San Francisco then and now
Can the old San Francisco with its middle-class values coexist with the new San Francisco and the new San Franciscans?

by ernest beyl

Recently I had lunch with Carl Nolte, who writes the Native Son column for the San Francisco Chronicle. Carl is a young whippersnapper compared to me, but we find common ground when we talk about the history of our city. We decided to don neckties and sports coats and go downtown to Sam's Grill, which had just reopened after an unsettling time when we thought it might be gone forever.

Carl decided to give the Alaskan cod a vote of confidence and proclaimed it well deserved, flaky, and flavorful. I opted for the fried oysters and some creamed spinach. They were excellent.

From our choice of restaurants, you might surmise that Carl and I put value on the traditional. We do. And after lunch, with our neckties still firmly in place, we got to reminiscing over a second glass of Sauvignon Blanc — just two old San Franciscans thinking about then and now in their favorite city.

Carl posed a question: Can the old-time San Francisco with its middle-class values (where he and I grew up) co-exist with the new San Francisco and the new San Franciscans? He answered his own question in the affirmative.

Predictions for tech companies and stocks in 2015
by susan dyer reynolds

It's always dangerous to make predictions with something as volatile as tech companies and the stock market, but that's this time of year, so here we go.

1. The raging bull market slows down.
   The S&P 500 was up 11 percent in 2014 as of mid-December, and last year was even more unbelievable, with a 32 percent gain. I remain cautiously optimistic about the market in 2015, but I do expect the bulls to slow down—just not enough for the bears to catch them.

   For 2015, I see a 5 to 7 percent gain in a more volatile environment that causes investors to move more of their money into stocks with strong fundamentals and rational valuations.

2. Investors continue backing away from "momentum stocks."
   Because the environment will be more volatile in 2015, investors will continue backing away from "momentum stocks," most of which are social media companies, due to unattainable valuations and fears of inevitable slowing growth. Last year’s most anticipated IPO, Twitter, is down more than 40 percent, with other once high-flying stocks such as Yelp, Zynga, Angie’s List, and Groupon also suffering losses of between 20 and 60 percent. Amazon — the large format drinks, but they are anything but stylish. Check out the Karl "The Fog" Cutter, made with Denizen rum, Cutty Sark prohibition scotch, orange, orgeat, and lime — it packs quite a, um, punch.

Culinary trends in 2015
Food and restaurant trends to look for in the coming year
by dana eastland

Let’s talk about trends, shall we? The beginning of 2015 is an excellent time to discuss some new things happening in the food world, and look to what might be coming in the new year.

After years of increasingly casual restaurant experiences, it looks like elevated tableside service is back, as diners start looking for quality hospitality to match quality food. Gaspar Brasserie offers table-side cocktail service of their Café Brutol, a flaming coffee cocktail for two that originated in New Orleans with coffee, clove, orange peel, and lots of live flame. At The Progress, the brand-new project from Stuart Brioza and Nicole Krasinski of State Bird Provisions, a pork broth is poured over miso sausage meatballs, pumpkin mochi, kimchi, fresh-grated pumpkin, black butter, and fresh pumpkin oil at the table.

Which brings us to another trend we’ve seen cropping up: large format communal dining, particularly large cuts of meat. After years of small plates designed for sharing, it looks like large plates designed for sharing are the new rage. Instead of serving lots of little dishes, à la State Bird, many new restaurants are offering large plates, served family-style.

Think whole braised goat, leg of lamb, and whole birds. That’s the format at the brand-spanking-new The Progress and is an option at Game, and will be the idea at Dirty Water, opening in Mid-Market in 2015.

This goes along with another trend that is cropping up everywhere, the large format cocktail. It often appears as a punch bowl, or prebottled cocktail. This is not the scorpion bowl of your college days, but a modern take on a cocktail intended for a group to enjoy together. Dirty Habit, the very packed, very hip new bar and restaurant in the former Fifth Floor space in the Hotel Palomar, is offering these large format drinks, but they are anything but stuffy. Check out the Karl “The Fog”
New year, new treats
Sharon Anderson unveils Neal Cassidy’s early Beat roots and the controversy over auctioning his famous 18-page letter to Jack Kerouac; Evalyn Baron previews auctioning his famous 18-page letter to Jack Kerouac; Evalyn Baron previews the 10th anniversary celebration of San Francisco’s Edwardian Ball and its best sellers.

Calendar
January must-see events
This month, you can catch the Berlin & Beyond film festival and the Noir City film festival, or you can take part in a Martin Luther King Jr. Day of service as well as a march and festival in his honor, watch Cirque du Soleil’s Kurios, or celebrate a quarter-century with the sea lions. And there’s more.

In-Depth
2015 arts preview
Exhibits of Japanese classic art, The Trojans at S.F. Opera, big bands, Fleetwood Mac, Phantom of the Opera, the Alvin Ailey American Dance Theatre, and much more.

At Home
Getting festive
Julie Mitchell highlights fitness trends for 2015, Liz Farrell makes family resolutions, and Julia Stresnieski says storage is all around you.

Real Estate
Making the right choice
Carole Isaacs says new homeowners need a full contact list of fix-it people; the Roundup says rents are way up, except for the Northside; and the Property Extra has tips for people entering the market in 2015.

Pet Pages
Kickie it up a notch
Susan Dyer Reynolds gets help from Jazzy and Kickie to deal with the type of neighbors you don’t like to deal with.

ONLINE SPECIALS
Evalyn Baron, Michael Snyder’s Coastal Commuter, plus the Weekend Traveler visits Bodega Bay, complete archives, and more.
on www.marinatimes.com

Arts & Entertainment
Previewing the headliners
John Zipperer highlights a few of the political stories and personalities San Francisco will be following in 2015.

Community
Streets and sanitation
Superintendent Mark Farrell says the city’s got the funding and the planning and the will to fix its streets and other infrastructure; plus the Police Blotter shows you where you can track crimes in the neighborhood.

Street Beat
What next for Capp’s?
Ernest Beyl says the writing’s on the wall for the legendary Capp’s Corner; and the Northside’s eyes are aglow with holiday lights and Joe DiMaggio.

Food & Wine
Back to business
The Tablehopper touts the city’s biggest opening, The Progress, and checks in to Seed + Salt; Julie Mitchell visits the new Espressamente Illy in Cow Hollow; and Ernest Beyl delves into some teutonic tips for the cooking-savvy man.

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California just endured what might be the single most boring gubernatorial election in memory, with incumbent Jerry Brown winning in a walk. The winning news — the GOP expanding its power in the U.S. Congress — largely didn’t involve super-Democratic California. The moment just wasn’t here. That is about to change, and here are the political developments we will be keeping an eye on in 2015.

How do you solve a problem like Mirkarimi?

The headliner will be San Francisco’s sheriff, Ross Mirkarimi, who will oblige by making many headlines as he seeks reelection. His incredibly public domestic violence problem that obscured in his term in office served to divide San Francisco liberals just as they were starting to play nice again after the Newsom-Peskin-Daly years.

Domestic violence advocates, left-wing Democrats, the mayor, moderates who never liked Mirkarimi anyway because of his politics, and others made for a very contentious period in recent city history as Mayor Ed Lee sought to have him removed from office. But that was thwarted by the Board of Supervisors.

Expect all of those old wounds to be reopened this year.

No one can threaten the mayor

There are already a number of small candidates who have announced campaigns, but nobody has yet entered the race who could present a threat to Mayor Lee.

A year ago, a poll released by the Harvey Milk LGBT Democratic Club showed the left’s hero Tom Ammiano to be the most popular of the possible opponents to Mayor Lee. But even that hypothetical matchup had him trailing Lee by nine points.

In November, some news sites were suggesting that a run by State Senator Mark Leno for the mayor’s office was a certainty, but by early December, Leno let it be known that he would be doing no such thing. (Look for speculation surrounding Leno to focus on the Board of Supervisors, Mark Farrell has established himself as a leader of the so-called moderates. But what will he do next? He has expressed interest in succeeding David Chiu as the next permanent president of the Board, but he was not elected as the interim president, which serves as an initial tea-leaf-reading of his colleagues’ desires. Whoever does get the presidency will select the committee chairman, and Farrell would like to return as chair of the Board’s budget committee.

We’ll also be keeping tabs on how Farrell deals with a campaign finance violations ruling. He was found not to have been involved in breaking the rules, so it shouldn’t cause him serious harm. But how he handles it will serve as a good look into his ability to handle future crises — of which he will encounter the usual amount.

I protest!

The Occupy movement was a major story a few years ago, but that has largely fizzled. Now a new protest movement sprung up following heavily disputed grand jury rulings in two cases of white police officers killing African Americans elsewhere in the country. Some of those protests have turned violent locally, and some of them made a concerted effort to disrupt holiday commerce.

This movement might not last longer than Occupy did, but there are two things to remember. First, this movement includes veterans of Occupy, both for the better and worse. Second, even if it doesn’t last longer than Occupy, that still leaves plenty of time from now to try to change minds and public policy. We’ll be hearing more from these folks.

Whether you like him or dislike him, you’ll be seeing a lot of San Francisco Sheriff Ross Mirkarimi as he seeks reelection this year.

WHERE IS MARK FARRELL HEADED?

Easily reelected to his District 2 seat on the Board of Supervisors, Mark Farrell has established himself as a leader of the so-called moderates. But what will he do next? He has expressed interest in succeeding David Chiu as the next permanent president of the Board, but he was not elected as the interim president, which serves as an initial tea-leaf-reading of his colleagues’ desires.

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E-mail: john@marinatimes.com

Contact your neighborhood mortgage loan officer for more information.

Susan A. Kemp
Vice President
Mortgage Loan Officer
NMLS #442143
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Find the right mortgage backed by neighborly service.

Now is the time to review your mortgage(s) and consider refinancing. Ask us about our historically low adjustable rate or fixed rate mortgage loans today.
In 1850, San Franciscans built their houses and hotels from the hulls of the very ships that got them to the city. 

**The Instant City**

Right from its early days, the raw-boned, fog-bound town called San Francisco had a high degree of sophistication that belied its edge-of-the-continent isolation. The Gold Rush in 1849, the discovery of Nevada’s Comstock Lode of silver in 1857, and the completion of the Transcontinental Railroad in 1869 had turned this tiny village into an instant city. Suddenly San Francisco became a western metropolis with worldly tastes and enthusiasm.

Early San Francisco was raw, bountiful and disorderly. It was one of the most motley crew of adventurers — both men and women — from all over the world. Along with the gold seekers, get-rich-quick ruffians and con artists came merchants, farmers, clerks, clergy, bankers, doctors, poets, prostitutes, lawyers, sailors, socialites, salesmen, speculators, and just plain seekers of the good life. Some liked the climate and wanted to live in the European-style instant city by the Golden Gate. By 1857, the population of San Francisco was 190,000. In 1900, it was 350,000.

**The City’s new citizens are not unlike those who followed their dreams in the early days.**

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In the 1850s the art of dance became famous. The birth of the San Francisco Symphony Orchestra traces back to 1881, when the Philharmonic Society presented a well-received series of concerts offering puffs of the day and works by Mozart or Handel.

**The San Francisco Good Life**

The mining camps in the Sierra foothills were the Silicon Valley startups of the time. And while life panning gold could be rigorous, the miners dined on top-quality foodstuff from San Francisco’s Oyster House, and vegetables arrived by riverboat up the Sacramento and American rivers and then overland by oxen pulled wagons. Booze was plentiful, and so was entertainment, both raucous and refined. Many of the top entertainers of the time journeyed to the camps to perform. Famed Shakespearean actor Edwin Booth and child singer-dancer Lotta Crabtree played the camps and were paid handsomely.

There were gold miners who had staked claims and were doing well and preferred to live in comfortable San Francisco. They journeyed to and from the gold fields in what today would be Google buses — horse and buggy or by river steamboat to San Francisco Bay.

Many miners, merchants, and professionals the Gold Rush attracted later became part of the San Francisco community where they could not only participate in the good life — but also get their laundry done. They involved themselves in civic affairs and paid big bucks (or a lot of gold nuggets) to build McMansions.

