

MANGIA BENE! EAT WELL!

By Personal Chef Joe Rizzi
www.thechefworks.net



POLENTA WITH SAUSAGE RAGU (CALABRESE STYLE)

Italian soul food for a cool fall night!

Servings: 6

RAGU INGREDIENTS

- 1/2 cup red wine
- 2 cups tomato sauce
- 1 pound sausage link, spicy or mild (New York Italian Style)
- 1 tablespoon tomato paste
- 1 teaspoon oregano, dried
- 1 tablespoon fresh basil leaf chopped
- 1/2 cup Parmigiano-Reggiano cheese
- 1 teaspoon red pepper flakes (optional)

RAGU DIRECTIONS

- 1- In a large saucepan over medium heat, warm the olive oil.
- 2- Add the onions and garlic and saute until soft.
- 3- Add the wine, stock, tomato paste, oregano and salt and pepper to taste bring to a simmer. Lower heat and simmer 30-40 mins; stirring occasionally.
- 4- Grill or pan fry sausage until cooked through, set aside. When cool slice in 1/4 pieces on the bias add to Ragu.
- 5- Pour sauce over polenta, sprinkle with additional cheese and pepper flakes, serve immediately.
- 6- Add chopped fresh basil.

POLENTA INGREDIENTS

- 1 teaspoon kosher salt to taste
- 6 cups chicken stock (approx)
- 1 teaspoon white pepper to taste
- 2 cups cornmeal/polenta
- 1 tablespoon butter, unsalted
- 3 tablespoons Extra Virgin Olive Oil
- 1 medium onion diced

POLENTA DIRECTIONS

In a large, heavy-bottomed pot, bring chicken broth to a boil. Add salt, and slowly pour in the cornmeal, whisking constantly until incorporated. Reduce heat to low, and cook until smooth and no longer grainy, add cheese and butter and blend, stirring often so it doesn't burn to bottom of pan for about 25 mins. Add broth if mixture gets too thick, look for consistency to be creamy and smooth.

SERVING SUGGESTIONS:

Roasted Asparagus or Herb and Garlic Green Beans, Green Salad, Crunchy Sour Dough.

THE WINE ENTHUSIAST - By Tom Barras



The movie or TV mini-series is sure to follow, but it didn't take long for someone to research and present the history of Robert Mondavi's journey from first generation son of Italian immigrants to the California wine industry's most famous and recognizable entrepreneur. *The House of Mondavi: The Rise and Fall of an American Wine Dynasty*, a detailed recounting of that journey, is in the bookstores, and while not nearly as compelling as Harry Potter, this is a story that takes place in your back yard, and it's all about wine. Sort of.

If you want to learn how to swirl, sniff, sip and savor a wine, this book is not for you. And if you want to know how and why a Merlot differs from a Syrah, this book is still not for you. *The House of Mondavi* is not a "how to" book. But in many ways it may well be a "how not to" book. With careful attention to the abundantly documented details that the author, Julia Flynn Siler, has assembled to tell the story of this family and business tragedy, you will develop insights into how not to: estrange yourself from your siblings, devastate your marriage, be an authoritarian and hypercritical parent, or overreach in life or in business. This story of one man's dream that turned into a devastating nightmare should make great material for future MBA case studies.

Because the author is a business writer, has a master's in both business management and journalism, her book does not sing with breezy, metaphorical prose. But she does reveal all. At least all that was willingly revealed to her through "525 hours of (recorded) interviews with more than 250 people and an examination of tens of thousands of legal and corporate documents." It's a thorough examination of Robert Mondavi's rise to preeminence in the Napa Valley as well as his acceptance into the very personal world of Europe's historic and wealthy fine wine families. It recounts his vision of Napa's place in the hierarchy of the world's finest wines and the methods he used to pursue that vision, and for that it's a must read if you have or admire the entrepreneurial spirit. It's also a recommended read if you're interested in the corporate intrigue of how Board's function and malfunction and how the unsuspecting and naïve can be rendered powerless. And for those who are prone to Schadenfreude, this book provides ample opportunity to smirk with satisfaction learning how an American wine dynasty fell victim to its own calamitous shortcomings. But ultimately, the book provides an intriguing glimpse into the Darwinian aspects of America's competitive marketplace. It's capitalism in action.

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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.

I care and know how to get the best transaction for you. I listen and will represent you in your best interest. Your satisfaction, your future business and recommendations are my goal.

