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MarinaTimes

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Where is Coach Jim Harbaugh leading the 49ers?
 PHOTO: ADAM RIFKIN / FLICKR

Are the San Francisco 49ers a bunch of thugs?

BY SUSAN DYER REYNOLDS

DENISE YORK ONCE TOLD ME the team wouldn't sell their soul to the devil to win games, but in the Harbaugh era, I'm not so sure.

In February of 2011, I penned an editor's note for *Northside San Francisco* magazine called "Are you ready for

some felons?" The title referenced the many criminals playing in the National Football League. At that time, 21 percent of NFL players had been charged with at least one serious offense — including murder, rape, domestic violence, sale of narcotics, drunk driving, hit and run, and assault and battery — and there were 30 convicted felons on the gridiron with the league's blessing.

That same year, rumors started flying about the San Francisco 49ers picking up Michael Vick, a talented but psychopathic quarterback who spent nearly two years in prison for his role as the kingpin of a multistate dog-fighting operation where he ritualistically and sadistically tortured and killed dogs by hanging, drowning, pulling all their

THUGS, continued on 21

Growing pains

How much San Francisco is too much San Francisco?

BY JOHN ZIPPERER

This is the first of a four-part series exploring the growth of San Francisco.

THE DOWNTOWN-BOUND BART TRAIN was particularly full one recent morning, when yet another group of commuters boarded at a station. Among them was a man in his early 40s, who immediately began complaining loudly about all of the "[bleeping] tech workers filling up my city." As surrounding commuters tried to look away, one office-bound commuter began arguing with the newcomer, demanding to know what his problem was. There ensued a diatribe by the 40-something, who complained about San Francisco being ruined by new residents. There were lots of bleeps, as well as a threat to fight the man who dared to question him.

Across San Francisco, conversations in much nicer tones have been taking place for months and even years, with longtime residents wondering about the changes occurring around them in their city.

In the 1960s and 1970s, people in America's metropolises worried about dying cities. The flight of population to suburbs was draining cities of people, money and vitality. Racial conflict, high crime rates, economic troubles, and a rising cost of living combined to make it a common worry that our cities were a thing of the past; people wanted the big lawns and wide driveways of suburbia or exurbia. And cities went through a very rough time; cities became synonymous

GROWING PAINS, continued on 4

SKETCHES FROM NORTH BEACH

Movers, shakers and Broadway's China marketplace

BY ERNEST BEYL

WHO ARE THE REAL movers and shakers in North Beach? Let's see if we can run down a few of them for you. And I believe it's important to realize that not all movers are shakers. And, it figures, that not all shakers are movers. There are movers and shakers who move and shake and get things done. Then there are shakers who shake like hell but don't move a damned thing. And, of course, there are movers who simply move things forward by their presence and don't need to do any frantic shaking.

MOVERS AND SHAKERS

Here are a few examples of North Beach movers and shakers,

and those of various combinations, that come to mind.

John Duggan Jr., proprietor of Original Joe's, has brought considerable economic and social vitality to the old neighborhood in a quiet and understated manner. John is six-foot-seven and he's a mover — but doesn't shake things up with false authority.

Stefano Cassolato is big and bluff and hearty with a friendly, bear-paw handshake. When I use the word "bluff" to describe Stefano, I don't use it in the sense of "pretense" or "subterfuge," but rather in the sense of being frank, and at times outspoken. Stefano is a registered lobbyist — a fixer — who specializes in gaining the necessary city busi-

SKETCHES, continued on 9

REYNOLDS RAP | No roomservice at the inn

There's no front desk at Airbnb

BY SUSAN DYER REYNOLDS

A COUPLE OF YEARS AGO we were visiting Los Angeles and our usual hotel was booked solid. At the last minute, we took a room at a motel on the border of ritzy Santa Monica and eclectic Venice Beach. Things started off just fine, but about midnight the guests in the room next door decided to throw a party. After awakening to breaking glass and loud laughter for the third time, we called the front desk. Within minutes, security was pounding on our neighbors' door, and they were warned to keep it down. It worked for about 30 minutes, and then it started again, so we called the front desk once more. This time, security showed up and told the partiers to pack up and get out. The next morning, the motel's manager apologized profusely and gave us certificates for a couple of free breakfasts at a nearby cafe.



San Francisco Board of Supervisors President David Chiu
 PHOTO: BOARD OF SUPERVISORS

I was reminded of that story after reading about Board of Supervisors President David Chiu's legislation to make it easier for tenants to rent out their places through the online short-term rental company Airbnb, and my first thought was; *if you have a problem with loud partiers next door who*

booked through Airbnb, where's the front desk?

Airbnb has been in the news a lot lately, mostly because some San Francisco tenants, unaware of the city's ban on short-term rentals, are being evicted by their landlords for listing their apartments on the site. On the other side of the coin, some San Francisco property owners are unscrupulously evicting long-term tenants to take advantage of the same hot short-term rental market. Chiu, who really should have his title changed to "San Francisco Property Manager," wants to stick his nose where it doesn't belong and tell building owners what they can and cannot do with their property. This isn't a new interest for Chiu: he's currently involved in lease negotiations with businesses along the Broadway Corridor in North Beach, where he also wants to impose an alcohol

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- Bern's Steakhouse** — 1208 South Howard Avenue, Tampa, FL
- CUT** — 9500 Wilshire Boulevard, Beverly Hills, CA
- Emeril's Delmonico** — 3355 South Las Vegas Boulevard, Las Vegas, NV
- Mario Batali's Carnevino** — 3325 S. Las Vegas Blvd., Las Vegas, NV
- Chicago Cut** — 300 North LaSalle, Chicago, IL
- The Precinct** — 311 Delta Avenue, Cincinnati, OH
- Elway's Cherry Creek** — 2500 East First Avenue, Denver, CO



PHOTOS: MISHA BRUK

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A division of Northside Publications, Inc.

www.marinatimes.com | 3107 Fillmore Street, # 303, San Francisco, CA 94123
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Calendar submissions due by the 15th of the month to calendar@marinatimes.com

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NEWS BRIEFS :: Roundup

Home of the Millennials

CHICAGO LURES LUCAS

After the Presidio Trust nixed a plan to let filmmaker George Lucas build a museum on Crissy Field, rumors spread that the museum would end up in his other mentioned location: Chicago. Though his hometown San Francisco put his plan through the wringer, the idea appears to be getting the open-door treatment in the Midwest. Chicago Mayor Rahm Emanuel set up a task force April 17 to recommend a site for the museum, which would house Lucas's collection of movie memorabilia and art — everything from Norman Rockwell paintings to a scale-model of the Millennium Falcon. The task force has been given one month to agree to a site.

Last year, Lucas married Ariel Investments President Melody Hobson, a Chicagoan, and he now lives part-time in that city.

\$1,000 REIMAGINESF SCHOLARSHIPS UNVEILED

The OpenGov Foundation and District 2 Supervisor Mark Farrell announced in April the ReimagineSF scholarships, \$1,000 grants available for up to five undergraduate or graduate students at any educational institution in San

Francisco. Scholarship recipients will interact with city laws through the sanfranciscocode.org website, suggesting



Chicago is actively wooing George Lucas for his proposed museum
PHOTO: JOEY GANNON

changes to policies or updates to out-of-date city laws.

"San Francisco's youth have a direct stake in our city, but too often do not have a direct voice in our local government," said Farrell, who promised to introduce some of the ideas generated by the students to the Board of Supervisors. The five recipients will be selected in the third week of May.

PAY MORE FOR MUNI

In April, the San Francisco Municipal Transportation Agency (SFMTA) board voted on its next budget and approved a number of hikes in fines, fees and ridership tickets.

Most of the fines and fees — such as annual residential parking permits or street cleaning violations — only rose by a couple dollars. Not all fines rose; many people will be happy to learn that Traffic Code Section 103, "Driving Through Parades," is remaining unchanged at \$100. Meanwhile cash fares for public transit riders will go up \$0.25 each for adult and discount fares, while the agency is expanding free fares for low- and moderate-income riders. Monthly passes will also cost a few dollars more, starting Sept. 1, 2014.

IF YOU DON'T LIKE YOUNG PEOPLE, STAY OUT OF COW HOLLOW

The best San Francisco neighborhood for Millennials is our own Cow Hollow, according to Niche, a young adults-focused data research firm. Millennials (people aged 25-34) make up nearly 40 percent of Cow Hollow's population of a little more than 8,000 people.

San Francisco ranked fifth overall on Niche's national list of best cities for neighborhoods, landing just below Chicago and above Boston.

News tips: E-mail john@marinatimes.com

The In-Box:
Letters to the Times

Sadly, we must share with your wonderful animal-friendly newspaper mention of the profoundly devastating and untimely loss of Virginia Handley, who for 40 years headed the S.F. branch of the humane organization (now defunct, after [the passing of] Cleveland Amory, its founder) The Fund for Animals, located at Fort Mason Center for about 30 years.

