



MARJAN SADOUGHI

Dr. Neville H. Golden, right, who heads the Division of Adolescent Medicine at Stanford Hospital, talks to pediatric resident John Peoples, center, and medical student Tina Alee during a meeting at the teen clinic in Mountain View operated by Lucile Packard Children's Hospital.

Clinic caters to younger set

CASTRO COMMONS IN MOUNTAIN VIEW PART OF A GROWING TREND OF MEDICAL CARE FOR TEENS

By Alexa Tondreau

They aren't children, they aren't adults — they're adolescents.

At Mountain View's Castro Commons teen clinic, nearly 3,000 of them visit each year, looking for specialized care in all things pertaining to the "in between" time in life.

The clinic, which is run in conjunction with the Center for Adolescent Health at the Lucile Packard Children's Hospital, offers primary care specifically geared toward those aged 12 to 18, with eight full-time physicians on staff who are board-certified in adolescent medicine.

Castro Commons, which has been operating since 2004, is a place where teens can come for both their basic health care needs and attention to problems — including emotional and mental issues — that often first arise in the teenage years.

The clinic has been expanding its services in the last year, adding a nutritionist and a social worker to its staff, and patients can receive basic counseling or be referred to the center's eating disorders or weight management programs.

According to Neville Golden,

M.D., director of the clinic, connecting to teens and thoroughly addressing their health concerns all boils down to the approach.

"The first time someone comes in, if it's for a regular check-up, we're going to spend more than an hour with them," he said. "Maybe they're here for a sore throat, but we'll ask them about their friends, social life, substances, are they

"They asked me about everything, up to questions about my road safety."

KIRA WALLACE

sexually active, safe at home, do they exercise, and on and on."

Taking the time to sit down and really talk to patients is key to getting a candid and accurate picture of an adolescent's life, Golden said.

"It takes much longer to draw out teenagers. Often the pediatrician is rushed or busy, and just doesn't have the time to put into it," he said.

Kira Wallace, 17, first visited the clinic this year, and can vouch for

the thoroughness of its services.

"They spent a lot of time going into detail, a lot of it was very specific and personal. They asked me about everything, up to questions about my road safety," she said.

Wallace said she liked the confidentiality of the exchange. The clinic offers its patients a private, comfortable place to speak about issues they may have trouble broaching with mom and dad.

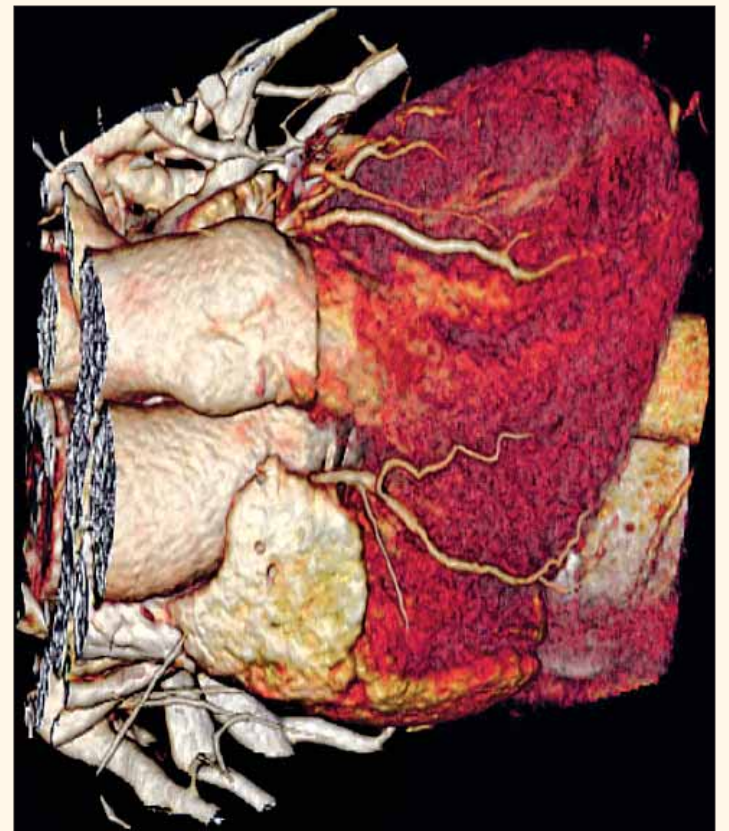
"Fifty percent of teens are sexually active, but many can't speak to their parents about it," Golden said. "We can listen to them and offer advice, whether it's about abstinence or protection."

