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The Dog Was Their Shepherd

Each of the following is based on a true incident. Only the names have been changed to protect the guilty.

Dick, Jane's dad, came to the couch where she was lying. As he bent to kiss her good night, Jane's dog Farfel lunged at Dick and bit the arm with which he braced himself.

Johnny's fiancé Frankie screamed with delight when she found the engagement ring hidden in her Easter egg. As she threw her arm's around and kissed Johnny, Johnny's dog Princess jumped frantically at Frankie's legs barking furiously.

Mary stood hands on hips in the kitchen while her teenage daughter Patience screamed at her. Bowser, a dog belonging to Patience's sister Prudence, bit the back of Patience's leg.

What did Farfel, Princess and Bowser share in common, other than their status as creatures of the canine persuasion and candidacy for the soon-to-be-released "Dogs Gone Wild" series of "reality" recordings? Certainly they did not share human emotions such as jealousy, anger or envy. Each was confused about their status in their households - from their perspective their packs. Each responded to a subordinate pack member they felt was threatening another subordinate pack member. Each was correcting the errant subordinate quickly and firmly. Each intended nothing more elaborate than to communicate to the subordinate the dog's intention that they quit immediately the threatening behavior. Each also illustrates the danger of permitting a dog to develop and retain confusion about pack hierarchy. Dogs are calmer, happier, and more confident if they understand that the humans in their household take care of them, not vice versa. No dog leads out of ego, none out of ambition. Survival instinct, however, causes every dog to lead if they perceive that the humans around them are indifferent about doing so. Sometimes the confusion is amusing, frequently it's annoying, almost always it's an unhealthy confusion for the dog to harbor.

Contributed from Peter Levy, Certified Dog Trainer

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REDWOOD CITY POLICE WAIT TABLES TO RAISE FUNDS FOR SPECIAL OLYMPICS OF NORTHERN CALIFORNIA

Members of the Redwood City Police Department have long-championed the Special Olympics, which creates positive and enduring change in the lives of people with disabilities. On, March 27th, personnel from the Redwood City's Police Department waited tables to benefit Special Olympics Northern California. Law enforcement officers traded in their handcuffs and badges for menus and serving trays to assist Applebee's wait staff during dinner, with all of their tips going directly to the Special Olympics. Proceeds from the Tip-a-Cop event assist in allowing Special Olympics Northern California to provide year-round sports training and competition to children and adults with developmental disabilities at no cost to them or their families. The Special Olympics provides sports training and athlete competition to children and adults with intellectual disabilities through more than 200 Programs in 150 countries around the world. Children and adults with intellectual disabilities who participate in Special Olympics develop improved physical fitness and motor skills, greater self-confidence and a more positive self-image. Special Olympics of Northern California program website is located at www.sonc.org.




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AVOID MALE FASHION FAUX PAS

While men's fashions don't change dramatically from season to season, it's important to take care to avoid some of the more common male fashion faux pas that, unfortunately, are all too prevalent.

WATCH THAT NECK...Most men wear their shirts too tight at the neck. Neck size increases 1/2 inch for every 8 pounds of weight. Aging alone causes the neck to get a little fuller. In the course of a day, the neck expands and contracts with speech. (Frank Sinatra had his collars made an inch larger because of muscle expansion as he performed for hours.) Next time you're in the men's shirt department, have the sales consultant measure your guy's neck, then go up a half size. He'll look sharp and be more comfortable.

A LOOK AT CUFFS.... The cuff should always stop at the base of his thumb, erring on the side of long versus short. If he has shirts custom-made, make the wristwatch arm a little larger to accommodate the watch. To make sure he doesn't look like he's wearing his father's shirt, make sure the cuff exposure is 1/4 to 1/2 inch below the suit sleeve. He should be wearing the shirt, not the other way around!

HEM TUTORIAL....You always know when you see someone wearing pants that aren't hemmed at the appropriate length. Let's review the rules that govern men's pant length. First, be sure he's

WORDS FROM THE RUNWAY

I'm sure you remember that moment in *The Devil Wears Prada* when Meryl Streep berates Anne Hathaway for her lack of understanding of how the runway affects her life - that her purchase of a shapeless bargain-bin sweater of cerulean-blue was the trickle-down result of a runway moment of the past. If you've ever wondered what meaning the runway shows have on your life, you're not alone. The truth is, though, that a myriad of designers are hard at work to make sure that the translation of those runway moments does occur, to allow all of us 'ordinary' people to benefit from the inspiration of the couture designers. What are our trends for this Spring and Summer?