Those not politically oriented set up shop as doctors, lawyers, or merchants. Some did what Silicon Valley techies do today: they got rich, but they shared other desires as well. They sought good dreams in the early days.

One miner, Andrew Jackson Bryant, made a poke and later became mayor. And that’s the way it was.
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**Has San Francisco Changed?**

These days San Francisco’s new citizens — whether they’re techies or some other types of end-of-the-rainbow seekers — are not unlike those who followed their dreams west in those early days. For every roughneck miner and adventurer there were smart, creative, self-motivated, self-starters: merchants like Levi Strauss who changed the way the world dressed; businessmen like railroad barons Collis P. Huntington, Mark Hopkins, Leland Stanford, and Charles Crocker; bankers like A.P. Giannini, who financed San Francisco after the 1906 earthquake and fire; publishers like Sam Brannan who ran San Francisco’s first newspaper. And Charles B. Chenamen, a ship’s captain who ferried miners from San Francisco to Sacramento.

Now, just as they did then, ambitious folks come here for gold, or tech, or something else, or good life, and to get rich. Has San Francisco changed so much? No, I don’t think so. Can this diverse group coexist? Yes, I do think so.

E-mail: ernest@marinetimes.com
Tech Predictions continued from page 1

most notorius survivor of the first tech boom in the late 1990s — trades at 34 times expected earnings (Amazon doesn’t technically have a P/E ratio because they don’t expect any earnings for the 2014 fiscal year). Amazon’s market cap is a lofty $142 billion, yet after 15 years as a public company, it continues to lose money. Until a few quarters ago, analysts and investors were still drinking the Kool-Aid of Svengali-like leader Jeff Bezos, but that’s starting to change, as followers grow weary of waiting for profits.

Newcomer GoPro took the 2014 IPO market by storm with its wearable camera, but its P/E ratio of 66 values the company at $8 billion with total revenues for 2015 anticipated to be just $1.6 billion. While GoPro is revered by sports enthusiasts around the world for its very cool product, some analysts worry it could also just be another fad (remember the Flip camera?). GoPro also faces competition from rival iON Cameras (remember the Flip camera?). GoPro is a hostagewhipped by male passengers (in one case here in San Francisco, an Uber driver told a passenger she didn’t have a [Continued on page 112]
How to spot crime after it happens

We all know how to identify a crime after it happens, but it can still be helpful to know what a neighborhood’s crime profile is before moving into or visiting it for a night out. There are several online tools that might find useful to get a quick snapshot of what the officers of San Francisco CrimeSpotting (sanfrancisco.crimespotting.org) have been doing. For example, Trulia (trulia.com/local/san-francisco-ca/tiles/1%) provides crime mapping along with info on neighborhood amenities, demographics, commuting, and more.

The crimes below are a small snapshot of what the officers of Northern Station are doing.

**WORSE THAN A TICKET**

*Aug. 25, 12:27 a.m.*

Broadway St. at Van Ness Ave.

Officers on patrol attempted to catch up to a car after they observed it make an illegal u-turn. The car sped up and slowed down, making random turns, appearing to try to lose the officers. They were nonetheless able to keep up and get the license plate number, and then turned on the sirens. While traveling the wrong way on a one-way street, the car finally pulled over.

**TRAVELING THE WRONG WAY ON A ONE-WAY STREET, THE CAR FINALLY PULLED OVER.**

**TARGETING TOURISTS**

*Aug. 25, 6:30 p.m.*

Palace Drive at Lyon Street

A large number of auto burglaries in this area resulted in the deployment of plainclothes officers. Tempting targets are provided by the tourists and other visitors who flock to the area around the Palace of Fine Arts, often leaving bags and luggage visible inside their vehicles. Officers watched a car driving slowly through the area; eventually, the driver got out and the officers recognized him as someone they had arrested previously for auto burglary. He approached several vehicles and peered inside them, then walked back to his car, possibly scared that he was being watched. Officers approached him on foot and detained him. They ran a computer check and discovered he was on probation with a warrantless-search condition; during a search, they found a window punch, which is commonly used to break auto glass. He was booked at Northern Station.

**MILK CRATE MADNESS**

*Aug. 26, 7:30 a.m.*

1800 Block of Sutter Street

Officers responded to a call about two older males in a fight. They discovered one who was down on the ground bleeding heavily from his head. They applied direct pressure to the head wound and called for paramedics. Witnesses explained that the fight began in front of the cultural center. One subject became angry and believed the other had cut in line in front of him. A verbal argument ensued, and then the subject went and retrieved a milk crate. He returned and proceeded to hit the other man twice in the head with the milk crate.

A witness was able to point out the subject, who was still in the area. The subject was booked at Northern Station.

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**HONORING MUNI’S SAFE DRIVERS**

Thank you for decades of service, dedication & smiles.

The SFMTA congratulates its 2014 Safe Driver honorees. This year, 169 Muni Operators were recognized for 15 or more years of safe driving without an avoidable accident.

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**THE MARINA TIMES | WWW.MARINATIMES.COM**
THOUGH THE RECENT RAIN STORMS have been a blessing due to the extreme drought our state has been experiencing, it has also highlighted some of our city’s vulnerabilities in public infrastructure. Across the country, municipalities are dealing with aging public infrastructure and are grappling with how to make improvements to keep their communities safe and functioning properly. Thankfully, San Francisco has been at the forefront in terms of planning for the future to ensure that our infrastructure, including our sewer system and city roads, are adequately prepared to handle future challenges.

Our city’s infrastructure improvements to keep their communities safe and functioning properly. Thankfully, San Francisco has been at the forefront in terms of planning for the future to ensure that our infrastructure, including our sewer system and city roads, are adequately prepared to meet the demands of our growing city.

STREET SAFETY BOND
In 2011, city voters overwhelmingly supported a $248 million Road Repairs and Street Safety Bond to ensure much-needed capital improvements are made to provide safe, accessible, and well-maintained city streets. The construction you see and feel in your neighborhood is by design, but much needed. The bond funds that became available in 2012 are now allowing the city to make long-overdue repairs to our city streets to ensure a safer driving, walking, and biking experience for all of our residents. The bond also goes to fund much more than just the repaving of our city streets, though the majority of bond dollars ($149 million) is dedicated to that effort.

Fifty million of the bond dollars are also dedicated to streetscape projects, such as sidewalk widening, landscape improvements, and safety improvements for bicyclists and pedestrians. The remaining approximately $50 million of the bond dollars are dedicated to curb ramps to help our residents with disabilities easily navigate our streets, street structures — such as stairways, retaining walls, and tunnels — as well as the installation of new traffic signals to help the city better manage congestion and improve the overall reliability of our transportation system. For a full, detailed rundown of the streets bond, please visit: streetsbondsf.org.

SEWER SYSTEM IMPROVEMENT PROGRAM
The Department of Public Works and its implementation of the streets bond is not the only city department working to actively upgrade badly needed improvements to our public infrastructure; the Public Utilities Commission is busy at work as well. Officially titled the Sewer System Improvement Program, the PUC is moving forward on implementing the multibillion dollar citywide investment that is upgrading our 100-year-old sewer system to make it more reliable and seismically safe now and into the future for our residents. The PUC has garnered eight years of community feedback and input, as well as expert third-party analysis, before ultimately crafting the program that is now in its implementation stages.

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The day-to-day, routine repairs are simply not enough to keep up with the aging sewer system. Situations like the sink hole that recently happened on Lake Street at Sixth Avenue were in part created and exacerbated by our aging infrastructure. The PUC confirmed that it had no record of problems reported in that specific area, but the improvements it is making with the SSIP will go a long way to ensuring that a situation like that never happens again.

From a public policy perspective it is absolutely common sense to make the upfront investments needed to improve our sewer system, because the costs to doing so would be much higher if we were to take a piecemeal approach rather than the systematic, comprehensive approach being taken from the PUC. For more detailed information on the SSIP roll-out and projects happening in your neighborhood, please visit sfwater.org/index.aspx?page=116.

MANAGING CONSTRUCTION IMPACTS IN OUR NEIGHBORHOODS
With the high amount of construction — both public and private — happening in our neighborhoods, I am actively working with each respective city department to ensure that as projects roll out, neighbors are adequately notified and that the projects are implemented in the most efficient way possible. I have heard from many of our constituents about the impacts they face in their neighborhoods due to the construction.

I am working on legislative proposals that I will introduce in the new year to minimize construction impacts and provide better notification to our city residents, so that as we move forward with much needed public infrastructure improvements, there is as little disruption to our daily lives as possible.

While other cities across the country have struggled to find the resources for necessary public infrastructure upgrades, I am proud that as a city we have always looked toward the future and prioritized resources for infrastructure improvements that will improve our quality of life and make the city safer for everyone. I want to ensure that situations like the sink hole that happened on Lake Street never happen again, and the improvements underway are part of the systematic solution to ensuring our world-class city has world-class public infrastructure.
MUNIFORWARD
JOIN US AT AN OPEN HOUSE TO LEARN ABOUT PROPOSED IMPROVEMENTS TO OUR TRANSIT SYSTEM!

Muni is working on multiple fronts to make getting around San Francisco safer and more reliable for our customers. As part of this effort, we’re improving transit corridors throughout the city. Learn more about the details behind these improvements at one of our upcoming open houses. Your feedback is important to refining these proposals.

22 FILLMORE
January 14, 2015 | 6:00 - 7:30 p.m.
Marshall Elementary School
1575 15th Street
San Francisco, CA

30 STOCKTON
January 28, 2015 | 6:00 - 7:30 p.m.
North Beach Library
850 Columbus Avenue
San Francisco, CA

ART OF THE NORTHSIDE
At 2200 Franklin Street, students at St. Briggs — one of the oldest schools in the city — teamed up with the Fine Art Mural Painting class at Academy of Art University to create a 66-foot playground mural. Called “The Animal Race,” the mural was unveiled on Dec. 18, and it features members of the animal kingdom moving at various paces. It is dedicated to the memory of Sister Mary Jo Wise, a longtime supporter and instructor at St. Briggs who passed away in May 2013.

How often do you get to see artwork that is blessed by a monsignor?

HELP JOLTIN’ JOE’S PLAYGROUND
Here’s your chance to help build a legacy for a local legend.

He was born Giuseppe Paolo DiMaggio, but he became known as Joe and even better as the Yankee Clipper. Though he was born in Martinez, Calif., his family moved to San Francisco when he was just a year old. His father wanted him to carry on the family’s male legacy of being a fishermen, but Giuseppe/John/Yankee Clipper Joe had his eye on baseball and went on to become an immortal on the field of dreams.

San Francisco has lots of Joe DiMaggio stories. He eloped with an actress you might have heard of called Marilyn Monroe at San Francisco’s City Hall in 1954. When the United States went to war against the Axis powers in World War II, his Italian-born father was classiﬁed as an “enemy alien” and barred from ﬁshing in San Francisco Bay (In one of the strangest and greatest things about America, his parents nonetheless became citizens of this country in the mid-1940s.) He married his ﬁrst wife, actress Dorothy Arnold, at North Beach’s Sts. Peter and Paul Church (which, we’re told, featured a mere 20,000 friends and fans jamming the streets nearby). That church was also the place of Joltin’ Joe’s funeral in 1999, and he was interred at San Francisco’s local version of heaven, Colma.

This month, the Friends of Joe DiMaggio Playground (which might include some actual friends of Joe DiMaggio) are supporting a major renovation of the North Beach Joe DiMaggio Playground. Ninety percent of the cost will be covered by a parks bond, but the remaining $500,000 needs to be raised.

So on Wednesday, Jan. 14, from 6 to 9 p.m., these same Friends are holding a Night Out in North Beach Party to beneﬁt the playground. It takes place at Bimbo’s 365 Club (1025 Columbus Avenue). There will be snacks from Original Joe’s, Park Tavern, Tony’s Pizza, Don Pisto’s, and Mama’s, as well as tastings of local beer and wine. Reminisce about the late baseball great while you listen to music by GG Amos. Pitch in by participating in the silent auction.

