

# BONAIR

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GREENBRAE

EST. 1952

FALL/WINTER 2019

CAR SHOW | HOLIDAY HAPPENINGS | COZY FASHION | TASTY RECIPES

# Bon Air Invitational Car Show



Join us for the annual **Bon Air Invitational Car Show**, a FREE day-long festival showcasing more than 100 vintage American-made vehicles. Ranging from the 1912's to the 1970's you'll find coupes, roadsters, trucks, family and muscle cars. Carefully curated for this event, each car, some decked out with historic trinkets and gadgets, is in pristine condition thanks to decades of meticulous care and maintenance.



This year's featured vehicles include a **1922 Stutz Fire Engine**, a **1912 Hudson #33 Speedster** and a **1953 Chrysler Newport** shown by its original owners. Live music, entertainment for the little ones and sidewalk specials provide **fun for the whole family**. The car show takes place in the west end of Bon Air's parking lot under the towering oak tree. **Saturday, October 12th, 10am-4pm.**

**The North Bay Car Committee would like to recognize its members who make the Bon Air Invitational Car Show possible.**

- |                       |                          |
|-----------------------|--------------------------|
| <b>Roger Anderson</b> | <b>Ed DeMaestri</b>      |
| <b>Lorry Azevedo</b>  | <b>Roger Domer</b>       |
| <b>Glen Burford</b>   | <b>Negar Farrokhnia</b>  |
| <b>Bob Capurro</b>    | <b>Larry Galetti</b>     |
| <b>Joan Capurro</b>   | <b>Andrew Larson</b>     |
| <b>Will Costa</b>     | <b>Marty Marcucci</b>    |
| <b>Joe Davis</b>      | <b>Nikki Marcucci</b>    |
| <b>Bernie DeSanto</b> | <b>Elizabeth McGrady</b> |
| <b>Bob DeSanto</b>    | <b>Mike Mondot</b>       |
| <b>Ray DeSanto</b>    | <b>Dick Thompson</b>     |
| <b>Tony Demato</b>    |                          |



# Halloween Bash

**Trick Or Treat So Others Can Eat**, benefiting the **Marin Food Bank**. Trick or treat at our stores and bring a canned food donation to exchange for a trick or treat bag. Enjoy the **pet parade and costume party** at Woodlands Pet Food & Treats, pet caricature artistry, pumpkin decorating at Bank of Marin, live music, **children's entertainment**, balloons and face painting. **Saturday, October 26th, 11am-2pm.**



NEW MERCHANT

## StretchLab Opening Fall 2019



Bon Air welcomes StretchLab, opening this fall. StretchLab is leading the way in offering one-on-one dynamic-assisted stretching that takes fitness and flexibility to another level. Referred to as “the next dominator in the fitness industry” by The New York Times, assisted stretching has gained national attention. Founded in 2015 in Venice, California, StretchLab will offer 25 and 50-minute individualized

professional stretch sessions in addition to small group classes with monthly memberships. Look for new member specials at **StretchLab, 228 Bon Air Center (415) 215-8994**

# Find Your Holiday Magic

Bon Air is a winter wonderland destination for one-stop shopping with special entertainment designed for the whole family.

## Saturdays With Santa

Santa Claus trades his sleigh and reindeer for a shiny, red fire engine (courtesy of the Larkspur Fire Department) for a noon arrival on December's first three Saturdays. **Free photos with Santa** for families, friends and pets in front of Mollie Stone's Market. **Free candy canes** for kids and dog biscuits for four-legged friends. **December 7th, 14th and 21st, from Noon-3 pm**



## Pronzini's Christmas Tree Lot

Find a fresh and **beautiful selection of lush Christmas trees**, wreaths, garland and festive holiday décor. Open daily 9am-9pm until December 24th. At the west end of the center under the grand Oak tree.



