

**Writing As Healing**  
**Dr. Abby Caplan**  
**leads classes at**  
**West Portal Books**  
—p 12



**Business Corner**  
**We visit**  
**Just Because Card**  
**and Gift Shoppe**  
— p. 9

**West of Twin Peaks**  
**Central Council**  
**Meeting on the 24<sup>th</sup>**  
**heard plenty of**  
**controversial local**  
**issues— p5**



**Hank Basayne**  
**... is back!**  
— p. 13

**Jack Kaye**  
**talks about the**  
**English Language**  
— p5



**More INSIDE**

Around the Town.....	2
Listening In At City Hall .....	2
Nlckel a Drink? .....	2
Street Sweeping.....	2
Clint Reilly-There Are No Answers .....	3
Phyllis Sherman - Phyllis' Findings .....	3
Toys for Tots .....	3
Discipline Dos and Don'ts.....	4
Calendar .....	6
Medicare Part D .....	7
Now at the Movies.....	10
Carol Kocivar -Another List.....	11
REcognizing Dementia .....	11
Sharon Caron - Fight the Holiday Bulge .....	12
Dr. Annette Lust - Theater.....	14
Police Blotter .....	15
Where to find the Observer.....	15

**City's PUC Falling Behind on Water Fix-up?**

*By Brian Browne*

The San Francisco Public Utilities Commission (SFPUC) creeps along with the Hetch Hetchy (HH) system fix-up. HH is a complex gravity system including dams, hydro-power plants, siphons, pumps, tunnels and pipelines that stretches from the High Sierras to the Bay. It provides water for approximately 2.4 million local and regional water customers with undoubtedly some of the most pristine water available in the USA. HH is also probably the only federally mandated municipal power provider in the US.

The 1913 Raker Act granted San Francisco the right to build dams and extract water from the Tuolumne River and provide water and power to municipalities and municipal customers. The system receives approximately 15 to 20 percent of its water from the Tuolumne River. Under Raker the SFPUC has junior riparian water rights. The senior rights are vested in the Turlock and Modesto irrigation districts. The SFPUC may only extract water after the flows of the Tuolumne River meet certain criteria at different times of the year. Approximately sixty percent of all Tuolumne River water goes to the irrigation districts and SFPUC. The Hetch Hetchy system receives the residual amount of its deliverable water from sources west of the Oakdale intakes for the San Joaquin pipelines.

The system is over 7 decades old and for years it has been known that this marvel of engineering must be repaired and improved. Over the years, many plans were advanced but never became operational. In 2002 the SFPUC boldly announced



that they had a 76 project local and regional fix-up plan, known as the Capital Improvement Plan (CIP), and all that was needed was the funding authority and the SFPUC would implement and complete this plan by 2015.

**Blank Check** In 2002 San Francisco voters passed Proposition A granting the SFPUC the right to issue \$1.6 billion in revenue bonds. This was trumped by 2002 Proposition E (Ammiano) that removed the voters' the right to issue water and wastewater bonds and ceded it to the Board of Supervisors. SFPUC now had a blank check to implement their plan. The voters also passed Proposition P, which created the Revenue Bond Oversight Committee (RBOC) as a ratepayer advocate to monitor the expenditure of revenue bond funds.

**Who Controls the Water?** The 29 wholesale customers making up the Bay Area Water Users Association were clearly dubious. Their politicians passed three pieces of legislation AB2058 which morphed their entity into the Bay Area

*Cont. p. 7*

**Score card**

The local percent complete is shown as 48.1% complete, however local projects represent approximately only 10 percent of the entire fix-up. The larger regional fix up is 13.3% complete and the total bill for the full fix-up has reached approximately \$4.5 billion (and climbing). Why? It appears, based on extrapolation of current SFPUC costs and the blending in of the debt service for these billions in expenditures that conservatively rates will increase by a factor of 5 before this system is finally completed.

**RUMINATIONS OF A FORMER CITIZEN SUPERVISOR**

**A Little Perspective**

*by Quentin Kopp*

**A**S 2008 CLOSES, SOME HISTORICAL EVENTS DESERVE PERSPECTIVE. One of those involved the self-serving aggressive attempt by the City of Daly City and unidentified developers to grab the land of California Agricultural District 1-A, better known as the Cow Palace. Comprising approximately 70 acres and located in Daly City and, to a minimal extent in San Francisco, for almost three-quarters of a century the venerable Cow Palace has represented to San Franciscans an entertainment forum of first rank and high quality. Besides the annual Grand National Rodeo and Junior Rodeo for young and old farmers, the Cow Palace has hosted championship basketball, boxing, ice hockey and wrestling, garden, dog and automobile shows, fish and game exhibitions,

musical concerts and the annual Dickens Faire, which unfolds as the holiday season approaches.

Early in 2008, Daly City persuaded a state senator to introduce Senate bill 1527 to require the Cow Palace, which is managed by a nine member Board of Directors, appointed by the Governor, to sell its entire acreage to Daly City. After an outpouring of support by Cow Palace adherents, the bill was changed to require the sale of a 13-acre parcel to Daly City, the Cow Palace governing board having already for over a year attempted to negotiate with the Daly City Redevelopment Agency for the leasing of such premises on a 60-year basis. SB 1527 was subsequently changed further to require

*Cont. p. 4*





Listen Up

By Kimo Crossman



Imagine sitting at home — or in your office, or on the drive to work (or on the bus/BART) or in your favorite café or really anywhere with your ipod mp3 player (podcast) — and listening in on what are now essentially secret, backroom policy discussions and even decisions in the San Francisco mayor’s office just like Books on Tape. Imagine listening to a Department of Environment discussion about the need for more trees in the city which was not covered by the few full-time local City Hall reporters left. Or listening to discussions about the five/ten year capital planning for future bonds (like Prop A for the SF General Hospital seismic retrofit or the recent scandalous Library reauthorization) or reading a same day local political blog post about how the current bonds are being (mis)spent with accompanying audio recriminations by the Citizen’s Bond and Oversight Committee. Possibly, you’ve stumbled onto the local government access COMCAST channels SFGTV 26 or 78? If so, you’ve seen colorful discussions at the Taxi Commission or video shorts about candidates for upcoming elections.

Right now only about 30 of the 80+ regular City Hall meetings are televised and posted online for on-demand or download viewing. Some of the remaining 80+ meetings are at least audio tape recorded, and those recordings are available to the public by special request but must be paid for, often in advance. Earlier this Summer, in an effort to increase transparency, Supervisor Ross Mirkarimi introduced legislation to expand the recording mandate and require that hearings held in City Hall be recorded and be posted online within 72 hours. Currently only policy bodies must audio tape their meetings but this mandate increased the requirement to agency and departmental hearings and lesser known advisory bodies filled with citizens passive meetings like the Library CAC.

It was such an obvious and popular idea that the Board of Supervisors overwhelmingly supported it and overrode a Gavin Newsom veto, enacting the first enhancement to the Sunshine Initiative since it was passed by the voters. Newsom claimed that the enhanced transparency mandate would be too costly, but further research has shown that the city has all the equipment, contracts and staff in place to implement this transparency mandate today, and the measure will probably save money. Yet the bureaucrats at City Hall continue to resist further public scrutiny. Jack Chin, head of SFGTV following apparent mayoral prohibitions and Angela Calvillo, Clerk of the Board through Frank Darby Administrator of the Sunshine Task Force continue to raise spurious technical, budget or procedural reasons to prevent implementation of this simple improvement.

It is even more disappointing that the Sunshine Task Force has not been aggressive about implementing the new law. So far there has only been one agendized discussion on this failure, and that lasted a paltry 20 minutes. Since this recording and posting procedure is now required over any regular job duty for a civil servant at SFGTV, the meeting clerk staff or any other city employee must comply.

It is sad that Newsom, city staff and Dennis Herrera’s City Attorney’s are doing everything they can to prevent the ability of you and me to easily monitor the discussions and decisions which happen every day in City Hall. Giving citizens and reporters quick access to the goings-on at City Hall is a major step forward, we should demand that the foot-dragging cease.

*Kimo Crossman is a government watchdog, a member of the Sunshine Posse. He is available at kimo@webnetic.net*

Nickle a Drink? Get Real.

Too little—too late!

Schwarzenegger’s proposal to raise the alcohol tax a nickel a drink to help our flailing state budget displays a timidity that is out of character for a man who describes his detractors as “girly-men.” Whatever happened to the tough guy we elected? It’s a far cry from the current governor whose knees go all wobbly when it’s time to stand up to Big Alcohol.



Last year the Marin Institute, the alcohol industry watchdog, proposed a quarter a drink tax increase which they estimated would raise an additional \$3 billion to help lessen California’s budget woes, a substantial improvement over Schwarzenegger’s spineless proposal, which would fall far short of raising even a billion dollars.

The nickel a drink initiative was defeated at the ballot box back in 1990 because the liquor lobby spent \$30 million to defeat it. Oddly enough, the most effective opposition came from the California Teachers Association, an unlikely source; its TV spots, paid for by the liquor lobby, somehow convinced voters that raising tax revenues from drinkers would be bad for children.

Not convinced that children would become victims, the legislature imposed a very small increase on gallons sold as a stop-gap measure, but inflation has long since mitigated that headway.

The Marin Institute estimates that alcohol related costs to taxpayers is well beyond \$38 billion annually—for healthcare, criminal justice, and lost productivity.

While Schwarzenegger deserves some credit for recognizing that alcohol causes more than a few problems, and his proposal allocates the new funds specifically for alcohol-related programs, the alcohol industry should pay its fair share for the problems drinking causes.

We may have to listen respectfully as the liquor lobby whines about a tax increase, but it’s hard to imagine anyone losing any sleep over it. At worst, raising the tax a quarter a drink may make drinking a bit more expensive, but compared to the taxes we impose on smoking, it is inconsequential. Besides, if drinkers have one drink less, wouldn’t that be a good thing?

Still No Sunshine at the Ethics Department



Mechanical Sweeping Program Changes for City Streets

By Jonathan Farrell

The Dept. of Public Works is once again changing the frequency of its mechanical street sweeping services for San Francisco neighborhoods. DPW’s new street sweeping schedule went into effect for the Diamond Heights, West Portal and Lake Merced areas this past Sept. and October.



The change in the cleaning schedule has been set into four phases. The district and areas west of Twin Peaks are phase two. These changes that will be fully implemented citywide by December are a way to save money for the city.

DPW hopes that the schedule changes will allow DPW to provide the mechanical street-sweeping service more efficiently and effectively.

Post card announcements were sent out by mail to residents notifying them of the changes taking place. New signs have been placed to indicate the new “No Parking” times when mechanical sweepers pass through the neighborhood.

DPW bases these changes on several studies and reports that were conducted to ensure that taxpayer dollars were used wisely. Apparently, objective analysis as well as the City Controller’s Annual Report was the data consulted to make these adjustments to the schedule.

DPW sees the change in sweeping schedule as a way to improve its efforts and develop standards to keep streets clean. For more information about the schedule change in mechanical street sweeping in your area or to make comment about it visit: [www.sfgov.org/dpw](http://www.sfgov.org/dpw) or call 311.

AROUND THE TOWN...

Comings and Goings...

The 2008 Holiday Season upon us, and we are awash in the daily deluge of bad economic news from layoffs to bank failures. It is a time to reach out to family and friends and reflect on the past year and look forward to 2009.

I would like to take the time to thank everyone associated with the newspaper, including our readers, our advertisers and our colleagues to making the Westside Observer a fun, vibrant community paper. I am looking forward to more stories and meeting new people in 2009.

This week the West Portal Merchants sponsor the Holiday Tree Lighting event (on the 5<sup>th</sup>) and are having “Festive Fridays” with all of the merchants staying open until 8 PM on Friday evenings. When doing your holiday, or other shopping, look to our local merchants—Shop the Ave.!!

In these difficult times, it is easy to be caught in the hustle and bustle of our daily lives and to forget about those who are much less fortunate. During this season, please don’t forget programs such as: Local Food Banks; Toys for Tots; The Salvation Army; Glide Memorial, or your favorite local charity. The need is greater this year and a small donation can go a long way to help those in need.

In this issue of the paper, we are conducting a small survey to get a better understanding of what it is you want to see in our paper. Do you like/dislike: Sudoku, Movie Reviews, Political Commentary, Brain Food, Featured Columnists, Cartoons...let us know. I look forward to the diverse opinions of our readers.

Of course you can always just send me an email.

You can reach me at: [mitch@WestsideObserver.com](mailto:mitch@WestsideObserver.com). Be sure to check out the *Observer* online @ [www.WestsideObserver.com](http://www.WestsideObserver.com).

Happy Holidays!—See you in 2009!



PHYLLIS' FINDINGS

By Phyllis Sherman

**O**BAMAMANIA has really struck the country and the world. Finally a bright, articulate, vital president with no discernable negatives. They're calling it Camelot with a Tan...Stories abound about previous presidents. John Quincy Adams sought relief from the presidency by sneaking away from the White House for nude dips in the Potomac. Warren G. Harding who presided over the most inept administrations in history, was such a lousy poker player he once gambled away the White House china.

And after a tough day in the Oval Office, Andrew Jackson liked to unwind behind the executive mansion watching cockfights. Every American president has brought his own style to the world's most unusual home office and the inauguration of Barack Obama is expected to bring an extreme makeover to the style regime at the White House. George Bush is sneaking out of the Oval Office with the most abysmal style. Obama will surely be bringing a jolt of vitality...it's going to be fascinating to see how that spins off in terms of movies that people watch, music that becomes more fashionable, even the clothes that people wear. His pick of Hillary Clinton for Secretary of State is historic and she'll probably be an enormous asset despite what some are saying, that she'll be forced to give up some independence Bill is willing to do whatever is necessary to make sure she gets the slot. We'll see how that evolves, but in the interim Obama is surrounding himself with an extraordinarily creative and competent team. "O-phoria" is truly sweeping the nation and he's off to a glorious start.

The one I felt sorry for was Elizabeth Dole who lost her Congressional seat to a Democrat. First, her husband, Bob, goes on television to complain about his problem with E.D., and then she loses her election bid. Oh...the ignominy of it all!

\*\*\*\*\*  
"How about that Sarah Palin? A lot of people said what will happen to her when she goes back to being Governor of Alaska?" "Don't worry", according to David Letterman..."she has a 7 million dollar book deal. She got it through a guy named, Joe, the Publisher"  
\*\*\*\*\*

A friend of mine held a garage sale recently. One Sunday evening she put some leftover pieces of furniture on the sidewalk. Inadvertently, a price tag was left on a small shelf. On Monday morning she discovered this note slipped through the male slot:" I came across the shelf you set on the street last night. Here's the \$10. That's what the sticker said. Thank you. Betty." Wrapped in the note was a \$10 bill.