But parents aren't completely left out of the loop. Wallace's mother, Lynn Klamkin, said the doctor made sure to step into the waiting room to visit with her as well.

"In very general ways she gave me a sense of what is going on with her. It really made me feel very included, but her privacy was respected," Klamkin said, adding that she was "incredibly impressed" by her daughter's visit at the clinic.

Klamkin is one of a growing number of parents who prefer doctors specializing in the health needs of adolescents. She said she

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An image from CMG's high-tech heart scanner.

Heart on their sleeves

CAMINO MEDICAL GROUP'S NEW FACILITY FEATURES STATE-OF-THE-ART MEDICAL SCANS

By Angela Hey

Camino Medical Group's new facility, located south of Route 85 on El Camino Real, is the place to go if you need a heart scan.

The medical group has invested heavily in digital imaging. Doctors can view and rotate colored heart images on workstations in 4-D (time being the fourth dimension) to look for abnormalities.

A virtual heart model is compiled from 1,800 to 5,000 image slices that are captured on the latest Siemens Somatom 64-slice, dual source CT (computed tomography) scanner. It has two X-ray sources at 90 degrees to each other, and two detectors. The advantage of dual source scanning is that it can scan faster and provide clearer pictures. The X-ray dosage can also be lower.

The heart of a sick patient often beats faster than normal, sometimes at more than 90 beats per minute, which blurs the image on single-

source scanners. Sick people often have an irregular beat, which poses another scanning challenge. These scans can be taken when the heart is in its relaxed diastolic phase by synchronizing the image capture with the heartbeat.



CT scanners scan everything from the brain to the toes. A second 40-slice single source CT scanner is available for slower beating hearts and less detailed scans.

The clinic also features a Siemens Magnetom 3 Tesla MRI scanner. Most procedures take just a few minutes. The machine reduces the banging noise heard during a scan and is about 20 decibels quieter than older generation machines.

Vital Images Vitrea software assembles scanned images into a beating heart model (see www.vitalimages.com/products/adv-ct-cardiac.aspx). The software can show 2-D, 3-D or 4-D scans and can separate blood vessels from the

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The City of Mountain View announces the release of the 2006 Consumer Confidence Report.

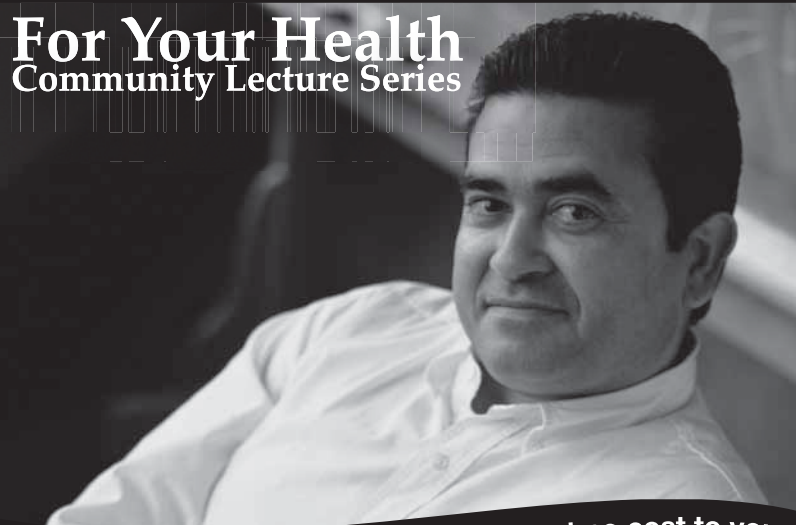
As mentioned in the 2006 Consumer Confidence Report, Mountain View's high quality drinking water continues to meet State and Federal water quality standards. The report also emphasizes the importance of saving water in order to preserve the limited water supply currently available and to avoid significant water use reductions during 2008.

