



Tony Hall
Talks Abouit
Hotels and Fees

West of Twin Peaks Central Council





Will Durst
Us Mushrooms are
on Will's Mind
— p. 4

George WoodingThe Theft of
GG Park
——n 4





Sleep Apnea It's Serious—p. 5

Real EstateHow 1 Sold My
House in 16 Days
— p. 7





Quentin Kopp Will Be Back Next Month

Moze INSIDE

Around the Town
Jack Kaye
Public Notices
Education / Carol Kocivar 6
Business Corner
Real Travel / Sergio Nibbi 10
What the Heck
Hank Basayne
Sharon the Health 11
At the Movies
Theater
Remember When
Phyllis' Findings
Open Late
Suduku/Brain Füd 14
Calendar
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VOLUME 22 • NUMBER 9 November 2010

Miraloma Park Wind Power Installation Challenged

By Dan Liberthson

The Facts The owner of the house at 400 Teresita Boulevard (corner of Reposa) has applied for a permit to install a 35-foot small wind generator (SWG) tower at 400 Teresita, a 21- foot tall home on a block with homes of similar height. The SWG would be installed four feet from the front wall of the house, and would support a swivel head with three six-foot long rotating blades forming a circle 12 feet in diameter. The Miraloma Park Improvement Club, supported by many of the nearby neighbors, requested Discretionary Review (DR) of this project on the following bases: (1) the proposed structure would compromise the architectural character of the block-face and would set a precedent for further erosion of neighborhood character; (2) the proposed site for this turbine does not meet manufacturer's specifications, so the turbine would be inefficient at this site—poor compensation for the significant loss of neighborhood character and visual appeal in this attractive neighborhood; and (3) the proposed SWG would adversely affect quality of life by introducing noise and light/shadow pollution, creating a strobe effect that would be a traffic hazard at the busy intersection of Teresita and Reposa. The MPIC does not oppose wind-generated power, and we look forward to the development of SWGs suited to urban residential sites. But we oppose installation of this particular model because of



400 Teresita Blvd. and Block-Face West: Photo with Proposed Wind Turbine Schematic Shown to Scale.

its unsuitability to the proposed site and to the built environment, an older section of Miraloma Park. Our commitment is to preservation of the architectural heritage of our older neighborhood, as embodied in Proposition M, which gave rise to the practice and requirement of design review and to the publication and mandated use of the City's Residential Design Guidelines.

Manufacturer's literature for the proposed Skystream 3.7 SWG recommends placement of the unit on at least a one-acre lot, 20 feet higher than the nearest obstruction and 275 feet from the nearest building for maximal power generation. The proposed site is about 2/3 acre, and the installed unit would have a horizontal clearance of 4 feet and a similar

vertical clearance. Placement so close to a structure will severely reduce the power delivered. Also, the unit will not deliver more than about a third of rated power in winds averaging less than 12 mph, and 29 mph winds are required for optimal power production. The SF Urban Wind Power Task Force Report and Recommendations state that "Wind energy experts agree that assessing a site's wind resource—including wind velocity, pressure, direction and turbulence—is a critical first step in evaluating whether a site is a good candidate for wind." The owner stated at the Pre-Application meeting that he has made no measurements of wind at the proposed site; however, a wind turbine engineer and member of the SF

Cont. p. 6

Water and Sewer Bills Set to Escalate

By Steve Lawrence

he rate you pay for water has doubled over the past five years, and will continue to rise. Why is this cost rising at 15% when inflation is much less? What might slow further increases?

Water is billed by the "unit." A unit is a cubic foot of water, which is about 748 gallons. If you are a typical single family residence you pay \$3.09 per unit for your first 75 gallons per day, and your household pays a higher rate if you use more than about 75 gallons per day (averaged over two months). You also pay a fixed monthly charge, and separately, at a higher rate, for sewage. Most water is assumed to end up sewage and you are billed accordingly.

While water use has declined over the past few years, chances are your bill is close to double what it was in 2005. The increase pays for the Water System Improvement Program, which is employing a record number of public employees at the city department responsible for water and wastewater (sewage), SFPUC.

The Water System Improvement Program (WSIP) upgrades the Hetchy water system, which opened in the early 1930s. WSIP aims to make the water system less vulnerable to earthquake and drought, and more maintainable. The program now carries a price tag of over \$4.5 billion. The thirteen year program is a bit more than one-quarter accomplished, according to SFPUC, and has a few months over five years to run. Most of the physical work is to be accomplished in the upcoming few years, through 2015. During this time SFPUC is to accomplish about twothirds of a billion dollars worth of work a year. Even by today's standards, that is a lot of work; it is far more than SFPUC has ever done before.

So the key to limiting future rate increases to only three or four times the rate of inflation is for SFPUC to bring in the huge amount of construction it is doing within budget. It is a huge

challenge. Over one hundred shutdowns must be scheduled and accomplished to allow construction work to be done and to connect up new facilities.

The WSIP program has changed over the years. In 2003, when it began, it cost less: about \$3.4 billion. Back then it was to accomplish more. It was to accommodate a growing population, providing more water. A fourth line across the Central Valley was to be built, and the Calaveras Reservoir was to be enlarged to hold more than six times more than it holds.

In 2005 WSIP aims were downsized. Now it aims to accommodate only slightly more water usage. SFPUC has promised to cut water usage in San Francisco and cap demand growth in the suburban areas served with Hetchy water. About two-thirds of the system's water is wholesaled to suburban customers.

Some of what was cut from WSIP in 2005 will likely be done in the future, driving your water bill up further.

Today's WSIP is to provide less recycled water, 1.6 mgd (2 possibly) rather than 10 mgd, although at greater cost. WSIP no longer duplicates and replaces some pipelines; instead it repairs portions of lines. Today's WSIP has added lots of environmental work. A Habitat Reserve project has grown to \$54 million, and Watershed Improvement project is expected to cost \$20 million. These are over and above the environmental mitigation done by each project.

Recently SFPUC agreed to take less water from local watersheds, giving more to fisheries and waterways. This will cost both in the giving and the replacing.

Large as it is, today's WSIP, formerly the Capital Improvement Program, is just one program among many being undertaken by a growing SFPUC. The Sewer System Improvement Program is

Nov. 2002 • Proposition A

(from Ballot Handbook)

Controller's Statement on "A"

City Controller Edward Harrington has issued the following statement on the fiscal impact of Proposition A: In my opinion, should the proposed bond issue of \$1,628,000,000 be authorized and bonds issued at current interest rates, based on a single bond sale and level redemption schedules, the cost would be approximately \$85,000,000 annually for thirty (30) years for a total approximate cost including debt service of \$2,551,000,000.

This bond amount represents increases ranging between 5% and 12% annually between 2003 and 2015 in water rates for San Francisco consumers, the source of repayment for these bonds.

For the average single family residential service in San Francisco this cost is equivalent to an increase of approximately \$26.42 per month above the current rate of \$14.43 per month, for a total of \$40.85 per month by 2015

(Harrington is currently Executive Director of the SFPUC)
The Supervisors voted as follows:

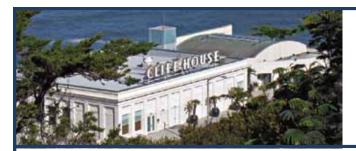
Yes: Supervisors Ammiano, Daly, Gonzalez, Leno, Maxwell, McGoldrick, Newsom, and Peskin.

Maxwell, McGoldrick, Newsom, and Peskir No: Supervisors Hall, Sandoval, and Yee.

being finalized; the cost has grown from \$1 billion in 2003 to probably \$5 billion or more today. SFPUC is building a new, very green headquarters building for its employees: cost \$190 million. SFPUC will soon sell electricity to households and businesses in San Francisco, competing with PG&E. SFPUC has quite a number of smaller programs, including biodiesel, GoSolar (panels to the people), municipal solar panels throughout the city, Lake Merced (taken over from Parks and Rec), graywater, stormwater, as well as for Treasure Island and Hunters/Candlestick developments. In less than a decade SFPUC's Communications department has gone from one employee in charge of public outreach to _

In 2002 voters essentially gave SFPUC carte blanche to spend on infrastructure. Eight years later the results are that SFPUC has expanded, and with it your bills, too.

Feedback: lawrence@westsideobserver.com





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AROUND THE TOWN...

Comings and Goings...

By Mitch Bull

Baseball in November...in SF? For only the fourth time in 52 years, the Giants are going to be playing baseball in November as they take on the Texas Rangers in the World Series. It seems fitting that the 'orange and black" will be hosting the series during Halloween week. Let's hope that the Texas Rangers play more like the Washington Senators they used to be prior to moving to Texas in 1972.

It's great to see the fans excited about this team, and it seems to me that during this year it's been more fun to follow the Giants than in years past when they were expected to win. Let's hope for a little more "torture" that brings four more victories and the first World Series title in San Francisco Giants baseball history.



Local West Portal favorite Manor Coffee Shop was recently filmed for the Channel 9 (KQED) show "Check Please, Bay Area." In the show three people recommend a local favorite, and then take turns visiting each other's picks and offering a review on the air. By the time you read this, the show will have run on Channel 9 but will be featured on their website. The Manor features hearty breakfasts, great turkey lunches and pies to die for. Get your counter seat now as the line may soon be out the door...

Congratulations to Healthy Pets Veterinary Hospital located at 373 West Portal Avenue on their recent opening. They offer full service pet care with an emphasis on nutrition and pet wellness as well as medical and surgical services for your pet. Dr. Adam Piaseczny and his staff have created a friendly and open environment, with a bit of fun as they recently hosted a Halloween pet costume party and open house. They can be reached at sfhealthypets.com, or at 415-742-5961.

Good news – the financial picture for **Parkmerced** has improved as Fortress Investment Group has acquired control of the property through an equity investment. New stores have recently opened in the Park Plaza shopping center and the future of Parkmerced again looks promising.

Bad news - graffiti thugs have again made their presence known as several buildings were tagged on 14th Avenue. As a reminder, if you see someone vandalizing property, call 311 as soon as you can.

What about you? If you have an interesting snippet, or some other fact you'd like to get into the paper just drop it to us. You can reach me at: mitch@WestsideObserver. com. Be sure to check out the Observer online @ www.WestsideObserver.com.



November 2010 Westside Observer Page 3 COMMUNITY

"HEARTBREAK HOTEL"- ELVIS, 1956

By: Former Supervisor Tony Hall

ccording to San Francisco Visitor Industry Statistics, the City hosted 15.4 million visitors in 2009, including hotel guests, those staying with friends and relatives, those staying in accommodations outside the City but whose primary destination was San Francisco, and regional visitors driving in for the day. These visitors spent \$7.8 billion in local businesses.

Clearly, tourism is our number one business. This massive injection of visitor dollars directly supports local hotels, restaurants, shops, attractions, and cultural institutions. It also indirectly bolsters practically every segment of The City's economy and has a broad positive influence on government finances some \$426 million in tax and fee revenue flowed into the City and County of San Francisco in 2009.



There are at least 32,976 hotel rooms in 215 hotels in the City. Overnight hotel guests account for more than two of every three dollars spent locally by out-of-town visitors, despite representing only one-third of all visitors to the City.

Our Hotel Tax Rate is 14% at present. The Board of Supervisors now wants to raise the Hotel Tax Rate to 16%, which would make it the highest in the country. Let us not forget that in late 2008 the Board of Supervisors and the Mayor also passed a Tourism Improvement District Assessment (TID tax!) of up to 1.5 % on top of the 14%, so our real Hotel Occupancy Tax is 15.5% already. With the proposed increase that the Board wants, we will be at 17 to 17.5%.

The Chamber of Commerce says the tax increase would result in fewer people staying in hotels, and thus the elimination of about 2,000 (mostly union) jobs from the local hotel industry. Also, lower occupancy rates mean less money spent elsewhere in The City by visitors — an estimated loss of about \$75 million a year.

Joe D'Alessandro, president of the San Francisco Convention and Visitors Bureau, worries that at least five organizations have said they will "reconsider" holding events here if Prop. J is enacted. D'Alessandro estimates that the lost revenue from those conventions would be \$120 million.

Propositions J and K on the November ballot are both hotel tax measures. They are next to each other on the ballot, and each has similar provisions. Also, if both measures pass, the one that gets the most votes wins. How clever.

Here's the difference. Our tax law directs hotels to collect and pay the hotel tax to The City. Search engines like Orbitz and Expedia only charge taxes on the amount hotels receive, not on the higher cost the websites charge consumers. Both ballot propositions J & K would close that loophole — and although K does not call for the 2% increase, it does in reality impose an additional burden on our hotel industry.

In my opinion, any increase in any taxes or fees will negatively affect the hospitality industry that is host to the lifeblood of our City. It is the reversal, or lowering, of these taxes that we should be doing in order to spur the local economy and create jobs.

No one in the City does a better job articulating this problem than my good friend Don Thomas, who is President and CEO-CDOA of the 2,295 member Club Donatello Owners Association, and Vice President of the Pacific Plaza Condominium Association. Don is a person who is actively involved in making San Francisco a better City for all who live here, and in many quiet and charitable ways that very few know about. I would like to conclude this column with his letter to the Board of Supervisors in July of this year, as it makes so much sense and the reasoning behind it is so important:

"The proposed tax increases for businesses and residents of San Francisco will not solve the City's fiscal problems, and in fact will make them substantially worse, so we urge you to NOT move forward with any of these tax increase plans.

