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### EARLY WARNING

According to the American Dental Association, an increase in sugar consumption among children is causing a rise in tooth decay. With this in mind, parents should make every effort to schedule an appointment with the dentist as soon as the child's first tooth appears. The problem is that a recent survey by the American Academy of Pediatric Dentistry found that 70% of American children start receiving dental care two years too late, most often at age three. As a result, children who might otherwise get their first cavities at age six are now getting cavities before age three. When this happens, a real dis-service is being done to the child. As far as dental care goes, the earlier the better.

We recommend a balanced diet for all members of the family. We encourage you to talk to your dentist about oral issues. Your health is our first priority. Preventing dental disease is less costly and more rewarding than correction the problem. We will show you how to care for your teeth. After all, teaching you how to prevent dental disease is our primary goal. We provide quality, personal dental care in a comfortable, immaculate, professional environment at the Marketplace office, located at 278 Redwood Shores Parkway. Let us help you bring out that natural smile.

P.S, Even before your child's first tooth erupts, take a soft, damp washcloth and gently wipe his or her gums after eating or drinking sugary liquids.

## SCHOOL FORCE NEWS *By Christine Woxniak*



### April 2004

#### Auction for Education

Auction for Education launches in May with Auction Drives at each elementary school in the district:

Central: Monday,	May 3rd
Nesbit: Tuesday,	May 4th
Sandpiper: Wednesday,	May 5th
Fox: Thursday,	May 6th
Cipriani: Friday,	May 7th
Ralston: Week of	May 3rd

Go to [www.schoolforce.org/onlineauctions.htm](http://www.schoolforce.org/onlineauctions.htm) for a complete list of items that sell quickly (electronics sell particularly well online). Find items of value that you no longer want, drop them off at your school, and School-Force will convert them into cash for the schools by auctioning them on eBay.

#### School Force Programs

School-Force has several other programs that are all volunteer-run and directly benefit the children of the Belmont-Redwood Shores school district. Combined, they have raised over \$215,000 during the 2003/2004 school year, (after expenses) as of the end of March.

**Annual Giving:** Writing a check is the easiest way to save school programs. We appreciate both small and large donations. Your contribution of \$240 per child will assure we meet our goals for this year.

**AutoDonations:** Bought a new car lately? School-Force can help sell your old car AND make a donation at the same time! Your car (running or not) will be removed, sold, and School-Force will get the net proceeds. For instructions on how to donate, go to [www.schoolforce.org/onlineauctions.htm](http://www.schoolforce.org/onlineauctions.htm).

**Realtors and Lenders:** School-Force Realtors and Lenders donate to School-Force with each house sold or loan written. Look for the School-Force preferred realtor sign on houses for sale. Show your support for these realtors and lenders by sending business their way: [www.schoolforce.org/realtorlender.htm](http://www.schoolforce.org/realtorlender.htm).

**Open Library, Open Mind (OLOM):** The new program supporting our libraries—Open Library, Open Mind—kicked off in March with a grammar school Read-a-Thon and a Read-In at Ralston Middle School.

**Save the Music with the Little School District That Could (STM):** Last fall, Save the Music was launched with a daylong music festival and regatta. The cities of Belmont and Redwood Shores were brought together for the first time in support of our schools. The 2004 committee, led by Greg Carbullido, has formed and has begun planning. If you're interested in volunteering email [info@school-force.org](mailto:info@school-force.org).

**Volunteers Needed:** School-Force in need of volunteers with marketing and public relations skills to help spread the word about our programs.

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## COMMUNITY TALK

By Rosanne Foust



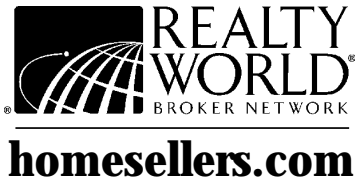
There are two issues I would like to bring to your attention this month. On Tuesday, May 18th RSCA is hosting for the city of Redwood City its third "General Plan Update Workshop" at Sandpiper Community Center from 7:30 to 9:30 PM. Free childcare (with advance reservations) and refreshments will be served. I strongly encourage as many residents as possible to attend this workshop and help the Planning Commission update the blueprint for Redwood City's future.

The Commission needs your help in answering questions such as—What kind of neighborhood is best for your children? Do we need more parks or more housing? Are affordable housing, senior housing and services, and improved roadways important to you?—These and other questions will be discussed at this meeting as well as a mini-tutorial on what a General Plan is and how important it is for a community. More information will be sent directly to your home and placed at locations throughout Redwood Shores prior to May 18th.