For more information or to request a copy of the 2006 Consumer Confidence Report, please contact the Public Services Division at (650) 903-6329 or visit the City's website at:

http://www.mountainview.gov/services/city_publications/water_quality_report.asp



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For Your Health is a free community lecture series brought to you by Camino Medical Group (CMG) and the City of Sunnyvale.

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Reservations are recommended as seating is limited.

Talks are rebroadcast on KSUN-15, the City of Sunnyvale's local cable channel.



TEENS

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drove her daughter down to the clinic from San Francisco, where they live, based on the referral of a physician in the city.

There are only a handful of such clinics operating in the Bay Area, Golden said.

Dr. Christine Litwin, a member of the Mountain View-based Women's Physician Group, which has had a teen program in place for several years, said current trends in the medical community tend towards finding more effective and comprehensive ways to cater to teens.

"The concept of having a place just for teens to go is relatively new," she said, adding that teens "get lost in the medical care system. They're beyond childhood immunizations, so they don't have regular check-ups. But

they're beginning to deal with many health issues, including their sexuality, and girls have developing reproductive needs."

Back at Castro Commons, the waiting room is filled with magazines and posters geared towards its teenaged patients. Wallace said she and her mom have already recommended the clinic to friends who they believe will benefit from the personal, individualized approach.

"Never in my life have I seen a physician take that much time with a patient," her mom said. "It was just unbelievable." ■

E-mail Alexa Tondreau at atondreau@mv-voice.com

■ INFORMATION

The Castro Commons teen clinic is located at 1174 Castro St., Suite 250. The clinic can be reached at (650) 934-7808.

HEART

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surrounding tissue to show blockages and aneurysms in detail. The image processing software runs on workstations with 8 GB of memory using Microsoft's Vista 64-bit operating system.

Patients can swallow a barium meal and have their digestive tract scanned on a Siemens Axiom Luminos TF fluoroscopy system. It can be used to look for hiatus hernias, and generates moving images of their esophagus and stomach. It can also be used to analyze rotator cuff tears, bladder problems and infertility conditions.

For a digital X-ray, the clinic has an automatically operated Siemens Axiom X-ray machine. This sets up the equipment in exactly the right position for each patient — the patient can lie down or stand — saving the technician time. "Abdomen supine" means the patient lies on his back and the X-ray sensor automatically moves to the horizontal, parallel to the

bed. (The bed is made of carbon fiber, which is very thin but can handle the weight of three adults.) For an upright chest X-ray, the detector lifts up and rotates to a vertical position away from the bed so that the patient can stand in front of it. The X-ray source aligns itself with the detector, at the precise distance from it for a clear image.

I asked Qumara Ahmadi, director of imaging services, why he selected Siemens from his short list of three major vendors. "Image quality, uniformity of applications, integrated workflow, patient comfort, fast scanning times and diagnostic accuracy," were his reasons. He also reminded me that demo images often look much better than those with abnormalities that he sees in real patients.

I hope you don't need to go to the clinic, but if you do, early, accurate diagnosis can save lives. We are privileged to have some of the world's best imaging equipment and medical staff right on our doorstep. ■

Angela Hey can be reached at amhey@techviser.com.

The software can show 2-D, 3-D or 4-D scans and can separate blood vessels from the surrounding tissue to show blockages and aneurysms in detail.

Breathe easy

ASTHMA NEEDN'T INTERFERE WITH LIVING A NORMAL LIFE

By Dr. Mike Mulligan

Q: What is asthma and what triggers an asthma attack?

A: Asthma is a medical condition that affects the airways that move air in and out of the lungs. The airways in patients with asthma tend to be swollen, inflamed and sensitive to different stimuli. When these inflamed airways are exposed to certain asthma triggers, the muscles surrounding the airways tighten up, blocking the flow of air and making it difficult to breathe. In rare instances, the airflow obstruction can become severe enough to be life-threatening.