Historical and Economic realities have repeatedly confirmed in cities across our country, that tax increases on small and mid-sized business operations will simply result in higher occupancy costs, and ultimately make San Francisco a less competitively priced location for businesses and professional services.

"In our small boutique Hospitality operation at the Donatello building, 501 Post Street, for the Club Donatello Owners Association, the Pacific Plaza Condominium Association, and the Hotel Donatello, an increase in the occupancy/hotel tax will simply hurt our business, reduce potential occupancy, and thereby result in a reduction of jobs needed.

"We already have one of the highest hospitality tax rates in the country, as well as in our own state, with the majority of counties operating with tax rates that range from 8.25% - 10%, including the picturesque coastal environments of Monterey and Carmel. We actually recommend that you bring the existing occupancy/hotel tax down to 10%, so that it is more competitive with other cosmopolitan venues around the country.

"If you moved in this more positive Customer-oriented direction, we can actually increase our occupancy, and this will actually increase the actual tax revenues to the City of San Francisco through increased volume of Customer activity. Believe us after being in operation since July 1984 at this location, we know what actually works!

"An additional increase in the parking/garage tax to our Customers is a financial disaster. Local Union Square area parking activity has already dropped off with the previous tax that was imposed, and local parking rates are already equal to or higher than comparable cosmopolitan rates in New York City. This additional tax will further impact on the numbers of people coming to the City to stay overnight, park their cars, or simply come in for some retail shopping, restaurant and entertainment activity. This negative tax effect will result in a reduction of your tax revenues, not an increase as you are projecting. Your financial model is basically flawed and will not work. If your intent is to drive traffic, literally, to other neighboring cities and towns, then your proposed tax will achieve that end.

"Other locations in the San Francisco Bay Area are watching this proposed tax increase package very closely and some are already beginning to "capitalize" on it with special offers to compare their much lower Hospitality rates and lower parking rates for their cities in direct comparison to San Francisco. We will become the financial laughingstock of the Bay Area, and a potential wasteland of vacant hotel rooms, vacant buildings, fewer property owners/residents and retail venues, and your actual tax base will be eroded......this tax increase proposal does not and will not make sense/cents. Too much of the hard-earned taxpayer funds have already been extracted, and this proposed tax increases are simply the wrong idea, the wrong direction, and you absolutely need to focus on moving in the opposite direction now.

"REDUCE TAXES NOW, REDUCE SPENDING NOW, and you will see a very positive result for the City of San Francisco and its businesses and Customer activity, and actually an increase in overall revenues to the City. That's the TRUTH!

"Sincerely,

Don R. Thomas,

Taxpayer to the City & County of San Francisco."

News & Views West of Twin Peaks Central Council

By Mitch Bull

ebates on several propositions, consideration of wind energy, a TV news team and updates on the Laguna Honda gift fund, and Parkmerced financing dominated the agenda and discussion at the West of Twin Peaks Central Council meeting on October 25. Council President George Wooding opened the meeting at 7:30 to a large crowd of about 35 attendees. Following the roll call of delegates and the approval of the September minutes, Omid Taleh from the San Francisco District Attorney's office addressed the gathering.

As part of the ongoing outreach to the WTPCC community by the **DA's office**, Taleh spoke briefly about growing up in the WTP neighborhood and addressed a question: Why are people that get arrested at 8AM back out on the streets by 2PM? He explained that in 99 percent of the cases, the DA's office asks for "no release" for those arrested and charged with a crime. In 99 percent of the cases, judges release the detainees after the Public Defender's office makes the case for release. For those charged with misdemeanors, over 99 percent are released. Of those charged with felonies less are released. Each month the DA's office will have a representative at the council meeting to answer questions. If you have a question you would like them to research, forward it to George Wooding before the scheduled meeting.

Wooding reported that the WTPCC was pleased to have a ballot argument listed in the ballot handbook in support of voting "yes" on **Proposition G**, noting that it was the first time in several years that the group had a ballot argument in the handbook.

Drs. Derek Kerr and Maria Rivera brought some encouraging news to the group regarding the Laguna Honda Gift Fund fiasco. They reported that a portion of the amount "taken" from the fund, \$139,000, has been restituted to the Gift Fund from the various accounts where the funds were distributed. In addition, an audit of the management of the fund over the last 7 years is in process. Kerr noted that the audit, originally expected to be completed in 6 weeks, has been stretched out and will now probably take 10 weeks to complete. That timing would coincide with the probable departure of Health Chief Mitch Katz, who has announced his resignation to take over the Los Angeles Health Department. When a question was posed about the large bulk of the monies from the Gift Fund, the doctors reported that until the audit was completed no more facts would be known, but that a "special investment fund" was discovered that made interest gains of over 13 percent in the last two years while the market was depressed. It will be interesting to have more insight into these monies once the audit has been completed. In addition, the Health Commission has asked for quarterly reports on reinstated gift fund allocations, and LHH patients have asked to have representation restored to oversee Gift Fund expenditures. Finally, the LHH revised "mission" of the gift fund that included "use of the money for staff as well as patients" has been removed from the website for the time being. While not the complete reversal of the questionable actions of the LHH management team regarding the Patient Gift Fund, these events are a step in the right direction. Channel 7 filmed the presentation by Dr. Kerr and Dr. Rivera for a future telecast as a follow up to their previous LHH gift fund story.

Parkmerced project: "Polacci stated that the developers are very enthusiastic about the changes and the investment is good news for the long-term well being of the community and the project."

Bert Polacci and John Gavin gave a brief overview of the latest financial news regarding the large **Parkmerced project**. A large infusion of capital from the Fortress Capital Investment Group has bolstered the financial side of the property and enabled the long term financing to be restructured. Polacci stated that the developers are very enthusiastic about the changes and the investment is good news for the long-term well being of the community and the project. When asked about the status of the planning process of the project, he said that they hope to be entitled within the next two months, and are working with the planning commission. Stellar Management will remain as the Managing General Partner of Parkmerced, and that the developer will cover the costs to reroute and realign MUNI as the project moves ahead.

Bob and Chris Olson of Balboa Terrace addressed the group about the proliferation of **wireless antenna** being installed on power poles as PG & E has leased out space on the poles to wireless providers to make the poles more profitable. The issues are lack of control (of easements) by the homeowners for power poles on their properties, as well as the potential of poles being overloaded, possibly causing them to break and cause a fire. Other issues are noise (humming) and the aesthetics of the equipment being mounted to the uprights.

Lively debates followed on both **Proposition A**, which authorizes a \$46 million bond to retrofit 156 "soft story" structures in the city that are managed as low income/affordable housing, and **Proposition L**, the Sit/Lie proposed ordinance targeting people who sit or lie on public and private sidewalks, entryways, etc.

Jason Elliot, in favor of Prop A, explained the concept of giving loans (grants) to property owners to seismically upgrade their properties would help to ensure a pool of affordable/low income (subsidized) housing for years to come. Rose Hilson countered that the Proposition is vague and unclear on which of the 2800 soft story properties are eligible, while making the point that many of the buildings are owned by non-profit agencies or landlords that should be able to make the repairs. When all was said and done, the basic question is whether voters will support the concept of paying an amount to support a bond to subsidize affordable housing for the less fortunate.

Ted Lowenberg and Paul Boden followed the debate on Prop A, with an equally important one on Prop L, known as the sit/lie ordinance. The proposition would give police officers the ability to issue citations and fines for individuals that are sitting/laying on sidewalks, blocking storefronts, or causing a public issue by not letting people pass, etc. Lowenberg, of the Haight Asbury Improvement Association, has seen the problem firsthand with well-documented individuals that are causing problems with the merchants and shoppers on Haight Street. Boden, a homeless advocate, who was formerly homeless himself, countered that there are currently laws on the books to address the serious issues of aggressive panhandling, loitering, public nuisance, etc., and Prop L would give officers too much latitude and discretion to decide who to cite and arrest, etc., and that it is too broad and general.

The meeting closed with a discussion on the merits of individual homeowner-based wind turbines and their impact on neighborhood house values and aesthetics within a neighborhood, as the WTPCC was asked to support a motion against installation of a wind turbine at a home located at 400 Teresita. Homeowner Nathan Miller presented his views on global responsibility for energy independence, with a little Grecian history thrown in. Karen Breslin, of the Miraloma Park Improvement countered with the neighborhood objections to the proposed turbine. A large group of Miraloma Park residents were on hand to add their concerns to the discussion. Following the discussion, the delegates of the WTPCC voted 10-0 to support the motion against the windmill project. The meeting was adjourned at 9:45. The next meeting of the WTPCC will be held on November 22 at 7:30 PM in the Forest Hills clubhouse.

The Theft of Golden Gate Park

By George Wooding

he deal between the Recreation and Park Department (RPD) and the Public Utilities Commission (PUC) to build a wastewater treatment plant in Golden Gate Park (GGP) does not comply with the City Charter, and is probably illegal.

§ 4.113 of the City Charter states:

"The [RPD] shall have the power to construct new parks, playgrounds, recreation centers, recreation facilities, squares, avenues and grounds, except as follows:

No building or structure, except for nurseries, equipment storage facilities and comfort stations, shall be erected, enlarged, or expanded in Golden Gate Park or Union Square Park unless such action has been approved by a vote of two-thirds of the Board of Supervisors.

No park land may be sold or leased for non-recreational purposes, nor shall any structure on park property be built, maintained or used for non-recreational purposes, unless approved by a vote of the electors."

The proposed new, \$109 million waste water plant meets none of the City Charter requirements and has not been voted on by the people of San Francisco. This fact has been conveniently forgotten by both the PUC and the RPD, and both agencies are trying to avoid the issue. Let the people decide.

§ 4.113 was specifically written in 1995 because citizens had tried for years to remove the Richmond-Sunset Water Treatment plant. This old sewage plant was located at the corner of Lincoln Avenue and the Great Highway, and was finally retired in 1994 after the opening of the Oceanside Treatment Plant.

The GGP Master Plan and the City's General Plan also confirmed the importance of preserving GGP land as an open space, and called for the removal of the Richmond-Sunset Sewage Treatment Plant. San Franciscans fought for years to get the sewer plant out of GGP due to its "unique odor, noise, unsightly appearance and the commercialization of GGP's open space."

Voters were very clear in telling the City to stop adulterating park land when City Charter § 4.113 was written into law. People who forget history are doomed to repeat it.

In late 2008, Interim RPD Director Jared Blumenfeld invited the PUC to relocate its proposed waste water treatment plant in GGP. Blumenfield was willing to give up GGP land if the PUC would provide a higher grade of waste water called reverse osmosis, water infrastructure, and financial compensation. Sadly, the new PUC waste water treatment facility will be located exactly where the old Richmond-Sunset Sewage Treatment plant was located.

Blumenfeld was interim RPD Director appointed by Mayor Newsom on October 8, 2008. Blumenfeld sold off the park to the PUC by January 15, 2009; by July 4, 2009, he was gone. He said at the January 15, 2009 Recreation and Park Commission meeting:

'We will be asking (the PUC) for compensation and it's a prerequisite before they'll move forward, with extracting any groundwater, they need to compensate us for that and they'll also have to compensate us for any detriment to recreational uses, and for the lease of the footprint of the recycled water facility. So I think there will be two streams of revenue that will help us in both the short and long term close budget gaps."

The PUC immediately jumped on this deal because the GGP land was so valuable.

The Indians who sold Manhattan got a better deal than the RPD.

The new budget funding game in town is to have PUC rate payers pay for as many General Fund expenses as possible. Ever since Proposition E was passed in 2002, the PUC has had the power to issue revenue bonds without public approval; the PUC simply raises consumer water and sewage rates, with the Board of Supervisor's rubber stamp approval to pay for their expenses.

The City is going broke, but the PUC is flush with consumer money.

The PUC had already planned to build its new waste water treatment plant right beside the Oceanside Treatment Plant located below the zoo. The PUC is now claiming that they did not have enough room at the Oceanside Treatment facility to add a reverse osmosis facility. Adding a reverse osmosis facility would turn a one acre facility into a 1.5 acre facility. Overhead pictures of the Oceanside Treatment facility clearly show that the PUC had plenty of room to expand.

The PUC is claiming that the only reason that they needed to build the waste water plant in GGP is because they needed the extra room to add the reverse osmosis facility.

The waste water plant located at the Oceanside Treatment facility was the PUC's original first choice and could do everything that the plant located in GGP would do. The facility in GGP will actually cost more because of all of the extra piping that will have to be installed and maintained between the Oceanside Plant and the GGP plant.

Rather than being side by side, as originally planned, the two plants are almost 2.5 miles apart and four separate pipes will have to be maintained. This does not even consider the lost recreational value of the GGP land or its financial value.

The new GGP plant will have a life of 50 years.

GGP has always irrigated with inexpensive, potable (drinkable) water from wells that draw water from an aquifer underneath the park, but the PUC wants to change that. The PUC now wants to combine GGP's well water with the pristine water that we receive from the Hetch Hetchy water system.

San Franciscans will be drinking this new blended water to comply with the State's requirement to develop new water sources.

