



Introducing our expanded Pet Pages section

- Yapping with German shepherd rescue hero Mike Murray
- How to feed your cat a gourmet diet without resorting to crime
- Beaten so badly his jaw fused shut, Phinny is recovered and ready for a home
- Skylar Grey and the simple joy of dancing in the moonlight

MarinaTimes

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Supervisor Scott Wiener with a friend at Dogfest in Duboce Park PHOTO: COURTESY SCOTT WIENER

Supervisor Scott Wiener seeks funds for city's animal shelter

by susan dyer reynolds

The greatness of a nation can be judged by the way its animals are treated.
— Mahatma Gandhi

IN 2008, PRIOR TO becoming supervisor of District 8, Scott Wiener was campaigning door-to-door on San Francisco's Gold Mine Drive when he heard a scratching sound coming from a planter. When he peered behind it, he dis-

covered a frightened, hungry five-week-old kitten. "I knocked on the nearest door, but the person said it wasn't their kitten," Wiener recalled. "They did give me a shoebox, so I took the kitten to every nearby residence, but no one claimed it." Wiener took the kitten to Animal Care and Control (ACC), San Francisco's open-door shelter. "I told them that I wanted to make sure the kitten wasn't going to be put down, and asked them

to call me if it was and I would take it, even though I knew my two cats wouldn't be too happy. A month later they called and told me the kitten was adopted. Everyone there was so caring, and it was just an overall great experience."

Seated at a round wooden table inside his office at City Hall, Wiener said he is a lifelong animal lover. "I grew up in a household that always had cats and dogs." He still has a cat, now 17 years old (the

other has since passed away), and he realizes that for many people like him, animals are important members of the family. "And yet we have a huge problem with abandoned animals for so many reasons, like people losing their homes," Wiener said. "ACC does amazing work providing a safety net for people and their animals, and we as a city need to take care of them. When I saw their funding gap, I

WIENER, continued on 30

SUPERVISOR'S CHAMBERS

Addressing our city's homeless population

by supervisor mark e. farrell

HERE IN THE CITY OF ST. FRANCIS, WE value our city's role in providing services for those less fortunate and have compassion for those who need a helping hand. It is part of our DNA.

In recent years, we have taken strides as a city to develop and start implementing a comprehensive approach to ending homelessness in San Francisco. While there are tangible successes that we can point to, we have to be real and acknowledge that the problem has grown in severity — and plain and simple, we need to do more. Refusing to talk about the issue inside City Hall will not make it go away.

Therefore, in late January, I will be hosting a hearing to address our city's "10-Year Plan to Abolish Chronic Homelessness," so we can renew city dialogue and focus on the homeless issue while working to drill down on data-driven and smart solutions that can help us solve one of San Francisco's intractable problems. This issue affects all San Franciscans, and we have to renew our efforts to help individuals and families get off the streets, and prevent our residents from becoming homeless in our city.

To provide a framework for this discussion, let's take a step back and look at the current picture of San Francisco's homeless population. To help enact policies and legislation that work to end homelessness, I believe it is critical to better understand the

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REAL ESTATE INVESTOR :: What to expect in 2014

The year ahead: Previewing SF real estate

Why is it so expensive to own here?

What are the hot neighborhoods of 2014?

by john zipperer

AFTER A YEAR OF RECORD-setting prices, growing concern over affordability, continued city population growth, and fragile but continuing economic expansion, the *Marina Times* checked in with five leading real estate agents to get their on-the-ground expert opinions on where San Francisco

residential real estate is headed in the new year.

What do you expect to happen to San Francisco residential real estate in terms of housing prices in 2014?

AMANDA JONES, Sotheby's International Realty, www.jonesgroupsf.com: In 2014 we'll see some increases, but it will be neighborhood by neighbor-

hood and perhaps some flattening of the housing prices in the outer-lying areas. I don't see prices going down, even with some interest rate increases.

KEVIN KROPP, Vanguard San Francisco, www.vanguardsf.com: For 2014 we expect the market to continue to trend up and are expecting 5 percent to 6 percent increase in property values over the year. As always, there will be



Even condos in the City are priced like mansions are elsewhere PHOTO: SLACK12 / FLICKR

push of inventory in the first two quarters of the year, with sales flattening over the summer months. The fall — September through November — is expected to show a push, as is typical for the end of the year. By year-end I fully expect new

records to be set citywide in price per square foot and sales price.

STEPHANIE SAUNDERS AHLBERG, Hill & Co., www.realtyinsanfrancisco.com: All indications are that the San

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TOP TEN STEAKS IN AMERICA

- Osso Steakhouse** — 1177 California Street, San Francisco, CA
- Bobo's** — 1450 Lombard, San Francisco, CA
- Peter Luger Steakhouse** — 178 Broadway, Brooklyn, NY
- Bern's Steakhouse** — 1208 South Howard Avenue, Tampa, FL
- CUT** — 9500 Wilshire Boulevard, Beverly Hills, CA
- Emeril's Delmonico** — 3355 South Las Vegas Boulevard, Las Vegas, NV
- Mario Batali's Carnevino** — 3325 S. Las Vegas Blvd., Las Vegas, NV
- Chicago Cut** — 300 North LaSalle, Chicago, IL
- The Precinct** — 311 Delta Avenue, Cincinnati, OH
- Elway's Cherry Creek** — 2500 East First Avenue, Denver, CO



PHOTOS: MISHA BRUK

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The Pet Pages

The animal kingdom

In our new, expanded pets section, Susan Dyer Reynolds interviews Golden State German Shepherd Rescue chairman Mike Murray, John Zipperer lifts the lid on the best cat diets, Reynolds serves up homemade doggy frozen yogurt and also introduces us to Phinny the miracle pit bull, plus Skylar Grey meets grandma and makes herself at home. **28**

ONLINE SPECIALS

Evalyn Barron uncovers a health club scandal, Michael Murphy shows off a sports club, Patty Burness heads off to visit Calistoga, recipes for turkey stock and turkey croquettes, plus complete archives, and more. **www.marinatimes.com**

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Editorial: (415) 931-0515 | Fax: (415) 931-0987 | Letters to the Editor: letters@marinatimes.com
Advertising: (415) 815-8081 advertising@marinatimes.com
Calendar submissions due by the 15th of the month to calendar@marinatimes.com

Publisher
Earl Adkins
publisher@marinatimes.com

Editor in Chief
Susan Dyer Reynolds
susan@marinatimes.com

Managing Editor
John Zipperer
john@marinatimes.com

Editor, Arts & Entertainment
Lynette Majer
lynette@marinatimes.com

Social Media
Shelia Fox
shelia@marinatimes.com

Designer Steven Fromtling
Web Designer Joe Bachman

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Resolutions for others

Suggested actions for our city's prominent men and women

by john zipperer

JANUARY IS TYPICALLY A TIME FOR resolving to eat less, drink less, earn more, change jobs, improve the relationship with one's children or parents, or similar things. Those are all worthy goals, but this is also a time when we can look at our leaders and other prominent people and urge them to become better leaders. Here, then, are some unsolicited resolutions for some big names.

Mayor Ed Lee: It's great to be San Francisco's mayor these days. The economy is booming, unemployment is low, and most things are going relatively smoothly. But managing a boom can be as challenging as managing tough times, and how Ed Lee deals with the affordability issues that have come with the good times will go a long way to defining his term as mayor. Lee recently called out tech companies and said more of them need to do more to help the neighborhoods around them.



San Francisco has world-famous leaders in Mayor Ed Lee and Representative Nancy Pelosi; both should be looking to the future more
PHOTO: OFFICE OF NANCY PELOSI

Resolution: Make a few libertarian tech lords angry, or at least give them upset stomachs.

Governor Jerry Brown: It wasn't great to be California governor three years ago when Brown returned to the job. But he was elected to go to Sacramento and kick some ... dust in that stale system. He has done that. He has reined in what was expected to be a runaway-Democratic legislature intent on spending the fruits of so much of Brown's hard-earned savings and new revenue. Things are back on track in the state, but there is no vision about where we're headed. **Resolution:** Be a post-crisis leader and build consensus on how this state will deal with the expected 15 million additional residents over the coming decades.

Lt. Gov. Gavin Newsom: The lieutenant governorship needs to be reinvented. We've watched Newsom be the media star, the governor's rival, the pundit, and more. **Resolution:** Turn the lieutenant governor's position into something that can be useful not only to you but to your successors in the office.

Recreation and Park Department: After seven years of going through the proper city channels, the 8 Washington development still got nixed by a public referendum. That's how difficult (and expensive) it is for private entities to develop something new in San Francisco. But Rec and Park has been making dramatic changes to parks across the city — with or without public agreement. **Resolution:** Get the citizens behind you and you can't go wrong; get too far out in front of citizen desires, and your bosses in City Hall will feel the heat.

San Francisco Chronicle: Talk about needing a change from a crisis-by-crisis existence. The website's free, then it's got a paywall, then it's free, then it's got a paywall again — all within one year. The paper thins, and popular names disappear. Now the food section is disappearing. There's great talent at the *Chronicle*, but the paper is following the MBA mantra of *cut, cut, cut*. People don't pay for less and less; they pay for good, great, satisfying, entertaining, and provocative. And crossword puzzles. **Resolution:** Invest in news and criticism and ideas, and then do the innovative on the medium of delivery.

San Francisco Examiner: Nearly two years ago, I wrote in the *Marina Times* a plea for the

Examiner to be more aggressive and consistent with its opinion section and stake out a leadership position in the city as a helpful and critical voice. Still waiting. Meanwhile, the paper thins, and popular names disappear. At least it hasn't tried to erect a website paywall. The paper's leadership does occasionally try to present provocative opinions via Twitter, and its editorials, when they run, are usually well reasoned and a welcome contribution to the public debate. But we don't get enough of it for it to be a real leadership voice. **Resolution:** Invest in content before the weekend circulars get to be thicker than the paper itself.

Supervisor Mark Farrell: Farrell has staked out a position as the moderates' brain on the Board of Supervisors, helping to rebalance the board after the progressive takeover. **Resolution:** Meet the needs to expand housing development, be budget conservative, socially conscious, and prevent another takeover.

Supervisor Scott Weiner: Known for being a real deal, hardworking, levelheaded supervisor, Weiner is making a name for himself, from the I-can't-believe-it's-controversial (nudity bans), the controversial but necessary (TIC changes), to the small but important things that affect the quality of life here (double parking and park closing hours). **Resolution:** Keep going strong; don't be deterred by criticism.

Supervisor David Chiu: People for and against the Polk Street transit redevelopment project expressed frustration at Chiu's attempt to play both sides. We get it; it's difficult being a politician, especially filling Aaron Peskin's shoes while he's still in them. **Resolution:** Pick a side and deal with it.

The new tech class: Criticism of tech people is overwrought and often off-base, missing the more important problem. Who really cares if they eat overpriced toast or ride to work on cushy buses? What we should care is that they become part of the community, volunteering with local organizations and giving their hard-earned dollars to local charities to help the people at their doorstep. **Resolution:** You're in San Francisco, now become of San Francisco.

Representative Nancy Pelosi: I'd be the last one to urge you to retire while there is still a chance for you to return to the House speaker's chair. But the California Democratic Party's leadership in Congress is aging — that's not necessarily a bad thing, but it does leave an entire cohort of younger members who can't inject new ideas and energy into the party. **Resolution:** Be more aggressive about bringing up the next generations of party leaders.

Peter Thiel: Thiel is one of the Bay Area's richest and more independent minds. From his roles at PayPal to his plans to create offshore worker space for Silicon Valley, Thiel has been far in front of many of his contemporaries. His conservative and libertarian politics have been more slapdash, from funding fringe candidates to paying people to drop out of college and go into business. **Resolution:** Step up and either communicate directly and regularly how you think the world should be, or fund an effective medium that can do that for you.

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THE BACK STORY :: Blackie

The horse that swam the Golden Gate

by Ernest Beyl

THE HORSE THAT SWAM the Golden Gate." I love that headline. Even before my friend Jimmy Schein told me about Blackie — the horse we're talking about here — I just knew that had to be the headline for this "Back Story." How could I resist?

In 1938, Richard "Shorty" Roberts, proprietor of the San Francisco roadhouse Roberts-at-the-Beach out on the Great Highway, owned a fine horse named Blackie. Shorty's roadhouse was a popular spot that attracted what in those days were called "sports" — newspaper reporters, card players, cops, racing fans, and the like. C.S. Howard, owner of the famed racer Seabiscuit, hung out there. Later racing enthusiasts like Bing Crosby could be found there soaking up the equine atmosphere along with the highballs.

Going to the track and playing the horses was a way of life with this crowd. So it was that one day in September of that year that Bill Kyne, who owned the Bay

Meadows racecourse down the Peninsula in San Mateo, dropped by Shorty's place. And that's when this "Back Story" got interesting.

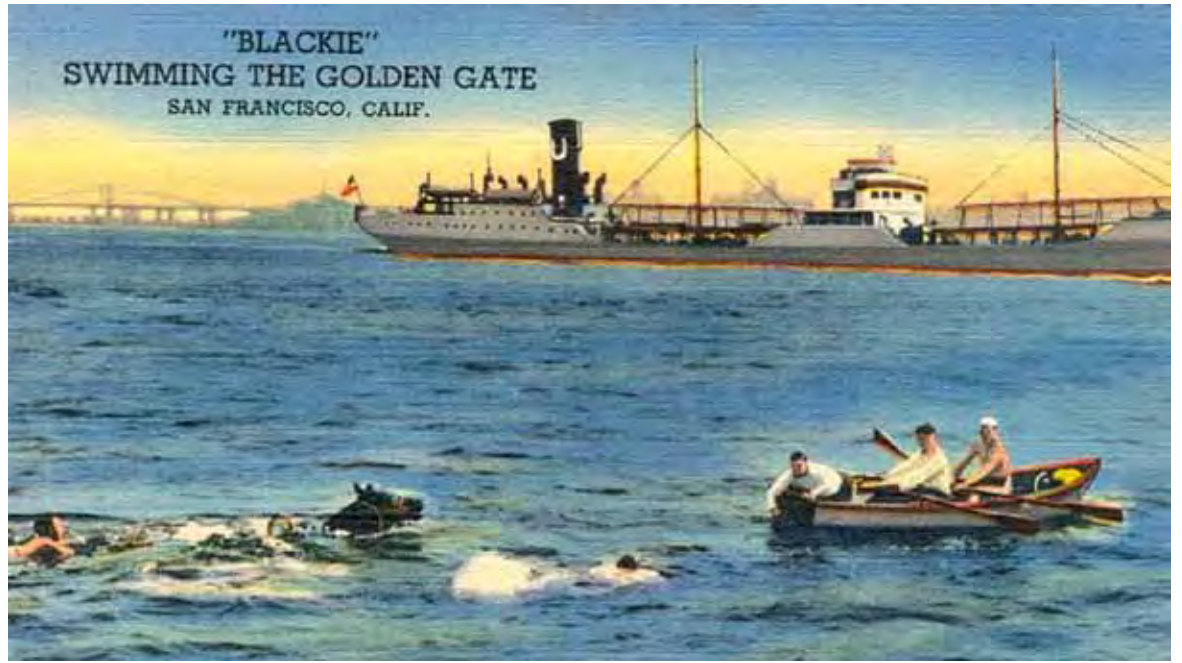
SHORTY MAKES A BET

Blackie was a sway-backed 12-year-old. We are told that originally he was a rodeo horse who later became a U.S. Army cavalry animal stabled at San Francisco's Presidio. In the spring, he would be sent to Yosemite to serve with the park patrol. Just how Shorty acquired Blackie is lost in history. But Shorty Roberts was a dedicated horseman, and Blackie was his mount.

One day Bill Kyne and Shorty were talking about their favorite subject. Over a few pints of beer, Kyne happened to mention that horses couldn't swim.

Shorty donned a life preserver, covered himself in protective grease, and clutched Blackie's tail.

Not so, said Shorty, and the two horse fanciers argued the point for a while. Shorty insisted that horses could indeed swim and that his horse Blackie was a fine



Colorized postcard image of Blackie the horse swimming the Golden Gate, 1938
PHOTO: COURTESY CAROL A. JENSEN / OUTSIDELANDS.ORG

swimmer, in fact, so fine that he could swim across the Golden Gate. One thing led to another and finally Kyne offered a wager. He offered to bet Shorty \$5,000 that Blackie couldn't do it. The wager was scaled down to a reasonable \$1,000 — still a lot of money in those days. And the bet was on.

BLACKIE IN THE BAY

The two gamblers set the parameters. Blackie would attempt to swim from Lime Point in Marin County to Crissy Field in San Francisco. But word got out and the bet almost floundered. According to author

Lori Ungaretti, who wrote in the *Western Neighborhoods Project* newsletter, the SPCA heard about the wager and convinced the Army at Lime Point, the fortified

military reservation, not to allow Blackie to begin his challenging swim from there. But, not to worry. Shorty's friend, A.P. Paladini, who operated a large wholesale seafood operation, was there to help. So on Oct. 1, 1938, the Paladini fishing trawler lowered Blackie by a sling into the San Francisco Bay, just offshore from Lime Point. And the swim was on.

A rowboat led the way with Shorty's brother offering sugar cubes as encouragement. But Blackie needed no encouragement. And Shorty — who couldn't swim — donned a life preserver, covered his body in protective grease and clutched Blackie's tail for the long pull. So, undaunted by the choppy Golden Gate waters, Blackie set out to swim — to horse-paddle to be precise — all the way to San Francisco and into the history books. The only horse to ever swim the Golden Gate.

BLACKIE RETIRES

The swim took 23 minutes and 15 seconds. Blackie emerged from the water triumphant — not even breathing hard. What a winner! Shorty won his bet and Roberts-at-the-Beach celebrated with a big party. A commemorative china plate was created to mark Blackie's accomplishment. Check with Jimmy Schein of Schein & Schein on Upper Grant Avenue. He's got one.

Later Blackie retired to a Tiburon pasture. But he didn't have to swim back to Marin County. He'd proved his point. He lived a long and idle life. And now a life-sized sculpture of Blackie stands in his place. Horse fanciers can pay homage at Blackie's Pasture Park, Tiburon Boulevard, and Trestle Glen Road. There's a short film on the Internet of Blackie's historic swim. Look it up.

E-mail: ernest@marinatimes.com

NEWS BRIEFS :: America's Cup, Beach Chalet unchallenged, Polk Street, Google barge, Police update

AMERICA'S CUP IMPACT HAILED, ASSAILED

San Francisco Mayor Ed Lee hailed the payoff from the America's Cup, saying the City's investment brought in revenue and helped showcase the City for the world. Meanwhile his predecessor in the mayor's office, current California Lt. Gov. Gavin Newsom, added that "economically, we scored as well, with an impact of over \$500 million."

The official America's Cup organization issued a release trumpeting \$550 million and more than 3,800 jobs created as a result of the high-profile sailing event, which ended earlier this fall with a dramatic come-from-way-behind victory by Oracle Team USA. The \$550-million figure was also cited by Sean Randolph, president of the Bay Area Council Economic Institute, who noted that small businesses and other employers benefited from the race activity, with tax revenue boosting area governments.

Meanwhile, the *San Francisco Chronicle* reported in December that it had seen draft financial figures indicating the City of San Francisco had to pay \$5.5 million for the effort. It also noted that the 700,000 people drawn to the City's waterfront helped generate "at least \$364 million in total economic impact, draft figures from the Bay Area Council Economic Institute reveal. That figure rises to more than \$550 million if the long-planned construction of a new

cruise ship terminal, which the regatta served as a catalyst to finally get built, is factored in."

BEACH CHALET LAWSUIT SNUFFED

Opponents of plans to renovate the Beach Chalet athletic fields at the western end of Golden Gate Park from grass to artificial turf — part of a major change to the fields — were dealt a setback in December. A Superior Court judge dismissed the lawsuit, ruling that the San Francisco Recreation and Park Department plans adhered to environmental guidelines.

"We were hoping for a different outcome," attorney for the plaintiffs Richard Drury told CBS San Francisco.

The \$14 million renovation is being jointly funded by Rec and Park and the City Fields Foundation. They expect to begin construction in 2014 and reopen the fields the following year.

POLK FOLKS POKE BACK

Folks for Polk, a citizens group supporting the redesign of the Polk Street corridor to improve the pedestrian, biking, and mass transit arrangements on the busy commercial and residential street, issued its final recommendations for the project. Undeterred by the release by the San Francisco Municipal Transportation Agency (SFMTA) of the "preferred alternative" plan for the Polk Street Improvement Project (see *Marina Times*, "News Briefs," August

2013), Folks for Polk presented in December the results of a series of meetings with residents and issued its own summary of the preferences expressed in those meetings.

Its recommendations get more specific than the City agency's summary; they include environmental-focused details for the "bulb-outs" at street corners and real-time transit information screens at various locations on the busy street. Folks for Polk's recommendations can be found online at www.folksforpolk.org.

GOOGLE BARGE UNDER THE MICROSCOPE

At first it was a mystery to all: What was that large object under construction off Treasure Island? Then Google finally admitted this fall that it was building a large floating "interactive space" for high-tech products and services.

Then it was a mystery to various officials: Were the proper permits issued for the barge? Some commentators have suggested that Google was building the structures on barges — four stories of shipping containers connected together — to avoid the building permits and plans that would have been required if they were constructed on San Francisco land, and that, in turn, would have forced the company to disclose the barge's intended purpose. However, the San Francisco Bay Conservation and Development Commission began an

investigation into the barge and its permits in early December. According to the commission, "It is necessary to obtain a BCDC permit prior to undertaking most work in the bay or within 100 feet of the shoreline, including filling, dredging, shoreline development and other work."

Adding to Google's workload was an effort by the U.S. Coast Guard to review the barge (one of several built by the company at different locations), which shut down work on the barge. The project was then put on "hiatus" lasting possibly until late spring to allow Google to meet requirements by the Coast Guard for certain design changes.

According to documents received by the *San Francisco Chronicle*, the barge, when completed, is intended to dock for up to a month at various Bay Area locations, including Fort Mason.

OFFICER INCREASE

The Police Department's Northern Station — whose territory includes the Marina, Japantown, the Western Addition, and more — has slowly been adding officers, which could lead to the eventual return of certain beat patrols that were canceled due to earlier staff shortages. Capt. Greg McEachern reports that over the past 12 months, Northern Station added two new supervisors and seven police officers. He expects that trend to continue.

News tips: editor@marinatimes.com



AMBIANCE

January is Sale Month!

You enjoyed Holiday deep dish pies, now get ready for New Year deep dish **DISCOUNTS!** January is **SALE MONTH** and the deepest discounts of the year are taken **NOW.** Winter Collection prices have been **SLASHED** to make room for our new Spring Collection.

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POLICE BLOTTER From the officers of Northern Station

Crime on the beat

The crimes below are a small snapshot of what the officers of Northern Station are doing. For a more comprehensive list, visit www.sf-police.org; under Compstat, there is a link to CrimeMAPS.

FOLLOW THE MONEY

Tuesday, Oct. 15, 5:31 p.m.
2000 Block of Van Ness Avenue

When a woman tried to withdraw money from an account that had been flagged for possible fraud, bank employees recognized the woman from the previous day, when she had done the same thing. She was using what appeared to be a fake picture ID card.

While she filled out her withdrawal form, the employees notified the police and stalled her by going into the back of the bank to “get the money.” When police officers arrived, the woman tried to flee but was detained by the officers, with whom she unsuccessfully struggled. Officers collected the video and any physical evidence and booked the subject at County Jail.

HIT AND RAN

Wednesday, Oct. 16, 6:57 a.m.
Polk Street at Turk

A cyclist told officers an automobile had hit his bike, injuring him and dragging the bike for several feet. He said the

driver got out of the car, spoke to him but he was too “foggy” to comprehend, and then the driver got back into his car and drove away. The biker was clear enough to take a photo of the subject and his license plate number.