Tickets start at $60. And you can also purchase a commemorative tile at the park (a great way to inflate the ego of the base- ball fans in your life, by the way). More information is available at dimaggioplayground.org.

OVERHEARD DURING CHRISTMAS SHOPPING SEASON

Mother to son: I’m not sure, but I think they use a special kind of reindeer for Santas sleigh...

Northside tips? E-mail john@marinatimes.com

Clockwise: Perry’s, Enchanted Crystal; Ambiance.

NORTHSIDER | Around the neighborhood

Union Street lights up
Plus: Sweaters and paintings and baseball

by john zipperer

A THOUSAND POINTS OF LIGHTS
Members of the Union Street Association gathered in mid-December to award a prize for best holiday lighting and decor. With umbrellas in hand and cell phone cameras poised, the judges toured Union Street from Steiner to Gough and Fillmore Street from Union to Lombard, identifying those shops whose exceptional holiday decor were Best of the Best. The 2014 winners are Perry’s, Ambiance, Salon Macias, Frederickssen Hardware, Jest Jewels, The Courtyard, Enchanted Crystal, Marenco, and Cadworth Mansion. These businesses really stepped it up and deserve special recognition. Thanks for helping to make the Union Street holiday experience special. Congratulations. You are all winners.

KIT AND ACE
Kit and Ace opened its new Marina store this month. Located at 3108 Fillmore Street, this is only its second U.S. store (the first opened in late November in New York). Kit and Ace is a t-shirt store featuring what it calls “the new luxury cashmere line” from [J] and Shannon Wilson, the son and wife of Luhrdemon founder Chip Wilson. The fitted tees are made from a fabric called Qmurr, a cashmere-blended cloth designed by Shannon Waison. The store assures us that the fabric can be machine washed and won’t shrink or stretch.

This t-shirt-only store will be followed in 2015 with the company’s full studio, where the Wilson’s male legacy of being a fisherman, but

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I f you run across a restaurant where you often see priests eating with priests, or sport- ing girls with sporting girls, you may be confident that it is good. I am indebted for this observation to A. J. Liebling, the famed New Yorker writer in his book *Between Meals* — required reading for anyone who enjoys good food and drink. I would only add to Liebling’s exacting concept the word “cups.” Cups keep hands frozen at 5:04 p.m. — the exact time of the DoC’s Lab, to borrow our friend Jessie Silva singing the band known as the DonCats.

DoC’s Lab occupies the Columbus Avenue space of the old Purple Onion where Phyllis Diller, the Smothers Brothers, and the Kingston Trio once performed. Inelegantly, DoC’s Lab is named for the late marine biologist Ed “Doc” Ricketts’ Campana Lighthouse, a historic ship named for the late marine biologist Ed “Doc” Ricketts’ Cannery Row Laboratory in Monterey, which was not a nightclub but a working laboratory. I suppose the same logic — none — applies here as the name Jefferson Airplane for the 1960s rock band that created the San Francisco sound.

**GOODFELLAS GO NORTH BEACH**

When Melling and I descended to DoC’s Lab to hear Jessie, we ran into wall-to-wall Saturday night North Beach celebrants. Tiny tables were all occupied and it was standing room only. That is until Melling had a word with someone and suddenly — like the famous nightclub scene in the movie *Goodfellas* — a waiter weaved through the crowd holding a table over his head, planked it down in front of the stage, found two chairs, James and I were seated, and the show began. Jessie and the DonCats are somewhat reminiscent of Emmylou Harris and Gram Parsons — indie folk rock with a bit of country thrown in. Jessie has a broad, cross-country delivery, with the exhilarated intake of the Airplane’s Grace Slick. When I told her that later, she deadpanned predictably, “Who’s Grace Slick?” I explained and added that at a White House party during the Nixon years, Slick considered spiking the punch with LSD. Don’t invite Jessie to the White House.

Drop into Mario’s Bohemian Cigar Store and Cafe. She works there daily.

**AND THE BEAT GOES ON**

There are almost daily reports of a long-lost, but recently discovered, page from the Beat prototype *New Cassady* which later became Jack Kerouac’s novel *On the Road*. The letter was to be auctioned to the highest bidder but has been delayed by threats of lawsuits by both the Cassady and the Kerouac estates who want a piece of the action. I say give the letter to City Lights Booksellers and Publishers, which was ground zero for the Beats.

E-mail: ernest@marinatimes.com

**Sketches from a North Beach Journal**

by Ernest Beyl

**The last of Capp’s Corner?**

Joe Caporale, better known as Joe Capp, a salty North Beach character. Ginella has done a good job maintaining the spirit of this classic. He operates a surprisingly good restaurant. Italian red sauces pastas are excellent. This is the meatloaf. The linguine with clams and mussels still to be found in North Beach — possibly in this entire food-crazed city. At Capp’s Corner flavor is never hesitant.

Capp’s Corner is a textbook saloonist’s salad. Life proceeds at a measured pace. No one is in a hurry. Patrons feel as though they are characters in a three-act drama with comic overtones. Everyone knows each other. Newcomers are treated like regulars and soon become old-timers. The antique, mirrored band for funerals, contrasts with the Green Street scene. It is louche and the only-in-San Francisco right in as a contributor to the White House.

*The Marina Times* has featured and to the Green Street at the western end of Columbus. The street isqueeze of the mortuary, which between Powell and Columbus. The street is home to Fugazi Hall, where *Beach Blanket Babylon* is the best to be found in Marin County. And it is difficult to tell.

The Cook’s Corner anchors that block of Green Street at the western end between Powell and Columbus. The street is home to Fugazi Hall, where *Beach Blanket Babylon* is featured and to the Green Street scene. It is louche and the only-in-San Francisco right in as a contributor to the White House.

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The Original Old Clam House

CLAM BAKE CIOPPINO

Clams, Mussels, Crab, Shrimp, Calamari & Fish Fillet

Potatoes, Carrots, Onions, Corn, Garlic & Black Olives

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THE MARINA TIMES | WWW.MARINATIMES.COM
San Francisco has had a love affair with coffee that dates back to when the Hills Brothers Coffee was founded here in 1878 and subsequently built their headquarters along the Embarcadero in the 1920s. Lately boutique chains such as Stumptown Coffee Roasters and Blue Bottle Coffee have been the darlings of the city’s cafe society, featuring single-origin, fair-trade coffee served in individual pour-over servings, pleasing the palates of those who eschew the likes of Peet’s and Starbucks.

And now Cow Hollow is home to San Francisco’s third Espressamente Illy, a high-end coffee bar serving authentic Italian espresso along with a selection of food in a sleek, modern environment based on a concept by renowned Italian architect/designer Luca Trazzi. (The other two locations are on Market Street and Battery Street; Joe Gurdock, who also owns the Prima Cosa cafes, owns all.)

Dr. Ernesto Illy, whose father, Francesco Illy, founded his eponymous coffee cafes in Trieste, Italy in 1933, espoused that “coffee inspires socializing, friendship, and stimulating conversation, and therefore, one should never drink coffee alone.”

Illy is intimate yet open.

Illy invented the modern espresso machine.

Illy cups designed by film directors, including Francis Ford Coppola and Julian Schnable. The film theme was selected because the cafe is housed in the restored and landmarked Metro Theater building, home to both the new Equinox gym and the preserved floor-to-ceiling mural by Anthony Heinsbergen, considered the foremost designer of North American movie theater interiors.

Bright silver, black and red Illy coffee cans complement the decor. Food is showcased in an attractive, circular glass display case, and there are plenty of tables and booths with high and low seating for 49, and free Wi-Fi.

Espressamente Illy serves a full range of traditional espresso drinks like cappuccinos and expressos — after all, Francesco Illy invented the modern-day espresso machine — along with brewed coffee, and specialty drinks like lavender-mint, clove, and jasmine-vanilla lattes.

Mediterranean-inspired snacks and light meals are available all day and range from fruit, pastries, and granola and yogurt parfaits ($2.50–$5), panini and salads ($5–$8) based on recipes by respected San Francisco chef Joyce Goldstein; and a sampling of delectable desserts ranging from tiramisu made with a shot of Illy espresso to macaroons ($1.95–$6). Local vendors provide the baked goods (Semifreddi’s), dairy products (Clover Farms), and bread (Acme).

In addition to coffee drinks and food options, Illy’s full range of espresso machines and coffee in the form of whole beans, ground coffee, and single-serve coffee pods are available for purchase.

Brave the wet weather and stop by Espressamente Illy for a cuppa and a snack, Italian style.

Espressamente Illy: 2055 Union Street, daily 6 a.m.–9 p.m., 415- 500-2788, illy.com
GRAND OPENING!
Lombard Beauty Salon
Women, Men & Kids
(415) 816-8663
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Come by and meet Maggie and her team in her new salon!

Hair Cuts • Color & Highlights
50% Off
Women's, Men's & Kids'

Helpful Hints to Housewives

I am what my Germanic parents called a haussmann.

Not long ago on a cloudy afternoon, I happened to be thumbing my way through Helpful Hints to Housewives, the 1928 edition. It belonged to my mother, and when she gave it to me along with a pile of old cookbooks, she probably believed I was going to be the eternal bachelor. These days I like to keep Helpful Hints to Housewives handy because I am what my Germanic parents called a haussmann. Actually, I am a hausgatte, a househusband.

I have the luxury of working at home and like to give my spouse a hand. Because I like to cook, I try to provide her with a good dinner most evenings. I am also a cleaning man. I mop, dust, and do the dishes. Yes, I really do have a life.

But back to Helpful Hints to Housewives. The first section of the book features just that — helpful hints and I thumbed through it with interest. The first one that caught my eye was this:

“Never make a French seam when joining lace. Try to patch the design over on the same design on the other end; carefully whip one on to the other. If this is done the joint can scarcely be seen.”

OK, got it. I moved on.

“Cucumber peelings placed where ants appear will quickly drive them away.” That’s good to know. Or how about this helpful hint:

“If you are unfortunate enough to possess a pair of ‘musical shoes’ place them in a dish with just enough linseed oil to cover the soles and let them stand all night.” I haven’t tried this one yet. Next:

“Peel onions in a pan of cold water, or under a cold water faucet and they will not affect your eyes.”

Well, of course, everyone knows that. Then I found a three-by-five card bookmark. And in my mother’s hand was her recipe for pear salad. It was signed “Mollie” — her baptismal name was Genevieve. I would repeat her pear salad recipe here except your mother probably practiced on you with the same recipe: a can of pears, package of lemon Jell-O, some cream cheese, etc.

Well, to cut to the chase, in the back of Helpful Hints to Housewives, I found “Menu Suggestions.” And therein lay the germ of an idea as they say. Because I like to cook dinner for my wife, why not create the entire menu out of Helpful Hints to Housewives? Why not indeed? And here is what I prepared one night not long ago.

SOUP

ENTRÉE
Pot Roast No. 1 and Pot Roast No. 2 (combination of the two recipes):
Recipe No. 1 calls for one cup of cold coffee. Recipe No. 2 suggested covering the pot roast with water. I substituted the black coffee for the water. It worked.

VEGETABLES
Mashed Potatoes with Peanut Butter: What you do here is make your regulation mashed potatoes the way you like them, and then add one-and-one-half tablespoons of peanut butter. I skipped the peanut butter. I just couldn’t add peanut butter to mashed potatoes.

DESSERT
Slices of lemon Jell-O. Cut up some pineapple and orange juice, lemon juice, two eggs, and some sugar. Boil until thick and then pour in one package of lemon Jell-O. Cut up some pineapple and orange juice and some ginger ale. Boil and then pour this mixture into a mold and refrigerate. For the dressing, mix pineapple juice, orange juice, lemon juice, eggs, and some sugar. Boil until thick and then pour over the Jell-O mixture. Serve this cold.

Photo: © chronicle

Helpful Hints for Housewives (combination of the two recipes):
Helpful Hints for Housewives offers much of the same motherly advice.

The ladies who wrote the book knew what they were talking about.