The reverse osmosis waste water that will be soon irrigating GGP will be six to eight times more expensive than the potable well water now being used, and will be a lower quality water. PUC rate payers will be subsidizing these escalating building and water costs as part of a new "blended" water rate for Hetch Hetchy and the recycled water. No one in the PUC or RPD seems to care what the project will cost the public.

The reverse osmosis waste water will allow the RPD to use its current irrigation system rather than having to build a second "purple pipe" system for recyclable water. The higher standard of recycled water will hopefully be good for GGP's plants and animals, but this recycled water will likely filter down into the very aquifer water that will now be blended into drinking water, with substances such as pharmaceutical residue. The problem is that the old pipes still leak and it is not clear that they will be fixed.

City government, the PUC, and the RPD have already rigged the decision process in favor of building the new waste water plant in GGP. Citizens are being asked to voice opinions on a project that clearly does not comply with City Charter 4.113.

Is it asking too much to have our politicians, the RPD, and the PUC comply with the law? Golden Gate Park should remain a park and not be sold off for industrial uses.

The State water mandates for the PUC or the financial needs of the RPD should not supercede the voting rights given by the Charter to the people to protect and preserve Golden Gate Park.

This project needs a two-thirds approval vote by the Board of Supervisors and a citywide majority vote by the citizens before moving forward.

Contact the Board of Supervisors and urge them to vote against this proposed project. Let the people decide whether they want GGP to be an industrial park or a recreational park.

George Wooding, Midtown Terrace. Feedback: wooding@westsideobserver.com



Over 3000 City Employees Make Over \$100,000 Per Year



IO CENTS By Will Durst

HELEN KELLER'S MUSHROOMS

he precise word to explain this season's big new trend in campaign financing is obliviousness. Earlier this year, the Supreme Court ruled that everybody is allowed to give as much money as they desire to anybody they choose and absolutely nobody needs to know about it. The upshot of which has all of America knee deep in the oxymoronic spectacle of a very expensive free- for- all.

In a flash, We, the People, have become Helen Keller. Blind. Deaf. And Dumb. With an emphasis on the latter. Because nobody cares. La di dah. Makes no difference where these surreptitious tsunamis of decoy dollars are originating from: religious nut jobs, public service unions, defense contractors or foreign benefactors trailing behind them leaky puddles of nuclear radiated waste. Off shore. Under shore. Paulie Shore. Sho nuff is fine.

This de- reform has rendered us totally incognizant of which profligate special interest group is spending how much money for what candidate or why or when or where it's given. And our collective response is to care less than a whale about rain. Orwell was right: Unenlightenment is strength. And with it comes the understanding of what it's like to be a mushroom. Kept in the dark and fed compost. We revel in the delicious bewilderment of knowing influence peddlers are scurrying around shadowy crevasses like cloaked cash cockroaches and the light switch is broke.

What happened was, way back in the bad old days, Nixon committed the cardinal political sin of getting caught abusing campaign funds, so post- Watergate, Congress was shamed into replacing hard money with soft money which slowly turned into liquid money but now the floodgates have opened and that marvelous misty money is morphing into magic money, soon to transform into virtual money until Steve Jobs figures out a way to beam commercials straight into our heads. And if that prospect doesn't drive you right into downtown Crazy Ville, then you were hitchhiking in its suburbs to begin with.

There are plenty of reasons why patrons would want to remain covert. They're shy. Afflicted with an unsightly rash. Currently enrolled in the Witness Protection Program. Breaking in a new toupee. Still haven't recovered from that ghastly spill in Gstaad. Still haven't recovered from that ghastly spill in the Gulf. But few of those excuses contribute to the public interest.

We are painfully aware that our politicians are, how do I put this delicately, beholden to certain large contributors. A polite way of saying "hookers with the appetites of hippopotamuses in heat." But now the ante has been raised higher than a giraffe's ear. More ghost money means larger favors rewarded with a wider roped off space at the public trough forcing the rest of us to crowd around the short rutted end. Knee- pads are destined to become standard issue behind every Congressional desk. If they aren't already.

The scariest part is, we're only seeing the tip of the secret donor iceberg and the Ship of State's wheel has been splintered. If this flood of clouded currency proves successful, there aren't enough lifeboats in the Pacific Fleet to rescue us from of these perilous waters. So you might want to whip out your shark resistant water wings. Only one thing puzzles me: if ignorance truly is bliss, why ain't I happier?

Will Durst is a San Francisco based political humor columnist who frequently tells jokes. On stage. Catch an example October 25, and November 1 at the Rrazz Room. 222 Mason St San Francisco 94102. therrazzroom.com. 415.394.1189. At the 142 Throckmorton on Oct 24. And Rancho Nicasio on Oct 31. Rooster T Feather's in Sunnyvale Nov 4-7. The Lark Theater in Larkspur on November 12th.

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SECOND THOUGHTS / By Jack Kaye

A Lot Less Temptation

he Buddha said that life was suffering caused by desire which arose from conditioning. The Lord's Prayer asks the Our Father to "lead us not into temptation and deliver us from evil." I am beginning to think that our prayers have been answered and our suffering should soon diminish. Have you gone shopping lately?



I remember when I was young, or at least younger, there were so many wonderful things to buy. If I went by a jewelry store, I would see beautiful watches on display. There were the thin elegant watches by Omega, Patek Phillipe, and International Shaffhausen (IWC). The faces were fine and clean and the bracelets were works of art, sometimes made of pure gold. I saw several that I would have loved to have owned. We also had Longines, Bulova, and Hamilton watches to admire and possibly own.

I remember looking forward to autumn to see the new American cars come out. Each year they were different and better than the previous ones. I always preferred the cars made by General Motors: the friendly Chevy, the sporty Pontiac, the comfortable Olds, the handsome and distinguished Buick and the king of all cars, the Cadillac.

When I went to a department store like Macy's, Saks, Brooks Brothers or even as recently as Nordstrom, I would see so many clothes that I would love to wear. I found myself restraining myself from buying things I didn't really need just because they were wonderful. But I still desired them.

Food was also a great temptation. Living here in San Francisco, I found so many different kinds of great food to savor. While always limiting the variety of foods that I ate (I don't eat nuts, beans, fish or pork and don't drink alcohol), I always found many items that I longed for even when I wasn't particularly hungry.

I have seen all this change over the past 20 years or so.

Rolex started selling big fat watches for use deep under water and people who never even swam started buying them. Suddenly every other watch was big and fat rather than thin and elegant. Then the Swiss watch was replaced by the ones made in Japan. Now I cannot find a single watch that I would be remotely tempted to give even a second look.

American passenger cars have also lost their appeal to me. What ever happened to bodies by Fisher? Where are the adorable Chevys like the '56, perhaps the best ever? The sporty Pontiacs are long gone, way before the line was put to rest. What happened to the great '64 Grand Prix or GTO or Bonneville that every young person dreamt about? No more classy Oldsmobiles like the 1960 model or the Toronado or the 98 or the hot 442. The Buick has maintained its place of subdued excellence, but where is the great Riviera that started in the '60s? And where is the Cadillac that we knew, loved and looked forward to having when we were older and more established. Remember the '56 Sedan de Ville or Fleetwood? Was that the Caddy's finest hour? Can you recall the 58 Eldorado Brougham or Biaritz? They were hand-made and cost \$12,500 back when that was enough for six or seven cars, but they were worth every penny. Lincoln had its Continental that was \$10,000 and a work of art. Chrysler had its 300 series and the Imperial. And there was the Corvette, a cute and hot little two seater. The new version of this classic sports car is the size of a station wagon. I think that the 79 Seville was the last Cadillac that I thought was truly great and worthy of its name. Nowadays, the "American car" means a large, boxy SUV or pick-up truck. We don't seem to remember how to make exciting small sedans like we did in the early 60's or even the great larger sedans, hardtops, convertibles and coupes of the 50s.

We have gone from 16 American car brands down to what will soon be six when Dodge is the next line to fall after Mercury, Pontiac, Oldsmobile, Saturn, Hummer, Volvo and Saab (originally Swedish), Jaguar and Land Rover (originally British), Plymouth and Desoto before all of them. And no one will miss most of them, except, perhaps, their former dealers.

I go to my favorite department stores nowadays and see shirts, pants, jackets and coats that I wouldn't own even if they were free. And the shorts and bathing suits for men lack both function and beauty. Why are they so long and baggy? They look ridiculous. Why do men buy and wear them? Have they no pride? And everything in the stores is made in China. Who am I helping by buying them?

I could theoretically still be tempted by food. There are still some great restaurants, especially, here in San Francisco. But the sad irony is that now that I can afford to eat at any restaurant and am aware of many good ones, I am no longer motivated because of my medical condition which is like a who's who of entropy with almost every organ finding itself getting disorganized probably from overuse, resulting in malfunctioning that is exacerbated by certain foods and food groups.

A "compromised" heart makes the intake of food high in cholesterol seem much less appealing. So foods like meat, cheese, cream, butter and especially shell fish (which I don't eat anyway) have lost their pull on me. Foods high in salt like pizza should also

An underachieving pancreas makes the enjoyment of sugar-related foods suddenly bittersweet. And sucrose is not the only sugar. It is in foods ending in "ose" like lactose (read milk), fructose (fruits and corn), and dextrose as well as foods high in carbohydrates like pasta, bread, etc. And just when you thought that you at least had fruits and vegetables to fall back on, the kidneys slow down in sympathy with the other organs. It's like workers of a different union honoring the picket line of a striking union.

Kidney problems mean a need to reduce the intake of foods high in potassium or phosphorus. This includes most green vegetables, especially avocado, my favorite vegetable/fruit, many fruits like bananas, melons and then all the foods that I don't eat anyway like nuts, beans, fish, and pork. It turns out there was a reason I never touched clams and oysters besides their disgusting appearance.

This leaves me two meal choices: water or cauliflower. It is hard getting too attached to these options.

So the bad news is that the material world has very little that I am conditioned to desire (and I can no longer go swimming in public refusing to buy absurd looking trunks —someone has to take a stand). The good news is that life is no longer suffering for me because I no longer desire its fruits.

I think that I liked it better the other way.

Feedback: kaye@westsideobserver.com



Serious Trouble: Sleep Apnea

re you over forty years old? Are severe. you a male? Do you have mem-Do you get headaches often? Do you snore? Do you feel tired every morning because of lack of sleep? Are you likely to fall asleep at the wheel?

If any of these symptoms sound familiar, you may be affected by a condition known as sleep apnea. More than 12 million adults sleep poorly at night because of sleep apnea. It is a sleeping disorder that causes lapses in breathing during sleep. Most sufferers go undiagnosed and untreated until it is too late.

About forty percent of the adult population snore, and approximately forth percent of these people have sleep apnea. Co -factors of the disorder are being over forty years of age, being male, being overweight, having a large neck and a big tongue volume.

Sleep apnea is very common, but 85 to 90% of people affected are undiagnosed, and therefore untreated. Left untreated, the disorder increases the risk of cardiovascular disease, stroke, high blood pressure, arrhythmias, diabetes, headaches, memory loss and learning difficulties. In addition, a very common risk is driving accidents caused by extreme drowsiness due to the lack of sleep. There is also a thirty percent higher chance of having a heart attack or premature death in people with sleep apnea.

There are several methods to treat the disorder. One method is the CPAP device. CPAP, or continuous positive airway pressure device, is the gold standard for treating sleep apnea. It is a medical device that is worn while sleeping and is used to prop open the airway to allow breathing. It is effective in cases that range from mild to

An alternative treatment for mild to ory loss or learning problems? moderate sufferers is dental appliance therapy. There are a number of different dental appliance designs used to treat sleep apnea.

> The common trait of sleep apnea sufferers is snoring. Anyone considering treatment for the condition should first have a sleep study to rule out sleep apnea. These sleep studies can be conducted at a sleep center or at home. The "Epworth Sleepiness Scale" is a small questionnaire that helps screen for the risk of apnea.

> If you are a snorer and want to rule out sleep apnea, you can contact your primary care provider or a dentist trained in sleep appliance therapy to get started down the path of diagnosis and treatment.

> Taira Hovden's father is Dr. Ken Hovden and is a dentist trained in the use of dental appliances to treat sleep apnea. For more information you can email him at: smartd@sonic.net., or contact his office at 650-755-6000.



Community

Meeting

Public Input for Artificial Turf in Golden Gate Park to start in November

The Environmental Impact Report for the Beach Chalet Athletic fields will start in November, 2010,

according to Recreation and Park Department documents. This project proposes to pave 6 acres of Golden Gate Park with artificial turf and adds multiple 60 foot sportsfield lighting to an area that is now natural grass playing fields and wildlife habitat .

Once the EIR process starts, the time period for preliminary public input will be short - 30 to 45 days. If you are interested in being notified so that you can attend a scoping session or write a letter expressing your concerns, please contact us at: sfoceanedge@earthlink.net . Or see the SF Ocean Edge website: www.sfoceanedge.org

SF Westside Recycled Water Project

(Recycled water project, including factory planned for Golden Gate Park)

The SF Public Utilities Commission is planning to locate a water treatment factory in Golden Gate Park. The proposed building will be over 40,000 square feet and up to 30 feet high; additional land will be required for the landscaping as well as paving, parking, and night lighting. Much more land will be impacted by tree removal; future expansion needs could also impact the Park. This project is not appropriate for prime parkland.