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



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UNDERSTANDING AND SOLVE DOG AGGRESSION BY RECOGNIZING BEHAVIOR PATTERNS (PART 2)

Last month's installment concluded, “whether a dog has bitten a family member or a stranger out of fear or to show dominance, the problem is serious”. If your dog displays any of the following behavioral patterns, seek the advice of a professional immediately.

Fear-based aggression is most common. Typically this will happen when a dog misunderstands a threat in its environment. This triggers its “fight or flight” instinct. Dogs that bite and growl out of fear tend to be under-socialized, or have had bad experiences and negative memories. These canines feel uneasy when approached by strangers or when little children run up to them. Although they'd prefer to run away, they may feel cornered - and that's when bites may occur. Also, people who try to break up fights between dogs are often the victims of misdirected aggression. This is a common situation, resulting in accidental bites from dogs that are otherwise wonderful, loving pets.

A dog exhibiting dominance aggression is most likely to direct its inappropriate behavior to its family members. A dominant canine thinks it is the head of the household. To show this, it may refuse to get off the couch or bed. Should you attempt to remove it, it will growl and bite.

Does your dog growl or snap if you get too close during feeding or when it's playing with its favorite toy? If so, it is displaying possession aggression. Canines exhibiting this behavioral problem do not trust anyone with, or even near, their favorite toy, food or person. A dog that does not allow you near it while it is eating must be corrected. If a dog is overly possessive of a person, that person must be the one to correct the dog.

By Peter Levy



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WWJD? HMMM

*By Rev. Kristi Denham, Cong. Church of Belmont,
United Church of Christ*

WWJD? What would Jesus do? How Jesus lived out his call to people, to be a messiah, a savior (which was always a political term to Israel), he did three things radically different than the religious leaders around him.



First, he celebrated with all the wrong kinds of people. His parties were notorious. He ate with tax collectors and sinners. He turned water into wine. He invited the poor and the outcast to join the celebration. This upset people. Why wasn't he somber and serious like John the Baptist? He said the beloved community of heaven on earth was here and now, not pie-in-the-sky someday. He claimed God's love was abundant and for everyone.

So our church invites the outcasts to join us, not as step-children who must change to be our equals, but as already our equals in the family of God. We are a come as you are party. No matter your race, gender identity, skills, talents, experiences - you are welcomed here!

Second, Jesus did a lot of out-of-the-box teaching. We are a church that likes to learn. And the more we learn, the more we know we don't know. So we are studying a wonderful series called "Living the Questions." We are learning and growing through our encounters with the teachings of some of the finest theologians. And Sunday worship always includes a time of teaching and learning. We want to continue to grow in our faith.

Finally, Jesus was a healer. Wherever he went lives were changed through the power of the Spirit, the power of his touch. Our mainline Protestant churches haven't done so well with this example of what Jesus would do. We looked at the emotionalism of the old tent revival meetings and "holy roller" churches and thought, "No, that's not us." We became so refined in our English and Western European decorum that we lost the willingness to fully acknowledge both our need for healing and the power of the spirit to heal us. It was all so messy.

But our church has tried to integrate a healing ministry into our worship and prayer life. We have hands-on healers in our midst. Some are Reiki trained. Others just know the power of the Spirit to channel God's healing love through us when we get out of the way and let it flow. We are a church

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that knows how to pray together. We are learning to live out Jesus' example to be a healing church as well. So, if you ever get the chance to visit our little church on a hill in Belmont, be expecting plenty of celebration, plenty of teaching, and a time of healing. We will offer you all three, every Sunday morning at 10:30 a.m. and all week long through opportunities to serve, workshops, classes and personal consultation with the minister if desired. No matter where you are on life's journey, you are welcome here! The Congregational Church of Belmont, United Church of Christ.

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Fully Alive has a full calendar for the month of October! Our October sermon series will tackle the tough question of what are we afraid of, and what holds us back from being all that God created us to be. For many, it is fear. For whatever reason, we are afraid of stepping up and embracing all that God has for us. Come in October and find out if fear is a factor in your life.

