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**PALO ALTO MEDICAL FOUNDATION  
ANNOUNCES CHOICE OF SAN  
CARLOS SITE FOR NEW  
STATE OF THE ART MEDICAL CENTER**

The facility will create 1,200 new jobs while improving health care access, convenience and choice in southern San Mateo County. The Palo Alto Medical Foundation (PAMF) today announced it has selected a site in San Carlos for a proposed state-of-the-art medical center. The PAMF campus would be located at 301 Industrial Road, north of the Holly Street/Highway 101 interchange, on a site that currently houses Communications and Power Industries (CPI)/Eimac, an industrial manufacturer.

Plans for the PAMF San Carlos Center call for a seismically safe, 475,000-square-foot integrated medical campus, housing medical offices for more than 150 primary care and specialty physicians, laboratory and radiology services, outpatient surgery, an urgent care center, round-the-clock emergency care and a 110-bed, full-service, acute care hospital. The campus would also include specialty centers of excellence in areas such as cardiovascular care and oncology, as well as PAMF's nationally recognized computerized medical record system. By providing all services in one location, a more modern way to provide health care, the San Carlos Center would improve quality, safety and efficiency of care for patients and reduce costs by eliminating duplication of services. PAMF announced its site selection decision at a news conference at CPI/Eimac, the proposed location for the San Carlos Center.

The Foundation had also considered an alternate site in Redwood City.  **Palo Alto Medical Foundation** PAMF has already filed its application with the City of San Carlos, and the **A Sutter Health Affiliate** city's environmental review process is underway. Public hearings on the application are expected to begin this fall. Criteria for selecting a site included size, location, community support, and "the ability to provide the best health care available anywhere, convenient access to that care, and many choices to help meet the community's diverse needs," said David Druker, M.D., president and CEO of PAMF. "We were very well received in both Redwood City and San Carlos—and we had two excellent site options. "The San Carlos site allows us the most promising size and location—and the outpouring of support PAMF has received from the San Carlos community shows that our project is important to them. PAMF looks forward to bringing to southern San Mateo County our long-term vision for top-notch health care, and deepening and expanding our connection to the San Carlos community."

The PAMF San Carlos Center is expected to bring more than 1,200 new health care jobs to San Carlos, as well as provide more than 1,000 union construction jobs as the facility is built. "The Palo Alto Medical Foundation's decision to build its new medical campus in San Carlos will be a huge boon for our community," said Mike Tiernan, a long-time San Carlos resident and downtown business owner. "Residents will not only have more choices when it comes to our health care, but we will also have a prestigious neighbor and community investor bringing high-paying jobs and consumers into our city." PAMF is planning to invest \$300 million to build the new facility, without requiring any taxpayer support.

Before making its decision, PAMF held a series of community meetings with San Carlos residents and received strong support for its plans. The Foundation already serves more than 50,000 patients in southern San Mateo County, and is experiencing growth rates of 5 to 7 percent a year. "The San Carlos Center will allow us to meet this demand closer to where those patients live and work, and to provide the entire community with the improved access to health care that area residents keep telling us they need," said Dr. Druker. "We expect our patient base to double in the next decade as patients continue to seek out the excellent, innovative care provided by our doctors and staff members," he added. PAMF has been ranked the best medical group in the state for the past two years in a survey measuring quality of medical care conducted by PacifiCare, a major provider of health care plans in California. The San Carlos Center would be open to all residents of the community, not just PAMF patients, and to physicians who are not affiliated with the Foundation. PAMF is one of the only organizations in the area that accepts new Medicare patients, and also serves Medi-Cal and indigent patients. PAMF also accepts a wide variety of health plans, including managed care plans (HMOs), which enables the Foundation to offer patients competitive costs. In addition, PAMF would bring to San Carlos its long tradition of investing in the communities it serves. The Foundation provides lectures, classes and support groups; works closely with local schools to bring health education to students of all ages; and offers wellness programs for the community, among other benefits.



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## SUMMER SAFETY TIPS FOR PARENTS

By Natalie Lynch M.D.

Summertime is here, and children are out of school and ready to have some fun. Parents can help keep their children safe by taking sun and swimming safety precautions and by preventing and quickly treating potentially harmful bug bites while hiking, camping or playing in wooded areas.

### Sun Protection

\* Remember that even if your child is not in direct sunlight, he or she can still get sunburned, especially near water, sand, and concrete, because the reflection against these surfaces intensifies sunlight. Also, clouds reduce only 20 to 40 percent of ultraviolet (UV) rays, so sunscreen is important during cloudy days.