The SFPUC is beginning an Environmental Impact Report review process. To see Scoping Letter that GGPPA has submitted for this project go to: www.goldengateparkpreservation.org/. The letter references the Beach Chalet Athletic Fields project and the cumulative impacts of the two projects, and therefore, the Scoping Request letter for that project is also available.

Questions? Please contact us at ggppa@earthlink.net

Parkmerced Town Hall Meeting

A meeting to take input from the public on the proposed changes to the development at Parkmerced.

When: Saturday, Nov. 13 at 2PM

Where: The Old Workshop • 345 Vidal Drive.

"Your Ideas are important to us. Come to the Town Hall Meeting for an update on the Parkmerced Vision Plan. Through an open and honest dialogue we can build a strong community."

More info: www.parkmercedvision.com

For more notices of public interest, see the Calendar on page 15.

EDUCATION November 2010 Westside Observer Page 6

The Race to Nowhere

By Carol Kocivar © 2010

ast night, I went to the gym and spent 45 minutes racing to nowhere. Fast, slow, standing, sitting, spinning and spinning and then I got off in the exact same place that I started.



It is time well spent. Spinning gives you time to think, like "How did Janet Jackson record songs that are just about my pace?"

In case you have never been spinning, it is a stationary bike on steroids. Link it to music and an instructor with some drill sergeant talent—and ...well...there you go.

One of the best parts of spinning is that it gives you time to dream.

Your mind wanders. You free yourself of worldly tension. You get to ask yourself some of the most important questions, like:

"How come the woman in front of me has absolutely nothing on her that jiggles?" This is followed immediately by the on-going and impossible dream:

"Maybe if I did this every night for the next three months I could wear one of those halter tops that lets everyone see I have nothing that jiggles.

Ah...but only moments later...15 minutes into the spinning class...you ask yourself the same question you ask yourself EVERY single time you come to spinning:

"Do I really think I can keep up this pace for FORTY FIVE LONG MINUTES?" I am here to tell you that I actually did it.

Surrounded by 20-somethings who do this spinning thing as a warm-up for an additional session of weight lifting, I kept the pace and the faith.

I even decided—during a slight lull when the instructor urged me to drink more water—OMG—did I forget that again? —On how I was going to vote on two important ballot measures.

Ha—you thought I would not get this message into this column! Fooled you.

Here are my recommendations on two initiatives:

PROPOSITION 25 – SUPPORT Simple Majority Vote for State Budget

This will change the legislative vote requirement to pass the state budget and budget-related legislation from two-thirds to a simple majority.

It retains the two- thirds vote requirement for taxes.

Proposition 25 moves in the direction of real reform and gives the majority the ability to set priorities for spending the revenue we do have. It also changes negotiations over the budget to give the small minority less of a stranglehold on the process.

PROPOSITION 24 – SUPPORT Tax Fairness Act

This initiative statute repeals recent legislation that would allow businesses to lower their tax liability.

When California has cut billions from public schools, colleges, and services for poor children, and when the State is facing more budget deficits, it is not the time to grant huge tax breaks to a small number of large corporations. In these tough economic times, everyone must pay his or her fair share.

Whew!

Carol Kocivar feedback: kocivar@westsideobserver.com

Wind Power in Miraloma (Cont. from p. 1)

Urban Wind Power Task Force, Todd Pelman, advises that the wind at 400 Teresita and in Miraloma Park generally is gusty rather than relatively consistent and laminar (as recommended), and estimated it to average 8 to 12 mph. This factor and the proximity of the unit to the house will result in significant underperformance. Mr. Pelman said in a letter to the Planning Department that "in my opinion the technology selected for this particular build does not meet the criteria for appropriate wind turbine technology in an urban environment as it has been designed for customers who reside in less densely populated areas where both wind quality and aesthetics are not a prime concern."

In fact, the same model SWG installed one-half mile away at 167 Hernandez (Forest Hill Extension) provided only 1/6 the rated power. Neighbors of this SWG owner complained repeatedly about noise and "strobe effect" from light reflecting off of the blades, which are commonly, reported adverse effects of SWGs. The owner of the Hernandez home has stated that he does not recommend the unit and wants to remove it. The Task Force Report urges demonstration sites in SF, and this one quite close to the proposed Teresita site demonstrates many negatives and no positives. Note also that the Teresita installation would be within 12 to 15 feet of a major intersection, potentially distracting drivers by its size, motion, strobe effects, noise, and novelty, a clear traffic hazzard.

To promote safety and to avoid adverse sound and light effects on neighbors, a publication of the American Wind Energy Association (AWEA), a strong proponent of SWGs, emphasizes that "good practice requires that a turbine in a residential district be 'set back' from a property line some given distance . . . [which] most commonly translates to the tower height plus the length of one blade." [AWEA, How and Why to Permit for Small Wind Systems] In the case of the SkyStream 3.7, this recommended setback would be a total of 47 feet. The actual planned setback at the proposed site would be about 6 feet. This publication further asserts that "The best sites for turbines are those where the wind is least obstructed . . . the bottom of the turbine rotor should clear the highest wind obstacle (rooftop, mature tree, etc.) within a 500 foot radius by at least 30 feet. Doing so ensures the turbine reaches consistent, fast wind speeds and prolongs the life of the turbine by avoiding stressful air turbulence." This requirement will not be met at the 400 Teresita site, where the rotor bottom will be a few feet above the roof and 4 feet from the home's front wall. The AWEA goes on to advise that "The aesthetic impact of wind turbines may be unacceptable in areas with historic significance where aesthetics play a role in a districts long-established character." In a neighborhood 80 years old, like Miraloma Park, visual consistency with existing architecture is highly important. In Wind Energy FAQs: "What do I need to know to purchase a residential wind turbine? the AWEA comments that a turbine rated in the range of 5 to 15 kilowatts is recommended "to make a significant [energy] contribution." According to the Skystream specifications, the proposed model has a rated capacity of 2.4 kw. The AWEA further states that except for turbines with rotors one meter or less in diameter, on very small towers, property size should be 1 acre or more. According to the Skystream specifications, rotors on the proposed model have a diameter of 3.72 meters. In the opinion of Sue Kirkham, a veteran real estate broker who specializes in sales of property in the Miraloma Park, neighborhood property values would be adversely affected by the installation of the SWG. Not only would the turbine interfere with vistas and air spaces, which are important to prospective buyers in this neighborhood, says Ms. Kirkham, but property owners in the vicinity of the SWG would be required to disclose to prospective buyers all of its negative impacts, including, but perhaps not limited to, the noise and light effects of the SWG. Owners of the SWG would be required to disclose these facts, as well as any underperformance of the equipment.

The History In 2009, the San Francisco Urban Wind Power Task Force, constituted by Mayor Newsom to investigate the potential use of wind power in SF, published its Report and Recommendations. This document was quite positive about the prospects of wind-generated energy in some areas of San Francisco, but clearly advised further

research into wind speeds at specific locations and into bird flight patterns. If the Planning Department has done these studies, they have not made known their availability to the public. The cover letter of the Task Force's report to Mayor Newsom (dated 9/21/2009) states, "We are in the very early stages of identifying the potential role 'urban wind' might play in the City's renewable energy future." Yet, on the basis of this admittedly preliminary investigation, the Mayor issued an executive order directing the Department of Building Inspection and Planning Department to expedite permitting and minimize costs for wind power in the city. The new directive is focused on residential as well as commercial and municipal projects.

The Mayor's desire to advance wind-derived energy, though laudable for its environmental conservation aims, was a general directive that did not consider one important fact: that SWG technology is nascent and has not yet developed units that are small enough to be efficient yet compatible with modest, close-set homes on small lots. The Mayor delegated these implementation-related considerations to the Planning Department. The Department, however, has waived all design review of these units. But design review is required by the SF Planning Code and is in fact the law. The Department apparently feels that the Mayor's directive gives it the power, in the interest of "expediting" SWGs, to ignore Code-mandated design review and to approve a permit to place an out-of-scale, 35-foot tall system with rotating blades 12 feet in diameter 4 feet in front of a 21-foot tall house, on a block with other houses of similar height: all of this in a neighborhood designed 80 years ago to maximize front vistas and minimize obstructive clutter by placing all utilities in the rear.

The Planning Department's design review team declared that the City's residential design guidelines and the Miraloma Park Residential Design Guidelines (MPRDG), by which such a structure is clearly inappropriate to and out of scale with the house and the block-face in which it is sited, were inapplicable to this project because these Guidelines did not mention wind power turbines! Of course they didn't, because the Guidelines, the MPRDG adopted by the Planning Commission in 1999 and the City's antedated the existence of urban SWGs. But that doesn't mean the Guidelines don't apply, or that the Department is not still mandated by Code to perform the design review that ought to have led them to reject this project out of hand. In fact, the MPIC would assert that the 35-foot additional structure 4 feet in front of this 21-foot house should be considered part of the structure of the house, a component of the façade which will no longer be viewable from the sidewalk and street without the intrusion of the SWG. The permit

application itself defines this proposal as an "alteration" and "new construction"—rightly

treating it as though it is part of the structure—and as such out of scale and proportion.

The Code does require design review as part of the permitting process, and it is in the spirit of the Code, with its strong orientation towards preserving residential neighborhood character deriving from Proposition M, if not the letter of the law, that MPIC has requested that the MPRDG be applied. Further, in Appendix D of the SF Wind Power Task Group Report is a memorandum from a senior planner that explicitly requires design review of SWG permits, as follows: "The project sponsor should balance SWG placement decisions that maximize power production with consideration of visual and noise impacts from the installation. Generally, the Department will encourage placement to minimize visibility of the installation from public rights of way, and minimize architectural, noise, and other impacts on the surrounding structures and neighborhood character." Clearly, the Planning Department has ignored its own advice in failing to perform design review of the proposal for an SWG at 400 Teresita.

Dan Liberthson lives in Miraloma Park. Article is reprinted from Miraloma Life, the newsletter of the Miraloma Park Improvement Club. This article has been edited. The full text is available at www.miralomapark.org/miralomalife/miraloma-life-online-october-2010 Feedback to editor@westsideobserver.com.

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Westside Real Estate Report /Jed Lane

Sixteen Days to Sale

e sold our house last month. Sixteen days on the market and we received multiple offers. We negotiated with the best buyers and ratified the contract. I set the market plan and worked with an associate

Now we are being called by other agents and asked how did we do it? In the current market where homes are being shown for months and there are either no offers or eventually only opportunistic offers, we had four offers of which two were acceptable and very close in price.

What was the marketing plan? How were we able to attract four qualified buyers in a short marketing period? Most importantly how did we make this home appear as the most attractive and therefore the first one to go of the available inventory?

First the Westside market update. As of this writing there are 107 homes on the market in the area covered by this paper. In the month of September there were 34 homes sold at a median price of \$796,500. At September's sales rate there is a 3.15 month supply of homes leaving us in a seller's market. The median size is a 3 bed 2 bath home with 1,475 square feet. It took 48 days on the market to sell the property. Lastly there are 44 properties in escrow at this time.

As I wrote the absorption rate the fact occurred to me that this market isn't at all like a true seller's market. Historically the definition of a seller's market is prices are rising, buyers are motivated to pay whatever the seller's demand for the properties. We're not actually experiencing that! The median price is down 5.5% from the same month of the previous year and 4% from the previous month's median price. With lenders placing "normal" country-wide restrictions on buyers who are trying to live in one of the most



expensive cities in the country there aren't many qualified buyers in the market.

The city-wide market inventory is increasing. On October 1st the number of singlefamily homes was up 26% over September's. The inventory of condominiums is also up by 32%. That means that at the volume of September's sales there is a 7.5 month supply of condos and a 4.3 month supply of single-family homes. As a whole the inventory of single-family and condominiums is up 25% over October 1, 2009.

Sales continue in our unique "who knows what the value is" style. As previous articles have shown almost half of the sales in San Francisco are over the asking or list price, a small percentage sell equal to or at the list price and the remainder are sold below the original list price. Those include properties where the asking price has been reduced, houses that get offers below the asking price and houses that have been reduced and still get offers below the new asking price.

In September, for instance, the city-wide sales of single-family homes, only six properties sold at asking (31 DOM), sixty-two sold above the asking price (35 DOM), thirty-six sold at a lower price than the asking price with no reductions, the offer and

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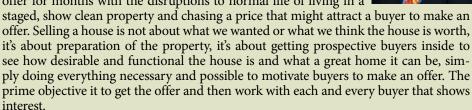
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eventual sale price was lower than the list price (51 DOM), and fifty-six properties that eventually sold below the original price after posted reductions to the list price (96 DOM). One has to ask why anyone would price a property too high. Why would you want to live for months not knowing what you were going to do?

How did I sell our house in 16 days? Knowing that the value of the property is only what a ready and willing buyer will pay for it. Knowing that if I asked what I wanted to get, I'd be waiting for an offer for months with the disruptions to normal life of living in a



Why are there so many homes on the market that are over-priced? It can only be a combination of bad advice or not listening to good advice. Having a goal of moving and then not being able to because your house doesn't sell must be really hard. I never want



to suffer through that and I don't want my clients to ever experience that either. Just last month ninety-two sellers finally sold after having to reduce and chase the market for months. That is not the way it has to be!