OCTOBER EVENTS FROM

October 16, 23 and 30 (a three-week session), we are offering a budgeting class entitled, “Good Sense”. It will be held at our Fully Alive Campus from 6:30-8:30pm. This course can help you discover tools and develop skills to enable you to control your finances, rather than your finances controlling you! More than just learning about budgets and finances, this course enables you to reflect on your relationship to money and how it impacts your relationship with God. If you cannot attend on Tuesday nights, one Saturday session will be held on October 20 from 9:00am-4:00pm, also at our Radio Road Campus. Books are \$10. For more information, contact our Finance Director, Julie Anzalone, at Julie@fullyalive.com.

The Youth are headed to the Corn Maze in Fremont on Friday, October 26. For those of you who love puzzles and mazes, the Corn Maze is a giant, life-sized maze through which you have to find your way. It’s scary and fun all at

the same time! For Youth 6th grade to 12th grade. For information on this event, please contact Mike Crook, Pastor of Youth and Families at mike@fullyalive.com.

fully alive community CHURCH

Lastly, for those of you who love Halloween and games, please come to our Fall Festival on Sunday, October 28 from 4:00-7:00pm. Fun for kids of all ages, there will be food, carnival games, a cake walk, a jump house, face painting and other activities. It will be held inside the Sandpiper Community Center, so it’s a safe place for younger kids as well as games and activities for the older ones. For information on coming to our Fall Festival, please contact Mark Nunn, Pastor of Worship and Arts at mark@fullyalive.com.

If you would like to join us on Sunday mornings, we meet at 9:00am and 10:30am at the Sandpiper Community Center.

For more information on our church or coming events, please visit www.fullyalive.com.

By Lisa Iřerich

CHOOSING YOUR BABY'S DOCTOR By Kenneth Lin, M.D.

Choosing your baby's doctor is an important decision. During the first year of your baby's life, you will see a lot of your chosen physician and his or her office staff for routine well-baby checks, immunizations and occasional illnesses. It's important to choose a doctor who is not only medically qualified to care for your child, but who is also close by and is an overall good fit for your family.

It's best to choose your pediatrician or family physician before the baby is born. This means you will have one less thing to worry about as you leave the hospital. Making this decision in the last five to eight weeks of your pregnancy should give you enough time to explore the local options and make an informed decision. If you know you will have a complicated delivery or have other perinatal issues, you can discuss these with your doctor in advance to anticipate special needs after delivery.

Generally, I recommend picking a doctor who is near your home or workplace. This allows the flexibility of scheduling appointments that fit your busy schedule. Ask if your doctor makes rounds at the hospital where you plan to deliver. While this is not a requirement, it is nice to know that your doctor, or one of your doctor's colleagues, will be there to greet you and your baby and be aware of any newborn issues.

When choosing a physician, many people rely upon word of mouth and a friend's recommendation. You may want to ask your obstetrician for a list of reliable doctors. You can also try asking the nurses in your hospital's labor and delivery unit, as they have the opportunity to see all the doctors making rounds and may be willing to recommend their favorites.

Before you make your selection, I suggest that you meet the doctor in person. Most doctors will allow prospective parents to schedule meet-the-doctor visits. You'll know within a few minutes whether a doctor is right for your family. Many people focus on whether a doctor is board-certified or what medical school they went to, but these criteria provide a poor gauge for how well a doctor will fit your personality.

In addition to getting a sneak peek at your doctor's bedside manner, you'll want to know in advance how your doctor's office runs. Is the office open on weekends? Will you be able to reach the doctor when you need to? How far in advance should you schedule appointments? How long do typical appointment last? Where should you go if you have an emergency?

As a future parent, you want to find a doctor you trust. If you do your homework ahead of time, you can help lessen the last-minute anxiety and focus on enjoying your new baby.



Photo Caption: Dr. Kenneth Lin is a pediatrician and internal medicine physician 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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HAPPY 17TH ANNIVERSARY REDWOOD SHORES LION'S CLUB



COME SEE WHAT FAMILY-FRIENDLY LIONISM IS ALL ABOUT!

We are looking for new members to join us in helping our community! We would love to have you join us. On Tuesday, November 6th at 7 p.m., the Redwood Shores Lions Club will host an informal reception at the Sandpiper Community Center. Light refreshments will be provided. The Redwood Shores Lions Club is celebrating its 17th year of existence as a family friendly club. Anyone interested in finding out more about the Redwood Shores Lions Club or Lionism in general is welcome and warmly invited to attend. For more information, please contact Lion Trevor Newman at (650) 722-0230 or Lion Mary Carbullido at (650) 593-6384.