She simultaneously extensively lobbied the Sacramento legislature passing bills favorable to animals and defeating those that were not. In the City of St. Francis, she exemplified humility and compassion at their highest high. Virginia was always your hope against all hope; she was a believer and had files and files of literature she assembled almost singlehandedly through all those years, on circuses, rodeos, roadside zoos, live animal markets, trade in endangered species,

research labs, factory farms, hunting, fishing — the list is endless.

Animals are as innocent as a newborn child, a senior citizen, an indigent person. Therefore, as moral agents, we have an extra responsibility to be their stewards, embracing all within the moral arena.

While she may not have had the celebrity of JFK, or Marilyn, or Elvis, or Nat King Cole, or Dr. Martin Luther King, to me, and to all of us who loved her with all our heart and soul, losing her is just like losing any of them. How sad the people who really make a difference in this world always are taken from us too, too soon. And the loss for the poor animals is incalculable.

We can offer her the greatest tribute by making the world more humane by starting with ourselves and by contacting Eric Mills (who worked side-by-side with Virginia all those years) at: Action for Animals, P.O. Box 20184, Oakland, CA 94620 e-mail: afa@mcn.org.

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Specialties include bacon bruschetta benedict and crab benedict, served with crispy potato-litos and toast. There are other options and if you start with a chili

mary, a blood orange mimosa or a peach bellini, you will think you are truly on vacation.

If you're not in the mood for breakfast, the full menu is offered as well with a selection of cheeses and salumi with kettle bread to a full-blown feast of whole roasted Dungeness crab and prime rib. The menu is accessible. It's simple food, well-sourced, abundant and comforting yet sumptuous.

You can craft your dining experience by begin-

ning with oysters or sizzling iron-skillet roasted mussels, shrimp and crab and move to specialties such as a crab enchilada, fresh fish or prime rib. Sweets have their own category with freshly made beignets, Tortuga Caribbean rum cake and salted caramel vanilla crunch cake.

It's the perfect getaway on a foggy city day. You can take the ferry and pretend you're on vacation in a faraway village. At least for a day!

Salito's is fresh, bright and full of casual ambience. Large, multi-leveled decks overlook the water and the beauty of the area is absolutely breathtaking.

It's the perfect getaway on a foggy city day. You can take the ferry and pretend you're on vacation in a faraway village. At least for a day! Sitting on beautiful Richardson Bay, the blue sky and sparkling water are the perfect setting for an afternoon or evening of cocktails and dining *al fresco*.

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As San Francisco's population continues to expand, some people are worrying about the changes that are being wrought PHOTO: DARKWIND / FLICKR

GROWING PAINS

CONTINUED from page 1

with violent crime and high taxes; New York City even nearly went bankrupt in 1975. But in the 1990s, cities across the land underwent a revival, attracting younger residents and becoming hotbeds of economic revival. Over the decades, San Francisco's population and fortunes have fluctuated, but looked at from a distance, the trend is nearly always upward. That is set to continue, which means that people's concerns over their changing landscape will continue, too.

Since 2000, San Francisco's population has grown from 776,000 to more than 837,000 — its highest level ever, and it's still growing. In 1990, there were 100,000 fewer people in the city than there are today. According to the Association of Bay Area Governments and the Metropolitan Transportation Commission, projections are that the city's

population will continue to grow, reaching more than 1.08 million by 2040, a 35 percent increase from 2010's 805,000.

To put those numbers in perspective, adding 100,000 or even 200,000 people to many big cities would not be much of a problem. Cities like New York, Chicago, and Berlin, Germany, each sprawl over hundreds of square miles; they have lots of neighborhoods that can be built up or built out on underused land. By contrast, San Francisco is the second most densely populated large city over 200,000 people in the United States, approaching 900,000 people on just over 47 square miles.

Though San Francisco's current growth is heavily attributed to the performance of its local economy, people around the world are also facing similar questions about how their communities will change as more and more people pour into their cities. According to the World Health Organization, "Today, the number of urban residents is growing by nearly 60 million every year. The global urban population is expected to grow roughly 1.5 percent per year between 2025-2030. By the middle of the 21st century, the urban population will almost double, increasing from approximately 3.4 billion in 2009 to 6.4 billion in 2050." Most of that growth will be in developing countries, but advanced nations will see continued growth, too.

But if you listen to the discussions over coffee (or, this being Northern California, discussions over Chardonnay), the hopes and worries expressed by city residents don't have to do with actual numbers. They have to do with concerns about the feel of their city, the quality of life, the liveability and lovability of the Northside and San Francisco in general. We have observed: At a Muni bus stop in late April, a rider waiting for a late bus complained about how his neighborhood was being ignored as the city funneled resources to other, "more important" neighborhoods. Also, a 50-something

woman who has lived here for much of the past four decades worried that even if she wasn't priced out of her apartment, she would not be able to afford to take advantage of the restaurants, plays, and other cultural attractions that made her fall in love with the city when she first moved here from New Jersey.

A lifelong resident of San Francisco — we'll call her Dora — was reminiscing about her neighborhood, Glen Park, and how it had changed since her parents owned the house she now lives in with her husband and two young children. Dora looked up the hill to Diamond Heights and said her parents remembered when that area was still mostly fields, with some livestock feeding on the grasses. Today, it's a densely populated residential neighborhood only visited by non-pet animal life when an occasional coyote wanders up from Glen Canyon Park.

That is both an example of how San Francisco neighborhoods can change dra-

matically within one's lifetime as well as how it might have been the last big neighborhood in the city that could be built without displacing or upsetting thousands of people.

In February, online magazine Salon produced an article ("San Francisco's rightward turn: Why it may no longer be America's iconic liberal city") that pondered whether the city would become more conservative as it became younger and richer. Responses to the article reflected the worry that the culture of the city would change if artists were forced to find cheaper accommodations in Oakland. And District 8 Supervisor Scott Wiener recently felt compelled to tell his followers that "It's never been easy for musicians here, but it's even harder now. Add to that San Francisco government's notorious ambivalent/neglectful/negative attitude toward nightlife — so much noise! — and we have some real challenges in making sure we keep a great live music scene. We've been here before, and live music has survived."

Or consider poet/painter Lawrence Ferlinghetti. As *Marina Times* columnist Ernest Beyl has been chronicling in these pages, there is a longstanding effort underway to honor the artist and City Lights co-owner with a plaza named after him. But will residents in 10 years know or care who he was? If the newcomers don't respect his legacy, the feeling appears to be mutual. *The Economist* said he "complains of a 'soulless group of people,' a 'new breed' of men and women too busy with iPhones to 'be here' in the moment, and shiny new Mercedes-Benzes on his street."

Said Ferlinghetti, "San Francisco is radically changing, and we don't know where it is going to end up."

In future articles in this series, we'll take a closer look at specific ways the city is changing and what the changes mean to you, your business, and your life.

John Zipperer is *Marina Times*' managing editor and a 10-year resident of the city. E-mail: john@marinatimes.com

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VALET PARKING

COMMUNITY



When something goes wrong, who ya gonna call?

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CONTINUED from page 1

moratorium because, evidently, he believes alcohol at a few bars and lounges — but not the strip clubs — are causing all of Broadway's problems. I say this because Chiu, for all the time and effort he's spending negotiating terms for new businesses

while the property owners do all the upkeep and receive below-market-rate rent. But, Chiu is quick to point out, there will be some rules. In multiunit dwellings, short-term rentals will only be allowed where someone lives 75 percent of the year (this is supposed to prevent units from becoming full-

which is a much quicker process. Chiu's legislation eliminates the second option. This doesn't sit well with landlords, who often feel helpless because of the city's lopsided, bend-over-backward support of tenants' rights. But that's not even the biggest concern according to Janan New, executive director

of the San Francisco Apartment Association, which represents property owners. She told the *San Francisco Chronicle* that her members are pri-

The fact is, Supervisor David Chiu's new law will make it more difficult for landlords to evict tenants.

trying to open in the area, has never once suggested that part of the answer might be having someone other than the health department and the police oversee the strip clubs. I get why the health department is involved, but having the police monitor strip clubs is a bit like having the fox watch the henhouse.

On the commercial front, Chiu is doing hands-on hammering out of issues like hours of operation, what types of licenses the businesses can have, and whether they'll be allowed to have entertainment. I thought that was what

the Entertainment Commission was for, but I guess Chiu didn't get that memo. With his residential short-term rental legislation (which is also aimed at Airbnb competitors like VRBO), Chiu wants to make it easier for tenants to sublease their below-market-rate apartments at a profit,

time vacation rentals). It would also require tenants renting out their apartments to hold liability insurance, register with the city every two years, and to collect and remit San Francisco's 14 percent hotel tax (yeah, right). Chiu does throw a bone to property owners because the new law wouldn't override lease agreements and rent-control limits still apply, but the fact is, Chiu's new law will make it more

marily worried about the "health and safety of other tenants" forced to live near strangers passing through town. "People that are using a unit for transient use typically aren't as careful as they are when it's their primary residence," she told the *Chronicle*. "We would prefer the status quo to anything else — and we are not in support of creating another dysfunctional bureaucracy."