SLICK CHIC - shiny fabrics are all the rage, whether metallic, sequined or patent. Seen on the runway by Marc Jacobs and Max Mara, it's an easy trend to incorporate, just be sure to not go overboard. One key piece will be sufficient to get you noticed in a good way.

HIGH VOLTAGE COLOR - Lanvin and Burberry Prorsum featured bright pops of color. Obviously, pick your bright in a shade that makes your complexion 'pop' and don't go too wild with accessories - the color is the focus of your outfit.

BLACK & WHITE - Black and white are two perpetually popular colors in these seasons - they always look crisp and pulled-together, as seen in the Ralph Lauren and Michael Kors collections. These combos are easy to find in your local department store or boutique and have staying power in your wardrobe.

RACKETSCIENCE - The emergence of a sporty look was evident this year by J Mendel and Lacoste (no surprise). Again, this is an easy look to achieve with great polos and coordinating sweaters. Just don't let it get 'sloppy sporty' - keep it neat.

TOUCH OF TRIBAL - Ethnic influences abound, in earthy colors and natural embellishments. Look for khaki to be plentiful and find a sweater trimmed in stones or shells for the focal point. Donna Karan and Nina Ricci were strong in this trend and you can be too.

Adena DiTonno is owner of adenaDesigns, a fashion consultancy and representative of The Worth Collection.

wearing appropriate shoes and that his pants are sitting comfortably at his waist.

STRAIGHT HEMS: Flat-front trousers should always have a straight hem, not cuffed. The bottom of the pants should stop an inch above the sole of the shoe, creating a break at the ankle.

CUFFED HEMS: Pleated pants look best with cuffs because they balance out the extra fabric at the waist. Cuffs should be 1-1/2 inches wide, and the length and break the same as with straight hems.

CROPPED HEMS: This hem, about an inch above the ankle, works best with narrow-cut pants, flat front or pleated. Cuffs are optional, but should be wider than the standard cuff but no more than 2-1/4 inches.

JEANS: The length of jeans should be a bit longer than tailored pants - ending a half an inch above the sole of the shoe. If they are straight leg, the hem can go all the way to the floor so they bunch properly over the shoe.

Adena DiTonno is owner of adenaDesigns, a fashion consultancy and representative of The Worth Collection.



GETTING TO THE HEART OF HIVES *Bill Black, M.D., Ph.D.*

A long, long time ago, our immune systems evolved to help us fight off the microbes—including viruses, bacteria and parasites—that like to set up house in our bodies and cause disease. Inflammation is one

way our immune system fights back, with molecular and microscopic changes that make our bodies inhospitable to these invaders. But sometimes our immune system gets fooled and creates inflammation in the absence of an attacking microbe. When this happens, one result can be hives.

Most of us know what hives looks like—an itchy, red, swollen rash. The immune system releases inflammation-causing histamine and other molecules in the upper layers of the skin, resulting in the rash and itching. Increased blood flow causes the red color, and leaky blood vessels result in swelling.

Why do we get hives? There are many possible reasons, including exposure to a food, medicine, soap, new clothes, detergent, perfumes, lotions, pets, pollens, dust, molds, plants, insect bites, chemicals or almost anything in our environment. Certain viral illnesses can also cause hives. Even changes in temperature, exercise or emotional stress can hasten hives. Sometimes it is possible to figure out what caused the hives, but often the cause cannot be identified.

About 25 percent of people in the U.S. will get hives at least once in their lives. For most people, hives only lasts a few days or weeks. These “acute” cases may not even need treatment. However, sometimes hives becomes a chronic disease, lasting months to years. In these cases, individuals with hives should seek treatment.

Treatment of hives is aimed at blocking the effects of histamine. There are two places or types of “receptors” in our bodies where histamine acts, H1 and H2, and most antihistamine medicines block the effects of histamine on one or the other. Over-the-counter examples of each include diphenhydramine, which blocks H1 activity, and famotidine, which blocks H2 activity.