Jed Lane is a Real Estate Broker associated with Coldwell Banker Lakeside West Side native and resident. Questions or comments contact at jed@westsideobserver.com



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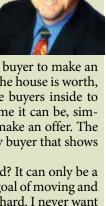


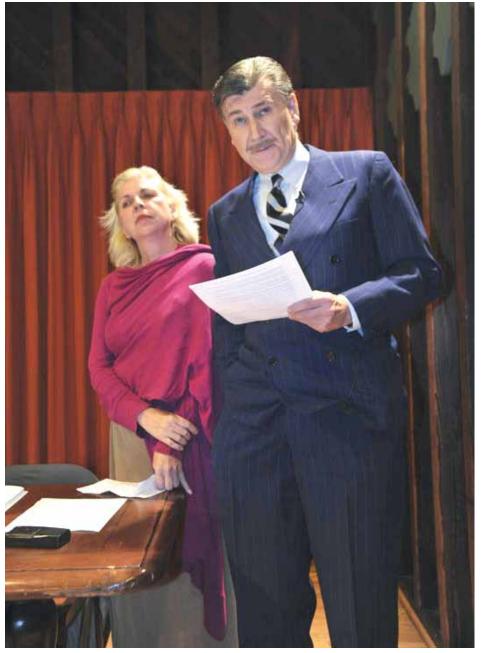


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Dr.s Maria Rivero and Derek Kerr, formerly of Laguna Honda staff, gave the update on the Laguna Honda Gift Fund restitution and the status of the investigation into the misuse of funds intended for patients at the West of Twin Peaks Central Committee meeting on October 25th. The complete report and the notes from the meeting are on page 3.



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You May Want to Mediate Your Dispute:

Why Businesses Like Mediation

By Carol M. Kingsley, Esq.

isputes are an inevitable part of doing business and most are resolved by the parties without any outside help. But there are those conflicts that reach a point and are of sufficient significance where one or more of the parties turn to the legal system for help. Litigation has long been the recourse for parties with difficult disputes. However, mediation is an increasingly popular alternative to deal with business disputes, especially attractive in the current challenging economy. Businesses are trying to control costs more than ever, and litigation is very expensive. Mediation offers disputing parties a way to resolve conflict at only a fraction of the cost of money and time typical of litigation.

Why Do Businesses Like Mediation? Here are a few reasons:

Mediation Saves You Money. Mediation costs a fraction of what it takes to litigate a matter. When a lawsuit is filed, usually the parties can expect to be dealing with the case for months or even years, incurring substantial expenses in lawyers' fees and related costs including among things court fees, expert fees, and the costs of discovering the facts. In contrast, the mediation process allows the parties to resolve their conflict in a matter of hours or days.

Mediation Saves You Time. Time spent dealing with conflict means lost time conducting business. So business owners know that it is a mistake to let conflict fester and prefer to address the conflict as efficiently as possible. Mediation can be scheduled quickly at the convenience of the parties, and parties can reach resolution in a short period of time (over a matter of days or even hours) compared to lawyers working a case up to be heard by a judge, jury or arbitrator.

You Control the Resolution of the Dispute. You, not the mediator or another third party like a judge or arbitrator, control the outcome of the dispute using the mediation process. The mediator works with the disputing parties to help them communicate effectively and work towards settling their dispute. The risk of a negative decision by a judge, arbitrator or other third party that is present when a case is heard in court or arbitration is not present in mediation.

Mediation is Private and Confidential. Unlike cases filed in court, which become part of the public record, mediation is private and confidential. Parties in mediation and the mediator agree contractually and are required

by law to keep the mediation proceedings confidential. This confidentiality allows the parties to feel comfortable to openly and freely talk to try to reach resolution without the fear that what is said is going to be used against them if the conflict does not settle and goes to court. What is said only within mediation cannot be used to later to show fault or liability.

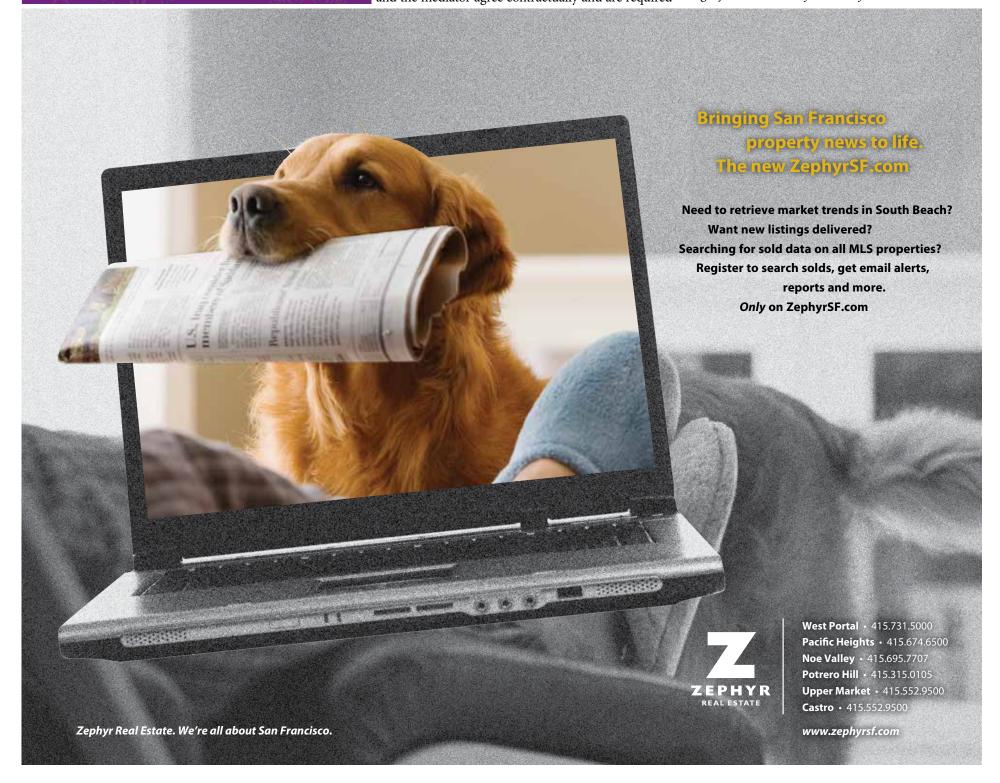


You Have More Flexibility in Mediation. Mediation allows more creativity than the courts. The parties can explore options and work out a settlement that can include a resolution that would not be available if the dispute were decided by a judge, jury or arbitrator, who are restricted by parameters set by law. The flexibility of mediation allows parties to form more satisfying resolutions than otherwise would have been available.

Mediation Can Preserve the Relationships of the Parties. During mediation, each party's point of view is heard and the final resolution is mutually agreeable to every party. By reaching a mutually satisfactory settlement, where no party has truly "lost", ill will and bad feelings between the parties can often be avoided or at least minimized. It's not uncommon for parties who resolve their conflict in mediation to resume their relationship with each other but with new understanding and respect.

The vast majority of cases that are filed in court settle and never go to trial. Settlement often happens "on the courthouse steps" on the eve of trial. These last minute settlements offer the parties great relief and savings on the expenses of going through the trial. Yet, at this point, the parties usually have already spent substantial hours and dollars and in many cases may also have endured significant stress and experienced health and other personal repercussions from the conflict. More often than not at this point, the relationship between the parties has suffered irreparable harm. So while mediation done late in the history of the conflict is better than not at all, the benefits of early mediation are significantly better.

Carol Kingsley is an attorney mediator specializing in the resolution of contract and business disputes, including real estate, construction, estate and trust conflicts. Please call Carol at Kingsley Mediation Services 415-681-4329 for visit HYPERLINK "http://www.kingsleymediations.com" www.kingsleymediations.com for more information



Real Travel By Sergio Nibbi My Good Friend George

e've often talked about how fortunate we've been in not having any serious mishaps in all our travels. We've met a lot of wonderful people and for the most part have not been taken advantage of, as far as we know. And then we met George.

We arrived early at our hotel in Athens and as expected our rooms were not ready. The doorman suggested that we go see the changing of the guards across the way, which we did and then decided to go to the new Acropolis Museum. We could have walked but chose to grab a taxi instead and after the ten minute ride we arrived, paid the driver five Euro as he asked, and moved on. Although it was still early in the morning, it had been a long day for us, so we decided to save the Acropolis for the next day and head back to the hotel. We doubled back to where we had been dropped off and hailed another taxi. George was very friendly, asked us where we were from, what plans we had to do some sightseeing and offered suggestions on the best restaurant close to our hotel. He also told us that being Sunday there was a lot of traffic going back to our hotel so he was going to take a different route and show us some interesting things along the way. He drove around for a good 15 minutes, went down the wrong side of a one-way street, argued with a bunch of women in the oncoming car and came to a quick stop at the curb and told us that our hotel was down those stairs. "How much George?" "30 Euro." "30 What!" "We paid 5 Euro to get here." George went on to explain that he had taken the scenic route and it was much safer. After much haggling we settled for 15 Euro and George drove off. The stairs that we were shown were steep and had at least 30 to 40 steps. Once we got down and looked around we knew we had been had. I asked at the internet café on the corner where our hotel was, and the girl started talking about the Metro. The area was a bit sleazy, but we never felt in danger. After much waving and whistling we were able to hail a cab. First question, how much? The driver pointed at the meter—what choice did we have, we got in. 15 minutes later we were back at the hotel and not being sure how much the fare was we handed the driver 15 Euro. He looked as us rather strangely, handed us back 10 Euro and started to make change from the other 5 Euros. We looked at him in disbelief and told him to keep the change. At that point we envisioned George laughing all the way to his next unsuspecting tourist, we envisioned George with a hatchet stuck through his forehead.



We mentioned our misadventure to the door-man and he said that if the police are notified they jump on them in minutes. We decided that we were going to photograph every license plate of every taxi that we used from then on. In retrospect it was a cheap lesson and a sad one at that because the rest of the people that we associated with were very nice and very helpful.

Jan decided that we should have a guide to take us through the Acropolis, and through the hotel we were greeted by Laura, a very lovely young woman, who would spend the next three hours with us and show us the Acropolis and the surrounding areas and then take us to lunch at one of the many restaurants in the Plaka. Before leaving the hotel we noticed a cadre of military in full riot gear coming up the block and taking a position in front of the Parliament building. Down the street was a mob of protesters hollering and chanting. Something about the government and their pensions. The doorman suggested not taking a taxi because they would have to go so far out of the way that it would take 25 minutes to get us there. He suggested taking the metro; it would only be a three minute ride. So with our very British looking umbrellas from the hotel (it looked like rain) we headed deep into the bowels of this ancient civilization to ride an ultra modern train to visit one of the most amazing sites that we have ever seen. For a Euro apiece we went deep into the station where we saw some of the best museum pieces that we had seen in the last two weeks, all from the excavation of the tunnel itself.

For the next three hours we walked, we climbed endless stairs and we marveled at the ingenuity of these early Greeks and Romans. The horses could not pull the marble pieces up the hill so they devised a series of pulleys whereby the stone went up as the horses came down. Along the way we stopped to admire the structures and the surroundings. We could see the huge rock from which Paul, the apostle, preached and beyond that was the Agora, (the marketplace). Hence the word agoraphobia, fear of the market place. The size of the Parthenon is immense as is the temple of Athena Nike. On the way up it started to rain as our umbrellas unfurled. Until then we were using them as walking sticks. Karen and Jan took a break while Laura took Ellis and me to the highest lookout where the Greek flag flies. Our 360 degree view was breathtaking.

There was a huge tower crane next to the Parthenon as reconstruction work is in full gear. Laura mentioned that the building was originally built in eight years and no slave labor was ever used. In San Francisco it would take eight years just to get the permit to erect the crane! She pointed out how the columns lean in slightly because a straight column



would look out of plum. As tourists we were amazed, as a builder I was astounded.

Coming down is always harder and more trying, than going up. Considering our age, between the four of us we add up to 300 years, we've done

amazingly well. On the way back we stopped to admire the Theatre of Dionysos, the oldest of the Greek Theaters, the newly reconstructed Odeon of Herod Atticus amphitheater, and of course all the photo ops standing in front of these unbelievable structures. Back down past Paul's rock, a copy of his epistle sits cast in bronze fastened to the rock, but it was all Greek to me. (I promised myself I would never say that!) Through the Agora, the Stoa of Attalos,, the word store came from there, a few more churches and ruins and it was time for lunch.

The Plaka is a neighborhood of winding streets and endless shops. Fortunately it was also on the way back to the hotel. Laura sat us down at a lovely Greek restaurant, helped us order and then left for home. What a marvelous day it had been for us. Wanting to savor most of the Greek specialties we over ordered and over ate. It was after 3 p.m. and we were planning an early dinner, Karen and I had to get up at 2:30 a.m. for our six oʻclock flight out of Athens to Frankfurt. We did some final packing and went to the hotel's restaurant and cocktail lounge on the top floor where we were dazzled once again by the view of the Acropolis, this time all lit up and glimmering at dusk. A couple of drinks, a light dinner at the restaurant, a few hugs and kisses, Jan and Ellis leave later in the day, and it was off to bed.