If you have a problem with loud partiers in the middle of the night, I guess you'll have to call Chiu.

difficult for landlords to evict tenants.

Currently landlords can either remove their tenants because they violate their lease (a longer process that gives renters a chance to first correct the problem) or they can boot them for being in violation of the city's short-term rental law,

Which brings me back to that night in Venice Beach. There's no front desk at Airbnb, so if you have a problem with loud partiers in the middle of the night, I guess you'll have to call San Francisco property manager David Chiu.

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Open data: endless possibilities

BY MARK FARRELL

WHAT HAS THE POSSIBILITY to create \$3 trillion in global economic value annually, promote greater accountability, transparency, and efficiency in government and the private sector, and enhance your quality of life? You might be amazed to believe that the answer is data.

More specifically, open data.

WHAT IS OPEN DATA?

All across the nation, cities, counties, states, and even the federal government are taking steps toward making appropriate government data available, because open data has helped to spark innovation, drive efficiency and cost savings in government, and fuel further economic development.

The leading idea and principle behind open data is simple: public information — in this case, troves of data that government keeps to help analyze and operate — is free public information that should be accessible to the public online and in modern formats.

Open data is data that is free for use, reuse and redistribution. Open data is data that is released without restrictions and data

that is technically open, meaning that data is made available in a machine-readable format, which can be easily used by computers and their systems.

There are examples here in San Francisco and nationally that show open data used in practice and how it can help accomplish all of the positive benefits mentioned above. There is Yelp's recent partnership with the city to post public health scores to their website for restaurants. Another example is the ability to use the acclaimed San Francisco Park and Recreation app to find park locations, make picnic table reservations, and even purchase tickets for concerts, art exhibits, and other events straight from a mobile device.

SAN FRANCISCO'S NATIONAL LEADERSHIP IN OPEN DATA

Just like many other policies and programs, San Francisco was an early adopter in the open data movement and was one of the first cities in the nation to establish an open data policy when then-Mayor Gavin Newsom issued an executive directive to do so in

2009. Since then, I've taken a leadership position at the board to help further our city's open data policy, and I recently passed unanimously supported legislation that sought to set data standards for our policy and create timelines for our city departments to release appropri-

open data movement here in San Francisco. In my recently passed legislation, we tasked our newly hired chief data officer with the responsibility to develop a first-in-the-nation strategy for how we as a government should develop policies and services to provide

you easy access to your own personal data. There is vital information that we as a city should be prepared to give you access to if you need it, including building records, permit records, or medical information.

Additionally, I recently introduced legislation that treats our city's legislative information as open data and directs our clerk to post our legislative information online in data formats consistent with our recently adopted open data standards. In doing so, San Francisco would become the first "open legislation" city in the United States and continue our national leadership in the open data movement. This legislation is the first step to making our legislative process as transparent and open as possible for our residents and developing and using software that will allow our residents to comment online on

specific pieces of legislation that are important to them.

OPEN DATA, LARGE IMPACT

Open data has the power to transform government and the private sector in ways that have yet to be imagined. I am a firm believer in embracing innovation and cutting-edge policies that have shown the potential to promote economic development, hold government accountable, make government more efficient and cost-effective, and deliver applications, services, and platforms that can further enhance our day-to-day lives. Open data accomplishes all of this and then some.

As the open data movement continues to mature, I pledge to you to evolve with the movement and further update our city's open data policies to continue our city's national leadership role. Open data provides a value proposition so high that is rare for government to receive, so I hope you join me in promoting opportunities to continue to advocate for the broad-ranging benefits that open data promises to deliver.

Mark Farrell is the District 2 supervisor and can be reached at 415-554-7752 or mark.farrell@sfgov.org

Open data has the power to transform government and the private sector in ways that have yet to be imagined.

ate open data sets to create more accountability and certainty for the public and entrepreneurs.

Recently, Code for America, the Sunlight Foundation, and the Knight Foundation — three leading nonpartisan, nonprofit organizations in the open data movement — created the first Open Data Census, which ranked cities across the nation on a variety of factors within their open data policies. I'm proud to say that in the first census, San Francisco was ranked the number-one city in the country for its innovative overall open data efforts and policies.

We're continuing to push and solidify the boundaries of the

“San Francisco itself is art, above all literary art. Every block is a short story, every hill a novel. Every home a poem, every dweller within immortal. That is the whole truth.”

— WILLIAM SAROYAN

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NORTHSIDER :: All around the Marina



Marina Middle School hosted a bike fair in late April PHOTO: MARINA BIKE SAFETY FAIR

Space for lucky moms

BY JOHN ZIPPERER

HELP FOR MOMS

Just a few days before you celebrate Mother's Day by letting your mother know how lucky you are to have her, you can help some of the city's most vulnerable women, children and families at the sixth annual Epiphany Center's Celebrating Mothers Luncheon. Held Wednesday, May 7, at the St. Francis Yacht Club (700 Marina Blvd.), the event begins at 11:30 a.m. and will include an orchid sale, silent auction, and good food.

Details are available at theepiphanycenter.org or call 415-351-4055.

FACIAL THERAPY

7x7 magazine recently touted Union Street's own Kim Peirano for her work in "acupuncture facelift," a safer and less expensive alternative to surgery for people looking to deal with baggy eyes and other facial rejuvenation matters. Peirano, who has run her practice at 1863 Union Street (kimpeirano.com) for three years, is a licensed acupuncturist specializing in women's health and fertility, facial rejuvenation, neurological health and stroke rehabilitation, among others. She tells the *Marina Times* that facial acupuncture "has gained some popularity in the news [and in] magazines and even on *Oprah*, as it's one of the few safe alternatives to botox, fillers, and surgery which actually work."

OHMCONNECT

Union Street resident Curtis Tongue is on a mission to help people reduce their energy usage. Teaming up with CEO Matt Duesterberg in 2013, Tongue co-founded Ohmconnect, where he serves as CMO. The company automates electricity usage and savings for its customers, paying them for the reductions (up to \$130 per year, according to the company). If you want to find out how to turn your home into a "virtual power plant," visit ohmconnect.com.

BIKE AND ROLL

Remember when your parents had to walk to school in three feet of snow, uphill both ways? San Francisco school kids get to skip the snow, but the hills remain. To encourage them to bike, the city held its annual Bike and Roll to School Week, which kicked off with a bike fair at Marina Middle School April 19, featuring free, basic tune-ups for people who brought their bikes, as well as a bike obstacle course, and free bike safety equipment for the first 300 families to show up. Also present were representatives from the Presidio YMCA's YBIKE Program, the San Francisco Bicycle Coalition, and Assemblymember Phil

Ting, who discussed his legislation to help upgrade road designs for urban biking.

Bike and Roll to School Week is organized by the San Francisco Safe Routes to School Program and the San Francisco Bicycle Coalition.

THIS COMPANY REALLY DELIVERS

If you're out enjoying the Marina some sunny weekend, you might run into former Pixar employee Zander Adell. But while you're out enjoying yourself, you might be missing the delivery of your Amazon package or that eBay purchase you fought a big bidding war to win.

Funny coincidence, then. Adell's the co-founder with ex-IBMer Kapil Israni of San Francisco-based company doorman (doorman.it). The new company does what your doorman would do if you had a doorman — it makes sure you don't miss a delivery just because you weren't home when the shipment came. Doorman — the company — delivers your package to you when you're home from work, in the evening. So you can spend more time on your weekends chatting up Adell on Chestnut Street and less time waiting in line at the UPS facility.

THIS COMPANY REALLY HIDES IT

If you've been going hog-wild ordering stuff on eBay, you might find you've got too much stuff to fit into your home. CityStash (with a business office at 1220 N. Fillmore and a storage facility at 524 Union St.) contacted us to offer their services for everyone doing spring cleaning. They'll drop off boxes at your home, pick them up, and deliver them to their "secure, climate-controlled storage facilities," and you only pay for the space you use, not for an entire half-filled storage locker (citystash.com).

ART TO COOK WITH?

Fort Mason Center's The Mexican Museum is hosting an exhibit of photographs and kitchen objects from the collection of Rosa Covarrubias. La Cocina: The Culinary Treasures of Rosa Covarrubias, runs from May 16 through Jan. 18, 2015, but museum members get a special preview reception May 15 from 6–8 p.m. Everyone else will be able to see it Wednesday through Sunday, noon–4 p.m. Admission is free.

But there's more to whet your appetite. In conjunction with the exhibit, the museum is holding culinary-related programs, including cooking demonstrations and guest speakers discussing everything from the rich history of chocolate to tortilla making to mezcal production. For program dates, visit mexicanmuseum.org.

Got any tips for the Northsider? E-mail: john@marinatimes.com

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SKETCHES

CONTINUED from page 1

ness permits for clubs in North Beach and mostly small, mom-and-pop restaurants. A while back Jane T. Robe made Stefano a drawn-from-life character in her novel, *Panther Resurrection*. In the book, another character describes Stefano this way: "It's not who he knows. It's that everyone knows him." That's Stefano.