Armed with the vehicle registration information, officers went to the home where the car was registered. The driver soon pulled into the driveway and was detained by the police. They did a “cold show” to the victim, who identified him (“that’s him, no doubt about it”). The subject did not have a California driver’s license but said he had to drive for his job. He said that he had heard the sound of something hitting his car; he stopped, got out, and asked the rider if he was all right and the rider said “yes,” so he left. He told the officers that he knew it was his mistake to not exchange information with the rider.

Officers ran a computer check on the driver and found an extensive record of arrests for driving without a license, driving under the influence, and hit and run. He was booked at Northern Station.

GOTTA GET YACHT-A HERE

Friday, Oct. 18, 10:54 p.m.
1 Yacht Road

The victim arrived at the harbor and noticed an open window on the rear deck area of his boat. He entered the boat, where he not only saw that numerous

items had been moved about in the cabin but that there was someone sleeping in his bed and wearing the victim’s clothes. There were also a number of his belongings in a bag by the entrance to the boat, making it easy for the subject to bring them along when he awoke and left.

The police arrived and took the apparently intoxicated male subject into custody. He was booked at Northern Station.

THIS IS HOW WE DO IT IN FRANCE

Tuesday, Oct. 22, 10:50 a.m.
Steiner Street at Vallejo

A caller told police that he was following a subject and watching him remove several items from an open Jeep. The caller found a park ranger, who detained the subject until the police arrived.

The witness told officers that he is a French police officer on a visit to San Francisco. He had observed the subject checking vehicle doors along Broadway to see if they were unlocked.

Officers searched the subject and found numerous apparently stolen items on his person; they were able to contact the Jeep’s owner, and she identified the items as her property. The subject was booked at Northern station.

HE NEEDS A NEW JACKET

Friday, Oct. 25, 2:45 p.m.
2300 Block of Van Ness Avenue

A caller alerted police to the presence of a burglary suspect. He said he recognized the subject from video footage when his own apartment had been burglarized, and

he committed the subject’s face to memory. Also useful was that the subject was spotted walking down the street wearing the exact same distinctive jacket he had worn when he committed the burglary.

The victim lost track of the subject he was following, but an officer soon located and detained the subject. After a positive identification by the victim, officers arrested the male subject and brought him to Northern Station for booking. During a search of him, they found a professional lock-picking kit, a battery-operated saw, and bolt cutters.

SUDDENLY THIS TUNNEL APPEARED FROM NOWHERE

Thursday, Oct. 31, 7:02 a.m.
Church Street at Duboce

Officers arrived at the Muni tunnel and detained the driver of a car that had gone about 100 feet into the tunnel before stopping. A Muni employee had watched as the Toyota was driving at least 40 mph when it went into the light-rail tunnel. Trains were prevented from entering the tunnel.

The driver exited his car and stumbled about as if intoxicated, but he denied having consumed any alcohol or other impairing substances. The officers noticed several signs and symptoms of alcohol consumption, and the subject performed unsatisfactorily on field sobriety tests. The driver told officers that he had been driving, made a left turn, and suddenly he was in the tunnel.

He was transported to Mission Station, where he took an alcohol blood test. He was booked at County Jail.

HOMELESS

CONTINUED from page 1

homeless population and the barriers that exist for them to exit homelessness.

HOMELESS POPULATION FACTS

Every two years, our Human Services Agency conducts a Homeless Count and Survey, and the 2013 results were informative. Our current homeless population in San Francisco stands at 6,436 individuals, a figure that has remained relatively stagnant at roughly 6,500 for the last nine years. Of those individuals, roughly 59 percent of them remain unsheltered. The remaining homeless were still classified as homeless but had temporary shelter, and possibly received meals, in facilities such as emergency shelters, transitional housing, rehabilitation facilities, jail, and hospitals.

We know that 69 percent of

We also know that 29 percent reported the loss of a job as the primary cause of their homelessness, while 16 percent reported having an argument with a friend or family member who asked them to leave, 11 percent reported alcohol or drug use as the primary cause, 6 percent cited incarceration, and 6 percent cited family/domestic violence as the primary cause of their homelessness.

Last, the 2013 survey revealed that many individuals within the homeless population face additional challenges to housing and employment. For example, nearly two-thirds of them reported one or more physically or mentally disabling conditions.

THE 10-YEAR PLAN

Back in 2003, then-Mayor Gavin Newsom commissioned a “10-Year Plan to Abolish Chronic Homelessness,” the goals of which were to move from a “continuum of care model,” to a “housing-first model” and build 3,000 supportive housing

units to help house the chronically homeless. As a result of this initial 10-year plan, San Francisco now embraces the “housing-first” policy for our homeless population, which prioritizes placing homeless individuals first into permanent supportive housing, and then providing wrap-around services on-site to help stabilize

the individuals and keep them housed. San Francisco actually exceeded the goal of building 3,000 supportive housing units by building 3,071 units since Fiscal Years 2004-05. Even though we as a city met and in some instances exceeded the two primary goals of the 10-year plan, we still have a high homeless population that has remained stagnant over the years since implementation of the 10-year plan. I believe that new steps and policies beyond and including those that have been previously recommended are needed to move forward to provide tangible solutions for how we as a city work together to end homelessness.

POLICY THEMES

After initially calling for the hearing, I’ve spent the last four months meeting with city, non-profit, and community leaders to better understand their perceptions of the root causes of homelessness while also exploring potential solutions with them. I met individually with Barbara Garcia, director of public health; Trent Rohrer, director of the Human Services Agency; and Bevan Dufty, director of the Mayor’s Office of Housing Opportunity Partnerships and Engagement. I also met with Jennifer Friedenbach, executive director of the Coalition on Homelessness; and Angela Alioto, former supervisor and chair of the Homeless 10-Year Planning Council. Out of those meetings, four common themes persist-



Homeless are a challenge the City can’t ignore PHOTO: EUAN SLORACH / FLICKR

ed regarding what is needed to solve homelessness. These included increased prevention efforts to ensure we stop more people from becoming homeless on our San Francisco streets, the need for increased housing opportunities for our homeless population, additional mental health and substance abuse treatment services, and more job training and employment opportunities.

These four themes seem simple enough. If we can stop people from becoming homeless in the first place, help house those who need it, keep individuals healthy, and provide opportunities for self-sustaining upward mobility – then we will be well on our way to ending homelessness. All of that is easier said than done.

HEARING AND NEXT STEPS

My hearing, which will take place in late January, will explore and expand upon these four themes while discussing current and new solutions as a compre-

hensive approach to addressing homelessness in our city. Should we as a city ask more of, and provide more opportunities to, residents already in supportive housing? Should we as a city restructure our current spending on homeless services to provide more mental health and substance abuse treatment services or more job training and employment opportunities (both areas, in my opinion, currently are severely under-invested in)? Should we as a city convene a new 10-year planning council of experts to provide a new policy guide for how we tackle homelessness?

All of these issues and more will be discussed as part of the hearing and will serve as the basis for new initiatives and policies that I plan to push forward in 2104. I hope you will join me and many others in the fight to tackle homelessness in San Francisco – it’s about time city Hall started working on the issue once again.

Many homeless individuals face additional challenges.

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NORTHSIDER ∴ Winter skin time

New offerings in the new year

by john zipperer

WORK IT OFF

Here in Fog City, there's no snow, which means you can't rationalize the overeating you did in December by promising to work it off shoveling the driveway in January. Pilates ProWorks is rolling out the 40Works class, which the company calls "your (bullet train) ticket to a sleeker physique." As the name suggests, it's a 40-minute high energy, high-speed class designed to burn fat fast. Find out more at Pilates ProWorks' Marina location at 2238 Union Street or online at www.pilatesproworks.com/sf-marina.

LASHFULLY YOURS

Union Street features one of just four locations of Lashfully, a business devoted to eyelash extensions that has grown as fast as, well, extended eyelashes; the other three locations are in Walnut Creek, Beverly Hills, and Newport Beach. The company is now rolling out its latest offering, the Lashfully Lash Growth Serum, which sounds like an element from a movie thriller but is in fact a scientifically formulated product for generating new eyelash growth. Stop in at 1954 Union Street to see the new product or to meet the business' owners, Liv Contreras and Matana.



Lashfully's brand-new Lash Growth Serum has just gone on sale at its Union Street store
PHOTO: COURTESY LASHFULLY

GREEN TWIG'S NEW GIG

Green Twig Salon has opened its second location, snapping up the spot at 2263 Union Street. Like its first location in Noe Valley, Union's Green Twig is an Aveda concept salon featuring a complete line of hair, skin and body products. Need highlights or is it time to get a new supply of Aveda shampoo? They'll be happy to help you out at their new store.

AESOP'S SKIN AND BODY CARE OPENS ON CHESTNUT STREET

Aesop's new store at 2146 Chestnut Street is open — and it's just in time to provide help for the challenges of winter skin care. The Marina's Aesop site, the latest location for the Melbourne, Australia-based skin, hair, and body care products retailer, is featuring its Skin Care+ line of products that hydrate, protect and soothe the skin.

If you like beautiful wood walls and clean lines, you'll like the Aesop store on Chestnut. Located in a former warehouse, the store was created with Boston architects NADAAA. It features walnut panels lining a double-height room, and a concrete slab was reused (after it was uncovered from layers of built-up flooring), creating a clear link back to the warehouse origins of the space.

NADAAA also designed Aesop's store on Fillmore Street, featuring a signature wall of wooden boxes.

MEXICAN MUSEUM LAYS FOUNDATION FOR MOVE

The Mexican Museum, currently located at Fort Mason, is establishing a solid foundation organizationally for its next act, which will involve establishing a literal foundation with a brand-new home at 706 Mission Street. The 38-year-old institution has created an Investment Advisory Committee, which is chaired by a board member of the museum and a Mexico City attorney, Luis Ortiz Hidalgo. Other members include investment, legal, and business experts from across the country, including Wall Street and the Federal Reserve Bank in Chicago.

The Mexican Museum, which is an affiliate of the Smithsonian Institution, showcases more than 14,000 objects of Mexican, Mexican-American, Chicano, Latin American, and Latino art, culture, and heritage. The construction of its new permanent home is expected to be complete

in 2018. If you want to visit their current site before they move downtown, you can find them at Fort Mason Center, Building D, or online at www.mexicanmuseum.org.

AIRBNB FOR YOUR BOAT

Don't tell Donald Trump, but you no longer need to own anything, except perhaps a mobile computer. You can buy a car ride from a car owner, you can rent someone else's home when they're not using it, and you can even get a ticket for unused seats

If you like beautiful wood walls and clean lines, you'll like the Aesop store on Chestnut.

on expensive private jets. This sort of peer-to-peer, on-demand service continues to find new applications. Here in the Marina, you're probably looking around at all those boats at the docks and thinking, "I wonder what they're doing when they're not being used."

Well, you won't be the first one. San Francisco-based Boatbound has beaten you to the punch. Boat owners are able to make use of what Boatbound calls its "pier-to-pier" service: They can rent their own boats to prescreened renters during the times of the year — for most owners, this is most of the year — when the owner is not using the boat. The boat owner brings in some welcome new revenue, and boatless boat lovers are able to get out on the water in an accessible and affordable manner.

Learn more at www.boatbound.com.

Got any tips for Northsider? E-mail: john@marinatimes.com

Your columnist hits the streets and comes up with trivial trivia

by ernest beyl

BEING A COLUMNIST — even for such an august publication as the *Marina Times* — has its ups and downs. When the going is good and the words flow along in proper order, being a columnist is very, very good. But writers' block is a hazard, and the search for a story and an angle is ever present.

In Ernest Hemingway's *A Moveable Feast*, he identified columnists as providing a "... substitute for immortality." My version of the Hemingway quote is this: A mention in this column is a substitute for triviality. If I sometimes balk at writing a monthly column, imagine what Herb Caen did five times a week for almost 60 years.

Of course there's major trivia and there's minor trivia that I call trivial trivia. It's even more inconsequential and obscure — the kind you get in pub pop quizzes with your buddies about long-gone movie idols or arcane sports statistics.

Here then is some recent — and exceedingly important — major trivia, gleaned from the streets of North Beach.

THE EMPEROR OF NORTH BEACH

My buddy Lorenzo Petroni says he's feeling fine these days. And that's good news, because he went through a bad patch last year. Now I'm waiting for next Italian Heritage Day — the holiday that many old timers still refer to as Columbus Day. Lorenzo, as he always does, will hold court in front of his North Beach Restaurant on Stockton wearing a toga and a crown of laurel leaves, looking like a cherubic Roman emperor and passing out stickers reading "Hug Me I'm Italian." And I will hug him just because he's Italian and because he's here.

THE COYOTE OF TELGRAPH HILL

A coyote was spotted on Telegraph Hill the other day. What was a coyote doing up there on the hill? "She" was in danger of eviction by the Ellis Act and probably checking with the Telegraph Hill Dwellers to request a conversion of her one room coyote den into a multifamily residence. The spotter said madam coyote looked expectant.

RED SAUCE ON THE HILL

Yes, Coit Tower is closed for a year to spruce up its WPA murals and patch leaks. And I presume the Coit people will replace the giant cauldrons in the tower that pump the Italian red sauce down Telegraph Hill to the neighborhood joints below.

CAROL IS BUSTED

Did you hear that North Beach's beloved and bedecked Carol Doda got busted? Busted! She clipped a double-parked car in front of a Financial District steakhouse. And if that's not terrific trivia, I'm not a trivialist in good standing.

AN OSCAR FOR HISTRIONICS

If there was an Academy Award for Histrionics, my nomination for the Oscar would go to that pugnacious Mother Superior of Vallejo Street — Angela Alioto — who proclaimed she would go to the Vatican and tell the pope that the fathers at the Shrine of St. Francis of Assisi are picking on her. Angela chews the scenery but she means well.

AN OSCAR FOR PATIENCE

And if there was an Academy Award for Patience my nomination for the Oscar would go to poet Lawrence Ferlinghetti whose vision for a pedestrian Poets Plaza on Vallejo between Upper Grant and Columbus is always just around the corner. Recently, a promoted "open forum" was to be held at our favorite saint's shrine on Vallejo to discuss the Ferlinghetti project. It was cancelled at the last minute.

SCANDAL IS TRIVIA

"Sordid scandal brewing at North Beach shrine": When I saw that headline in the *Chronicle* recently I thought it referred to the much bandied-about squabble between Angela Alioto and the shrine hierarchy. But no, the good *Chronicle's* "sordid scandal" was only a look-alike White House Clintonesque caper — kinky sex in the shrine's sacristy. You can't make up stuff like this.

FROM THE GRAPVINE TRIVIA

You will remember Mike Cleary — Michael Patrick Cleary, if you will — San Francisco radio personality in the old days and man about North Beach.

He hung out at the Washington Square Bar & Grill and liked his martinis straight up. You may have read his 550-page novel, *Spiritual Mischief*, a mystery set in London and San Francisco and aboard an Alaska-bound cruise ship. I heard it through the grapevine that Mike is writing another book. It's about North Beach as it is right now — complicated and a bit sordid.

NOT SO TRIVIAL TRIVIA

Turning up in North Beach liquor stores: tequila in long bottles shaped like AK 47s. What a lousy idea. Booze and weapons don't mix.

IMPORTANT TRIVIA

One of the problems with writing a monthly column is that the dailies scoop you. As you may have read, the Duggan family that brought the 75-year-old Tenderloin landmark — Original Joe's — to North Beach in 2012, is busy renovating another landmark, Joe's of Westlake out in Daly City. Those energetic Duggans — Papa John, Mama Marie, John Jr., and his sister Elena — have taken over the other Joe's, shut it down, and promise to celebrate the "new" Joe's early in 2015 after renovation. Elena will manage it and the menu will remain largely the same.

BELATED TRIVIA

A belated happy birthday to Seamus Coyle, the celebrity bartender at Gino & Carlo. You may recall that Seamus was rocketed to fame back in the sixties when he served as bartender for Jeremiah Tower's Stars over by Civic Center.

ORANGE BRIDGE TRIVIA

Art Peterson, former man about North Beach, but now a man about Discovery Bay (Contra Costa County), has written a fine book about our city — *Why Is that Bridge Orange?* Art not only answers that question in case you were wondering, but also other questions such as — Why is Lombard Street crooked? How does a cable car work? And why are there windmills at Ocean Beach? You, of course, already have all the answers. But you might want to send Art's book to your aunt in Discovery Bay. Check it out: artpeterson@gmail.com.

E-mail: ernest@marinatimes.com

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Lunch in North Beach Although open seven days a week for lunch and dinner, our lunch offers a unique opportunity to try some new dishes in a relaxed setting and at lower prices. Many offerings are unique to our restaurant and not available elsewhere.

Some suggestions: Calamari Vinegarette, Pappa al Pomodoro, Frittata Lucchese, Farro, Cold Fresh Pickled Halibut with Onions, Burrata Pugliese, Osso Buco. And all of the fish we offer is both *fresh and wild caught*.



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VALET PARKING

Mainstream media misses changes to Cuban sports

by steve hermanos

ONLY THE *L.A. TIMES* AND NATIONAL Public Radio, of our plethora of major media outlets, reported the recent policy changes the Cuban government announced regarding its professional athletes playing abroad. As with most sports policy that comes out of the byzantine world of Cuban sports, it was misinterpreted by novice reporters (NPR), and accurately assessed (*L.A. Times*) by those who have been following the decrees from Havana for a while.

The Cuban government announced that they would allow their professional athletes to play in foreign leagues for money. Aside from baseball players, the decision also affects basketball players and volleyball players. But the main focus of the law is on its baseball players.

If one stops there (as apparently NPR did),

one could assume that there will now be a grand airlift of Cuban baseball players to Milwaukee, New York, San Francisco, Seattle, and all across the major league landscape.

Wait, not so fast. The Cuban government stipulates that the players must repatriate nearly all of the money earned overseas, and the players must return for the November-March Cuban Baseball League. Earlier this year, the League stuck its toe in the water to take the temperature of this policy, and allowed three players — two pushing 40, so that if they defected it wouldn't cause much damage to the League — to play in the Mexican winter league. All three players returned to Cuba.

The Cuban league has been weakened in the past few seasons by the defection of hundreds of players who saw themselves as blocked at their positions from ever getting to the national team, or even blocked on their hometown team. (Up until a few years ago, the players could only play for their local team — talk about a pure league!)

What caused the recent large number of defections? Cuban baseball players with an eye toward going after the waterfalls of dollars that have transformed the lives of defectors Orlando (El Duque) Hernandez, Livan Hernandez, Yasiel Puig, Yoenis Cespedes, and many others, have always had a lot of doubt about how good they would be when they first stride into a Major League batter's box, or wind up on a major league pitcher's mound.

Canadian Cuban baseball enthusiast Kit Krieger (every February he runs elaborate, luxe, weeklong baseball tours to Cuba: ejkrieger@swaw.ca) points out that the bar of whether to go seems to have been substantially lowered by the situation of Dayán Viciedo. Dayán was an out-of-shape .280 hitter in Cuba. After defecting, in his first year with the Chicago White Sox in 2011, at age 21, he hit .308. Krieger says "It was always a question of how good do you have to be to make it in the Major League, and the answer to that question is him: Viciedo."

So, the theory goes, the Cuban players who were familiar with Viciedo and figured they were better than him or at least nearly as good, departed. Also, the Cuban government seems to be cracking down much less on athletes who attempt (and fail) to defect.

Formerly, Krieger notes, if a player was caught trying to go, he would be suspended

from the league and watched closely. Now the Cuban government seems to have economic problems that dwarf the problems of running a 16-team league and a national team.

It should be noted that Viciedo's numbers have declined. He hit .265 last year with a .731 OPS. In contrast, the Giants' left fielder Gregor Blanco (who was relegated to a late-inning-defensive replacement when the Giants signed left-fielder Michael Morse) also hit .265 with a .690 OPS. However, the fancy stat WAR (wins above replacement) gives Viciedo a 0.1 WAR in 2013, and Blanco 2.5 (and Morse gets a -1.8 WAR).

Of course, the major barrier to the sight of Cuban baseball players gracing every

MLB diamond is the half-century U.S. trade embargo. The rest of the world's tourists enjoy the culture and the beaches of Cuba. One would think that the lives of the impoverished people of Cuba

would be improved if the embargo were lifted. The Cuban government doesn't seem to be unstable. Logic is not always the driving force of U.S. foreign policy.

Overall, there's been a recent radical restructuring to the Cuban Baseball League. It had been set in stone that a player only played for his provincial team — one of a 16-team league. A few years ago, the Cuban league acknowledged the weakness of some of its teams by splitting its season into two. After the first half of the season, the lower eight teams were disbanded for the second half. Its players were then drafted by the remaining eight teams. The standings were wiped clean. And it became an eight-team league with bunches of players playing for teams that had been arch-enemies.

Peter Bjarkman of Indiana is acknowledged as the person in the United States who knows more than anyone about the history of Cuban baseball. (Anthony Bourdain of the CNN show *No Reservations* took in a game with Bjarkman in Havana as part of a show.)

Bjarkman says that the recent change in policy is "a carefully calculated propaganda message, that [the players] would have to come home for the winter leagues." He predicts that 10-12 baseball players will be permitted to play abroad in 2014, and that they will play in Taiwan and Mexico, the two countries with good leagues whose seasons can accommodate the Cuban season.

Cuban baseball is a total throwback. The style of play is that of Yasiel Puig — lots of one-handed actions, plenty of flair, weak fundamentals — except on the national teams where fundamentals are good.

Moreover, Cubans pay 12 cents to view games. Foreigners pay \$4. The fields are rough. The equipment is worn. The stadiums were built in the 1930s, '40s, and '50s. Concessions barely exist. You're allowed to bring in your own beer and food. You won't find concessions selling souvenirs — there are almost no souvenirs for sale. In the United States, you'd have to go back more than 100 years to find an atmosphere like that — with few commercial distractions — on a warm sunny winter day in Cuba.

Baseball purists might want to take a peek before it goes away.

Steve Hermanos is the author of *Orange Waves of Giants!* The 2012 Championship Season. E-mail: steve@marinatimes.com

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PLAY : Is it high time for Gametime?

San Francisco sports and technology meet

by michael murphy

THE CLOCK IS RUNNING. Minutes wind down and seconds tick away. It's a do-or-die moment, win or lose. Luckily for Golden State Warriors fans in the know, they're hitting the winning shot with a new mobile app named Gametime. For the first time ever, sports fans can buy and use tickets — without printing — right up to tip-off via their mobile device.

"What sets us apart," says Russian Hill resident and founder Brad Griffith, a former Stanford volleyball player and recent Stanford graduate, "is at Gametime we've created a ridiculously easy way to buy discounted Warriors and Sharks tickets — up to 80 percent off in some cases — and the tickets are delivered directly to your phone. No printing necessary. We've also created an algorithm that finds the best tickets by price and location — we only show you the 25 best, not an impossibly long list. The last-minute nature of the app allows you to watch prices fall, buy tickets, and show your barcodes on your phone at the gate."

"The secret is in the expiring asset nature of tickets," Griffith continued. "Tickets are essentially worth nothing an hour or so after the game begins, so sellers get very competitive within minutes of tip off. Like Hotel Tonight or Uber, you can summon something you need right on your phone and use it within minutes. It's the future of entertainment."

Griffith got the idea for the app when he and his brother were trying to buy tickets to the Giants' NLCS against St. Louis last year. "We bought tickets from a mobile app, but it was difficult finding a place to print the tickets. We missed Tony Bennett singing the National Anthem and the first inning. There had to be a better way."