At 2:30 both I-Phone alarms went off and moments later my cell phone rang. Who could that be at this ungodly hour? Maybe it was George calling to fess up. It was a friend from home wanting to know if I would be attending a dinner next Monday night. "Richard, I'm in Athens, Greece and its 2:30 in the morning." He hung up with great words of wisdom, "enjoy the ruins."

The taxi was waiting for us, it was raining and the sky was aglow with lighting. No



one ever said that traveling was easy. So from Athens to Frankfurt, a brief two hour layover and another 11 hours of flying for the privilege of going through three weeks of mail, dirty clothes, endless Visa receipts but most importantly, watching the Giants win the World Series.

It's been a great adventure, we totally enjoyed Athens, and we're all that much richer for it. Now if only I could catch up with George, I'd ring his neck.

Feedback: sergio@westsideobserver.com



What the Heck?

This gorgeous plant with bright yellow flowers has us puzzled.

It started out as a little soft fuzzy-leaved plant of unknown origin. Soon it became the tallest plant in the garden.

Got an answer or your own a "What the Heck? Send your photos and questions and answers to editor@west-sideobserver.com.

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DYING YOUNG

Turkey: The National Bird???

ON THE PLUS SIDE By Hank Basayne

SHARON THE HEALTH By Sharon Caren

ong time, loyal readers may find the following vaguely familiar. It ran in this space way back in 2007. But as the year dwindles down I think it's worth repeating as a reminder of a choice we can all still make

It's September, 1914. A twelve-year old farm boy is rewarded for his summer's hard work with a trip to a rural Illinois county fair. Wide-eyed, he takes in the freak show, the pungent animal smells, the amazing sword-swallower and the bearded lady. Tries his skill at pitching baseballs at a pyramid of glass bottles. No luck. Wandering, with frequent snatches at his cone of cotton candy, he pauses at a sign with the compelling invitation to "Know Your Future". Finds a dime in his pocket and warily

enters the darkened tent.

An old woman in garish Gypsy costume motions him to the seat opposite her at the worn table with a crystal ball in its center. She tells him he's a good, hard-working boy with talents yet unexplored. "You have a gift to give to the world," she adds. Then a frown crosses her face. A long silence and then she breaks the cardinal rule of fortune tellers by giving him the bad news. "You will die young," she says.

Shaken and sobered, he slowly walks through the carnival's other attractions, preoccupied, unaware of the crude, showy and noisy environment begging for his attention.

That night, sitting on the edge of his bed, head in hands, he wonders what the prophecy really means, how he would die, and when. And what did she mean about unexplored talents? Next morning, while accomplishing his chores, he makes a decision that will shape and inform the rest of his life. "If I don't have long to live, if I'm really going to die young, I can't waste any time. I'd better get going!"

And he does. With his strict upbringing and few distractions, he becomes a self-disciplined, independent and somewhat isolated person. He reads avidly, majors in agriculture in college, then decides to prepare for the ministry and switches to religion. From time to time he remembers the fortune teller's prediction and—in his twenties—notices that he is still alive.

He marries, moves to New York, studies theology, switches to psychology and earns his Ph.D. in 1931. Nine years later he accepts a full professorship at Ohio State. Still driven by the belief that he hasn't much time left, he applies himself vigorously to his work, publishing his first book the next year. His career blossoms. He makes major, original contributions to the profession of psychology. He becomes widely respected and internationally known. He is a warm, accessible, much-loved human being. He is active, enjoys a devoted family life, finds pleasure in his work, his accomplishments and his relationships. He is nominated for a Nobel Prize.

In his forties, fifties and sixties, he occasionally remembers the dire prophecy from his youth. And finally, in his seventies, the light dawns. He finally understands what the Gypsy fortune teller really meant: "At whatever age you die, you will die young!" Carl Rogers lived a full and fruitful life until his actual death, at the age of eighty-five.

Now, as an octogenarian myself, I know that staying active, staying curious, staying connected with others are the essential ingredients for staying young. Most of the elders I know feel their age physically, as the packaging deteriorates and body parts become less reliable. But ask them how old they are in their minds and, generally, they'll report feeling younger than their years.

Sure, I'm winded when I walk up a hill, my fingers often now have trouble with buttons, I'm cranky when I don't get my afternoon nap. But meeting new people, finding out about them, reading an engaging novel, listening to beloved familiar music, scratching my cat's ears—all are ways of continuing to feel fully alive. I'm as interested in what's next as I was at thirty. Focusing on what I used to be or focusing on what's possible now is a choice. I prefer to stay in the present so that I, too, can die young.

Hank Basayne is a San Franciscan. He is busily working on a book to be titled "I'm Still Vertical, Thank You!"



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en Franklin wanted the North American Wild Turkey to be the national bird. The wild bird of that time was a brightly plumed, cunning bird of flight not like the domesticated descendants of today that make up such a large part of our healthy caloric intake. They live in flocks, unlike eagles, and had longer necks and legs along with smaller breasts.

Because Americans like the white meat of the breast so much, turkeys are bred to produce larger breasts. The "Tom," because of

his oversized chest, is not able to fertilize the eggs of the female "Hen" in the natural mating position and therefore turkey eggs are fertilized by artificial insemination for the hatchery. Only the "Tom" makes the loud gobble, gobble sound that can be heard a mile away on a quiet day while the "hen" gently clucks and clicks. Maybe he's frustrated?

Have you ever wondered why there is both white and dark meat on the turkey? They have white meat on the breast and wings and dark meat on the legs and thighs. It's actually a physiological difference. The active muscles in the legs store a lot of oxygen and become dark.

We've had a dramatic increase of turkey consumption in the U.S. In 1975, Americans ate 8.3 pounds of turkey and by 1995 it increased to 18 pounds a year. As you might guess, the turkey production in the U.S. has increased 300%. I believe it's largely due to a more health conscious society.

Nutritional Value – Turkey is an inexpensive, low fat, and high protein meat source of iron, zinc, phosphorus, potassium, and B vitamins, and has more protein than chicken or beef.

A 3 ½-ounce portion of turkey is about the size and thickness of a new deck of cards. A 15 lb turkey is about 70 % white meat and 30% dark meat. White meat has less calories and fat than dark and less again if you don't eat the skin. One gram of fat contains 9 calories, and one gram of protein contains 4 calories. Here is a way to calculate:

Meat Type Î	Calories	Total Fat	Protein
Breast with skin	194	8 grams	29 grams
Breast w/o skin	161	4 grams	30 grams
Wing w/skin	238	13 grams	27 grams
Leg w/skin	213	11 grams	28 grams
Dark meat w/skin	232	13 grams	27 grams
Dark meat w/o skin	192	8 grams	28 grams
Skin only	482	44 grams	19 grams

Size Matters, How much to buy - "Toms" are over 16 lbs and "Hens" under 16. You'll want about a pound to a pound and a half per person to allow for hearty eaters and leftovers.

Frozen Turkeys – There are 2 types of raw frozen turkeys, pre-basted or un-basted. A pre-basted bird is injected with water, broth, vegetable oil and/or spices to enhance flavor and moistness during cooking. Un-basted turkey has no additional ingredients. Reading the label is a must. You can buy the frozen birds months in advance and keep them frozen until time to cook.

Fresh Turkeys – I've enjoyed great results pre-planning to order a fresh turkey in time for my holiday meal. I highly recommend calling around to find a free range, grass fed, organic bird. The cost will be higher and you can taste the difference. Delicious! We are what we eat and being mindful to ingest more natural foods will increase health and longevity, not to mention satisfying the taste buds.

Leftovers, the best part – I look forward to cooking the turkey because I enjoy it the next day or two. You know, sandwiches, turkey stew, chili or soup, casseroles or a turkey burger. You can also get more creative with a turkey and black bean wrap, my favorite. Here's a handy guide for storage:

Refrigerator Storage – Leftovers

Cooked Food Item R	efrigerator Storage Time	Cooked Food Item	Refrigerator Storage Time
Roast Turkey	3 to 4 days	Cooked vegetables	3 to 5 days
Stuffing	1 to 2 days	Pumpkin pie	2 to 3 days
Giblet Gravy	1 to 2 days	Fruit desserts/pie	3 to 5 days
Canned Cranberry Sa	uce 5 to 7 days	Seafood	1 to 2 days
Roast Pork	2 to 4 days	Gumbo	1 to 2 days
Roast Beef/Veal/lamb	3 to 4 days	Soups	2 to 3 days
Baked Ham	3 to 5 days	Restaurant Carry-ou	ıt 1 day
Meat w/sauce or grav	y 1 to 2 days	·	·

There's a myth about turkey making you sleepy. Eating turkey doesn't cause you to feel sleepy after your Thanksgiving dinner. The carbohydrates in your meal are the likely cause of the sleepiness. We might want to keep those to a minimum as it's also a big factor in weight gain.

Most of all, enjoy this wonderful holiday meal with those you love and give thanks for the little joys of life!

Many blessings to you, Sharon. www.sharoncaren.com 650.359.6579Statistics found above are from the University of Illinois



When every other method fails, Betty Anne Waters: Hillary Swank studies for a law degree to help free her falsely imprisoned brother, Kenny: Sam Rockwell. Fellow law student, Abra Rice: Minnie Driver works with Betty Anne, who is married to Rick: Loren Dean. It seems police officer Nancy Taylor: Melissa Leo lied at the time of the murder. Kenny's girl friend Roseanna: Juliette Lewis was forced to lie on the stand. The Prosecuting Atty.: Talia Balsam and Barry Scheck: Peter Gallegher round out the cast of this Michigan-set tale in the 1980s when DNA evidence was first being accepted. The leads, Lewis, director Tony Goldwyn and the screenplay by Pamela Gray are getting Oscar mention. Profanity.

HEREAFTER

A Thailand resort village is hit by the 2004 tsunami while French TV journalist, Marie LeLay: Cecile de France, is vacationing there with her TV producer-lover; she is brutally swept away and has a near death experience; she sees white light and shadowy figures. At a Swiss mountain clinic, Marie seeks insight from Dr. Rousseau: Marthe Keller. Director Clint Eastwood and writer Peter Morgan (The Queen and Frost/Nixon) fuse her story with that of part-time psychic George Lonegan: Mark Damon, who holds the hands of a recent griever and summons the spirit they seek. Solemn George views his gift of simple messages from the dead as a curse, which is a great disappointment to his brother, Billy: Jay Mohr, who sees it as a gift. George is attracted to Melanie: Bryce Dallas Howard, who is his partner in an Italian cooking class, faces the inevitable challenges brought on by his "gift". George's path also crosses that of young Marcus: Frankie/ George McLaren, after his twin is killed by a truck in London. The first two-thirds holds up well. Damon is receiving Oscar buzz. Bay Area exteriors (Nob Hill, Emeryville, Crockett) with recognizable bridges in the background don't make up for a false, sappy ending. Profanity, Disturbing disaster and accident images.

I FAVINO

Kristen Scott Thomas, a physiotherapisthousewife married for 18 years to a successful doctor, Samuel: Yvan Attal, she finds she no longer knows. They have two teenagers, an older son, David: Alexandre Vidal and daughter Marion: Daisy Broom. Bored with her routine marriage and life in the South of France, she returns to work. Samuel hires Ivan: Sergei (Vidal: Pan's Labyrinth) López to build a consulting room for her in the backyard of their home. Suzanne falls in love with Ivan, but her problems start when she confesses to her vindictive husband. Director/co-writer Catherine Corsini (with Gaëlle Macé) presents the woman's POV of a dissolving marriage and the new man in her life. A dozen passionate scenes of nude love-making with Suzanne and the males illuminate the lusty atmosphere. Profanity. In French with English subtitles.

I FT MF IN

About 12, but she's not sure, Abby: Chloe Grace (Kick-Ass) Moretz (a possible Oscar contender) lives in an apartment in New Mexico with her guardian: Richard Jenkins, who also procures blood for her when it's time for her to feed. A 12-year old boy, Owen: Kodi Smit-McPhee, whom Abby befriends and protects from his bullies, is her next door neighbor. The policeman: Elias Koteas, who investigates the bodies as they turn up, is not prepared for the mass murder scene at the school pool. Director-co-writer: Matt Reeves and co-writer: John Ajvide Lindqvist (the novel and 2008 Swedish film) keep the mysterious events interesting in this Fantasy. Profanity, Bloody Horror Violence, Sexual Situation.

MY SOUL TO TAKE

Wes Craven, director and writer, has the fan following from his previous horror flicks. A mass killer returns 16 years after the date of his death to torment the 7 youths born, some prematurely, that night. Bug: Max Thieriot and his friend Alex: John Magaro, plus Penelope: Zena Grey, hunky jock Brandon: Nick Lashaway and oriental Fang: Emily Meade are the most interesting of the youths. Bug has nightmares about the murders before they happen. Officer Paterson: Frank Grillo and Dr. Blake: Harris Yulin are adults who are trying to solve the serial murders. Horror Violence, Profanity, Sexual references.