Francis Ford Coppola is a mover without doubt. But he avoids being a shaker. He quietly restored a great San Francisco building, the old Sentinel Building, now Coppola's Columbus Tower. He also created the powerful North Beach service organization, North Beach Citizens, which addresses the needs of the homeless and the low-income.

Lawrence Ferlinghetti, the eminent poet and painter, is both a mover and a shaker. He moves us with his poetic vision and that in turn shakes things up. A quiet man who strides among us with his eyes looking into the future.

Angela Alioto, devout Catholic who believes the Shrine of St. Francis of Assisi on Vallejo Street is her rumpus room, is definitely a mover and shaker of seismic proportions. But sometimes she confuses shaking the hell out of things with movement.

Nancy Shanahan, spouse of big shot Aaron Peskin, is a major force in the Telegraph Hill Dwellers Association, a group of pouting children with Spandex brains who have formed a cult-like club and won't let you into their sandbox. Shanahan has a reputation

unelectable to a City Hall executive office. He still blasts you with his brio.

Adolph Capurro, major commercial property owner in the 400 block of Columbus, the hottest block on the big thoroughfare. Add to this the quiet community of Chinese commercial property owners in North Beach who over the years have gained a foothold in the old Italian neighborhood.

Joe Carouba, owner of BSC Management, consultants to the entertainment industry — largely Broadway strip clubs. Carouba has embedded himself in the civic fabric of North Beach. He practices community philanthropy by donating to such causes as the firefighters toy drive for kids, the St. James Infirmary Clinic for sex workers, and the Top of Broadway Community Benefit District, whose mission statement includes making Broadway a "safe, beautiful, diverse place to live, work and visit." Carouba employs the strippers on Broadway for various club operators. And if that doesn't make you a mover and shaker, I don't know what does.

And finally, when talking about movers and shakers it is important to remember this old

adage: A peacock today, a feather duster tomorrow.

CHINA LIVE

Unless you were around in 1901, you wouldn't remember the old Palace Theater on Broadway. Or perhaps other movie houses like the Verdi Theater in 1915 or the World Theater that came along a few years later. But I'm going to give you another chance to show off your San Francisco history chops. Do you remember the Peppermint Tree at 660 Broadway? It opened in 1964 as a rock 'n' roll club, and featured Paul Revere and the Raiders, The Byrds, Little Richard, and sometimes-amateur topless dancers. It finally closed in 1975. What a lustrous history.

More recently that block of Broadway between Columbus

But now, there is something afoot that could lead to a neighborhood renaissance — specifically China Live, a 20,000-square-foot Chinese marketplace after the fashion of those found in Hong Kong or Shanghai. Well-known San Francisco restaurateurs George Chen and his wife, Cindy Wong-Chen (think Shanghai 1930 and Betelnut), plan to open China Live in February next year. It will occupy 640 and 660 Broadway and feature food stalls, exhibition kitchens, and local and imported Chinese products. An upscale Chinese restaurant called Eight Tables is planned for the second floor. Architect is David Hecht, whose North Beach office is over by Saints Peter and Paul Church. Cypress Properties

Group of Lafayette, which owns the site, tells me the San Francisco Film Society has committed to space on the fifth floor of 640 Broadway for its local filmmakers' project. And there's a 437-seat theater in the basement that once showed films from Hong Kong and elsewhere — as well as live Chinese opera. I'm looking forward to more Chinese opera.

E-mail: ernest@marinatimes.com

Alioto is definitely a mover and shaker, but sometimes she confuses shaking the hell out of things with movement.

as a stopper of the projects proposed by the real movers and shakers. She and her buddies and her husband stopped Alioto's original façade design for the Porziuncola, hindered the opening of the Piazza Market, and then hounded them out of business, delayed and complicated the construction of parklets throughout North Beach, and the replacement of the North Beach library. Her influence is a spinoff of being the spouse of Aaron Peskin.

Aaron Peskin, the powerful former president of San Francisco's Board of Supervisors. After a veritable amateur career as a North Beach project stopper, Peskin surfed the change to district-only supervisors — until he termed out and then proved

When talking about movers and shakers, it is important to remember: A peacock today, a feather duster tomorrow.

Avenue and Stockton Street, has a mish-mash of small Chinese groceries, hole-in-the-wall restaurants — some surprisingly good, others of dubious quality — and storefronts selling baseball caps, plastic wash basins, and toilet brushes.

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THE WILD WILD WEB :: Dot-con

With extortion-style ad sales, Yelp is barking up the wrong tree

BY SUSAN DYER REYNOLDS

ICO-HOST THE COOKING with Ryan Scott show on KGO Radio (810 AM) Saturdays from 4 to 6 p.m., and whenever we have chefs on as guests, review website Yelp inevitably comes up, and usually not in a good way. A few weeks ago, Ryan and I decided

Yelp?” He didn’t have an answer for that.

When I questioned Sollitto about the many lawsuits against Yelp, he said, “The lawsuits have all been dismissed for lack of evidence,” but that’s not true. In 2012, Joe Hadeed, owner of Hadeed Carpet Cleaning Inc. in Springfield, Va. sued seven reviewers for defamation,

anonymous users for litigation, is between a rock and a hard place — as a public company they’re under tremendous pressure from shareholders and analysts to produce high growth and big revenue. With the recent sell-off in social media stocks, they’re under even more pressure — especially because, after a decade

of doing business, Yelp has yet to turn a profit. Yelp, like most dot-coms, is almost 100 percent dependent on advertising, and that makes their

Whenever we have chefs on KGO as guests, Yelp inevitably comes up, and usually not in a good way.

to have Jon Akerman, Yelp San Francisco community manager/editor, and Vince Sollitto, Yelp vice president of corporate communications, on the show to get their side of the story.

Of course, they wanted to talk about all the great things Yelp can do for people. Akerman boasted that they raised \$700 from Yelpers for charity the night before, which struck me as pathetic for a multimillion-dollar company, especially when the previous guest, 2009 Top Chef winner Hosea Rosenberg, said he had raised over a million bucks at an event for the Bonnie J. Addario Lung Cancer Foundation in one evening. Sollitto, in particular, wasn’t thrilled with my probing questions. When I told him that I personally knew of a restaurateur who had been solicited for advertising using the old “We can take care of those negative reviews” tactic, he bristled. “I don’t believe you,” he said on

air. I assured him it was true. This isn’t a new accusation for Yelp, and, in fact, when we opened the phone lines, our callers corroborated it over and over, with tales of positive reviews disappearing and negative reviews appearing after turning Yelp down for advertising. Sollitto’s response was the same old Yelp broken record: “We use an algorithm and we have nothing to do with how, where, or which ads show up.” But the FTC has had more than 2,000 complaints, mostly about this very thing, between 2008 and March 4, 2014. “Are all of these people lying?” I asked Sollitto. “Are 2,000 people and all of our callers in collusion against

business model a little slimy: A company with positive reviews has no incentive to spend money on Yelp, but a company with negative reviews may feel they have to spend to survive. For Yelp to claim they don’t use extortion-like ad sales tactics is not only disingenuous, it’s downright near impossible. What other gambling chip do they have besides the “We can take care of those negative reviews” sales pitch?

And it appears Yelp has come up with another arm-twisting vehicle: warning businesses that competitors’ ads will appear with their listings. Sollitto defended this practice to me on KGO as well as to the *Los Angeles Times*, saying that Yelp was offering businesses the chance to buy out the ad space accompanying their reviews. But the *Los Angeles Times* quoted Rick Fonger, the owner of an Alhambra jeweler, who says that

Yelp is likely to keep pushing the legal envelope, and eventually, someone is bound to bite back.

ously a strong supporter of the First Amendment; however, I don’t believe it gives anonymous trolls carte blanche to say anything they want and scurry back to their mother’s basement, particularly when their claims severely impair a company. In Hadeed’s case, he says that following the rash of negative Yelp reviews his business sank 30 percent, forcing him to sell six trucks and lay off 80 workers.

Yelp, which says it receives about six subpoenas monthly, many seeking the names of any-

after he canceled his Yelp ad, he got one of those calls. “She said that for \$75 a month, she could make those ads go away,” Fonger told columnist David Lazarus. While Yelp’s tactics are legal, Lazarus, a regular critic of the site, says they feel “nefarious” and “fishy.” I agree with him, but with all that pressure to produce a profit, Yelp is likely to keep pushing the envelope on the legality of what they do, and eventually, someone is bound to bite back.

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HUMOR :: Conquering the hills of the city

It's just like riding a bike

BY SANDY FERTMAN RYAN

IT SEEMS THAT BICYCLISTS have overtaken the streets of San Francisco. Though I hadn't ridden in years, I decided it was time to hop on the bike wagon.

Being a native San Franciscan, I learned how to ride here. I would have preferred somewhere flat, like, say, Nebraska, but since I was only five, I didn't have a choice in the matter. I also learned to drive a stick in the city, and let me just say that involuntarily rolling backward halfway down a Pacific Heights hill remains almost as thrilling today as it was when I was 15.