Gametime (www.gametimesf.com/app) became available for iPhone users this past summer and was up and running for the stretch run of the Giants season. Gametime currently offers San Jose Sharks tickets along with the Warriors, but the locally created, sourced and funded company is growing nationally and will soon be available for Android users. Griffith

hopes to have a full complement of the major teams from the NBA, NHL and MLB up and running in the near future. "Los Angeles is the next big market to open," Griffith shared.

Business development director Doug Gilbert used the app at the Warriors opening night game versus the Lakers. "Five minutes before tip-off, we were watching prices drop and with scalpers swirling around us, we bought verified tickets with barcodes on my phone and went to the ticket taker. She scanned my phone and we were in! It was exciting, a real rush; and for Gametime, it was a historic moment: the first NBA tickets bought and used through our platform."

"Mobile tickets represent under 15 percent of the current market, but by 2015 research indicates that number will soar to 50 percent — and keep rising," said Griffith. "Even though we are competing against the Goliaths in the ticket industry, we know our product is better than what you can get from the big boys."

Gametime is available for download at the iTunes store — just search "Warriors Tickets."

THE TICKER : Short 'n' sweet

Sports news from near and far

by michael murphy

AS I WAS SAYING ... HAPPY NEW Year, Marina, Cow Hollow, North Beach, Pacific Heights, and city wide friends and readers! It's great to be back and I encourage you all to keep writing in with your athletic events news to michael@marinatimes.com. ... On to the world of sports! Tickets for the 2014 Winter Olympic Games in Sochi, Russia, scheduled for Feb. 7-23, are still available online at www.sochi2014.com/en/. The U.S. team is highlighted by star athletes such as Shani Davis (two-time defending Olympic champion in 1,000-meter speedskating), Shaun White (one of the most recognizable names in the X and Winter Games, White has won gold in the halfpipe in 2006 and 2010), Lindsay Vonn (one of the biggest stars in Vancouver for winning a gold medal in the downhill and a bronze in the Super-G, Vonn tore her ACL and MCL in her right knee and fractured her tibia in a crash back in February at the world championships, but is back in action), Bode Miller (in his previous four trips to the winter Games, Miller has earned five medals (one gold, three silver, one bronze), and Maddie Bowman, a 2012 world champion (ski half-pipe) ... Speaking of a variety of activities coming up this Winter, the Golden Gate Sport and Social Club is now accepting registrations for upcoming kickball, dodgeball, volleyball, bowling, soccer, football, basketball, softball, and other fun leagues at www.

playinthebay.com (I have more to say about the club online at www.marinatimes.com) ... As the Golden State Warriors march toward their best season in years with the strongest team they've had in decades — surprise, surprise, it does help to have a solid big man in the NBA — tickets are becoming more expensive and more scarce — until Gametime came along (see main article above). Available at the Apple iOS store and soon on Android, the mobile app offers up to 80 percent off Warriors tickets ... For those not willing to travel to Sochi, lace 'em up for the GGSSC or go to Warriors or San Jose Sharks games, the Marina and Cow Hollow are brimming with sports bars offering great deals while watching college and pro football and all your sports and greatest on the latest flat screen TVs. On Union Street check out the Brick Yard, Bus Stop, Perry's, The Blue Light, Bar None and The Brixton, then hang a right onto Fillmore and into the Mauna Loa, The Balboa and KT's. Make a left onto Chestnut for The Horseshoe, The Marina Lounge, Monaghans, and The Topsy Pig before winding up, or down, at Liverpool Li's on Baker Street. Now that is a sports pub crawl that dreams are made of! ... For family fun, adventure and fitness, enjoy free admission to all California National Parks, including Yosemite, Joshua Tree and Muir Woods from January 18-20... January is also National Skating Month, so check out www.usfigureskating.org for more information about local events.

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Specialties include bacon bruschetta benedict and crab benedict, served with crispy potatoes and toast. There are other options and if you start with a chili mary, a blood orange mimosa or a peach bellini, you will think you are truly on vacation.

If you're not in the mood for breakfast, the full menu is offered as well with a selection of cheeses and salumi with kettle bread to a full-blown feast of whole roasted Dungeness crab and prime rib. The menu is accessible. It's simple food, well-sourced, abundant and comforting yet sumptuous.

You can craft your dining experience by begin-

ning with oysters or sizzling iron-skillet roasted mussels, shrimp and crab and move to specialties such as a crab enchilada, fresh fish or prime rib. Sweets have their own category with freshly made beignets, Tortuga Caribbean rum cake and salted caramel vanilla crunch cake.

It's the perfect getaway on a foggy city day. You can take the ferry and pretend you're on vacation in a faraway village. At least for a day!

Salito's is fresh, bright and full of casual ambience. Large, multi-leveled decks overlook the water and the beauty of the area is absolutely breathtaking.

It's the perfect getaway on a foggy city day. You can take the ferry and pretend you're on vacation in a faraway village. At least for a day! Sitting on beautiful Richardson Bay, the blue sky and sparkling water are the perfect setting for an afternoon or evening of cocktails and dining *al fresco*.

Brunch is served on the weekends beginning at 10:00 am.

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A new year, with plenty of new spots for you to hit

by marcia gagliardi

LET'S START THE YEAR WITH SOME good news for folks who were concerned about the fate of the Big 4 (1075 California Street, 415-771-1140) at the Huntington Hotel: It will be coming back. Hurrah. The new owners, Singapore-based hospitality group Grace International, have brought on the local Puccini Group to consult and oversee the renovation, design, restaurant concept, and management services of the **Big 4**. Some changes will include fresh carpet, paint, upholstery, and the tables will no longer have tablecloths. Fortunately, the bar will be kept as is, ditto the live piano, and chef Gloria Ciccarone-Nehls will also remain. The Big 4 closes for renovations on Jan. 1, 2014, and reopens in spring 2014.

MARINA

Alvin Garcia, the opening G.M. for Delarosa, Lolinda, and El Techo de Lolinda, is now opening his own place, **Hopper's Place** (2346 Chestnut Street), in the former Bechelli's (no, the Tablehopper is not affiliated with the project). Garcia is partnering with Tom Patella, who has been with the California Wine Merchant for the past six years. They plan to open an American bistro and are currently interviewing chefs; the food will be served family style, with lots of shared plates. The wine list will be focused on California wines, and the beer list will be mostly craft-based, with two taps and lots of bottles. The space will seat 49, and there will be a large library-style bar and sidewalk seating for 16. The Art Deco exterior is going to lend some cues to the interior design — designer Gordana Jordanovska is behind the new look for the space. They just started demolition and are gunning for a February opening.

NORTH BEACH

Meanwhile, **Comstock Saloon** (155 Columbus Avenue, 415-617-0071) has a new chef and new second bar in the redesigned dining room. Executive chef Ronnie New (Magnolia Pub and Brewery) updated the menu, which now has a raw bar (think Drake's Bay oysters and peel-and-eat Louisiana Gulf shrimp), and a Comstock burger. The dining room features a gorgeous old-growth redwood and mahogany bar restored by partner Jonny Raglin, and look for the antique tap handle that dates back to 1880. There are also high-top marble tables, so the "dining room" feeling has been tweaked to feel less formal. One thing that is staying put is the Saloon's Free Lunch Friday (purchase two alcoholic beverages and you receive a free lunch — the offering changes weekly). The kitchen is open Monday-Saturday 4 p.m.-midnight and Sunday 4 p.m.-10 p.m., now serving a full menu (the bar is open daily 4 p.m.-2 a.m.).

LOWER PACIFIC HEIGHTS

Opening any day now in the former Frankie's Bohemian Café space is **Presidio Pizza Company** (1862 Divisadero Street). Chef-partner Frank Bumbalo is collaborating with the neighboring Fishbowl owners, Kevin Kynoch and John Miles. Bumbalo, a Brooklyn native, says there will be three kinds of pizza: thin-crust New York (Neapolitan round) style, Sicilian style, and grandma pizza, which is like a hybrid of a thin-crust pizza but square like a Sicilian (and not as thick), with origins in Long Island. Working with Bumbalo is Chris Norton, who was previously a line cook at A16. There will be two entrances: The one off Divis is if you want to sit at a table and enjoy some table

service, while an entrance on Pine will be for the slice side, where you can sit on some bar stools or stand at a ledge while you eat your slice. (Or slices. I'm not here to judge.) Hours will be Sunday-Wednesday 11 a.m.-11 p.m., Thursday 11 a.m.-midnight, and Friday-Saturday 11 a.m.-2:30 a.m.

RUSSIAN HILL

I heard through the grapevine that chef and part owner **Alexander Alioto** has left Seven Hills (1550 Hyde Street, 415-775-1550). Owner (and brother-in-law) Alexis Solomou has bought out Alioto and brought on a new executive chef, Anthony Florian, whose résumé includes Quince, Cotogna, Bar Bambino, Servino, Santi, and, most recently, Pizzalina. Solomou tells me pasta is his thing, and Florian will continue to build upon the restaurant's reputation for pasta. The new menu is already up and is in a similar format. And yes, the raviolo is still on there, although it will probably be revised a bit. Florian's sous chef is Daniel Maragoudakis, who has been at Cotogna for two years, and they reportedly work really well together. I am looking forward to seeing how the new crew develops the menu.

MID-MARKET

A new opening to check out: **Alta CA** (1420 Market Street, 415-590-2585), the latest project from the Daniel Patterson Group. The restaurant's location is kitty-corner to the new Twitter building and just a few doors down from the groovy Ma'velous cafe. When you walk into the 65-seat restaurant, the first thing you'll notice is the completely innovative floor-to-ceiling open shelving along the entire back wall that separates the kitchen from the dining room, but still allows for an open kitchen experience. The 17-foot shelves are stocked with vintage pottery, books, and other *objets*. The overall feeling is warm and Californian.

You can start with a cocktail (the bar manager is Ashley Miller, most recently at Hakkasan), some dill-pickled deviled eggs (\$5), and there's chef Yoni Levy's pastrami (\$13) and bialys (\$6). You can ramp up with bigger plates, like a prettily (but not fussily) composed warm root vegetable salad, with a medley of vegetables like kohlrabi, parsnips, carrots, and more (\$13). There's a stunning cracked wheat porridge with hen of the woods mushrooms, so rich with earthy flavor (\$19). Additional plates include confit chicken leg (\$18), a spot-on Pacific black cod with broccolini and the punch of Meyer lemon (\$25), and a fully loaded burger with thick slices of bacon and cheddar cheese (\$16). Everything we tried tasted so well prepared and balanced, with a nourishing sensibility. It's food to admire for a split second before you want to dig in.

SOMA

The Hotel Palomar's **Fifth Floor** (12 Fourth Street, 415-348-1555) is getting ready to close after service on Friday, Jan. 17, and will reopen in spring 2014 with a new, more casual concept. The new space will include a patio and fire pit, and the bar menu will be revamped to emphasize craft cocktails. Chef David Bazirgan is staying on as executive chef, and bar manager Brian Means is also staying put. The food will stay focused on quality ingredients, but will shift toward small plates to accompany the cocktails.

Marcia Gagliardi is the founder of the weekly *Tablehopper e-column*; subscribe and get more food news and gossip at www.tablehopper.com. Follow her on Twitter: @tablehopper



Burdock and lotus root salad at Delica PHOTO: COURTESY DELICA

Keeping it light and healthy

by tony ching

IN THE SPIRIT OF “GET back in shape” month, here are a few of my favorite dishes for keeping it light and healthy. Even if you do drop that new gym membership in February, these are dishes you’ll still want to eat simply because they’re delicious.

CHERRYSTONE CLAMS: SWAN OYSTER DEPOT

1517 Polk Street (at California)
415-673-1101

No website

Cherrystone clams are as common on East Coast menus as oysters are here. You rarely find them in the Bay Area, and I’m not sure why. *Marina Times* editor in chief Susan Dyer Reynolds says she likes them better than oysters (she also spent her summers in Rhode Island, where she started slurping them raw at the age of three), and I understand why: Eating raw cherrystone clams is like eating the ocean — they’re brinier and less creamy than oysters, with an incomparable bright, sweet taste. Cherrystones are hard-shell clams, about two to three inches in diameter (little necks are the smallest hard-shell clam and the most expensive). I think the ones at Swan Oyster Depot are the freshest in the City, and I can eat about two-dozen by myself. The texture is slightly crunchy and, while you can add a squirt of lemon or some cocktail sauce, I think the natural juices are all you need.

HIJIKI AND SOYBEAN SALAD AND BURDOCK AND LOTUS ROOT SALAD: DELICA

1 Ferry Building, Shop 45
415-834-0344
www.delicasf.com

I’m far from vegan but that all changes while I’m having lunch at Delica, where there are two vegan salads I can’t resist. I almost always order the hijiki and soybean salad, a unique, perfectly balanced combination of seaweed mixed with dried soybeans, edamame, konnyaku (more on that below), daikon, wild mizuna (Japanese mustard), fried tofu, and goji (wolfberry) cooked with soy sauce. This is a very light dish, but incredibly

diet on Okinawa, an island off the southwest coast of Japan, where the people boast the longest life expectancy in the world with a high proportion of centenarians who experience almost no cardiovascular disease or cancer. And, when tossed with spicy braised burdock and lotus roots, thin slices of white onion, julienned carrots, and wild mizuna, konnyaku is also refreshing and delicious.

CRAB AND SHRIMP LOUIE: THE ROTUNDA

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I’m a shopaholic so you’ll find me at Neiman Marcus a lot. Whether I’m shopping for myself in the men’s department or picking out a pair of Manolo Blahnik or Prada shoes for a lady I’m dating, I always end my shopping excursion at the Rotunda for a crab and shrimp Louie, made with ultra-fresh Dungeness crab, shrimp, romaine lettuce, cucumbers, avocado, tomatoes, and, of course, classic Louie dressing. It’s always my favorite and least expensive purchase (and something I never have to return). I’d mention the amazing popovers that come with every meal at the Rotunda, but we’re trying to be healthy here.

E-mail: www.tony1andonly.com

I always end my Neiman Marcus shopping trip at the Rotunda for a crab and shrimp Louie.

satisfying.

The spicy burdock and lotus root salad is the other vegan dish I crave at Delica. The salad’s stars are spicy braised burdock, lotus root, and konnyaku. What is konnyaku, you ask? It’s a gelatinous substance made from the pounded roots of a mountain yam called konjac. Konnyaku has almost no calories, has no sugar or fat, and is 90 percent water, but the remaining 10 percent is glucomannan, a soluble fiber. Before you say, “Yuck!” you should also know it’s a big part of the

It’s Crab Season...



THE TOURISTS HAVE left for home and the **Franciscan Crab**

Restaurant is the best place to “get your crab on!” It’s all about the crab and no matter how you like it, you will find it there. Start with crab

chowder, followed by crab Caesar salad, move on to a crab enchilada, crab Alfredo or the

big boy—two plus pounds of whole roasted Dungeness crab!

But there is more than just crab on the menu for those who may desire an alternative—there is artisanal salumi and burrata, a shredded short rib sandwich and filet mignon, among many other possibilities.

Things are quieter now that fall is finally here so parking is easier and more plentiful. You can grab a banquette and look out the twenty foot windows at the beautiful bay, watch the boats come and go and gaze at the beauty of the city that we

all treasure.

Grab a banquette and look out the twenty foot windows at the beautiful bay.

The chilly weather is perfect for the Franciscan’s other seafood options like

garlic-steamed clams and hearty seafood Cioppino, perfect for a cold day by the bay. And if you can find room, try a decadent dessert made with their house made frozen custard ice cream.

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LA VITA DELIZIOSO :: Waste not, want not

Mini potpies: a great use for holiday leftovers

by susan dyer reynolds

WE ALWAYS HAVE TURKEY FOR Thanksgiving and prime rib for Christmas, with all the fixin's, of course. It's a tradition to make my mom's turkey croquettes, and I always use the turkey carcass to make homemade stock, which I use in my classic turkey noodle soup. If you have bones from a prime rib, you can also make beef stock using the same method. (You can find the recipes for my mom's croquettes and my easy turkey stock at www.marinatimes.com.)

These mini potpies can be made with either turkey or beef. They're incredibly simple, and even if you're tired of the star ingredient, the supporting players shine through to create a satisfying and comforting dish perfect for a cold winter's night.

MINI TURKEY OR BEEF POTPIES

Serves 4

- 2 cups turkey or prime rib
- 1 large or 2-3 small-to-medium russet potatoes
- ¼ cup carrots
- ¼ cup frozen peas
- 3 cups turkey or beef gravy
- 2 tablespoons fresh thyme leaves, minced (optional)
- Handful of fresh Italian parsley, minced (optional)
- 1 sheet of puff pastry, thawed, or 1 box of Pillsbury refrigerated piecrust (2 crusts per box)
- Salt and pepper to taste

Preheat oven to 475 degrees. Cut meat into chunks and set aside. Cut potatoes and carrots into 1-inch cubes, and in a medium stockpot, cook until just

tender. Add frozen peas and cook 1 to 2 minutes longer.

In a medium pot or sauté pan, heat gravy (thin with milk if necessary). Add vegetables, meat, thyme leaves, and parsley if using (set aside a few pinches of parsley for garnish), and stir until well combined.

Set individual-sized ovenproof ramekins (11 ounce) on a foil- or parchment-lined baking pan and ladle mixture into the ramekins, filling almost to the top. Proceed with instructions below according to your preferred crust.

PUFF PASTRY

Spread one thawed pastry sheet flat on a lightly floured surface. Cut into four equal-sized square portions.

Place a single square on top of

each ramekin, and brush top of pastry with egg wash (two eggs beat with one teaspoon water).

Put pies in oven and immediately reduce heat to 400 degrees. Cook until pastry is puffed, cooked through, and golden brown (about 40 minutes). Sprinkle with remaining fresh parsley and freshly cracked salt and black pepper. Serve immediately.

PIECRUST

Roll out one crust on a lightly floured surface. Place an empty ramekin upside down, and using a paring knife, carefully draw a circle around it that is one inch larger than the ramekin.

Gently lay crust on top of each ramekin, and using a fork, press down the crust around the edges to create a seal. Make several small slits in the top of the crust for venting, and brush with egg wash (see Puff Pastry above).

Follow baking and serving instructions for Puff Pastry above.

E-mail: recipes@marinatimes.com

Start the new year by going green (juice)

by julie mitchell

AFTER THE PROLIFERATION of cupcake and patisseries all over the city, it seems the tide has turned. And it is green and healthful. In the last year, several juice shops have opened in Cow Hollow and the Marina, all specializing in cold-pressed, fresh juice blends promising to provide a powerful serving of vitamins and other nutrients in one usually bright-green drink.

Is juicing that much more healthful than eating plenty of whole fruits and vegetables? Most nutrition-

ists say not really. Whole fruits and vegetables provide fiber, much of which is lost in the juicing process. Still, proponents of juicing say that their blends can help you lose or maintain weight, give you more energy, keep you full longer, and are better absorbed by your body.

And yes, while you can also easily make your own nutritious juices at home, because we're all pressed for time, picking up a pre-made green juice is the next best thing. And no one can argue that they're much better for you than a doughnut.

• **Juice Shop** (1994 Union Street, 415-834-5161, www.juiceshopsf.com) is operated by the three Gulick brothers. All of the produce used is locally sourced, and the juices are made using a hydraulic press to grind the fruits and veggies without using any heat, hence the term "cold pressed." Juice Shop's juices are bottled in glass and will last in your fridge up to three days. Their basic Bright Green juice is a combination of kale, ginger, cucumber, pineapple, apple, and lemon, and is slightly sweeter and more palatable

JUICE, continued on 15

Better than Rice-a-Roni

by sandy fertman ryan

RESEARCHERS AT CONNECTICUT College in New London recently discovered that Oreos are as addictive as cocaine — at least, in rats. First, I am stunned that they could find that many rodent coke addicts to use in the study (who knew?), but I am equally amazed that it is the mundane Oreo cookie that is driving all of their little rat cocaine dealers out of business!

Seriously, everyone can look back and remember the first moment in their life when they were really driven to do something — like lick the creamy center of an Oreo. Some harken back to grade school when they went on a field trip to clean up Ocean Beach and today, they are employed by the EPA. Others took drama class in high school where they discovered they were destined to act, and now you can catch them wearing a Goofy costume at Disneyland. Or, as in the rare case of Lowell High graduate Carol Channing, winning three Tony's, but that's another story.

For me, my "drive" was literally to Swensen's for a hot-fudge sundae, and from that day forward, all roads have led to Hyde and Union Streets. From age seven, my primary goal in life was to get my dad to take us out for ice cream. I had an arsenal of tricks to get him there, saying things like, "Dad, I read an article in the *Chronicle* about how ice cream builds stronger bones in children. Can you imagine what a sundae would do?!" or "Dad, you know those cigars you love? There's a new smoke shop that carries them and I think it's around, well, Hyde and Union!" Sometimes, my tactics worked, but generally they failed pitifully, so I had an alternate plan that I thought was pretty clever: I would grow up, graduate from high school, then graduate from college and graduate school, then get a job, get married, and return to San Francisco so I could find a place to live within walking distance of Swensen's. And my plan worked!

Maybe I don't have the ultra-sensitive taste buds of those rats that ate all of the Oreos, but I still don't understand the attraction. Think about it: Oreo was originally "America's Favorite Cookie," but for some reason, in 2004, even Nabisco downgraded them to, "Milk's Favorite Cookie." Now, with the current press, the slogan may soon be, "A Rat's Favorite Cookie," although I don't think that will increase sales.

But perhaps it isn't about how delicious Oreos are that entices those little vermin to jones for them. Think about their diet. If we had to eat things like moldy pizza crusts, month-old rotting cantaloupe and

Crisco chunks (which I suspect is one of their essential food groups), we would all be addicted to Oreos!

The Oreo study, led by a Professor Joseph Schroeder, was presented recently at the annual conference of the Society of Neuroscience. Apparently, the rats, housed in a maze, were given only two choices: rice cakes or Oreos. Seriously? I guess if that was the criteria, we are all untested Oreo addicts — with the one exception of my friend Caroline, who is a total health nut.

And yet, and yet ... those huge, hot-fudge sundaes at Swensen's really have me hooked even though I have many other choices of things to eat besides rice cakes.

Maybe it isn't Swensen's that has me under its spell, but the entire experience of going to get ice cream that conjures up such happy memories. I remember sitting next to my father in the car, bursting with pride that I must have done something really right to be entitled to a sundae! Sometimes, though, his offer to take me for a sundae was simply his ploy to get me across town to go to my pediatrician's office for a shot, but either way, it was a thing of beauty. It was also my first real-life experience of the fact that that there is no free lunch, or in my case, no free sundae. Which, if it were up to me, would be my lunch.

To the Oreo addiction researcher, I'd like to suggest a follow-up experiment with rats — or myself. Isolate the rats (or myself) and give them (or me) only two choices of food: rice cakes or a Swensen's hot-fudge sundae. I think the study would conclude that rats (and needless to say, myself) are addicted to hot-fudge sundaes.

Don't get me wrong: I am not saying that rats aren't addicted to Oreos. I am just suggesting that to accurately test that assumption, the scientists must verify that the lab rats (a) were not previously sugar deficient, and (b) do not have an emotional attachment to Oreos due to lingering childhood memories of grazing on cookie crumbs with their beloved rat parents in a dumpster. As do I with hot-fudge sundaes from Swensen's!

Oh, and just in case you're wondering, the Connecticut College study also found that the majority of rats, just like humans, enjoyed eating the creamy filling first.

Sandy Fertman Ryan has written for numerous national magazines, including Seventeen, Parade and Cosmogirl. Other than sundaes, she is addicted to talking to strangers' dogs, laughing at her own jokes, and bagels. E-mail: yipee633@yahoo.com

JUICE

CONTINUED from page 14

to the new-to-green-juice palate than other blends.