RFD

Retired and extremely dangerous (RED) describes many of the former Black Ops members here: Frank Moses: Bruce Willis; Joe Matheson: Morgan Freeman; paranoid Marvin Boggs: John Malkovich; chic Victoria: Helen Mirren, dressed in champagne evening gown with combat boots as she fires missiles is alone worth the price of admission; and wealthy but untrustworthy Dunning: Richard Dreyfuss. Frank's sort-of girl friend, Sarah Ross: Mary-Louise Parker, is along for the exciting ride. Retired Russian agent Ivan: Brian Cox is the past love of Victoria's life. The hit man in pursuit of the REDs, William Cooper: Karl Urban, is bumping off a list of operatives from a Guatemalan operation involving the current Vice President, Robert Stanton: Julian McMahon. Director Robert Schwentke and screenplay writers: John and Erich Hoeber provide a tongue-in-cheek sense of humor that goes a long way in giving us so much amusement from this Action-Comedy. Profanity, Violence.

SECRETARIAT

Penny Chenery Tweedy: Diane Lane has to take over running her ailing father's (Charistopher Chenery: Scott Glenn) stable of racehorses. She hires horse trainer Lucien Laurin: John Malkovich. They are supported by her husband: Jack Tweedy: Dylan Walsh (Nip/Tuck) and Dad's secretary, Miss Ham: Margo Martindale who named Big Red, Secretariat. How he gets from birth to the rare champion of the 1973 Triple Crown is also very much Penny's story. Director Randall Wallace keeps the pace racing along at a fast clip. Lane, Malkovich and Wallace are getting early Oscar mention in this Disney winner.

THE SOCIAL NETWORK

The film, star Eisenberg, and Director David Fincher are frontrunners for Oscar nominations. The screenplay by Aaron Sorkin (The West Wing) is based on the book by Ben Mezrich about the founders of Facebook. Six years after starting the social network in 2003, Harvard computer genius-undergrad Mark Zuckerberg: Jesse Eisenberg has become the youngest billionaire in history. His college associates include Mark Dustin: Joseph

Mazzolla; and Erica: Rooney Mara, plus older Sean Parker: Justin Timberlake... none of whom you would want to know—they are a selfish, greedy, arrogant bunch of heels.



Filmed in Boston, Baltimore, and the UK. Possible Oscar nods: Eduardo, the likeable accountant: Andrew Garfield, Timberlake and Armie Hammer as Cameron and Tyler Winklevoss. Profanity. Uncomfortable business and social situations.

WALL STREET: MONEY NEVER SLEEPS

Gordon Gekko: Michael Douglas (possible Supporting Oscar nomination) is released after serving eight years in prison. He sees himself when he was younger in Jake Moore: Shia LeBeouf, the fiancé of his daughter, Winnie Gekko: Carey Mulligan. Jake finds a worthy adversary in elegant Bretton James: Josh Brolin as Gordon starts to resume his Wall Street position. Bretton's actions have caused Jakes's mentor Louis: Frank Langella to commit suicide and was behind his company going under so Jake is very happy to take Bretton down. Oliver Stone directs his sequel to his earlier Academy Award winner. Profanity. Uncomfortable business and social situations.

YOU WILL MEET A TALL DARK STRANGER

Divorcing London couple, Alfie: Anthony Hopkins and Helena: Emma Jones, are parents of Sally: Naomi Watts. Sally is married to novelist Roy: Josh Brolin, who is anxiously waiting to hear from his publisher re his latest manuscript. Sally works in Greg: Antonio Banderas's art gallery and is developing a crush on the Latin hunk. Helena is an optimistic senior British woman who entrusts her spiritualist, Christal: Pauline Collins, for her decisions. Roy is taken with their new neighbor, Dia: Frieda Pinto. The supporting cast includes Charmaine: Lucy Punch and Iris: Anna Friel. Director-writer: Woody Allen steers this romantic tale along the Thames with sumptuous photography by Vilmos Zsigmond.

At the Theater • By Dr Annette Lust and Flora Lynn Isaacson



Dr. Annette Lust



Flora Lynn Isaacson

WHO'S PROOF IS IT ANYWAY?

The first scene of Proof begins on the night of Catherine's 25th birthday when she is troubled about how much of her father's madness or genius she has inherited. Her father was a brilliant mathematician who now realizes that he could never surpass the genius of his youthful years. Catherine has inherited some of her father's melancholia as well as his mathematical skills. Her sister Claire wants her to come to New York where mental help is waiting. Meanwhile after Catherine shows Hal, a graduate student in love with her, a math proof that dazzles him, she must convince him and Claire that she wrote it. Proof is both a penetrating character study as well as a gripping whodunnit.

Nearly every scene in Proof is based on a piece of information cunningly withheld until the last moment. Director Suzanne Birrell picks up on the essential

playfulness of the strategic games in the script and directs her actors to toy with each other in a playful manner to make this a contrast to the serious side, as well as an entertaining play. She also has composed elegant music to set up and sustain the tension of each scene.

Gabrielle Patacsil lets us see Catherine struggle with her deepest fears, greatest desires and endless doubts. Nearly every scene requires her to juggle a dizzying number of twists and turns. In this extremely demanding role, she takes us on a brilliant journey.

As Robert, Kevin Copps' portrayal was elegantly understated, heightening the impact when he brings a focused intensity in to brief moments of anger and pain, regret and love.

Eric Reid was a delight as Hal. He contributed to the comedic moment so necessary for the play's success.

Theresa Adams shows the strength needed and sacrifices Claire has made to create a "normal life" for herself. We see how she survives by compartmentalizing and being "practical."

Ultimately the greatest credit for the success of this production is due to Director Suzanne Birrell, who draws from her actors genuine emotions, totally believable moment to moment.

Presented by Bell Jar Theatre, through October 24, Exit Theatre (Stage Left), San Francisco. Obtain tickets in advance through brownpapertickets.com and at the door. Flora Lynn Isaacson

THE SUNSET LIMITED

—The Subway of Earthly Existence The San Francisco Playhouse opened its 8th season with the West Coast Premiere of The Sunset Limited by Cormac McCarthy. The play involves only two nameless characters designated "White" and "Black," their respective skin colors. Offstage, just before the play begins, Black (Carl Lumbly) saves White (Charles Dean) from throwing himself in front of a train, the Sunset Limited.

All of the action takes place in Black's sparse apartment in urban New York, where the two characters go (at the behest of

Black) after their encounter on the platform.

Black is an ex-convict and evangelical Christian. White is an atheist and a professor. They debate the meaning of human suffering, the existence of God, and the propriety of White's attempted suicide.

This play is hardly traditional theatre, because dialogue rather than action drives the story. Yet McCarthy's language is so rich that it makes up for the lack of incidents. Lumbly and Dean are both marvelous in their roles and Bill English's set design is perfect. English is also the director. Riveting from start to finish. The Sunset Limited at SF Playhouse, tickets, 415-677-9596 www.sfplayhouse.org. Coming up next is Sandbox Series, the World Premiere of Seven Days by Daniel Heath, Oct. 13 through Nov. 6. Then Coraline by David Greenspan and Stephen Merritt, Flora Lynn Isaacson

NEW ONE-ACTS & SOLOS THEATRE CRITICS AWARDS.

Bay Area and Dominican Fringe of Marin's Twenty-Sixth Festival. For its 26th season, new short one-acts and solos by Bay Area playwrights, directors and actors will be performed to vie for Bay Area Theatre Critics Best Play, Actors, and Directors awards. Granted a Special Bay Area Theatre Critics Circle Award, the Fringe of Marin Festival will take place in Meadowlands Hall Theatre at Dominican University of California, 50 Acacia Ave, San Rafael, from Nov.12 to Dec.5, 2010, Fridays and Saturdays at 7:30 p.m. and Sundays at 2 p.m., plus a 2 p.m. matinee on Sat. Nov. 20. The Festival features a prominent magician-storyteller along with Bay Area and Beyond one-acts and monologues ranging from light and dark comedy and drama about a Victorian romance, an attack on psychiatry, and an imaginary meeting of literary figures Emily Dickinson and Walt Whitman to an original pantomime satirizing sex.

Admission \$15-\$17: seniors/students \$10; children \$5. Reservations/info (415) 673-3131 or Jeanlust@aol.com Annette Lust

HEDDA GABLER

General Gabler's Daughter Off Broadway West Theatre Company has just opened Hedda Gabler by Henrik Ibsen as the first play of their fifth season. The entire play takes place in Oslo, Norway in the 1890's in the Tesman's living room adjoined to a smaller back room. When the play opens, we view General Gabler's portrait lit up with Hedda standing beside it to indicate that Hedda, as a personality, is to be regarded as her father's daughter, rather than as Hedda Tesman, her husband's wife.

From a slow beginning, the play gradually builds in tempo and the tension mounts until it becomes almost unbearable. This play is so closely knit, the dialogue so pointed, the characters drawn with such fullness, yet with such economy of means, that not one word, nor one silence, is superfluous.

Cecilia Palmtag's Hedda is a woman in her late 20's. Her face and figure show breeding and distinction. She is able to convince people, to charm them and to inspire confidence in them. Her cold exterior hides a demon and to the credit of Cecilia Palmtag, that demon is hidden.

When the play quietly opens we meet Bertha (Alison Sacha Ross), George and Hedda Tesman's servant. Alison's Bertha tries very hard to please Hedda, her new mistress, but Hedda is dissatisfied with her. Maureen Williams' Aunt Julia is well meaning and she is constantly hinting that Tesman and Hedda should

have a baby. Aunt Julia tries to get along with Hedda, but the difference in their class backgrounds makes it difficult. After this opening scene, George Tesman arrives. Adam Simpson's Tesman is an amiable, intelligent, young scholar. He tries to please his young wife, Hedda. Soon, Thea Elvstead (Jocelyn Stringer) comes to call on Hedda. Jocelyn plays her as a mousy girl who claims neither social, nor individual superiority unlike Hedda.

When Mrs. Elvstead leaves, Judge Brack (Peter Abraham) arrives. Peter Abraham brings great dignity to his role. Paul Baird gives a sensitive portrayal of Eilert Lovborg who arrives at the end of Act I. In Act II. the genius, Lovborg is Tesman's biggest competitor in the academic world. He seems greatly attracted to Hedda.

Director Richard Harder directs Ibsen's masterpiece with both clarity and careful attention to detail in the relationships between the characters. Set Designer Bert van Aalsburg creates a handsome and functional set. The lovely period costumes were designed by Sylvia Kratins and Colin Cross' lighting design is quite effective.

Hedda Gabler continues at the Phoenix Theatre through November 13. For tickets, call 800-838-3006 or go online at www.Off-BroadwayWest.org. Flora Lynn Isaacson

SEVEN DAYS - THE UPS AND DOWNS OF LOVE

The San Francisco Playhouse has just opened its second season of the Sand Box Series with the World Premiere of local playwright Daniel Heath's Seven Days directed by Susi Damilano.

Seven Days is about the love stories we tell each other and tell ourselves, and how a week can change everything. Three relationships spanning three generations play out over a single week as love is lost, found and diagrammed on the wall.

The play opens on day one, which is a Sunday, at an art exhibit hosted by our leading man, Al (innocently played by Cole Alexander Smith). He has invited his fiancée Anna (a sexy Jessica Coghill), his best friend Robert (a more worldly wise Aaron Murphy), Robert's wife and Anna's boss Eva (a no-nonsense Donna Dahrouge), Robert's father Tank, a country hick, (David Cramer), and finally Al's mother Beatrice played by Phoebe Moyer in a superlative performance as a conservative, uptight divorcee.

Our playwright, Daniel Heath, takes us on a journey of seven days into the lives of the entire cast. Each has a monologue spread throughout the play of their inner thoughts.

Set Designer Jeremy Harris sets the stage on risers. Graphics Designer Rob Dario lets us know with supertitles what day it is. Daniel Heath's dialogue is crisp and full of humor. Susie Damilano's clever direction provides perfect timing for her talented cast. The sold out house gave the performance an outstanding overtion.

Seven Days plays at Stage 2 at the SF Playhouse through Nov.6. For tickets, contact SF Playhouse box office at 415-677-9596 or go online at www.sfplayhouse.org.

Coming up next at the Main Stage of SF Playhouse -January 15, 2011 will be the West Coast Premiere of Coraline by David Greenspan and Stephin Merritt and directed by Bill English. Flora Lynn Isaacson



View of the Sunset District from 7th Avenue and Lawton Street. Date 1921. Location Folder: S.F. Districts-Sunset. Reproduction permission from San Francisco History Center, San Francisco Public Library.

Phyllis' Findings / Phyllis Sherman

IS NEWER BETTER? NOT ALWAYS

he good news on medical advancements is undeniable. Doctors can now keep patients alive with improved dialysis treatments while they await a kidney transplant, replace disintegrating hips and knees with artificial joints and spot internal growths with high-tech imaging devices that

avoid the need for exploratory surgery. Even costly therapies can end up saving money as well as lives. Studies by respected economists have shown that spending on new cardiac treatments, neonatal care for low-birth-weight infants, and mental health drugs have more than paid for themselves. This is not always the case. Consider the prostate-specific antigen test, widely used to screen men for prostate cancer. Recently Dr. Richard J. Ablin, who discovered prostate-specific antigen, described the test as "hardly more effective than a coin toss" and lamented that the test's popularity has led to "a hugely expensive public health disaster."