I wasn't one of those kids who took to cycling like a duck takes to water. For me, learning to ride was mostly learning how to tumble gracefully. I was never very athletic — ask anyone from my Aptos Junior High gym class who saw me cry doing a somersault (seriously, has that skill been helpful to any of you in any way?). Apparently, my athletic skills haven't improved.

Recently, my husband

rescued an old, discarded bicycle on the street. After cleaning the little guy up (my bike, not my husband) and replacing the seat for one more suitable to my un-Kardashian-like bottom, it was time for us to take a ride one crisp, Sunday-Streets-in-the-Embarcadero morning.

My husband directed me onto busy Van Ness Avenue. "Wait!" I said, "Why don't we just ride on the sidewalk?"

"Because that's illegal," he responded casually as he headed into the intersection.

Now I was concerned. Had the laws changed that much since I was a kid? No more safely cruising the sidewalks while simultaneously clutching my Cherry Coke and transistor radio? I pulled myself together, took a deep breath, and pedaled out to join the flow of traffic.

"Watch out for car doors and people pulling out!" he hollered from behind me. "Take a right turn and use your hand signals! And remember people can't see you!" he called out.

Wobbling like a drunken sailor, I only wished that were true.

My hands gripped the brakes like they were the safety bar on the Sky Screamer at Six Flags. "Speed up and get around that double-parked truck," my husband yelled over the din of traffic. It took me a while to pry my now-white knuckles off the brakes to switch gears, but I did. And let me tell you, I was emotionally spent after traveling just two blocks.

I quickly got the hang of city biking, but my helmet — or, "brain bucket," as the pros call it — was way too big for my head. I stopped to slip my baseball cap underneath to hold the helmet steady, leaving me looking like a Giants-lovin' space alien, much to my husband's delight.

Soon, I relaxed enough so that I could appreciate the cool bay breeze against my cheeks and feel the awesome rush of speeding down some of our city's most hellacious hills, though Jones Street remained strictly off-limits. Meanwhile, my poor

hubby was breaking a sweat behind me, not from any physical challenges, but from the fear of seeing me, his bubble-headed wife, weaving in and out of the bike path.

At the sun-kissed Embarcadero, I was instructed by my navigator to move into the "green lane." Now the green lane is an outstanding bike lane; however, near Sansome, it moves over one lane into the middle of traffic to allow for a right turn lane for cars. Somehow, I had to get from the far right to the middle-far right without being hit by a car. Really? Did people do this every day? After a lot of cussing on his part and clenching on my part, I finally did it. I felt a huge weight lift off my shoulders, much like Tim Lincecum must have felt when he chopped off his hair.

Finally, we entered the closed-off Sunday Streets, where we blended into the crowd of bikers and families. My confidence soared, even as 4-year-olds popping wheelies sped past me. If those kids could do this, so could I!



Biking hasn't really changed all that much from the olden days PHOTO: JHAYNE / FLICKR

The rest of our ride was great as we took in the amazing bay views. My only hitch was getting stuck in the trolley tracks while returning through Fisherman's Wharf, but I'll just chalk that up as another near-death experience.

So, is riding a bike really just like riding a bike? In San Francisco, I'd say it's more like riding a roller coaster — which the masochist in me really loves. So if you happen to see a female bicyclist in San Francisco wear-

ing a bizarro baseball-cap-bike-helmet thingy screaming "WHEEE!" like the Geico pig as she's flying down Jones Street, keep an eye out for the freaked-out guy riding behind her. He may need your help.

Sandy Fertman Ryan has written for numerous national magazines, including Parade, TEEN and Seventeen. She doesn't plan to try another sport until she gets a helmet that fits. E-mail: sandy@marinatimes.com

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Head to the Presidio and bring a picnic blanket PHOTO: OFFTHEGRIDSF.COM

Fun springtime events at the Presidio; a new chef for Elite Cafe

BY MARCIA GAGLIARDI

AFTER A WINTER HIATUS, **OFF THE GRID** returns to the Presidio (Main Post Lawn) with both their Sunday **Picnic at the Presidio** and their Thursday **Twilight at the Presidio**. On Sundays from 11 a.m.–4 p.m., you'll find both food trucks and local restaurants serving from food stands, including Wise Sons, Del Popolo, and Nopalito. A roving cocktail bar offers drinks "blanket-side," and you can also buy all the important picnic supplies you'll need, like croquet, kites, and, yes, extra sweaters and blankets.

As for Thursday evening, **Twilight at the Presidio** runs from 5–9 p.m. and includes cabanas lit with lanterns, fire pits and Adirondack chairs, and live music. Cocktails are also available, served either right at your cabana or fireside. You'll find a rotating lineup of trucks, including The Boneyard, Red Sauce Meatballs, and Fins on the Hoof.

MARINA

San Francisco's celebration of all things comestible, **SF Chefs**, has changed its name to **Eat Drink SF**, and moved from its Union Square location to Fort Mason. The festival has become so well attended that it has outgrown the smaller Union Square location. Look for more chefs participating, as well as more culinary tours and dinners happening all around the city.

The festival will continue to focus around the tasting tent, though now it will be called the Tasting Pavilion. You'll still find chefs serving bites, and great wines and spirits on offer, and of course lots of special dinners and demonstrations. Tickets to the July 27–Aug. 3 event will go on sale May 15.

A little more than a year after a fire damaged **Castagna** (2015 Chestnut Street, 415-440-4290), the restaurant and wine bar from co-owners and brothers Jerome Meloni (general manager) and Stephane Meloni (executive chef) has reopened. The new chapter brings some changes, including a more upscale look by Jeon Design, and includes more banquette seating, wood floors, and stone accents.

The menu is inspired by Provence, Southern France, and the Italian Riviera. For dinner, look for ratatouille served in socca, a fennel-crust Mediterranean branzino, daube à la Niçoise, and fried squash blossoms. At brunch, you'll find egg dishes, including an omelet, eggs en cocotte, and quiche Lorraine. The brothers are also adding bar seating, outdoor seating, and a happy hour Tuesday–Friday 4–6 p.m. (For more details on Castagna, see New and Notable, page 13).

PACIFIC HEIGHTS

Some changes at **The Elite Cafe** (2049 Fillmore Street, 415-673-5483): Owner Peter Snyderman has brought on a new chef, **James London** from New York. He

was most recently at CO-OP at the Hotel on Rivington, opened La Fonda del Sol (modern Spanish in Midtown Manhattan), and consulted on the relaunch of The Crow's Nest in Montauk; he also explored Japanese cuisine at Niko in Soho. But at heart, London is a Southern boy, having spent his childhood in South Carolina, and he rolled out his new Southern-inspired menu last month. The Elite has been around since 1981, and the Cajun- and Creole-inspired menu has not changed for the past eight years, but there are some favorites on the menu that will stay put: the deviled eggs, jambalaya, and Meetinghouse biscuits.

RUSSIAN HILL

Love brunch? If you're a true San Franciscan, you do. **Verbena** (2323 Polk Street, 415-441-2323) on Polk Street is now serving **brunch** on Saturdays and Sundays, offering seasonal dishes, many of them with a twist on the usual selections, including a pork trotter terrine with fried quail eggs and chile oil, and poached eggs with duck ragout and peas. They're also pouring brunch cocktails, like the Verbena mimosa with orange bitters and Cocchi Americano, and of course a Bloody Mary. Brunch is served from 11 a.m.–2:30 p.m., and you can enjoy outdoor seating on sunny days.

MID-MARKET

Speaking of street food vendors, Azalina Eusope, the hardworking and crazy-talented woman behind **Azalina's Malaysian** will finally be opening her brick-and-mortar location — and it will be in the lobby of the Twitter building, aka Market Square. She has catered meals for the Twitter office, and like most other people with good taste in this town, they love her food. Eusope is mulling over the name, and is thinking of calling it **Azalina** (sounds right to me!). There will be an open kitchen, and both communal and bar seating, with 45 seats indoors and about 30 outdoors. Her good friend Edward Ngiam is designing the space. The vibe will be informal, an easy place where you can swing by for a meal or get it packed up to go. Both lunch and dinner will be served, with snacks in between and brunch on the weekends. Eusope also wants to keep everything at a very fair price point that's accessible to many income brackets. "After all," she says, "I am [a] fifth-generation [Mamak] street vendor, making accessible street food of my culture. I simply pray I do justice to my community, culture, and the four generations before me with this opportunity."

The location is along the back wall at 1355 Market Street at 10th Street; one of her walls is made of two huge windows that can slide to open up onto the back patio garden area, which will also have a roof. Eusope plans to do some

TABLEHOPPER, continued on 13



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Castagna's bright return from the ashes PHOTOS: COURTESY OF CASTAGNA

Welcome back to Castagna on Chestnut

BY JULIE MITCHELL

OCCUPYING A PRIME spot on Chestnut Street, Castagna was forced to close for a year after an electrical fire in the attic ravaged much of the restaurant. But last month, the bistro reopened with a sleeker, more upscale design, a wine bar, and a new menu featuring cuisine from Provence, the Côte d'Azur, and the Italian Riviera, reflecting the background of Nice-born co-owners and brothers Jerome and Stephane Meloni.

