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SAN FRANCISCO

Mission Chinese
Food chef-owner
Danny Bowien

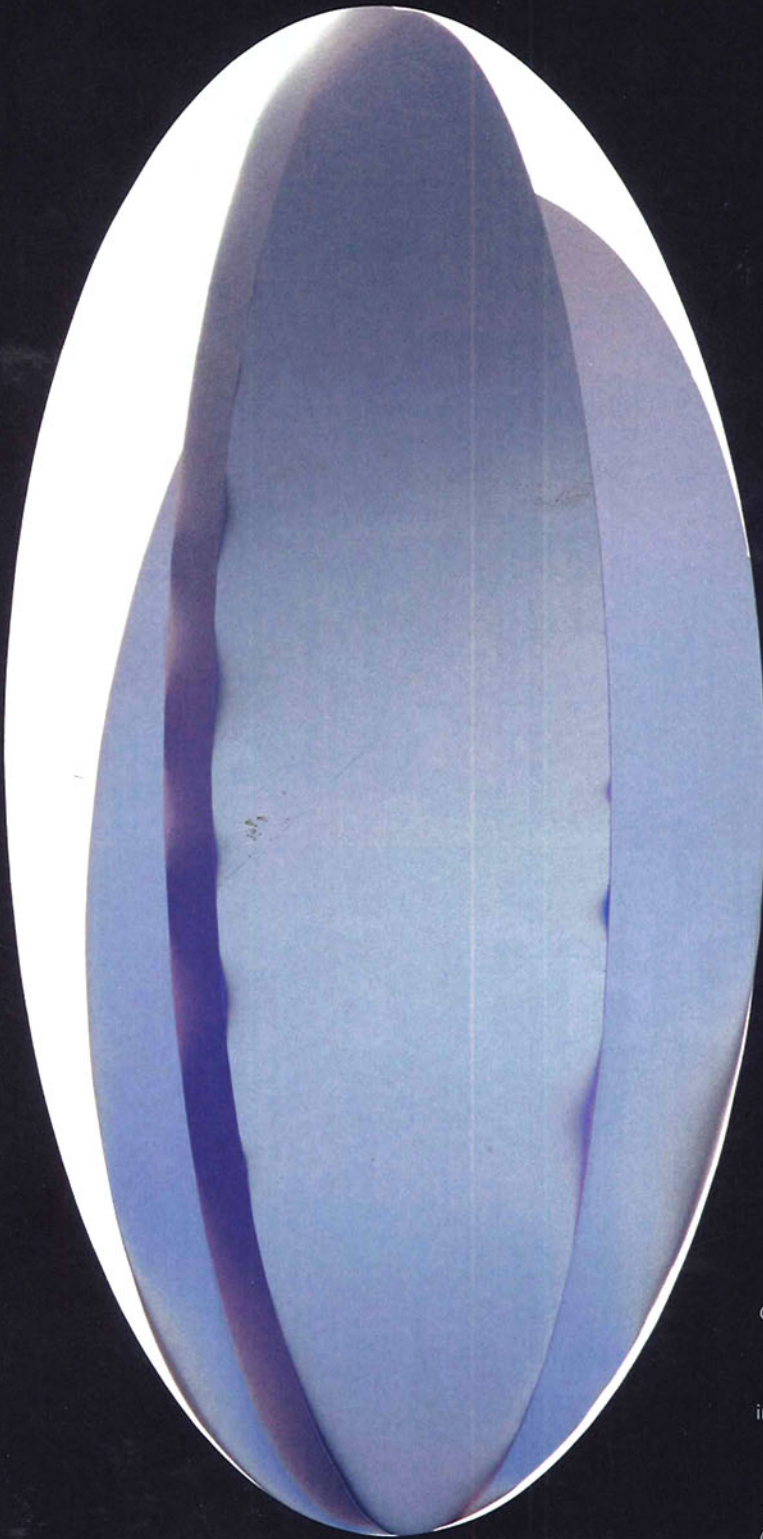
THE
HOT 20
ISSUE

DANNY BOWIEN
MACKENZIE DRAZAN
RYAN COOGLER
JULIA MANCUSO
ROMAN MARS
ADAM JOHNSON
JESSICA PRATT
NELL WATERS
MICHAEL MONTGOMERY
DANIELLE FONG
AND MORE!