\*\*\*\*\*  
The local police asked recently in a note in their police blotter...."What year was Real Estate John Barbagelata first elected to the San Francisco Board of Supervisors? The first correct answer will result in ten Police Stickers for the lucky winner." And what exactly does the winner do with 10 police stickers? Can they be used to pay for a parking ticket?  
\*\*\*\*\*

Theater and movie-wise, there are some pretty good ones around and also some not-so-hot. The KEY SUNDAY CINEMA CLUB at the Kabuki offered SLUMLORD MILLIONAIRE....which has too many flashbacks between a television contestant attempting to make big bucks illegally, and then back to the slums of Mombai....colorful and dismayingly graphic and fascinating, but ultimately a bore.SHALL WE KISS is a French which begins in Nantes, where a chance encounter between a Parisian fabric designer and a local art restorer leads to dinner ,drinks, and nearly to the titular meeting of the lips. It was cute, light, some smart dialogue but too long at 102 minutes and ultimately a drag.

\*\*\*\*\*  
Theatrically speaking, the Berkeley Rep's latest production, JOE TURNER'S COME AND GONE is probably the best of August Wilson's ten-play cycle. Set in 1911, the play relates the story of Set and Bertha Holly who operate a boarding house that serves as a temporary home to those who are trying to find a new beginning. Their oddest tenant is Bynum, a shaman who's song has the power to bind people to new destinies, and to each other. Into the boarding house wanders Herald Loomis, a man with a dark and violent past in search of his wife, torn from him before he left the South. Author August Wilson, the product of a black father and a white mother, completed the play in 1988 and it will be at the Rep through December 14. Directed by Delroy at the Roda Theater.

\*\*\*\*\*  
The economy has been so bad, Americans have been sneaking into Mexico.  
\*\*\*\*\*

A secretary walks into her boss's office and said, "I'm afraid I've some bad news for you." "Why do you always have to give me bad news? Give me some good news for once." "Alright..here's some good news." said the secretary, "You're not sterile."

\*\*\*\*\*  
Two Irish men are in a bar and one said to the other, "Hey, can you tell me what the date is in the paper?" "I've no idea." "But you've got a newspaper in your pocket."  
"Sorry, Mate. It's yesterday's paper."

\*\*\*\*\*  
John was telling his pal at work why he has a black eye.... and he explains...  
"My wife and I were talking and she asked, "Tell me, will you still love me when I'm old, fat and ugly?" "I should have said, "Of course I will, but I said, "of course I do."



There Are No Answers

By Clint Reilly

**T**hree of the top five Wall Street investment banks have been financially destroyed in the past two months – Lehman Bros., Merrill Lynch and Bear Stearns.

If investment banking leaders created this mess, why have we tasked one of them with resurrecting the global financial system?

Consider it part of our national delusion. We blindly assume that our leaders have all the answers when they obviously don't.

We watch as Treasury Secretary Henry Paulson improvises his way through the current fiscal crisis. In the beginning, he promised that the federal government would buy troubled assets with a \$700 billion bail-out fund – disbursed at his sole discretion. Then he abruptly reversed course last week, announcing that he will focus instead on thawing the still frozen credit markets.

The fact is neither Henry Paulson – nor Fed Chairman Ben Bernanke – has ever confronted a problem anything like the meltdown of the global financial system.

Bernanke – an expert on the Great Depression – is said to believe that the contraction of credit following the stock market crash in 1929 caused the economy to shrink, spurring unemployment that devastated purchasing power on Main Street. Hence, today's plan to bail out banks so they can continue to lend.

One problem! Banks aren't loaning money even after receiving taxpayer billions.

Remember the superlatives thrown at retiring Federal Reserve Chairman Alan Greenspan when he stepped off the throne? The "Oracle" was hailed as the "best ever" in his role. Now, Greenspan's easy credit policies appear to have spawned a nuclear asset bubble that threatens to detonate markets from the Middle East to Japan.

Does anyone seriously think that the loquacious Barney Frank – Chairman of the House Financial Services Committee – has the answer? Yes, Oversight and Reform Committee Chair Henry Waxman can ask an embarrassing question. But does he have a clue about how to get out of this mess?

Washington Democrats remember when Franklin Raines and Jim Johnson – successive Fannie Mae executives

– were hailed for innovative financial engineering that enabled working families to own homes. Now subprime loans generated by lax lending standards have laid low both our banking system and an entire generation of homeowners.

Fat pay packages and frothy bonuses are what's left of the Raines/Johnson reputations.

We want leaders to have answers. But alas, they rarely do.

Consider the predicament of Jeffrey Immelt, CEO of General Electric. He took over from the legendary Jack

Welsh – named the top executive of the 20th century. The corporation makes everything from refrigerators to power plants. It owns a movie studio and is one of the world's biggest lenders. Yet beleaguered stockholders of GE have seen their investment dwindle.

There is no playbook for the worst economic crisis since the Great Depression.

What about Rick Wagoner, the head of General Motors? Does anyone truly believe that Wagoner can revive this gasping industrial dinosaur?

And if he can't, why should we think that a second infusion of taxpayer billions into Detroit is anything but a poorly conceived Band-Aid?

Many of our business leaders are empty suits. They decry politicians but the trillions lost in today's meltdown are a result of private sector greed, incompetence and amorality.

That's not to say that we can absolve our elected leaders from any wrongdoing.

The Iraq War was prosecuted over weapons of mass destruction that apparently did not exist. Who do we sue?

We can land a probe on Mars but we can't find Osama bin Laden? Where's the GPS?

California's budget was balanced only days ago but now we have a \$28 billion deficit. Who rigged the calculators?

In our roiling global economy and perilous geopolitical gestalt, easy answers are an illusion. Beware the business or political leader who hawks them.

*Clint Reilly appears as a public service in every MediaNews Group, Inc. newspaper each Tuesday and, for more, go to [www.clintreilly.com](http://www.clintreilly.com)*



San Francisco Firefighter's Toy Program

The San Francisco Firefighter's Toy Program is the city's largest and the nation's oldest program of its kind. Since 1949, it has evolved from a few firefighters repairing broken toys and bikes for 15 families to, in 2004, 300 firefighters and friends volunteering their time to distribute over 200,000 toys to more than 40,000 disadvantaged children. Besides helping individual families in need, the Toy Program serves many community organizations, including shelters for abused women and children, inner-city schools, neighborhood groups, children's cancer wards, and pediatric AIDS units. We also respond on a year round basis to displaced children who become victims of fires, floods and other such disasters.

Dependent solely on donations, the Toy Program places collection barrels at retail establishments, street fairs, Christmas parties and many other functions.

**Invite the Toy Program to your Holiday Party** The holiday season is a time when friends gather to celebrate and offer a bit of Yuletide cheer. Many have made it a tradition to invite The San Francisco Firefighter's Toy Program to their parties. Everyone on the guest list is encouraged to bring a gift or monetary donation in support of the Toy Program and, our firefighters are on hand to collect them.

*For more information, to volunteer or to make a donation, call (415)777-0440.*

**TOY BARREL PICK-UP**  
Tue. 12/16 | 12 Noon | San Francisco Fire Department Toy Program Barrel Pickup for Barrels on West Portal Avenue.



**WE'RE ALSO ON THE WEB**  
**[www.westsideobserver.com](http://www.westsideobserver.com)**



## How to be a Positive Parent While Correcting Negative Behavior

Proper discipline – not punishment – is critical to the growth of a healthy and happy child. The challenges of raising a child can sometimes leave parents wondering how to set appropriate limits. To help, the Bay Area First 5 county commissions provide the following tips for correcting negative behavior while still being a positive parent.

Set age-appropriate limits: Keep your child's age in mind when thinking about discipline. Children do not understand the concept of "yes" and "no" until they're approximately 12 months old. At this age, they'll begin to test limits. Children's ability to understand "right" from "wrong" develops as they get older.

Teach acceptable behavior: Children learn by experiment. For example, a baby who keeps throwing a spoon off the high chair is not purposefully misbehaving, he or she just thinks it's a game when those nearby keep picking it up. Instead of simply saying "no," try redirecting your child's attention to a more acceptable behavior. In this situation, you could remove the spoon and help your child drink from his or her cup.

Model appropriate behavior: Your child watches you closely for cues on how to behave. Children imitate their parents and caregivers and the old saying, “Do as I say, not as I do” doesn’t work with kids. Be calm, but firm, when setting limits and model behaviors you’re trying to emphasize, such as sharing and saying “please” and “thank you.”

Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on cigarettes to support programs for expectant parents and children ages 0 to 5. First 5 distributes Prop. 10 revenues to programs and services that meet local needs.

Notwithstanding that historical background the SF Planning Commission and Board of Supervisors rejected the Brotherhood Way Coalition requests for an environmental impact report, instead allowing the project to proceed with merely a mitigated negative declaration as to any adverse environmental effect. Disregarding neighborhood pleas for a full Environmental Impact Report under the California Environmental Quality Act, the Planning Commission imposed conditions for the issuance of a building permit as a conditional use authorization. (That means the development does not conform with the residential mixed low-density zoning for the site.) One of those conditions was the acquisition and maintenance of publicly accessible pedestrian paths from Brotherhood Way through the project site to Municipal Railway routes in Parkmerced. That is, the project owner needs an easement through Parkmerced. It is now revealed that the project owner failed to obtain such an easement. The space for which Stanley Drive was changed to Brotherhood Way may yet be treated as intended. The space which features a Benny Bufano Peace statue may yet be preserved.

After the then mayor vetoed each ordinance, I decided to enact such law by an initiative. (It was known as Proposition K.) Voters approved it overwhelmingly in the June 1978 election. Thereafter, the then permit holders, who were corporations, lawyers, real estate brokers, even doctors and nurses, many of whom lived out of state, and few of whom actually ever drove a taxicab, but instead made tens of thousands of dollars annually by renting the permits to actual drivers, pursued in state court and federal court suits to overturn Proposition K. They even sought United States Supreme Court intervention. They failed. At the same time, and thereafter, they tried on nine occasions to abolish Proposition K or dilute its provisions. The voters rejected such subterfuge nine times. During the era I was a California State Senator, the present Mayor introduced a law to replace Police Commission administration of Proposition K with a Taxi Commission. He did so against my advice. Taxi Commission membership included old and some new permit holders, the later of whom, have constantly tried to retain permits after the cessation of their driving career. The Taxi Commission is now dominated by those special interests, to wit, corporate executives and individuals angling to use medallions illegally. A recently-adopted charter amendment authorizes a Board of Supervisors' ordinance to consolidate the Taxi Commission with the Metropolitan Transportation Authority, operator of the Municipal Railway. Both the Mayor and the President of the Board of Supervisors have stated publicly that the intent of such consolidation is not to change or repeal the taxi driver and permit protections of Proposition K. Skeptics believe otherwise and blame the true motivation for such an ordinance as authorization of the sale of these governmental permits on a private asset basis and an elimination of the current legal requirements that a permit holder must drive a taxicab personally a minimum number of hours per year. An MTA official recently declared: "when it comes to changing Prop K, raising fees, or adjusting how medallions are allocated, I can't say that it's not on the table ... I think that policy question will probably come post-merger." It will be interesting to watch the Municipal Transportation Authority after we all enjoy a peaceful, healthy Chanukah and Christmas, with victories for USF basketball.



**WE'RE ALSO ON THE WEB**  
**[www.westsideobserver.com](http://www.westsideobserver.com)**



NEWS AND VIEWS...

The West of Twin Peaks Central Council (WOTPCC) meeting on Monday, November 24<sup>th</sup> was host to a smaller crowd than normal, probably due to it being Thanksgiving week, but those who attended came away with important information on the SF Housing Element citizens board update, the “state” of the city’s bond financing structure during these chaotic financial times, and the tough times that the city faces in both this year and next in trying to achieve a balanced spending plan.

POLICE REPORT

Following the opening of the meeting, the approval of the minutes from October, and the Treasurer’s report, SF Police Sgt. Judy Riggle gave an update from the Taraval Station. While not having a great deal to discuss with the audience, she spoke of the Holiday season and an expected increase in vehicle break-ins, as people go shopping and leave packages in plain sight. This makes for a tempting prize for would be a break-in artist. Another problem that the police have is not everyone reports vehicle break-ins, so the citywide figures are not as accurate as they could be.

Sgt. Riggle said that vehicle break-ins are a problem throughout the city and stressed how important it is for anyone who experiences a robbery to take the time to fill out a report. In this way the true number of crimes can be tallied and a more accurate scope can be detailed for response planning. Riggle went on to discuss how the SFPD is using several “plain clothed” officers in cars to step up the fight against the graffiti that has plagued the West Portal and Ocean Avenue corridors lately. As we have reported before, a key is to have the owners clean up graffiti as soon as possible after an occurrence.

PLAYGROUNDS

Supervisor Sean Elsbernd then addressed the room with both good and painful news. On the good side he announced that ribbon cuttings had occurred on two new playgrounds, Upper Serra playground in Lakeside and the JP Murphy playground in Forest Hills. He described both parks as “great toddler playgrounds” after their renovations.

LAGUNA HONDA LAYOFFS-DEFICIT

On the painful side, the Supervisor spoke about probable upcoming layoffs at Laguna Honda. The patient census has slipped to 800, while the staffing level has remained at a size to handle a caseload of 1000 patients. He said that the city couldn’t support this difference, so layoffs will be announced in Dec, not just as Laguna Honda, but also throughout city staff.

Elsbernd went on to say that according to the city charter, SF must finish the fiscal year (June 30) at “even” with no deficit. Currently, the city controller’s office estimates that the city is approximately \$100M over budget and the outlook for the 2009 fiscal year is also bleak as the deficit could be as great as \$300M. When questioned about the number of staff

cuts, the Supervisor said that he didn’t have exact numbers, but thought that as many as 300 staff positions could be lost.

2009 HOUSING ELEMENT

Matt Chamberlain gave an update to the group about the work that is being conducted to draft the 2009 Housing Element document. The HE defines the “general plan” for housing in the city and is used by the city government to incorporate the feedback of the citizens into the project planning and approval process.

Chamberlain is serving as a citizen representative on the Community Advisory Body to the 2009 Housing Element and has compiled extensive notes on the meetings. He listed a 4 point “call to action” that citizens should consider if they want to have an impact on the final draft. His notes can be found on the WOTPCC website at [www.WestOfTwinPeaks.org](http://www.WestOfTwinPeaks.org).

FINANCIAL CRISIS

The featured speaker for the evening was Ms. Nadia Sesay, the Director of Public Finance for the City. She administers the city’s debt portfolio by evaluating the bond markets and adjusting the city’s bond strategies to achieve the highest return for the lowest expenditures. Needless to say, in the current financial market she has become very busy.

