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THE WINE ENTHUSIAST - By Tom Barras

The relentless rains of Winter and Spring have finally subsided. And while I typically don't drink many of my Rhone Valley red wines in Springtime, the damp and gloomy January-like nights called for high priority, restorative therapy; namely, uncorking a few of those warm and spirit-lifting "vins du soleil." I'm not kvetching mind you, I can still enjoy an aged Chateaufeuf du Pape with my wife's Beef Rolladen mit Spaetzle, even if it is May, but I was beginning to wonder if I'd ever reawaken my outdoor barbecue from its prolonged Winter hibernation.



But it's Daylight Savings Time! My 'cue has been cleaned and given a test drive, and it's time for "dem bones," chicken teriyaki, flank steaks, lamb chops, and Mediterranean styled grilled vegetables. And, of course, at the Barras household the wines that get first right of refusal with that kind of cuisine are Rosés, a.k.a Vin Gris (Van Gree), Rosado and Pink. My wife and I particularly enjoy Rosés for they offer the cool and crisp, fruity freshness of whites with an injection, figuratively speaking, of some red wine virtues: color, flavor, aromatics and a tad more body. Furthermore, they are an ideal match for that casual, alfresco Summertime dining that calls for quaffable, but still somewhat attention holding wines.

It's worth knowing that Rosés are not made by merely blending a characterless white wine with a mediocre red. No...fellow geeks...Not quite. Rosés are made from red grapes much like red wine is made from red grapes, except that after the crush the skins do not remain as long in the juice. This commingling of skins and grape juice, known as maceration, is what gives the wine those above mentioned qualities of tint, taste, fragrance and heft. After the maceration, the extent of which is determined by the traits of the grapes used, the juice is then "bled" off, and the fermentation is completed, sans skins, in temperature-controlled, stainless steel tanks. This process, which the French call the "saignée method," is the technique most wine-makers utilize in producing a "serious" Rosé. Also, oak aging is typically not part of the process, for the unambiguous purpose of these wines is the enjoyment of their crisp and savory freshness.

The red grapes used in the production of Rosé vary with what's available at the producer's estate or allowed in the appellation, but the ones I find particularly interesting are from the French varietals like Grenache, Syrah, Cinsault, and Mourvedre. However, I've never turned my nose or taste buds away from Rosés made from Pinot Noir, Cabernet Sauvignon, or any other varietal, and neither should you. As this is being key-stroked I'm enjoying some under \$10/bottle French Rosés from the 2004 vintage, but I'm eagerly looking forward to their 2005 shipments. Spain, Italy, and California should also have some tasty pours. These are the wines of Summer, and they're reasonably priced and tasty. Give 'em a try.



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A THRILL FOR THE GRILL!

Looking for something other than steak, chicken or ribs for your BBQ this summer? Well, how does a Crab BBQ for your beach outing sound? I have prepared this meal many times for family and friends with great success, it never fails to get a round of robust oohs and aahs, trust me you will have them coming back for more! Add some roasted sweet corn and a mixed green salad with crunchy Italian bread, a bottle of your favorite chilled white wine and there you have it, simple, tasty and out of the ordinary. MANGIAMO!

INGREDIENTS: SERVINGS-4

- 1 tablespoon chopped garlic
- 2 ounces extra-virgin olive oil
- 1 cooked, cleaned, and cracked crab (ask your local fishmonger to do this)
- Kosher salt and cracked pepper
- 1 large lemon, plus wedges, for garnish
- Chopped Italian parsley leaves, for garnish

DIRECTIONS:

Lightly cook the garlic in the olive oil in a sauté pan (about 2 to 3 minutes on medium-low heat). Allow to cool. Add the crab and toss with the salt and pepper.

Preheat the grill to high, carefully place all the marinated crab onto the grill, allowing the oil to drip off before putting onto the grill, and cover with lid. Allow to cook about 4 to 5 minutes then turn over and allow to cook another 3 to 4 minutes. Remove from the grill, and place into a large metal bowl. Squeeze the fresh lemon juice over the crab and toss well. Serve on a large platter with fresh lemon wedges and chopped Italian parsley.





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NON MARITAL CO HABITATION ARRANGEMENTS

With more and more older clients choosing to live with a significant other without taking the leap into marriage, it is my duty as tax advisor to inform these clients that there are quite a few things to consider under this type of non-marital cohabitation arrangement.