Asthma can be triggered by many different factors including:

- Respiratory infections such as colds, flu and other respiratory ailments (these are the most frequent cause of asthma attacks);
- Allergens such as pollens, animal dander, molds and dust mites;
- Airborne irritants including smoke from cigarettes, wood fires or charcoal grills, strong fumes or odors like traffic exhaust, household sprays, paint, gasoline and perfumes;
- Exercise, particularly when performed in cold air, as well as other types of exertion such as laughing and crying;
- Stress.

Q: Who is at risk of developing asthma?

A: More than 2 million Californians suffer from asthma; about half of them are children who often develop symptoms of asthma before the age of 5. Asthma tends to run in families — the largest risk factor for developing asthma is a family history of asthma or allergies. The other major risk factor is maternal smoking during pregnancy or exposure to cigarette smoke in infancy — another great reason to stop smoking if you are pregnant.

Q: How can I tell if I have asthma?

A: Asthma can be difficult to diagnose because many patients with asthma are perfectly fine most of the time, and only develop symptoms occasionally. It's often most difficult to diagnose asthma in patients with the milder forms of the disease.

If you suspect that you or your child has asthma, watch for these key symptoms: persistent

or intermittent coughing, wheezing, shortness of breath or rapid breathing, chest tightness and/or fatigue. Many of these symptoms are most noticeable during or after exercise, or perhaps in association with a cold. If you think you or your child might have asthma, you should discuss it with your primary care physician. Allergy specialists can help in the diagnosis and management of asthma, in part by identifying the specific allergens that may be triggering the asthma.



Mike Mulligan

Q: I don't want asthma to control my life. What should I do to stay healthy and active despite this condition?

A: If you have asthma, it is important that you control the disease by trying to prevent the symptoms from flaring up, rather than just respond to the symptoms once you notice them. Preventing the problems in the first place will help keep the asthma from affecting your ability to do the things you want to do. To control the asthma, you should:

- Identify and avoid your asthma triggers as best as you can.
- Use your asthma medications correctly. Failing to use your medications as prescribed can lead to more trouble with your asthma. It will also make it harder for your doctor to know if the medications are working well enough for you, or if they should be changed.
- Have a written asthma action plan that you develop with your doctor. The action plan outlines the specific steps you should take when you do notice symptoms developing. This is important because early treatment can help prevent a more severe attack from developing.

Unfortunately, there is no cure for asthma. However, by working closely with your doctor, you should be able to control your asthma, rather than have your asthma control you.

For more detailed information, visit www.caminomedical.org.

Responses were provided by Mike Mulligan, M.D., an allergy and asthma specialist at Camino Medical Group's new Mountain View medical center. ▣

E-mail questions to Camino Medical Group representative Cynthia Greaves at greavec@caminomedical.org.

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(Voice June 29, July 6, 13, 20, 2007)

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FICTITIOUS BUSINESS NAME STATEMENT
File No. 496607
The following individual(s) is (are) doing business as, Dublin Central Vacuums, 240A Polaris Ave., Mountain View, CA 94043:
BEAMCO, INC.
240A Polaris Ave. Mountain View, CA 94043 California
This business is being conducted by a corporation. Registrant began transacting business under the fictitious business name(s) listed herein on 7/1/2007.
This statement was filed with the County Clerk-Recorder of Santa Clara County on July 6, 2007.
(Voice July 13, 20, 27, Aug., 3, 2007)

MAC REPAIRS
FICTITIOUS BUSINESS NAME STATEMENT
File No. 496115
The following individual(s) is (are) doing business as, Mac Repairs, 592 Weddell Drive Suite # I, Sunnyvale CA 94089:
DINH NGUYEN
925 S. Wolfe Rd # 58 Sunnyvale, CA 94086
This business is being conducted by an individual.
Registrant has not yet begun to transact business under the fictitious business name(s) listed herein. This statement was filed with the County Clerk-Recorder of Santa Clara County on June 27, 2007.
(Voice July 13, 20, 27, Aug., 3 2007)