Sesay stated that in this current market crisis, San Francisco is fortunate as they have followed a conservative stance in their portfolio and as a result have maintained a “Double A” rating. Her focus is trying to reduce the city’s exposure for long-term debt, and she said that the city is looking to propose some short-term interim financing at 1-2% for a period of 12-18 months to pay down the debt balance while the short-term rates are so favorable (versus a budgeted 6%).

When asked if the current market crisis and credit crunch has impacted the Capital Planning and Expenditure process, Sesay said that capital planning projects are moving forward with no slowdown, and that there is no foreseeable impact to homeowner’s tax base for 2008-09, but that an impact could occur as early as 2009-10.

99 WEST PORTAL

In other action, Avrum Shepard brought a motion to the floor to have the WOTPCC draft a letter opposing the Conditional Use permit for 99 West Portal Avenue. The owner of the building has asked for a CU permit to redevelop former retail space into dental operating rooms. As discussion focused on the importance of having small retail shops continue to be located on West Portal Avenue, the group passed the motion to oppose the permit by a unanimous vote.

*The next meeting of the WOTPCC will occur on Monday, January 26th at the Forest Hills Community Club House at 7:30 PM.*

The Great WESTSIDE OBSERVER Survey

*All of us at the Westside Observer strive to produce a monthly newspaper that delivers informative news, community information, insightful columnists, puzzles, and local advertising.*

*We care about what you think and what items you would like to see in future issues.*

*Please take a moment to read and fill out the following short survey. We will pick 2 readers as survey contest winners. Each winner will receive a gift certificate for 2 tickets to a local movie theatre.*

*Please rate your interest in the following items by ranking them from 1-5 with 1 being lowest and 5 being highest.*

News Stories based on SF/Community issues \_\_\_\_\_  
Feature stories about neighborhood people \_\_\_\_\_  
Business Corner stories on our local businesses \_\_\_\_\_  
Puzzles: Sudoku ; Brain Teasers ; Cartoons \_\_\_\_\_

Columnists:  
Do you read our columnists? \_\_\_\_\_  
Favorite Columnist \_\_\_\_\_

Reviews: Theatre \_\_\_\_\_ Movie \_\_\_\_\_  
Music \_\_\_\_\_ Restaurant \_\_\_\_\_

Would you be interested in the following?  
Travel stories \_\_\_\_\_  
Food related stories \_\_\_\_\_  
Gardening tips \_\_\_\_\_  
Real Estate Tips \_\_\_\_\_  
Financial / Legal tips \_\_\_\_\_  
Green Section/Environment \_\_\_\_\_

What would you like to see?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

You can reply in 2 ways: Clip and mail the survey to:  
The Westside Observer  
P.O. Box 27176  
San Francisco, Ca. 94127-0176  
Or  
Send an email with your answers to:  
[Mitch@WestsideObserver.com](mailto:Mitch@WestsideObserver.com)

Thank you and Good Luck !!

Your Neighborhood Treasure



Our Original Location at 637 Portola Drive • 415-753-0750

Monday – Saturday 6:30am to 7pm, Sunday 7am to 6pm

Visit the new Creighton’s Bakery

In the Diamond Heights Shopping Center at 5214-D Diamond Heights Blvd

Monday – Saturday 6am to 7pm, Sunday 7am to 6pm • 415-282-2366



Present this ad & receive 10% off your purchase  
2-7 p.m. Monday through Thursday

Stonestown Family YMCA  
Introduces Pilates Personal Training



Stonestown Family YMCA

333 Eucalyptus Drive, San Francisco, CA 94132

YMCA membership and programs are open to everyone. To the extent possible, financial assistance is made available through generous donations.



Dec 2008

# Calendar

## FESTIVE FRIDAYS!

Every Friday | All West Portal Merchants open until 8PM every Friday in December.

## FLU SHOTS- IT'S THAT TIME!

12/1-31-Daily | FLU SHOT INFO: Dial 2-1-1 to get information about Bay Area flu-shot locations, times and fees.

## FREE WALKING TOURS-SF CITY GUIDES

Sat. 12/1-Daily | 10am | Informative glimpses into SF history in 2 hours or less. Free walking tours every day, year-round (except Holidays). SF Main Library, 101 Larkin St. [www.sfcityguides.org](http://www.sfcityguides.org)

## ON THE YELLOW BRICK ROAD

12/1-31-Daily | Market Street's "Sound Money" Parade, 1896. 35,000 people marched down Market Street on October 31, 1896 in support of "sound money" and the gold standard, protectionism and William McKinley. This exhibition features political banners carried that day, along with press reports and political cartoons published in the months leading up to the November general election. Main Library, 6th Floor, SF History Center, 100 Larkin Street.

## AUTHOR TERRY TEMPEST WILLIAMS

Wed. 12/3 | 7pm | Author Terry Tempest Williams will read from her book "Finding Beauty in a Broken World" Bookshop West Portal 80 West Portal Avenue-for more info call 415.564.8080

## SHARING NIGHT AT CHOU CHOU

Thu. 12/4 Every 1st Thurs. | Bring your favorite wine, there is no cork fee. Chou Chou Restaurant-French-Bistro Patisserie 400 Dewey Blvd. Reservations suggested: 242-0960

## WEST PORTAL TREE LIGHTING

Fri. 12/5 | 6:30pm | West Portal Avenue - Holiday Tree Lighting (Located at the Bookstore Courtyard) Festive Friday

## JAZZ FRIDAY /CLIFF HOUSE

Fri. 12/5 Every Friday | 7-11pm | Cliff House 1 Seal RockFriday Night Jazz in the Balcony Lounge

## BAND CONCERT

Fri. 12/5 | 7pm | The Carol Channing Theatre at Lowell High School 1101 Eucalyptus Drive 759-2730 x3062. Suggested Donation \$10 per family.

## AUTHOR CALVIN TRILLIN

Sat. 12/6 | 7pm | Author and Poet Calvin Trillin will read and discuss "Deciding the Next Decider: The

2008 Presidential Race in Rhyme." For more information please call 415.564.8080

## HEAVEN CAN'T WAIT

Sat. 12/6 |4pm | Gala fundraiser for the Laguna Honda Hospice Chaplain. This heavenly evening will feature a 20s style cabaret with music by Sara Klotz de Aguilar & friends, a special performance by The Decobelles, raffle prizes, cocktails, food and dancing. All in the art deco ambiance of the private Elks Lodge 450 Post St. 3rd Fl. Tickets: \$25 in advance \$30 at the door. Info 510.594.190 [www.heavencantwait.net](http://www.heavencantwait.net)

## THE LIZARD LADY

Sat. 12/6 |4pm | The lizard lady brings an impressive array of reptiles, some local, some from far away, many endangered. For ages 5 and older. Space limited. 355-5652 for reservations. Merced Branch Library, 155 Winston Drive (at 19th Avenue)

## HOLIDAY WREATH MAKING

Sat, 12/6 | 2:30-3:30pm | Getting ready for the holidays? Let's make a wreath that you can hang on your door. Enrollment is limited to 10. Call 355-2898 to sign up. Ingleside Branch Library, 1649 Ocean Ave.

## ECO-FRIENDLY PROJECTS FOR THE HOLIDAYS

Sat. 12/6 | 2-4pm | Ring in the Green: Printed Cards and Wrapping Paper. Use reusable art parts to make "new" and beautiful holiday projects. For adults and teens. Presented in partnership with SCRAP (Scroungers' Center for Reusable Art Parts). Ortega Branch Library, 3223 Ortega Street (at 39th Avenue)

## HOLIDAY TRAIN

Sun. 12/7-1/7 | Featured is a Lionel O Scale replica of the Polar Express, which starred in Chris Van Allsburg's 1985 holiday classic and in the subsequent 2004 movie adaptation. Accompanying the Polar Express, you'll see another face familiar to children and adults who love trains —Thomas the Tank Engine, with his friends, the passenger coaches Annie and Clarabel. Large, easy to use push buttons allow children of many ages and abilities to start the trains and to operate accessories, including a ski gondola, a toboggan run, and lights for the Holiday Village. Main Library, Second Floor, 100 Larkin Street (at Grove)

## FAMILY NIGHT!

Wed. 12/10 | 7pm | Featuring folk songs with Jim Stevens. For children of all ages. Parkside Branch Library, 1200 Taraval Street (at 22nd Avenue)

## MAGICIAN AL FODOR

Thu. 12/10 | 10:30am |Witness wonderful tricks and amazing feats! For ages 3-5.Sunset Branch Library, 1305 18th Avenue (at Irving)

## SANTA CLAUS COMES TO WEST PORTAL

Sat. 12/13 | 12 Noon | SANTA CLAUS comes to West Portal with the San Francisco Fire Department (Bring a toy donation)

## ADULT WINTER READING PROGRAM

12/13-1/17 | Earn a small prize just for reading! Everyone who completes the program will be eligible for the grand prize raffle drawing!Info: 355-2858. Glen Park Branch Library, 2825 Diamond St.

## THE PUPPET CO.-THE NUTCRACKER

Sat. 12/13 | 3pm | A winter treat for all ages, featuring over 40 puppets! Ortega Branch Library, 3223 Ortega Street (at 39th Avenue)

## CHUNG NGAI DANCE TROUPE

Sun. 12/14 | 2:30pm | Featuring traditional folk dances, lion dance, drumming and martial arts. For children of all ages. Ingleside Branch Library, 1649 Ocean Avenue (at Faxon)

## TARAVAL POLICE COMMUNITY MEETING

Tues. 12/16 | 7pm | Talk to Captain Chignell about public safety and community issues. 2345-24th Ave.

## TOY BARREL PICK-UP

Tue. 12/16 | 12 Noon | San Francisco Fire Department Toy Program Barrel Pickup

## INTERNET BASICS

Tues. 12/16 | 2-3pm | Learn to find information on the Webby following a link, using a search engine and entering a specific address. Basic mouse and keyboard skills required. Sign up at the information desk. Glen Park Branch Library, 2825 Diamond St.

## HERE COMES THE CLOWN

Sat. 12/20 | 11am | Boswick the Clown's Clown! For children of all ages. West Portal Branch Library, 190 Lenox Way (at Ulloa)

## HOLIDAY CRAFTS

Sun. 12/21 | 2-3pm | Fun, easy holiday crafts for little ones, led by our friendly children's librarian. For ages 7 and younger. Ingleside Branch Library, 1649 Ocean Avenue (at Faxon)

Crafts with Mrs. Wong

Mon. 12/22 | 3pm | Learn to make your own bracelets. For ages 8 and older. Space limited. 355-5770 for reservations. Parkside Branch Library, 1200 Taraval Street (at 22nd Avenue)

## HAPPY HANUKAH

Mon. 12/22 | Happy Hanukah to all!

## MERRY CHRISTMAS

Thu. 12/25 | Merry Christmas to all!

## HAPPY KWANZAA

Fri. 12/26-1/1 | Happy Kwanzaa to all!

## HAPPY NEW YEAR!

Thu. 1/1 | Happy New Year!

Mercy High Winter Dance Concerts

1/23 | 7:30pm | Red Carpet Reception, Mercy Theater 3250 19th Ave. \$12. 1/24, 1/30, 1/31 Tickets 8\$ in advance, \$10 at door. Info 334-0525x242/www.mercyhs.org

## WHERE SUSTAINABLE MEETS MODERN

- Modern landscape design
- California native plants
- Beautiful gardens with Bay Area identity



MADROÑO

LANDSCAPE DESIGN STUDIO

375 ALABAMA ST. SUITE 440  
SAN FRANCISCO, CA 94110

TEL 415.462.0489 FAX 415.285.2240  
[www.madrono.org](http://www.madrono.org)



More and more people are looking for the goods and services they need right here in the neighborhood. We support local business.

Our Advertising rates are the best ever.

Senior Account Executive Catha Hall

415 990-9330 / 650-365-6565



## The Steak Experience

# Alfred's

STEAKHOUSE

Since 1928

Real Steak

Real Martini

Real San Francisco

Complimentary Self Parking (For Dinner Only)

At The Financial District Hilton's Public Parking Entrance on Washington St.

659 Merchant Street (by Kearny & Washington)  
415.781.7058 [www.alfredssteakhouse.com](http://www.alfredssteakhouse.com)



**SFPUC** (Cont. from p. 1)

Water Supply and Conservation Agency with powers analogous to the Metropolitan Water District of Southern California. SFPUC was welcome to join and cede approximately 70 percent of its now 100 percent governance of the Hetch Hetchy system.

BAWUA successfully lobbied to pass AB1823 which called for 50 percent of the Hetch Hetchy fix-up work to be done by 2010 and 100 percent by 2015. SB 1870 collaborative efforts by local and regional folks created a regional financing authority to ensure the fix up would be funded in the event Props. A and E failed.

In 2002 both Props A and E passed and the SFPUC was given the green light to implement its multibillion dollar CIP.

In 2005 a new plan, Water Supply Improvement Project (WSIP) was unveiled under a new manager. It proposed major changes to the CIP including a system wide project environmental impact review (PEIR) and established a new concept called level of service. The large and expensive PEIR basically caused a major re-work of the original plan (CIP) and cost large amounts of time and resources. The levels of service are stated goals as to how quickly and at what levels the system may be restored after a major system break. It is unclear what, if any, mathematical model derived these so called 'levels of service.'

**Score card.** The local percent complete is shown as 48.1% complete. The larger regional fix up is 13.3% and the total bill has reached approximately \$4.5 billion. Why? It appears, based on extrapolation of current SFPUC costs and the blending in of the debt service for these billions in expenditures that conservatively rates will increase by a factor of 5 (6) before this system is finally completed.