Chef Stephane says that in addition to offering neighbors a comfortable place to enjoy dinner and weekend brunch, he hopes more people will stop in for a glass of wine and happy hour. The extensive wine list offers specialties from France with a few California varietals thrown in, and there is an ample bar menu, which includes charcuterie and cheese plates.

Seating just 28 inside with 8 sidewalk seats, Castagna's decor mixes splashes of bright orange art juxtaposed with clean

white walls, modern chandeliers, cool pendant lights, and much of the wine selection is on display. For a small space, the dinner menu is expansive. Appetizers (\$8-\$19) include beef carpaccio; two mussel dishes; French onion soup with fennel; flambéed prawns on a rosemary skewer; crostini with a variety of toppings including roasted calamari, garlic, and zucchini "spaghetti."

It is in the "grandes assiettes" or main courses where diners get a true taste of Provence.

Both thin-crust pizza and fresh linguine (\$13-\$19) are on the menu, but it is in the "grandes assiettes," or main courses (\$17-\$26) where diners will get a true taste of Provence. Entrees feature gluten-free chickpea crepes stuffed with ratatouille; beef stew cooked in red wine and herbs with mini ravioli; and fennel-crusted Chilean sea bass in a sauce of tomatoes, garlic, herbs, and lemon olive oil served with black-olive

mashed potatoes. Sides (\$5-\$6) include fries with garlic and parsley, chick-pea fries, and sautéed green beans.

Desserts (\$8-\$16) are simple yet rich and include beignets — plain or filled with Nutella, cream or caramelized apples — to warm molten chocolate cake, crème brûlée, and a cheese plate. Brunch dishes (\$6 for sides; \$12-\$15 for entrees) include standbys eggs Benedict and an omelet with herbs along with soups, salads, quiche, crepes, burgers, and sandwiches. Castagna is the perfect place to relish a classic croque monsieur or madame, a grilled sandwich with ham, Gruyere cheese, and béchamel sauce with or without a fried egg.

And naturellement, Castagna serves espresso drinks.

Castagna: 2015 Chestnut Street, 415-440-4290, castagnasf.com; happy hour Tuesday-Friday 4-6 p.m.; dinner Tuesday-Sunday from 5 p.m.; brunch Saturday-Sunday 10:30 a.m.-5 p.m.

E-mail: julie@marinatimes.com

noodles, chicken curry bombs, spinach yam dumplings, sweet banana donuts, and fresh-spiced pineapple tea. September can't come soon enough.

Stay tuned for next month for details on **Palm House**, which is taking over the former Nettie's Crab Shack space on 2032 Union Street and will feature Caribbean-inspired cuisine.

Marcia Gagliardi is the founder of the weekly tablehopper e-column; subscribe and get more food news and gossip at tablehopper.com. Follow her on Twitter: @tablehopper.

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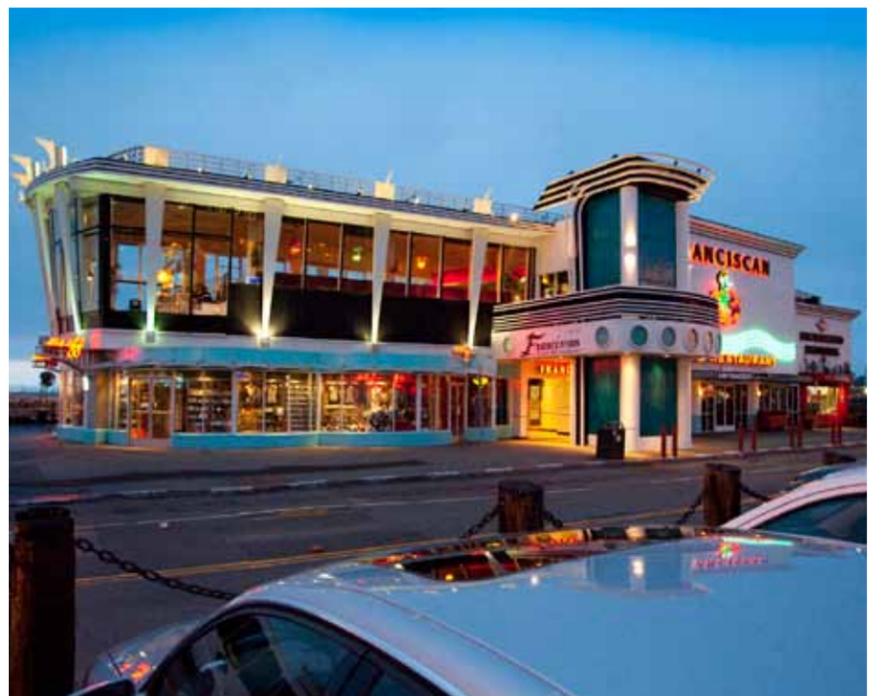
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TABLEHOPPER

CONTINUED from page 12

fun things there, from outdoor events to movie screenings to bonfires — people spend their time outside in Malaysia, she said, so she hopes they will feel a little transported here. The targeted opening date is September 2014. In the meantime, you can enjoy her delicious food at her stand at **Off the Grid** on Fridays at Fort Mason, where she is currently serving dishes like flower crab tamales, vegan laksa with her famous hand-pulled



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Left: 1760's Christopher Longoria; Above: The Black Currant Bramble
PHOTOS: 1760; GARRICK RAMIREZ

Bar manager Christopher Longoria

BY GARRICK RAMIREZ

BEFORE WE TALK COCKTAILS, Christopher Longoria asks if he could put on some music. He makes a few quick swipes on the iPad resting in front of him, and suddenly Amy Winehouse's soulful voice fills the dining room. Longoria is the bar manager at 1760, the casual spin-off of nearby Acquerello. For him, music is both a passion and a source of inspiration, but it could also serve as a motif for his expressive style.

GRACE AND HARMONY

Longoria maintains an upbeat rhythm at 1760's handsome bar, directing his team like a jazz quartet and addressing them by their honorific titles. "My approach to the bar is to be graceful," he tells me. "Graceful in how I speak, how I move, and how I make cocktails. I don't like chaos."

Behind him, luminescent bottles are fastidiously arranged by hue and interspersed with books on Jean-Michel Basquiat and Jack Kerouac. "There are spirits behind the bar and then there are spirits behind the bar," says Longoria who earned his master's degree in poetry.

His drinks reflect his demeanor: They're soulful and harmonious. He references a grandmother's cooking — alive with gusto, personality and character — when describing his creation of the restaurant's cocktail list. He also wants drinks to pair well with chef Adam Tortosa's food, so he focuses on the flavor of ingredients. "I like the taste of things. I like the taste of lavender, the taste of cantaloupe for example. I like things to taste delicious," he explains. Nearly all drinks are named after their primary taste, reflecting an emphasis on flavor as opposed to their base spirit.

MUDDLED MAGIC

The **Mango and Spice** cocktail (mango, cayenne, black peppercorn, long pepper, lime, and rum) originated while Longoria was on a beach in Manzanilla, Mexico. A cart vendor approached him with mango sprinkled with chili powder, and his first thought was: *This needs rum*. True to its name, the mango in the cocktail is bright but tempered by the spice from the cayenne and vanilla from the rum.

Before 1760, Longoria was at Michelin-starred Aziza pairing drinks with chef Mourad's elevated Moroccan dishes. I asked him what he learned during that time, and he quickly answers, "I learned how to muddle," referring to Aziza's 30-drink cocktail list that required each drink to be muddled individually.

I thought he'd never want to see another muddler, but he grabs one for his **Kumquat-Coconut** cocktail (Disaronno, cinnamon, and añejo tequila), a delectable drink that

balances the creaminess of coconut puree with the acidity of muddled kumquats. Oak from the aged tequila blends well with the almond from the Disaronno while a generous shaving of fresh cinnamon gives it a great nose. It's a deeply satisfying drink.

CURIOUS INGREDIENTS

Longoria makes a point of eschewing trends. For the primary spirit in his **Black Currant Bramble** (see recipe below), he chose vodka, anathema to the speakeasy set. The black currant of the cassis is highlighted against a perfectly balanced backdrop of citrus and sugar. The fresh black pepper adds bite and character to the vodka.

The restaurant's namesake cocktail, **The 1760** (mint, cumin, mezcal, tonic, and gin), is an addicting drink that's at once familiar but completely haunting given the curious mix of ingredients. The mint, cumin and mezcal blend incredibly well together while the gin tames the smoky intensity of the mezcal. A topping of Fever Tree tonic water lends a soothing, effervescent fizz.