The second issue is concerning the City of Redwood City's "Draft Policy for Repairing or Constructing Docks or Retaining Walls in Redwood Shores Area." This draft engineering policy document dated 2/29/04 can be found in this month's *Pilot*. In addition the Redwood City Planning department is working on draft policy for the design review process regarding this issue as well as other planning related matters.

I encourage you to review it and send your comments to Blake Lyon ([blyon@redwoodcity.org](mailto:blyon@redwoodcity.org)) as soon as possible. The City plans to hold one or several community meetings on this subject. First though, it was important to get draft policy language that was developed from planning and engineering studies done over the last six months out to you and begin gathering initial feedback from the community.

Next month I hope to have an update on our levee system, potential Shores library and any other issues that will keep you informed and connected to our community. Please feel free to contact me at [rfoust@redwoodcity.org](mailto:rfoust@redwoodcity.org).



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**Patrick Carmichael**  
802-7011

[carmichael@redwoodshores.com](mailto:carmichael@redwoodshores.com)

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# HEART DISEASE CLAIMS MORE WOMEN'S LIVES THAN MEN

By Meg Durbin, M. D.



Susan, age 50, exercised religiously and followed a healthful diet. One day while she was out for a walk, she felt a sharp pain in her upper arms and jaw. She was diagnosed with blockages in three major arteries and had to have quadruple bypass surgery.

Susan didn't realize that she was at higher risk for heart disease because her mother had a heart attack at age 60. According to a recent study, more than 80 percent of Northern California women ages 40 to 70 are at risk for a first heart attack. Like Susan, the majority of these women do not perceive themselves to be at risk.

In fact, heart disease is the No. 1 killer of women - taking more lives than all cancers combined. While heart disease is commonly thought of as a man's disease, it has actually killed more women than men each year since 1984. Yet more than 70 percent of cardiac surgeries are performed on men, which indicates that women are being diagnosed too late for surgery.

One problem is that women have different heart attack symptoms than men. While men often experience a shooting pain in the arm and general pain in the chest, women may experience pain in the face or jaw and may feel they have a terrible case of heartburn. Additional symptoms for women may include pain between the shoulder blades, nausea, dizziness, shortness of breath or flu-like symptoms.

The good news is that much heart disease is preventable. We can identify risk factors for heart disease quite early, and reduce them through lifestyle changes such as increased exercising, maintaining normal body weight and following a balanced diet. We can also use screening tests to determine when medications may lower risk further.

Risk factors for heart disease include diabetes; hypertension; family history of heart disease in mother or sister before age 65, or in father or brother before age 55; smoking; high LDL ("bad") cholesterol or low HDL ("good") cholesterol; being more than 20 pounds overweight; sedentary lifestyle; high stress; and increasing age. There are also "advanced cardiac risk factors" that can be identified with sophisticated medical tests when someone has heart disease that is unexplained by other risk factors or when the family history is compelling.

"Primary prevention," or prevention before the onset of the disease, starts with knowledge. Women should know their blood pressure and body mass index (a way to relate height and weight to determine whether an individual is overweight), and

change their lifestyles as needed. Women should also have cholesterol tests done at age 45, or earlier if they have high blood pressure, diabetes, or a family history of heart disease or stroke.

"Secondary prevention," or preventing further consequences once disease has been identified,

includes all of the above, often combined with medications. These interventions are literally "for life"—they must be used diligently and for the long term.

Treatment always begins with diet, exercise and stress reduction. Research confirms that dramatic improvements in exercise and diet can actually reverse obstruction in the coronary arteries. Quitting smoking at any age has prompt, long-lasting benefit. Medications can target abnormal blood pressure, cholesterol and blood sugar. For those with documented coronary artery disease, treatment includes medications and procedures to open the coronary arteries using balloons, stents and bypass surgery.

While treatments are steadily improving, knowledge provides the best way to fight heart disease. The more women become educated about the disease and risk factors, the more power we will have to fight this deadly condition with the best medicine of all - prevention.