SFPUC	SF Public Utilities Commission
HH	Hetch Hetchy
RBOC	Revenue Bond Oversight Committee
CIP	Capital Improvement Plan
BAWUA	Bay Area Water Users Assn.
WISP	Water Supply Improvement Plan
PIER	Project Environmental Impact Review
MWSA	Master Water Sales Agreement
MGD	Million Gallons Per Day

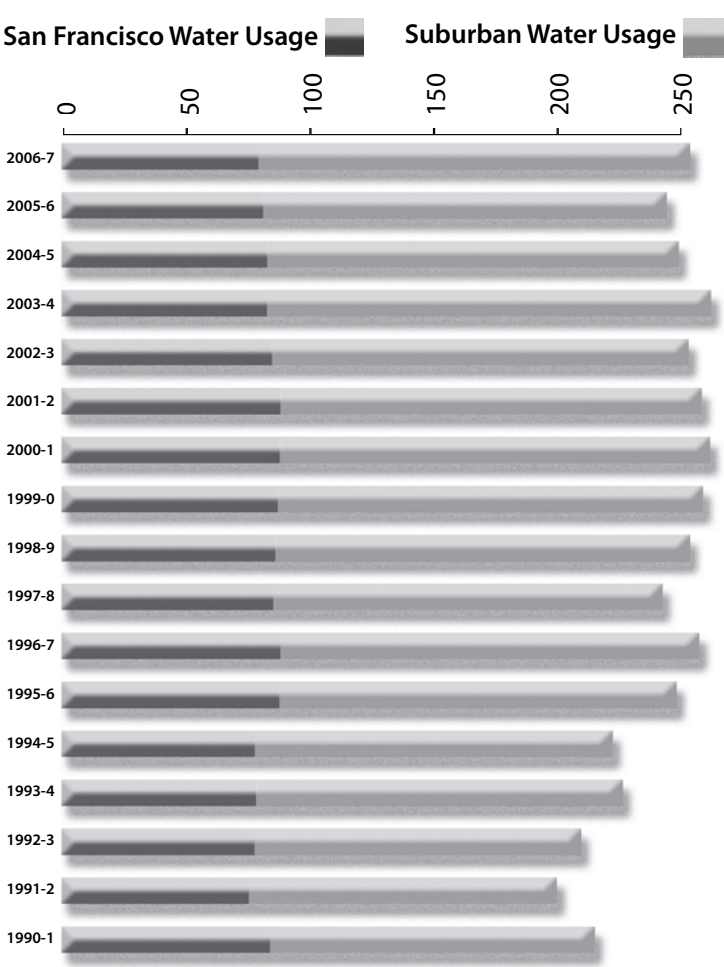
In 2008 a “variant” to the WSIP was implemented under yet another new general manager. This plan extends the fix-up until 2018 and claims that the SFPUC will be able to deliver 265 million gallons of water per day (MGD) for regional and local customers from current pristine sources i.e. Tuolumne river and local reservoirs.

**265.** This 265MGD number is important. The current “variant” plan calls for the peninsula customers to receive 184 MGD and for SF to receive 81 MGD a total of 265 MGD. The city is currently negotiating a new Master Water Sales Agreement (MWSA), 1984-2009, and if this amount is enshrined in contract then the city customers could face water shortages, labeled by the SFPUC as “conservation.”

Historically, using SFPUC data, since 1984 (when the MWSA was signed), on average the Hetch Hetchy system has delivered 251 MGD with BAWSCA (nee BAWUA) receiving on average 163 MGD and SF 89 MGD. Using a longer historical period shows the annual average deliveries from the SFPUC decreasing more.

**Over forecasting** has some major negative impacts. State law demands that forecasts must be reliable and in the absence of available water residential and commercial projects may be stopped. The over forecasting phenomenon leads to underestimating the cost per unit of water. Over forecasting leads to over expectations in writing contracts such as was done in 1984 and appears to being replicated in 2009.

**Competition.** Yes, SFPUC is a municipal supplier of public power to both public and private customers if it so elects. It actually has private customers at the Ferry Building and SFO. It could win market share by providing a better widget, rather than socializing an existing private company, that is well scrutinized by the California Public Utilities Commission. The 1940 Supreme Court in affirming SFPUC as a municipal power provider stipulated that Hetch Hetch power could not be sold to PG&E for resale, but exhorted the SFPUC to compete against PG&E for both public and private customers



**Looking Forward.** San Francisco can look forward to the strong possibility of ceding governance of the Hetch Hetchy system, rate spikes of a magnitude that are not being discussed, intergenerational transfers of great debt to future San Franciscans, and the real possibility the system won't really get fixed and all these well advertised calamities will befall an unprepared service area.

The Mayor, Board of Supervisors, Commission, and RBOC must exert real oversight and not externalize their implausible political aspirations onto our water and municipal power system. These folks need to confront the real issue: Can the current business model at the SFPUC actually plan and implement such a vast infrastructure project?

Senior Corner

Time to Sign Up for Part D

By Robert Goldberg

From now until Dec. 31, Medicare Part D is offering an “open-enrollment” period, meaning that seniors can change their prescription drug coverage to pick a new plan that better meets their needs.

Seniors should jump at this once-a-year opportunity. Instead of being forced into a one-size-fits-all plan run by the government, Part D participants can choose among a variety of private insurance plans, custom tailoring their coverage to their particular drug needs. Since companies have to compete for the premium dollars of millions of Part D participants, they're delivering increasingly attractive offerings.

Beneficiaries are seeing a broader selection of drugs, lower prices, and more generous benefits.

Indeed, the Centers for Medicare and Medicaid (CMS) estimates that the average monthly premium

for standard Part D coverage in 2009 will be \$28, only \$3 higher than last year, and a whopping 37 percent lower than the \$44.12 monthly premium projected for 2009 when Part D was launched.

The prospect of substantial cost savings is another big reason why savvy seniors should sign up for Part D. “Until I enrolled in Medicare Part D I paid more than \$4,000 a year just in premiums,” says Joan Wells of East Aurora, New York. “Now I only pay about \$300 a year for coverage.”

You don't have to be a rocket scientist to pick the right plan. Simply make a list of all your current prescriptions and dosages. Then visit Plan Finder, an easy-to-use, interactive comparison tool at Medicare.gov. Once you enter your information, Plan Finder kicks out a list of all the appropriate plans and their costs in your area.

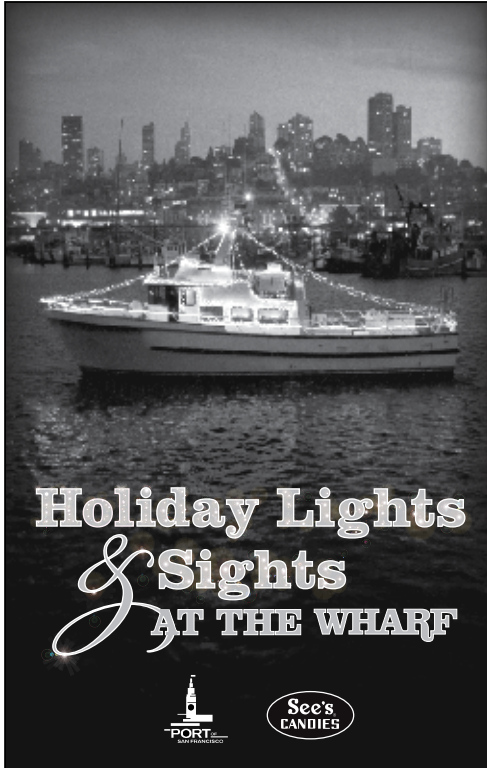
This year, the CMS Plan Finder has a valuable new feature that can help you save even more on drugs by comparing the cost of filling your prescriptions

by mail versus buying directly from a local retail pharmacy.

According to a recent poll, nearly nine in ten seniors covered by the Medicare drug benefit are satisfied with the program. In the coming weeks, seniors should take advantage of the open enrollment period and sign up or switch to a new plan that better meets their needs.

Seniors should also pay attention to any effort Congress makes to take those choices away. Many lawmakers are pushing for a redesign of Part D, as they'd like to turn it into a more traditional government program with just a single, price-controlled plan. By taking the opposite approach, Medicare Part D leverages market forces to create competition, leading to lower prices, better service, and more choices. And choice is what better health is all about.

Robert Goldberg is vice president of the Center for Medicine in the Public Interest.



**Holiday Lights & Sights AT THE WHARF**

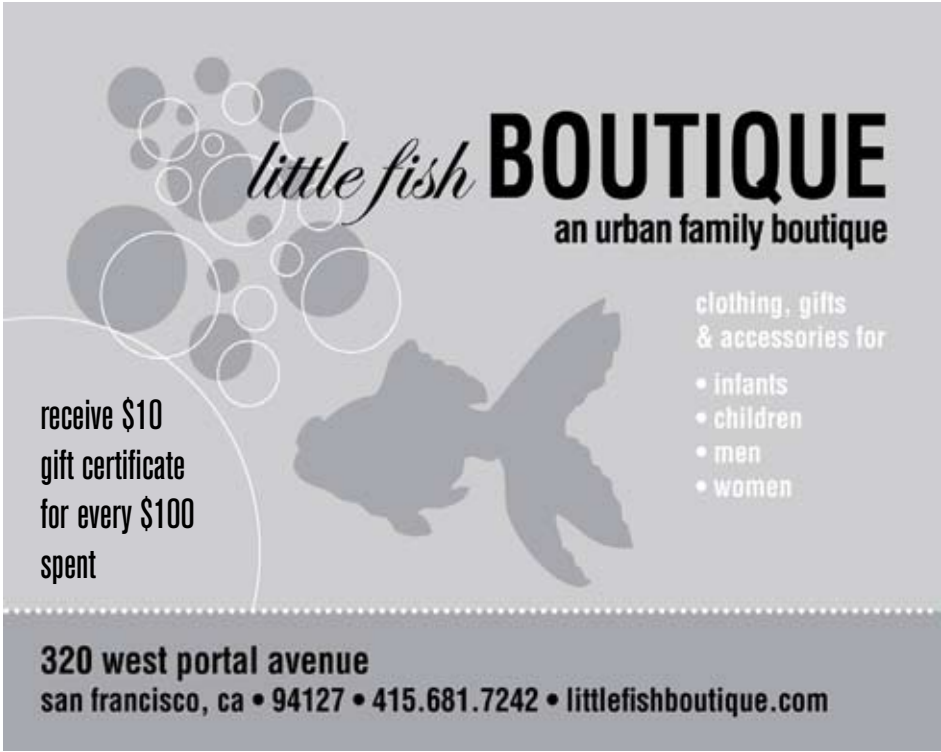
**View** the Fisherman's Wharf Fishing Fleet decorated with lights for the holiday season.

**Feast** at Wharf Restaurants for traditional holiday dining.

**Join us** on Friday, December 19 at 6:00 pm for the Holiday Lights Boat Parade presented by the Fisherman's Wharf Community Benefit District and the St. Francis Yacht Club. Viewing will be along the waterfront from Crissy Field to PIER 39.

**Fisherman's WHARF**  
SAN FRANCISCO

For more information go to [www.visitfishermanswharf.com](http://www.visitfishermanswharf.com)



**little fish BOUTIQUE**  
an urban family boutique

receive \$10 gift certificate for every \$100 spent

clothing, gifts & accessories for

- infants
- children
- men
- women

320 west portal avenue  
san francisco, ca • 94127 • 415.681.7242 • [littlefishboutique.com](http://littlefishboutique.com)





John Kirkpatrick  
415.412.0559  
john@johnkirkpatrick.com  
www.johnkirkpatrick.com

call 415.412.0559

# Top Individual Producer in San Francisco's Largest Office



John Kirkpatrick is one of the top professionals representing San Francisco homes and investment properties.

John is a marketing expert with a strong professional and academic background. Dedication to detail and hard work have enabled John to earn an exceptional reputation. John wins clients through proven results; achievements consistently exceed client expectations.

Address	BD	BA	PK	SQFT	Sold Date	Sale Price
417 Dellbrook Ave	3	2	2	N/A	08/19/08	\$915,000
119 Knollview Way	4	3	2	1,832	09/30/08	\$975,000
50 Panorama Dr	4	2	1	1,758	09/04/08	\$705,000
221 Christopher Dr	2	2	2	1,245	10/15/08	\$785,000
10 Fairview Court	5	3	2	2,000	10/29/08	\$860,000
166 Glenview Dr	3	1	2	N/A	10/17/08	\$800,000
10 Skyview Way	3	2	2	1,275	07/28/08	\$818,000
172 Marview Way	3	1	2	N/A	09/05/08	\$850,000
33 Olympia Way	3	2	4	1,275	07/31/08	\$875,000

source: sfmls

The TRI Coldwell Banker agent who sold the most San Francisco properties companywide in 2007.

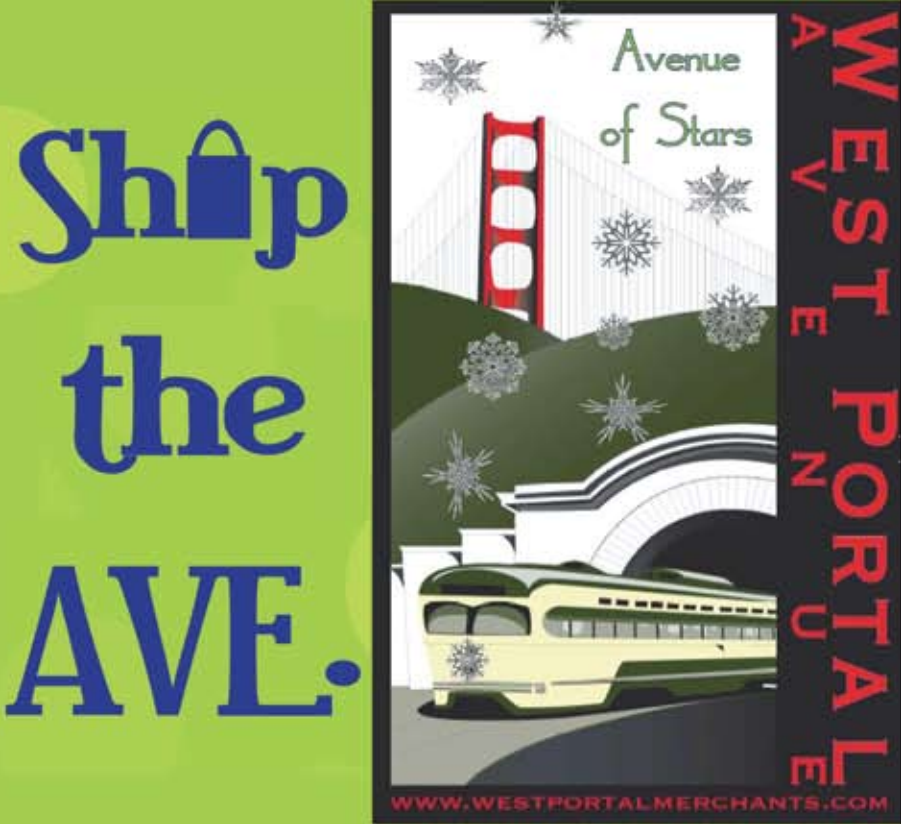


Modern Indian Cuisine  
Experience World Class Dining in the Neighborhood

An intimate gathering of friends or  
a festive luncheon event for a large group

Special Lunch Menu: Dinner Hours:  
Tu-Sa: 11:30am-2pm Su-Th: 5-10:30/Fr-Sa 5-11pm

(415) 665-ROTI (7684) 53 West Portal Avenue  
For reservations and for [www.roibistro.com](http://www.roibistro.com)  
Catering and Parties Rustom Swaleh



Festive Fridays Start  
Friday, December 5th~19th  
Every Friday in December until Christmas  
-participating stores open until 8 pm  
-participating stores and restaurants  
offering special promotions  
-Music Entertainment sponsored by  
the West Portal Avenue Association

Holiday Tree  
Lighting Ceremony  
Friday December 5th 6:30 pm  
come listen and sing carols while we  
decorate the Avenue Tree

Santa comes to the Ave!  
Saturday, December 13th  
12~2 pm  
(in front of Just Because... Gift & Card Shoppe)  
Don't forget a toy donation for  
the SFFD Toy Program



Any One Regularly  
Priced Item  
Including one cut of fabric.  
Excludes Webkinz and Ty  
Expires 1/31/09  
Limit only one item per coupon

418 Westlake Center • Daly City • (650) 756-7999

Curves works for  
a healthier new you.