A John Ruskin Coda
Helpful Hints to Housewives concludes with a statement by 19th century essayist John Ruskin. “…cookery means the economy of your grandmothers and the science of the modern chemist; it means much testing and no wasting, it means English thoroughness, French art, and Arabian hospitality; and it means that you are to be perfectly and always ladies …” Got that?

E-mail: ernest@marinatimes.com

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Stir a teaspoon of cumin, smoked paprika, and a dash of Aleppo pepper and salt into a cup of whole Greek yogurt. After roasting the vegetables, drizzle over the top and sprinkle with herbs to serve.

Another trend in the more healthful direction is a move toward whole grains. As conversations about health concerns and gluten continue to escalate, one thing that seems clear is that whole grains, “heritage” grains, and other alternatives to processed white flour are wildly popular — and definitely better for you. There are, of course, lots of health benefits, but also incredibly rich flavors that chefs can’t get enough of. Nicolaus Balla and Cortney Burns at Bar Tartine have started using more interest- ing grains, like farro, cracked wheat, rye, and many more. We anticipate this comfort dish will be making appearances in many forms — and using increasingly unusual grain combinations — in the coming year.

And last but not least, it seems this is also the year of the modern French bistro. Americans have had an interesting relationship with French food in recent years: On the one hand, France is a culinary mecca; on the other, French technique and structure has seemed a bit stuffy to many of us. But with the opening of Monsieur Benjamin from Corey Lee on the high end of the spectrum, to Le Marais Bistro & Bakery on the more casual side, we may be seeing a full-on trend in the works. The twist is that while these places are grounded in French technique, chefs are not afraid to take on the more daring flavors of California — and that’s definitely a good thing.

Le Marais Bistro & Bakery is your modern French bistro for 2015.

www.CliffHouse.com
Debussy, Dvořák, and Don Giovanni in our own backyard

Arts & Entertainment

A step into another time and have yourself a ball

by Sharon Anderson

I n December 1950, Neal Cassady wrote a letter to his friend Jack Kerouac. Like a message in a bottle, these pieces of paper traveled, lost in time, only to resurface years later in a group of discarded poems.

Cassady famously inspired the character Dean Moriarty, Jack Kerouac’s protagonist in his classic Beat novel On the Road. Though Cassady is commonly viewed as the muse of the Beat Generation, the re-emergence of this 18-page, single-spaced typed letter is further evidence of Cassady the gifted writer. Jean Spinoso discovered the letter, known as the “Joan Anderson letter” (named after Cassady’s girlfriend who is referenced in the correspondence), in her father’s belongings, which included discarded publishing submissions from the Golden Goose Press, with which he had shared an office.

Jerry Cimino of the Beat Museum is in charge of the letter collection. “This is the greatest find in the history of the Beat Generation. This is even more important than Jack Kerouac’s original scroll version of On the Road that sold at auction for $2.4 million in 2001. This is the letter that caused Jack Kerouac to shift his writing style from spontaneous prose, ‘which he used for his Beat Museum has started a crowdfunding campaign (kerouac.com/lost letter) and hopes to purchase the letter at auction. Spinoso originally planned to auction the Joan Anderson letter last month, but the auction has been called off indefinitely because the Cassady and Kerouac estates are disputing ownership of the document.

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

Step into another time and have yourself a ball

by Evalyn Baron

San Francisco is renowned for its interesting events, so it’s no surprise that another occasion for unique enjoyment is soon upon us. The 15th Annual Edwardian Ball and Edwardian World’s Faire (Friday–Saturday, Jan. 16–17) is nothing but a mistake, that’s “faire” with an “e” in case it’s already not alluring and other–timely enough.

Here’s your chance to enter an unusual experiential world, play the role of your choice as a commoner or a royal, a bum, or a baronet, from the British era of 1901 to 1910, and dress up in some awfully wonderful costumes. That is if you can find someone to sew you a “look” or you happen upon a store that sells steam–punk fashions and Edwardian corsets and waistcoats. No doubt you can attend both these celebratory events uncostumed, but why have more fun if you dress the part.

Described as “an elegant, whimsical spectacle of a mad–house slaphappy of costumery and cocktails, circus and storytelling, ribald music and daring exhibitions that promise to entice and enchant — a feast for the senses with the style and panache of the turn of the 19th century,” and that’s saying a mouthful. So expect both evenings to be full of tremendously unusual and stimulating fun.

This year’s ball will feature a presentation of The Beauty Baby, a macabre story from the pen of the American writer and artist Edward Gorey, whose life and work is honored at every year’s ball. The Beauty Baby is a short Gorey tale (pun intended) about a particularly unequal infant called “it” who is so wicked that it cuts the head off a cat. If the slightly morbid and askew view of Gorey’s imagination and world appeal to your sense of humor, as it does to mine, then this event is definitely for you.

Folks of all ages are welcome, so you can dress your own beast (or anyone) in cunning Edwardian baby clothing and bring him or her along for the festivities. Go enjoy life like the Edwardians did, and wilt your way into the new year. Just remember, no matter how hard it is to breathe, so pace yourself!

15th Annual Edwardian Ball and Edwardian World’s Faire:
The Regency Ballroom, 1300 Van Ness Avenue; Friday–Saturday, Jan. 16–17, 8 p.m.; $38–$49 (faire), $55–$60 (ball); 415-473-5716, edwardianball.com


Cassady died when he was just 41, cementing his place in the counterculture of the 1950s and ’60s. His early death seemed to reinforce his legend as muse. Poet and publisher Charles Plymell lived with Cassady on Gough Street in San Francisco in the early ’60s and recognized his enormous talent and his somewhat tense relationship with his identity as a Beat legend. “No wonder he had an underlying hostility for being the ‘errand boy’ for the famous names who had no story but him. All of whom could not hold a candle to this writing, which is not a Baudrillard rush as much as an accomplished prose of a great writer,” said Plymell.

Cassady’s instinctive, feverish writing style as presented in the Joan Anderson letter might help to redefine his place in the world of 20th century literature as a talent extending beyond that footnote to Jack Kerouac’s development and as a presence larger than the inspiration behind Dean Moriarty.

The Beat Museum has started a crowdfunding campaign (kerouac.com/lost letter) and hopes to purchase the letter at auction. Spinoso originally planned to auction the Joan Anderson letter last month, but the auction has been called off indefinitely because the Cassady and Kerouac estates are disputing ownership of the document.

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

A portrait of Neal Cassady rediscovered

Jean Spinoso and Jerry Cimino in front of items from The Golden Goose Press, including Neal Cassady’s “Joan Anderson Letter” (left foreground), which were to be auctioned last month. Photo: Courtesy of the Beat Museum.

To celebrate the group’s 10-year anniversary, a concert of operatic favorites and Broadway show tunes is planned featuring the return of Grammy Award–winning tenor Thomas Glenn (Metropolitan Opera), baritone Eugene Brancoveanu (San Francisco Opera), and lyric sopranos Jennie Liseter (Opera San Jose), and Erin McOmber (Utah Opera Ensemble).

Concerts at the Presidio’s 10-Year Anniversary Gala: Golden Gate Club, 135 Fisher Loop, the Presidio, Jan. 14–15, 7:30 p.m., $15, reservations at 415-447-6274.

The beautiful Golden Gate Club in the Presidio.

The 15th Annual Edwardian Ball and Edwardian World’s Faire: The Regency Ballroom, 1300 Van Ness Avenue; Friday–Saturday, Jan. 16–17, 8 p.m.; $38–$49 (faire), $55–$60 (ball); 415-473-5716, edwardianball.com

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THE MARINA TIMES | WWW.MARINATIMES.COM
by Michael Snyder

The Best of Books

The Best of Books

Preview of 2015 films and best 2014 films

by Michael Snyder

NEW YEAR CAN MEAN Bereath and renewal, although in today’s wintertime business, those words tend to actually mean resuscitation, regeneration, and retreat. The concept of “new” is apparently mutable in Hollywood, as promotion ramps, and remakes tend to get the studio green light over untested original content. If there were a way that the decision makers in the entertainment sector were compelled to make New Year’s resolutions, I’d hope they would take more chances, foster previously unheard voices, and vow to go beyond the need for proof-of-concept over fresh and exciting ideas. But that’s wishful thinking.

Unconvinced? In January, we’ll see The Wolf of Wall Street, set during the roaring 20s, and starring Leonardo DiCaprio and Jonah Hill, based on Michael Burmont’s 2004 non-fiction book of the same name. In February, the dark, true story of the sinking of the ocean liner Titanic, which hit the high seas in 1912, will be told in the heart-pounding, historic documentary, In the Heart of the Sea.

Amit Stoll is a young woman who appears a youthful 29 years old for almost eight decades. To turn this into something we can actually enjoy, one is sent to a small, rundown inn in Los Angeles and/or New York, and told that the titles to tout, I kept it to the first third of the year. The movies are postpone, and release dates change. And keep in mind that some of the most highly antici- pated project will turn out to be a snuff.

2015 CONTENDERS

The earlier part of the year will see wide release for a few highly regarded Oscar contenders that received awards-qualifying runs in Los Angeles and/or New York in December to assure 2014 eligibility.

They include Selma (Jan. 9), the stirring docudrama concerning Martin Luther King’s conflict-fraught leadership of the Civil Rights Movement in the 1960s, fueled by a vivid, multifaceted performance by David Oyelowo as King. American Sniper (Jan. 16), director Clint Eastwood’s tense evocation of the struggles and dangers faced by a real-life Navy SEAL, takes place in a Middle Eastern war zone and how it impacts his life back home; and Mommy (Jan. 23), the paintingly intense story of a young woman with autism and her mother’s dysfunctional relationship with her emotionally stunted, willfully destructive teen- age son from French-Canadian filmmaker Xavier Dolan.

STAR POWER

In 2015, the word “stars” — rising, falling, and everywhere in between — will be well-represented (for better or worse) by the premieres of the aforementioned Taken 3 (Jan. 9), with Liam Neeson reprising his veritable B-ops character in another rescue/revenge mission; Vice (Jan. 16), a film action film featuring Bradley Willis in a lead role; The Boy Next Door (Jan. 23), a psychological thriller headlined by Jennifer Lopez; Morelcula (Jan. 23), an action comedy with an impressive cast led by Johnny Depp, Ewan McGregor, and Gwyneth Paltrow; Black and White (Jan. 30), a drama of racial and familial conflict anchored by Kevin Costner; Seventh Sun (Feb. 6), a fantastical, mystical adventure that includes turns by Julianne Moore and Jeff Bridges; Focus (Feb.27), a mix of romance and criminal chicanery revolving around a con artist played by Will Smith, and Serena (March 27), a drama between race and color as写 by Kevin Costner, the role of a retired track coach.

SYNOPSIS

Cate Blanchett provides some sure-to-be-palpable bad vibes.

The Best of Books

What you’re reading

compiled by brian pettus

BOOKS INC. BEST-SELLER LIST

1. Yes Please, by Amy Poehler (hardcover)
2. Panorama, Tales from San Francisco’s 1915 Pan-Pacific International Exposition, by John Lie (hardcover)
3. Not That Kind of Girl: A Young Woman Tells You What She’s “Learned,” by Lena Dunham (hardcover)
4. The Princess in Black, by Shannon Hale (hardcover)
5. The Day the Crayons Came Home, by Drew Daywalt and Joelle Charbonneau (hardcover)
6. Santa Is Coming to San Francisco, by Steve Smallman (hardcover)
7. God, I Think I Love You, by John Grisham (hardcover)
8. How the Grinch Stole Christmas, by Dr. Seuss (hardcover)
9. The Polar Express, by Chris Van Allsburg (hardcover)
10. All the Light We Cannot See: A Novel, by Anthony Doerr (hardcover)

NEW TITLES TO LOOK FOR IN 2015

Note: publication dates are subject to change

Trigger Warning: Short Fictions and Disturbances, by Neil Gaiman (Jan. 20) — A gathering of the short fiction from Gaiman’s blog since Fragile Things in 2006, this includes an all-new short story set in the universe of “American Gods,” a new short story, and a collection of his Hugo and Nebula awards. Fans already have this on order, if you don’t know Gaiman, do yourself a favor and pick up this up for an amazing read.