LETS REVIEW A FEW OF THEM :

Common-law marriage - A common misconception is that if a couple lives together for a certain length of time, they are "common-law married." This is false. Few states recognize common-law marriage, and none of those has a set period of time after which the cohabiting couple is automatically considered married.

Cohabitation agreement - There are no legal ties, with the exception of verbal promises. To avoid an appearance on Judge Judy, an unmarried couple should at least have a basic written agreement in the event the couple wants to go their separate ways. There are a number of ways this can be done, but I certainly suggest it be done in writing. Either see an attorney who specializes in cohabitation and/or family law or use a fill-in-the-blanks agreement provided by a paralegal or Internet service.

Partnership agreements - If purchasing assets, including a principal residence, stocks and bonds, or rental property, you will need to draw up a partnership agreement that addresses issues such as

percentage of contribution for each person and percentage of ownership for each person.

Insurance - Unmarried couples who live together have unique issues to consider when planning health, property, and life insurance. Some auto and home policies will only cover married couples, and while health insurance often gives lower rates to married couples, unmarried couples may have better luck getting separate coverage if one person has a pre-existing condition.

These four items are just the tip of the iceberg. Other issues that need close attention and expert advise include powers of attorney for health matters, wills, and tax planning.

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

WHAT TO DO WITH REMAINING GID 1-64 FUNDS?

This money should be used to repair and strengthen the Redwood Shores levees. This is something that needs to be done as soon as possible. The geologists all predict that a major earthquake will happen in the near future.

Contributed by Lee Ping, Redwood Shores Resident

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ON MY SOAPBOX

By Pat Dixon, Swan Lady, 591-5455



Hello again! Hope everyone has been enjoying our sunshine. Firstly, our swan is doing well. He's still chasing the American White-fronted and Canada geese, so presume he's back to his old self. Most of the calls I've received have asked for another go-around on various driving habits, so please bear with me. I do believe I have found the answer to why most drivers do not use their turn signals. Several weeks ago I found myself behind a young woman on Redwood Shores Parkway. At no time did she signal, whether changing lanes, cutting in, making a right turn from the Holly overpass to south-bound 101 or merging left into the traffic. At one point I came abreast of her and saw that she had a cell phone in her left hand at her ear and her right hand was on the steering wheel, didn't see a third hand anywhere for signaling. This is one of the main causes of accidents and why there is so much to do about having cell phone use in cars become illegal. Also, it is illegal to have both ears plugged by I-POD's or portable radios, etc.—one ear is supposed to “be clear” so that any emergency vehicles can be heard. This also applies to pedestrians, joggers, and bikers. I've mentioned before, keeping an eye on other drivers is really a learning experience! Now for you younger drivers who have not had the experience of driving when there were no automatic signals only your left arm. As the weather is beautiful and convertible tops are down - remember: if your left arm is

resting on the window sill with fingers pointed skyward—that is for a right turn; with your arm extended straight out—that is for a left turn; and with your arm dangling down toward the pavement, that is a signal your are planning to stop. There was a good deal of this evident last summer and when I slowed way up to let the car ahead of me make its turn, we ended up with some words when we arrived at the same destination. Turns out the driver had no idea of the signals she was sending. Also remember that tossing ANY BURNING MATERIAL-CIGARETTES, ETC. IS ILLEGAL, and could result in a ticket. Lastly, I attended a CHP Driving Seminar a few weeks ago, very interesting. While I have said that about 5 feet between your hood and the trunk of the car ahead, they say that when you can see the tires of the car ahead that is sufficient. Also brought up was to NOT “rest” you left foot on the brake pedal; the slightest pressure will keep it in effect and lighted. CHP suggests you keep your left foot flat on the floor and once you have stopped, then change feet, with the left on the brake and the right ready to resume the gas pedal. I want to thank all those of have let me know they passed their driving tests. The 2006 DMV Drivers Manual is now available at DMV centers.

See you next month ...

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NEWS FROM

fully alive community CHURCH

Fully Alive's calendar is absolutely bursting at the seams with activities for summer. No matter your age or interest, we have an event in which you can take part. Many of you have called or emailed asking about Bible Day Camp. It will be back this year July 24-28th. If you would like information on how to sign your children up, visit our website or email Mike Crook at mike@fullyalive.com. Another annual summer favorite is Fine Arts Camp. For kids 2nd - 7th grade, it will be held August 7-11th. Tuition is \$125/child, and registration has begun. Space is limited, so if you are interested, contact Mark Nunn at mark@fullyalive.com.