The Redwood Shores Lions Club is celebrating its 17th year of existence. The Redwood Shores Lions Club was established in 1991 and was sponsored by guiding Lions from the Foster City Lions Club. The Redwood Shores Lions Club Charter President was Lion Joe T. Loo.

During its 17 years in service, the Redwood Shores Lions Club has upheld the Lions' motto "WE SERVE" and has directed its energy towards serving local youth and families through club programs and projects such as: Peace Poster Contest (middle school students); Flag Day education project (elementary school students); Student Speakers Contest (high school students); high school scholarship awards; the Belmont Senior Citizen Center and clothing donations to the Maple Street Shelter in Redwood City. The Club has also established ongoing relationships with Sandpiper School and Nesbit School. The Club provides annual Teacher Appreciation Breakfasts as well as volunteer services. Other projects have included: Eyeglass Collection (recycling of used eyeglasses); Camp Pacifica (donation to camp for deaf and blind children); Lions Quest/Youth Outreach (workshops for teachers in dealing with issues of today's youth); My Fair Lady Senior Pageant; Giving Tree (gift donations to needy children); Canned food drive (St. Anthony's Hall-Redwood City); Ear of the Lion Foundation (hearing aids recycling project); Children's Identification Program (in conjunction with the Redwood City Police); and VNA.

HOSPICE FLU SHOT CLINIC PROGRAM.

The club also supports sight and hearing conservation projects lead by Lions Club International, namely: Lions Eye Foundation of California-Nevada, Inc. (a charitable non-profit foundation that provides eye care, including eye surgery to people in need); Lions Project for Canine Companions for Independence (a program which helps people with physical, developmental, and hearing disabilities by providing them with trained assistance dogs); and Lions White Cane Days (a day when members go out and ask for public donations for sight conservation projects such as eye examinations and eyeglasses).

The Redwood Shores Lions Club is also very active at the District level and its members hold district leadership positions annually. The Club has won numerous awards through the years including awards for community service, invite-a-guest, and club visitations.

Finally, the Redwood Shores Lions Club is also active internationally. The Club has established sister club relationships with the Lions Club of Geelong Eastern Suburb Inc., of Australia, the Lions Club of Bangkok Dusita and the Lions Club of Chabahil, Nepal.

The Redwood Shores Lions Club is a warm and friendly group. The Redwood Shores Lions Club holds its general meeting on the 1st Tuesday of each month at 7pm at the Sandpiper Community Center. Anyone who is interested is welcome to attend. The Club is a family-friendly group of individuals who enjoy giving back to the community while having fun at the same time. Since its inception, the Club has provided a variety of services to the community of Redwood Shores, as well as other neighboring areas. For more information, please contact Lion Trevor Newman at (650) 722-0230, or Lion Mary Carbullido at (650) 593-6384.

TEACHER'S APPRECIATION BREAKFASTS

The Redwood Shores Lions Club recently hosted Teacher Appreciation Breakfasts at Sandpiper and Nesbit Elementary Schools. The Redwood Shores Lions Club welcomed the teachers with a delicious breakfast as well as a large box full of treats and goodies. The teacher's appreciation breakfast has become an annual event which the Lions enjoy doing.

EYEGLOSS COLLECTION

Throughout the year, the Redwood Shores Lions collect eyeglasses so that these eyeglasses can be recycled to needy individuals throughout the world. Recently, over 200 pairs of used eyeglasses were collected by the Redwood Shores Lions and submitted to the Lions In Sight program. These used eyeglasses will be given to needy individuals in Mexico and other places in need. As we do this, we truly give the gift of sight to those who cannot afford something as simple as eyeglasses. Thank you Redwood Shores!!! Remember, if you have any old eyeglasses and would like to contribute them, please look for our eyeglass collection box at the Sandpiper Community Center.

By Shellie Sakamoto, Past President



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INTERIORS
by Decorating Den



A FEW THOUGHTS ON BEDROOM DECORATING

All of us require a place for tranquil reflection. Your bedroom is, or should be, that haven. If your bedroom isn't restful and restorative, then change it! If you share it, create a mutually agreeable atmosphere of a welcoming retreat from the outside world.

You'll need to think about considering more than sleeping accommodations in arranging your bedroom. It invariably becomes the chosen place to accomplish those things that require privacy and solitude - reading a book, writing letters, pursuing your favorite hobby, or contemplating your plans for the next day.