\* Try to avoid direct sun exposure between 11 a.m. and 4 p.m., since the UV index is highest during this time. Remember that your child can still get sunburned even if the sun doesn't feel strong.

\* An infant less than 6 months of age should be kept out of direct sunlight and be dressed in clothing that covers his or her entire body, including a hat and sunglasses. Do not use sunscreen on infants less than 6 months old.

\* Children of all ages should always wear sunglasses when in the sun. The label should read that the glasses provide protection from 99 percent of UV rays or protection from both UVA and UVB rays.

\* Your child should wear at least SPF 15 sunscreen. Apply it 30 minutes prior to sun exposure to give ample time for the sunscreen to absorb into and protect the skin. Be sure to reapply the sunscreen every two to three hours, even if the brand claims to be "water-proof" or "water-resistant." When choosing a sunscreen, look for the words "broad spectrum," which protects from both UVA and UVB rays.

### Safe Swimming

\* Many parents don't realize that childhood illnesses can spread at public pools unless certain precautions are taken. To prevent other children from becoming ill, do not allow your children to swim in a pool if they have diarrhea.

\* Take your young child to the bathroom often for diaper checks. It's important to change diapers in the bathroom, not at the poolside, since germs can spread to surfaces or objects around the pool area. Wash your child, especially the diaper area, with soap and water before swimming.

\* Never leave a child unattended near water even if he or she knows how to swim, and always check the depth of the swimming pool and make sure your child is in the appropriate section for his or her age and swimming ability.

\* Remind children that they should not run and play by the poolside, and that they should not push their friends into the pool since the surface is often slippery and injuries are common.

### Bug Safety

\* To prevent insect bites, your child should avoid using scented soaps and perfumes and wear clothing that covers his or her arms and legs - especially when hiking or in wooded areas.

\* Use insect repellent with low DEET content, designed for children. This chemical is not recommended for children under 2 months of age. The maximum concentration recommended in infants is 30-percent DEET; a 24-percent concentration provides five hours of protection. DEET should not be applied more than once a day. For this reason it should not be used in a product that has sunscreen, since sunscreen needs to be reapplied. Do not use DEET under clothing or on your child's hands, mouth, around the eyes, or on any areas of skin with cuts. Later, be sure to wash the treated areas of skin with soap and water, and wash the clothes your child was wearing.

\* While in a wooded area, check your child for ticks every two to three hours. Lyme disease can only be transmitted when a tick feeds for 18 to 24 hours, so finding and removing the tick early can prevent the disease.

*Photo Caption: Dr. Nathalie Lynch is a pediatrician 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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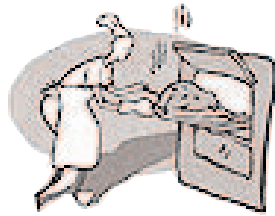
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## For the Love of Good Food

By Susan Prescott

siprescott@sbcglobal.net



### *Piri Piri - A Portuguese Marinade for BBQ Chicken or Fish*

This month's recipe comes from the Algarve. It is a large coastal region of Portugal overlooking the vast waters of the Atlantic, and characterized by rolling hills and valleys, dotted with olive, carob, almond, fig and orange trees.

The Portuguese seafaring ancestors were the first to bring ingredients like pepper, coriander, ginger, curry, saffron and paprika to Europe, not to mention tea, rice, coffee, peanuts, tomatoes and potatoes. The Algarve's tribute to former Portuguese colony Mozambique is Frango Piri Piri, which is a spiced up version of barbecued chicken. Prior to cooking the chicken is basted in a highly addictive spicy chili oil, left to marinate, and then charcoal grilled to perfection. It is best served with a fresh salad, bread and a fresh white wine. (In Portugal itself most likely a Vinho Verde, a slightly sparkling white wine.) This marinade is very good used on tiger shrimp that are best split and put on the BBQ in their shells.