Sometimes hives is serious and/or persistent enough to warrant more aggressive treatment. In this instance, steroids may be used. Since steroids have many potential undesirable side effects, and even permanent long-term effects such as thinning of bones or cataracts, it is best to reserve their use for more serious cases of hives.

Angioedema is a much more serious relative of hives. In angioedema, histamine causes swelling more deeply in the

skin. If this occurs in the mouth or throat, it can cause a life-threatening blockage of the airway. Anyone with hives who is having difficulty breathing should receive immediate medical treatment.

Our immune system is a wondrous product of millions of years of evolution. It keeps us healthy in a world full of viruses, bacteria and parasites. Most of the time, our immune system selectively attacks and eradicates these invaders, but occasionally, it gets fooled into believing it is being attacked when it isn't, and hives is the result. Luckily, hives are generally short-lived, and treatments are available for more severe cases.

Photo Caption: Dr. Bill Black is an internal medicine physician at the Palo Alto Medical Foundation's Redwood City Center and San Mateo County Division Head for the Palo Alto Medical Foundation.

Endnote: The Palo Alto Medical Foundation and column editor Arian Dasmalchi provide this monthly column.

JOIN THE RWC COOL CAMPAIGN

In Redwood City, we know that it takes our entire community, working together, to make a positive impact on reducing energy use and waste, lowering our community's carbon emissions, and forging positive action to help protect our future from climate change. You and many other members of the community, along with your City staff and Council members, recognize that this is one of the most critical issues for both today and for the generations to come. Our big step in the green direction for Redwood City is our new Cool Campaign - a community building project that brings people together around the issue of climate protection. It's easy to join in the Redwood City Cool Campaign, which focuses on motivating and facilitating community members to take climate protection measures in their own homes. You can email or call our new Environmental Initiatives Manager Beth Ross at 780-5917, or go to the Redwood City Cool Campaign interactive website - a great tool providing information, assistance, various levels of challenges, and many easy ways for community members to take personal, positive action to reduce energy use and carbon emissions in their home, neighborhood, and workplace. A great feature is the 'monthly challenge' that will put you on track, each month, to make a positive change toward climate protection. In March, the challenge involves water conservation - and you already know that Redwood City offers many tools for saving water (just look at the water conservation web page). This is just the start, and as more and more community members join in by signing on to the website, Redwood City is poised with many more program elements that will inspire, motivate, and encourage the community toward this critical objective of climate protection.



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WORKING WITH A DECORATOR PART 1

PART I. CREATING YOUR PERSONAL DECORATING PLAN

A beautiful home doesn't just happen. Good decorating is the result of good planning and should start by developing a comprehensive, detailed decorating plan.

What should be included in your decorating plan? Everything that needs to be done, including timing priorities and budget. It's vitally important to write down everything and be as specific as possible.

Most people feel they need assistance in creating and implementing their decorating plan. Professional interior decorators have the talent, experience and specialized knowledge to help you pull it all together. They can also save you time and money. After all, the most costly furnishings you will ever buy are the ones that prove to be mistakes! Here are a few suggestions that will help you understand your own preferences and prepare you to work with a decorator.

Begin by collecting decorating magazines - or design books. Consider cutting out photographs of furniture, styles, window treatments, color schemes, floor and wall coverings, etc., that appeal to you.

Then, compile everything you've collected into a notebook and organize it into sections for each room you'll be doing. If you chose to work with a decorator, your preplanning will make it much easier for you to communicate your likes and dislikes.

Evaluate your present furnishing and decide what you would like to keep, eliminate, and re-do. Write down the various items in your notebook. What will be your overall color-scheme? Does the carpeting need to be replaced? Which room do you want completed first? What budget have you established for each decorating project you wish to undertake?

Knowing this information will prove valuable in working with your chosen interior decorator. And remember - no matter what your lifestyle - your home should be a reflection of your tastes - your likes and your interests!

By Theresa Pineda

Some Quotes For April *By Albert Einstein*

"It's not that I'm so smart, it's just that I stay with problems longer."

"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

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SENIOR ACTIVITIES FOR APRIL

Veterans Memorial Senior Center

Activities The Veterans Memorial Senior Center, 1455 Madison Avenue, Redwood City, is providing the following activities that are open to the public during the month of April.