Our REACH ministry has several opportunities this summer to volunteer in our community, from sorting food to serving in a soup kitchen. Check our website for information or email Jennifer Thomas at REACH@fullyalive.com. On July 8-9th, we are participating in an all-church event called "Relay for Life", with the American Cancer Society. It will take place at Carlmont High School. Whether you are 2 or 92, there is a place for you to volunteer. Visit www.fullyalive.com and click on the "Relay for Life" logo in the upper right hand corner.

The women are headed to Yosemite again this year August 24-25th. You can bring a friend and hike Half Dome or simply sit by the pool and "retreat".

For information, or to sign up, contact Alexandra Bergstrom journeoyosemite@fullyalive.com.

Lastly, we would like to take this opportunity to wish Scott Owens, our lead Pastor for the last ten years, his wife, Cindi and their kids, Kaitlyn and Carter Jake a fond farewell and a huge note of gratitude for ten faithful and wonderful years at Fully Alive. Under Scott's leadership, Fully Alive has grown and flourished into the wonderful community that it is today. God has called Scott out of our community and into another one in Tulsa, Oklahoma. We send our love and our prayers with them as they go. They will never truly leave us; they will simply be an extension of us in Oklahoma. If you would like to email your well-wishes to Scott, you can reach him at scott@fullyalive.com.

If you are looking for a church home this summer, visit us at 9:00 & 10:30am on Sundays at the Sandpiper Community Center. For information on summer activities for children and families, visit www.fullyalive.com.

By Lisa Frerichs

DOG TRAINING THE NATURAL WAY

By Peter Levy

How can one train a dog the way a dog is taught in its natural (feral) pack? Bark Busters teaches clients to educate in the manner used by dogs to educate each other. Bark Busters clients are taught to educate dogs by relying on all four methods of classical operant conditioning adjusted to take into account the temperaments of both the humans and dogs in each particular situation.

*What is classical operant conditioning?
(From Wikipedia, the free internet encyclopedia):*

Operant conditioning is the modification of behavior brought about over time by the consequences of said behavior. Operant conditioning is distinguished from Pavlovian conditioning in that operant conditioning deals with voluntary behavior explained by its consequences, while Pavlovian conditioning deals with involuntary behavior triggered by its antecedents.

1. Positive reinforcement occurs when a behavior (response) is followed by an appetitive (commonly seen as pleasant) stimulus that increases that behavior. In the Skinner box experiment, a stimulus such as food or sugar solution is present when the rat presses the lever. Examples in dog training are using treats as rewards or substituting a clicker as a (Pavlovian?) marker for the treat. Carried to its extreme this method can create overindulgence.

2. Negative reinforcement occurs when a behavior (response) is followed by the removal of an aversive (commonly seen as unpleasant) stimulus thereby increasing that behavior. In the Skinner box experiment, negative reinforcement is a loud noise continuously sounding inside the rat's cage until it presses the lever, when the noise ceases. Examples might include physically dominating the dog until the dog shows submission. Carried to its extreme this constitutes torture.

3. Positive punishment occurs when a behavior (response) is followed by an aversive stimulus, such as introducing a shock or loud noise, resulting in a decrease in that behavior. Examples for dog training include use of shock or prong collars and other physical techniques. Carried to its extreme this constitutes torture.

4. Negative punishment occurs when a behavior (response) is followed by the removal of an appetitive stimulus, such as taking away a child's toy, resulting in a decrease in that behavior. Examples include the "time out" and/ or isolation of a dog. Carried to its extreme this results in neglect

Part 2 will discuss the manner in which these techniques occur naturally in packs and can be used by humans in canine education.

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ROBBERIES IN THE SHORES

During the last couple of months, the RWC Police have been patrolling the levee on motorcycles. They are patrolling several times a day due to multiple household burglaries, in an attempt to be very visible to the burglars. The police said the thieves are breaking in by going to doors on homes that are not in the public view. Residents need to be informed and should lock their doors when not at home.

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THE ABC'S OF SKIN PROTECTION *By Wendy Landreville, M.D.*

The rain has finally stopped, spring is here and summer is just around the corner. This is an ideal time to start thinking about protecting your skin from the sun's harmful rays.