- **Thrive Juicery** (3330 Steiner Street, 415-508-4577, www.thrive-cleanse.com) was founded by a foodie, Megan Propp, and wellness buff, Stephanie Hubbard, and claims among their advisors physicians Andrew Weil, Deepak Chopra, and Walter Willett, chair of nutrition at Harvard University. In addition to a vast hue of cold-pressed juices, Thrive also offers raw nut milks such as almond and cashew. Thrive's Green Machine is a savory mixture of kale, romaine, spinach, cucum-

ber, parsley, and ginger, but it also offers sweeter juices.

- **Greens & Company** (3236 Scott Street, 415-580-7717, www.greensandcompany.com) is the inspiration of Adrienne Ledden, a juicing and holistic nutrition devotee. Its juices are made using a Norwalk juicer — another hydraulic, cold-press machine — and its Signature Greens juice is made with kale, spinach, parsley, ginger, fresh lime, and apple: a citrusy, slightly sweet blend.

- **Pressed Juicery** (2162A Union Street, 415-346-3293, www.pressedjuicery.com) is a SoCal-based chain with locations statewide and an ample following of celebrities. Founded by Hayden Slater, Carly Brien, and Heidi Gores,

its goals are health and convenience in one, and it offers a generous selection of juices, nut milks, teas, and bottled water. Pressed Juice Greens 1 is a basic combination of kale, spinach, romaine, parsley and cucumber, and each numbered juice has added ingredients to lend sweetness and flavor, finishing with Greens 6, a blend of spinach, honeydew, kiwi, lemongrass and cilantro.

All of the juice shops also offer cleanse options for those who are interested in trying a somewhat controversial all-liquid diet as a path to healthfulness. Some will deliver to homes, offices, and even the gym.

E-mail: julie@marinatimes.com

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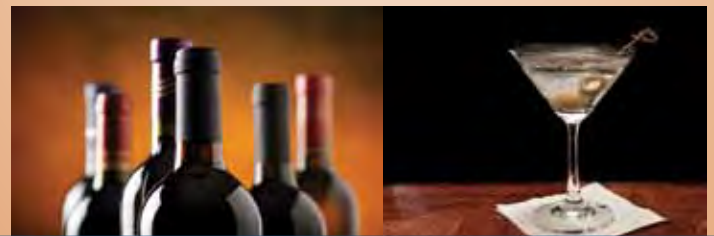
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MICHAEL SNYDER ON FILM

2013 in film

by michael snyder

EVEN THOUGH I CAN'T ABIDE awards competitions in the arts, I still find myself reflecting on the cultural highlights and lowlights of the previous 12 months at the turn of the year. 'Tis the season. And I write this column for the *Marina Times* as well as review movies on the air and the web every week, so I'm expected to weigh in on the best and worst films all the time.

The social endeavor and immersive experience of "going to the movies" (especially for the blockbusters and the niche repertory features) suggests that reports of the cinema's demise are premature. Too bad the economic crunch has deemed that Hollywood is either green-lighting the big franchise movies featuring properties that have already passed the proof-of-concept test in other media and can provide massive worldwide box office, or the studios are financing or buying up low-budget independent films — usually those with positive festival buzz — in hopes of a little prestige. Midrange offerings, once the industry's bread-and-butter, are, like the middle class, getting short shrift in the current climate.

Thank the muses that filmmakers are still releasing some wonderful work, regardless of the moneymen and their agendas. If you're looking for recommendations, look no further. Though I left out some goodies like *Stories We Tell*, *The*

Wind Rises and *The Wolf of Wall Street*, the following are among my favorite movies of 2013.

MICHAEL'S SWEET 16 MOVIES OF 2013

American Hustle: Based on an actual sting attempted by the FBI in New York and New Jersey during the 1970s, this inspired and witty mix of character study, caper film, period style, and comedy from filmmaker David O. Russell offers astonishing, against-type performances by Amy Adams, Bradley Cooper, Jennifer Lawrence, and especially the chameleon-like Christian Bale as a Long Island scam artist overwhelmed by his greed, lust, and fear.

Big Sur: Writer-director Michael Polish's evocative and surprisingly faithful adaptation of Beat Generation icon Jack Kerouac's diary-like account of his attempts to escape fame while in and around San Francisco and the Central California coast during the early 1960s is grounded by Jean-Marc Barr — terrific as the complex, tortured Kerouac.

Blue Is the Warmest Color: Despite all the notoriety generated by the explicit love scenes between actresses Adèle Exarchopoulos and Léa Seydoux, this three-hour French drama is one of the best coming-of-age films in quite some time, depicting the sexual awaken-



Sandra Bullock makes *Gravity* a winner PHOTO: © WARNER BROS. ENTERTAINMENT

ing of a teenage girl and her passage into young adulthood.

Blue Jasmine: Anchoring one of Woody Allen's best films in decades, Cate Blanchett is phenomenal as the desperate and pitiful Jasmine — a social climber whose life is shattered by her husband's actions, which force her to relocate from New York to San Francisco and move in with her decent working-class sister.

Europa Report: When it comes to hard science fiction with a gritty edge, it would be hard to find a more compelling and clever example in quite a while than *Europa Report* — a found-footage feature set on the first manned flight to Jupiter's moon Europa. Kind of *The Blair Space Project*, only better executed.

Frozen: The Disney animation unit carries on the tradition of great fairy tale-inspired animated musicals with a charming, prickly, visually stunning, computer-generated 3D look at love, sisterhood, and empowerment spun out of the Scandinavian fable *The Snow Queen*.

Fruitvale Station: The real-life tragedy of a senseless New Year's Eve killing at a BART station frames a moving and gritty look at one troubled young man's odyssey on the day of Dec. 31. Michael B. Jordan is a revelation in the role of the man in a quest to change his life for the better.

Gravity: Plucky astronauts played by George Clooney and Sandra Bullock face a terrifying crisis

while in orbit as director Alfonso Cuarón orchestrates the most phenomenal and realistic-looking movie imaginable about a shuttle mission gone wrong.

Nebraska: An estranged father and son — more specifically, an aging, surly alcoholic (Bruce Dern) and his offspring, a hapless electronics salesman (Will Forte) — embark on a misbegotten road trip from Montana to Nebraska in Alexander Payne's darkly comic look at family bonds.

Pacific Rim: With modern special effects at his disposal, director Guillermo del Toro makes over-the-top magic in his tribute to those vintage Japanese science-fiction extravaganzas that depicted giant monsters battling giant robots.

Philomena: Poignant, funny, and even a little political, *Philomena* is based on the true story of an unwed mother who, while living at an Irish convent, reluctantly gives up her son for adoption. Years later, when she's a senior citizen (Judi Dench), she tries to find her offspring with the aid of a cynical journalist (co-screenwriter Steve Coogan).

Short Term 12: This heart-breaking, unflinching Sundance Award-winner concerns young foster care caseworkers who look after troubled teens while dealing with their own issues. Brie Larson and John Gallagher Jr. do brutally honest work as two of the caseworkers trying to navigate a romantic relationship in difficult circumstances.

The Great Beauty: Elegant, amusing and emotionally satis-

fying, Italian filmmaker Paolo Sorrentino's story of an Italian journalist who learns a secret from his past in the wake of his 65th birthday is also a celebration of Rome, the eternal city, in all its magnificent, sprawling beauty.

20 Feet from Stardom: A moving, joyous investigation into the lives and careers of some of the most accomplished backup singers in pop music history, with amazing performers and performances and interviews with some of the biggest stars on the planet: Jagger, Sting, Bette Midler, Stevie Wonder, and Bruce Springsteen.

Upstream Color: The second feature film from artful idiosyncratic writer-director-actor Shane Carruth is an enigmatic, unconventional, nonlinear, disturbing, and visually stunning love story about a damaged man and woman and their strange fate.

What Maisie Knew: This contemporary reimagining of Henry James' novel is a deft and deeply affecting examination of a little girl's struggle for grace and comfort in the midst of her self-absorbed parents' bitter custody battle. With Julianne Moore as the diffident rock star mother and Steve Coogan as the smug art-dealer father.

Michael Snyder is a print and broadcast journalist who covers pop culture every week on KPFK/Pacifica Radio's David Feldman Show, and on Michael Snyder's Culture Blast, available online at YouTube and Digevid TV. Follow Michael on Twitter: @cultureblaster



Fruitvale Station hits home PHOTO: © FOREST WHITAKER'S SIGNIFICANT PRODUCTIONS

THE BEST OF BOOKS

What you're reading Best sellers and recommendations

compiled by sandy mullin

BOOKS INC. HARDCOVER BEST-SELLER LIST

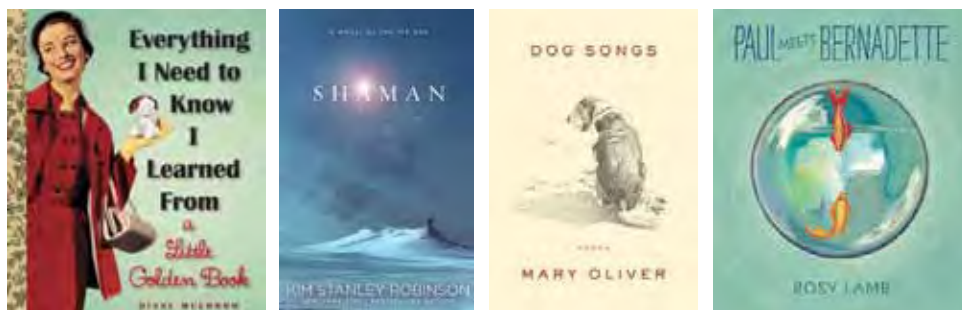
1. **The Goldfinch**, by Donna Tartt
2. **Dear Life: Stories**, by Alice Munro
3. **The Art of French Pastry**, by Jacqu Pfeiffer and Martha Rose Shulman
4. **David and Goliath: Underdogs, Misfits, and the Art of Battling Giants**, by Malcolm Gladwell
5. **Everything I Need to Know I Learned from a Little Golden Book**, by Diane E. Muldrow
6. **Zagat 2014 Bay Area Restaurants**
7. **City of Thieves: A Novel**, by David Benioff

8. **Tender Bar: A Memoir**, by J. R. Moehringer
9. **The 100-Year-Old Man Who Climbed Out the Window and Disappeared**, by Jonas Johansson
10. **Dog Songs**, by Mary Oliver

STAFF PICKS FOR ADULTS

Shaman, by Kim Stanley Robinson
This book brilliantly imagines the lives of people who lived 30,000 years ago in what is now southern France. Details in the novel show that these people were responsible for the amazing cave paintings in Chauvet Cave.

— Bob Deloria



Dog Songs, by Mary Oliver
More lovely poems from Mary Oliver, this time focusing on the dogs in her life and how they have enriched her world.

— Sandy Mullin

STAFF PICKS FOR KIDS

Ages 12 & up: Fangirl, by Rainbow Rowell
This book is for the swag-toting, convention-attending enthusiast of any series. Cath has spent the last few years making her life around Simon Snow. Now that she is in college and the series is finishing, who will Cath

become? A well-written coming-of-age novel.

— Marie Siegenthaler

AGES 3 & UP

Paul Meets Bernadette, by Rosy Lamb
This is a charming story about curiosity, life, and love. Paul is a goldfish who swims in circles until Bernadette comes to show him the beauty of the world beyond their fishbowl.

— Marie Siegenthaler

Sandy Mullin is the manager at Books Inc. in the Marina.

The mystery of stolen art discovered in Munich

by sharon anderson

AUTHORITIES IN Munich in November 2013 revealed that they had stumbled upon over 1,500 paintings, drawings, and etchings by artists including Matisse, Picasso, Chagall, and Klee. The artworks were stolen by the Nazis during World War II, and were hidden away in what was described as a squalid apartment. The story is still developing, but early estimates appraise the work to be valued at over \$1.35 billion, making this the most extensive haul in art-theft history.

Several years ago in 2010, an unassuming 80-year-old German man caught the attention of authorities when customs officials searched his bags as he traveled by train between Switzerland and Germany. He had an unusual amount of cash and, though it was legal to travel with this much money, the police decided to keep him under surveillance. Finally, the police were granted per-

mission in 2011 to search the man's apartment.

A dark story has unraveled since the discovery was made over two years ago. The elderly man's father is now revealed as a well-known art dealer before World War II. During the war, he used his contacts to sell artwork, art that may have been included in the notorious 1937 Nazi-curated Entartete Kunst (Degenerate Art) exhibition, which displayed works looted from museums. Other theories suggest that the artworks were not from this exhibition, and are simply a collection stolen from French Jews during the occupation.

In any case, it appears that the dealer kept more of the stolen art than he sold. Indeed, the cover-up extends through decades. The dealer stated that the works had all been destroyed when his home burned during the Dresden firebombing on Feb. 13, 1945. Instead, the works were inherited by the dealer's son, who alleg-

edly sold them off slowly over the years to foreign collectors to maintain what he'd hoped to be a steady stream of income that would remain under the radar of the authorities.

The art dealer died in a car accident in 1956, and in the early sixties, his widow testified that the art was destroyed during the Dresden fire. This false statement will likely forfeit any rights the now-80-year-old son may have in terms of ownership.

Many are asking why the German authorities waited two years to reveal this astonishing discovery. As the story unfolds, it has been suggested that considerations regarding restitution delayed the public announcement about the theft. Also, the investigation may reveal more art hidden in other secret locations. A list of works has not yet been published, nor have any photographs.

Sharon Anderson is an artist and writer in Southern California. She can be reached at www.mindtheimage.com



Dancers perform in Helgi Tomasson's *Giselle* PHOTO: © ERIK TOMASSON

Belly up to the barre in 2014

by evalyn baron

THE SAN FRANCISCO BALLET'S 2014 opening season will supply us with all the passionate glory of the dance we could ever wish for:

Jan. 25–Feb. 2, Helgi Tomasson's sumptuous *Giselle* opens the season, taking us into the world of the peasant maiden with romance in her heart and dancing in her soul. There will be two special performances of the Hamburg Ballet's *Midsummer Night's Dream* on **Feb. 12–13**. This tale of mistaken identities and love-driven pursuits is set to the classic Mendelssohn score.

From **Feb. 18–March 1**, a world premier by Val Caniparoli will open a trio of works that also include Alexei Ratmansky's *From Foreign Lands* and Wayne McGregor's enthralling *Borderlands*. These will run in repertory with Stravinsky's *Firebird*, Christopher Wheeldon's *Ghosts*, and *The Kingdom of Shades* from Act II of *La Bayadère*.

March 11–23 will bring a new production of the popular *Cinderella*, choreographed by Christopher Wheeldon, complete with puppetry and cinematic effects; **April 2–13** showcases Alexei Ratmansky's *Shostakovich Trilogy* in co-production with the American Ballet Theatre and a full performance of passionate dance, presented in repertory with a new Helgi Tomasson work, which is bound to be exciting. Also in this program will be the 20th anniversary presentation of Mark Morris' *Maelstrom*, and Yuri Possokhov's *The Rite of Spring*.

Rounding out the season **April 29–May 11** is a triple-bill consisting of a world premier by Royal Ballet Artist-In-Residence Liam Scarlett, Helgi Tomasson's *The Fifth Season* and Serge Lifar's elegant *Suite En Blanc* in repertory with the American classic *Agon* and the *Brahms-Schoenberg Quartet*. The program concludes with the magnificent *Glass Pieces* collaboration between Jerome Robbins and composer Phillip Glass.

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JANUARY EVENTS

what not to miss this month

MAJOR EVENTS

Shen Yun Performing Arts

Wed-Sun, Jan. 4-12

War Memorial Opera House

Don't miss this spectacular colorful and exhilarating performance of classical Chinese dance and music. \$60-\$280, 415-392-4400, www.shenyunperformingarts.org



FOG Design+Art Fair

Fri-Sun, Jan. 17-19, 11 a.m.

Festival Pavilion, Fort Mason Center

This fair features more than 40 prominent 20th-century and contemporary design dealers from the Bay Area and across the country; a selection of leading modern and contemporary art galleries; 21POP, a special pop-up shop created by celebrated designer Stanlee Gatti; and a dynamic lineup of lectures and interactive discussions with leaders in the design and art worlds. Partial proceeds benefit SFMOMA. \$15-\$20, www.fogfair.com

S.F. Ballet 2014 Opening Night Gala: Phenomenal

Wednesday, Jan. 22

City Hall & War Memorial Opera House

Start with an elegant cocktail reception and dinner at City Hall, head to a rousing performance at the Opera House then head back to City Hall for an after party and mingle with ballet dancers while enjoying live music, dancing, complimentary cocktails, refreshments, and desserts. \$125-\$1,250, 415-865-2000, www.sfballet.org

LAST CHANCE

Glitz

Tue-Sat thru Jan. 4

S.F. Women Artists Gallery (3489 Sacramento St.)

View works available for purchase in acrylic, oil, watercolor, mixed media, and photography of over 20 female artists. Free, 415-440-7392, www.sfwomenartists.org

Cirque du Soleil: Amaluna

Thu-Sun thru Jan. 12

Big Top at AT&T Park

On a mysterious island governed by goddesses and guided by the cycles of the moon, this coming-of-age ceremony honors femininity, renewal, rebirth, and balance and marks the passing of these insights and values from one generation to the next. \$50-\$270, www.cirquedusoleil.com



In Grand Style: Celebrations of Korean Art in the Joseon Dynasty

Tue-Sun thru Jan. 12

Asian Art Museum

This exhibition displays over 100 treasured objects of glorious heritage and focuses on celebrations, festivals, elaborate rites, dance, music, and processions illustrating the history of the dynasty's 27 kings and queens. Free-\$12, 415-581-3500, www.asianart.org

David Hockney: A Bigger Exhibition

Tue-Sun thru Jan. 20, 9:30-5:15 p.m.

M. H. de Young Museum

Assembled exclusively for the de Young, this exhibition is the first comprehensive survey of the artist's 21st-century work, representing one of the most prolific decades of his career, and includes multicanvas oil paintings shot with multiple cameras and works created using an iPad. Free-\$46, 415-750-3600, www.famsf.org

Unescoitalia

Tue-Sun thru Jan 26, noon-4 p.m.

Museo Italo Americano (Bldg. C, Fort Mason Center)

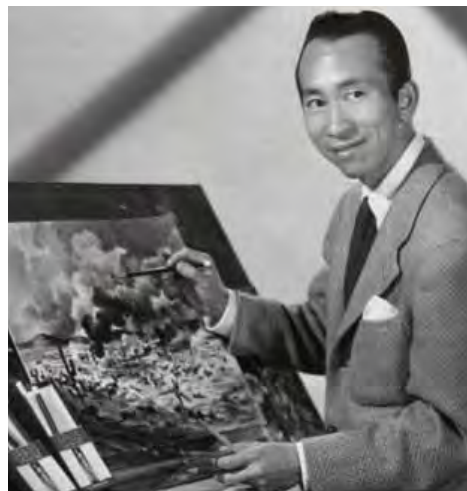
Italy has more (49) UNESCO World Heritage sites than any other country; this photographic exhibition showcases these archaeological, artistic and architectural treasures. Free, 415-673-2200, www.sfmuseo.org

Anders Zorn: Sweden's Master Painter

Tue-Sun thru Feb 2, 9:30 a.m.-5:15 p.m.

Legion of Honor

This major retrospective of an artist who emulated the Impressionists and was rivaled by John Singer Sargent as the most sought-after portraitist of high society, features 100 rarely seen works from public and private collections throughout Europe and the United States. 415-750-3600, www.famsf.org



Water to Paper, Paint to Sky: The Art of Tyrus Wong

Thu-Tue thru Feb. 3, 10 a.m.-6 p.m.

Walt Disney Family Museum

Featuring more than 150 works including paintings, sculptures, works on paper, painted scarves, kites, and more, this retrospective highlights the repertoire of a 102-year-old working artist whose work inspired Bambi. \$17-\$25, 415-345-6800, www.waltdisney.org

COMMUNITY CORNER

Public Board Meeting: Mid-Crissy Site

TBD; check website/call for update

Presidio Officers' Club (50 Moraga Ave.)

The Presidio Trust invites the public to consider the future of an important site at Mid-Crissy Field. This site was once a commissary, and is currently occupied by Sports Basement. 415-561-5300, www.presidio.gov

NERT Preparedness Training

Wednesday, Jan. 15, 6:30-8:30 p.m.

St. Mary the Virgin Church (2325 Union St.)

This workshop will cover what everyone should know to prepare personally, as a business and as a community for a disaster, large or small. Free, RSVP at 415-970-2024 or www.smvcsf.org

Martin Luther King Jr. Day of Service

Monday, Jan. 21

Several S.F. locations

Commemorate MLK day in these family-friendly events featuring habitat, forest and garden stewardship projects, beach cleanup, and trail maintenance. Activities include planting, removing weeds and overgrown vegetation, and taking care of trees. Water, snack, gloves, and all necessary tools and training are provided. Registration required. Free, 415-561-3077, volunteer@parks-conservancy.org, www.parksconservancy.gov

GALAS & BENEFITS



14th Annual Edwardian Ball: The Curious Sofa

Fri-Sat, Jan. 17-18, 8 p.m.-2 a.m.

Regency Ballroom (1300 Van Ness Ave.)

Enjoy two nights of turn-of-the-century, costumed revelry in an Edward Gorey-inspired venue at the Edwardian World's Fair on Friday, or Saturday's cavalcade of Gorey-esque entertainment ranging from a theatrical presentation to avant-garde cabaret to ballroom dancing to midnight burlesque and more. \$40-\$95, www.edwardianball.com

13th Annual Émigré Community Gala

Saturday, Feb. 1, 6:30 p.m.

Westin St. Francis Hotel

Benefiting the Jewish Family and Children's Services, this elegant evening will include a wine reception, a special program, dinner, dancing, and a live band. \$195 & up, 415-449-1256, www.jfcs.org

ARTS & CULTURE

7th Annual Holiday Group Exhibit: Painting, Sculpture, Drawing, Photography

Daily thru Sunday, Jan. 12

Paul Mahder Gallery (3378 Sacramento St.)

View over 20 artists working across a wide array of mediums in this annual exhibition. 415-474-7707, www.paulmahdergallery.com

Frog & Toad and the World of Arnold Lobel

Tue-Sun thru March 23

Contemporary Jewish Museum (736 Mission St.)

This exhibition celebrates the art of some of the most beloved children's books produced since the late 1960s, and includes approximately 100 original illustrations and works on paper of this noted author-illustrator. Free-\$12, 415-655-7800, www.thecjm.org

Docent Lecture: Matisse from SFMOMA

Saturday, January 25

Marina Branch Library, 1-2 p.m.

Presidio Branch Library, 4-6 p.m.

Dr. Jim Kohn from Fine Arts Museums presents on Matisse from SFMOMA, an intimate, single-gallery exhibition at the Legion of Honor featuring 23 paintings, drawings and bronzes. Free, 415-355-2823, 415-355-2880, www.sfpl.org

PERFORMANCES

Concerts at the Presidio: Carmen

Thu-Fri, Jan. 2-3, 7:30 p.m.

Golden Gate Club (135 Fisher Loop), the Presidio

Enjoy a compact, narrated concert performance with arias and ensemble pieces of Georges Bizet's opera. \$5-\$15, reservations recommended at 415-447-6274; www.presidio.gov

Chamber Music with Members of the S.F. Symphony

Sunday, Jan. 12, 2 p.m.

