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CREATING A BACKYARD SANCTUARY

As the days lengthen, expanding our living space to create an outdoor “room” provides a relaxing gathering spot for entertaining or lazing around with a book after the chores are completed. The first priority is to provide comfortable seating. Teak or metal furniture requires a larger investment than plastic lawn chairs, but it will last for many more seasons of use. If you don’t see an attractive fabric pad at the store, ask your decorator to show you the durable fabrics now available through Sunbrella™ for outdoor use. There are even fabrics that can be used for drapes to provide privacy or shade around a porch, hot tub or gazebo.

End tables can be constructed with big terracotta pots topped with slabs of slate or glass. Fill the pots halfway with sand or river rocks so that they will be stable. Wooden cubes of teak or redwood can also provide a place to put your wine glass.

Block unattractive views with a trellis or tall plants. You can also guide the eyes to find an attractive sight line by placing a series of colorful plantings that converge on the best view. Using plants of all the same color is more dramatic than

mixing colors. Put seeds under the soil of larger plants so you can have blooms through the fall.

Water features are the best way to add a dramatic yet relaxing element to your garden. From small goldfish ponds that can be set on top of the patio to recycling streams and “pond-less” waterfalls, there are lots of low maintenance ideas to choose from. You can have a stream bed with several small waterfalls installed professionally in your back yard in a day, but plan to spend several thousand more dollars to improve the surrounding yard so that the placement of the stream looks natural. If you haven’t got much space in your yard or on your deck you can have a ceramic pot or vase adapted to provide a recycling water feature for several hundred dollars. Two businesses on the Peninsula, Brookside Gardens and The Ripple Effect, specialize in residential water features.

A well planned patio and yard will provide pleasure throughout the year. As Dorothy says in the movie the Wizard of Oz, “There’s no place like home.”

*Submitted by Jean Cary of Jean Cary Interiors
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THE WINE ENTHUSIAST - By Tom Barras

I recently read an article in a newspaper Food Section, and was stunned by the following statement: "Not everyone knows that raisins are dried grapes." "That can't be right," I thought. I reread it. Nope, that's what it said. It then occurred to me, as a long time swirler and sniffer, that there also might be a few things about crushed grapes that "not everyone knows." So, let's explore one of them, the notion of "Dry."



Does "dry" mean that you're still thirsty after drinking a glass of wine? Or, does dry imply that nothing comes out of the bottle when you pour? Neither, of course. But what dry does mean is that "the wine has no perceptible level of sweetness." And from a slightly more technical perspective, dry means that the residual sugar (RS) level, that amount which remains after fermentation is completed, is below most people's detection level. Much of the RS is within the stylistic control of the winemaker, so once you drink a particular wine you can be sure that's the style the winery chooses to produce. Remembering different winery styles is key to smart wine buying.

As a general rule, most red wines are dry, but it is with white wines where discussions of dryness center. At the lowest or "least-sweet" level are "bone dry" whites. At the opposite, highest level are "sweet" wines. Between those two are the following progressions: off dry, medium dry, slightly sweet and medium-sweet. And just as it is for acidity, that crisp, nervy zing of whites, each person's recognition level for sweetness is different. One of our friend's sensitivity level to sweetness is so low, that virtually most California whites rankle her taste buds. I kid her occasionally by serving her a glass of water and ask if it's dry enough. It's noteworthy that virtually all wine beginners tend to confuse their impression of tannins, that palate-thumping, harshness one senses in some red wines, with the notion of dryness. Not the same. The first is textural; the other relates to sweetness levels. Tannins come from the crushed grape skins, stems, and pips, and are astringent and mouth-puckering, with an annoying mouth feel not unlike over-steeped tea. Interestingly, some retailers contend that when a customer requests a white wine that is not too dry, he/she really prefers one that is not too crisp or acidic. A not-too-acidic-white points to a "soft" wine like a Riesling, Chenin Blanc or Chardonnay, rather than a more snappy Pinot Grigio or Sauvignon Blanc. Also, when customers ask for a red wine that is not too dry, the retailers claim the preference is unwittingly for one that is not harsh or tannic. A not-too-tannic-red points to a "smooth" wine like a Merlot or Pinot Noir, rather than a Cabernet Sauvignon. Soft whites. Smooth reds. Don't those sound a little like the wines you like to drink?