## Holiday Food & Gift Drive

Bon Air continues its long tradition of gather & give by hosting a **Holiday Food Drive** with the SF-Marin Food Bank. Kicking off at Halloween with *Trick Or Treat So Others Can Eat*, **bring a canned food donation to exchange for a trick or treat bag**, then trick or treat at our stores and restaurants. We will collect Toys for Tots and Things for Teens with the Larkspur Fire Department throughout the holiday season. **Collection barrels** located throughout Bon Air.

# Sip, Shop & Stroll

Join Bon Air and the Larkspur Chamber of Commerce for a festive, **FREE evening of holiday shopping and cheer**. Bubbles, small bites, trunk shows and shopping. Enjoy festive Victorian caroling and visit Bon Air shops and restaurants offering demos, **holiday gift ideas, stocking stuffers** and **sidewalk specials** along the promenade, beautifully decorated for the season. **December 5th, 5pm-6:30pm**



## FALL and WINTER at BON AIR

### OCTOBER

#### Invitational Car Show

Saturday, October 12th, 10am-4pm

#### Halloween Bash

Saturday, October 26th, 11am-2pm

#### Hoilday Food & Gift Drive

Kicking off at Halloween with *Trick or Treat So Others Can Eat*

### NOVEMBER & DECEMBER

#### Pronzini's Christmas Tree Lot

November 28th - December 24th, 9am-9pm daily.

#### Larkspur Chamber Holiday Mixer

December 5th, 5pm-6:30pm

#### Toys and Gift Card Drive

We'll collect Toys for Tots and Things for Teens with the Larkspur Fire Department throughout the holiday season, starting December 7th

#### Saturdays With Santa

December 7th, 14th and 21st, 12 Noon-3pm

## Cozy in Cashmere

The Cashmere Sale returns to Bon Air for its once-a-year opportunity to buy the **latest high-quality cashmere sweaters**, wraps and accessories inspired by today's influential fashion designers at prices usually unavailable to the public. **October 26th - December 14th, 286 Bon Air Center**



### MERCHANT SPOTLIGHT

## A History in Fashion

Linda Bottmeyer, owner of Lindisima Marin, has a history in fashion dating back 30 years. She learned the craft of retail fashion at a small boutique in Sausalito before honing her skills at Nordstrom, Saks 5th Avenue and Nieman Marcus. She opened her first boutique at age 33 in downtown Mill Valley. In 1998 she moved to Bon Air, loved the space and that Bon Air was a family-owned shopping center. Immersed in fashion, Linda dressed women for the breast cancer fashion shows among other fashion events in the county. Her love for fashion stems from the way it changes, the seasons, the cycles. "It's exciting and has an energy," Linda says. "Customers come in unsure what they want and I like finding pieces that flatter and make them feel beautiful whatever their budget," she added. With the advent of online shopping Linda finds the relationships with customers to be vital. People want to connect, feel pampered and get styling help. Over the years, those customers have become

friends. As fashion has grown more casual Linda says, women can still find a way to put simple, stylish looks together and that's what she loves. Visit **Lindisima Marin. 190 Bon Air Center (415) 461-9100**



# The Ultimate Comfort Food: Fettuccine Alfredo

Nothing **warms and comforts** in the fall and winter months like a decadent, hearty Alfredo. Try this simple and delicious approach with house-made Alfredo. **Dinner has never been easier** or fresher. Pick up a few ingredients, combine, heat and serve! Bellissimo!

## Ingredients:

- 1lb Mollie's fresh fettuccine
- 1 pint Mollie's Alfredo sauce
- ½ tsp coarse black pepper
- Sprinkle parsley (garnish)
- Sprinkle nutmeg (garnish)
- Pinch salt & pepper to taste

## Preparation:

Cook pasta in 3 quarts boiling water with salt. Mix drained pasta while warm with heated alfredo sauce. Garnish and serve.

