brands. Also, substituting tablespoon of lemon juice for salt on your roasted fresh vegetables, seafood and meat dishes will kick-up the flavor to a whole new level.

Smothered Chicken - Servings (4)

4 - 4-6 ounce (fresh) chicken breast, boneless and skinless

1/2 teaspoon - Kosher salt (optional)

1/4 teaspoon - Ground pepper

1 tablespoon - fresh lemon juice (highly recommended)

1 tablespoon - vegetable or extra virgin olive oil

2 cups - carrots

1 cup - onion

1- large garlic clove

2 - 8 oz. packages mushrooms (pre-sliced)

1/4 cup - flour

1-15 ounce can of low sodium, reduced fat chicken broth

1 tablespoon - fresh thyme

Directions:

1- If desired, pound chicken breasts to even out thickness.

2- Coat a nonstick skillet with cooking spray and heat over medium high heat. Add chicken and season to taste, Cook 4 minutes or until lightly browned, remove and set aside.

3- Heat the oil in the pan over medium high heat. Add carrot, onion, and garlic. Cook two minutes, then add mushrooms and cook until vegetables are tender. Stir in flour and cook two minutes, stirring constantly.

4- Add broth and thyme. Bring to a boil, and cook until slightly thick, stirring frequently.

5- Serving is one chicken breast and one cup vegetables.

THE WINE ENTHUSIAST - By Tom Barras

The other day while going through the checkout counter at a local retail store I couldn't help but notice that the lady in front of me purchased six bottles of wine, the total price of which cost her less than the one bottle that I was buying. Six for the price of one!

Now mind you, I'm not passing judgment on the quality of that wine, but what it does dramatize is the modern day egalitarian aspects of wine. It's widely available to everyone, is obtainable at various quality and price levels, and the abundance of grape varieties seemingly should satisfy all palates. It has, however, not always been the case.



In Egypt, circa 3000 BC, growing grapes and producing wine, by virtue of its complex nature, was under the sole purview of wealthy nobles and ruling classes. Tomb inscriptions and drawings as well as pottery artwork clearly depict the vast resources (land, water, labor) needed to produce wine. The lower class, the field workers, it should be noted, as the key "resource" that toiled to produce the wine, rarely enjoyed the fruits of their labor. Beer was their alcoholic salve. The governing elite, the kings and queens and their families, and others atop the political pyramid kept the wine, for the most part, for themselves and visiting dignitaries.

In ancient Rome it seems that, even though wine was widely available, men routinely tried to restrict women's access to it. Toga-clad politicians, who regularly enjoyed their male-only Convivium, the Roman version of Greece's Symposia, observed that women, after having a goblet or two too many, apparently became too amorous, too easy, too free with their charms. Gosh. And as pawns in many political/matrimonial maneuvers, their behavior certainly had to be carefully monitored and controlled. Nonetheless, certain free-thinking, spirited ladies decided to have their own wine drinking parties. Bacchanalia, party time revelry honoring Bacchus, was their version of Convivium in a female format. No ancient Chippendale-like male dancers were present mind you, but indications were that on special occasions select men were on the invitation list. And now, three or four thousand years and few million liters of wine later, we (men and women alike) can drink what we want, when and where we want and at whatever price we can afford. On a recent food and wine trip to Sonoma county I purchased a case of wine from a highly regarded winery. The winemaker is a woman. She is also the owner. Her Sauvignon Blanc label is a mirthful interpretation of the nude Three Graces from Greek mythology engaged in what can only be interpreted as a Bacchanalian dance. Does it get any better than that?

Jenny Chui & Kathy Chang



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405 Krystallos	\$1,100,000	\$1,100,000	0
391 Mindanao	\$1,199,991	\$1,200,000	28

Condo & Townhome

Address	List Price	Sale Price
458 Barnegal	\$549,000	\$549,000
2103 Hastings Sh.	\$599,000	\$580,000
550 Shorebird 2105	\$669,000	\$710,000
40 Eddystone	\$699,000	\$669,000
104 Mendocino	\$879,000	\$885,000



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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.