Ingredients (serves 4)

- 1 1/3c. olive oil
  - 4 fresh jalapeno peppers, coarsely chopped
  - 2 fresh poblano peppers, coarsely chopped
  - 1 tbsp. crushed red pepper
  - 1 tsp. salt
  - 8 turns freshly ground black pepper
  - 1 tbs. minced garlic
  - 1 lemon cut into quarters
  - 4 portions of chicken or prawns or firm white fish (you could also use pork)
1. Combine all of the ingredients up to the pepper in a saucepan and cook over a high heat. Cook, stirring, for 4 minutes, then add garlic, remove from the heat, and allow to cool to room temperature.
  2. When the mixture is cool, pour it into the bowl of a food processor and pulse 16 times. Pour the sauce through a funnel into a clean bowl or jar, cover and leave to sit for 7 days before using for best results. Keeps up to 2 months at room temperature. It makes about 3 cups.
  3. When ready to cook, marinate the meat or fish for at least 2 hours, then place in a hot skillet or on the BBQ for about 20 minutes depending upon the size of the individual pieces. Baste with the oil while cooking, and then serve with the lemon wedges. Accompany with simple salad and bread.
  4. I came across an Emeril Lagasse recipe for Jicama Orange Salad that goes really well with Piri Piri. Combine all the following ingredients together in a bowl, toss and refrigerate until served (Overnight if desired). 2 c. diced, peeled jicama; 3 peeled seedless oranges cut into sections; 2 tbsps. Orange juice, 1/4 c. finely chopped red onions; 3 tbsps. Finely chopped red bell pepper; 3 tbsps. Chopped fresh cilantro; 1/2 tsp. salt; ground black pepper to taste.

## THE WINE ENTHUSIAST - By Tom Barras

Recently my wife and I flew to Maui to play some "swing and swear," also known as "golf." (By the way, do you know why it's called "golf?" It's because all the other four letter words were taken!) Anyway, we used some of our accumulated travel miles and upgraded into the business section where we could enjoy its roomy comfort as well as the extra food and drink options.



As the 737 leveled off from the ascent, we were offered beverage choices, and being Bacchus' buddy I selected a Pinot Blanc from France's north-easternmost fine wine region. You appellation aficionados know that I speak of Alsace, one of the most fairy tale, evocative destinations on anybody's food and wine itinerary. Once the glass arrived I put the wine through the ritualistic swirl-sniff-sip routine. Just like an old buddy, it was familiar and friendly: a clean, soft, floral, light to medium bodied, moderately acidic, unfailingly reliable sipping wine.

And just as Pinot Blanc's simplicity is embraced for what it is, it should also be acknowledged for what it's not. First, it's not a tropical, vanilla-flavored, oak dominated, malolactically engineered white wine like you-know-what. Also, neither does it have the in-your-face, piercing herbal exuberance of an aromatic, palate-thumping, you-also-know-what. No, it occupies the ideal, user-friendly middle ground.

Like many oak free white wines from Alsace, Pinot Blanc delivers on its promise of restrained background partnering to whatever you're doing, whether it be browsing the various airline magazines that are tucked into the backside pockets of the seats in front of you, or gazing out those porthole-sized windows while pondering our cosmic insignificance. In my case, I was fingering my way through a small bowl of mixed nuts while mulling over our first night's dinner possibilities.

The reason I recite the above tasting notes with near wine exam exactitude is that when I was offered and accepted a refill, the conviction of my opinion, but more accurately, the warm and fuzzy confidence of my palate, was dealt a sudden jolt of high altitude emotional turbulence. I nearly gagged on the cashews when I noticed the flight attendant was not pouring Pinot Blanc! No, fellow geeks, he was pouring that impossible-to-misidentify Sauvignon Blanc!

I know this is not a Larry King CNN caliber revelation, or the kind of wine information that you'd prefer to be absorbing, but this minor, vinous trauma created several minutes of dizzying, trade-wind self doubt about whether or not I could distinguish a sedate Mary Poppins style of white wine from, say, a screeching Janis Joplin version. Cognitive dissonance can be heady and humbling stuff. It's been said that if a wine is served in a totally opaque black goblet, and one tastes it with eyes closed, that even gifted palates cannot distinguish a Chardonnay from a Cabernet. I suppose I should find solace in that tidbit of wine lore, but, gosh, why didn't I have the nerve to ask the flight attendant if that first glass was, in fact, Pinot Blanc? Huh? Why didn't I?