## Pairings:

Pair with a crisp Caesar salad. Find these fresh, local ingredients at **Mollie Stone's Market Greenbrae, 270 Bon Air Center (415) 461-1164**



# Choosing the right pet food



A dog's **diet is closely linked to its health**, which means choosing the right food for your canine pal is important to their overall health and quality of life. Pet food comes in a variety of forms, from raw and fresh to canned and kibble. It contains nutrients dogs need to stay healthy. **Quality pet foods** are **highly regulated** and undergo **rigorous testing** by veterinary specialists to be nutritionally sound.

Dogs, unlike cats, are not strict carnivores. Although meat makes up the majority of their diet, dogs also derive nutrients from grains, fruits, and vegetables. Further, **dogs require nutrients in differing quantities** over the course of their lives. The nutritional needs of a puppy or a small dog are different from a large, adult dog, which is why it is a good idea to adjust your pet's food as they grow and age. To learn more about quality food for your dog or cat visit **Woodlands Pet Food & Treats, 296 Bon Air Center. (415) 461-7387**

# Cupping for Wellness

Have you noticed celebrities and athletes sporting circular "cupping marks" on the red carpet and the Olympic podium? **Cupping isn't a recent fad**, it's an ancient technique. Cupping therapy uses cups to create suction on the surface of the body. The cups are **moved over the skin** using gliding, rotating or shaking techniques while gently pulling to facilitate joint mobilization and soft tissue release. The resulting vacuum effect **loosens tight muscles** and improves blood flow in the areas where the cups are applied. The marks they leave are not bruises, rather cupping **releases lactic acid and metabolic waste** trapped in the tissue, bringing it up near the skin where it is filtered out naturally. Some recipients do not mark at all and they are rarely painful.

According to Elements Massage, cupping therapy together with massage has numerous benefits:

- Relieves **pain** and inflammation
- Releases and softens scar tissue
- Reduces the **appearance of wrinkles**, spider veins and cellulite
- Increases range of motion and circulation

- Lymph fluid drainage
- Enhanced relaxation and sleep

Find out how cupping and massage therapy can benefit your specific needs. Visit **Elements Massage 200 Bon Air Center. (415) 526-3461**





# Testosterone & Health



Women and men share the same complement of hormones. The difference is in the relative quantity of each hormone present. Did you know that **adequate testosterone is equally important for men and women?** Testosterone is an androgen hormone produced by testes (in men) and the ovaries (in women) it plays an important role in libido.

Testosterone supports the growth of muscle mass, increased metabolism and bone health. It is important for **maintaining mental and emotional health** by enhancing mood, energy, confidence, ambition, motivation, interest in new pursuits, and libido. If you have noticed low sex drive, weight gain around the middle, loss of muscle tone, thinning skin, a decrease in your energy, or loss of ambition, low testosterone may be to blame. To learn more call **PowerMD. (415) 785-7995.**

# Eyewear on Trend

No accessory updates your style as quickly as a brand-new pair of frames. A must-have in any fashion lover's wardrobe, spectacle trends are only **growing in popularity**. Whether you wear them with prescription lenses or as a fashion statement, modern eye-catching glasses can give you a seriously fresh look.

## Here's A 2019 Fall/Winter Fashion Forecast

**Printed Frames** including tortoise shell, leopard prints and light and dark contrast frames add flair to any outfit.

**Gold and rose gold wire frame aviators** have been seen on all the runways, making them a must have for this season.

**Oversized frames in clear and clear-caramel** are a subtle statement that makes any look go from drab to fab.

**Statement glasses in bold reds or glittery shades** are forecasted for late fall into winter. Make a dramatic statement as the cold hits.

**Dramatic cat-eye glasses** in solid blacks and browns make any outfit instantly more professional, while adding a touch of flair.

To keep your **eyewear on-trend** and for help picking the perfect frames, visit the eyecare professionals at **Luxton Optical 212 Bon Air Center. (415) 461-9222**



# Home Selling Myths



Time-tested practices of home selling have evolved, largely influenced by the way home buyers shop. While there might be many **“real estate truths”** floating around on the internet, there are many more home selling myths. Social media and home improvement shows are driving forces behind the persistence of these myths. Before you think about listing, **do your research** and speak with qualified Realtors who can tell you the truth about selling. Here are some of the more common house selling myths.