Davies Symphony Hall

This program of Paganini, Williams, Mozart, and Brahms features the majesty and power of a full symphony orchestra distilled down to its most intimate and beautiful elements: chamber music, the music musicians love to play, where every interaction and every audience reaction is magnified in intensity. \$36, 415-864-6000, www.sfsymphony.org

Tommy Emmanuel

Fri-Sat, Jan. 17-18

Palace of Fine Arts Theatre

Don't miss Emmanuel's astounding virtuosity, phenomenal musicianship, creativity, and love for his art and his audience. \$48, 415-242-4500, www.omnicconcerts.com

Flying Angels Chinese Dance Co.: Chinese New Year

Saturday, Jan. 25, 2-3:30 p.m.

DiMaggio Playground Clubhouse, North Beach Branch Library

Enjoy a lively performance of traditional and contemporary dance in celebration of the Year of the Horse. Free

Salon at the Rex: Alexander String Quartet

Wednesday, Jan. 29, 6:30 p.m.

Hotel Rex (562 Sutter St.)

This spring, the quartet embarks on an exploration of Mozart's Viennese years at the new SFJAZZ Center, and this performance is a preview of the first "classics" of the string quartet repertoire. \$20, 415-398-6444, www.sfperformances.org

NIGHTLIFE

Grant Green Jr. with Bernard Purdie and Eamonn Flynn

Friday, Jan. 10, 9:30 p.m.

Boom Boom Room (1601 Fillmore St.)

Grant Green Jr. grew up in Detroit next door to Stevie Wonder's parents and down the street from Marvin Gaye, members of the Four Tops, and other giants of Motown. Hear him bring his jazz sounds to San Francisco. Ages 21+, \$15, www.boomboomtickets.com



Ryan Hemsworth

Friday, Jan. 24, 9 p.m.

The Independent (628 Divisadero St.)

Come hear the software-oriented hip-hop and R&B beats of the Canadian-born Hemsworth. \$15-\$17, www.theindependentsf.com

The English Beat

Saturday, Jan. 25, 9 p.m.

Bimbo's 365 Club (1025 Columbus Ave.)

The English Beat started in 1979, and they're still around playing their hits plus those of General Public, a side project of the band members. The evening also features Rusty Zinn and His Band. \$22-\$25, www.bimbos365club.com

SCIENCE & THE ENVIRONMENT



Annual Magnolia Bloom

Daily, Jan. 15-Mar. 31, 7:30 a.m.-4 p.m. (Jan.)

S.F. Botanical Garden

View over 100 rare and historic magnolias at this floral spectacle as dazzling pink and white flowers burst into bloom with their sweet fragrance. Free (S.F. residents), \$2-\$7 (nonresidents), 415-661-1316, www.sfbotanicalgarden.org

Our Mathematical Universe

Tuesday, Jan. 21, 6 p.m.

JCCSF (3200 California St.)

You don't get to be called a cosmologist if you don't think big, and cosmologist Max Tegmark presents his "ultimate multiverse" theory in a manner that won't undercut his title. \$25-\$35, 415-292-1233, www.jccsf.org



Full-Spectrum Science with Ron Hipschman: The Science of Making Color

Thursday, Jan. 23, 7 p.m.

Exploratorium (Pier 15)

Learn how color is made and changes, from neon signs to rainbows, and take home materials to build your own spectroscope. Free with museum admission: \$10-\$55, 415-528-4444, www.exploratorium.edu

Beyond Plastic

Thursday, Jan. 30, 6 p.m.

The Commonwealth Club (595 Market St.)

As city leaders debate banning certain bottled waters, come learn about how plastics impact the environment and what people are doing to change that. \$7-\$20, 415-597-6705, www.commonwealthclub.org

FILMS & LECTURES

Evangelion: 3.0 You Can (not) Redo

Friday, Jan. 10, 7 p.m.

New People Cinema (1746 Post St.)

Anime audiences around the world were fascinated (and frequently mystified) by Neon Genesis Evangelion. Now, in the third film, Shinji Ikari is dealing with having caused the Third Impact, and he might end up destroying everything. \$12, 415-793-6868, www.newpeopleworld.com



18th Annual Berlin and Beyond Film Festival

Daily, Jan. 15-21

Castro Theatre (429 Castro St.) & Goethe Institut (530 Bush St.)

About 10,000 people are expected to attend this festival featuring films from Germany, Austria and Switzerland. Films to be screened include a biopic of Bavaria's quixotic Prince Ludwig II, a tale of a migrant learning poetry in Austria, a story of an unplanned pregnancy, and much more. Contact for individual and series tickets, www.castrotheatre.com and www.goethe.de

Giants of Jazz on Film: Treasures from the Archive

Saturday, Jan. 25, 8 p.m.

JCCSF (3200 California St.)

Some of the finest jazz performers are highlighted in film clips, ranging from Count Basie and Buddy Rich to Thelonious Monk and Duke Ellington. \$25, 415-292-1233, www.jccsf.org

Christina Romer & Keith Hennessey: Annual Economic Forecast Luncheon

Friday, Jan. 31, 11:45 a.m.

Julia Morgan Ballroom (465 California St.)

Are the federal budget battles over? Is the economy at last picking up steam? Two economic experts — both former top advisors to presidents — preview the year ahead. Includes lunch and program. \$75-\$90, 415-597-6705, www.commonwealthclub.org

POTABLES & EDIBLES

Pinot Noir Tasting

Saturday, Jan. 11, noon-3 p.m.

K&L Wine Merchants (638 Fourth St.)

You won't want to miss tasting these new releases from California and Oregon. Free, 415-896-1734

13th Annual Dine About Town

Daily, Jan. 15-31

Various S.F. restaurants

Dine at over 100 of your favorite restaurants offering prix-fixe two- or three-course lunches for \$18.95 and/or three-course dinners for \$36.95, representing up to a 25 percent savings of regularly priced menu items. 415-391-2000, www.dineabouttown.com

2014 Good Food Awards

Marketplace: Saturday, Jan. 18, 8 a.m.-2 p.m.

Ferry Building

Meet the Good Food Award winners from across the country who are redefining good food and taste and buy the best products representing America's food culture. \$5-\$15, www.goodfoodawards.org



Essential French Cooking

Sunday, Jan. 26, 6:30 p.m.

Sur la Table (2224 Union St.)

Learn easy, traditional French techniques and prepare a complete menu of simple-yet-sophisticated classics with ease in this hands-on class. \$69, 800-243-0852, www.surlatable.com

CHILD'S PLAY

Healthy Parks, Healthy People: Family Boot Camp

Saturday, Jan. 4, 2-4 p.m.

Presidio Main Post

Meet: Visitor Center (105 Montgomery St.)

Learn basic soldier drills and about Presidio military life while getting fit at this fun and challenging event that concludes at Inspiration Point after a brisk hike up the Ecology Trail. Wear comfortable exercise clothing you don't mind getting dirty and bring water. All ages and fitness levels welcome. Free, reservations required at 415-561-4323, www.presidio.gov

The Little Mermaid Sing-Along

Sunday, Jan. 5-10

Castro Theatre (429 Castro St.)

Be part of that world by singing along with The Little Mermaid. Audience members are encouraged to dress like their favorite characters. Includes goody bag. \$10-\$15, 415-621-6120, www.castrotheatre.com



Cinderella

Saturday, Jan. 11-Feb 1, 10:30 a.m. & 1 p.m.

Palace of Fine Arts Theatre

Based on the fairy tale by Charles Perrault, this classic musical fantasy filled with a loveable king, ladies of the court, a beautiful princess, handsome prince, playfully wicked step-mother and step-sisters, and of course the fairy god-mother and her helpers. Paid public performances help fund free performances for grades K-3. \$12, 415-248-2677, www.ctasf.org



The Year of the Horse Storytime

Saturday, Jan. 18, 11-noon

Presidio Branch Library (3150 Sacramento St.)

Renowned children's author Oliver Chin presents his latest book; afterward, stay for a fun coloring activity. Ages 3 and older. Free, 415-355-2880, www.sfpl.org

MLK Day March and Festival

Monday, Jan. 20, 11 a.m.

Yerba Buena Gardens & YBCA

Visit the gardens and surrounding museums for a full day of remembrance and activities. Program includes the annual march/parade, MLK Dream address and program, a children's reading festival, and more. Free, 415-691-6212, www.sfmklfoundation.org

The Buddy Club:

Comedy Magician Robert Strong

Sunday, Jan. 26, 11-noon

Randall Museum (199 Museum Way)

Be entertained by amazing magic, breathtaking juggling, and outrageous comedy. Free-\$8, 415-554-9600, www.randallmuseum.org

SPORTS & HEALTH



We Give Back Free Massage Program

Daily thru January

Diamond Wellness Center (1841 Lombard St.)

If you are a health care worker, take advantage of a free or reduced rate 30-minute massage in this ongoing community service program that targets a different industry each month. Free massages limited to 25 slots; thereafter available at 50 percent of regular cost. 415-921-1290, www.diamondwellness.com

Commitment Day 5K

Wednesday, Jan. 1, 10 a.m.

Starts: Music Concourse Dr., Golden Gate Park

Join hundreds of runners at this nationwide running event where tens of thousands will commit to leading healthy, active lives in 2014 and beyond in support of the American Heart Association. \$35, 855-430-5433, www.commitmentday.com

Winter Sport & Social Leagues

Monday, Jan. 6-Monday, Feb. 24

Various S.F. locations

Join the hundreds of young adults participating in sports and social activities and play one-hour games weekly for eight weeks: Monday, Jan. 6 coed basketball, coed softball, coed indoor volleyball; Tuesday, Jan. 7 men's basketball, men's football; Wednesday, Jan. 8 coed football, coed indoor volleyball; Thursday, Jan. 9 men's basketball, coed football; Sunday, Jan. 12 men's basketball; Monday, Jan. 13 coed dodge ball. \$70-\$95, 415-921-1161, www.playinthebay.com

Meditation

Wednesdays thru January, 12-12:45 p.m.

Gay and Lesbian Center, S.F. Main Library

Practice wakefulness and tranquility for 30 minutes, beginning with a Tibetan bell and instructions. Encouraging words are interspersed with periods of silence in a secular approach to an old tradition. 415-557-4400, www.sfpl.org



Brain Fitness

Tuesday, Jan. 14, 21 & 28, 2-4 p.m.

Latino-Hispanic Community Meeting Room, S.F. Main Library

In this very social class, you will exercise your brain in fun, challenging and creative ways to maintain and improve your cognitive vitality and your memory. Free, 415-931-8679, www.sfpl.org

Yoga Journal Live

Thu-Mon, Jan. 16-20

Hyatt Regency (5 Embarcadero Center)

If yoga's your thing, this is the place to be with over 35 master yoga teachers and special events that will help you flow your way into the new year. Choose from all-day yoga intensives, keynote speaker Dr. Andrew Weil, a free marketplace, and more. \$39 & up, 800-561-9398, www.yjevents.com

Author Talk: Clint Werner, Marijuana Gateway to Health

Wednesday, Jan. 22 5:30-7:30 p.m.

Latino-Hispanic Room, S.F. Main Library

Hear the author discuss his new book and learn about the subtitle: How Cannabis Protects us from Cancer and Alzheimer's. Free, 415-557-4400, www.sfpl.org

Creating Balance in Health and Wellness

Thursday, Jan. 23, 5-6:30 p.m.

Enright Room, CPMC (2333 Buchanan St.)

This workshop will help you to develop a holistic view of health and wellness, and a therapist will guide you through five specific aspects of wellness: physical, emotional, social, spiritual, and intellectual, as well as provide support in strengthening areas you wish to improve. \$10 donation suggested, register at 415-923-3155 or cpmchrc@sutterhealth.org

Hiking for Heartbeats

Saturday, Feb. 1, 2 p.m.-4 p.m.

Presidio Main Post

Meet: Visitor Center (105 Montgomery St.)

Join the Healthy Parks Healthy People rangers and leaders as they work their way to fitness with a hike along Lover's Lane. All ages and fitness levels welcome. Free, register at 415-561-4323, www.parksconservancy.org

JUST FOR FUN

28th Annual Japanese New Year Bell Ringing Ceremony

Tuesday, Dec. 31, 11:30 a.m.-1:30 p.m.

Asian Art Museum (200 Larkin St.)

Bring your family and friends and say goodbye to 2013 by striking a giant 16th century bronze temple bell in this fun, festive and meaningful opportunity to not only ring in the New Year, but to reflect peacefully upon the passing year. Free with museum admission (Free-\$12), 415-581-3560, www.asianart.org



24th Anniversary of the Sea Lions' Arrival

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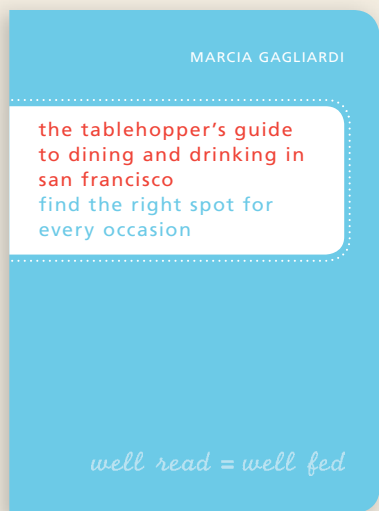
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HEALTHFUL LIFE :: Avoidance and treatment

What you need to know about skin cancer

by evan r. ransom

IT'S A NEW YEAR, AND with every January, we make resolutions. In many cases, these resolutions involve our health and physical fitness. And in a beautiful place like the Bay Area, that can mean getting outside more — to walk, run, hike, ride, ski, or climb. As a physician, I strongly encourage this ... and I want to remind you not to forget the sunscreen!

in diagnosis or seeking treatment. Warning signs include changes in size, shape or color; bleeding or ulceration; and localized pain or swelling.

TREATMENT

The best way to diagnose a skin cancer early on, particularly if you are fair-skinned, prone to burns, or have a history of sun exposure, is a regular skin check with your dermatologist. The good

in two forms, UVA and UVB, which have some different effects based on their wavelengths. In the aesthetics field, we often say that UVA contributes to aging (wrinkles, “sun spots,” and the changes in texture and elasticity of the skin), while UVB causes burns. The distinction is not exact and the truth is a little more complicated, but the take-home message is this: Both types are damaging to the skin and can contribute to skin cancer formation; therefore, your sun protection regimen needs to address both UVA and UVB. This is just as true on overcast and cold

Skin cancers are the most common malignancy in the U.S., with around 3.5 million new cases each year.

SKIN CANCER FACTS

Skin cancers are the most common malignancy in the United States, with around 3.5 million new cases each year. Skin cancers come in three main types: basal cell, squamous cell and malignant melanoma. **Basal cell (BCC)** is the most common and tends to look like a pearly papule — a slightly raised, shiny patch, sometimes with a little blood vessel on top. The next most common is **squamous cell (SCC)**, which presents as a rough spot or a scab that never heals completely. The least common, but by far the most serious, is **melanoma**. This can have a broad range of appearances but generally looks like an oddly shaped, overly dark, or ulcerated freckle or mole.

Nonmelanoma skin cancer rates are similar for men and women, though some variability exists in their location on the body. The majority occur in areas with the greatest sun exposure, such as the face, scalp (men more than women), forearms, shoulder region, and upper chest (women more than men). Though it is very uncommon to die from nonmelanoma skin cancer, melanoma claims the lives of nearly 10,000 Americans each year, including on average two Californians each day. Almost twice as many men than women die from melanoma, a fact that is often attributed to less attention to sun protection and delays

news is that most skin cancers are treatable, and the success rates for treatment of non-melanoma skin cancer is nearly 99 percent. In many cases, treatment includes a specific technique called Mohs micrographic surgery. In this procedure, named after early 20th century dermatologist Frederick E. Mohs, very thin layers of skin are meticulously removed, stained, and sequentially examined under a microscope. By taking layers of tissue in such an incremental manner, the physician can be sure that all tumor tissue is excised, and can simultaneously spare as much nearby normal tissue as possible. Frequently, skin cancers affect the delicate and complex facial structures. In these cases, the Mohs surgeon will often refer patients for reconstruction to a plastic surgeon. This helps

days as when it's sunny and warm. To help you prepare, the UV Index is calculated daily and can be found on many local weather websites.

By now, you may be asking, *what do I do with this information?* First, congratulations on your resolution to get outside and enjoy the beauty of Northern California! Second, take a closer look at the label on your sunscreen. In my practice, I recommend sunscreens that specifically protect from UVA and UVB, and prefer products that contain a physical blocker and an SPF rating of at least 30. These sunscreens actually reflect the UV radiation away from the skin with tiny particles of zinc or titanium, rather than using chemicals to absorb it. Also, when you're sweating it out or if you're doing water sports, waterproof sunscreens can be very helpful. Regardless

Most skin cancers are related to the ultraviolet radiation that filters through the Earth's atmosphere.

to ensure the best possible outcome, both in terms of cancer care and cosmetic appearance — especially in highly visible and functional areas, such as the nose, eyelids, lips, and ears.

UVA AND UVB

Most skin cancers are related to sun exposure, specifically, the ultraviolet radiation (UV) that filters through the Earth's atmosphere. This comes

of the type or brand, however, make sure to reapply regularly. And finally, have a happy, healthy 2014!

Evan R. Ransom, M.D. is a facial plastic surgeon specializing in aesthetic and reconstructive surgery of the face, neck, nose, and eyelids. He regularly performs Mohs surgery reconstructions for complex facial skin cancer defects. Visit him on the web at www.SanFranciscoFacialPlasticSurgery.com.

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Presidio Community YMCA | www.ymcasf.org/presidio | 63 Funston Ave. | 415-447-9622



Music classes are a fun indoor activity to keep kids busy this winter PHOTO: H.C.I.Z.T.C. / FLICKR

Fun indoor activities

by liz farrell

WITH WINTER IN FULL SWING AND park time limited, cold and rainy days can leave parents feeling a little stir crazy. Luckily, some great indoor activities will help your little ones get their wiggles out and keep you from climbing the walls. You don't have to go far to find some of these great options. Here are a few of my neighborhood favorites:

MUSIC CLASSES

Most children at an early age enjoy music — either listening to it or trying to play it. There is nothing like a few spoons and some pots and pans to keep a child entertained,

but if you are looking for something a little more structured, you might try **Golden Gate Music**

Together (www.goldengatemusictogether.com). Located in Laurel Village (next to Right Start, which is very convenient) they have a clean and welcoming studio. Classes run 12 weeks and cost \$299, and include two CDs and a songbook. These are still some of my children's favorite sing-along songs. The classes are 45 minutes and include age-appropriate songs, movement, and instrument play.

Blue Bear Music (www.bluebearmusic.org) has two locations: Fort Mason and the Calvary Presbyterian Church on Fillmore Street. Classes begin for children as young as four months old. The cost ranges from \$225–\$245 per session. One of their more popular classes is geared for kids but includes songs from some of your favorite bands like the Beatles and Rolling Stones.

TUMBLING/GYMNASTICS

In their new location in the Fillmore Center for over a year now, **San Francisco Gymnastics** (www.sanfranciscogymnastics.com), has classes for one–three year-olds, preschool-aged children, and recreational classes for kids aged seven and older. The facility isn't as large as their former location in the Presidio, but it is clean with plenty of restrooms, and parking is easy during the day. Classes for the younger groups include some structured activities like parachute time but also offer a safe place for exploration and fun. They have a drop-in rate of \$20 per class, which is helpful if you don't want to commit to a full session or just need an activity on a rainy or cold day.

AcroSports (www.acrosports.org) is located near Golden Gate Park, and has classes geared toward students from 10 months old through elementary school.

Because they have such a large facility, they are able to accommodate more equipment. Some of the popular attractions are the trapeze, trampolines, rope swings, and even a Zipline. There is definitely something here for everyone. I also like that they offer tuition assistance and classes for special needs students.

SWIMMING

With most of the local pools located indoors, this is an activity that can be enjoyed year round. It's great to get a jump-start on lessons in the winter so your child is "water safe" by summer. **La Petite Baleen** (www.swimlpb.com) has a fabulous facility in the Presidio with great teachers. The only

drawback is they aren't able to offer many "free swim" times for their members. They have a detailed ribbon or award

Some great indoor activities will help your little ones get their wiggles out.

system, which provides a great incentive and sense of accomplishment for the kids. Staff even ring a bell and announce your child's name, which is a big hit with my children. Sessions include lots of fun accessories and tools to teach and keep the kids engaged. Lessons start for little ones as young as two months old and a parent or caregiver is in the water until the age of three. Group lessons are weekly and cost about \$90 per month.

The **Presidio YMCA** (www.ymcasf.org) also has a great swim program. They offer lessons starting at six months old, and have a swim team for older and more experienced swimmers. The teacher-to-child ratios are small, and the focus for the younger ages is getting comfortable in the water and basic safety skills. The classes are 30 minutes and cost \$85 per month; however, there is a considerable discount for facility members.

Sometimes with young children, having a little bit of structure or somewhere to be helps with the adjustment of staying home. These classes provide great benefits to children whether it is a life skill of learning to swim, developing a love for music, or discovering the importance of physical activity. They even help with brain development and motor skills. These activities also provide a great opportunity for stay-at-home parents or caregivers to meet other parents and have a little social interaction of their own. Most of these places offer free trial classes, so go ahead and give them a try.

Liz Farrell is the mother of three young children. She was formerly a television producer in Washington, D.C. and San Francisco. E-mail: liz@marinatimes.com

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THE URBAN HOME & GARDEN



Energy-efficient lighting

by julia strzesieski

THIS JANUARY THE REST OF THE country catches up with California's ban on the production of the energy inefficient 40-watt and 60-watt incandescent light bulbs. In 2011, all manufacturers were required to add a new lighting label that provides easy-to-understand information for consumers about lumens, cost to operate, and other light bulb characteristics.

A lumen is a measurement of a bulb's brightness. Simply, more lumens mean a brighter bulb; fewer lumens mean a dimmer bulb. This is very different from the term *watts*, which is a measurement of how fast a bulb consumes energy. When you buy a bulb, you are looking for a particular brightness depending on whether the bulb is for a desk lamp, ceiling fan, or other use. Lumens are the best way to determine whether a bulb will be bright enough to meet your needs.

Traditional Wattage	New Max Wattage	Lumens
100	72	1,490-2,600
75	53	1,050-1,489
60	43	750-1,049
40	29	310-749

Incandescent light bulbs are not outlawed, but those produced must be more energy efficient. Alternatives to incandescent bulbs include compact fluorescent lights (CFLs), halogen, and light-emitting diodes (LEDs).

COMPACT FLUORESCENT LIGHTS

Among the commonly available types of bulbs, compact fluorescent bulbs provide economical and energy-efficient lighting. They use about one-fourth the power to produce the same amount of light as traditional incandescents. The early generations of CFLs were expensive, not dimmable, and took a while to reach full brightness. CFLs on the market today have come down in price drastically and warm-up time is not noticeable. In addition, there are dimmable CFLs readily available.

It's important to remember that CFLs contain a very small amount of mercury and therefore must be recycled and not thrown in the regular trash. Many retailers in the City accept spent CFLs for recycling.

HALOGEN

The halogen lighting design is a somewhat more energy-efficient variation on incandescent technology. The sealed bulb contains a tightly coiled tungsten filament surrounded by halogen gas. During use, halogen combines with evaporating tungsten, redepositing tungsten on the filament, thus slowing down the rate at which the filament breaks down. Light output levels over the life of the bulb do not diminish as noticeably as with standard incandescent bulbs. The

light produced by halogen bulbs is whiter than standard incandescent, making colors appear brighter and more intense. Halogen bulbs are commonly used in the home environment for track lighting, accents, torchiere lamps, and recessed lighting.