ANA'S PROFESSIONAL CLEANING SERVICES
FICTITIOUS BUSINESS NAME STATEMENT
File No. 495768
The following individual(s) is (are) doing business as, Ana's Professional Cleaning Services, 777 So. Matilda Ave., Apt. 186, Sunnyvale, CA 94086:
JORGE AGUSTIN CHIMES SOLORZANO
777 So. Matilda Ave., Apt. 186 Sunnyvale, CA 94086
This business is being conducted by an individual.
Registrant has not yet begun to transact business under the fictitious business name(s) listed herein. This statement was filed with the County Clerk-Recorder of Santa Clara County on June 19, 2007.
(Voice July 13, 20, 27, Aug., 3, 2007)

997 All Other Legals

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON
IN AND FOR THE COUNTY OF KITSAP
JUVENILE DEPARTMENT

THE STATE OF WASHINGTON TO:

1. RONALD ANDREW NELSON aka ANDY NELSON, Alleged Father of SHAWNA NELSON; DOB: 09/07/99; Cause No. 07-7-00068-2; Dependency Petition filed January 31, 2007.
2. JOHN DOE, Natural Father of SHAWNA NELSON; DOB: 09/07/99; Cause No. 07-7-00068-2; Dependency Petition filed January 31, 2007.

AND TO WHOM IT MAY CONCERN:

The above court was petitioned to adjudge your child dependent and to enter an order determining the care, custody and physical placement of your child. There may be further hearing which may permanently terminate all your parental rights to your child.

You have important legal rights and you must take steps to protect your interests. In order to defend your parental rights, you are summoned to appear at a court hearing at 1:30 p.m. on Wednesday, August 22, 2007 at the Kitsap County Juvenile Court, Kitsap County Juvenile Center, 1338 S.W. Old Clifton Road, Port Orchard, WA 98366. If you do not appear at the hearing, the court may enter an order without further notice to you.

You have the right to speak on your own behalf, to introduce evidence, examine witnesses, and receive a decision based solely on the evidence presented. You have a right to have a lawyer represent you at the hearing and help you by looking at the files, talking to involved parties, helping you to understand your rights and the law. If you cannot afford a lawyer, the court will appoint one to represent you. To get a court appointed lawyer, contact: Court Services Officer, Youth Services Center, 1338 S.W. Old Clifton Road,

Port Orchard, WA 98366 at (360) 337-5401. You may contact the Department of Children and Family Services, 3423 6th Street, Bremerton, WA 98312 at 1-800-423-6246 for more information about your child.

DATED this 27 day of June, 2007.

DAVID W. PETERSON,
CLERK

By: Elaine M. Burrows,
Deputy

Presented by:
ROB MCKENNA, Attorney General

By: JON R. MORRONE, Assistant
Attorney General
WSBA #37871

SUMMONS BY PUBLICATION
ATTORNEY GENERAL OF
WASHINGTON
1019 Pacific Avenue
South 3rd Floor
Tacoma, WA 98402-4411
(253) 593-5243
(Voice July 6, 13, 20, 2007)

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- ~ Dining area with built-in display shelves
- ~ Large indoor storage closet
- ~ Complex has recently been painted and includes a pool
- ~ Approx. 1,048 sq ft of living space (per tax records)
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- ~ Only minutes to Downtown Mountain View
- ~ More photos at www.725Mariposa206.com



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Information deemed reliable but not guaranteed.

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\$4,295,000

Brand new home on a wonderful cul-de-sac. 5BR+office, 6.5BA, luxurious master suite, full sauna, sep. au-pair quarters, library, 2 game rooms, theater, wine cellar.

170 N. EL MONTE

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Remodeled 4BR/2BA home w/sep. 1BR cottage. Large master suite. 2-car garage. Pool w/solar heating.

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2713 RAMOS COURT

\$1,199,000

NEW ON THE MARKET! Welcome to this remodeled 3BR/2BA remodeled home w/approx. 1,863 sq.ft. of living space in Waverly Park. Gorgeous kitchen features granite slab countertops, spacious living room, sep. formal dining room, inside laundry.