Our 30-minute circuit works every major muscle group  
two muscles at a time, so you can burn up to 500 calories  
and there's always a trainer to teach and motivate.

JOIN NOW & WORK OUT  
ON US UNTIL FEBRUARY\*

\*Offer based on first visit enrollment, minimum 12 mo. c.d./e.11 program. Service fee paid at time of enrollment. No monthly dues paid through January 31, 2009. New members only. Not valid with any other offer. Valid only at participating locations through 12/21/08. ©2008 Curves International, Inc.

curves.com **Curves**

OVER 10,000  
LOCATIONS WORLD-  
WIDE.

TWIN PEAKS  
415 759-9103

608 Portola Drive@Woodside  
OPEN ALL 7 DAYS  
[www.TwinPeaksCurves.com](http://www.TwinPeaksCurves.com)



by Mitch Bull

### “Just Because” Gift and Card Shoppe

We live in a time when many of our independent stores have been replaced by “cookie cutter” chain stores that offer somewhat lower prices, but also a set selection and often questionable levels of service as the employees are not vested in the success or failure of the store. This month we visit “Just Because” Gift and Card Shoppe – a store that excels in service and selection and where you can plan events and design invitations for four or four hundred.

The owners and staff at the West Portal’s store have taken the time to expand the concept of the corner card and gift shop to provide one-stop shopping for your card, gift, and event planning and design needs.

Located at 162 West Portal Ave. owner Cynthia Pagan has assembled a friendly, professional and well-trained staff that creates a retail environment that is warm, friendly and very different that the typical “card store” that handles singular products with cheesy branded gifts that go along with the corporate ID.

“We provide Grab and Go gifts that you can be proud to give”, says Pagan, who added, “We’ve expanded our wrapping paper selections to create wraps that are complementary to our gifts and are fun. We want our customers to have fun with gift giving and to make a statement about the thought and planning that went into

picking out a thoughtful gift.”

Walking towards the back of the store one is struck with the attention to detail in the layout and selection of the cards and gifts, not the usual assortment, but stand out stuff that is fun and quirky, in fact the word “cute” is one that may best describe the environment...but wait, there’s more...

A sign hanging in the rear of the store reads “Invitation Station”, and this is where the store really sets them apart. Although the shoppe has been providing custom printed invitations for almost 4 years, they have expanded

the emphasis on this part of the business due to customer demand. From weddings, to birthdays, graduations to retirement parties Cynthia and her staff can assist you in designing invitations and other printed materials to ensure that your event is a success.

Depending on your needs, the staff can help you with “Plug and Play Invitations” set up for easy browsing and design, or custom designed invitations using distinctive paper stock and multiple layering and printing options.

By training all of their staff members and handling quality paper stock



Cynthia Pagan, owner of Just Because, with a sampling of the invitations available to print, or design your own.

and albums, Just Because has created an all-in-one event planning and consulting service that allows a customer to create a “theme and tone” that carries throughout the invitations, envelopes, party favors, thank you cards, and albums.

Your imagination is the limit as they can custom design virtually “anything you want” from ivory or white to polka dots, stripes and other designs.

Pagan feels strongly about working with local vendors to source the paper, card stock and to have it cut and printed. “Our desire is to Buy Local

items that are US and California produced”, said the owner, who is also the outgoing President of the West Portal Merchants Association.

She summed up their capability by explaining that, “No invitation order is too big or too small; from planning and designing an event for four or four hundred, we can do it all!”

*Just Because Gift and Card Shoppe / Invitation Station is located at 162 West Portal Avenue. The store is open Monday-Saturday from 10-6 and on Sunday from 12-5. They can be contacted at 415-566-4483.*

Just Because...

GIFT & CARD SHOPPE

cards \* invites \* gifts

All chosen with uncommonly good taste!

Now offering..

*William Arthur*  
THE SIGNATURE OF FINE STATIONERY

CHECKERBOARD ENVELOPMENTS

Carlson Craft KREPE-KRAFT®

and more!

## Betty Taisch

### Top Producer

**It takes more than a sign to sell your home.**

I offer you the knowledge and experience needed in today's active market - plus local, nationwide, and international marketing. Call me today to learn more about buying or selling your home

CRS, LTG, PMN, CRB, SRES, EPRO  
International President's Premiere  
Top 1% Nationally

(415)338-0121 [Betty@taisch.com](mailto:Betty@taisch.com) [www.taisch.com](http://www.taisch.com)

**COLDWELL BANKER**

## VIP Locals Winter Promotion

### Back By Popular Demand!

10% Off Dinner Monday through Thursday  
The Bistro Restaurant & Sutro's at the Cliff House

Lost your "VIP Local" Guest Card or don't have one yet?  
Stop by the reception desk at the main entrance  
to take advantage of this exclusive offer.

Offer not valid on Friday, Saturday, Sunday & Holidays.  
Cannot be combined with other offers.

1909 2004

1090 Point Lobos 415-386-3330 [www.CliffHouse.com](http://www.CliffHouse.com)

## WHITE ROSE BOUTIQUE

“Best Kept Secret in Town”

242 West Portal Ave • 681-5411 • Mon-Sat: 10-6



CHANGELING

Christine Collins: Angelina Jolie delivers her latest powerhouse performance as a 1920's working mother of a 12-year old son who sometimes stays at home alone while Mom does her shift as telephone supervisor on roller-skates. One day, he vanishes. Then, to make matters worse, Los Angeles Police Capt. J.J. Jones: Jeffrey Donovan tries to pass off another boy to her as her son. When she objects, he has her committed to the local nuthouse. Collins has been working with Rev. Brieglev: John Malkovich to unveil the truth; now it's up to him to try to find her. Chief Davis: Colm Feore further complicates matters. Clint Eastwood directs with his usual brilliance, allowing the true tale to unfold naturally, but with much suspense. Expect Oscar nods to Jolie, Malkovich and Eastwood. Universal 140 min.

THE DUCHESS

In the late 1700's in Britain, Georgina, the Duchess of Devonshire, known as G., (Keira Knightly) becomes the darling of society with her three-foot high wigs and sumptuous gowns. Her uptight husband (Ralph Fiennes) and her mother, Lady Spencer (Charlotte Rampling) disapprove of her extravagant partying and affairs, especially Charles Grey, a politician who becomes Prime Minister, (Dominic Cooper). The double standard of the time permits the Duke to have a live-in mistress, Bess (Hayley Atwell), which makes life hell for G. with the three of them (anyone come to mind?) at the formal dinner table every meal. When she risks scandal, having a child by Grey, that's the final straw for the Duke. Saul Dibb directs with a good feel for the period, politics, and G.'s inner turmoil well acted by Knightly. Profanity, nudity. Paramount Vantage-Pathe! 105 min.

HAPPY-GO-LUCKY

North London teacher Poppy: Sally Hawkins, known for being happier than most to the point of exasperation, has close girlfriends and a pregnant sister. Poppy's relationship with her driving instructor Scott: Eddie Marsan is rather complex. Men come and go in her life; all the while, Poppy is cheerful. This is

the breakout performance for Hawkins who will be developing a US following. Mike Leigh's direction presents his strong points of the avant-garde modern English. Profanity, sexual situations. Miramax 119 min.

HIGH SCHOOL MUSICAL 3: SENIOR YEAR

In Arizona, the Wildcats rule at East High. Basketball captain, Troy (Zac Efron) loves Gabriella (Vanessa Hudgens), the most popular senior. Troy and pal, Chad (Corbin Bleu), think and sing a lot about their fears of the future and where college will take them. Outrageous Sharpay (Ashley Tisdale) conspires for the lead in the spring musical directed by Ms. Darbus (Alyson Reed, seen here in '87 as Cabaret's Sally Bowles at the Golden Gate). Geeky Ryan (Lucas Grabeel) writes the colorful musical. Palo Alto native Kenny Ortega directs with more bounce and verve than any musical in the past ten years. Disney 112 min.

JCVD

Jean-Claude Van Damme, at 47, finds himself in his hometown of Brussels, Belgium awaiting a money transfer from his agent in LA. When he goes to the bank to retrieve it, he becomes a prisoner of bank robbers. He finds that a gun with bullets is not the same as one with blanks. The police want him to be the mouthpiece with the robbers. JCVD shows us a more vulnerable side than we usually see when his parents are brought to the scene. Not really a docudrama, this unique offering will definitely interest all his fans and those looking for a quirky, different film. Profanity, violence. PeachArch/ Gaumont 100 min.

MADAGASCAR: ESCAPE 2 AFRICA

This animated sequel furthers the escapades of Alex the young lion (voice of Ben Stiller) who grows up in the NYC Zoo, Marty the Zebra (Chris Rock), Melman the Giraffe (David Schwimmer), Gloria the Hippo (Jada Pinkett Smith), Julien the Lemur (Sacha Baron Cohen), and Maurice, his sidekick (Cedric the Entertainer) prepare to leave Madagascar. The penguins "fix" the plane to fly to New York, but it only makes it to the African savannahs where the animals



meet defensive Granny, a safari tourist. Most of the humor comes from the penguins and lemurs doing something humorous. Mild crude humor. Disney DreamWorks 89 min.

QUANTUM OF SOLACE

Less than an hour after Casino Royale ends, Quantum begins with an exciting auto chase in Italy. A more action-oriented James Bond: Daniel Craig pauses in London to confer with M: Judi Dench before heading for Haiti where he meets Bolivian heroine, Camille: Olga Kurylenko and environmental villain Dominic Greene: Mathieu (The Diving Bell and the Butterfly) Amalric. Old friend Mathis: Giancarlo Giannini accompanies Bond until they find Felix Leiter: Jeffrey Wright. An airplane dogfight over Bolivia ensues. Mark Forster directs the 22nd Bond film since 1962's Dr. No; this one falls in the middle of the pack. Action violence non-stop, drinking and smoking, some profanity. MGM Columbia 106 min.

THE SECRET LIFE OF BEES

In 1964 South Carolina, those enforcing the newly found freedoms of the law find some of their decisions unpopular. Abusive father T. Ray: Paul Bettany drives his 14-year-old daughter, Lily: Dakota Fanning away from home. She and injured servant girl, Rosaleen: Jennifer Hudson take refuge with August: Queen Latifah, a successful local honey-maker, and her daughters, May (who's slow but sweet): Sophie Okonedo and tougher June: Alicia Keys. Mild violence, profanity. Fox Searchlight 110 min.

TWILIGHT

Bella: Kristen Stewart moves from Arizona to live with her sheriff father, Charlie Swan: Billy Burke in fog-shrouded Washington state. Her mysterious chem lab partner, Edward Cullen: Robert Pattinson, saves Bella's life when an out-of-control car could have crushed her. She falls in love, even after learning he is a vegetarian vampire. His father, Dr. Carlisle Cullen: Peter Facinelli treats her at the hospital. Warning: This very romantic tale has the tweens in the audience squealing audibly whenever Edward appears. With a female director, novelist and screenwriter, it is obviously from the female POV. Cast with beautiful people, no wonder rogue vampires want to feast on them. Action fighting, kissing, some blood, one head twisted. Summit Entertainment 121 min.

ZACK AND MIRI MAKE A PORNO

Lifelong friends, now roommates with financial problems, Zack: Seth Rogan and Miri: Elizabeth Banks, decide the solution is to make a porn flick. They attend their high school reunion where they hit on people, including Bobby Long: Brandon (Superman Returns) Routh and his gay porn-star lover, Brandon (Justin Long). (That's an in-joke for director-writer Kevin Smith.) Zack and Miri find real feelings when they have to shoot their lovemaking scene. Smith finds humor, tenderness, and surprises as events unfold. Bubbles: Traci Lords. Profanity (several each minute!), nudity, sexual situations. TWC 102 min.

Italian American Social Club

25 RUSSIA AVENUE  
SAN FRANCISCO  
Since 1937

Lunch & Dinner  
Wednesday, Thursday & Friday

❖

Variety of Pasta Specials \$9.95

Fridays Only:  
Reduced Drink Prices (At table only)  
*\*May not be used with other offers. No duplicates, please.*

415-585-8059

Parking lot across from the club  
Manager: Rich Guaraldi,  
Past Grand President of the YMI

Proudly Serving The Families of West of Twin Peaks

"Caring Service  
is our Highest  
Priority"

The Bud Duggan Family Serving the Bay Area Since 1903

Duggan's Serra Mortuary, Daly City

415/587-4500

FD1098

Driscoll's Valencia St. Serra Mortuary, SF

415/970-8801

FD1665

Sullivan's Funeral Home, SF

415/661-4567

FD 228

Parking Available at all locations

Most Convenient San Francisco/Peninsula Locations

Traditional and Cremation Services

Contact our Pre-Arrangement Department for your  
FREE Personal Planning Guide  
"My Funeral, My Way"

DUGGAN'S  
SERRA MORTUARY

VISA, MASTERCARD & DISCOVER ACCEPTED

duggansserra.com

driscollsmortuary.com

sullivansfuneralandcremation.com

Dec 2008.....Westside Observer.....Page 10



Recognizing Dementia: How the Holidays Help

The approaching holiday season is great for spending time with family and friends that you might not see that often. It is also a good time to check up on their health and wellbeing and that includes watching for signs of dementia. The Alzheimer's Association has compiled a checklist of common symptoms that can help people identify behaviors associated with dementia.

So what is dementia disease?

Most simply explained dementia refers to a gradual decline and loss of mental ability, reasoning and memory. There are multiple types of dementia with the most common being Alzheimer's disease, which accounts for 50 to 70 percent of dementia diagnoses. The disease can be devastating in that it leaves the person living with dementia with decreased physical and mental ability, and thus an increased need for support and care from others.

Increased awareness and improved medical evaluations are leading to a rise in the numbers of people being diagnosed with dementia disease. In San Francisco, by the year 2010, it is

projected that 17,607 seniors (people 65 and over) will be living with Alzheimer's (one of the many forms of dementia); by the year 2020 that number will grow to 18,523. And these numbers do not even include people under 65.