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The ABC's of Proper Food Handling.

Proper food handling is essential. The main concerns are cleanliness and preventing cross-contamination. With just a little knowledge, you can save yourself a lot of misery.

A. Washing hands

Wash hands thoroughly with hot soapy water, for a minimum of 20 seconds. Remember to lather up to the elbow. Pay special attention to nails and fingertips, one of the easiest and most crucial steps in food safety. Rings and bracelets can harbor germs, so either remove them or wash them carefully. It is important to wash hands in the following situations:

- Before the start of food preparation
- Between handling different food items, such as raw meat, poultry, or fish and vegetables (Don't forget to wipe off the faucet!)
- After using the bathroom or changing a diaper
- After touching a pet
- After tending to a sick person, blowing your nose, sneezing, or coughing
- After handling garbage
- After touching your face or hair

B. Tasting food

- When tasting food while cooking, always use a separate tasting spoon, and get a new one each time - do not double dip and do not eat off the utensil you are using to stir.
- Do not use your fingers to taste. It is not sanitary and can cause a burn if the food is very hot.
- Always handle a tasting spoon by the stem, never by the scoop.

C. Preventing cross-contamination

- Bacteria from raw meats that is spread to other foods, utensils, or surfaces is called "cross-contamination". Mixing raw meats with ready to eat foods is the primary source of cross-contamination. This important and multi-faceted category includes the following components:
 - Always separate raw meats away from produce and ready to eat foods.
 - At the store, have the cashier bag raw meats separately.

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MONTHLY MARKET UPDATE
Market has been slow lately. We have good amount of inventory and there are still buyers out there. The rising interest rates may have a small effect on the slower market. Prices are being adjusted in order to move the inventory, but this is the season when people travel thus it can be slow. Once again, this is the normal market that we haven't seen for a while.

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They also said an envelope was thought of as a more trustworthy and legitimate means of receiving important material.

NEW FOREVER STAMP

The Postal Service Board of Governors has proposed issuing a "forever stamp" in the Spring of 2007. The new stamp will be good for any future one-ounce, single-piece First-Class Mail letter no matter how prices change beyond 2007.

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San Mateo County Real Estate Reports available for May/June 2006 at www.carmenmiranda.com



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

CORRECT POSTURE

Reprint: American Chiropractic Association, ACA News, June 2006, Vol. 2, No. 6. www.acatoday.org

We often hear that good posture is essential for good health. We recognize poor posture when we see it, formed as a result of bad habits carried out over years and evident in many adults. But only few people have a real grasp of the importance and necessity of good posture.

* Good posture is the correct alignment of body parts supported by the right amount of muscle tension against gravity. Without posture and the muscles that control it, we would simply fall to the ground.

* Normally, we do not consciously maintain normal posture. Instead, certain muscles do it for us, and we don't even have to think about it.

* Good posture helps us stand, walk, sit, and lie in positions that place the least strain on supporting muscles and ligaments during movement and weight-bearing activities.

* Correct posture allows muscles to work more efficiently, letting the body use less energy and, therefore, preventing

muscle fatigue, overuse disorders, and even back and muscular pain.

* Poor posture can lead to excessive strain on our postural muscles and may even cause them to relax when held in certain positions for long periods, increasing the likelihood of injury and back pain.

* Stress, obesity, pregnancy, weak postural muscles, and high-heeled shoes commonly contribute to bad posture. Decreased flexibility, a poor work environment, incorrect working posture, and unhealthy sitting and standing habits can also contribute to poor body positioning.

* Correcting poor posture is possible but takes time. Long-standing postural problems will typically take longer to address than short-lived ones, as often the joints adapt to long-standing poor posture.