LIGHT-EMITTING DIODES (LEDS)

They appear to be bulbs, but light-emitting diodes (LEDs) are actually tiny semiconductors. When power is applied, they are stimulated by the movement of electrons, thus creating photons, or light, that is visible to the human eye. Because LEDs do not use filaments, like incandescent bulbs, they emit much less heat and are more efficient in consumption and output. Today consumers can find a plethora of LEDs, with newer models mimicking the look of more conventional bulbs.

SOLAR LIGHTING

High energy costs and concern over our carbon footprints have made solar lighting a much more attractive alternative to standard electrical lighting. Some of the most popular forms of solar lighting are for highlighting gardens and patios. Stairways and walkways can also be illuminated for safety. Outdoor solar lights are simple to install and virtually maintenance free. Best of all, they provide free electricity.

Outdoor solar lighting systems use solar cells, which convert sunlight into electricity. Electricity is stored in batteries for use at night. The most commonly used batteries are nickel cadmium, sealed lead acid, and lead acid batteries.

These systems will work in most areas of the United States. However, it is important to consider geographic- and site-specific variables when choosing a product. A solar lighting system will work well only as long as the solar cells receive the manufacturer's recommended hours of sunlight.

The "nightly run time" listings on solar lighting products are based on specific sunlight conditions. Outdoor solar lights located in places that receive less sunlight than the solar cells require will operate for fewer hours per night than expected. Nightly run times may also vary depending on how clear the sky is on any given day. Operating times in the winter months may vary as much as 30-50 percent. Unless the solar lighting system has been specifically sized for winter operation, it will not operate for the specified number of hours per night in a given location. Shading of the solar cells by landscape features (vegetation, buildings, and so forth) will also affect battery charging and performance. Watch for bird droppings, too. Insufficient battery charging will not only affect performance, it also may reduce the life of the battery.

Julia Strzesieski is the marketing coordinator for Cole Hardware and can be reached at julia@marinatimes.com.

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2014: The year of new condos

by carole isaacs

NEW RESIDENTIAL buildings continue to spring up like giant mushrooms around San Francisco from Mission Bay and SOMA to mid-market, upper market, and along Van Ness Avenue. There are so many choices and so little time, the mind reels. How does one decide on a new condo?

Newly constructed condos are selling at a breathtaking pace. If 2013 is an indicator of what will be happening in 2014, you will need to be first in line the day the sales office opens at the building of your choice if you want to have your pick of the best condos.

It would take the whole *Marina Times* to give a comprehensive review of the residential new construction in San Francisco. The projects discussed here are buildings that happen to be along my daily path. I have had the opportunity to watch the construction over the past year. Beginning my review with two buildings that quickly sold out last year, you will understand that only the most diligent buyer will

meet with success. As in all things real estate: Time is of the essence.

300 Ivy in Hayes Valley: A few days after the sales gallery opened on Gough and Ivy, I stopped in for a visit. The sales gallery was abuzz with interested buyers, and a few months later was completely sold out. At the time of my visit I thought: *This office is a fairly low budget set up.* This did not slow down the pace of sales one bit. Location, location, location! For the tech crowd going south, Hayes Valley is where it's at. Hayes Valley is an easy bike ride to SOMA and Caltrans or a direct shot to the underground and the Financial District.

Since the 1989 earthquake, I have watched the Hayes Valley commercial area go from mostly closed storefronts to high-end boutiques and restaurants ranging from pizza parlors to French cafes and everything in between. The trend has been consistently upward, and the neighborhood shows no sign of slowing down.

Blanc 1080 Sutter: This beautiful project with two-bedroom condos over 1,200

square feet is, in my opinion was (they are sold out), one of the few new condos I would go so far as to call a deal. Since the land cost less here, the developers were able to put more money into the building's finishes.

In keeping with San Francisco's agenda to encourage use of public transportation and to limit cars in new construction, only the two-bedroom condos have parking. It will take a couple of years for this location to rise to the same level as other locations in town, but I am confident that time is not long off.

Marlow at Clay and Van Ness Avenue: There may be one or two condos left by the time the *Marina Times* hits the street. It is still worth investigating. The corporate buses stop one block from the Marlow. It is no surprise the building sold quickly. To celebrate their success, the developers are hosting an event in January for existing homeowners who have bought at the MARLOW, interested buyers, and real estate professionals. Local designers have been invited to mingle and participate

in a panel discussion giving advice on everything from making your move to setting up the home of your dreams. Stop by the sales gallery at 1649 Polk Street or for information call 415-674-1800.

Linea 8 Buchanan at Market: Situated across the street from the new Whole Foods on Dolores Street and Market, no one can question this premium location, a few blocks from Dolores Park. When I stopped by the office in November, the 114-condo project was over 30 percent sold and the studios and the two-bedrooms with den were sold out. Estimated completion is March 2014. The sales gallery is situated at 2198 Market at Sanchez and has plenty of parking on its lot, a bonus anywhere in San Francisco. When I stopped by midday on a Tuesday, all the sales people were busy with buyers. It is always best to make an appointment. 415-552-1300.

3500 Nineteenth at 19th Street and Valencia: The project is 50 percent sold, and there has been no formal opening yet. You have to keep your ear to the ground to hear the drum beat as buy-



The view from the da Vinci Villa 2550 Van Ness Ave
PHOTO: CAROLE ISAACS

ers who are looking for an ever-so-sleek modern condo are flocking to this building at 19th Street and Valencia. Two blocks from Dolores Park and more restaurants, bars, and coffee shops than one can imagine make this project a location of choice for young buyers and anyone who wants to live in an exciting urban environment. For information call 415-321-7011.

Amero 1501 Filbert at Van Ness Avenue: One Sunday in October I stepped out onto the street and, look-

ing up, I saw an enormous crane that had appeared seemingly overnight. The excavation work had been going on for months to clean up the land previously occupied by a gas station.

If you are interested in what will go up here, you can go to www.amerosf.com. The City Planning website also gives information about the project. There are no pictures or drawings, but there is information about the permits and the project's history, as well as a mapping

CONDOS, continued on 26

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<p>3598 Jackson Represented the buyer. Listed at \$12,500,000</p>	<p>130 Locust Represented the buyer. Listed at \$7,775,000</p>	<p>2640 Broderick Represented the seller. Listed at \$6,950,000</p>	<p>1090 Chestnut Represented the buyer. Listed at \$6,200,000</p>	<p>1349-51 Clay Represented the seller. Listed at \$5,795,000</p>	<p>3020 Laguna Represented the seller. Listed at \$4,495,000</p>	<p>1655-57 Beach Represented the seller. Listed at \$4,395,000</p>	<p>2220 Sacramento Represented the seller. Listed at \$4,250,000</p>
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Recent sales above, three homes currently for sale below.

<p>Marina Price Upon Request 3BD/2BA Home in Prime Location. Designed for modern living with the finest materials and amenities, this home is located on one of the most desirable streets in the Marina. Bright and spacious living room, large formal dining room, sun room, family room, large pantry, hardwood floors, period details, patio, garden, 2-car garage. 38Avila.com Ron Sebahar (415) 279-4579</p>	<p>Duboce Triangle Offered at \$2,295,000 Rare Opportunity. Build your dream home! Seller has architectural plans, subject to approval, for a 4400+ sq ft 5BD/4.5BA residence with a flexible use media suite & guest cottage. Alternatively, complete some basic remodeling and move in. Prime location, triple parlor, huge garage, large south facing yard & deck. StylishSFHomes.com Rachel Swann (415) 225-7743</p>	<p>Downtown Price Upon Request Grand Scale Condo. Located in the Belgravia, a boutique Beaux Arts historic building at the heart of downtown, this 3BD/2BA New York Park Ave. style corner condo enjoys west and north exposure with great light, grand scale public rooms and beautiful windows. Fabulous central location! 795Sutter.com Tal Klein (415) 321-4289</p>
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The Marina Times Real Estate Market Report: November 2013

By Hill & Co.

SINGLE FAMILY HOME SALES

NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow (no sales)					
Lake	138 5th Avenue	5BD/4.5BA	\$3,425,000	Above	19
Laurel Heights	18 Palm Avenue	4BD/3BA	\$2,450,000	Below	102
Lone Mountain	184 Cook Street 80 Rossi Avenue	2BD/1.25BA 3BD/3BA	\$925,000 \$1,650,000	Above Below	20 28
Marina	2451 Bay Street	4BD/2BA	\$3,250,000	Above	11
Nob Hill (no sales)					
North Beach (no sales)					
Pacific Heights	2319 Webster Street 1915 Sacramento Street 2418 Webster Street 2586 Clay Street 2813 Buchanan Street 2921 Jackson Street 2755 Fillmore Street	3BD/2BA 3BD/2BA 4BD/3.5BA 3BD/2.5BA 4BD/3.5BA 5BD/4BA 4BD/4.5BA	\$1,600,000 \$2,507,000 \$3,100,000 \$3,675,000 \$3,800,000 \$3,850,000 \$9,999,998	Above Above Above Above Above Above Below	40 45 29 18 11 7 19
Presidio Heights	3311 Jackson Street 31 Presidio Terrace	3BD/2.5BA 7BD/7.5BA	\$3,701,000 \$7,750,000	Above Below	15 81
Russian Hill (no sales)					
Sea Cliff	115 Sea Cliff Avenue	5BD/3.5BA	\$3,150,000	Below	25
Telegraph Hill (no sales)					

CONDOS

NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow	2775 Greenwich Street #2775 129 Pixley Street 1853 Filbert Street 2832 Lyon Street	2BD/1BA 2BD/1BA 2BD/2BA 2BD/1.5BA	\$860,000 \$1,087,000 \$1,095,000 \$1,610,000	Below Above At Above	64 12 99 16
Lake	143 9th Avenue #A 2438 Lake Street #1 1307 Lake Street 5530 California Street 840 Lake Street #4 845 Lake Street #11 89 6th Avenue 245 Lake Street	1BD/1BA 2BD/1BA 1BD/1BA 2BD/1BA 2BD/1BA 2BD/2BA 2BD/1.5BA 3BD/2BA	\$510,000 \$570,000 \$720,000 \$780,000 \$799,000 \$900,000 \$1,215,000 \$1,300,000	Above Above Above Above At Below Below Below	57 27 20 11 51 28 71 12
Laurel Heights	8 Jordan Avenue #7	2BD/2BA	\$1,200,000	Above	29
Lone Mountain	2480 Fulton Street #4	1BD/1BA	\$605,000	Above	20
Marina	2466 Francisco Street #102 190 Cervantes Boulevard #102 1655 Chestnut Street #103 165 Alhambra Street 1626 North Point Street #202 3542 Broderick Street 3423 Divisadero Street 3417 Divisadero Street 3650 Webster Street 56 Casa Way	1BD/1BA 1BD/1BA 2BD/2BA 2BD/1.25BA 2BD/2BA 2BD/1BA 2BD/2.5BA 2BD/1.5BA 2BD/1.25BA 4BD/3BA	\$638,625 \$810,000 \$975,000 \$1,150,000 \$1,200,000 \$1,200,000 \$1,225,000 \$1,245,075 \$1,310,000 \$2,400,000	Below Above Above Above At Above At Below Above Below	49 19 19 94 43 38 0 85 0 50
Nob Hill	1177 California Street #225 901 Powell Street #2 1440 Broadway #302 1153 Leavenworth Street 850 Powell Street #605 1333 Jones Street #1606	0BD/1BA 1BD/1.5BA 1BD/1BA 2BD/1BA 1BD/2BA 2BD/2BA	\$460,000 \$610,000 \$682,500 \$775,000 \$995,000 \$3,800,000	Below Above Above Above At Below	67 24 47 45 61 265
North Beach	20 Vandewater Street	2BD/2BA	\$1,130,000	Below	38
Pacific Heights	2077 Jackson Street #204 2211 California Street #407 2550 Gough Street #2 3167 Sacramento Street 1701 Jackson Street #206 1835 Franklin Street #703 1835 Franklin Street #601 2090 Pacific Avenue #305 2200-2200 Pacific Avenue #3A 2821 Buchanan Street #2 2100 Green Street #302 2447 Jackson Street 3228 Clay Street 2469 Vallejo Street 1930 Jackson Street 2220 Sacramento Street	1BD/1BA 1BD/1BA 1BD/1BA 2BD/1BA 2BD/2BA 2BD/2BA 1BD/1BA 1BD/1BA 2BD/2BA 2BD/2BA 3BD/2BA 4BD/2BA 3BD/2.5BA 2BD/2BA 5BD/6.5BA	\$615,000 \$625,000 \$815,000 \$820,000 \$825,000 \$840,000 \$950,000 \$1,200,000 \$1,290,000 \$1,330,000 \$1,415,000 \$1,730,000 \$1,780,000 \$1,866,000 \$2,410,000 \$4,085,000	Above Above Above Below Below Above Above Above Below Above Below Below Above Above Above Below	29 22 34 39 59 14 15 22 29 25 140 77 13 17 10 154
Presidio Heights	360 Locust Street #2 3701 Clay Street #4	2BD/1BA 4BD/3BA	\$660,000 \$2,600,000	Above Below	28 82
Russian Hill	2 Fallon Place #9 1050 North Point Street #706 2124 Hyde Street #6 1438 Green Street #2B 1150 Lombard Street #16 870 North Point Street #101 1934 Leavenworth Street 72 Macondray Lane #4 749 Chestnut Street 1750 Taylor Street #203	0BD/1BA 1BD/1BA 2BD/1BA 1BD/1BA 1BD/1BA 2BD/2BA 2BD/1BA 1BD/2BA 3BD/2BA 2BD/2BA	\$500,000 \$575,000 \$640,000 \$775,000 \$910,000 \$1,010,000 \$1,135,000 \$1,375,000 \$1,560,000 \$3,000,000	Above Below At Above Below Above Above Above Above Above	29 32 133 34 59 51 25 44 11 54
Sea Cliff	6514 California Street	3BD/2BA	\$1,120,000	Above	22
Telegraph Hill	1120 Kearny Street #1120	2BD/1BA	\$695,000	Below	44

The data presented in this report is based on the San Francisco Multiple Listing Service and is accurate to the best of our knowledge, but cannot be guaranteed as such. For additional information, contact Hill & Co., 1880 Lombard Street (at Buchanan), 415-321-4362, www.hill-co.com.

REAL ESTATE INSIGHT :: Know the tax law

So you think you can't afford to move?

by carrie buchanan goodman & lisa miller

WE HEAR THIS ALL OF THE TIME: "It will cost me more to move than to stay in my current home." This is especially true for homeowners who have been in their homes for many years. Perhaps you bought your family home in Pacific Heights in 1985. You paid \$700,000 for your four-bedroom, three-bath dream home with space for a basketball hoop and raised your children there. You love your house — the memories made there are priceless. But now you are 63 years old, your children are adults, and you are tired of dealing with roof gutters and yard maintenance and all the other work your house demands. You might be thinking, *It's time to enjoy my retirement.*

- The replacement dwelling must be of equal or lesser value than the original property.
- The replacement property must have been purchased or newly constructed within two years of the sale of the original property.
- The original property must be subject to reappraisal at its current fair market value as the result of its transfer (per the Revenue and Taxation code).
- Without exception, a claim for tax relief must be filed within three years of the date of purchasing the replacement property or the completion of the new construction.

This is a *one-time* allowable transfer, and only one replacement property is eligible. You can't have two people living in the same home and have each be eligible for a replacement property, and it must be your *primary* residence. If a spouse has already taken advantage of this allowable transfer, you may not use it again.

If you are 55 or older, you can take advantage of Prop 60 and transfer your tax basis.

Have you dreamed about downsizing to a shiny new condo in a luxury high-rise building or maybe a beautifully remodeled smaller house? Something turnkey, where you can lock the door and leave it safely behind to travel the world for a few months? If you read the real estate ads, you might be shocked by today's high prices. Yes, that nice little condo, much easier to care for than your current large home, is now selling for \$2 million. And in normal circumstances, the property tax basis for that condo is \$2 million, significantly more than your current \$700,000 basis from your purchase price 28 years ago. There is no way you want to pay more property taxes. So you think you can't afford to move?

Let us share some good news with you, which will probably change your mind.

If you are one of these people, and you or your spouse is 55 or older, you can take advantage of Proposition 60. Prop 60 was passed in 1986 and allows homeowners, under very specific conditions, to transfer their property tax basis. This means you can still live in this wonderful city and continue to pay low taxes.

Prop 60 allows you to cash out of your large home in Pacific Heights, now worth \$3 million or more, buy a home for the same or lesser value, and transfer your tax basis of \$700,000 from your old home. The following are the basic guidelines, but go to the California State Board of Equalization web site for specific information (www.boe.ca.gov/lawguides/property/current/ptlg/rt/69-5.html).

- Both the original property and its replacement must be located in the same county *except* for the nine counties as of September 2013 that allow intercountry transfers. The nine counties that allow this under the related Proposition 90 are Alameda, El Dorado, Los Angeles, Orange, Riverside, San Diego, San Mateo, Santa Clara, and Ventura. (This means that you can move either within San Francisco or to a home in one of these counties and preserve your tax basis.)
- As of the date of the transfer of the original property, the seller or spouse living with the seller must be at least 55 years old.

The example above is based on our extraordinary real estate market in San Francisco. Of course, you can transfer your basis very easily in San Francisco, but you can also consider one of the other nine counties that allow the transfer and buy into a much lower-cost real estate market.

If you want to stay in San Francisco, there are many reasons to do so. The city is vibrant and we think keeps you young, if not young at heart. There are also several neighborhoods that are up and coming and still have more affordability. A few of our favorites: West Portal for its friendly atmosphere and walkability. It truly feels like a version of Mayberry, where you know your neighbors and shopkeepers. Golden Gate Heights has fantastic views and has easy access to dining on Irving Street and close proximity to West Portal. The Inner Sunset and Sunset offer some very good value as well. Bernal Heights is red hot right now and has a small-town feel in the midst of the larger cosmopolitan city.

There are neighborhoods that are up and coming and still more affordable.

For walkability and easy access to downtown, we love the North Waterfront. Stroll to the Embarcadero, Ferry Building, or center of the City. Leave the hills behind. South Beach and the Mission Bay area are home to several luxury developments and great weather. Maybe it's time to explore other neighborhoods; you're New Year's resolution might include a move.

This information is provided as a brief overview. If you are considering this tax advantage, please consult a professional tax specialist. If the new property is even \$1 over value of your current home, you will not be able to transfer the basis.

Carrie Goodman and Lisa Miller are Realtors at Paragon Real Estate Group in San Francisco. Carrie + Lisa are in the top 1 percent of Realtors in San Francisco and ranked by The Wall Street Journal as one of the top 200 teams in the United States.



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INVESTOR

CONTINUED from page 1

Francisco Real Estate market will remain strong in 2014. The tech sector is doing very well, and with the new IPOs the demand remains strong and cash is readily available. The biggest problem is the lack of inventory in all parts of the city. This goes back to the old economics rule of supply and demand. Demand is high, supply is low, so prices will continue to rise.

PAUL BARBAGELATA, Barbagelata Real Estate, www.realestatesf.com: More of the same from the late 2013 market. The spring will have the most inventory available for buyers and should be healthy and strong. There really seems to be a 10-to-1 ratio of buyers to good quality property. The San Francisco market will continue to have fewer sellers “selling,” therefore the demand will create bidding wars again.

CAROLE ISAACS, McGuire Real Estate, www.caroleisaacs.com: There is a pent-up demand for housing. Prices will continue to rise, but not at the rate of 2013. As new construction sells, the developers have raised their prices as much as 10 percent on remaining condos in their buildings. As long as there is a demand, the prices will continue to go up.

Affordability has become a hot political topic in the City. Do you expect city leaders to do anything to try to moderate the housing market or to incentivize affordable housing development and retention?

JONES: The City needs to restructure some of the existing zoning to allow for more higher-density projects near transit. We have many lower-income housing projects just sitting there ready to be rebuilt into mixed use hybrid opportunities. The land is there, let’s use it! I also feel that many of the affordability housing programs are geared for singles or couples and not for families; some thought has to be put into creating family friendly options of larger units.

KROPP: Unfortunately no, I don’t expect anything substantial to happen regarding affordable housing. The market is moving too fast for our city agencies to get ahead of it right now. The political process is a slow-moving beast, and many laws and policies have actually had the exact opposite impact than was intended. There is a political struggle for power right now in City Hall as well, as is evident by the proposed construction on 8 Washington Street, making it tougher for real change to occur. My hope is that someone will move toward carrying the burden of rent control and lower income housing over the population instead of individual landlords. By simply providing a tax credit



Amanda Jones PHOTO: SOTHEBY'S INTERNATIONAL REALTY

for below-market rents, a landlord would have no incentive to vacate rental units. This way the population would be subsidizing rent control instead of individual landlords. I firmly believe that to resolve the problem, we need to incentivize people to keep lower-paying tenants in their properties.

AHLBERG: Affordability has been an issue in San Francisco for as long as I can remember. Thirty years ago when I joined Hill and Co., I distinctly remember having a conversation with someone wanting to relocate here from the Midwest. They were shocked at the prices. At the time, I commented that the only ones who did not seem to be shocked were those relocating from New York City. I would be very upset if the city leaders try to moderate the housing market. One of our inalienable rights is property rights. We already have restraint on that with rent control. Real estate sales should be free market. If the City wants more affordable housing, they should try to attract developers to build more of it and/or buy property to be able to provide more of it, as they did in Twin Peaks on Goldmine Hill.

BARBAGELATA: The reality is San Francisco is just too darn small to accommodate the demand associated with the hot tech boom. Having mandatory affordable housing attached to new development — which is a current zoning requirement — is only a solution for a small fraction of our citizens. Treasure Island should be developed for massive quality housing at reasonable price points that allows renters a chance to be close to city limits. TICs are still a great option for people to become buyers and own a piece of San Francisco, as the price points are still relatively affordable for SF standards.

ISAACS: It is tricky to push for more affordable housing, because developers can

INVESTOR, continued on 27

CONDOS

CONTINUED from page 23

tool called “Active Permits in my Neighborhood”: www.sf-planning.org/index.aspx?page=2575. Type in the address and hit the search button. Then click on the blue dot in the area of 1501 Filbert. The most important point is that there will be 27 luxury units. The top units will have a spectacular view of the bay and the Golden Gate Bridge.

I just love that in new-construction-speak sales offices are called “sales galleries” even though they may be a minimal set-up in construction trailers.

The Amero doesn’t have a sales gallery yet.

Now back to the original question: How does a buyer decide on a location or which

building will work best? If you want to walk or bike to work, then the choice will be easy. Just look up and follow the cranes. Buildings have construction trailers on site and if it isn’t obvious where to go, just ask one of the workers.

If you want to save time, call your agent and ask for help. I love going to sales galleries with my buyers and talking to the agents on duty.

Here are important things to know when shopping for a condo in a new development:

1. The sales representatives are working for the developer. It is important to bring your own agent with you the first time you go to a sales gallery. This way your agent will be able to sign up to be your official exclusive representative.