BLOODY GOOD
BRITISH FLAVOR AT
THE CAVALIER



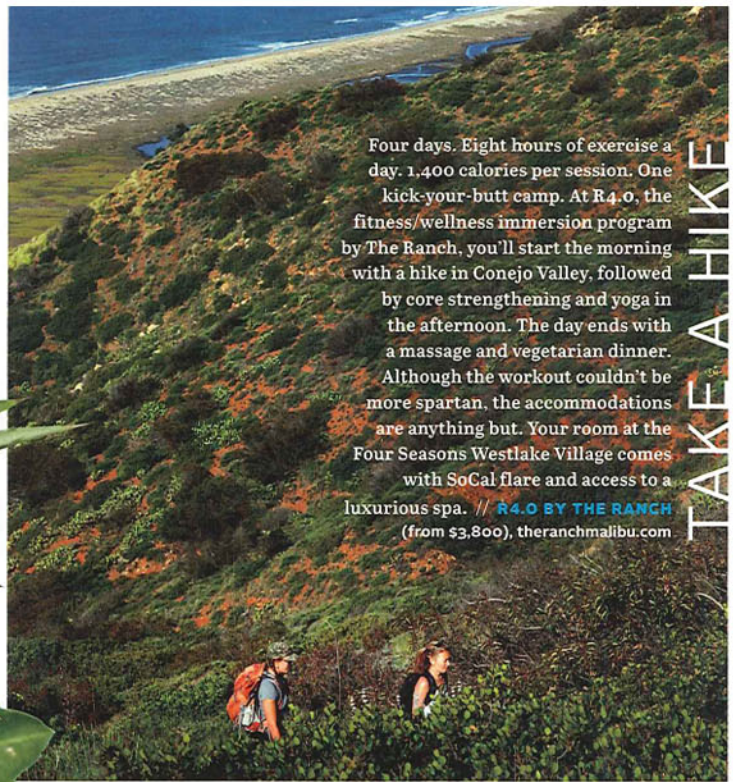


AUCTION RING

Art patrons are cracking their knuckles and readying their paddle hands in anticipation of **Bonhams' Made in California: Contemporary Art** auction. Following on the heels of Bonhams' spring auction—which broke world records, including the auction's top lot, Robert Irwin's *The Lucky U*, at \$152,500—competition promises to be fierce. Bidders at every price point will find something to covet: Neophytes should be on the lookout for Larry Bell's *Elbkin 2* (shown here)—the constructed vapor drawing, vacuum-coated with metals and quartz, is estimated to sell for \$3,000–\$5,000. Big spenders, meanwhile, can duke it out over Bruce Conner's mixed-media piece *Cherries* (est. \$40,000–\$60,000) or David Park's oil painting *Portrait of Imogen Cunningham* (est. \$70,000–\$90,000). Hailing from private collections as well as institutions such as the de Young Museum, the works will go on the block in Los Angeles, with a simulcast here at home, on October 21. Get a live preview of the offering at Bonhams' Potrero Hill location (Oct. 11–13). —A.M. // **Oct. 21; bonhams.com**

NICE SPIKE

You'll find Ayurvedic herbs such as milk thistle, said to detoxify your liver, at **Urban Remedy's new juice joint** in downtown Mill Valley, the second location from acupuncturist and raw food guru Neka Pasquale. // **URBAN REMEDY** (Mill Valley), urbanremedy.com



Four days. Eight hours of exercise a day. 1,400 calories per session. One kick-your-butt camp. At **R4.0**, the fitness/wellness immersion program by The Ranch, you'll start the morning with a hike in Conejo Valley, followed by core strengthening and yoga in the afternoon. The day ends with a massage and vegetarian dinner. Although the workout couldn't be more spartan, the accommodations are anything but. Your room at the Four Seasons Westlake Village comes with SoCal flare and access to a luxurious spa. // **R4.0 BY THE RANCH** (from \$3,800), theranchmalibu.com

TAKE A HIKE

WEEKEND WARRIOR

The new digital newsletter **InsideHook** (insidehook.com) takes aim at the "discerning gentleman." Here, executive editor Steve Bryant, 36, gives his day-off bucket list for fellas who work and play hard:

1. Wet your whistle on a North Bay Brew Tour with **Vantigo**, which is redefining the booze cruise in a cherry-red 1971 Volkswagen van. // **\$85 per person**, vantigosf.com
2. Eat at **Big Sur Roadhouse**, the first new restaurant to open in those parts since Dubya's first term. // bigsurroadhouse.com
3. Take camping from a "nice little weekend" to a "romantic getaway," courtesy of **Shelter Co.** // **From \$2,000**, shelter-co.com
4. See the curvature of the Earth and get extreme with **Halojumper**, the only outfit in North America to offer 30,000-foot jumps for beginners. // **From \$375**, halojumper.com
5. Race Audis or Formula 3s, and act out your urges fast at **Sonoma Raceway**. // **\$895**, racesonoma.com
6. Train in the war-fighting disciplines with grizzled veterans at **Extreme SEAL Experience**, an intensive weekend camp in Virginia. // **From \$1,890**, extremesealexperience.com
7. Break the grip of gravity at **Zero-G's Weightless Experience**, taking off from San Jose International Airport. // **\$4,950**, gozerog.com



HALOJUMPER



CHEF BRANDON SHARP

FOODIE 101

Class is in session at Wine Country's Auberge Resorts this fall. A standout in the Food of Place series is "Bocadillos and Tapas," a course on the "widely misunderstood" topic of tapas, taught by Michelin-starred chef Brandon Sharp at **Solage Calistoga** (Oct. 8 and 29). Also look for classes in wine blending at **Calistoga Ranch** (Nov. 14) and holiday entertaining at **Auberge du Soleil** (Nov. 4). // **AUBERGE RESORTS**, aubegeresorts.com