**1. I need to prep my home before hiring an agent.** A good agent can advise which updates and improvements are most needed and provide best return. **Get them involved early.**

**2. With so much buyer demand, I don’t need to do upgrades.** More often buyers are looking for homes that are move-in ready and photo perfect. A general cleaning, some **minor paint, staging, and a pre-listing inspection** can positively affect the home sale result.

**3. Open houses sell the home. Looking good online has never been more important,** and a good agent has the resources to make that possible. With HD images, maps, street views, **3D tours and videos**, a buyer can do extensive pre-screening ahead of time. Rather than having to visit a dozen homes on a Sunday, buyers can filter their top three and rule out the rest.

For questions about your home selling needs visit **Zephyr Real Estate. 350 Bon Air Center Ste 100 (415) 496-2600 | ZephyrRe.com**

## ORANGETHEORY FITNESS

# A Heart Monitor Makes H.I.I.T Workouts Fun

High-intensity interval training (H.I.I.T) is one of the **biggest trends in fitness**. It may sound brutal, but a simple heart monitor helps a workout speed by. Research has shown that H.I.I.T. workouts are the **best exercise at any age** and for older adults, it’s the most efficient way to exercise and reverse the signs of aging at the cellular level. It’s also more effective than an hour long slog on the treadmill that many of us think we should be doing. It begins with a heart rate monitor. “As soon as you hear ‘high intensity’ it sounds demanding and for athletes only,” says Chris Jordan of the Human Performance Institute. “I like to remind people that this means oscillating between relatively hard and relatively easy periods of exercise.” This is where a heart rate monitor proves so useful. Instead of guessing whether you’re pushing yourself hard enough, **you can see exactly how hard your heart is working** and how easily you recover. “High-intensity interval training makes time go by faster and is more fun,” Mr. Jordan added.

Try a fun H.I.I.T work at **Orangetheory Fitness. 230 Bon Air Center (415) 481-0876**



# Cheetah, Zebra and Python—Oh My!



The fall, winter fashion season is looking wild. Time for **animal prints to rock your wardrobe**. Beyond leopard this year it's jungle animals—cheetah, zebra, python—as well as camo prints. Mix them with warm neutrals, pops of plum, rustic burgundy or gold tones. You'll see these styles in **coats, dresses, belts and bags**. Embrace the trend in classic pieces from Joseph Ribkoff, David Cline and Parker Smith jeans. To cozy up as the weather chills, try soft bamboo-cashmere sweaters from Kokun, cotton/cashmere sweaters from Ma+Ch or **organic cotton sweaters** from Indigenous. Round out your seasonal look with the right accessories. Haute Jewels, located in Lindisima Marin, can complete your look with animal prints with pyrite and labradorite necklaces, bracelets, and earrings—the perfect complement for the **animal in you**. Visit Linda and Susan at **Lindisima Marin. 190 Bon Air Center (415) 461-9100**

# Incredible, Edible – and Blue!

Gram for gram, **spirulina is considered by many to be most nutrient-dense food on the planet**. Rich in protein and loaded with vitamins, minerals, carotenoids and antioxidants, it was prized by ancient Aztecs, and has **become one the world's most popular supplements**. But until recently, “blue-green algae” offerings have been decidedly more green than blue. Blue spirulina, which gets its distinctive hue from phycocyanin, is equally rich in nutrients, and doesn't have the fishy taste often associated with its green counterpart. Great news for health-conscious consumers who like to add a dash of fun their daily routine!