* Your doctor of chiropractic can recommend exercises to strengthen your core postural muscles and help you choose proper positions during your activities, to reduce your risk of injury.

Angelo Charonis, D.C. practices at Premier Chiropractic Clinic in Redwood Shores



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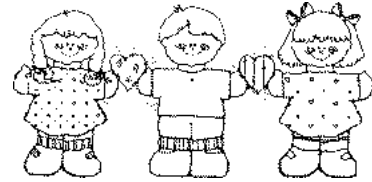
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ON MY SOAPBOX

By Pat Dixon, Swan Lady, 591-5455

Over ran my space last month so this will be short, but hopefully informational. Once again, since our weather has been so nice, many calls have been about people walking their dogs—both on and off leash along Davit. Some are even driving to Davit to let their dogs out. What I have observed is that if a female is walking the dog she carries a bag for their 'deposits', yet whenever it is a male it appears both hands are swinging free.

As the callers have requested please pretend that you are walking with your child, who is running on the lawn or feeding the ducks and they step into the dog 'gift'; I'm sure you also would be upset. Redwood City has a both leash law and a pooper-scooper law, so be considerate of your fellow residents and pick it up. This also applies whenever you are out in a boat. I live 'on the water' so to speak, and what I see drifting by leaves a lot to be desired—plastic rings from beer and soda packs, plastic soda cups, sandwich bags; all these could be fatal to our wildlife as they will try to eat them.

Everyone here enjoys the water, so again, please be considerate, and this also applies to those who just like to come and sit by the water to read or relax. Or to watch their children run on the grass. One last thing to mention with your dog: when you allow them to sniff the leavings of another dog, should that animal have a disease, yours could also pick it up. Some of the calls were again about cars speeding, so once more, remember our kids are out of school for the summer and could be walking, riding or skateboarding to the parks, so please drive slower. If you have to be somewhere special plan to leave a little earlier.



We are still experiencing burglaries here in the Shores, so be sure your doors and windows are locked and garage doors closed. Should you notice anything suspicious in your area try to get the make, color and model of the car along with the license number to report to the Police. Have a great summer and I hope to see you all at the Jazz Festivals. *Ciao !!*

Jenny Chui, Licensed Broker

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NEWS FROM FULLY ALIVE

Scott and Cindi Owens, along with Mark and Kathy Nunn and a handful of adventurous risk-takers, stepping out in faith and reliance on God, founded Fully Alive Community Church ten years ago. Equipped with youth and passion, Scott's energy and single-minded focus was exactly what was needed to get Fully Alive off and running. Our founding scripture is Acts 2:42-47, which states, "They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer. Everyone was filled with awe and many wonders and miraculous signs were done by the apostles. All the believers were together and had everything in common. Selling their possessions and goods, they gave to anyone as he had need. Every day, they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all people. And the Lord added to their number daily those who were being saved". Fully Alive was founded, not on a doctrine, not on a religion but simply on these five simple verses and what they represented. Our Mission Statement then, as it is now, is "Know God. Be Holy. Build Community". Scott's vision for Fully Alive was not a place where people met and did church; he wanted it to be a place where people gathered and did



life together. The desire that God placed in his heart was that Fully Alive would be a place where people did all of the things in those founding verses, seek to know God, study His word, pray, have meals, caring for one another, meeting each others needs. It would be a place based solely on a relationship with God and with each other rather than based on a religion. And that vision, that Mission Statement, has

stood the test of time. Scott's passion for God and for Fully Alive has never wavered over the years. He has led us with courage through both rocky waters and calm ones. One month ago, Scott's tenure at Fully Alive ceased. God has called him to a new church in Oklahoma, one who needs that same passion and single-minded focus to move it along.

So, it is with gratitude and sadness that we send him along, not only an emissary for God but also one for Fully Alive.

We thank him, again, for ten years of service, of vision and of sacrifice. Scott and Cindi have officially moved to Tulsa now that school is out, and we wish them well.

Submitted by Lisa Frerichs