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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.

Library Contributor



CELEBRATION AT fully alive
COMMUNITY CHURCH

This has been a time of celebration for Fully Alive. Last week, out at our Radio Road Campus, 14 people were baptized! What a privilege to be a part of 14 people surrendering their lives to Christ. There truly is no greater joy for a church than seeing people discover God, either for the first time or in a brand new way. We are planning another baptism on September 16th. If you are looking for a dynamic and growing place to visit, consider Fully Alive at 9 or 10:30am on Sunday mornings at the Sandpiper Community Center.

After nearly a year of diligent prayer, we are proud to announce Mike Crook as our new Executive Pastor. Mike has been serving the families of FA for nearly three years now as the Associate Pastor of Youth and Families. The Youth group has flourished and grown as he has loved and taught our kids. Over the last year, Mike stepped into a greater role with the departure of Scott Owens to Oklahoma. Mike has done a phenomenal job of not only holding us together but steering us to being diligent about showing who God is to our community. Fully Alive has grown stronger and more compassionate under Mike’s leadership. Please join us in congratulating Mike on his new position as our lead shepherd. For those of you wondering what Scott is up to, he has founded a new church in Tulsa, Oklahoma. Please join us in praying for Scott, his family and the new congregation that God will be drawing to Him through Scott’s new church.

Don’t forget, we have two day camps going on this summer! The first one is Fine Arts Camp. Each year, kids from 2nd through 7th grade sing, dance, draw, film and act their way through five delightful days of fun! If you are interested in attending Fine Arts camp July 23-27, contact Mark Nunn, Pastor of Worship and Arts at mark@fullyalive.com. Tuition is \$125. There is an “Open House” on Friday night for the kids to share all of their accomplishments, including dramas and short films, to their parents. The second camp is Bible Day Camp on August 6-10. Cost is \$30 for that. The theme this year is “Game Day Central - Where Heroes are Made”. This week will be filled with Bible stories, arts and crafts and lots of music. For kids 4years through 5th grade. Contact Mike Crook at mike@fullyalive.com for info.

For information or coming events, please visit www.fullyalive.com.

Submitted by Lisa Frerich



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PLANNING FOR A KITCHEN OR BATH REMODEL

Undertaking a kitchen or bath remodel is probably one of the most expensive investments you will make in your home. Careful planning upfront will ensure the project runs smoothly and stays on budget.

GETTING STARTED

Spend some time really thinking about what you want from your new kitchen/bath. How much time do you really spend in it, who uses it, what features are important to you? Coming up with a wish list written in order of importance can help focus you on what your priorities really are. Also, knowing exactly what you want at the beginning of a project will enable the contractor to come up with a more accurate quote. Have at least a rough idea of what you are prepared to spend - the amount of money you have to spend is going to dictate what you do, the products you select and the final floorplan. If you have a limited budget try not to move plumbing/gas/sewer lines as this will increase the budget significantly. Be upfront with the contractor/designer about your budget. They are knowledgeable about the cost of different products and will help steer you in the right direction.

HIRING A CONTRACTOR

Selecting the right contractor for your project is probably the most important choice for your remodel. Talk with neighbors, friends and coworkers who have recently remodeled

and were happy with their contractor, and interview at least three. Check whether the contractor is a member of any professional organizations. NARI (National Association of the Remodeling Industry), for example, is a well respected organization that have stringent criteria their members need to meet. Their website will give you a list of local contractors who are members, as well as valuable tips on selecting contractors and what questions to ask. In addition always check references yourself.

SELECTING MATERIALS AND FINISHES

The question I hear most often regarding kitchen remodels is where do I start? - Should I start with selecting a granite slab, cabinetry, appliances? There is a huge amount of choice on the market and if you don't have a strong direction it can be incredibly overwhelming. In fact, there really are no hard or fast rules as to where to begin. Start with what you love - be it a picture in a magazine, a feeling you want to create, a particular piece of granite or tile design, even a piece of artwork. These can all be starting points from which to build on. If you haven't already spoken with a designer now may be the time - he or she can help you identify the direction you would like.