Buried Giant: A Novel, by Kazuo Ishiguro (March 5): The first novel by Booker prize-winning author Ishiguro (Remains of the Day, Never Let Me Go) in more than a decade, this is a tragic tale of love and loss in a war-torn land. Compelling char- acters are revealed as Ishiguro’s gift for contemplative writing to make this a great pick for book lovers.

Dead Wake: The Last Crossing of the Lusitania, by Erik Larson (March 10): Erik Larson revitalized popular historical writing with his Devil in the White City, which read like a novel while telling an impressive amount of history. He returns in 2015 with Dead Wake, marking the 100th anniversary of the sinking of the ocean liner Lusitania with this richly told book. Don’t miss it.

The Penderwicks in Spring by Jeanne Birdsall (March 24): Another March release, Jeannie Birdsall returns to the wonderful world of the Penderwicks family and their adventures. Charming and serious in turn, the Penderwick books have created a new classic for children ages 8 to 20.

The Water Knife: A Novel, by Paolo Bacigalupi (May 26): Another of Bacigalupi’s gripping near-future tales, this one deals with “the water war,” assassins and warriors over Las Vegas’s water supply in a parched future. When a new source of water is rumored, one is sent to investigate. Mayhem ensues. Great for adults young and old.

Brian Pettus is the manager of Books Inc. in the Marina.
**MAJOR EVENTS**

**January 16**

**Walt Disney Family Museum**

Learn about the special-effects wizardry behind Fantasia, Pinocchio, Dumbo, and Bambi, which was found in the covert scrapbooks of Herman Schultheis, a technician who worked at The Walt Disney Studios in the late 1930s. $20, 415-345-6800, waltdisney.org

**La Cocina:** The Culinary Treasures of Rosas Covarrubias

Wed-Sun thru Jan. 18, noon-4 p.m.

Spanish Mission Dolores Historical Museum

On display are vintage photographs and an immense collection of more than 2,500 paintings, ceramics, folk art, and personal photos. Free, 415-202-9700, mexicanmuseum.org

**The Lost Notebook:** Secrets of Disney’s Movie Magic

Wed-Mon thru Jan. 12, 10 a.m.-4:45 p.m.

Walt Disney Family Museum

Explore closely guarded secrets of Disney’s movie magic. $20, 415-345-6800, waltdisney.org

**FOG Design+Art Fair**

Preview Gala: Wednesday, Jan. 14

FOG Design+Art Fair

415-865-2000, fogsf.org

**50 Shades! The Musical Parody**

Fri-Sun, Jan. 2-4

Marin Theatre Company

Here’s your chance to experience the sexy and hilarious send-up of the best-selling novel that has audiences rolling on the floor and dancing in the aisles! $55-$85, 888-746-1799, 50shade.com

**The Kitchen**

Night Out in North Beach Party

Wednesday, Jan. 14, 6-9 p.m.

Bimbo’s 365 Club (1025 Columbus Ave.)

Enjoy music from local bands and DJs, and live painting by artwork on the wall. $30, 415-864-6000, sfsymphony.org

**Personal Readiness for a Resilient Community**

Thursday, Jan. 29, 6-8:30 p.m.

S.F. Jewish Community Center (3200 California St.)

Be prepared for emergencies big or small, and get to know your neighbors on your block to maximize resiliency after a disaster. Free, enroll at 415-970-2034, sffire.org, or eventbrite.com

**MUSEUMS & GALLERIES**

**14th Annual Sketchfest**

Daily (except Feb. 1), Jan. 22-Feb. 8

Various S.F. venues

This nationally recognized comedy festival that mixes hundreds of national level, local favorites, and the best up-and-coming groups from throughout North America for a month of sketch, improv, stand-up, and alternative comedy. $10-$50, sketchsfest.com

**COMMUNITY CORNER**

**Martin Luther King Jr. Day of Service**

Monday, Jan. 21

Several S.F. locations

The Day of Service, MLK Day in these family-friendly events to help grow and restore cherished natural parks. Registration required; visit website to sign up for project details as they become available. Free, 415-546-3077, volunteer@parks-conservancy.org, parkconservancy.org

**Embodiments: Masterworks of African Figurative Sculpture**

Jan. 31–July 5, 9:30 a.m.-5:15 p.m.

M. H. de Young Museum

This Bay Area-relevant exhibition relates the complex history of a changing S.F. neighborhood through a selection of more than 40 works from the 1970s and 1980s. $10, 415-750-3500, famsf.org

**ACT: Indian Ink**

Tue-Sun, Jan. 14-16

405 Geary St.

This time-travel romance by Tom Stoppard follows Flora, a free-spirited English poet on her travels through India in the 1930s, where her intrinsic relationship with an Indian artist unfolds against the backdrop of a country seeking its independence. $20-$160, act.org, 415-446-2828

**Magic Theatre:** A Lie of the Mind

Tue-Sun, Jan. 18-22

Bldg. D, Fort Mason Center

The “Shepherdshop of America” celebration continues with Sam Shepard’s work that the New York Times calls “his richest, most penetrating play” $20-$65, 415-441-8822, magictheatre.org

**DIY Dance**

Dance Mission (3316, 24th St.)

Fri–Sat, Jan. 23–24 & Jan. 31–Feb 1

A lively evening of movement and music with classes for all ages. Free, 415-864-6000, sfsymphony.org

**Rothko Chapel**

Turns fifty years young this month!

Jan. 31, 5 p.m.

Rothko Chapel

This modern art chapel is dedicated to the life and work of the influential painter Mark Rothko. Free, 415-978-3424, rothko.org

**MUSEUMS & GALLERIES**

**50 Shades! The Musical Parody**

Fri-Sun, Jan. 2-4

Marin Theatre Company

Here’s your chance to experience the sexy and hilarious send-up of the best-selling novel that has audiences rolling on the floor and dancing in the aisles! $55-$85, 888-746-1799, 50shade.com

**Cirque du Soleil:** Kurios - Cabinet of Curiosities

Jan. 14–20

Grand Chapiteau, AT&T Park (74 Mission Rock St.)

Step into the curious cabinet of an ambitious inventor who defies the laws of time, space and dimension to reinvent everything around him. Suddenly, the visible becomes invisible, perspectives are transformed, and the world is literally turned upside down in a place that’s as beautiful as it is mysterious. $65-$180, cirqueJesusExpedition.com

**Roads of Arabia:** Archaeology and History in the Kingdom of Saudi Arabia

Jan. 14, 10 a.m.-5 p.m.

Asian Art Museum

This exhibition features over 200 objects ranging from one-million-year-old stone tools to 17th-century gilded doors from the Ka’ba, Islam’s holiest sanctuary uncovered in the past 40 years and transforming our understanding of the region. Free-$12, 415-581-3500, asianart.org

**Houghton Hall:** Portrait Of An English Country House

Jan. 18, 9:30 a.m.-5:15 p.m.

Legion of Honor

This exhibition re-creates some of the interiors of the 18th century home of Mrs. Heneage Finch, 7th Earl of Aylesbury. Free-$15, 415-750-3500, famsf.org

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**S.F. Playhouse:** Tree

Tue–Sun, Jan. 20-23

3433, 24th St.

A Commentary on Shakespeare’s reference to a tree that must be in the aisles! $20-$125, 415-657-9996, sfplayhouse.com

**DANCE**

**Wendy Whelan: Restless Creatures**

Jan. 15–16, 7:30 p.m.

YBCA

The highly acclaimed and recently retired New York City Ballet principal dancer performs a new program, a suite of four duets, created by and performed with four rising choreographers/dancers. $40-$60, 415-392-2545, sfperformances.org

**D.I.R.T — Dance in Revolving(Times)**

Fri–Sat, Jan. 31 & Feb 1

Dance Mission (316, 24th St.)

Everything becomes larger at first, but what questions arise after that? What happens when artists gather in revolt? $20-$25, 415-456-4441, dancemission.com

**MUSIC**

**Chamber Music with Members of the S.F. Symphony**

Sunday, Jan. 11, 2 p.m.

David Laney-Hall

This program of Mozart, Nikolai Kapustin, Handel/Halvorsen and Dvorak features the majestic and haunting sound of a full symphony orchestra that has audiences rolling on the floor and dancing in the aisles! $38, 415-864-6000, sfopera.com

**THEATER**

**Shen Yun Performing Arts**

Thru-Feb 10

War Memorial Opera House

Don’t miss this spectacular colorful and exhilarating performance of classical Chinese dance and music. $60-$240, 888-643-4999, shenyun.com

**50 Shades! The Musical Parody**

Fri-Sun, Jan. 2-4

Marin Theatre Company

Here’s your chance to experience the sexy and hilarious send-up of the best-selling novel that has audiences rolling on the floor and dancing in the aisles! $55-$85, 888-746-1799, 50shade.com

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Tue–Sun, Jan. 20-23

3433, 24th St.

A Commentary on Shakespeare’s reference to a tree that must be in the aisles! $20-$125, 415-657-9996, sfplayhouse.com
Vonda Shepard
Fri-Sat, Jan. 16-17, 8 p.m.
Prloffin’s at the Nikko (222 Mason St.)
You may know her from the TV’s Ally McBeal, but this Grammy- and Emmy-Award winner has sold over 12 million albums and played keyboards and sung with scores of artists from Rickie Lee Jones to Al Jarreau to Chubby Checker. $35-$50, 866-777-8932, hotelnikko.com/entertainment.aspx, tickweb.com

Alexander String Quartet: Mozart Transcendent
Saturday, Jan. 17, 10 a.m.
Miner Auditorium, SFJazz Center
This program is the first in the Miner Auditorium series, which includes recent and lesser-known works of its era. $35–$50, 415-345-0900, thewarfieldtheatre.com

Ballet San Francisco: Winter Series
Thursday, Jan. 22, 7:30 p.m.
南海舰队 (201 Franklin St.)
This year’s winter series features dance and music by Brooklyn Independeent服务商. $20–$52, 415-781-5348, sfjazz.org

Arts & Entertainment

FILM & LECTURES

POTABLES & EDIBLES

Good Food Awards
Palaces of Fine Arts Theatre
Marketplace: Saturday, Jan. 10, 9 a.m.–2 p.m.
Ferry Building
Meet the Good Food Award winners from across the country that push their industries toward craftmanship and sustainability while enhancing the agricultural landscape and building strong communities. Sample and take home their winning cheeses, chocolates, coffees, pickles preserves, and more. $5, 415-291-3276, cueqca.org

S.F. Restaurant Week
Daily, Jan. 21-30
Various S.F. restaurants
Dine at over 100 restaurants offering $25 two-course lunches, $40 three-course dinners, and an $85 “Discovery Menu” highlighting the chef’s creativity, farm/wine relationships, and new dishes/ cocktails. 415-781-5348, sfrestaurantweek.com

ARCHITECTURE & ART

Steve Ball
Tuesday, Jan. 13, 6 p.m.
The Commonwealth Club (595 Market St.)
He’s one of the most outspoken publishers in the world of journalism; meet the man who is now explaining what’s wrong with the U.S. health-care system. $7-$20, 415-597-6705, commongroundclub.org

Noir City 13: To Death Do Us Part
Daily, Jan. 16-25
Castro Theatre (429 Castro St.)
From world premiers of the 35mm restored 1950 Film Woman on the Run to the closing night double feature of Secrètes and The Honeymoon Killers, view a killer lineup of noir classics. $12 (double feature), noircity.com

19th Berlin & Beyond Film Festival
Daily, Jan. 26-Feb. 1
Castro Theatre (429 Castro St.)
The best German-language films from around the world will once again light up the Castro. Contact for prices, gosheva.de, castrotheatre.com

SCIENCE & ENVIRONMENT

Biotech Showcase 2015
Mon-Wed, Jan. 12-14
Parc 55 Wyland San Francisco (Union Square)
Investors and partners in the Bay Area’s booming biotech industries meet to set the stage for the coming year. $1,500-$1,750, ebdgroup.com