Thursday, April 10th - 1:00 pm

Senior Affairs Commission Meeting.

The City of Redwood City Senior Affairs Commission is holding its March 13th meeting at the Fair Oaks Community Center, 2600 Middlefield Rd., Redwood City. The objectives of the Senior Affairs Commission are to encourage, foster, facilitate, establish, and maintain programs for the enhancement of all matters relating to the social, economic, and personal well being of the City’s senior population. The public is invited to attend.

Saturday, April 12 - 7:30AM-4pm

Monterey Whale Watching Tour & Lunch.

The Monterey whale watching tours take place in the third largest deep submarine canyon in the world. The Monterey Bay National Marine Sanctuary is home to 27 species of marine mammals, 100+ species of marine birds, 345 species of fish and the leatherback turtle. After the tour we will have

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lunch at a wonderful restaurant in Monterey. To sign up for this exciting excursion please contact Christina Canessa at (650) 780-7343. Fee: \$60.00

Wednesday, April 16th - Homeopathy - 1:00pm – 2:00pm

Dr. Gerald Cohen will help us to learn and understand just what the medical field of Homeopathy is all about, and how it can be helpful in providing us a healthier lifestyle. Plenty of time will be available for questions and answers. Dr. Cohen is in private practice in Menlo Park.

For more info: Merrylen Sacks 650 780-7320

WEDNESDAY, APRIL 23

BUILDING CLOSED AT 2:00 pm

To learn more about the Veterans Memorial Senior Center, call 780-7270. Redwood City Parks, Recreation and Community Services Department provides recreational facilities and activities for all ages and interests, and supplies building and custodial services for City buildings. Redwood City Parks also operates the Veterans Memorial Senior Center and the Fair Oaks Community Center, providing social, educational, and cultural activities, as well as information, referral, and counseling services to persons living in Redwood City and neighboring communities. Redwood City Parks is more than you think! Its website is located at www.redwoodcity.org/parks.

HOMEMADE ICE CREAM IN REDWOOD SHORES

Nestled a few doors down from Nob Hill Foods in the Marketplace at Redwood Shores is a new foodie delight—MilkShake Werks. There they make ice cream from scratch with fresh cream, eggs, and pure cane sugar blended with fresh, seasonal ingredients and no added stabilizers or preservatives.

Flavors range from classic to exotic to MilkShake Werks originals. Among the more popular are Cookies & Cream, Butterscotch, Marshmallow Fudge Ripple, Sweet Corn, Coconut Curry, and Spicy Mayan Chocolate. They also offer a rotating selection of completely dairy-free all-natural ice creams including Banana Coconut and Chocolate Coconut.

As the name suggests, MilkShake Werks specializes in milkshakes but also offers their classic French custard ice cream in scoops, sundaes and floats as well as homemade ice cream cakes and cupcakes, ice cream sandwiches, and fresh-baked cookies and brownies. Customers are encouraged to add a personal touch to their shake with the addition of chocolates, nuts and even breakfast cereal. They offer catering with options ranging from the classic ice cream social to a custom milkshake bash.

MilkShake Werks is the brain child of Leslie Widmann, former GM of Restaurant LuLu's Gourmet Product line and her husband Daniel. Widmann drew her love of sweet treats from her mother, an accomplished home cook. "I grew up in Massachusetts where handmade ice cream abounds. My first job was in an ice cream shop, and I was hooked for life." A graduate of Harvard with an MBA from UC Berkeley Widmann became involved in the bay area food scene. After eight rewarding years at Restaurant LuLu it was time for a new challenge, and she began building a body of recipes.

MilkShake Werks gives the term family-run shop a whole new meaning. Widmann is accompanied to the shop every day by her 7-month old daughter Erin who's rapidly becoming the shop mascot. "We opened our shop, and I left for maternity leave 3 weeks later - it was frantic to say the least." Widmann was fortunate to find Timothy Wimer, a graduate of the California Culinary Academy, who makes the ice cream and has built on Widmann's original body of recipes with his own ever-growing repertoire.

In the rush to open MilkShake Werks dispensed without any initial fanfare, so they celebrated with a grand opening party and ribbon-cutting on April 3rd. Festivities included milkshake samples and cookies and a visit from members of the San Carlos Chamber of Commerce.