Ten Warning Signs

- 1. Memory loss
- 2. Difficulty performing familiar tasks
- 3. Problems with language
- 4. Disorientation to time and place
- 5. Poor or decreased judgment
- 6. Problems with abstract thinking
- 7. Misplacing things
- 8. Changes in mood or behavior
- 9. Changes in personality
- 10. Loss of initiative

If many of these behaviors are noticed in someone, talk to them about seeing a doctor to help determine the cause. Early diagnosis provides a better opportunity for treatment and planning for the future.

The Mental Health Access Workgroup has much more information to share about the rise in progression of and care for people living with dementia in San Francisco.

One More List

I am astounded by the lists everyone is compiling to help our newly elected president.

Well, here *One More List* for economic times.

File this under the folder: Working Smarter Not Harder.

And don't send it to TheNEWprez@whitehouse.com. Send it to parents and community members.

Subject Line: What we can do to improve our schools without having to sell more sweatshirts and giftwrap.

Now don't take this as advice that we don't need to invest more in our children and our schools.

With education funding in California among the lowest in the nation, that is NOT what this list is about.

It is about the power of partnerships. It is the idea of leveraging resources. It is about welcoming parents and community into our schools.

As schools are being asked again to do more with less, it suggests that the first thing we do is NOT ask parents to hold another fundraiser.

Let's first look at our family community partnerships in a systemic way. Why?

Family involvement helps children succeed.

*A New Wave of Evidence: The Impact of School, Family, and Community Connections on Student Achievement*, a 2002 research synthesis of more than 50 studies, finds that there is a positive and convincing relationship between family involvement and student achievement.

*Take note: This holds true regardless of race/ethnicity, class, or parents' level of education.*

Look at the major educational research and you will find the Power of Partnerships.

Take the recommendations of the California P-16 (Pre kindergarten through Higher Education) Council convened by State Superintendent of Public Instruction Jack O'Connell:

- Develop Partnerships to Close

EDUCATION

& OTHER CONSIDERATIONS  
by Carol Kocivar

the Achievement Gap

- Conduct a Climate Survey

The List. The List. Give Me the List!!!

Here is the list. How is your school doing?

PTA's National Standards for Family-School Partnerships

1: Welcoming all families into the school community—Families are active participants in the life of the school, and feel welcomed, valued, and connected to each other, to school staff, and to what students are learning and doing in class.

2: Communicating effectively—Families and school staff engage in regular, two-way, meaningful communication about student learning.

3: Supporting student success—Families and school staff continuously collaborate to support students' learning and healthy development both at home and at school, and have regular opportunities to strengthen their knowledge and skills to do so effectively.

4: Speaking up for every child—Families are empowered to be advocates for their own and other children, to ensure that students are treated fairly and have access to learning opportunities that will support their success.

5: Sharing power—Families and school staff are equal partners in decisions that affect children and families and together inform, influence, and create policies, practices, and programs.

6: Collaborating with community—Families and school staff collaborate with community members to connect students, families, and staff to expanded learning opportunities, community services, and civic participation.

You can find more information, including assessment tools and a parent survey, on the web sites of the California State PTA [www.capta.org](http://www.capta.org) and the National PTA [www.pta.org](http://www.pta.org)

DESIGN · BUILD · MAINTAIN



EST: 1990

JANET MOYER

Landscaping

Receive a  
Free Smart Drip  
Irrigation System

Just because the economy is going down the drain, doesn't mean the water in your garden has to. For a limited time, Janet Moyer Landscaping is providing a free smart drip irrigation system with a qualified landscaping purchase. A smart irrigation system can reduce water usage in a landscaped garden by as much as 50 percent. Call today to set up a no obligation meeting to learn more.

Janet Moyer Landscaping is a full-service landscaping company specializing in sustainable landscapes

One of the "100 Fastest Growing Private Companies" in the Bay Area  
*SF Business Times*, October 24, 2008

Award winning design - "Outstanding Achievement" Award  
*California Landscape Contractors Association*, 2007



415-821-3760

1031 Valencia Street, San Francisco · [jmoyerlandscaping.com](http://jmoyerlandscaping.com)

Landscape Contractor License 853919 · Pest Control License 23632

WE'RE ALSO ON THE WEB  
[www.westsideobserver.com](http://www.westsideobserver.com)

SUNSET PET SUPPLY

Natural Products  
Friendly Service  
Great Prices



2226 Taraval Street • SF • 661-4236 • [www.sunsetpetsupply.com](http://www.sunsetpetsupply.com)  
Weekdays 10am-7pm • Sat 9:30am-6:30pm • Sun 11am-6pm

Serving Food As Good As Our Prices Are Low  
Where Friends Meet



TENNESSEE GRILL

1128 Taraval St. • (415) 664-7834 • Open 6am-9pm



# Win the Battle of the Holiday Bulge

by Sharon Caren

Don't wait until January 1<sup>st</sup> to make a New Years Resolution. TODAY we can make some healthy eating choices and cruise into the New Year ahead of the game.

Just by a shift in consciousness (the way we think about and approach it), change will automatically occur. The general state of our health is directly related to our consciousness.

**Consciousness** = sum total of feelings, thoughts, beliefs, attitudes and intentions. What a great word!

Let's pre-plan by looking at the calendar. Mark the actual days of temptation in Dec. Example; work parties, luncheons, family gatherings. How many, maybe 2 to 6 out of 31 days? With this calculation, let's move forward.

We don't have to eat and drink everything in sight the entire month of Dec. Putting consciousness on our caloric intake per day while adding exercise, and VOILA, a complete turn around. I use a little paperback book "The Complete & Up-To-Date Fat Book" by Karen J. Bellerson. She has everything you can think of eating and drinking listed with the calories and fat measured, even fast foods! Now we're armed and ready to advance....

Think of food as fuel to keep our tank rolling. The quality of what we take in is more important than the quantity. We want a lean, strong machine to take us into the next year. Exercise helps burn excess fat and maintain healthy metabolism. Choose walking 3 to 5 times a week or join a gym. For busy women, Curves has a circuit workout that only takes 20 minutes. There are 10,000 locations with one right here at 608 Portola Drive, San Francisco. Call 415-759-9103 to find out more about their programs.

Change a few habits little by little and watch the results!

## Some Tips

- 1) Salads – Eat salad slowly before the meal - green lettuce or fresh fruit salads, using dressing on the side
- 2) Turkey – a great healthy food choice for a main course
- 3) Whole wheat hard rolls and bread sticks – better than white flour as the body has to work harder to metabolize wheat flour and burns calories in the process
- 4) Raw and steamed vegetables – best ones are non-starchy green vegetables, asparagus, broccoli, brussel sprouts, cucumber, celery, eggplant, green beans, lettuce, spinach
- 5) Yams and sweet potatoes – better than white potatoes nutritionally
- 6) Turkey gravy – add about 25 to 30 calories per 2 oz. serving - use sparingly

**Note:** It takes 20 minutes for the brain to tell us we're full. After eating one serving, sit, relax, and you'll find you won't want seconds.

## About Sugar

Beware of the huge amounts of hidden sugars:

Cranberry sauce: 12 teaspoons of sugar in ½ cup

Cola: 9 teaspoons of sugar in 12 oz.

Coffee and tea – some folks use 1 to 3 teaspoons of sugar per cup

I don't know about you, but I'd rather save my sugar consumption for a special dessert treat, thank you very much....

The body cannot break down and metabolize processed white sugar. It

stays in the blood and becomes sludge. How might this affect our blood pressure and cholesterol?

## Healthy sugar replacement

Blue Agave, a natural sweetener that tastes great

## Drinks and Celebrating

Another concern may be parties and drinking. No one wants to spend the night in the clink on Christmas so be aware; the average metabolism burns ½ oz. of pure alcohol per hour. This will vary depending on size and body weight.

## Lowest Calories in Wines

Cabernet Sauvignon 4

oz. 88 calories

Chardonnay 4 oz. 88 calories

Wine spritzer (wine with seltzer) 5 oz. 61 calories

**Beer** – (Light beers are the lower) 12 oz. Beers vary from 95 to 208 calories

Non-Alcoholic Beer lowest - 12 oz. 55 calories

## Distilled Liquor

The higher the proof (% of alcohol) higher the calories

80 to 100 proof: for 1 oz. 67 to 83 calories

If drinking a mixed drink, factor in the mixer: Orange juice 8 oz. from 104 to 118 calories.

Grapefruit juice 8 oz. from 93 to 116 calories.

7-Up 12 oz. 144 calories. Diet 7-Up 12 oz. 4 calories.

Tonic water 6 oz. 125 calories alone.

Low Cal. Tonic water 6 oz. 2 calories.

Seltzer water 12 oz. No calories

## Digestive Enzymes

Taking an enzyme supplement with meals aids the body in breaking down and processing the food we eat. If you experience feeling bloated or heartburn after meals, these enzymes are a must and will change your life.

We're born with an original supply of enzymes and as we age, our natural enzyme bank decreases. Enzymes are needed in the body for every bit of cell reproduction. That means the rebuilding of all of our major organs, heart, kidneys, liver, lungs, as well as tissue and muscles...virtually everything!

Eating organic raw fruits and vegetables are the best source of natural enzymes, at least 5 servings each day. If we aren't eating these amounts or supplementing with digestive enzymes, our body has to call on the enzyme supply we have left. Those enzymes then stop the important rebuilding work they do in the brain, intestines, and sexual organs, and have to come over to digest food every time we eat. My choice is to use supplements for the digestive process and leave my natural enzymes to do their important major cell work. Plus, I feel so much better after eating when I take them. It's a win – win.

I'm happy to share information on some good Enzyme Supplements and Blue Agave with you. Please call me, 650.359.6579 or email [sharoncaren@comcast.net](mailto:sharoncaren@comcast.net)

I'm not a Bah-Humbug suggesting to deny your self of any holiday favorites. I believe we can enjoy all the things we love when it's done in moderation and balance. Celebrate this Holiday Season sharing the experience with friends and loved ones in gratitude for all we have and feel the fullness of life itself. En-Joy

For more Sharon Caren, go to our website: [www.westsideobserver.com](http://www.westsideobserver.com)



## Therapeutic Health Writing Workshop in West Portal

Dr. Abby Caplin, M.D. and Bookshop West Portal will be holding a series of therapeutic health writing workshops in January and March. The workshops, which are conducted over a series of 5 successive Sunday evenings, are designed for people who are suffering from chronic illnesses, or family members who are caring for those affected with illnesses.

Through Caplin's guidance participants learn simple tools to help them feel stronger, inside and out, and to discover the power that their individual stories can have on the healing process.

Caplin, who has been conducting the writing seminars for 2 years, has a personal connection to the participants as she also experienced the issues and feelings involved in battling an autoimmune disease. Her experiences with the mainstream medical community left her distressed and discouraged until she was introduced to a mind-body medical doctor who helped her to better manage the illness and put her on the road to recovery and living in a much improved state. As a result of her experience, she has spent the last 23 years developing and teaching methods for mind-body healing and the writing workshop is one tool to help those with medical issues.

In the workshop, the participants, who need no prior writing experience, will work with Caplin in a process of reflection, writing, and optional confidential sharing of feelings, ideas, and practices with a goal to help ease symptoms and get stronger from the "inside out".

"By sharing their experiences with other people who have similar feelings and fears, they discover that they are not alone in their journey", explained the doctor, who added, "in fact, autoimmune type illnesses are the 3<sup>rd</sup> most common diagnosed disease in the US after cancer and heart disease. Nearly 80% of the people diagnosed with autoimmune disorders are women."

Autoimmune disorders include Lupus, Multiple Sclerosis, Rheumatoid Arthritis, Crohn's Disease, Fibromyalgia, Hashimoto's thyroiditis and Type 1 Diabetes.

Caplin described the seminars as a process to discover what is in each person's subconscious mind regarding their chronic health condition. Feelings



of despair, helplessness, and anger often come up. When the people can see into their subconscious and their triggers, they can help to transform it to create a powerful internal source for their positive healing process.

Given her experiences within the medical community with her own illness Caplin reflects on feelings shared by many with chronic illnesses, "Some doctors are OK, but can't really connect to their patients as anything but a number, and really aren't listening and talking to the patient. Even as a M.D. this was my experience. As a result most patients feel objectified, categorized and under-served. I certainly felt this as a patient", she explained.

The writing workshops give people a chance to work within a group to share experiences and gain insight and tools to battle their illnesses. Past participants have described the experience as "fantastic", "thought-provoking" and "fun". One person wrote that "the seminar gave me tools to deal with my health, using tools that I did not anticipate loving. I grew here. Abby (Dr. Caplin) created a safe and sympathetic environment."

Bookshop WestPortal (80 West Portal Avenue) will host both sets of workshops on 5 successive Sunday evenings from 7:00 – 8:30 PM. The first set is scheduled from January 18<sup>th</sup> through February 22<sup>nd</sup>; and the second set from March 1<sup>st</sup> through March 29<sup>th</sup>. The cost for the total workshop (5 classes) is \$145 per person, and enrollment is limited to 8 participants per session.

To book space in the workshop or to learn more about Dr. Caplin and her work, you can call her at 415.255.9981 or contact her through email at [abbycaplinmd.com](mailto:abbycaplinmd.com)

**Massage Envy**

**GIFT GIVING**

**HAS NEVER BEEN SO STRESS-FREE**

This holiday season give the gift of relaxation with a Massage Envy gift card. A soothing one-hour massage session is only \$49\* for first-time guests. Get your gift cards today at [Massage Envy](http://MassageEnvy.com).

**COMPLETE GIFTS START AT JUST \$60**

**Massage Envy Daly City** \*  
The Shops on Lake Merced  
494 Westlake Center (In the new Westlake Parking Garage on Lake Merced Blvd, off John Daly Blvd., between TJ Maxx and Home Depot)  
650-757-ENVY (3689) | Open 7 Days: M–F 8am–10pm, Sat 8am–6pm, Sun 10am–6pm  
Franchises Available | [MassageEnvy.com](http://MassageEnvy.com)

\*One hour session which consists of a 50-minute massage and time for consultation and dressing. Prices subject to change. Rates and services may vary by location. Additional local taxes and fees may apply. © 2008 Massage Envy Limited, LLC.



ON THE PLUS SIDE

# Fly on the Wall

by Hank Basayne

I’ve enjoyed the fantasy of being invisible since I was a little kid—six or seven, maybe. Now, edging into my ninth decade, the fantasy came true—almost.

I recently found myself unexpectedly in hospital for a fascinating reason, but that’s a tale for another time.

Unhappy, in pain, I survived the elaborate ritual of the ER—the parade of technicians, interns, nurses, residents and doctors, the endless questions, attachment to an IV rig. Finally, some four or five hours later, was moved to a semi-private room. A curtain separated me from the other occupant.