Propagation and Transplanting at Sudro Nursery
Wednesday, Jan. 14, 9:30 a.m.-12:30 p.m.
Start your clothes dirty and help tend the plant life — tools and instructions provided. Free admission and parking, 415-665-1077, sudrostate.com

Dr. Rajendra Pachauri
Wednesday, Jan. 14, 16 & 26
Fairmont Hotel (Gold Room)
The chair of the Nobel Peace Prize-winning Intergovernmental Panel on Climate Change talks about climate skeptics, politics, and the state of the planet. $10-$35, 415-397-6705, commonwealthclub.org

CHILD’S PLAY

Otto Seibold and Mr. Lunch
Thu-Tue through March 8, 11 a.m.–5 p.m. (Thursdays until 8 p.m.)
The Contemporary Jewish Museum (736 Mission St.)
East Bay native Otto Seibold is one of America’s most beloved and influential authors of children’s books. Mr. Lunch books (written with Vivian Walsh) are the first children’s books designed using computer software. Along with original artwork, the exhibition will include interactive areas for children designed by Seibold with new content relating to Mr. Lunch. $5-$12, 415-655-7800, cjmu.org

Hot Chocolate 15k/5k
Sunday, Jan. 11, 7:30am
Golden Gate Park
The 2nd annual Hot Chocolate Run includes both a 15k and a 5k run. Once you complete the run, you can enjoy yummy, delicious hot chocolate and cocoa for $9-$24, hotchocolate15k.com

Very First Concert: Bang on a Pan
Saturday, Jan. 17, 2 p.m.-4:45 p.m. & 5:30 p.m.
Calvary Presbyterian Church
These delightful mini concerts feature children designed by Elena Gaburova who will help you flow your way into the new year. Choose from all-day yoga intensives, live marketplace, and more! $35-$50, 800-561-3999, jaywents.com

JUST FOR FUN

25th Anniversary of the Sea Lions’ Arrival
Daily, Jan. 16–20, 10 a.m.–5 p.m.
Pier 39
Watch these playful pinnipeds as they lounge by the light of candles and stars. Encouraging words are interspersed with periods of silence in a secular approach to an old tradition. 415-597-4400, sfpl.org

Yoga Journal Live
Thu-Mon, Jan. 15–19
Hyatt Regency (5 Embarcadero Ctr.)
If yoga’s your thing, this is the place to be with over 50 master yoga teachers and presenters who will help you flow your way into the new year. Choose from all-day yoga intensives, live marketplace, and more! $35-$300, 800-561-3999, jaywents.com

San Francisco Restaurant Week
Daily, Jan. 21-30
Various S.F. restaurants
Visit the gardens and surrounding museums for a full day of remembrance and activities. Program and dancing. Free, 415-691-6212, sfmlkfoundation.org

Magnificent Magnolia Tour
Saturday, Jan. 24, 10-3:30 a.m.
S.F. Botanical Garden
Join the most popular morning trek, which fills up fast, so reserve early. 415-556-1693, 415-561-4323, parksconservancy.org

Children’s Reading Festival
Saturday, Jan. 24, 1–5 p.m. & 6–9 p.m.
Festival Pavilion, Fort Mason Center
This festival features dozens of international and domestic beer and the city’s best food trucks (food sold separately). $40, bayareabrewfestival.com

MLK Day March and Festival
Monday, Jan. 19, 10 a.m.–6 p.m.
Golden Gate Park
Very First Concert: Bang on a Pan
Saturday, Jan. 17, 2 p.m.-4:45 p.m. & 5:30 p.m.
Calvary Presbyterian Church
These delightful mini concerts feature children designed by Elena Gaburova who will help you flow your way into the new year. Choose from all-day yoga intensives, live marketplace, and more! $35-$50, 800-561-3999, jaywents.com

Meditation
Wednesdays thru January, 12-12:30 p.m.
Gay & Lesbian Cntr., 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. 415-597-4400, sfpl.org

Brain Fitness
Monday, Jan. 12 & 26, 1-3:30 p.m.
Latino-Hispanic Mtg. Rm., 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, sfpl.org

San Francisco Restaurant Week
Daily, Jan. 21-30
Various S.F. restaurants
Visit the gardens and surrounding museums for a full day of remembrance and activities. Program and dancing. Free, 415-691-3367, sfmlkfoundation.org

Candlegirl Tour
Friday, Jan. 15, 6:30-8 p.m.
Fort Point
See Fort Point by the light of candles and stars on this popular evening tour, which fills up fast, so reserve early. Free, 415-556-1693, 415-561-4323, parksconservancy.org

E-mail calendar@marinetimes.com

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**ART**

**Seduction: Japan’s Floating World & The Printer’s Eye: Ukiyo-e from the Grabhorn Collection**

**High Style: The Brooklyn Museum Costume Collection**

**Jewel City: Art from the Panama-Pacific International Exposition**

**CLASSICAL MUSIC**

**S.F. Opera: The Trojans**

**S.F. Symphony, Beethoven Festival**

**JAZZ**

**New Frequencies Fest: Jazz@YBCA**

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**City and County of San Francisco December 2014 Monthly**

**Stay Connected To the City through SF311**

The SF311 Customer Service Center is the single stop for residents to get information on government services and report problems to the City and County of San Francisco. And now, we have even more ways for you to stay connected to the City with our SF311 App and SF311 Explorer website.

The SF311 App lets you get information on City services and submit service requests on-the-go right from your smartphone. You can track your service requests through the app or through our new website, SF311 Explorer.

SF311 Explorer not only lets you check the status of your own requests, it enables you to explore311.sfgov.org today!

Download the SF311 App from your smartphone's app store and visit the SF311 Explorer at sf311.sfgov.org today!

**Department of Elections**

Coming in 2015: San Francisco Election Materials in Four Languages. Choose to vote in English, Chinese, Spanish, or Filipino!

Beginning with the November 3, 2015, Municipal Election, San Francisco ballots, the Voter Information Pamphlet, and other election materials will be available in Filipino, in addition to English, Chinese, and Spanish. The City has recently certified Filipino (Tagalog) as the third language required under the San Francisco Language Access Ordinance, in addition to Chinese and Spanish. If you are a San Francisco voter and want election materials in a language in addition to English, please update your language preference at sfvotes.org/language.

**Healthy Foods and WIC Nutrition Services at No Cost To You**

Eating well during pregnancy is important. The Woman, Infant, and Children (WIC) Nutrition Program can help. WIC serves pregnant women, new mothers, infants and young children under five years old who meet 85% or below of the federal poverty income level. WIC benefits include nutrition and breastfeeding education and support, checks to buy healthy foods (such as fresh fruits and vegetables) and referrals to low cost or free health care and other community services.

Enrolling in WIC early in your pregnancy will give your baby a healthy start. Also, WIC staff can show you how you and your family can eat healthier meals and snacks. Migrants are welcome to apply as well.

San Francisco WIC has six offices throughout the City. For more information, call (415) 576-5788.

This institution is an equal opportunity provider.

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**John Zipperer: Tim Draper’s Six Californias plan failed to qualify for the ballot. What happened?**

**Larry Gerston: He spent about $5 million. Put aside the merit [of the proposition] for a second. There is no reason where you’re spending that kind of money that you don’t qualify for the ballot. Somebody walked away with a big smile, a big bag of money, and Tim Draper is looking kind of silly.**

**Josh Richman: I hope he gets much better advice next time. I covered one of his press conferences. I couldn’t ‘ldecide if this is on the level or if this is some intricately planned and very expensive satire on the ballot measure process. It became clear that he is serious.**
CONTEMPORARY MUSIC

RINGO STARR AND HIS ALL STARR BAND

Friday, March 13, 8 p.m.
The Masonic

The former Beatle performs with Toto’s Steve Lukather, Mr. Miter’s Richard Page, original Santana singer Gregg Rolie, instrumentalist-songwriter Todd Rundgren, drummer Gregg Bissonette, and vocalist saxophonist Rusty Warren Ham.

Limited Seating. Reservations recommended

FLEETWOOD MAC: on with The Show

Tuesday, April 7, 8 p.m.
Oracle Arena

Christine McVie has rejoined the band on their world tour, making it the first time in nearly 20 years the band has toured together. $49.40-$449.90, ticketmaster.com

THEATER

ACT: A Little Night Music

Tue-Sun, May 20–June 14
405 Geary St.
Stephen Sondheim’s most rapturous and seductive musical tells a tale of lost love and scandalous infidelity in 1900s Sweden. $20–$120, act.sf.org. 415-749-2228

Phantom of the Opera

Aug. 9–Oct. 4
SHN Orpheum Theatre (1192 Market St.)
Following an acclaimed sold-out U.K. tour, critics say the new production is “bigger and better than ever before.” pricing $780, 888-746-1899, shn.com

“IT’S HER FIRST DAY OF COLLEGE…”

I’d be in tears right now, but I know how much it would embarrass her.

Twenty years ago, I got MY degree at City College of San Francisco. The skills I learned gave me the opportunity to make a better life for myself and my family. Today, she’s taking the first step toward her degree in architecture, and I know all of my hard work was worth it.

“I’m so proud of my daughter. And with City College, I know her future is unlimited.”

Standing Strong. Moving Forward.

JUST HEAD OVER TO CCSF.EDU TO GET STARTED AT CITY COLLEGE THIS SEMESTER.

TEN-YEAR ANNIVERSARY GALA!

Four virtuosic singers raise their voices to mark Concerts at the Presidio’s tenth year of bringing music to the historic Golden Gate Club. In a fitting and festive tribute to the one hundred performances launched from its stage, lyric sopranos Jennie Litster and Erin McOmber, tenor Thomas Glenn and baritone Eugene Brancoveanu present a potpourri of favorites from both the opera house and the Broadway stage: Tosca, Porgy and Bess, La bohème, South Pacific, Rigoletto, Candide, Man of La Mancha, Le Nozze di Figaro and more. James Welch accompanies. Come celebrate with us!

7:30 p.m. Wednesday and Thursday, January 14 and 15, 2015 at the historic Golden Gate Club

135 Fisher Loop, Presidio of San Francisco (415) 558-5000 Limited seating. Reservations recommended

Jennie Litster
Thomas Glenn
Erin McOmber

Eugene Brancoveanu

CONCERTS AT THE PRESIDIO

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www.marinetimes.com | the marin times
At Home

Relieve Pain and Unlock your Body’s Potential with Massage

Most common muscular pains, i.e. that kink in your neck or tightness in your back, are muscles locked in a spasm. Through expert touch, massage therapy re-educates your muscles and joints and guides them back to optimal levels of flexibility and performance.

For athletes, massage is a key component for optimal performance. While training hard is essential, massage increases recovery time, stamina and strength by providing your muscles with increased circulation to rebuild faster. Massage also helps athletes avoid injuries from overuse and heal from the ones they have more rapidly.

Oxygen Massage Therapy has been unleashing the potential locked in our clients’ bodies for over 8 years. All of our massage therapists are extensively trained and have years of experience to help you reach and exceed your goals for wellness and athletic performance.

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Book an appointment today:
www.oxygenmassagetherapy.com
(415) 738-7708
1905 Union St at Laguna.
By appointment only

Fitness First

Planking that’s good for you

Fitness trends for 2015: Bodyweight training tops the list

by julie mitchell

With the start of the new year, many of us have resolved to make fitness a priority. And whether we are longtime gym rats or just starting a new wellness regime, the array of workouts can be overwhelming. The American College of Sports Medicine (ACSM) has published its annual survey of more than 3,400 health and fitness professionals worldwide to guide us in the top fitness trends for 2015.

Bodyweight training is the next big trend according to the survey. Anyone can do it because it uses minimal or no equipment and focuses on basic exercises such as push-ups, lunges and squats, mountain climbers, and planks. According to New York-based trainer and fitness instructor Jason Tran, quoted on the Well+Good website, bodyweight training “is a full-body workout that can be done anywhere, using no equipment. It’s also very efficient — it’s highly effective in burning calories, increasing your metabolism, and building strength and endurance.” Tran’s 15-minute workout includes squats, mountain climbers, plank jacks (holding a plank position while you jump your feet apart and then back together like a jumping jack), lateral lunges, and burpees (formerly known as squat thrusters).