*Photo caption: Meg Durbin, M.D., is a family physician at the Palo Alto Medical Foundation.*

*End note: This monthly column is provided by the Palo Alto Medical Foundation and column editor Arian Dasmalchi.*



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## FOR THE LOVE OF GOOD FOOD

By Susan Prescott

siprescott@sbcglobal.net



### SIMNEL CAKE

The word *simnal* comes from the latin 'simila', which was the fine flour used for these cakes. Simnel cakes were traditionally baked and given by servant girls on Mothering Sunday so that they could be kept for the remainder of Lent and enjoyed at Easter (mothering Sunday is much earlier in Europe). Even today this richly fruited Simnel cake with its hidden layer of marzipan (almond paste) still marks the arrival of Easter and is decorated with 11 balls of leftover marzipan to symbolize Christ's faithful disciples. But whether you celebrate Easter or not it is a great cake to make for friends and family alike.

#### Ingredients

4 oz butter, softened  
 finely grated zest of 1/2 orange  
 4 oz soft brown sugar  
 finely grated zest of 1/2 lemon  
 1/2 tsp ground mixed spice (cinnamon, clove, ginger, nutmeg)  
 2 eggs, beaten  
 8 oz yellow marzipan (almond paste)\*  
 5oz self-raising flour  
 To Glaze  
 6 oz currants or cherries  
 2 tbsp apricot jelly  
 4oz golden raisins  
 1 egg yolk  
 2 oz raisins

1. Preheat oven to 400 F. Lightly grease a 7inch cake tin and line with a double layer of waxed baking paper.
2. Place the butter, sugar and spice in a mixing bowl or processor and beat together until pale & fluffy. Butter should have similar consistency to beaten egg so they blend evenly. Add the egg a little at a time and beat until smooth. If the egg separates add a little flour and then beat.
3. Place the remaining flour with the fruit & citrus zest in a bowl and toss together. (Coating the fruit with flour prevents the fruit from sinking during baking.) Stir the flour mixture into the creamed mixture and spread about 1/2 into the cake tin.
4. Divide marzipan in 1/2, dust with a little flour and roll out into a circle that will fit into the tin. Spread the remaining mixture into the tin and bake in the center of the oven for 30 minutes, then reduce the oven to 325 F and bake for a further hour, or until a skewer inserted into the center of the cake comes out clean.
5. Allow the cake to cool in the tin, then turn it out and trim the top level. Spread with warm apricot jelly, roll out 2/3 of the remaining marzipan to cover the top. Brush the surface of the marzipan with beaten egg yolk. Make 11 little balls from the leftover marzipan and position around the edge, brush once again.

(Continued on page 41)

## THE WINE ENTHUSIAST-By Tom Barras

I have been browsing and buying wine books for years, and it seems no matter the publication date, in each book's Preface the author comments on the 1) the current revolution in wines and winemaking, 2) the increasing number of choices available, 3) and the ongoing need for the wine consumer to be making informed buying decisions.



Of course, it's that same proliferation of wine and the information about them that makes the topic so challenging. Additionally, it's my observation that wine is one of those products that, for the most part, the consumer has to self educate. Much is available to assist us. Certainly much more than in previous years. Winery and in-store tasting rooms, Internet web sites, specialized wine publications, books and newspaper articles, knowledgeable wine clerks, and so on. They're all there to lend a hand. However, for the most part, we must make the commitment to learn.

Since wines are produced in a wide variety of styles, it makes sense for you to become knowledgeable, certainly conversant, about the details of your preferences. Which body style do you opt for? Light, medium or full? Do you prefer a high or low acid white? Is it completely dry, or is there a hint of sweetness? Do you like your red New World, large-scaled, "fruit forward?" Or Old World and something more elegant and understated? And what about the oak effect? It's time to take inventory of your likes and dislikes.

What the above questions allude to is the singular importance of "grape variety," because it is the single most important component in determining the way a wine looks, smells and tastes. Other major factors that determine the appearance, aroma and flavor are the wine's country of origin, the specific location of the vineyard, and what the microclimate is like. But once you get a handle on what the grape is all about, then the rest is as simple as swirl, sniff and sip.

Take the uncommonly popular Chardonnay grape for example. It has its own inherent look, smell and taste, but it will always display a personality peculiar to, and one that varies with, the determinants mentioned above (country, vineyard, climate, winemaker). That's why a California Chard tastes the particular way it does. Ditto the Macon-Villages Chard. Ditto Australian Chard. The same goes for Pinot Blanc, Sauvignon Blanc, or any other red or white grape variety.