From draperies to bedspreads, accessories to new furniture, all of these working together will provide you with everything you need to create your very own special retreat!

Have you considered designing a creative headboard - one that can actually be an attractive wall treatment as well? A canopy look, an upholstered headboard, even gentle sheer fabric draped from your four-poster, can create a magical new sleeping environment.

And custom bedding is a must for unique fabric and color combinations or difficult to fit beds! Luxurious silks, lustrous satins, gorgeous embroidered sheers, natural linens, or sensually soft chenille are great fabrics to start and finish your day feeling like royalty. Fitted spreads, comforters, duvets - complete with a variety of exquisite and decorative pillow shams, and double dust ruffles featuring ruffles, beads, or even fringe are guaranteed to make your bed take center stage!

Submitted by Teresa Pineda



THE REDWOOD SHORES MARKETPLACE hosted it's first ever fair on

Saturday, September 22nd.

It was a fun-filled day for the whole family. Not even the rain kept people away.

Live Music was provided by The Johnny Smith Band, who provided some Blues, Reggae and some of their original music. Anton Schwartz, a well known Jazz Musician & Composer followed.

Dottier the Clown was on hand to paint faces and twist balloons. There were food saplings, demonstrations, product samples and more. Some of the participants included:

- Megan Tater, Asset. Manager and Allison Boiteaux, trainer, representing **FIT LITE** were informing the community how important it is to stay fit.
- Lisa Faer, Chief Aesthetic Nurse and Mary Mattari, Aesthetician from **SIMPLY SKIN** were educating people on how to care for their skin with an emphasis on preventative measures, especially sun protection and anti-aging technologies.
- Clara Csicsman, owner of **ABSOLUTE VISION** expressed how important it is to wear sunglasses these days to block out UV rays to prevent problems that occur as we get older.
- George Awad, owner of **GNC** and Frank Nunes were doing their part educating people on how to maintain a healthy lifestyle.
- Andrea Roces and Miranda Abinader representing **STILO SALON** were introducing the possibilities of wearing extensions in their hair to achieve a look you might desire.
- Nick Ramezani, owner of **Una Mas** was simply offering you a taste of their food which is made with fresh ingredients each day that are good for a healthy lifestyle.
- Sky Loja Hill and Roger Spring, owners of **Spa/Luxe** wanted to be part of the community by reaching out and providing an education regarding options concerning corrective and preventive skincare.



Fit Lite



Stilo Salon



Absolute Vision



GNC



Una Mas



Spa/Luxe



Simply Skin

Sandpiper After School Enrichment Program Announces New Program!

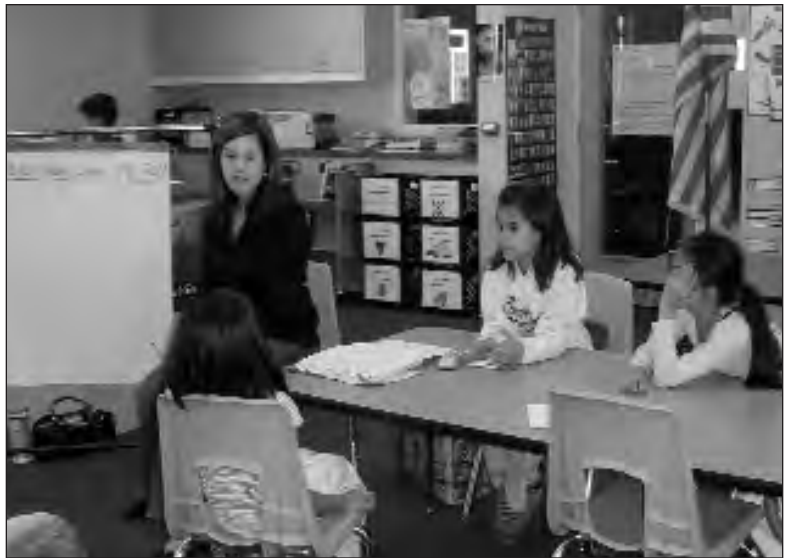
The Sandpiper After School Enrichment Program announces seven clubs that will start meeting on the Sandpiper Elementary School campus.

The Writer's Club has been meeting since September 5 and there is still room to join them! Students are reinforcing their knowledge and learning more grammar. They are also writing their own works of fiction and learning how to introduce characters, develop plots, include settings and use dialogue and imagery to breath life into their very own writing. Our students are excited, talented and committed to producing interesting stories!