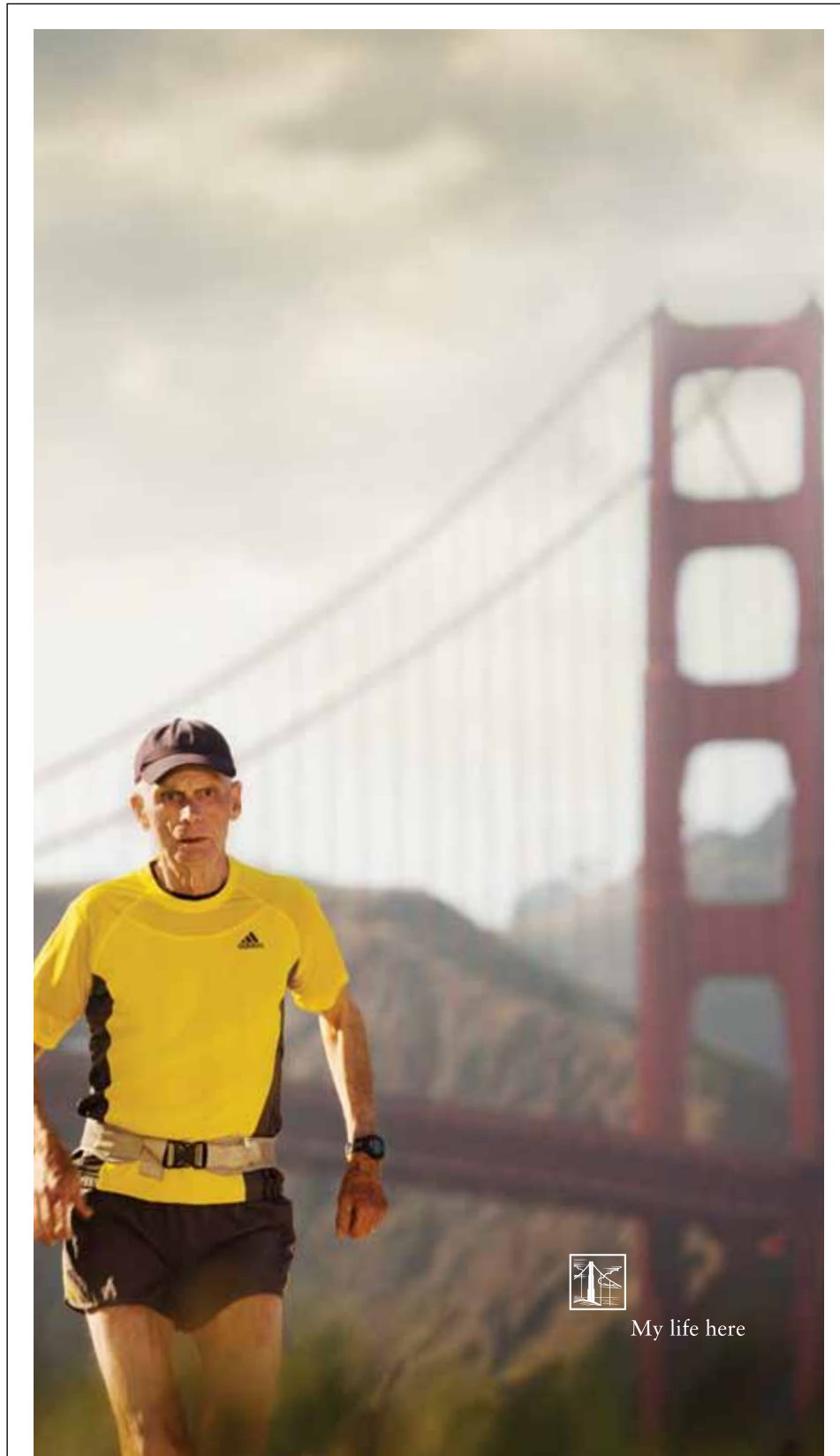
2. Condo price quoted is always a base price. Things

like a washer and dryer, hardwood floors, or window covering are upgrades. Many buildings do not have a parking spot, so it is important to know the extra cost of parking. This may be \$40,000 or more.

3. Condo upgrades all add up to serious money, and your agent will be there to help you sort through the fine points of buying your condo and making upgrade choices.

4. Condo buildings are like a small neighborhood. Some locations in any given building are better than others. Your agent can help you find the best location that works for you.

Carole Isaacs is a Realtor with McGuire Real Estate. Visit her online at www.caroleisaacs.com or call 415-608-1267.



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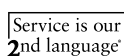
Although Richard has clocked a marathon in just over three hours, you can stay active at San Francisco Towers, the city’s premier senior living community with our friendly Crissy Field walking group. Or join in any number of wellness and conditioning classes. Even yoga. Exercise your right to a life well lived and come by and meet other active, passionate residents who know their next, best chapter is right here. To learn more, or for your personal visit, please call 415.447.5527.



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Left to right: Stephanie Ahlberg; Kevin Kropp; Paul Barbagelata; Carole Isaacs PHOTOS: HILL & CO. REAL ESTATE; VANGUARD REALTY; BARBAGELATA REAL ESTATE; MCGUIRE REAL ESTATE

INVESTOR

CONTINUED from page 26

take their money anywhere. We are in a period where our city politicians are very pro-development, and I don't expect any serious change that will add more units of affordable housing in the near future.

Interest rates remain low, albeit up slightly over the past year. Do you expect them to increase, stay the same, or decrease?

JONES: Rates will edge up, and we may see some more flexibility in terms of down payment percentage going down from 20 percent to 10 percent in some key price categories.

KROPP: I am expecting interest rates to tick up slightly over the next 12 months as the economy continues to recover and the housing market continues to show strength. I would expect the interest rates to approach 5.25 percent over 2014.

AHLBERG: All indications are that interest rates will remain low but will rise. However,

we have to keep interest rates in perspective. When I started in real estate sales in 1980, rates were 18 percent. I never thought we would see single digit again. So to have rates where we have for the last several years is fantastic. Buyers should take advantage of it. Even if rates rise somewhat, which is expected, they are still very low. Sellers should keep the potential rise in mind as well. As rates rise, even modestly, it impacts buyers' buying power. However, in San Francisco we have many all-cash buyers who don't care if rates move. If rates rise significantly, it might slow down price increases.

BARBAGELATA: I think the new Fed Chief is not going to rock the economic boat with significant increases. Fractional increases and decreases as needed will be the norm, in my opinion.

ISAACS: There will not be enough change to price current buyers out of the market.

What do you think will be the top neighborhoods in San Francisco in terms of residential housing demand in 2014?

JONES: Mission Dolores, Noe, Glen Park, and Nopa. Areas near the shuttle routes and mass transit are always in demand.

KROPP: The neighborhoods showing the largest growth over 2013 have been the Mission district and Valencia corridor, with condo prices reaching \$1,600 per square foot. I am expecting the tech community to continue to push deeper into the Mission, as the market will continue to be competitive. One of the largest growth areas in the city for 2013 and I am expecting for 2014 will be the Dogpatch and Bayview districts. These two areas along the Third Street rail have shown huge gains in values, and houses in the Bayview have seen increases in values of well over 50 percent. I expect the area to continue to evolve, bringing home prices into the low 600's for a two-bedroom property and going up from there for larger homes.

AHLBERG: The southern swath of the city has taken off due to the high tech sector. That younger demographic likes the trending

neighborhoods like Inner Mission, Mission, Potrero, Noe Valley — especially Liberty Hill, now known as Facebook Hill — etc. They like being in a neighborhood that their friends live in and have lots of walk-to destinations. These areas have caught on to that and many new restaurants, bars, and clubs are opening up. So those areas will remain strong. Neighborhoods on the high-tech and Genetec bus routes will remain strong. The north side of town is always strong. Established neighborhoods like Marina, Cow Hollow, Pacific Heights, Presidio Heights, and Russian Hill should remain in high demand. The buses mentioned stop along Lombard, allowing those high-tech workers who want to be in the Marina to easily live and play there.

BARBAGELATA: Mission, Noe Valley, South Beach, Telegraph Hill.

ISAACS: Inner Mission, Noe Valley, anywhere South of Market from the Embarcadero to the Castro.

E-mail: john@marinatimes.com

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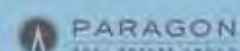


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YAPPING WITH ...



Murray with Casey, age 10, the German shepherd who started it all PHOTO: COURTESY MIKE MURRAY

Mike Murray

Chairman, Golden State German Shepherd Rescue

by susan dyer reynolds

Years involved with animal rescue: 20

Tell us about your organization.

Our mission is to provide education about the German shepherd dog, find homes for abandoned German shepherds, and to build a community within our organization of support and friend-

ship stemming from our mutual love and respect for this breed. We are an all-volunteer, nonprofit organization; we have no paid staff or facility. We are recognized by the IRS as a 501(c)(3) public charity and all donations are tax deductible. Our volunteers and rescued dogs are located in the San Francisco Bay Area region of Northern California and

in parts of the Central Valley of California. We rescue German shepherds in areas where we have volunteers available.

How did you get involved with rescue?

I bought a German shepherd from a breeder here in the Bay Area and she encouraged me to join their club. Several women in

MIKE MURRAY, continued on 32

CATHOUSE ∴ The Japanese diet

The little lion in the autumn

by john zipperer

IN DECEMBER, WE LEARNED ABOUT THE QUIRKY crimes of Mamoru Demizu. The unemployed man was accused of breaking into homes in western Japan to steal jewels, cash, and other valuables, all for the purpose of feeding 120 stray cats. He wanted them to have gourmet food — fresh fish and chicken, “not cheap canned food,” according to Japanese police. His haul from the thefts was around \$185,000 — all of which went to support the cats’ \$272 daily food bill.

That, you say, is going too far.

That, your cat says, is a good start.

Extreme as Mamoru’s approach was, the desire to elevate the quality of food our fangy furry friends eat is not crazy. Cats are supremely carnivorous creatures; when we take them into our homes and give them some artificially and mysteriously mixed up stuff from a pet food company, we often do it without thinking about how different it is from the food cats would eat if they were on their own. The substitutions we have made in the name of simplicity can result in the cats missing something in their diets that they really need.

Frequently in the *Marina Times*, Thalia Farshchian writes about the importance of diet in everyday human health. So many of the problems we complain about — sleeplessness, lethargy, weight, even hangovers — can be lessened or even eliminated by making smarter food choices.

The same is true with cats, perhaps even more so. (A cat can even get diabetes and then send it into remission, which is a trick they could show us if they wanted to display a little gratitude for all the good food and petting.)

Our two-cat household is a gourmet feline’s delight, but we don’t do it because we like spending money, and our neighbors don’t need to fear us breaking in to grab their television or silverware to hock for cash. But our approach is still more expensive than what most people provide for their felines, and it takes more time to prepare.

That, our cats would say, is only appropriate.

Our interest in improving our cats’ diet began with a cat we had more than a decade ago, a beautiful longhaired tom whose fur was an almost bluish grey. He was a big, gentle cat. As Max got older, however, he slowed down, which would certainly be natural for any animal in its dotage. Still, we looked for possible

CATHOUSE, continued on 30

SKY’S BUYS ∴ Her favorite things

Homemade pumpkin-peanut butter doggy frozen yogurt

by susan dyer reynolds

SKYLAR LOVES DOGGY FRO-YO. SHE GETS ONE every night around the same time, and she even waits in front of the refrigerator, her big green eyes traveling from the freezer to me and back to the freezer. The probiotics in yogurt help regulate Sky’s sensitive stomach. The problem is, store-bought brands can be pricey (around \$10 for four half-cup servings). So I decided to start making doggy fro-yo — not only is it easy and much more economical, you know where all the ingredients are coming from (and what they are).

I went to the grocery store and purchased Glad mini-round containers with lids; they come eight to a package, are made of BPA-free plastic, and are dishwasher safe. After a lot of research, I chose Mountain High Original Plain Yoghurt because it contains just cultures and milk (no gelatins or thickeners). I also use organic unsweetened crunchy peanut butter (any brand will do). Then I started experimenting with various nuts and treats

DOGGY FRO-YO, continued on 32

PIT OF THE MONTH



Phinny next to his new best friend PHOTO: COURTESY CONTRA COSTA HUMANE SOCIETY

After beating fused his jaw shut, Phinny is ready for a forever home

by susan dyer reynolds

WHEN A WOMAN saw a 1-year-old pit bull-boxer mix wandering the streets

starving, she tried to give him some dry dog food but noticed he was only able to move it around in the bowl. The Good Samaritan took him to the Contra Costa

Humane Society where a veterinary exam and subsequent x-rays revealed that the dog’s jaw had been badly broken when he was a young puppy, likely with a baseball

bat, and it had completely fused shut on one side.

They named him Phineas (Phinny for short). His face was a bit lopsided and he had small fractures throughout his facial bones, but nothing could diminish his spirit. Despite all he’d been through, the shelter staff quickly noticed that he was full of love, trust, and affection (including that trademark pittie full body wiggle). How he managed to survive without being able to open his mouth perplexed the staff, but then again, pitties are incredibly resilient, often enduring unimaginable cruelty from neglectful, abusive owners. If given the chance, however, they overcome their horrendous beginnings, loving and trusting anyone who is kind to them, and becoming amazing family members.

One of the shelter’s volunteers, Megan, fell in love with Phinny immediately

PHINNY continued on 32

"I love my pets so much I'll only give them Halo."
—Ellen DeGeneres, Animal Advocate, co-owner, Halo

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Betsy the kitten was adopted from and photographed at Animal Care & Control.
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Morris (A347046) is a great guy. He & Mr Finley are a bonded pair & are both friendly, affectionate guys & must be adopted together.



Percy (A343843) is a handsome Guinea Pig -- just look at his great colorful coat. He is also nice & easy to handle. Come make his day!



Rhino (A348223) is a fabulous 4 yo rabbit. She is active, sweet, & very friendly. She likes to hop on over to get pets on the head & hang out.



Mr Finley (A347047) is a totally great cat. He & Morris will make an awesome pair for some lucky adopter. Meet them today!



Rocky (A348113) is a lively 8 mo Shih Tzu mix pup. He loves going for walks & romping in the park. Rocky also likes other dogs.

WIENER

CONTINUED from page 1

knew I needed to do something. I wanted to shed public light on this issue.”

So on Nov. 7, 2013, Supervisor Wiener, along with co-sponsor District 4 Supervisor Katy Tang, brought the issue before the Board of Supervisors Neighborhood Services & Safety Committee. In his introductory remarks, Wiener pointed out that ACC doesn't turn away any animals. “San Francisco is if nothing else an animal city,” he said. “ACC has run at a deficit for the past seven years and they have very few officers in the field to deal with animal abuse, neglect, even barking dogs; I am getting more calls from my constituents about aggressive dogs in dog parks ... there's been a significant increase in owner surrenders and abuse cases, but we have not upped their staff. ACC gets 31 field calls a day and has staffing to respond to just seven of those calls.”

ACC is responsible for all of San Francisco's stray, injured, abandoned, neglected, and mistreated animals — domesticated and wild — as well as enforcement of all state and local animal control and welfare laws. A presentation by the city administrator's office showed that ACC's budget has not kept pace with the increased need for services, going from \$3 million in 2003 to \$4.9 million in 2013. ACC takes in more than 10,000 animals annually, with an average of 500 animals housed at the shelter on any given day. With a staff of just over 40, each attendant deals with approximately 50 animals, and the agency has only one veterinarian and one vet tech. In the field, ACC has a total of 11 officers and 1 field supervisor to

respond to 13,000 calls per year, and there are many more calls they can't respond to because they don't have the resources. ACC Executive Director Rebecca Katz, a tireless advocate for the animals in her care, as well as for her dedicated staff and volunteers, told the committee that the agency has just one officer on duty at night and two during the day.

“Eleven officers, 24/7 — that's even worse than park patrol, and they have 24, which is pathetic,” Wiener responded.

ACC's outdated, inadequate facility is another major issue. “To truly understand, you need to see the facility as I have,” District 1 Supervisor Eric Mar said. “When I visited the feral cats and abused dogs there, it was obvious more staff is needed to interact with and socialize the animals, which

that ACC isn't just about animals. “People who abuse or neglect animals often abuse and neglect children and spouses. The ability to investigate all cases of abuse and neglect and not just the most heinous will save human lives as well, if ACC has enough staffing to do so.” Stephens also reminded the committee that ACC is crucial to the city's disaster planning. “But that may not matter if the building that houses ACC and our animals is not rebuilt,” she said. “In the event of a major earthquake, we expect ACC to care for our animals ... but that would be a lot harder to do if the shelter can't be used because it's no longer safe. So please find a way to rebuild ACC's facility.” Stephens also praised ACC for doing so much with so little. “They are chronically under-budgeted and under-

staffed. They could do so much more if they had the resources. For example, they could administer programs to pair shelter animals with kids in the juvenile justice center or inmates in county jail.” Stephens also spoke to the efforts of animal

advocacy groups to make San Francisco a no kill city, meaning no “adoptable” animal is euthanized. “To be successful, no kill requires, among other things, extensive public outreach and education programs, and significant behavioral training in the shelter, all of which requires adequate staffing to carry it out, something ACC does not have and has not had for many years. ACC is an open shelter — they're required to take any and all animals that come through the door.” Since the majority of “no kill” shelters in the country are not open door shelters, Stephens said, “they can and do refuse to accept unadoptable animals, which

ACC takes in more than 10,000 animals annually, with an average of 500 animals housed there daily.

is critical, but it's also a very old building without modern day facilities to care for the needs of the animals.”

“How did this happen?” Wiener asked. “ACC does so much, and the budget is woefully low; it's pretty stark.”

“The building was built in 1939 as a warehouse,” Katz explained. “In 1988 the city received notice from the San Francisco SPCA that they would no longer contract for animal services; I don't know how they did it as quickly as they did, but the city converted the space to become ACC.”

Sally Stephens, chairwoman of the advisory Animal Control and Welfare Commission, pointed out



District 8 Supervisor Scott Wiener grew up with pets, launching a lifelong love of animals PHOTO: COURTESY SCOTT WIENER

makes it a whole lot easier to get to no kill.”

SF/SPCA Director of Advocacy Brandy Kuentzel made a P.R. pitch about her multimillion dollar private organization's “amazing” work, which many in the audience felt was inappropriate at a hearing about helping ACC. Kuentzel said that having two animal shelters across the street from each other wasn't “optimal” and “confused people.” It was a thinly veiled way of saying the SF/SPCA would like to be the only place to adopt an animal in San Francisco (and the only place to send your donations), but subsequent speakers pointed out that the SF/SPCA “cherry picks” the most adoptable animals from all over California and beyond, and does not accept owner surrenders. It is clear that the SF/SPCA, despite its millions of dollars, could not do what ACC manages to do even on its miniscule budget. The idea of the SF/SPCA rescuing 300 pet rats from

a hoarding situation, or taking in a dog like Charlie, the troubled dog (with an even more troubled owner) that attacked a police horse, is frankly absurd.

Back at City Hall, Wiener expressed frustration that very basic city functions can't be performed due to ACC's severe lack of funding. “We're not asking for the moon, here,” he said. “ACC has had the same cuts in bad years, but it hasn't been restored in good years. There hasn't been a global look at ACC or what they do.”

Wiener also said that the squeaky wheel gets the budget. “I encourage people who care about animal welfare to get involved; organize; be vocal.”

For more information on what you can do to support Supervisor Scott Wiener's efforts to help ACC, contact his office at 415-554-6968. For more information on ACC and how you can help, visit www.helpacc.org.



Charlie digs into his food, unaware that it has been specially concocted just for him PHOTO: JOHN ZIPPERER

CATHOUSE

CONTINUED from page 28

ways to help him with the general aches and pains of aging, and we got interested in a raw food diet for the cat.

There was not a lot of information available on the topic at the time, and there was more than a little uninformed crankery out there. Luckily, one of us is a chemist and was able to wade through the false claims and junk cures, eventually com-

ing up with a mix of things tailored for our older male cat. Thus began our regimen of chopping up chicken hearts (purchased from grocery stores or restaurants) and liver, mixing a portion of it with ground turkey or a bit of red meat for taurine, and perhaps some other elements to address specific needs of Max. Then we would freeze each individually bagged meal, removing it from the freezer when it was mealtime and heating

up the baggie in a bowl of hot water before serving it, still warm, to Max.

Max's transformation was dramatic. He began to display the energy of a cat five years younger than he was, and the cat we had begun to think was going to spend the rest of his days sleeping and slowly walking around was able to jump and run once again.

More expensive than the traditional approach? Yes, but my attitude is echoed by veterinarian Dr. Laurie S. Coger, who wrote about raw food diets for dogs last year on the (Albany, N.Y.) *Times Union* website. Her words are equally applicable to cats: “[T]here are savings as your dog becomes healthier when eating a natural, raw diet. Imagine the savings if you don't have to go to the veterinarian for an ear infection, or bout of gastrointestinal upset? Let's say you save two veterinary visits per year — that's easily \$100-\$200, depending on your location. There's the cost of your freezer! And the bonus is you can save money

on your food by using the freezer your dog's savings bought! And who can place a dollar value on a dog living longer? What would it mean to you to have your best friend with you for an extra year or more?”

Today, there are many resources for a feline raw food diet. (Just Google *raw food diet for cats* and start digging through your nearly 2.5 million results.) With our current cats, we knew from the start there was no way we were going to buy them prepackaged cat foods in which grain is the first ingredient and there are various mysterious byproducts among the other ingredients. So we started again with the chopping and the freezing and the warming, but a persistent problem for us was that the raw meat was often bad when we purchased it. We might buy four packages filled with chicken hearts and two or

three of them would turn out to be spoiled, regardless of the sell-by date. A big bag of liver usually fared better, but that, too, was not always fresh and usable.

The problem wasn't the cost of buying the food, and we didn't mind the 15 minutes it would take us each week to make the meals. The problem was the cost of having to go back to the store and buy yet more chicken hearts or liver, and the repeated 15 minutes it took

We still take time to add other elements to the canned or dry food. For example, as our aging Maine Coon, Charlie — who looks like a little lion — began showing signs of arthritis, we began including some natural ingredients that help with joint flexibility. They nearly immediately increased his agility, much to the chagrin of our other cat, Ashes, who gets tired of being chased by Charlie.

As I sit in my office writing these words, Charlie is sitting on the floor under my desk, purring loudly.

I know his routine; he didn't like the

wet food we gave him this morning, and he's telling me that I clearly made a mistake because he's sure I intended to give him some salmon or his favorite dry food. That would be one error I can correct, but I won't. He needs to eat the wet food, and on this, I can wait him out.

E-mail: john@marinatimes.com

Google raw food diet for cats and get 2.5 million results.

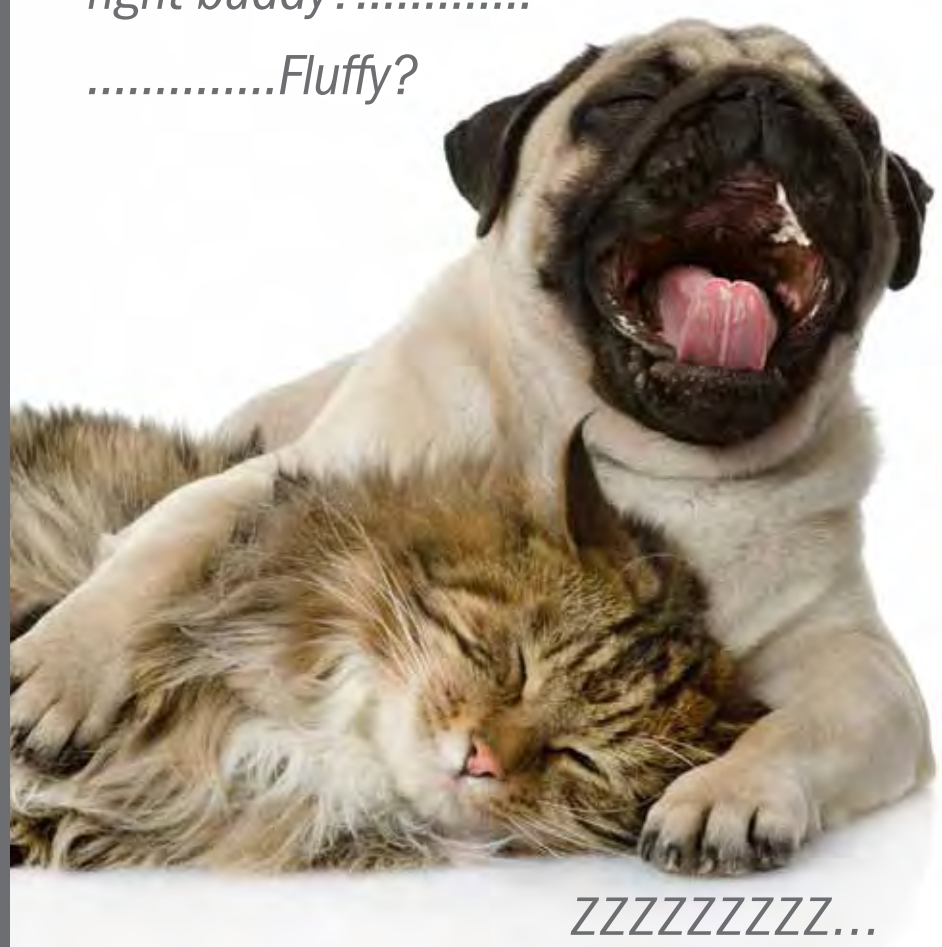
to make the meals. And it happened frequently. So we began to look around for a better way. That led us back to prepackaged food, in an updated way. But by then, there were more brands like Halo that use premium-quality ingredients and are formulated with an animal's health in mind, not just ease of production.