Bodyweight training can be done alone or with help from a personal trainer, and is often incorporated into group fitness classes.

High-intensity interval training (HIIT), last year’s most popular fitness trend, comes in second on the list. HIIT involves alternating short intense power exercises with short periods of recovery. Gym-goers have really taken to these workouts because they can be done in as little as 20-30 minutes and incorporate both aerobic intervals as well as strength training. HIIT workouts often use many of the same moves as bodyweight workouts but include weights or other equipment. One form of a HIIT workout can include Tabata training where you complete a 20-second burst of intense activity like a sprint on a stationary bike, followed by a plank or squat, followed by a 10-second rest with the goal of completing eight rounds.

Circuit training, which is similar to high-intensity interval training but done at a lower intensity, has moved up in popularity. This type of workout consists of completing a set of 6 to 10 exercises one after the other in a predetermined sequence. Each exercise is performed for a specific number of repetitions or for a set length of time before taking a quick break and moving on to the next one.

Strength training, whether with machines or free weights, is still very much a part of the fitness landscape. Most fitness experts recommend including strength training as part of a fitness program for all physical activity levels, ages, and genders (unless you are injured). The other key components of a balanced workout are aerobic and flexibility training.

The ACSM survey also found that more fitness buffs are turning to educated, experienced personal trainers for customized workouts. Group personal training, where personal trainers train two or three people at once rather than one-on-one training, is another trend for 2015, which makes economic sense both for the trainer and his or her clients.

Yoga, ever popular, is still on the list, including power yoga, Bikram, Kripalu, Kundalini, Hatha, and others, all of which focus on a specific set of postures or poses designed to stretch and strengthen the body. Some forms of yoga also place a strong emphasis on proper alignment, breathing and meditation.

Fitness programs for older adults are growing in number as Baby Boomers age, and functional fitness, or strength training designed to improve balance and the ease of daily living — such as lifting free weights from the floor with bent knees as you might lift a heavy grocery bag or grandchild — is tied into this trend. While core training, or moves that strengthen and condition abdominal and back muscles, has moved down on the list, most trainers believe that a strong core is critical to any workout or physical activity that requires strength, agility, and speed, including running and HIIT workouts. Exercising the core includes working the hips, lower back and abs, such as crunches, planks, and using weights, and helps to improve the overall stability of the trunk. Core training often uses equipment such as exercise balls, BOSU balls, and wobble boards.

If you’re not a gymgoer, outdoor activities rank high, including everything from hiking and running to kayaking and boot camp classes.

And, in addition to boutique studios that specialize in one specific type of workout such as ballet barre training or indoor cycling (spinning), a new trend not mentioned in the survey but gaining traction is treadmill training or indoor running. High-intensity treadmill studios devoted to runners are opening across the country, and clubs like Equinox on Union Street offer classes such as Precision Running.

So no matter what your age, interest, or fitness level, make 2015 the year to try a new workout.
Family resolutions for the new year

by Liz Farrell

A good friend said recently, “the days are long but the years are short.” I couldn’t agree more, because this is exactly how I feel looking back over 2014. It was an exciting but crazy year for our family, and I can’t wait to see what 2015 brings our way. Looking ahead and setting some resolutions as a family can be a great way to ring in the new year. It can be a time to set goals or talk about bad habits you want to change. As with any goal or resolution, the key is to start small and make sure it is realistic and achievable. Here are a few things you may want to try for 2015:

Stay active: This can be a great family goal and is possible for children of all ages. The key to success here is to make it a priority and make it fun. It can be as simple as playing catch at the park or planning a family bike ride. Hiking is also a great way to stay active. As a family, you can scout out hikes together and make a checklist that will help keep you all accountable. Our family decided this year to do a family fun run and work up to a certain mileage. The goal especially for older children can be improving their time or increasing their distance. It is also important to let your children see that exercise is a priority for you. They are much more likely to want to stay fit and active if they see you doing the same.

Less screen time: This is definitely easier said than done but something I am really going to work on in 2015. It seems like some days I am constantly babysitter when we are out to dinner or need to get something done around the house. Obviously sometimes it is unavoidable, but we also need to encourage our children to draw, read, or create with blocks or Legos. So much of our lives are technology based that going back to the basics of building blocks or paper and crayons can be beneficial.

Families everywhere can celebrate the new year and make resolutions to benefit the family. Families who can celebrate the new year and make resolutions to benefit the family. Families who can celebrate the new year and make resolutions to benefit the family. More family time: It is very easy to get caught up in the hustle and bustle of life. In our house, we have to do a lot of dividing and conquering to make it all happen — the sports practices, birthday parties, and errands. Just as we schedule and put all those things on the calendar, we are also planning to schedule family time. This could be an afternoon hike, a family game night, or even playing the question game in the car. It also could be as easy as scheduling a regular family meal. For us, weeknight meals are difficult, so we plan a Saturday morning pancake breakfast. It is something we all look forward to and has become a fun family tradition.

I am constantly prying a phone, iPad, or some sort of screen out of their hands. prying a phone, iPad, or some sort of screen out of everyone’s hands — even my two-year-old’s, I have to admit. So my plan has two parts. The first is to set specific rules on time limits and stick to them. The second part is to lead by example — sometimes we parents have to be reminded to put down our devices as well. We can be an example that every second of down time does not need to be filled up using a screen. It is so easy to use these devices as a

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Caring for Our Kids | Promises to keep

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Getting organized is a common New Year’s resolution. The less space you have, the more creative you need to be, but the more organized your living area, the more spacious it will feel — and having an organized space helps to create an organized, less stressful life.

The lack of sufficient closet and cabinet space is often a problem in apartments and older buildings, so creating storage solutions is a challenge familiar to many San Franciscans.

DO YOU NEED IT?
If you have trouble letting go of stuff, think of it as “passing it on.” You may have friends who would love to take these items off your hands. Or donate them to charity. If you need the money and have time, sort out items of particular value and take to a consignment shop. Do the sorting when you are in a discriminating mood. If you don’t have the time or room to sort stuff out, get rid of “pass it on” items as soon as you identify them. The advantage of this is getting these items out of your sight before you change your mind.

IS IT WHERE YOU NEED IT TO BE?
Think systems, big picture. Consider how you use and move through your living space. Do you have things in the most convenient places now? If not, where would you like them to be? Even if there isn’t a storage system in that spot now, you might be able to create one.

IS IT CONVENIENT TO GET TO?
Don’t organize piecemeal. If it’s a closet you need to organize, start by pulling everything out. Sort, purge, and then take a long look at what you are left with, and assess the space. The idea is to retrofit the existing storage space to make it easy to access your possessions. There are a range of organizing and storage products, including flexible shelving systems, storage totes, baskets, clear boxes and drawers, hooks, and much more. If you are so inclined, you can custom build your own shelving, and hang rods, hooks, nets, baskets, and so forth, right where you need them.

REDUCE CLUTTER
Every home has at least one place where clutter accumulates — items you set down when you come into the room — keys, mail, coat, umbrella, backpack, and whatever else you’ve carried through the door. And then there are the miscellaneous things, which may end up in a miscellaneous drawer — if you are lucky. Design an organizing system for these things, where they naturally accumulate. A well-placed coat rack, shelf, hanging basket, key hook, or bulletin board can make all the difference in locating items when you next need them.
Rain, rain go away, come again another day...

by carole isaacs

AFTER THREE YEARS of little rain, the sky opened in December and the rain came down in what sounded like buckets complete with thunder and lightning.

At 8 a.m. I sat down at my computer to find an e-mail from a remarkably calm new home owner. He had been up at 5 a.m. to get ready for an early morning flight at SFO, stepped into his bedroom closet, and found it flooded.

Failed? The sump pump had failed. My buyer asked my advice on whom he should call to fix the sump pump. I e-mailed back saying that I would get to work on it as soon as possible.

My first call was to my reliable handyman. It was barely 8 a.m. and, though he immediately answered my call, he told me he was already busy and on the way out to the door to fix a roof in Hayward. There was no way he could help today—or even tomorrow. The next call was to a plumber who had solved unpleasant problems for me in the past. The plumber immediately answered and said he already had 10 emergencies lined up for the day and couldn’t help. It was barely 8 a.m. I pleaded “Just tell me your next opening.” He said he couldn’t help until after 5 p.m., which sounded fine to me. I made an appointment for my client to return later that day.

Once the immediate problem was under control, I remembered that I would need more protection. A plumber I had forgotten that the buyer had a one-year home insurance policy. With a new and failed sump pump, I mailed my client to remind him of his home insurance and to tell him to call the insurance companies. Insurance companies have specific rules about reporting trouble and handling repairs. If their rules are not followed, they will not pay for the claim or will pay at a greatly reduced rate.

It turned out that the insurance company had a list of contractors who must be used. Within a short time an appointment was set up for the next morning. The cost was not excessive, and my clients decided to go with their insurance company’s contractor even though they had to wait two weeks for the repair. The挺 useful if this story ended happily here, but it didn’t. The plumber sent by the insurance company advised the seller that his policy only covered sump pumps within the foundation of the home. The problem was worse. We needed an additional sump pump that was installed outside. By now every plumber in the Bay Area was busy, and it was another day and a half later before the first plumber could return to fix the problem. Repairing the sump pump permanently turned out to be bigger than could be handled that day. A plumber I would have to return to finish the job the following week to tune up the whole system. I e-mailed to tell him that the plumber’s help and a few trips to a home builders supply store, the sump pump was working.

To finish up on the sump pump disaster, my client e-mailed to say he had hardwood floor damage and was going to contact his home insurance hoping he could recoup some of the expense in repairing the floor. This sounds like a logical response. However, I cautioned him before he made a claim to ask the insurance company what admittedly sounds like a ridiculous question: Will the company refuse to renew his policy if he makes a claim or greatly increase the yearly premium? Unfortunately this does happen.

With the immediate problem of who would fix the plumbing solved, I thought of the mess that must be in the bedroom closet. Though I knew there are companies that do construction following a disaster cleanup, I did not have any in my personal database. Sending out an e-mail to all McGuire real estate agents netted me two recommendations within five minutes. Plus a phone call from a company that had been referred to me by a McGuire agent. The representative of the cleanup company who was calling to offer his service was both joyful and tired at 9 a.m. He told me his spouse began ringing at 1 a.m. and he and his crew had been out since early morning fixing various problems caused by the torrential rain.

The December rain was a reminder that we are very lucky to live in a mild climate, but even in San Francisco “nature happens!” Only recently I was commenting that it has been so long since we have had a rainy winter I had forgotten that the buyer had an appointment with a plumber I had called to offer his service was another day and a half later before the first plumber could return to fix the problem.

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There are four lessons to learn from this sump pump failure:

One: Read the fine print on both short- and long-term home insurance.

Two: Question your home insurance carrier closely before making a claim. Being reimbursed a small loss may result in a greater loss if the premium is raised, or your insurance is canceled and you have to find a new carrier who will ask if you ever had a home insurance claim in the past.

Three: Keep a list handy of tradespeople who can help with household emergencies. A plumber, an electrician, and a reliable handyman on whom you can call in an emergency will go a long way toward helping you calmly solve household problems. Even an unfortunate event such as a sump pump failure will be so much easier to deal with when you have a reliable group of people to call for help to fix the problem.

Four: Expect to make more than one trip to the hardware store to complete even the smallest job around the house.

I always tell my new homeowners to call me for advice when something unexpected happens in their homes. If you have a painful pang, if you don’t know what to do, call the agent who sold you your home. Full service real estate agents make a living by having long-term relationships with their clients and will be happy for the opportunity to help.

Carole Isaacs is a Realtor with McGuire Real Estate, where she is a Top Producer. Follow her on Twitter @CaroleIsaacs or visit her online at caroleisaacs.com or call (415) 608-1267.