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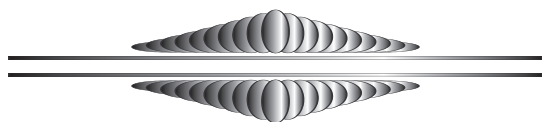
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Common to all of us whether Jew, Muslim or Christian is the common pillar of religion, which is prayer. It may be the sigh of a soul in distress, or the gasp of wonder at creation or a joyful song emerging from the heart of a happy lover; in all these forms it is a raising of the heart and mind to the Creator. Do you suffer from depression, stress..etc. then try Prayer. This is what Mahatma Gandhi had to say on Prayer: 'Begin your day with a prayer and make it so soulful that it may remain with you until evening. Close the day with prayer that you may have a peaceful night free of dreams and nightmares. Do not worry about the form of prayer. Let it be any form; it should be such as can put you into communion with the divine. Only whatever be the form let not the spirit wander while the words of prayer run out of your mouth.' Mahatma Gandhi. I share with you this Father's Day Prayer: 'Lord, build me a son whose heart will be clear, whose goal will be high; a son who will master himself before he seeks to master other men; one who will learn to laugh, yet never forget how to weep. One who will reach for the future yet never forgets the past. After all these things are his, add, I pray that he be blessed with a sense of humor, so that he may always be serious, yet never take himself too seriously. Give him humility, so that he may always remember the simplicity of true greatness, the open mind of true wisdom and the meekness of true strength. Then I his father, will dare to whisper, I have not lived in vain'. General MacArthur.

*Fr. Al Furtado C.S.Sp. /Pastor St. Mark's Catholic Church*

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## TRAVEL Q & A

### THE UNDISCOVERED SPAIN

Tour companies continue to offer special travel options to visit ever-popular Spain. These Spanish itineraries feature routes usually unknown to the regular traveler. A 10-day Treasures of al Andalus package starts at \$1897 per person land only based on double occupancy. Treasures of Andalus is a self-drive, nine-night tour with private sightseeing walks in each city. Starting off in Madrid, the traveler will not miss the Mosque, the Christian Monarch's Alcazar and its gardens, the Synagogue, or the ruins of Medina Azahara. The second city is Seville with its Cathedral, the Golden Tower, and Plaza de Espana, and then Arcos de la Frontera displays a typical defensive hill village and castle. Forty miles of coast east of Malaga - known as the Costa del Sol - one can enjoy beaches, entertainment, sports, monuments, nature and villages. Granada is the final city stop before the return to Madrid. Nine nights, 10-days from \$1897 per person land only based on double occupancy.

Heart of Spain, another self-drive seven-day, six-night tour, starts off with a day in Madrid, and is followed by Segovia, a World Heritage town. No less charming, Salamanca is best



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known for the oldest university in Spain and among the oldest in Europe. Final stop is Leon, seven nights, six days are from \$1622 per person land only based on double occupancy.

Embarked on Spanish Sepharad - a seven-nights train journey starting off in Madrid—the traveler will discover Roman, Muslim, and Christian history in Cordoba after day visits in Toledo and Segovia. Barcelona marks the end of the train ride. Seven nights, eight days are from \$1385 per person land only based on double occupancy Spain is a destination in which you will find something for everyone. For more information, please contact Paola 650-610-8782

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## REMODELING TO INCREASE THE VALUE OF YOUR HOME

The remodeling frenzy is in full swing on the Peninsula. Contractors’ trucks are clogging our neighborhood streets. Saturday sales at home improvement centers draw throngs of shoppers who haul tile, toilets, countertops and plumbing fixtures to their cars. Popular T. V. shows such as “Trading Places” and “Extreme Home Makeover” are motivating homeowners to take a critical look at their surroundings.

The Peninsula is a unique housing market because the residentially zoned land between San Francisco and San Jose has been almost completely built out. This means that the only housing space for new homes is “in fill” or on “tear-down” property. Therefore buyers are looking almost exclusively at re-sales when they want to buy or trade-up. When there are older homes with the same floor plans in similar neighborhoods on the market, the house with the remodeled kitchen and bath which also has well-maintained landscaping will always garner more offers and sell at a higher price than its competitors. The benefit for the homeowner in this geographical area is that even normal maintenance projects on an older home (i.e. window replacement) will produce a hefty return on investment.

Here are some of the projects which are proven to be the best values for investment in your home in the San Francisco area according to a survey conducted by “Remodeling” magazine In November 2003:

<b>Project</b>	<b>Cost</b>	<b>Resale</b>	<b>Value%Recouped</b>
<b>Deck addition</b> 16X20’ at ground level	\$7600	\$ 17,000	225%
<b>Bathroom remodel-midrange</b> Replace all fixtures Tile floor and tub surround	\$12,600	\$ 22,700	\$180%

*(Continued on page 35)*