In last month's column I encouraged you sample Chardonnays from different countries. My intent was not to make you a Chardonnay wizard, but rather to point out that, within a given varietal, there are varying interpretations. However, and here comes this month's sales pitch, besides the ubiquitous New World Chardonnays and Cabernets, there are many interesting European wines that will match perfectly with your style preferences and are patiently awaiting your scrutiny and drinking pleasure. Most of them are reasonably priced and make excellent food partners. Don't be shy, ask the wine clerk to recommend several that will go with your dinner menu. You're certain to discover some new favorites.



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## **STAGING : THE \$50,000 ADVANTAGE**

In this spring’s fast-paced real estate market, sellers are wondering whether it is necessary to bother staging their home prior to putting it on the market. Staging uses space planning, color selection and rental furniture to play up the architectural features of the house to make it more appealing to a greater number of buyers. Actually, considering the time and effort required to prepare a house to sell, don’t you want to make the greatest profit possible and to shorten the days the house is on the market? Staging in any market condition eliminates the buyer objections, increases the number of offers and increases the price of the offers. All of this results in a faster sale and decreased stress for the sellers. Here on the peninsula there are very few new home sites, so most sales are competing with older homes which are also in the resale market. This means that remodeled well-maintained homes will stand out above the competition and garner the most offers. A stager can evaluate the condition of your home in relation to what the demographic market of buyers in your neighborhood expect to see in a house of your price range. Then the stager can make suggestions about which investments (window replacement, lock repair, updating bathrooms, etc.) will yield the best financial return. The stager’s skill with props can also make your home more unique than its competition.

This spring a two bedroom one bath 900 sq.ft. home was sold in Burlingame . The 70 year old home had such a small lot that it precluded any possibilities for expansion. The other drawback was

the \$8000 of termite work that needed to be done. The owners worked with a stager with the goal of making their house desirable to a buyer who wanted a small home with minimal yard maintenance. One advantage the property had was that it was within walking distance from downtown Burlingame. The sellers

1. Removed oversized furniture and ugly art
2. Painted the living room a new color and touched up the other interior walls
3. Removed over 100 boxes of personal belongings
4. Trimmed landscaping and added blooming plants in newly mulched beds
5. Rented smaller furniture for two rooms

The result of their \$6000 investment in staging was that they closed a sale in three days at \$50,000 over the asking price with no contingencies. The single person who bought the house felt that the small bungalow was just the jewel box she’d been looking for and was even willing to pay for the termite repair herself. Bottom line, the sellers made an additional \$58,000 of profits on their \$6000 staging expenditure!

Your home is your most valuable asset. Are you taking good care of it? Attend a free staging seminar Sat . April, 17, 2004 at 10:30-11:30am at the Millbrae Rec.Center

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Here's is the final handy checklist of many (but not all!) of the latest ship debuts, port changes, and sailing routes for you to ponder, as you think about booking your next cruise vacation this year or in 2005:

**Princess Cruises** (now part of the Carnival Corp.) has four new ships scheduled to join its fleet by the end of 2004.

**Radisson Seven Seas Cruises** welcomed its new ship “Seven Seas Voyager” that is the world's second all-balcony suite ship (700 passengers). Also, the 490-passenger “Seven Seas Navigator” made its maiden voyage to Bermuda this year. The “Seven Seas Mariner” will make a rare 26-day San Francisco-Tahiti roundtrip sailing this fall, and Dame Kiri Te Kanawa will perform aboard the 94-day Grand Asia Pacific Voyage that leaves Los Angeles in January 2004.

**Royal Caribbean International** will base its 3,114-passenger “Voyager of the Seas” in New York from May through October 2004, alternative nine-day Caribbean trips with five-day Canada sailings. RCI's newest ship “Serenade of the Seas” will also operate from the Big Apple. The renovated “Monarch of the Seas” began West Coast service this summer.

**Seabourn Cruise Line** now offers an expanded golf program that allows passengers to play at more than 100 courses in 90-plus ports around the globe.

**Silversea Cruises** moved its “Silver Wind” (296 passengers) from Australia to the Mediterranean and the Caribbean

Have questions about cruise line news? Give me a call!  
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Sincerely,  
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# A CHIP OFF MY THOUGHTS

A six year old boy decided one Saturday morning to fix his parents pancakes. He found a big bowl and spoon, pulled a chair to the counter, opened the cupboard and pulled out the heavy flour canister, spilling it on the floor.

He scooped some of the flour into the bowl with his hands, mixed in most of a cup of milk and added some sugar, leaving a floury trail on the floor which by now had a few tracks left by his kitten.