Vitals: MilkShake Werks is located at 256 Redwood Shores Pkwy. in Redwood Shores, just off Hwy 101. Their phone # is (650) 654-3131. They're open Monday through Saturday from noon to 9pm and Sunday from noon to 8pm.



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Eggstravangza 2008 Continued from page 1



Thank you to the RWS Lion's Club for inviting the RWC Police Dept. to be on hand to implement their Child Identification Program.

GET BACK ON THAT HORSE

When's the last time you ran on your treadmill?

How about the Ab Roller you saw you're embarrassed by your answer certainly not alone. Americans spend \$4.7B a year on home exercise equipment that usually ends up neglected in the corner. In the go-go Silicon Valley it's hard everyone to find time to exercise and there are millions of excuses.



The key to breaking the friction is baby steps and time windows. If you want to get back into shape ease into it and fit it into your schedule where it has the best chance of becoming routine. A lot of people who have taken a break from exercise, seem as if they are trying to make up for lost time. They go from zero to 60 by power lifting the heaviest weights they can pick up, or push themselves through a full hour on the treadmill or try to jump right into the advanced yoga class. This is a recipe for failure as you risk injury and won't enjoy what you are doing. Your body needs time to transition from one state to the next and to build up the muscles and endurance to support your new efforts.

First pick a time on your schedule that will work best for you to fit in a workout at least three times a week (yes, Saturday and Sunday count). This window doesn't need to be 90 minutes or even an hour. If all you can fit in is 30 minutes, do it. This time should become as routine for you as meals, work and grooming are today. If you are a morning person and can add an extra thirty minutes to your morning routine before work, pick this time. If you work 7-7 for a VC-funded startup, pick 7:30. Exercise will help you de-stress from the day, relax for the evening and will even curb your evening appetite.

Next, spend some time figuring out what type of exercise you enjoy. A good indicator is any fitness routine or sport you might have enjoyed in the past. Are you a runner, a dog walker, or a basketball fan? Whatever the exercise, make sure it is something you want to do - you're more likely to stick with it this way.

Third, ease into it. Pay attention to how you feel doing the exercise. Are you breathing harder than normal? Is your heart beating faster? Are you breaking a sweat? Are you able to carry on a conversation while doing it? These are all good indicators that you are working out at a level that is improving your fitness and overall health. If you are huffing and puffing, struggling for breath and couldn't complete a sentence if you tried, then you are working out too hard. Save that for later, when you have built a base of fitness. If you have health issues or past injuries, be sure to check with your physician before taking on any exercise routine to make sure it is safe and that you do the exercise the right way so you avoid injury.

STARTING ON APRIL 12TH - IT'S THE SECOND SATURDAY ART WALK!

The new Second Saturday Art Walk is a multicultural, socially responsible, and eco-friendly event that brings a fabulous array of art to the community. Fair trade crafts are being promoted at five art galleries in Redwood City, compiling over 75 local artists bringing inspiration, culture, and entertainment this spring and summer to the entire Peninsula. This great new event takes place every second Saturday of the month from April through September, starting at 7 pm - the very first Art Walk is April 12th!

Bring the family for an Art Walk - wander from gallery to gallery, take in the art and culture, and enjoy the new dining and entertainment options in our revitalized downtown. The following five galleries are participating in this year's Art Walk:

- Bazaarbrazil brings over thirty projects of artisans from Brazil - 2662 Broadway
- Gallery 2611 combines 5 local artists - 2611 Broadway
- Art on Broadway Gallery and the Redwood City Art Center Studios are formed by 29 artists - 2625 Broadway
- The Main Gallery is a cooperative of 24 artists - 1018 Main Street

More information is available online at www.redwoodcityartwalk.com. This event is sponsored by the City of Redwood City and its Redevelopment Agency.

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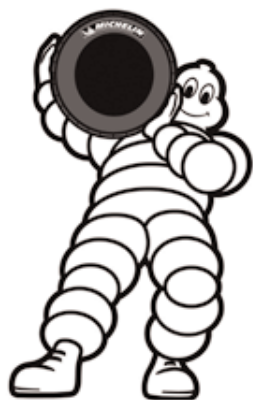
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