*by Christine Sheldon, Interior Designer,
Allied Member ASID. (650) 508 1842*

CHANGING REAL ESTATE MARKET 2007

By Bobbi Decker, Broker, Realtor(r), CRS, GRI, SRES

Five professionals got together to discuss all the key elements of our local real estate market. These experts help to paint a full picture of the local market place by focusing on key subject areas. Carole Rodoni, a well know real estate market analyst and consultant, provided statistical evidence that countered much of the bad national press expounding that the entire real estate market is in a downward spiral. Yes, there are variations in local area, but many of our areas are holding firm on home sale prices.

•Michael Haigh, the top loan consultant for CitiMortgage, pointed out how the rates are still very favorable by historical standards. He did counsel to make sure you are in a “bullet proof” mortgage loan that continues to be affordable for you.

•Justine Ford, a seasoned Realtor continuously ranked in the top performer category nationally and locally, pointed out the approaches that sellers should review in their “go-to-market” strategies. Key among those discussed was being realistic in setting prices that fit the market conditions of each specific location.

•Anne King, also a recognized Realtor with a reputation for superior customer service, spoke on the important aspects of what buyers should be doing to optimize their results in today’s market. An important part of a buyer’s mindset should be not attempt to “time the market”; waiting for prices to decline could prove costly.

For my part, I was able to add some anecdotal recent real estate experiences and historical prospective that highlighted and confirmed many of the points made by this fine panel. All five personalities agreed on two key issues, owning real estate is a long-term commitment and it is a key strategy to building your wealth over the years.

You can get more details by tuning into the hour long special “Changing Real Estate Market- 2007” Seen each week on Cable Channel 26, Wed. 4pm, Thurs. 7:30pm, Fri 10pm, Sun 8pm

Bobbi Decker, Associate Broker with Keller Williams, GRI, Graduate Realtor Institute, CRS, Council of Real Estate Specialist, & SRES, Seniors Real Estate Specialist, is an active Broker and Realtor, in the Bay Area for over 25 years. Real Estate with Bobbi Decker is graciously underwritten by The Michael Haigh Team, CitiMortgage. To submit questions you would like answered in this column in the future, call 650 373-2088, email: bobbi@bobbidecker.com or visit www.bobbidecker.com.

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HOW MANY WAYS DOES YOUR DOG TRAIN YOU

Every month I’ve stressed the need for our dogs to see us as leaders. That must be the dog’s consistent impression.

People who say “my dog won’t listen to me” need to have both a “how”, the dogs communication system, and a “why”, the dog’s respect for their leadership, in order to get the dog to listen. While people occasionally struggle with the how, for example resisting using tones that the dog perceives as praise or correction, where we usually fall down is the why.

Asserting ourselves only when the dog upsets us while disregarding the dogs “minor” encroachments the rest of the time gets us in trouble. We start from the premise: “Fido’s a really good dog but I just want him not to pull on the leash / chase cats / go ballistic when he hears the UPS truck”, and those are the only times Fido hears from us. In the meantime, we love Fido’s “need for attention” and encourage or reward most or all of his people training skills:

- * Bringing a toy and dropping it at our feet
- * Barking at us if we don’t pick it up
- * Rolling his ball under the couch and barking at us until we retrieve it
- * Jumping on us
- * Nudging us with his nose
- * Batting us with his paws
- * Putting his paws on our knees (or shoulders!) when we sit
- * Standing rigidly and silently “pointing” at the treat jar or the refrigerator
- * (I’m sure my readers can double or triple this list)

From a dog’s perspective, we are slow, indecisive and impaired in our smell and hearing. Reinforcing Fido’s sense that he’s in charge because he expresses his leadership in ways that please us still teaches Fido the wrong lesson. We can spoil him to our heart’s content but it has to be at our initiative not his.

E-mail Peter Levy with questions about canine communication at mid-peninsula@barkbusters.com

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