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4121 OLD TRACE COURT

\$3,795,000

This 5BR/3BA home has been wonderfully updated & newly landscaped. Master bedroom suite w/FP & hardwood floors, bright & open family room, chef's kitchen w/granite countertops, oversized 3-car garage, tennis court. Palo Alto Schools.

LOS ALTOS



716 LINDEN AVENUE

\$3,695,000

This four year new home offers 4BR/3.5BA plus office & sep. bonus room, in-law quarters. Lots of upgrades! 17,000 sq.ft. lot with pool. Pool house with full bath.

LOS ALTOS HILLS

26910 DEZAHARA WAY

\$3,550,000

Come home to tranquility and views! Extensive use of glass without sacrificing privacy has been used throughout this lovely home. 4BR/4+BA, formal dining room, gourmet chef's kitchen. Fabulous backyard w/room for pool/vineyard.

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\$425,000

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LOS ALTOS HILLS

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The floorplan of this exceptional estate includes a handsome library, 2 family rooms, theater, au-pair quarters wine facility, pool, 8-10 car garage. MBR suite w/sep. retreat & FP. 2,000 SF guest house. Adjacent lot may be purchased w/this property. Palo Alto Schools.



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This 11,000+ sq.ft. home exudes quality and elegance! High ceilings accentuated by crown moldings, 6+BR/8+BA, library, 2 family rooms, wine cellar, exercise room, theater room, sep. au-pair suite. Beautiful pool & cabana, patios, rolling lawns & much, much more!

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Sunnyvale
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Highly sought after 3 bedroom 3 bath townhome in the Crossings! Desirable end unit features many windows for light filled rooms, new flooring and paint. Close to shopping, restaurants and Caltrains. Award winning Los Altos schools.

Offered at: \$689,000

Other Recent Activities:

Active: 3305 Los Prados #233, San Mateo \$469,000
Pending: 101 Deer Lane, San Carlos offered at \$2,350,000 *
1218 Thurston Ave, Los Altos offered at \$1,850,000
Just Sold: 3426 Woodstock Ln, Mountain View \$1,450,000
915 Roble Ave, Menlo Park \$1,665,000 *

* represented buyer



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Just Listed! 230 Bryant St #7, Mountain View

Open Saturday & Sunday – 1:30 to 4:30 p.m.



Stunning and spacious walk-up row house in the heart of Downtown Mountain View. Features include 4 bedrooms, 3.5 baths, gourmet kitchen with granite, maple and stainless steel, wood laminate flooring, crown moulding, 8-10' ceilings throughout, gas fireplace with travertine surround, spacious master suite with bay window sitting area, granite and maple in all baths, CAT-5 wired, central A/C, ample storage in unit, and secure garage with 2 parking spaces.

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<u>City</u>	<u># of Homes on the Market</u>	<u># of Homes Pending</u>	<u># of Homes Active</u>
Sunnyvale	172	70	102
Mountain View	52	25	27
Los Altos	62	29	33
Palo Alto	78	42	36
Menlo Park	95	36	59

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cabinets w/ pull out shelves
LR w/ wood laminate floor &
sliding door to sunny patio
Separate dining area
Bedrooms boast large closet
space w/ mirrored doors
Enclosed carport
Priced at: \$519,000

**49 Showers Dr. #J118
Mountain View**

**Open Sat & Sun
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Desirable Old Mill condo
Great Los Altos Schools!
2 bedrooms & 2 baths
Security building w/ under
ground parking
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kitchen w/ granite counters
LR w/ sliding door to balcony
Dining area w/ ceiling fan
Spacious master bedroom
Convenient inside laundry
Priced at: \$529,000

**741 6th Ave
Redwood City**

**Open Sun
1:30 to 4:30**



Updated single family home
Lovely 2 bedrooms & 1 bath
New dual pane windows
Hardwood floors
Spacious living room
Remodeled kitchen w/ new
appliances & tile floor
Master bedroom w/ skylight,
wall of closets
Manicured backyard
Attached garage
Priced at: \$649,000