The boy was covered with flour and getting frustrated. He wanted this to be something very good for his parents, but it was getting very bad. He didn't know what to do next, whether to put it all into the oven or on the stove, (and he didn't know how the stove worked!).

Suddenly he saw his kitten licking from the bowl of mix and reached to push her away, knocking the egg carton to the floor. Frantically he tried to clean up this monumental mess but slipped on the eggs, getting his pajamas white and sticky.

Just then he saw his Dad standing at the door. Big crocodile tears welled up in the boy's eyes. All he'd wanted to do was something good, but he'd made a terrible mess. He was sure a scolding was coming, maybe even a spanking. But his father just watched him. Then, walking through the mess, he picked up his crying son, hugged him and loved him, getting his own pajamas white and sticky in the process.

We all try so hard to do something good in life, but all too often it turns into a mess. Our marriage gets all sticky or we insult a friend or we can't stand our job or our health goes sour. Sometimes we just stand there in tears because we can't think of anything else to do. But that's when God picks us up and loves us and forgives us, even though some of our mess gets all over Him. But just because we might mess up, we can't stop trying in life.

Many people have had a rough time this past year. The state of the economy has made life difficult and uncertain. It's an election year and we're feeling divided and on edge. News from around the world more often than not brings word of hatred and violence. But in the midst all of that, life goes on. And through it all, God is with us.

This month, Jews and Christians celebrate two of our most important religious holidays-Passover and Easter. Whatever your religious tradition, I'd like to encourage you to seek out a community of faith this month. And if you don't have a tradition, you're welcome to join us at St. Peter's at 10 o'clock on April 11th. Because the hope that lies within us

all can best be expressed when we gather in thanksgiving for the blessings of this life, not when we allow ourselves to be overcome by its challenges. Worries come and worries go. We are presented with problems and we either overcome them or we don't. But life goes on. And through it all, God is there-constant, faithful, loving. And with God's help, we can all "make pancakes" for each other.



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## LITTLE FOX CALENDAR FOR APRIL 2004

LOCATED AT 2209 Broadway, Redwood City  
 Ticket purchase and info 369-4119, Fri. and Sat. 9 pm, April 9 and 10 \$26 adv./\$28 door

### The Sons of Champlin,

Fri. and Sat. 9pm, April 9-10 \$26 adv./\$28 door.  
 Have been classified as a horn rock band with R & B and jazz roots. Twenty years after splitting up they reorganized in 1997.

### The League of Crafty Guitarists

Sun. 8 pm, April 11 \$12 adv./\$14 door  
 The League of Crafty Guitarists is the performance-ensemble of Guitar Craft, an international guitar circle. The group was established in 1986 and has played all over America and Europe.

### Certified Blues Band plus John Le Conqueroo

Fri. 8 pm, April 16 \$10 adv./\$12 door  
 Certified Blues Band is made up of a group of guys who have been buddies since the early 70s.  
 John Le Conqueroo is a music group based in the SF Bay Area and specializing in American R & B, soul and roots rock music of the 50's, 60's and beyond, consisting of drums, guitars, bass, organ, piano, saxophones, horns, harmonica and vocals.

### NiteCry plus The Lara Price Band

Sat. 8 pm, April 17 \$18 adm./\$20 door  
 Fri. 8 pm, April 23 \$12 adm./\$14 door



Bay area mainstays

on the music scene, NiteCry is once again one of the most sought after bands on the West Coast.

Laura Price embarked on an ambitious tour playing from California to Maine to promote her second album entitled “Faces of the Blues” released June 2002 at the Monterey Blues Festival (a unique honor for any local musician).

### Heather Combs Band Live Recording Tonight

Sat. 9 pm, April 24 \$12 adv./\$14 door  
 The band started in 1996 when Heather began to write. They have three records in the bag and another on the way. Playing shows throughout the west coast, the band has established itself as a force.

### Mickey Joseph’s Comedy & Variety Extravaganza

Sun. 8 pm, April 25 \$14 adv./\$16 door  
 Featuring Mickey Joseph, the Meehan Brothers and Carla Clay

### Caravanserai

Fri. 9 pm, April 30 \$12 adv./\$14 door  
 “Explosive Santana Tribute” Guitarist Leo Herrera and Caravanserai has grown to include material from all areas of Santana’s 30 year history

### Unauthorized RollingStones plus Rudy Colombini & The

False Gods Sat. 9 pm, May 1 \$10 ad./\$12 door