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Phinny cuddling with his foster mom PHOTO: COURTESY SAVANNAHSPAWTRACKS.COM

PHINNY
CONTINUED from page 28

and decided to foster him. Because his jaw was fused shut, Phinny was only able to eat watered-down wet food administered through a syringe. Like most pitties, he wanted more than anything to give kisses, but he wasn't able to, so the shelter launched the Help Phinny Kiss Campaign, and donations poured in from all over the country and beyond. "With the

help and support of so many wonderful Phinny Fans, and the gifted hands of Dr. Smith and the caring staff at SAGE Veterinary Centers in Dublin, Phinny was able to have the extensive six-hour surgery he needed to repair his jaw," the shelter says. "And after waking up from anesthesia, he ate his very first treat. With some physical therapy, he's regained about 80 percent range of motion with his jaw, and is able to chew and eat and give kisses like a nor-

mal dog now." Phinny has been given a clean bill of health and is not expected to have any residual issues with his once-broken jaw.

Phinny is sweet, smart, and eager to learn, just as happy snuggling on the couch as he is going on a great adventure. He loves other dogs and would do great in a home with other doggy pals his size with similar "big dog" playing styles, but he would also enjoy being the only dog in the house so he can soak up all the love he missed in his earlier life. (His foster mom, Megan, has three other dogs, and because she loves Phinny so much, she wants him to find a forever home where he will get all the attention he craves.)

If you're interested in adopting Phinny and giving him the happily-ever-after he so deserves, please complete an adoption application at www.cchumane.org. Once submitted, the staff will review it and set up a meet-and-greet. You can also find Phinny on www.petfinder.com (ID: 27527549, ad number 30145949).

If you'd like to know more about Phinny after hours when the office is closed, please contact Megan Vaneck at 707-419-9833.

Contra Costa Humane Society:
171 Mayhew Way, Suite 101, Pleasant Hill, CA 94523, 925-279-2247, www.cchumane.org

E-mail: susan@marinatimes.com

DOGgy Fro-Yo
CONTINUED from page 28

tucked into the mixture. Sky loves jerky, and what dog doesn't love bacon, so I crumble up Fruitables Thick Cut Bacon Whole Jerky treats, which I purchase at Pet Food Express (the ingredients are bacon — unsalted, of course — and natural flavor), and I tuck them into the cups of yogurt before freezing.

Sky's favorite is pumpkin-peanut butter, and because pumpkin promotes a healthy digestive system (it's low calorie and contains soluble and insoluble fiber), it's my favorite, too. I use Fruitables Pumpkin Digestive Supplement for Dogs (also available at Pet Food Express), which contains fresh pumpkin, ginger and cinnamon, but any organic canned pumpkin works (I hear Trader Joe's makes one that dogs go crazy for). Just be sure you're not buying canned pumpkin pie filling, which contains

too many spices (though you can add dashes of ginger and cinnamon to the plain pumpkin). Of course, if you're feeling ambitious you can roast and purée your own pumpkin, but as Ina "the

Barefoot Contessa" Garten says, "Why bother when, in this case, the canned version is just as good."

HOMEMADE PUMPKIN-PEANUT BUTTER DOGGY FRO-YO
Makes 8 half-cup servings

- 4 cups plain yogurt (Greek or regular)
- 2 cups Fruitables Pumpkin or plain pumpkin purée
- 4 heaping tablespoons organic unsweetened peanut butter (smooth or crunchy)
- 1 tablespoon honey
- 2 or 3 Fruitables Thick Cut Bacon Whole Jerky treats or your dog's favorite treats (optional)

In a large mixing bowl, combine yogurt and pumpkin and stir until well incorporated. Fold in peanut butter and honey, scraping the bot-

tom of the bowl occasionally, and mix until all ingredients are well combined. Spoon the mixture into the half-cup containers, leaving a little room at the top. For an added treat, press pieces of bacon jerky or your dog's favorite treats into the thick mixture. Cover and freeze.

E-mail: susan@marinatimes.com

Trader Joe's makes a canned pumpkin that dogs go crazy for.

MIKE MURRAY
CONTINUED from page 28

the club were going to local shelters and getting dogs out as they could. I knew absolutely nothing about shelters then; in fact, I had never been to one until I volunteered to help them. My first rescue role was transporting a 14-month-old German shepherd who had run out of time at a local shelter and was going to be put down. I walked him out to my car, and he was jumping up and licking my face and just full of joy. I thought to myself, *This dog was going to be dead tomorrow because no one bothered to help him?* That was simply unacceptable, and I started helping more and more, until I took it over about a year later and formed San Francisco German Shepherd Rescue with two other people who were also involved.

What do you love about German shepherds?

While I love all animals, the loyalty, intelligence, and versatility of the German shepherd dog has always stuck with me. From guide dogs for the blind, to police K-9 officers, therapy dogs, search and rescue dogs, herding dogs, drug and bomb detection dogs, military dogs, and of course, they make great family members.

Who would make the ideal guardian for a German shepherd?

The ideal guardian is someone who understands this is a breed that is very much a pack animal and will bond very closely with its human or animal pack. This is a dog that needs to be engaged with its family. From lying next to you watching TV, to taking walks or doing some sort of activity like agility or "nose work," the German shepherd is happiest when busy. But not every one of them is a high-energy "go, go" type of dog, either. We get couch potatoes in rescue like any other breed. The real key is to match the dog's temperament and energy level with the person or family it is going to. Rescue is certainly not about one size fits all.

What is the age range of the dogs at your rescue?

All ages. We get litters of puppies to senior dogs of 12 years or older and everything in between.

Most people assume dogs in shelters are all "mutts," but many of your dogs — like many dogs in shelters — are purebreds. How do they wind up at shelters?

It is estimated that 25 percent of all dogs in shelters are purebreds. Many people get a puppy from a breeder without considering the long-term commitment that is required.

Once the "cute puppy" novelty wears off, the dog gets less and less attention, little or no training, and is usually left

alone for much of the time, where they get bored. The dog might start barking or doing some kind of destructive behavior like digging, and the frustrated owner dumps them off at the local shelter. Or unfortunately in recent years people have had to downsize their housing or have lost their homes and cannot take a large dog with them. Sometimes it is a divorce with both moving into non-dog-friendly housing, or maybe it is simply too much dog for some people — or they didn't do their homework on the breed, which is imperative when considering any dog.

Your "day job" at Pet Food Express also involves working with shelters and rescue groups. How did you wind up with such a perfect job?

I had known Michael and Mark, the owners of Pet Food Express, for a number of years before I went to work for the company, as they had helped my start-up rescue group with food, supplies, and locations to hold adoption events. I decided to make a career

change about nine years ago and use my background, which was sales and marketing, to do what I loved to do, and that was to be involved in animal welfare. Fortunately for me, Pet Food Express was looking for someone who understood the rescue and shelter world to head up their community projects, and who could help them bring together what the company had to offer with where the greatest need was for the animals. I get unbelievable support from those two guys, who are truly animal lovers first and foremost, to help in so many different areas. It is a very gratifying job not only in what

you can do, but who you get to do it with. From a company that believes in making a difference to all the passionate and committed animal advocates throughout the rescue and shelter community. Those people inspire me each and every day.

A dog I'd really like to see adopted is ...

Jedi, who came out of a high-kill shelter in the Central Valley. This beautiful, big — 105 pounds — solid black male was another one of those examples of the "How did this dog end up here?" questions you ask at the shelter. Soon after coming into rescue, he suffered what is often a fatal condition called torsion. This is where the stomach flips, and cuts off the blood supply, causing an extremely painful and serious condition. We rushed him into surgery, where they tacked the stomach to the abdominal wall, preventing this from reoccurring, and they also had to remove his spleen, which had been affected. After \$8,000 of emergency medical care (which is why we fundraise!), he is in foster care, waiting for his perfect home. You can find more about Jedi by going to www.gsgsrescue.org and clicking on the dog tab.

Not only did Nikko survive, he has gone on to be a therapy dog, visiting assisted-living facilities.

A dog who is a great success story ...

Little Nikko might be just about one of my favorite rescue dogs of all time. The shelter was going to have him put down because of multiple health issues. He had a very weak immune system, which was causing all kinds of problems and we didn't know, as we treated one thing after another, whether he was going to live or die. He was small for a German shepherd, more like the size of a 6-month-old puppy, but he was already about a year old. He was shy and fearful around strangers, yet so sweet and loving once he knew he could trust you. We fostered him at our house for many months, and there was something about his little sweet, sad face, that just made you pull all that much harder for him to survive. Not only did Nikko survive, he has gone on to to be a therapy dog, visiting assisted-living facilities where all the residents love this little guy. He remembers his foster dad, too — when I saw him at an event a few months ago, he pulled his owner across the room to come over and greet me.

Where can people go online to find out more, see adoptable dogs, volunteer, foster, or donate?

At www.gsgsrescue.org. All available dogs, events and ways to help are listed there.

Golden State German Shepherd Rescue:
P.O. Box 2956, Alameda, CA 94501, 877-447-4717, goldenstategsr@earthlink.net, www.gsgsrescue.org

UPCOMING EVENTS

- 1st Saturday of each month at Pet Food Express in Blackhawk, 10 a.m.–1 p.m.
- 2nd Saturday of each month at Pet Food Express in Blossom Hill, noon–2 p.m.
- 3rd Saturday of each month at Pet Food Express in Napa, 10 a.m.–1 p.m.
- October 2014 annual gala fundraiser (date and location will be announced early in the new year).

E-mail: susan@marinatimes.com



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Can't have a pet but still want to help save lives? Consider volunteering, donating, or fostering! Visit www.rocketdogrescue.org for more information.



JULIETTE

Meet Juliette! She is approximately 7 months old and a long hair German Shepherd mix. She was rescued from San Jose shelter where she was shy, but she is quickly blossoming into a confident, playful pup.

She is great with dogs of all sizes, but because she loves to play with dogs and doesn't know her size, we recommend she go to a home without a small dog, but larger dogs make great playmates! She is an active puppy and will need exercise daily. Training is also a recommendation as she is an eager learner! She does great in a car and on leash as well. In addition to being an active puppy she is a great cuddler and she loves her down time, hanging out with you!



SPICE

Spice is a darling one year old Lab/Shepherd mix girl who is looking for a home. Spice is about 40lbs- she is coming to us from the Glenn County Shelter. She's a loving girl who enjoys being with her people. She would be best as an only dog with one or two people. She can be shy at first

but warms right up. She needs a home who will give her plenty of exercise.



SUZY Q

Meet Suzy Q! She is a 3 year old Yorkshire Terrier mix that was rescued from the San Jose shelter. She was matted so the shelter had to shave down her body, hence the unique hairstyle she is rocking for the holidays! She is a very sweet girl

and loves to be with you at all times. She has long legs and she can jump very high and climb right into your lap for cuddles! She is also very active and spunky. She's crate trained and does great with dogs of all sizes! Suzy Q is ready to jump into your lap and heart!

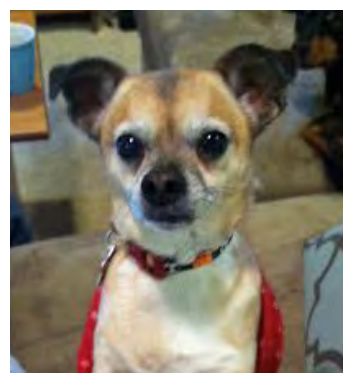


FRANK & BARNEY

Meet Frank & Barney! Barney is a healthy 1 1/2 yr old chihuahua mix was found with his brother Frank happily playing on a busy freeway in Oakland! He's super freindly, great with kids, and has my 10 yr

old fox terrier so in love with him that shes bouncing around like a puppy! He would never bare his teeth to a human. Eager to please and prefers to go potty on the grass which means he's house trainable. Very attached to his brother Frank but can be adpoted seperately. Loves cuddles, walks and treats.

Frank, a 1 1/2 yr old chihuahua mix, is the quieter of the 2 but also the smartest. He's the one who figures out how to open the treat bag or escape from a cage. Really I think he must be Houdini reincarnated! He alternately loves and fights with his brother Barney but can be adopted separately. Great with kids!



CHEWIE

Meet Chewie. Chewie spent two months in the shelter, patiently waiting for a home. All of his kennel mates were adopted, but no one wanted an older dog. He maintained a positive attitude, but his time was running out. Fortunately, Rocket Dog Rescue agreed to take him in, after the shelter staff asked that he be saved too. Chewie is about 10 years

old and weighs around 12 pounds. I think he is a chihuahua/pug mix. He is very sweet, mellow, submissive and dog friendly! He will make a great companion to anyone looking for a mellow dog, or as a companion to another older dog. Please consider giving this guy the home he has been so patiently waiting for.



PAXTI

Meet Paxti, a darling, 6 month old American Bulldog mix. This sweet-heart is a true gem — she's loving, gentle and kind. She does well with kids, and with most other dogs (she was raised with her two sisters). Paxti

would love an active home where she could walk along the Marina Green or Crissy Field. She's energetic but not hyper, and she settles down well in the house. Who can resist that face?

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Skylar

PAW OF APPROVAL

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Please call Steve Russell: 415-373-2610

THE ADVENTURES OF SKYLAR GREY :: Chapter 8



Skylar naps at Grandma's after dancing in the moonlight

Dancing in the moonlight

by susan dyer reynolds

*Everybody here is out of sight
 They don't bark and they don't bite
 They keep things loose, they keep it tight,
 Everybody's dancing in the moonlight*

— "Dancing in the Moonlight,"
 by King Harvest

THE DRIVE DOWN TO SAN JOSE TO meet Grandma Kickie for the first time was a breeze; the car was still the place Skylar felt most comfortable. We stopped at a dog park a few miles away because I thought it was a good idea to work off some of that puppy energy. We headed into the big dog side first, but the dogs there were too rough and Skylar wound up jumping on my legs like a Chihuahua, wanting me to pick her up. At 23 pounds, she was well under the weight limit for the small dog side so we headed over there. At last, Skylar calmed down and began venturing out ever so slightly, meeting and greeting the little ones, who all wanted to sniff her butt. She reluctantly obliged. Within minutes, she was having a blast being chased by a herd of Corgis, dachshunds, Chihuahuas, and cocker spaniels. One of those cocker spaniels had a bit of an attitude problem and went after Sky, growling and snapping at her face, but as always, Sky was unfazed. "I'm so sorry," the spaniel's embarrassed owner said. "I have a big dog in a little dog's body." We both laughed as Sky deflected the advances of her grumpy playmate by rolling on her back in a show of submission. "That's OK," I said, "I have a little dog in a big dog's body."

After a quick bath at the Pet Food Express on Blossom Hill Road, we rolled up to Grandma Kickie's and rang the bell. "Oh my goodness," Kickie said as Skylar shyly moved toward her, head down and tail wagging ever so slightly. "She's adorable." We sat in the den for a bit and Sky went to the sofa where Kickie was sitting and rested her chin on the edge. "You have such a cute little blockhead," Kickie said in that slightly high-pitched puppy-talk tone. "Are you Grandma's little blockhead?" Skylar wagged her tail and pushed her little blockhead under Kickie's hand.

Exhausted from all the excitement, Sky was a perfect little lady that first night,

but by morning she was well rested and raring to go, so we headed to the elementary school and park near Kickie's house. It was a Saturday and the school was eerily empty and still. I unhooked Sky's leash thinking she'd take off running and exploring, but instead she clung to my side and started with the Chihuahua leg jumping thing again. "I'm not picking you up, Skylar," I told her firmly. I began to run across the playground to start a game of chase, but Sky thought I was trying to run away from her and frantically tried to catch up. A few large leaves tossed about in the autumn wind making a crinkly sound as they whipped past us. Again Sky jumped at my legs. "They're leaves,"

I said, picking one up and showing it to her as she backed away in fear. "It's not a snake, Sky, it's a leaf."

Back at Kickie's house, Sky was beginning to feel more secure, even venturing into the

There on the backyard lawn, lit only by the moonlight, I saw Skylar twirling.

backyard by herself for a few minutes at a time. That evening, she went to the sliding glass door, so I let her out. She confidently disappeared around the corner into the darkness. Caught up in cooking dinner, I suddenly realized she'd been gone a long time, so I made my way through the living room and looked out the window, wondering what she might have gotten into. There on the lawn, lit only by the moonlight, I saw Skylar twirling — using her weight to propel her like an ice skater, counter-clockwise, around and around, from one end of the lawn to the other and back again, where she would stop, slightly dizzy, and take the "downward dog" position to rest for a moment. Then she would let out a gleeful half bark, half grunt and start twirling again — counter-clockwise, around and around, picking up speed as she went from one end of the lawn to the other and back again. I watched her for quite a while without her knowing, just Skylar dancing in the moonlight, by herself. It was one of the funniest things I'd ever seen, but also such an amazing display of pure, innocent joy. I finally tapped on the window and she sat down on one hip, that "Eighth Wonder of the World" tongue flopped to one side, a huge pittance smile on her square little face. And in that moment, I felt my love for Sky grow a bit stronger, and the aching hole in my heart left by Jazzy's loss shrink just a little.

E-mail: susan@marinatimes.com

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DEWEY

This American Bulldog mix is one of the sweetest dogs you will ever meet! Dewey weighs about 65 pounds and is probably between 2 and 3 years old. He is very fit and does need daily exercise, but just a couple of short intense sessions will do it. He would be an excellent jogging partner along the Marina Green, or a hiking buddy for those weekend treks to Tiburon! He is house trained and his obedience work is progressing very nicely. He's doing great in his current foster home and loves his big cozy dog bed. Dewey would be best in a single dog family where he can be showered with all the big love this big boy deserves. Start the New Year off with your new forever buddy.



OPIE

Opie's perfect home is one that will smother him with love, hugs and kisses. He adores long walks on the beach, rolling in the grass at the park, and receiving belly rubs. Opie is fine with dogs of all sizes. He is well behaved on walks and politely greets people. He knows sit and shake and will spin for treats. Opie has the softest white fur, is about 5 1/2 years old and weighs 14 pounds, but he could stand to lose a few pounds. Regular exercise is a must, which makes him perfect for your active Marina lifestyle! Opie is totally house-trained and looking forward to his perfect new digs this New Year.



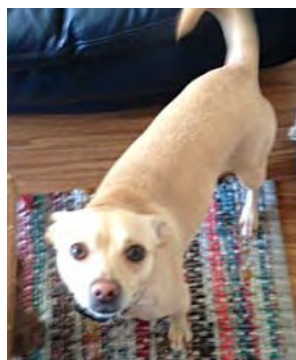
DEXTER

Dexter is an absolute joy. He is friendly and outgoing, loves people and dogs and LOVES to play. He is about 10 months old and a bit over 10 pounds. We aren't sure what breed he is, but he looks like a mini-Corgi with a curly tail and Corgi fur. Dexter is being fostered at a doggy daycare so he will need some refresher courses in house-training, but he is absolutely worth it. Add joy to your New Year welcoming Dexter into your life — and add joy to his life by giving him the love and attention he deserves (the doggy daycare is great, but it's not a home!).

TINKERBELLE



You can't get more special than one-eyed sweetheart Tinkerbelle! She is a mature but active girl. Tinkerbelle has an gentle way about her and is particularly wonderful with children. She is also very bright and loves to learn new things. She is snuggly, silly and sensitive. Tinkerbelle is a good city dog. She walks well on a leash and has a nice solid temperament. A yard where she could safely be on squirrel patrol would be ideal. She is crate trained and quiet when left alone. Tinkerbelle would be a wonderful match for a family in the New Year with lots of love to share.



HORCHATA

Horchata is a cute 3 year old who looks like a 15-pound super-sized Chihuahua mix. Horchata excels in cuteness and cuddling. She already knows how to play fetch and sit! She's a cheerful, intelligent dog and is non-reactive with dogs and people. She is a quick learner and walks politely on leash and remains calm when people enter and exit the home. Her adopter will need to continue her basic training and confidence building so she can develop into the best dog she can be (she's already well on her way!). Horchata is looking for a special loving family to begin her new life in the New Year.



TUCKER

Tucker is a 60-pound chocolate Labrador retriever mix. This 6 year old has that adorable "one ear up and one down" thing going on. He is the ultimate cuddle bug. He loves to play, especially tug-of-war with his rope. He knows basic commands and is housebroken, Tucker remembers everyone he has ever met and always manages to sneak in a kiss. He is fine being left home alone but will eagerly shower you with love when you return home. He will need a good walk each day. Tucker would thrive in an only dog household where he could accompany you on your walks at Crissy Field or brunch with friends at Rose's Café. Tucker's hope for the New Year is a loving home.

Check the Grateful Dogs Rescue website for 2014 upcoming Adoption Events Calendar



FOR MORE INFORMATION ON THESE AND OTHER DOGS:

415-587-1121 • www.gratefuldogsrescue.org

info@gratefuldogsrescue.org





Meet a Vet

During 2014, we will be interviewing veterinarians representing the various preventative and therapeutic practices that promote the well-being of our companion animals.

The Education Dept. at Pet Food Express provides continuing education for our store associates and evaluates products and services to help ensure quality and safe use.

Veterinarian Dr. Ken Feldman joined Pet Food Express' Education Dept. in 2011. He is a firm believer in the complementary value of both conventional and holistic approaches to the well-being of our pets.

Each column will feature a different focus of practice to highlight the diversity of quality veterinary care in the Bay Area, including:

HOUSE CALL VETERINARIANS: Q&A with Dr. Dave Bennett discussing the benefits of veterinary care without leaving home

24-HOUR, FULL SERVICE, STATE-OF-THE-ART HOSPITALS: Specialists in intensive care, surgery, medicine, general practice and alternative care providers

HOLISTIC MEDICINE: Specializing in multiple holistic modalities to bring the pet's body into balance through noninvasive means, in a peaceful setting

CONVENTIONAL VETERINARY HOSPITALS: Experienced and devoted doctors and staff providing quality medical and surgical services, including specialized care for birds, small mammals, and reptiles



Pet Food Express has a full-time Education Department, which includes, from left, Sue Tasa, Kendra McMasters and Veterinarian Dr. Ken Feldman. (Brady, also pictured, is a part-time member of the team.)

VETERINARY HOLISTIC WELLNESS CENTER: Pets receive holistic therapies by certified diagnostic, therapeutic and rehabilitation care providers

FELINE VETERINARY HOSPITAL: Specialists caring exclusively for cats, focusing on their unique species-specific needs

HUMANE SOCIETY AND SHELTER VETERINARIANS: Caring for the lost and the homeless, they are an integral part of the effort to unite and reunite pets and the people who love them

Meet a Vet is brought to you by

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