CHAMPAGNE AND MUSIC

When he's not at the bar, Longoria says he is either hiding out or working out, noting that a bartender's line of work is notoriously hard on the body and one's health. But on the right afternoon, you can catch him at the St. Regis lobby bar enjoying a glass of champagne. He also likes to swing by Cantina when owner Duggan McDonnell is around.

Longoria says he rarely drinks at home, but concedes that bourbon is his best back-stabbing friend, possibly showing his southeast Texas roots. He also finds room for Fortaleza tequila and Voyager gin. His latest discovery is Hakushu Japanese whiskey, which drinks like a scotch and is best garnished with a single ice cube.

BLACK CURRANT BRAMBLE

Serves 1

- 2 tablespoons lime juice
- 1 tablespoon superfine sugar
- 6 teaspoons Cassis liqueur
- 2 teaspoons Small Hands Foods Orgeat (almond syrup)
- 4 tablespoons vodka
- 6 grinds (turns) freshly ground black pepper, plus 1 grind for garnish
- Marigold petals for garnish

Combine ingredients in a cocktail shaker, shake, single-strain, and pour into tall glass filled with ice. Garnish with marigold petals and one grind of fresh black pepper.

Garrick Ramirez can be reached on Twitter at @WeekendDelSol or at garrick@weekenddelSol.com.

APPETITES AND AFTERTHOUGHTS

Another Unlikely Heroine in the Gastronomic Trenches

BY ERNEST BEYL

SOME READERS MAY recall my occasional pieces in this paper called “Unlikely Heroes (and Heroines) in the Gastronomic Trenches”—short profiles of writers on food and restaurants that have caught my eye. Previous honorees were Calvin Trillin (who proclaimed Arthur Bryant’s Barbecue in Kansas City the world’s greatest restaurant), A. J. Leibling (*The New Yorker* writer with the prodigious appetite for food and life), and Alice B. Toklas (she of the Haschich Fudge, a forerunner of Hippie Brownies).

This month I wish to honor another woman, a gutsy voluptuary named Gael Greene, who once wrote the following sentence, which alone is enough to make her a heroine in this series: “Great food is like sex — the more you have the more you want.”

Gael Greene is the sensational sensualist, food and restaurant critic, whose blog on her website *insatiable-critic.com*, and her Internet newsletter, *Fork Play*, is required reading for this columnist. So let’s hear it for Gael Greene, this month’s Unlikely Heroine in the Gastronomic Trenches.

A FOOD PERSON

Here are a few biographical highlights on this remarkable woman’s libido-charged career.

Editor Clay Felker in 1968 founded a magazine called *New York* — still published today — that was destined to become one of the most influential periodicals ever created. Think quirkier than *The New Yorker*, which it resembled in those days. *New York*’s early writing stable included Tom Wolfe, Jimmy Breslin, and Gloria Steinem. Within a few months of the magazine’s founding, Felker offered Gael Greene, a *New York Post* reporter, a job as restaurant critic. She said she was taken by surprise. She didn’t consider herself a food person.

Here’s how she described it in her memoir, *Insatiable*:

“How reckless of Clay to nominate me as a candidate to brandish my fork in that world,” she wrote.

“What would you tell people my credentials are?” she asked Felker.

“Well, you are a food person,” he said.

“Well, I’ve eaten around ... but I can’t afford to write more than two or

three times a year,” she said, referring to the magazine’s low fees.

“That’s ridiculous. ... Dozens of people are begging to be *New York*’s restaurant critic so they can charge all their meals to us,” he responded.

“Blinding light bulbs exploded,” she wrote. “So I said ‘yes’ quickly before my doubts could erode his conscience.”

THE PRIESTESS OF RADICCHIO

And that began Gael Greene’s 30-year food feast as *New York*’s Insatiable Critic. During that time, it is safe to say that she was one of the most influential restaurant critics in the country.

Never understating or adopting a buttoned-down opinion, she trashed *New York*’s sacrosanct “21” Club as boring and over-priced. She lobbed stingers at Elaine’s, the celebrity hang-out. And she celebrated some of Manhattan’s biggies like Lutece and Le Bernadin, but also praised a midtown snack bar.

Then in 2008, *New York* magazine’s 40th anniversary, she was suddenly fired.

At the time, Glenn Collins, referring to her as the priestess of radicchio, beurre blanc, and arugula, wrote in the *New York Times*, “But even among those who might have seen it coming, many were taken aback at the expulsion of the sensualist who influenced the way a generation of New Yorkers ate, and who served as a lusty narrator of restaurant life in New York for decades.”

Michael Batterberry, editor and publisher of *Food Arts* magazine, put it this way: “It was as if *New York* magazine had found its own version of Colette when it came to food. She created an entirely fresh new voice, one that has never stalled.”

Robert Lape, then restaurant critic for *Crain’s New York Business*, said, “Greene’s palate is one of the best in the business. She could always parse a meal quite brilliantly, and her skills have not diminished.” (Coincidentally, she was picked up by *Crain’s* in 2008 and wrote a dining column for that publication until 2012 when it downsized the food department.)

What did Gael Greene say about herself when she was sacked? Expressing surprise, she declared she was “the brand name of restaurant journalism.” I like gutsy women.

THE INSATIABLE GAEL GREENE

Now that I have got you hooked on Gael Greene, let’s fill in the blank spots in her career. After graduation from the University of Michigan, she joined the news service United Press as a reporter. She was assigned to interview Elvis Presley, who seduced her — or vice versa. Post coitus he asked her to order him a fried-egg sandwich from room service before she left his suite. It was perhaps her first encounter to what was to become her kinky, Rabelaisian association with the foodie world.

Later, she wrote a couple of novels, one of them the critically acclaimed *Blue Skies, No Candy*. Let’s just say it was a hot read. She published her memoir in 2006, *Insatiable*. The *New York Times* wrote that it was “Frank and funny ... a gustatory napkin-ripper.” Syndicated columnist Liz Smith wrote a cover blurb: “Gael Greene is the best food writer since the late M. F. K. Fisher.” A great comparison because Fisher, too, was a sensualist and wrote about food in a lusty manner.

Gael Greene also gave back to the community. With food-god James Beard, she co-founded Citymeals-on-Wheels, the organization that feeds New York’s homeless.

Obviously a woman of appetite, she peppered her memoir with miscellaneous seductions, including Clint Eastwood and Burt Reynolds. Neither actor ever denied the encounters. (And there are still those who say journalism is not a good career path.)

If I have piqued your interest in this Unlikely Heroine in the Gastronomic Trenches, you may want to delve into some of her old columns in *New York* magazine. Here are three, listed by their headlines: “Everything You Always Wanted to Know about Ice Cream but Were too Fat to Ask,” “The Mafia Guide to Dining out,” and (my favorite), “Nobody Knows the Truffles I’ve Seen” about a gastronomic pilgrimage to France with writer Nora Ephron, comedian Danny Kaye and the editor of *Screw* magazine, Al Goldstein. Visit *insatiable-critic.com*.

To write about food it helps to be a sensualist.

Ernest Beyl, a bit of a sensualist himself, may be reached at ernest@marinatimes.com.

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BOOK NOTES ∴ The German connection

Sigmar Polke, founder of Capital Realism art movement

BY SHARON ANDERSON

"You can't exist in a vacuum, you are rooted in time."

— Sigmar Polke

SIGMAR POLKE IS PRIMARILY known for his paintings. *Alibis: Sigmar Polke 1963–2010*, recently published by MoMA New York, illustrates the broad scope of the artist's work, which includes film, drawing, performance, photography installation, Xerox, and combinations of these mediums creating for the first time a complete picture of the artist's career.

Born in Germany, Polke studied arts at the Dusseldorf Arts Academy where his teacher, the artist Joseph Beuys, profoundly influenced him. Both artists utilized unconventional materials in their art, in Beuys's case, felt and fat. Polke mixed elements like arsenic, uranium and meteor dust in his paint out of his interest in alchemy and the human condition in the atomic age. Unseen destructive

forces such as toxicity and radiation fascinated Polke, and he covered the canvas with chemicals that are altered by their environment, transforming the appearance of the paintings' surface over time.

For example, Polke's *The Spirits That Lend Strength Are Invisible III* (1988) is a part of the SFMOMA's permanent collection and contains nickel, silver and meteor granulate to symbolize the new world of the American continent. A tribute based on a Native American proverb, the pulverized metals in the paint react with sunlight causing a slow coloration change as the painting advances in years. *Palmen*, also residing at SFMOMA, is an example of Polke's more traditional Pop Art stylings combining acrylic Ben Day dots on mattress ticking.

Polke, along with his contemporaries Gerhard Richter and Konrad Fischer, created the movement they called Capital Realism as a kind of anti-art that embraced the

design approaches in advertising. Their version of Pop Art included images from newspaper headlines and repeated motifs not commonly associated with fine art.

Through the seventies, Polke traveled throughout the world and created performance and photography pieces inspired by his journeys. When he eventually returned to painting, he merged abstract and figurative imagery to forge a new approach to the medium using everyday subject matter in unusual juxtapositions suggesting inner worlds and introspection.