The UVA and UVB rays of the sun lead to early wrinkles, age spots and most importantly, skin cancer. Sun exposure increases the risk of all kinds of skin cancer, including squamous cell carcinoma, basal cell carcinoma, and the deadliest, melanoma.

Repeated exposure to the sun, even without burning, can lead to skin cancer. In fact, a tan is the body's attempt to protect itself from the sun and indicates skin damage. Areas of the body that are repeatedly exposed to the sun are most at risk for skin cancer: the head, neck, face, tips of the ears, hands, forearms, shoulders, chests (for men), and back and lower legs (for women).

Below are some guidelines to keep your skin looking younger and dramatically reduce your lifetime risk of skin cancer.

1. Avoid the sun. Avoid the sun between 10 a.m. and 4 p.m., when the sun is strongest. Clouds and water do not protect you, as 60 to 80 percent of the sun's rays can penetrate clouds and reach swimmers at least one foot below the surface of the water. Sun can also reflect off water, snow and white sand.
2. Wear sunscreen. Use a sunscreen of at least SPF 15 every day, even when it's cloudy or you do not anticipate being in the sun. Small amounts of sun on a daily basis can add up to significant exposure over time. Use a generous amount of sunscreen and reapply every two hours if you will be outdoors for an extended period, and every hour if you are swimming or sweating.
3. Wear protective clothing. If you have to be in the sun, cover up. A wide-brimmed hat will protect your head, face and ears; and sunglasses will protect your eyes (sun exposure can increase your risk of cataracts). Long-sleeved, loose-fitting pants and tops with a tightly woven fabric can keep you cooler and provide sun protection. Several special sun-protective clothing companies now offer clothing with a built-in SPF. This can be especially convenient for protecting young children.
4. Check your skin monthly. Stand in front of a full-length mirror and use a hand-held mirror to check every inch of your skin, including the bottoms of your feet and the top of your head. You may need to have someone help you. You should also watch for any moles that bleed, grow fast or itch; and for any sores or rough spots that won't heal. Apply the "ABCDE rule" regarding moles:

A - Asymmetry: Does not appear the same on both halves

B - Border: Blurry or jagged edges

C - Color: Color changes, including darkening, loss of color, appearance of multiple colors

D - Diameter: Larger than 1/4 inch (size of pencil eraser)

E - Elevation: Raised above the skin, with a rough surface

If you notice a mole has changed, or if you have a new mole that looks different, visit your doctor. When treated early, skin cancer can be cured.



Photo Caption: Dr. Wendy Landreville is a family practitioner at the Redwood Shores Health Center of the Palo Alto Medical Foundation.

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

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Matt Sharrers - 1996-1997 Canadian National Hockey Team - Redwood Shores Resident

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

HOW DO I KNOW WHETHER TO USE ICE OR HEAT FOR INJURY?

Reprint: Foundation for Chiropractic Education and Research, Chiropractic Healthways, Issue 148. www.fcer.org

Altering the temperature of an injury can be quite beneficial to the healing process. Unfortunately for many people, knowing whether to use ice or heat can be very confusing. Knowing the effects that each has on the body will teach you to determine which would benefit your particular condition.

- The application of heat increases the circulation of blood and decreases tension in muscles and ligaments. Heat applications are advantageous for the relief of chronic muscle or ligament tension.

- The application of ice, in contrast, decreases the flow of blood, decreases swelling from acute or recent strain or injury, decreases pain nerve impulse transmission, and increases muscle and ligament tension. Application of ice is advantageous during periods of acute injury in which strain and sprain have occurred. (Ice should never be placed directly on skin but should be wrapped in cloth.)

It is generally best to apply heat to areas of chronic tension in the absence of recent swelling. It becomes confusing when muscle and ligament tension occurs in the same area as joint swelling. In these instances, it is best to apply heat to the area of muscle tension and ice to the area of swelling. Heat is generally more beneficial than ice for muscle spasm. When unusual or strenuous physical activity is followed by back, neck, shoulder, or other joint pain, ice is preferred.

Moist heat penetrates to deeper layers of the skin than dry heat. Be sure to wipe moisture from your skin after removing the heat to prevent rapid cooling of the skin. Covering the area after heat application will hold the heat in the area longer. After removing an ice pack, cover the area to keep the skin from being exposed to drafts.

If you are ever unsure about whether to use ice or heat, simply contact your Doctor of Chiropractic. Not only will he or she be able to advise you about optimal ice or heat use, he or she will also be able to determine whether you would benefit from additional treatments.

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