What makes this “superfood” so special? A single tablespoon of spirulina powder contains **only 20 calories and 1.7 grams of digestible carbs**, but is packed with 4 grams of protein, vitamins B1 (11% of the RDA), B2 (15% of the RDA), B3 (4% of the RDA), copper (21% of the RDA) and iron (11% of the RDA), plus magnesium, potassium and manganese and small amounts of almost every other nutrient our bodies need. Try a gorgeous, healthy blue treat at **Jamba. 301 Bon Air Center (415) 925-8470**



# Resale Fashion Roundup

The fashion industry accounts for 4% of the world's waste so how can we be on-trend and mindful? **Shop locally and buy resale.** Resale offers the wardrobe-rotating fun of fast fashion without the guilt or waste. By driving preferences away from disposable fashion towards higher-quality clothes, **reuse is a boon for your personal style** and the planet. Resale can play a key role in making fashion circular, driven by growing customer desire for variety, sustainability, and affordability.

**Shop resale to find key fashion trends for Fall 2019.**

**Classic leopard and python for timeless style.** Seen on outerwear, dresses, and bags on the runways at Bottega, Alexander Wang, and Tod's.

**Leather on Leather.** Head-to-toe fabrics create a streamlined silhouette. Bottega, Cavalli, and Ulla Johnson.

**Bright colors usually reserved for Spring** were

prominent on the fall runways. Traditional jewel tones, together with the blurred lines of fall colors.

Shop quality resale brands at **Revente. 160 Bon Air Center (628) 240 -3748**



# Breathe. Stretch. Repeat.



Stretching is an ancient practice and **regular stretching can increase flexibility**, which is crucial

for overall health. Stretching is really good for you, makes you feel better and leads to a healthier life. Often overlooked, deep stretching is scientifically **proven to be one of simplest yet most effective ways to improve range of motion**, decrease pain, lower risk of injury and provide people of all ages and fitness levels the ability to perform better at work, in the gym and in everyday life. It's for everybody and every body.

Dynamic stretches are meant to get the body moving and aren't held for any specific length of time. In static stretches muscles are extended and held. Dynamic stretching can help with movement, **improve sports performance, aid flexibility, reduce muscle and joint pain**, improve posture, improve recovery time and reduce stress. With one-on-one assisted stretching, an experienced stretch practitioner can push you further and open you up in ways that you can't stretch on your own. Experience the benefits of a dynamic assisted stretch. Visit StretchLab and ask about our new member specials! **StretchLab. 228 Bon Air Center (415) 215-8994**

# Natural vs Laboratory-Grown Diamonds

There's nothing quite like the sparkle of a diamond. **Natural diamonds are more than 3.3 billion years old**, making the gemstone one of a kind. It's incredible to know it was made 150km-200km below the Earth's crust. But did you know that most **laboratory-grown diamonds are produced in as little as 2-3 weeks** in China, India and Singapore with the volume of Asian-produced diamonds growing each year? They are made using one of two methods; High Pressure High Temperature (HPHT) or Chemical Vapor Deposition (CVD.) Both methods leave growth marks and telltale signs of an artificially produced diamond. Furthermore, synthetic diamonds are typically color treated to correct distortions created during industrial production. **Don't be fooled**; to the untrained eye, they may be indistinguishable, but to experts, a lab-grown diamond can be spotted almost immediately, making them a bad long-term investment.

Despite claims of being more eco-friendly than natural diamonds, in reality the production of synthetic diamonds uses electricity generated by fossil fuels. A 1ct. synthetic diamond produced in Singapore using the CVD method generates

carbon emissions approximately 40% higher than a natural polished diamond of the same size. Find only beautiful, natural diamonds at **Johann Paul Jewelers. 272 Bon Air Center (415) 461-1866**



Synthetic diamond production facility

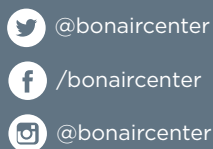
# What is modern classic children's clothing?