**3335 Brittan Ave. #9
San Carlos**

**Open Sat & Sun
1:30 to 4:30**



End unit condo w/ stunning views
3 bedrooms & 2 baths
Dual master suites
Spacious living room w/ vaulted
ceiling & fireplace
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closet and full bath
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Complex w/ pool & tennis court
Priced at: \$639,000



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\$165,000 3 Beds, 2 Baths 1,576 Sq Ft Landed 3/20/07

\$449,000 (Pending) 4 Beds, 2 Baths 1,706 Sq Ft Landed 9/10/07

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**4174 Meridian Avenue
San Jose \$634,000**

Beautifully redone 3 bedroom, 2 bath home, with eat-in kitchen. New flooring throughout; carpet in the bedrooms, tile in both bathrooms and high grade laminate in all other rooms. There is a separate family room and 2-way fireplace in family room/living room. Nice size backyard with automatic sprinklers front and back. Air-conditioned with large two-car garage near Los Gatos. For more information call M & M Team @ 408-219-0725 or 408-691-3940

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**781 N Fair Oaks Avenue #6
Sunnyvale \$479,500**

Top floor condo in the back of the complex overlooking greenbelt! 3 bedrooms / 2 baths, wonderful kitchen w/ granite tile & updated cabinetry, both bathrooms have updated cabinetry & vanities, Laminate flooring in kitchen, dining, and entryway, cute patio, in-unit laundry, 1 car carport w/ extra storage.

OPEN SAT & SUN 1:00 TO 4:00



**322 Dunsmuir Terrance #6
Mountain View \$620,000**

Exceptional 3 bedroom, 3 full bath townhome close to Downtown Sunnyvale and Caltrain. The home's top floor features a master suite and a 2nd bedroom with its own bathroom. The third bedroom is on the main floor, perfect for a den or home office. Other amenities include central air conditioning, gas range, marble fireplace, indoor laundry, and attached 2 car garage with opener. Extremely well-maintained complex featuring a pool and clubhouse. Immaculate condition and ready for you to move in and enjoy. For more information, please call Anna Salas at (650) 714-1141.

SALE PENDING



**1743 Parkview Green Circle
San Jose \$499,950**

Gorgeous 2 bedroom, 2 bath upstairs condominium (no unit above). Beautiful views of golf course and East Bay hillsides. New granite kitchen counters, hardwood floors, newer appliances, including refrigerator, washer and dryer that stay with the unit. Spacious 1,092 square foot floor plan. One car oversized garage. Complex includes pool, spa, and exercise room.

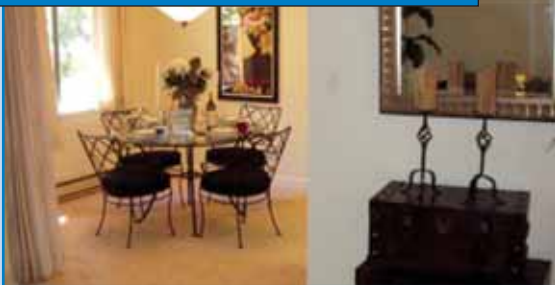
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**153 Canyon Drive
Napa \$3,195,000**

Beautiful custom built home on hillside with incredible valley views, featuring large 20,000+square foot lot with over 4500 sq ft of spectacular living space, located within the lovely gated community of Silverado Crest. Meticulously maintained 5 bedrooms, 3.5 baths with granite kitchen and top of the line appliances, hardwood floors and so much more! For more information call 408-691-3940 or 408-219-0725.

OPEN SAT & SUN 1:30 TO 4:30



**505 Cypress Point Drive #85
Mountain View \$349,000**

Wonderful condominium in beautiful Cypress Point featuring 1 bedroom, 1 bath, new carpet, freshly painted. New light fixtures, new dishwasher, first floor unit with patio, close to downtown and great restaurants and shopping with easy access to Stevens Creek trails. Complex has pool, tennis courts, and clubhouse/rec room. Ready to move in! Come see!

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David Hamaoui
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Wahib Costandi, Ph.D
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