I’ve always been interested in the lives of other people. Learning their stories, travails, triumphs, fears, hopes and the settings in which their personal dramas unfold, enriches my own life and experience. Every novel, movie or play is an entrance to a vicarious enlargement of my own journey. I find out things I wouldn’t have otherwise known.

in the afternoon of the first of my ten-day stay, a little foggy from the blessed periodic infusions of morphine, I became aware, of a conversation between two men. They were less than two feet away from my bed but, shielded by the flimsy drape, they were totally unaware of me.

Their conversation was halting and vaguely unfriendly. It developed that they were father and son who hadn’t seen each other for a long time. The father was the patient—seriously ill; the son sounded in his late twenties. Son was dutifully trying to make small talk, Dad was irritable. Son was in touch with his mother, but his father was not. Son was itinerant, talked of next going to Oregon. Dad wanted to know how he was supporting himself but the only response he got was, “this and that”. It was an uncomfortable visit and the son ended it abruptly, saying only that he’d be in touch. I was reminded how lucky I was to have warm, respectful and loving connections with my own children.

A few days later a new patient replaced my unseen roommate. He

sounded quite old, foreign-born, his wife in constant attendance. They lived a few hundred miles from the hospital. His two grown children visited often. They seemed to be deeply religious and hopeful. He had come for tests to determine whether his liver cancer was reversible.

One afternoon when they were all together, a social worker came to talk with the family. Her voice was gentle but confident. Her task was to let them know that the patient was terminal. While they had hoped that chemotherapy and radiation and prayer would cure him, she tenderly, gradually, skillfully and lovingly helped steer their hopes toward the uncomfortable reality that he would soon die.

Her competence and expertise were astonishing. Her gentleness and obvious caring—over a two-hour period—were amazing as she guided them through the various options that remained to them. She helped shift their wishful longings toward how they could make and keep him comfortable and make the most of his remaining time. She explained the concept of hospice and helped them visualize how that might work easily and effectively in their own home. She gradually gained their assent, and, before she left, they agreed to let her make the necessary arrangements. There were tears but there was also a satisfied acceptance.

I marvel at the compassion and expertise of that social worker. I never saw her (or the family) and never learned her name. I’m grateful that such people exist, wish that I could perform such sacred service, and hope that I and my family could be the beneficiaries of such care should such circumstances arise.

I embraced the lives of two other families during my hidden stay, and then returned to focus on my own recovery and return to the dailyness of my life. It was as if I had read four rich novels during my hospitalization, with much to think about, appreciate and understand. And it did provide the opportunity to be the fly on the wall, to be invisible—almost.





### BACK TO SPORTS





## FITNESS

- Personal Training
- Functional Training
- Core Stabilization
- Balance Training
- Pilates

## THERAPY

- Sports Medicine
- Post Therapy Rehabilitation
- Athletic Training
- Performance Enhancement
- Flexibility Training

### Now taking care of you in two locations!

[www.backtosports.com](http://www.backtosports.com)

#### FITNESS

342 WEST PORTAL AVE  
415-759-8978

#### THERAPY

254 WEST PORTAL AVE  
415-564-5400

## Sudoku-fun!

5				4	1			
	1	4		7		3	5	
		7			5	9		4
7	8	6		5		1	4	9
		3				5		
1	4	5		6		2	8	3
3		8	1			4		
	2	9		8		7	3	
			4	3				5

**Rules:** Each puzzle is a 9 by 9 grid of squares divided into nine 3 by 3 square blocks, with some of the numbers filled in for you.

**The Object:** Fill in the blank squares in such a way that each of the numbers 1 to 9 appears exactly once in each row, column and block.

**Answer:** The answer appears in another section of the paper.

## BRAIN FOOD

Can you unscramble the countries in Part 1 and match them with the appropriate fact about them in Part 2? And your answer is?

### Part 1:

1. HCAIN
2. GRIINAE
3. PAJNA
4. SUKTROOAEH
5. MIKUDITDNENGO
6. HUFAIORSACT
7. MNAAORI

### Part 2:

1. This is the world’s most populous country.
2. The capital of this country is Abuja.
3. This is the only country to suffer an attack with atomic weapons.
4. The capital of this country is Seoul.
5. This country is a great industrial power despite the fact that it must import many resources.
6. The capital of this country is Pretoria.
7. Dracula’s home, Transylvania is in this country

Answer on page 14

**Tower Market**  
635 Portola Drive  
(415) 6641600

# MOLLIE STONE'S

*The Best of Both Worlds®*

**Grand Central Market**  
2435 California Street  
(415) 567-4902

**Your Local Grocer for Fresh Meat, Seafood, Poultry, Produce, Deli and Catering**

Page 13 .....Westside Observer.....Dec 2008



by Jack Kaye

In Praise of the English Language



Having studied many languages, I find that English is the most up-to-date of the bunch and has eliminated many of the shortcomings with which other languages still struggle.

English evolved from its Germanic roots when the Normans invaded and conquered England in 1066.

The Normans brought the French that was then in use to the British Isle. (The Normans, though from France, were originally from Norway, hence the name.)

English adopted many of the words that have since changed in French. Many modern French words that begin with an “é” and are followed by a consonant used to be different and more like our English. I don’t think even the French realize this. Here are some examples. Substitute the beginning “é” with an “s” and see what happens: *étage*, *étranger*, *étude*, *école*, *écailler*, *écarlate*. *échalote*, *écope*, *épouse*, *équerre*, *état*, *étole*, *étrangler* and *étuve*. They become stage, stranger, studie (study), scole (school), scaler, scarlet, schalote

THE DEVIL’S DISCIPLE

Shaw’s Parody of 19th Century Melodrama and English Imperialism:

Set during the American Revolution, Shaw’s play, written in 1897, takes place in New Hampshire when the colonies were breaking away from the domination of the English military mocked by Shaw for their stupidity. For example, to maintain their authority through intimidation, the military often hang certain colonists such as the town minister without justification. Within this background we first meet Mrs. Dudgeon, a widow who loses her inheritance through a will that favors her eldest son, Richard, a smuggler who renounces the piety of his family to ascribe to the workings of the Devil. Yet, for unknown reasons this disciple of the Devil will offer his life to save that of the town minister condemned to be hung. Adding drama to this conflict is the reserved and pious minister’s wife’s attempt to come to Richard’s rescue.

Directed by Barbara Oliver, founder of the Aurora Theatre, the play’s action grabs you from the beginning and never lets go of you. Trish Mulholland portrays an embittered Widow Dudgeon and Stacy Ross interprets minister Anderson’s wife, a sensitive female torn between morality and passion. Gabriel Marin as the spirited devil’s disciple dominates the stage with a dynamic presence. Warren David Keith’s portrayal of Uncle William and Bourgogne is enriched with a physical expression that conveys his every thought and feeling even more eloquently than words. Soren Oliver offers a forceful portrayal of the god-abiding minister Anderson. The remainder of the cast, including UC Cal Berkeley student Tara Tomacevic as young Essie, create excellent characterizations.

One of the more captivating and original aspects of this production is Shaw’s signature as a witty satirist mocking the exaggerated melodramatic elements, the hypocrisy of the military and of the God fearing colonists, and the futility of war.

*Through Dec. 7 and The Coverlettes appear with their jolly Xmas songs Dec. 16 -23. For information call 510-843-4822 or visit www.auroratheatre.org.*

ARABIAN NIGHTS, VISUAL FANTASY STORIES

From the first to the last story, playwright/director Mary Zimmerman’s Arabian Nights transports us into a world of fantasy that one rarely has the occasion to see on the contemporary stage. The entire piece is based on how Scheherezade, the daughter of a courtier of the murderous King Shahryar, spares her own life through her ability to tell story after story to retain the king’s interest while her father awaits the King’s murder of his daughter with a shroud. The young girl’s stories that dramatize love, heros and villains, good and evil, the existence of God, the meaning of life and much more are so mesmerizing that she transforms the King into a docile husband who will forever listen to her stories and never again murder another woman.

Directed by Mary Zimmerman, the ensemble of the stylized oriental choreography, songs and music (Andre Pluess and The Looking Glass Ensemble), exotic sets (Daniel Ostling), and costumes (Mara Blumenfeld) lighting effects (TJ Gerckens), and dramatized narration and improvisation by a 15 member

(shallot), scope (scoop), spouse, squerre (square), stai (stay), state, stole, strangle and stove (stove)—Voila, English!

The French also did the same to its letter “s” in the middle of words if the “s” is followed by a consonant. They replaced the “s” with an upside “v” over the preceding letter. So the Latin fenestra become fenêtre, bastard became bâtard, nostre became nôtre, etc. But unlike English, French never got rid of the ancient practice of giving genders to objects and then to their modifiers. So French and the other Romance languages require the user to know which inanimate object has which gender. Is a table feminine because a chair which is masculine slides in between its legs? An object with two different names to describe it can have one that is masculine and one that is feminine. Different Romance languages may assign a different gender to the same object. A car can be feminine in one and masculine in the other.

I have tried to trace the origin of this strange practice and believe I have found it. It is the same source as the alphabet. Did you say Greek? Yes, Greek had genders for objects and had an Alpha Beta, but that’s not it. And since it predated Latin, it is not Latin which caught the habit from Greek. It was Hebrew. And Hebrew had the first Alef Beit, which became the Greek Alpha Beta.

English has all the verb tenses that Latin has like present, past, pluperfect, future, conditional subjunctive, and imperative, but it does not require us to

cast a magical spell on the audience. The only time this magical spell is broken is in a scene in which a comical character expels intestinal gas while those around him swoon from the odor. This comic bit continues on and is milked so long that it soon becomes rather tedious.

The cast acting out these exotic stories present fascinating caricatures of a King and the members of his court, jesters, a madman, pastry cook, butcher, musician, a sage, slave girl and more while Sofia Jean Gomez creates a gracious, elegant heroine.

Mary Zimmerman’s adaptation of the Book of the Thousand and One Nights, translated by Powys Mathers, and her direction of this enchanting production that harmoniously combines comedy and moral wisdom, choreographic and scenic beauty, offers a visual fairy tale power along with meaningful content that challenges us spiritually, stimulates our fancy and captivates our imagination.

*Arabian Nights runs until January 4, 09. For information call 510-647-2949.*

JOE TURNER COMES TO BERKELEY

Joe Turner does not appear in the play now running at BRep, named Joe Turner’s Come and Gone, except metaphorically. That’s just a line from an early blues song by W. C. Handy. Who does appear in August Wilson’s play about the African American experience is Herald Loomis, who has just spent four years on the road and seven years on a chain gang. The song is “Joe Turner’s Blues,” chanted by his fellow laborers on the chain gang. In the early part of the first full century without slavery, he returns to Pittsburgh, Pennsylvania, with his young daughter, and with all his various internal demons to a boarding house, seeking lodging. His daughter Zonia (Nia Reneé Warren this night, sharing the role with English Amore Hills) is part of his obsession. The song is sung live, but Loomis doesn’t like it after his years on the chain gang, he doesn’t want to hear that name.

The boarding house setting has a homey, lived-in look, but maybe a little too sedate. Most of the actors around the dining table did not project vocally, giving the performance a subdued atmosphere, until they started clapping and singing. When tall, imposing Herald Loomis (Teagle F. Bougere) enters the house in his long black coat and black hat (as called for by the playwright), his voice is loud and clear. Surprisingly, one of the few other actors who could project her voice was the child actress Nia Warren. After his forced-work detail, Loomis is searching for the mother of Zonia.

This a powerful play, and this production brings through that power ultimately. It’s a family story with a bittersweet ending. Mother and child are reunited and the father, realizing he would be a danger to them, leaves.

*Through Dec 14th at the Berkeley Reperatory. Info: 510 647-2949-www.berkeleyrep.org.*



conjugate each verb depending upon whether it is in the first, second or third person singular or plural. We also do not use two different “you”s depending on with whom we’re speaking. Some Asian languages cannot differentiate between the present, past and future using their verbs. So one would have to say “I go to work, yesterday” or “I go to work tomorrow” instead of “I went” and “I will go.” And they didn’t have alphabets meaning that each word has a symbol that must be memorized. Can you imagine a Chinese keyboard for typing?

And since English is a Germanic language mixed with a Romance or Latin based language, we have two words for the same thing. Examples are donate (L) and give (G); labor (L) and work (G); and demonstrate (L) and show (G).

I believe that this is why English, but not French or Chinese, is and will be the international language. French used to be known as the international language but has lost out, I believe, because of its insistence on giving each noun and its adjectival modifier a gender, which unlike Italian or Spanish, is not discernible by hearing it. At least the Italians and the Spanish ended each masculine noun with an “o” and each feminine noun with an “a” to let speakers know which arbitrary gender the word is supposed to be.

So aren’t you happy that you know English? Don’t you wish everyone did?



PO Box 27176, SF 94127

www.westsideobserver.com

415 517-6331

Publisher/Editor: Mitch Bull • mitch@westsideobserver.com

Associate Editor: Alice Bull

Managing Editor: Doug Comstock • editor@westsideobserver.com

Dir. Advertising Sales • Catha Hall 650-365-6565  
cell: 415-990-9330

Contributors: Hank Basayne, Brian Browne, Mitch Bull, Sharon

Caren, Captain Paul Chignell, Doug Comstock, Kimo Crossman, Jonathan Farrell, Robert Goldberg, Jack Kaye, Dr. Carol Kocivar ,Quentin Kopp, Annette Lust, Don Lee Miller, Clint Reilly, Phyllis Sherman,

The ideas and opinions expressed in these pages are strictly those of the author and do not necessarily reflect the opinions of the staff or publisher of this paper. The Westside Observer is a free monthly newspaper serving the entire West of Twin Peaks area of San Francisco. Our circulation is 20,000 copies, distributed 10 times a year. 12,000 are distributed door-to-door, 1,500 are distributed via free distribution racks in the West of Twin Peaks area, as well as key drop-off points, including merchants banks and public libraries.

Sudoku Answers:

5	3	2	9	4	1	6	7	8
9	1	4	6	7	8	3	5	2
8	6	7	3	2	5	9	1	4
7	8	6	2	5	3	1	4	9
2	9	3	8	1	4	5	6	7
1	4	5	7	6	9	2	8	3
3	5	8	1	9	7	4	2	6
4	2	9	5	8	6	7	3	1
6	7	1	4	3	2	8	9	5

Answer to Brain Food:

- China – is the world’s most populous country
- Nigeria – the capital of this country is Abuja
- Japan – the only country to ever suffer an attack with atomic weapons
- South Korea – the capital of this country is Seoul
- United Kingdom - a great industrial power despite the fact that it must import many resources
- South Africa – the capital of this country is Pretoria
- Romania – Dracula’s home, Transylvania is in this country



Watch for Auto Vandals

Over the past two nights Lt. Caplan has sent officers in plainclothes to the outer avenues in an attempt to catch the prolific auto vandals. We will keep trying. PLEASE call us if you see suspicious loitering or people who appear not to belong in the neighborhood late at night or early in the morning—you are our eyes and ears. Thanks.