Even the most classic wardrobe choices in a child's hands, can become **modern fashion statements**, reinterpreted again and again—never going out of style. Fall/Winter 2019 is all about **color, texture, pattern mixing**. Anything goes! Let them express themselves, like they do on social media—creating their own brand, their own style: as unique as they are. Make it easy to help children choose school and holiday outfits, instead of online- **take them shopping!** Shopping outings allow the family to explore and **support local stores** where the senses

come alive. Children touch and feel the merchandise, choose and **try on their favorites**, then proudly take home their selections. Share a meal or a refreshing ice cream with friends and family, followed by some good, old-fashioned playtime in the park. Create a truly memorable family moment and help your child **develop their personal, modern style**. Children, tweens and teens and their families are welcome to explore at **Secret Garden. 180 Bon Air Center (415) 464-9294**

**BON AIR**  
GREENBRAE



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**Free Pumpkin Decorating at Bon Air's Halloween Bash!**

**Saturday, October 26<sup>th</sup>**

Petite Pumpkins • Decorations • Photo Backdrop

**Bank of Marin**  
 501 Sir Francis Drake Blvd. Greenbrae



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# BON AIR

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## LOCAL ROOTS. LOCAL SPIRIT.

Bon Air is Greenbrae's gathering place for shopping, dining, playing and relaxing. Choose from 50 specialty merchants, family-friendly restaurants and essential services conveniently located in the heart of Marin. For 65-years and counting, Bon Air's welcoming outdoor spaces and spectacular Mt. Tam views have provided a sense of place for special events and the community.

### APPAREL & JEWELRY

Johann Paul Jewelers	(415) 461-1866
Lindisima Marin	(415) 461-9100
Revente	(628)240-3748
Secret Garden	(415) 464-9294

### FINANCIAL SERVICES

Bank of America	(415) 925-2945
Bank of Marin	(415) 785-1565
JP Morgan Chase	(415) 461-7794
Wells Fargo Bank	(415) 461-4782

### GIFTS & SPECIALTY

CVS/Pharmacy	(415)461-9093
Woodlands Pet Food & Treats	(415) 461-7387

### HEALTH, BEAUTY & WELLNESS

Elements Massage	(415) 526-3461
Fingers & Toes	(415) 464-9999

### HEALTH, BEAUTY & WELLNESS CONT'

Brad Gilbert Tennis Nation	(415) 453-5399
Hair Salon by Manij	(415) 531-1265
Kirstin Ross, LE	(415) 246-8592
Luxton Optical	(415) 461-9222
Orangetheory Fitness	(415) 481-0876
PowerMD	(415) 785-7995
StretchLab	(415) 448-5572
The Bar Method	(415) 461-4461
The Ranch Salon	(415) 461-0960
The Style Bar	(415) 785-4965
The Water Store	(415) 461-4040

### RESTAURANT, BAKERY & MARKET

Gott's Roadside	(415) 785-4233
Jamba Juice	(415) 925-8470
Loving Cup	(415) 578-2541
Mollie Stone's Market	(415) 461-1164
Noah's Bagels	(415) 925-9971
Oyama Sushi	(415) 295-7130
Papa Murphy's	(415) 461-1731
Patxi's Pizza	(415) 526-3889
Peet's Coffee	(415) 461-2695
Roadrunner Burrito	(415) 461-6939
Subway	(415) 461-8882
SusieCakes	(415) 461-2253
Victoria Bakery & Caf�	(415) 461-3099

### SERVICES

Alterations To Go	(415) 461-3535
Computer Connection	(415) 925-0200
Frame Crafters Gallery	(415) 461-7688
Meaders Cleaners	(415) 461-5600
Sprint	(415) 464-3690
UPS	(415) 925-1555

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One Medical Group	(415) 578-3095
Patrick Quinn, Esq.	(415) 925-1653
Dipsea Capital LLC	(415) 925-9022
JumpStartMD	(415) 852-4896
Zephyr Real Estate	(415) 496-2600

### 50 BON AIR CENTER

Greenbrae Management, Inc.	(415) 461-0200
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