The Writer's Club meets on Wednesdays from 12:20 to 2:45.

Other clubs will start on the following days and times:

- **French Club, Mon., 3:15 to 4:15 and Wed., 1:15 to 4:00**
- **Wu Shu Club (non contact martial arts), Mon., 3:15 to 4:15**
- **Chinese Club, Tuesdays and Thursdays, 3:15 to 4:15**
- **Dance Club, Wednesdays, 1:15 to 2:15**
- **Piano Club, Thursdays, 3:15 to 5:15**



NEW STUDENT UPDATE

Students: To advertise in this column please fill out coupon and mail it to: Carol Mertens, 531 Shoal Circle, Redwood City, CA 94065

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RWC GETTING UP FOR NEW OUTREACH PROGRAM

HIGH SCHOOL STUDENTS INVITED TO EXPLORE PUBLIC SECTOR CAREER OPPORTUNITIES AND GAIN NEW SKILLS.

High school juniors and seniors in Redwood City are invited to join an exciting, fun, and valuable program sponsored by the City of Redwood City. For five interactive and motivating afternoon sessions, Youth REACH provides students with a great overview of City/public sector career options, interactive presentations by City staff all about their jobs and training, skill building tips, panel discussions with students that have worked for Redwood City, a career and education fair, and a lot more. Redwood City wants to help high school students plan for their future, and consider a career in the public sector.

The 2007 Youth REACH program will begin on October 25th and end on November 29th. Students will meet each Thursday from 3:30 - 5:30 pm during that five week period. Applications are currently being accepted. Space is limited,

so interested students should call 780-7285 or email cwinn@redwoodcity.org right away for details on how to participate in Youth REACH. The deadline for applications is Friday, October 12th, 2007.

Students will learn about City career opportunities that they may not have considered - either right out of high school, or after college - and discover community resources for career and skill building that will be valuable for whatever direction they choose. They'll be surprised by the breadth and variety of career options available with Redwood City, and networking with City staff will be of great value for the participants' future career connections.

Youth REACH is designed to help high school juniors and seniors reach for the stars with new career options, training, skill building, networking, and knowledge about public sector career options and what it takes to get that job. It's part of Redwood City's commitment to building a great community together. Redwood High School and Sequoia High School students will receive community service credits for participation in the program.

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SENIOR ACTIVITIES FOR OCT. & NOV. IN RWC

Friday, October 5th, 11:00am-3:00pm and 6:00-9:00pm, Mandolins, Memories and Holiday Boutique.

Join us for an Arts and Craft boutique and then travel to Italy by listening to music performed by Aurora Mandolin Orchestra. After the concert, meet "The Aurora Mandolin's" and enjoy a glass of wine, hors-d'oeuvre and dessert, while browsing the arts and craft's. \$10.00 includes the concert, wine, hors-d'oeuvre, dessert and boutique browsing! For reservation, call (650) 780-7270.

Saturday, October 6th, 8 hour AARP Driver Safety Class- NEW COMERS ONLY

This course is especially design for driver 50 and older and who have not taken this course before. By taking this course might allow you to qualify for auto insurance discounts in most states. Must make an appointment. Please call (650) 780-7270 or sign up at the main building. Bring a check payable to AARP for \$10.00 to the class on Friday.

Thursday, October 11th, 1:00 pm Senior Affairs Commission Meeting.

The City of Redwood City Senior Affairs Commission is holding its October 11th meeting at the Fair Oaks Community Center, 2600 Middlefield Road., 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.

Wednesday, October 31st - Halloween Lunch 12:00pm - 2:00pm

Dust off your Halloween costume and come for a fun filled lunch with games, a costume contest and an opportunity drawing with great prizes. \$6.00 fee includes lunch and entertainment. For reservations, please call (650) 780-7259.

Friday, November 16th, Thanksgiving Gathering 12:00pm - 2:00pm

Enjoy a traditional thanksgiving meal and all the trimmings' and the VMSC staff. After lunch, dance the afternoon away with Ron Borelli's Band. Cost is \$7.00. For reservations please call (650) 780-7259.

Save The Date! Saturday, December 1st: 25th Anniversary Gala 7:00pm. - 10:00p.m.

You are invited to celebrate and honor the legacy of the many volunteers, patrons and staff that have served the Redwood City community. Event and sponsorship info, (650) 780-7264.

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