Each year some 30 million American men undergo the test at a cost of at least \$3 billion, and many go on to have surgery, intensive radiation or other damaging treatments that may not have been necessary.

Or consider complex fusion surgery to relieve lower back pain (which I've contemplated). An article and an editorial in the April 7 issue of the Journal of the American Medical Association, deplored the rapidly rising use of this surgery, which fuses multiple disks in the spine, in patients who would have done better, and faced fewer risks, with simpler surgery that eases pressure on the nerves without fusion.

The explanation for the boom was likely economic. Surgeons were paid 10 times as much for the complex surgery, hospitals were paid three and a half times as much, and manufacturers reaped a bonanza selling \$50,000 worth of implants for the complex surgery, compared with the little or no profit from the simpler surgery.

Research that systematically compares the effectiveness of different treatments and drugs in clearly needed. The Obama administration started the process, committing \$1.1 billion from stimulus funds to finance comparative studies. The new reform law will move that ahead, setting up a nonprofit, independent institute to organize the work. The comptroller general will appoint a governing board of 19 members, representing patients, doctors, manufacturers and others, including two designated federal health officials. Let's hope it works. The legislative language is so convoluted that there is no guarantee that even the most credible findings will help ensure that patients get the best and most cost-effective treatment.

The Institute is supposed to make reports of its findings but is carefully restricted as to what it can say. It cannot tell doctors what treatments to use, or recommend how much doctors and hospitals should be paid for any service. It cannot make recommendations to Medicare or private insurers about what they should or should not cover. Critics will how but if the panel does its job right--and politicians have the courage to make the case---both patients and taxpayers will benefit.

I'll bet you never noticed, but there's a new bank in our midst. Right next to WHOLE FOODS is this small CIRCLE BANK.I asked several passersby where this new bank was, but the only one who knew, was one of the guys outside Whole Foods who help park cars.Not only will CIRCLE take all your jars of coins...even pennies..count them.. and give you back REAL dollars. Manager Carlos Rivera, and Marketing Director Alan Gaul will help you open an account... and even serve coffee and cookies if you don't.Go in and say "hello."

I've spent a great deal of time lately reading INVESTOR'S BUSINESS DAILY and they have some excellent rules for investment success. If all 19 rules are carefully followed (not just the ones you like), your investment results can materially improve:

- 1. Consider buying stocks with each of the last three years' earnings up 25%, return on equity of 17%+ and recent earnings and sales accelerating.
- 2. Recent quarterly earnings and sales should be up 25%or more.
- 3. Avoid cheap stocks Buy stocks selling for \$15 to \$100 or more.

- 4. Learn how to use charts to see sound bases and exact buy points. Confine buys to these points as stocks break out on big volume increases.
- 5. Cut every loss when it's 8%below your cost.Make no exception so you'll avoid any possible huge, damaging losses. Never average down in price.
- 6. Follow selling rules on when to sell and take profit on the way up. Review "When to Sell and Take a Profit" in "How to Make Money in Stocks."
- 7. Buy when market indexes are in an uptrend. Reduce investments and raise cash when general market indexes show five days of increased volume distributions.
- 8. Read IBD's Investor's Corner and Big Picture column to learn how to recognize important tops and bottoms in market indexes.
- 9. Buy stocks with a Composite Rating of 90 or more and a Relative Price Strength Rating of 85 or higher in the iBD SmartSelect Corporate Ratings.
- 10. Pick companies with management ownership of stock.
- 11. Buy mostly in the top six broad industry sectors.
- 12. Select stocks with increasing institutional sponsorship in recent quarters
- 13. Don't buy because of dividends or P-E ratios. Read a story on the company.
- 14. Pick companies with a superior new product or service.
- 15. Invest mainly in entrepreneurial New America companies.
- 16. Check the companies buying back 5% to 10% of their stock and those with new management.
- 17. Don't try to bottom guess or buy on the way down Never argue with the market .Forget your pride and ego.
- 18. Find out if the market currently favors big-cap or small-cap stocks.
- 19. Do a post-analysis of all your buys and sells. Post on charts where you bought and sold. Evaluate and develop rules to correct your major mistakes. It's what you learn after you think you know what you're doing that's vital. That's how to improve your results.

I realize that this information is not of interest to everyone but for those of you with investment portfolios, I think it will be helpful.

"With a fancy coat and a white tie, even a stockbroker can gain a reputation for being civilized."—Oscar Wilde

"The safest way to double your money is to fold it over and put it in your pocket." —*Frank McKinney Hubbard*



BRAIN FÜD

Feed, good, and kiss are 3 examples of words with double letters. Use the clues and fill in the blanks to find words with consecutive double letters. Remember, these words have 2 sets of double letters in a row!

- 1. It's a bird! It's a plane! It's a...
- B____N
- 2. Body modification.
- Г___О
- 3. A Group of people.
- C____E
- 4. Acuteness or acumen.
- K S
- ---Experts Only!---
- 5. Kangaroos, dingos, and kookaburras! C _ _ _ E

Arthur Conan Doyle).

5. Cooee / Clue: Kangaroos, dingos, and kookaburras!
Cooee is a chant used in the Australian Outback. It is usually shouted to attract attention, indicate one's location, or find missing people. Sherlock Holmes used his knowledge of this word to solve "The Boscombe Valley Mystery." (Written by Sir

4. Keenness / Clue: Acuteness or acumen. Keenness is a synonym for acuteness, acumen, brilliance, cleverness, and other similar words. The word 'keen' comes from an Old English word that means brave.

delegated to decide on legislation.

Committees are often formed when a group of people need to make a decision. They can range in size from just a few people to a very large group of people. The most well-known examples of committees are in government where committees are

Iceman," who was found frozen in the Italian Alps! 3. Committee / Clue: A group of people.

Tattooing is a form of body modification. Many cultures all over the world practice tattooing. The first tattoos were found on ancient Egyptian mummies and on "Otzi the Lattooing."

2. Tattoo / Clue: Body Modification

The first balloon was invented in 1709. Now, balloons are used as an airship design, in celebrations, and even in medicine! Military use of the balloon first occurred in the American Civil War in map-making and in signaling armies. Now, hot air balloons can be seen and ridden during parades and festivals.

Answer. 1. Balloon / Clue: It's a bird! It's a plane! It's a...

iəmsuy

5 4 1 3 Sudoku-fun 7 8 2 9 5 1 2 1 5 7 8 6 3 8 9 1 3 7 8

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 aside.

From the Border



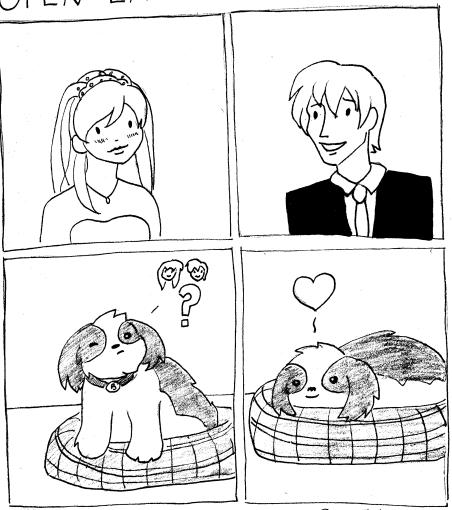
Hilary Gordon is on vacation, her garden commentary will be back next month.

SUDUKU ANSWER

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Friday Night Jazz Fri | 7-11 pm | Cliff House, Balcony Lounge – 1 Seal Rock.

TUE • AUTHOR KATHERINE ELLISON

Katherine Ellison | Nov 2 | 7 pm | Discussing Buzz: A Year of Paying Attention. Pulitzer Prize-winning investigating journalist Ellison, author of The Mommy Brain, delivers a hilarious and heartrending account of understanding and reconnect with her high-spirited preteen son. Bookshop West Portal, 80 West Portal Ave., Info: 564-8080

WED • AUTHOR JOEL SELVIN

Joel Selvin | Nov 3 | 7 pm | Smart Ass is a collection of feature articles by awardwinning music journalist and bestselling author (Summer of Love) Joel Selvin. For forty years, Selvin tracked rock and roll lore throughout California for the San Francisco Chronicle. Full of insights and acerbic asides. Bookshop West Portal, 80 West Portal Ave., Info: 564-8080

WED • COMMUNITY POLICE ADV. BOARD

CPAB | Nov 3 | 6-7 pm | Community Police Advisory Board. The purpose of the CPAB is to provide advice to the Area Commanding Officerto decrease the incidents and fear of crime. Taraval Police Station Community Room 2345 24th

THU • PARKMERCED OVERVIEW

Planning Commission | Nov 4 | 1:30 pm Item #10 Parkmerced mixed-use project overview and development agreement - informational only. Commission Chambers - Room 400, City Hall, 1 Dr. Carlton B. Goodlett Place-(J. Switzky: (415) 575-6815/M. Yarne: 554-6512)

FRI • AUTHOR SIMON WINCHESTER

Simon Winchester | Nov 12 | 7 pm | will read from, Atlantic: Great Sea Battles, Heroic Discoveries, Titanic Storms, and a Vast Ocean of a Million Stories . The NY Times Bestselling author of The Map That Chanded the World. Bookshop West Portal, 80 West Portal Ave., Info: 564-8080

SAT • DISCOVER SF SCHOOLS

SFUSD | Nov 12 | 9 am-2 pm | SF Unified School District Enrollment Fair at the Concourse Exhibition Center, 635 8th St. Applications Available.

SAT • PARKMERCED TOWN HALL MEETING

Nov 13 | 2 pm | Offer your ideas and listen to others'. Update on the Vision for Parkmerced at the Old Workshop, 345 Vidal Dr.v

TUE- POLICE/MERCHANTS MONDAY

Taraval Police District /Merchants Mtg Nov 15 | 1 pm | Our next Merchant Mondays meeting is at 1825 Irving Street (Irving Pizza) 1:00 p.m. Info or join us, please call Sqt. Kevin Mannix at 415-759-3100.

TUE- COMMUNITY MEETING

Taraval Police District Community Mtg Nov 16 | 6 pm | Deputy City Attorney Jana Clark at the monthly Taraval Community meeting at Taraval Police Station, 2345 24th Ave.(3rd Tues of each month).

THU • PARKMERCED OVERVIEW

Planning Commission | Nov 18 | 1:30 pm | Call for Info. Parkmerced mixeduse project overview and development agreement - informational only. Commission Chambers - Room 400, City Hall, 1 Dr. Carlton B. Goodlett Place-(J. Switzky: (415) 575-6815/M. Yarne: 554-6512)

SAT • REINDEER ROMP BEGINS!

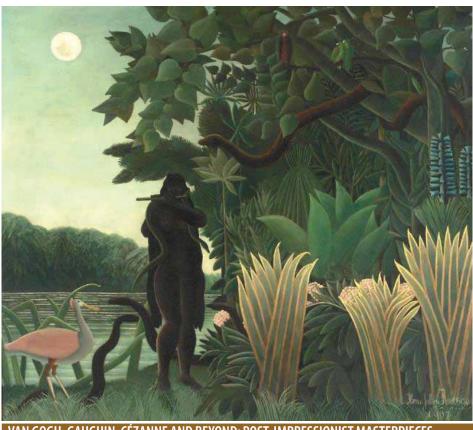
SF Zoo | Nov 20 | 10 am – 4 pm | The Reindeer are coming—Santa's special reindeer – Holly, Velvet, Peppermint and Belle. Free with paid Zoo admission and is available daily, rain or shine. Info: visit www.sfzoo.org.



MON • CENTRAL COUNCIL

West of Twin Peaks Central Council Nov 22 | 7:30 pm | A resource for neighborhood organizations. Learn and comment on issues. Fourth Mon each month Forest Hill Clubhouse at 381 Magellan





VAN GOGH, GAUGUIN, CÉZANNE AND BEYOND: POST-IMPRESSIONIST MASTERPIECES

The Musée d'Orsay September 25, 2010 - January 18, 2011 • de Young Museum

The second of two exhibitions from the Musée d'Orsay's permanent collection, Van Gogh, Gauguin, Cézanne and Beyond: Post-Impressionist Masterpieces from the Musée d'Orsay follows on the heels of the first with a selection of the most famous late-Impressionist paintings by Claude Monet and Auguste Renoir, as well as works representing the individualist styles of the early modern masters, including Vincent van Gogh, Henri de Toulouse-Lautrec, Paul Gauguin, and the Nabis Pierre Bonnard and Édouard Vuillard.

The Snake Charmer (above) Henri Rousseau 1907. Oil on canvas, 66 1/2" x 74 5/8"

53RD INTERNATIONAL AUTO SHOW

The International Auto Show features the world's major manufacturers displaying their 2011 model cars, SUV's, trucks and vans. It is the largest exposition of any kind held in northern California.

Saturday, November 20 — Sunday, November 28, 2010 San Francisco's Moscone Convention Center, 747 Howard St.

Show hours: Saturday, Nov. 20 — Saturday, Nov. 27: 10:00 a.m. to 10:00 p.m. Sunday, Nov. 28: 10:00 a.m. to 8:00 p.m.

ADMISSION: Admission \$9.00. Children 12 and

younger free when



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We are currently meeting with San Francisco neighborhood groups.

To request a meeting or to find out how you can help bring

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