Breaking News:

Armed Suspect Robs Gas Station

11/29/08, 5:50 am, 2300 block of 19th Avenue  
A man walked up to the service counter of the Shell Gas Station at 19th and Taraval with a white plastic bag over his head. The man produced a gun from his waistband and demanded money. The employee complied and got down on the ground as ordered by the gunman. The suspect fled the premises but the employee followed him and saw that he got into a black car heading south on 19th avenue. Officers Allan Wong and Adrian Payne stopped a black car for violating a stop sign rule at 20th and Vicente seconds later but before the robbery broadcast came over the police radio. As they were about to cite the driver for the stop sign violation, they heard the broadcast and took the suspect out of the vehicle at gunpoint. In the

vehicle was the plastic bag, money from the station and a gun. The victim positively identified the suspect as the robber. The suspect, who lives on the 2400 block of 31st Avenue, was arrested for burglary, robbery, false imprisonment and, of course, a stop sign violation. Case #081274761

Armed robbery of a woman at Stonestown

Taraval officers responded with alacrity to the scene, Wednesday, November 26, at noon, in the underground garage of Stonestown and broadcast a description. Daly City and CHP officers arrested the suspect on Highway 280. The suspect is believed to be responsible for armed robberies today in Serramonte, Colma and the Stonestown attack. He was turned over to San Mateo County authorities for prosecution.

Lower Great Highway

In response to speeding, stop sign violations, pedestrian safety and auto burglaries in the lower Great Highway area, Taraval officers in conjunction with motorcycle officers from the Traffic Bureau will be visible in that area effective immediately.

Graffiti Arrest

11/25/08, 8:19 pm, Irving and 9th Avenue  
Officers Alan Levy and Esther Gonzalez were on

patrol when they observed a group of juveniles congregating at the corner. On closer inspection the officers observed one of the group using a black marker

to commit graffiti on a news stand. The officers drive directly up to the suspect and not noticing the officers, he continued to mark up the news stand. The suspect then saw the officers, said “oh s---” and took off running full speed towards 8th avenue with the officers in foot pursuit. As the suspect turned south on 8th avenue, a local resident saw the chase and pushed the suspect to the ground. The officers then placed the suspect under arrest. The suspect, who lives on the first block of Juanita, was cited for two counts of malicious mischief and resisting arrest. Case #081264126

For a complete daily Police Report from the Taraval Police Station, go to our website: [www.westsideobserver.com](http://www.westsideobserver.com)

POLICE BLOTTER

Police Captain Paul Chignell, Taraval Station



Where Can I Find the OBSERVER?



West Portal Avenue Area:

- Newspaper Box in front of Post office on West Portal Ave.
- Century 21 – Scott Keys Realty – 101 Vicente St.
- Dubliner Irish Bar
- Greenhouse Café
- West Portal Books
- West Portal Music Store
- West Portal Library
- Zephyr Real Estate Office

Ocean Avenue Area:

- Lakeside Grill (Ocean Avenue)
- Villa D’Este (Ocean Avenue)

Stonestown Area:

- Stonestown Cinema – behind Stonestown Center
- Stonestown YMCA

Portola Ave Area:

- Creighton’s Bakery - Portola Dr.
- Curves – 608 Portola Drive
- Mollie Stone’s Market – Portola Dr.

Sloat Blvd Area:

- Aqua Surf Shop (Across from SF Zoo)
- John’s Ocean Beach Café on Sloat (across from Zoo)

Taraval Street Area:

- Tennessee Grill (1128 Taraval)
- Trolley Cafe (1300 block of Taraval)
- Parkside Library (1200 block of Taraval)

Sunset Pet Supply – (2226 Taraval)

Parkmerced Area:

- Park Place Market – Parkmerced

Noe Valley Area:

- Bell Market (24th and Noe)
- Fresca Restaurant (24th and Noe)
- MRW Hairdresser
- Nail Chic on Castro at Noe
- Noe Valley Library

Other Locations:

- Italian American Social Club – 25 Russia Ave. – Excelsior Dist
- Liberty Fitness – 3725 Noriega St.
- Massage Envy – Westlake Shopping Center – Daly City
- Merced Library Branch – 19th Ave @ Winston
- Sunset Library – 18th Street @ Irving
- Main Library – 100 Larkin St.

Locations may run out of papers alert us 415 517-3661. We support local business, call if you can help to supply the Observer to the public, and add your name to this list.

CITY COLLEGE OF SAN FRANCISCO  
SPRING SEMESTER BEGINS JANUARY 12TH



Space is still available in many courses this Spring semester at City College of San Francisco’s Ocean Campus located at 50 Phelan Avenue (corner of Ocean Ave.). Instruction begins January 12th. Credit courses are just \$20 per unit. See sampling of courses below. Visit [www.ccsf.edu](http://www.ccsf.edu) for a complete list of courses.

CREDIT COURSES

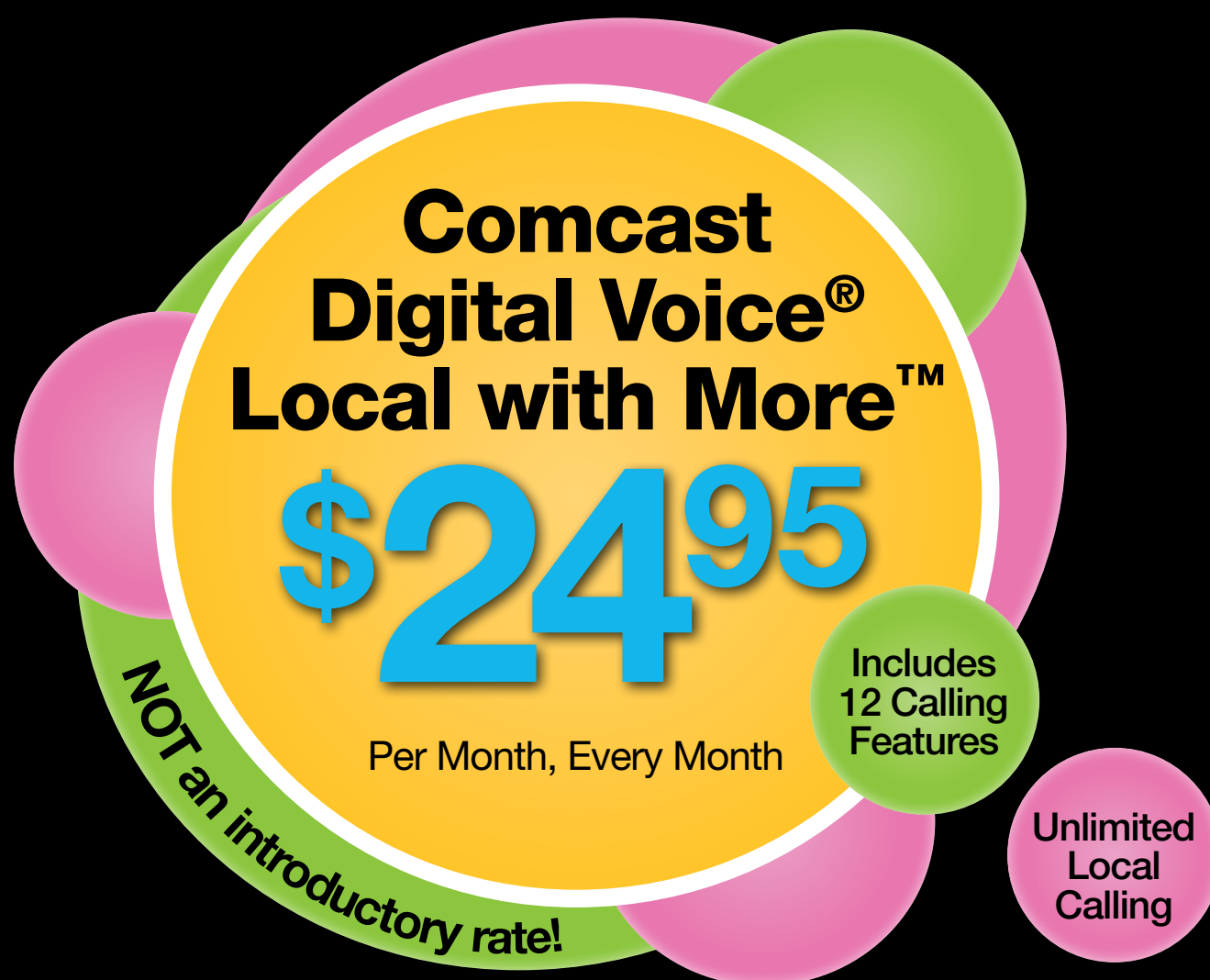
CRN #	Course Title	Days Times	Location	37826	GIS (Intro)	M	6–9 p.m.	Cloud 203
38912	Air Cond & Refrigeration	T 7–10 p.m.	Science 133	39076	Green/Sustainable Business	W	6:30–9:30 p.m.	Cloud 258
32066	Bay Area Arch. History	TTh 2–3:30 p.m.	Batmale 551	38838	History of Interior Design	W	6:30–9:30 p.m.	Batmale 651
38872	Biology of HIV	W 1–4 p. m.	Science 302	37958	Islam (Intro)	W	6:30–9:30 p.m.	Art 314
37873	Briefings in Biotechnology	W 4–6 p.m.	Science 200	38507	Islam (Intro)	TTh	12:30–2 p.m.	Art Ext 180
38383	Collaborative Design	F 9 a.m.–12 p.m.	Batmale 451	36031	Manufacturing Processes	MW	6–9 p.m.	Science 004
36034	Comp. Aided Drafting (Intro)	W 6–10 p.m.	Cloud 203	36032	Manufacturing Processes	Sat	9 a.m.–3 p.m.	Science 004
36035	Comp. Aided Drafting (Intro)	Th 6–10 p.m.	Cloud 203	37192	Photojournalism (Intro)	W	7–10 p.m.	Health Center 213
39079	Contemp. Women Writers	MWF 10–11 a.m.	Art Ext 184	38568	Politics of Sexual Violence	Th	4–7 p.m.	Cloud 229
38802	Conv. Japanese (Contin)	TTh 12:30–2 p.m.	Bungalow 716	36959	Technical Drawing (Intro)	T	6–9 p.m.	Science 143
35250	Conversational Pilipino	M 6:15–9:45 p.m.	Arts 312	37264	Technical Drawing (Intro)	W	6–9 p.m.	Science 143
38851	Demystifying Middle East	MW 1–2:30 p.m.	Cloud 267	37798	Trauma & the Arts	W	6:30–9:30 p.m.	Batmale 551
39036	Demystifying Middle East	T 6:30–9:30 p.m.	Cloud 261	38866	Youth Dev. & Leadership	Th	6–9 p.m.	Cloud 232
38639	Dreamweaver Web Design	W 6–10 p.m.	Art Ext 264	39056	Ecology (Intro) Lecture	W	9–10:30 a.m.	Science 302
38462	East Asian Literature in Film	W 2–5 p.m.	Health Center 206	39056	Ecology (Intro) Lab Class	F	2–5 p.m.	Science 314
36405	Elec. Measure/Passive Circuit	T 6–10 p.m.	Science 47	CREDIT SHORT TERM COURSES				
30935	Elementary French 2	MWF 8–10 a.m.	Health Center 213	CRN #	Course Title	Days Dates	Times	Room #
38569	Ending Sexual Violence	T 1–4 p.m.	Cloud 266	36554	Anti-Semitism/Anti-Arabism	Sat	4/18–4/25	10 a.m.–6 p.m. Cloud 232
38913	Engineered Plumbing Syst.	Th 7–10 p.m.	Science 133	39074	Careers in Law (Intro)	Th	2/5–4/2	4–6 p.m. Cloud 259
38833	ESL for Child Development	T 6–8:30 p.m.	Bungalow 714	35956	Diversity: Classism	Sat	2/7–2/14	9 a.m.–1 p.m. Cloud 258
38889	Exploring Sci. in Childhood	Sat 9 a.m.–12 p.m.	Orfalet 100	35955	Diversity: Racism	Sat	3/7–3/14	9 a.m.–1 p.m. Cloud 258
38971	Feature Writing	TTh 11 a.m.–12:30 p.m.	Bungalow 214	39035	Diversity: Sexism	Sat	3/21	9 a.m.–5 p.m. Cloud 258
36373	Fund. of Building Structures	TTh 11:30 a.m.–1 p.m.	Batmale 411	37125	Scientific Illustration	Sat	2/7–2/28	9 a.m.–3 p.m. Field
37037	Game Design for Multimedia	T 12–4 p.m.	Art Ext 264	37125	Orientation (above course)	W	2/4	6–9 p.m. Science 322

FOR MORE INFORMATION CALL 415.239.3733 OR VISIT [WWW.CCSF.EDU](http://WWW.CCSF.EDU)



# It's about time you have the best home phone service.

Get a whole lot more at a rate that just won't quit!



The graphic features a central yellow circle with a white border. Inside the circle, the text reads: **Comcast Digital Voice® Local with More™** followed by **\$24<sup>95</sup>** in large blue font. Below the price, it says "Per Month, Every Month". Surrounding the central circle are several overlapping circles in pink, green, and purple. One green circle contains the text "Includes 12 Calling Features". A pink circle contains the text "Unlimited Local Calling". A green arc at the bottom left of the central circle contains the text "NOT an introductory rate!".

**Comcast Digital Voice® Local with More™**

**\$24<sup>95</sup>**

Per Month, Every Month

Includes 12 Calling Features

Unlimited Local Calling

NOT an introductory rate!

**1-800-COMCAST**



Limited to residential customers in participating Comcast systems in wired and serviceable locations. Service, features and pricing are subject to change. Equipment and installation charges, taxes, Regulatory Recovery Fee and other charges (e.g., toll and international calling) extra. Service is subject to Comcast standard terms and conditions of service. Comcast Digital Voice® Local with More™ pricing applies to direct-dialed local calls from home. Additional charges apply for calls beyond coverage area. Separate long distance carrier connections and dial around calling not available. Activation fee may apply to Comcast Digital Voice® Comcast Digital Voice® service (including 911/emergency services) may not function after an extended power outage. Certain customer premises equipment may not be compatible with Digital Voice services. EMTA required (\$3.00/month from Comcast). Call 1-800-COMCAST for restrictions and complete details. Comcast ©2008. All rights reserved. 6531\_CCWB\_BAR