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### REAL ESTATE Roundup

**by John Zipperer**

A lot of news and data on the real estate site Zumper brings two tidbits. First, there is a website called Zumper. Second, San Francisco apartments and single-family home rent prices decreased by 13.5 percent in 2014. However, it wasn’t all upward. “Some of the most in-demand neighborhoods actually saw modest price drops this year,” reports Zumper. “For example Nob Hill (-6.3 percent), Russian Hill (-4.3 percent), the Marina (-1.4 percent) and Pacific Heights (-6.0 percent).” Huge price jumps elsewhere (topped by a giant 29.2 percent leap in Noe Valley rents) drove the city’s overall increase to this 13.5 percent.

**HAUSING AFFORDABILITY IN SAN FRANCISCO**

If you’re still mystified by all of the numbers and claims (and accusations) thrown about in discussions about the affordability crisis in San Francisco housing, we’ve got some help for you. The San Francisco Planning Department has created an easy-to-follow video that explains the reasons for the housing market pressures, and the reasons things appear to change dramatically in the near future. You can watch the video at youtube.com/watch?v=5kXkkFl7YW4.

### QUOTE UNQUOTE

“It applies what they bring primarily is money.”

— Joel Keller, BART board president, discussing the Chinese company chosen to develop on a BART station property, quoted in San Francisco Business Times

Real estate news tips? E-mail: john@marinatimes.com

## Property Extra | How to prepare

**Six steps to success**

If you’re thinking of moving into the real property market in 2015, here’s some help by Carol Issacs

**Buy a House**: Takes time and many decisions.

When you are thinking about buying a home, it is important to commit a certain amount of time to make the many large and small decisions necessary. You need to figure out where that time will come from. Just to begin the fabled first step of buying a home—loan preapproval—takes time, and decisions must be made that are not to be considered lightly. Even the most organized CPA will have to answer questions never dreamed of when filling out a loan application. I don’t know if I would go so far as saying all agents tell new buyers the first step in buying a home is getting preapproved for a mortgage, or driving on the street, and it has certainly been an important reality check. These professionals have long-term relationships with their clients, and the reasons things aren’t going as advertised are often due to the fact that their clients are not being pre-approved for loans. In order to get a professional’s opinion, you need 30 minutes or more per day. You need to figure out where that time will come from. Even the most organized CPA will have to answer questions never dreamed of when filling out a loan application. If you don’t focus on making decisions, you will never be ready to begin.

1. **The first step is to commit a certain amount of time to consider the various tasks and choices involved in the purchase of a home.** Until you are actually making offers, 30 minutes or even twice a week may be enough time to set aside to make decisions about your home purchase. Once you have made an offer, you may need 30 minutes or more per day.

2. **As you consider the tasks and choices, make a list of all the things you will need to do to buy a home.** This is a time for free association. You will need 30 minutes or more per day. You need to figure out where that time will come from. This is the most difficult part of my plan for success. It is fun to think about kitchens, baths, and garden choices. It is not your family or friends who will save you time. Remember these professionals are your allies. Their knowledge and livelihood depend on your success and satisfaction with their service. They are not your family or friends with ideas about how much you should spend or where you should look.

3. **Explore the neighborhood of your choice.** You may find, if you are thinking of moving to the next step. If your answer is no, repeat this question. If your answer is yes, then you are ready to move to the next step. If your answer is no, repeat step five until you are ready to move to the next step. If your answer is yes, then you are ready to move to the next step.

4. **Arm your friends with ideas about how much you should spend or where you should live.** You will need 30 minutes or more per day. You need to figure out where that time will come from. This is the most difficult part of my plan for success. It is fun to think about kitchens, baths, and garden choices. It is not your family or friends who will save you time. Remember these professionals are your allies. Their knowledge and livelihood depend on your success and satisfaction with their service. They are not your family or friends with ideas about how much you should spend or where you should live.

5. **The second big question is: Can you afford the neighborhood of your choice, and do you feel at home in the Mission or Noe Valley, where walking along the shore with your dog and family is the thing you love most about life in the Mission or Noe Valley?**

6. **If your answer is yes, then you are ready to move to the next step.** You will need 30 minutes or more per day. You need to figure out where that time will come from. This is the most difficult part of my plan for success. It is fun to think about kitchens, baths, and garden choices. It is not your family or friends who will save you time. Remember these professionals are your allies. Their knowledge and livelihood depend on your success and satisfaction with their service. They are not your family or friends with ideas about how much you should spend or where you should live. You may have friends who rave about life in the Mission or Noe Valley, but deep inside you find that you are a person who would love to live near Golden Gate Park, South of Market, or even near Ocean Beach. You will need 30 minutes or more per day. You need to figure out where that time will come from. This is the most difficult part of my plan for success. It is fun to think about kitchens, baths, and garden choices. It is not your family or friends who will save you time. Remember these professionals are your allies. Their knowledge and livelihood depend on your success and satisfaction with their service. They are not your family or friends with ideas about how much you should spend or where you should live.
Highly competitive and famously complex, the San Francisco real estate market can be both challenging and rewarding. Zephyr turns savvy, informed Bay Area urbanites into successful homeowners, investors and sellers. ZephyrSF.com
by susan dyer reynolds

Part 2 of a 3-part series

The following Thanksgiving, Jazzy seemed almost embarrassed to bring yet another soggy letter. "Again?" Kickie said, shaking her head. "These people are Mr. and Mrs. Fix-It! And why does this always happen during the holidays?" When I opened the letter it read, "Stairs in light well need replacing. We have a guy we use." I was furious, but I didn't want to ruin the holiday, so I made myself a stiff martini and stuck the letter in a drawer.

Three days later, Mr. Fix-It knocked on my door. "The stair guy is here," he said. "Do you want to come down and see what he has to say?" I nodded and followed him to the light well. "These need to be completely replaced," the guy said. "You're looking at ten grand..." I felt my blood boil. "We need to get other estimates," I said. "Besides, these stairs lead up to your kitchen," I told the Fix-Its. "They only benefit you, so I don't see why I have to pay half." Mr. and Mrs. Fix-It were stunned that I was standing up for myself. "These are common," Mr. Fix-It said condescendingly. "Is this guy even licensed?" I asked. Mr. and Mrs. Fix-It looked down. I took that to mean "no."

The next day I brought a contractor friend over to look at the stairs. "These are fine," he said. "Maybe a few boards could be replaced, maybe some paint..." I sent his comments to the Fix-Its in an e-mail. Several days later, I was in the kitchen when I heard hammering. I looked through the window to see the Fix-Its' 24-year-old daughter's ex-boyfriend hanging precariously from the railing. I pushed the window up. "What are you doing?" I asked. "I'm fixing the stairs," he said. "Are you a licensed contractor?" I asked. "No," he responded, wrapping one leg around the banister to steady himself. "But I've done a little construction work..." I watched as he tried in vain to pull one of the boards up with his scrawny arms and an old hammer. "Are you insured?" I asked. He looked down. I took that to mean "no."

I sent a text to the Fix-Its: "Why is this guy working unlicensed and uninsured where he can kill himself? Not only did you not inform me about this, you didn't get my approval. Don't you dare put a bill through my mail slot." The Fix-Its never responded, and the ex-boyfriend worked in the light well for a month, taking long breaks to talk to friends on his cell phone about his ex-girlfriend, Miss Fix-It. "I want her back," he said one day. "That's why I'm doing this job for her crazy-ass parents." A week later, the Fix-Its pushed a letter through my mail slot. "Here's your half for the stairs," it read.

Kickie and Jazzy were snuggled up in the garden room watching the 1938 version of A Christmas Carol when I stomped down the stairs. "Your dad didn't like the Alastair Sim version," Kickie said. "This was his favorite." I stopped briefly to hear Reginald Owen as Scrooge say, "Bah! Humbug!," which suited my mood perfectly, and then I held up the letter. "Now what?" Kickie asked. "They think I'm going to pay that kid for 'fixing' their stairs," I explained as I crumpled up the letter and threw it in the trashcan. Kickie shook her head, and Jazzy took a deep sigh as if she, too, were dismayed. I sat down at the end of the bed, stroking Jazzy's velvety ears. "I don't know how much more of this I can take Kickie, seriously."

"Well, hopefully all the work is done and they won't ruin another Christmas," she said. "I wouldn't go all Tiny Tim yet," I warned Kickie. "This is like the Fix-It Mystery House. The work never stops.

I had a bad feeling that the Ghost of Christmas Future would soon pay me a visit and take me to a hardware store..."
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Good dogs land in shelters for many reasons. Grateful Dogs Rescue pulls dogs from the San Francisco and other local municipal shelters and we work hard to match the right dog with the right humans. **Help us save dogs by becoming a GDR foster parent, either short-term or long-term. Apply today!**

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Here are some of the wonderful dogs waiting for their forever homes. To see more of our adoptable dogs, please visit our website: gratefuldogsrescue.org.

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### BODIE

Bodie looks like a spaniel-corgi mix, long of body and short of legs, approximately 15 pounds and about 2 years old. Due to no fault of his own, Bodie was surrendered by his owner. During his time at the shelter, he became “shut down” and shy. Once Bodie arrived in his foster home, his happy, exuberant personality came through. He loves other dogs, seems receptive to children in the street, but has not been cat-tested. He sleeps in his crate at night, and is active during the day. He likes exercise, walks well on a leash and loves to play with his toys. Celebrate the New Year with fun-loving Bodie.

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### TIKA

Tika, a 1-year-old, 6.5-pound Chihuahua/terrier mix, is sweet and loving. She is playful and quite silly. She is great with dogs of all sizes and would love a home with another dog that she can play and cuddle with. Tika walks well on leash, and likes dog savvy children. She is house trained and knows how to use a doggy door. She is not a “barky” dog. Be prepared for a dynamo that will keep you laughing, give you lots of kisses and cuddles, and bring loads of love to your life in the New Year.

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### DECLAN

Declan is 11 weeks old and about 20 pounds, which puts him on track to be a 60-pound plus dog. He is believed to be a “boxador” (a boxer/black Labrador retriever mix). He is sweet and playful and loves playing with other dogs. He offers kisses to people he meets. He will need a home where he gets plenty of exercise — a yard and another dog to play with would be ideal. He is a young, smart guy that will need to attend training classes. If you love boxers or Labs, this fantastic mix of both breeds might make Declan the perfect new running buddy to keep you motivated for those New Year’s resolution jaunts along the Marina Green.

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### FRANCIS

Francis is a sweet, cuddly Bichon mix around 5 years old and weighing about 12 pounds. He gets along well with the other dogs at his foster home as well as at the dog park. He has excellent leash manners, and sticks close to his foster mom. Francis was diagnosed with juvenile cataracts and examined by a specialist. Unfortunately he has detached retinas in both eyes and therefore isn’t a candidate for cataract surgery. Although he is almost blind, he adjusts easily to new surroundings and very quickly learns his way around. His forever guardian should have some experience or be willing to learn simple tricks for living with a blind dog. Anyone who has adopted a special needs pet can tell you how rewarding it is, so please consider making Francis part of your family this New Year!

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### EMMA

Emma is a 1-year-old terrier mix with a playful and bouncy personality. Emma came from a hoarding situation so she is used to living and playing with other pups. She is not house-trained but is working hard to learn. She is a bit shy but oh so sweet. Emma is adjusting very well to her new foster home, where she is getting lots of love and making lots of friends! Celebrate Emma’s new beginning by bringing her home for the New Year.

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Check the Grateful Dogs Rescue website for our 2015 upcoming Adoption Events Calendar.

FOR MORE INFORMATION ON THESE AND OTHER DOGS:

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The story began with three animal lovers who thought the Marina needed a place where you could always find everything you want for your pets. They opened Wolf & Lion because they believe that inside every dog is a wolf and every cat is a lion. When you come in, Spyq, Barry, or John (and the store cat Sasha) will be there to welcome you.

Your pet’s favorites are always here. Or we will order them for you. We have one of the largest selections of premium dog and cat kibble, canned and alternative/raw foods in San Francisco. You’ll also find toys, grooming supplies and a selection of cat furniture that should be in Architectural Digest! We’ll surprise you with something new every time you visit us.

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It’s hard to miss our big orange building near Lombard and Divisadero. We’ll be announcing many special neighborhood events for animals, their people and caretakers in the New Year.

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