One of the most influential artists of the postwar generation, Sigmar Polke's impact is evident in the works of contemporary painters such as David Salle, Julian Schnabel, and Richard Prince. Polke's journals, drawings and photos also appear in this volume, providing an intimate glimpse into the artist's experimental process.

Alibis: Sigmar Polke 1963–2010, by Kathy Halbreich, Mark



Sigmar Polke, *Palmen* (Palm Trees), 1968; acrylic on mattress ticking; 51-1/4 in. x 43-3/8 in.; fractional purchase and bequest of Phyllis Wattis; © 2012 Estate of Sigmar Polke/Artists Rights Society (ARS), New York/VG Bild-Kunst, Bonn, Germany

Godfrey, and Lanka Tattersall (eds.), 320 pages, the Museum of Modern Art, New York, 2014, \$75.

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

THE BACK STORY ∴ It's a street renaissance

A resurgence of the arts and artists in North Beach

BY ERNEST BEYL

FROM READING MY MONTHLY COLUMN, Sketches from a North Beach Journal, one might get the impression that poet, painter, and free-range radical Lawrence Ferlinghetti so dominates the area that it's necessary for me to write about him each month. And that may be true. He's a powerful "brand" and, as I said in that column this month (see page 1), he's a mover and shaker. Ferlinghetti is so intellectually restless and inventive that he looms over North Beach like a wise old eagle and sounds off on his concerns about the neighborhood's cultural and environmental focus. Frequently he leaves me dumbfounded by his vision.

What's this 95-year-old, sharp-as-a-tack dreamer up to now? As you may have read a while back, art galleries appear to be the latest casualty in San Francisco's commercial real estate boom. Leading galleries have occupied space at 77 Geary Street for many years but have been ousted by the expansion plans of a tech company also in the building that has deeper pockets than the gallery operators. Similarly, several art galleries have been forced out of an adjacent building at 49 Geary Street. Among those evicted from 77 Geary was the George Krevsky Gallery, which has for many years shown Lawrence Ferlinghetti's paintings.

GALLERY RENAISSANCE

Over lunch recently Ferlinghetti said, "I've got an interesting story for you." I listened. "The angle is the resurgence of the arts and artists in North Beach as a result of the gallery closings downtown." Then he expounded on North Beach creativity and what the arts community here calls First Fridays (www.firstfridays.org) — an open house program the first Friday of

each month to support the visual arts in this quarter of the city. He suggested I get out and look around. So recently I've been visiting North Beach galleries and talking to those who operate them.

EMERALD TABLET

First stop was the Emerald Tablet, 80 Fresno Street (emtab.org), just around the corner of Upper Grant where The Saloon is located. The Emerald Tablet — the name refers to an ancient hermetic text on the evolution of man — calls itself a "creativity salon." Its co-proprietors are Della Heywood and Lapo Guzzini. Heywood, an engaging artist and visionary herself, told me she considers Emerald Tablet a "nutrient source" for the artistic focus in the neighborhood. Not only does Emerald Tablet feature visual artists in one-person showings, but it also conducts various drawing and painting classes, and holds events such as jazz performances, poetry readings and the like. If you wish, you can rent the place and hold your own art event.

LA RAMBLA ON COLUMBUS

Heywood and I got to talking about Ferlinghetti's notion that North Beach is ripe for a resurgence of artistic interest. She buys onto that and injected another Ferlinghetti dream: "Lawrence envisions Columbus Avenue as a promenade or rambla."

Barcelona's La Rambla is the historic pedestrian walkway bordered by craft shops, galleries, flower stalls, and one of the greatest public markets in the world, La Boqueria.

FOCUS GALLERY

I paid a visit to John Perino, proprietor of the Focus Gallery, 1534 Grant Avenue (focusgallerysf.org). Perino is widely admired for his devotion to the arts and the artists of North Beach. His view of the arts future in the neighborhood is that the arts and the art galleries they support have undergone a significant change — not necessarily for the better. "Galleries now have become an adjunct to popular arts events held on their premises." In other words, the events have

The resurgence could contribute greatly to Ferlinghetti's concept of Columbus as La Rambla.

become an excuse to party. "As this trend continues in North Beach or elsewhere, art and the artists who create it become less relevant, while rents climb," he told me. Yet, even Perino's

Focus Gallery has been the site for various "happenings" to use the now out-of-fashion term for these events. It should be noted that galleries operate on a small mark-up and most rely on the extra income from turning their artsy premises over to event sponsors and coordinators. That doesn't make them bad folks, just realistic entrepreneurs. Perino, a fine photo-essayist, features a heady potpourri of art at Focus Gallery. Paintings, lithographs, prints by Ferlinghetti and other artists, rare books, memorabilia, and his own photographs.

LIVE WORMS

Painter Kevin Brown's Live Worms, 1345 Grant Avenue, (sflivewormsgallery.com), is a gallery of significant importance in North Beach. Brown is a likeable guy, a former 747 airline captain as I have written before, and a working artist whose paintings — abstract oils and acrylics that he calls "old fash-

ioned modernism" sell frequently for lively, but always fair, prices. Brown has become an important benefactor in North Beach. He offers his gallery space for modest fees to aspiring artists to hang their work, but doesn't dip into their pockets for a commission when they sell their work.

PICCOLO PRESS

Laura Sample-Mattos is the force behind this small gallery and shop, 703 Columbus Avenue (piccolo-press.com). Besides housing an antique platen hand press on which she will print your custom-designed notepaper or business cards, Laura exhibits the work of a variety of notable artists, some who operate in a realistic mode, and others whose work is joyfully abstract. I am drawn also to the work of Laura's spouse, John Mattos, the award-winning designer and poster artist.

Yes, there are other galleries in North Beach or close by, including Modern Eden (moderneden.com), I Heart North Beach (iheartnorthbeach.com) and The Gallery on Telegraph Hill (telegraphhillgallery.com). As I write this, news comes that yet another — Naivasha Studio & Gallery (naivashasf.com) — expects to open at 1499 Grant Avenue early this month. Also, I have heard rumors of a gallery opening on Green Street close to the fabled saloon, Gino & Carlo. Because of space limitations, I'll have to report on these another time.

The resurgence of the arts and artists in North Beach could contribute greatly to Ferlinghetti's concept of Columbus Avenue as La Rambla — a place where the rubber doesn't hit the road and sandals replace the internal combustion engine. Wouldn't that be something?

E-mail: ernest@marinatimes.com

Breakout role for Mbatha-Raw as Dido

BY MICHAEL SNYDER

EVEN IF YOU'RE SUFFERING from docu-drama fatigue or are skeptical of the assertion (or disclaimer) "inspired by a true story" that precedes so many films these days, *Belle* is definitely worth your undivided attention.

This issue-oriented biography of Dido Elizabeth Belle — the illegitimate mixed-race daughter of an 18th-century English Royal Navy Admiral — has all the polish, nuance, romance, and period style of a Merchant Ivory adaptation of a Jane Austen novel. And in truth, certain of its familial, social, and romantic elements are evocative of Austen's *Sense & Sensibility*, though that book's narrative account of two proper sisters and their various suitors is certainly a fluffier article than *Belle*. By comparison, Dido's tale is one of social

turmoil and change that gives it resonance beyond any comedy of manners or examination of antiquated courting rituals.

After her West Indian mother dies, Dido's noble-born seafaring father leaves the dark-skinned prepubescent girl in the care of her snooty but honorable great-uncle Lord Mansfield and his wife at their elegantly appointed mansion. There, the young Dido forges a sisterly bond with her cousin Elizabeth whose parents abandoned her, thus putting her in the care of the Mansfields, too. The girls' Aunt Mary serves as their governess, and she dotes on them in equal measure. Though most people in upper-class circles demean Dido as a lesser due to her biracial parentage, the Mansfields care for her, and she lives in great comfort befitting her lineage. Still they keep her under wraps in certain

situations due to ostensible community standards.

Complicating matters, it happens that Lord Mansfield is England's Lord Chief Justice and is expected to rule on cases involving slavery and human trafficking. The love he feels for his niece, and the reservations he might have about her background must invariably have an impact on his judicial decisions.

In short order, the film flashes forward to find Dido and Elizabeth grown into beauties about to enter the marriage market. At this juncture, Gugu Mbatha-Raw — a stunning, classically trained British actress with a tongue-bending name — takes on the role of Dido and imbues her with a depth, warmth and, yes, nobility that inspire empathy and respect for the character. The color of Dido's skin presumes outcast status in the high



Sarah Gadon (Elizabeth) and Gugu Mbatha-Raw (Belle) star as cousins PHOTO: © FOX SEARCHLIGHT

society of the day, despite her aristocratic blood. But her intellect, pride, and grace set her apart from the shallow attitudes that were pervasive in those quarters of society.

Any man would be fortunate to wed a woman of Dido's qualities. Still, her prospects seem to hinge on the cold, hard fact that she inherited a considerable fortune when her father died at sea. Thus, highborn suitors of limited means might overlook Dido's unconventional ancestry in exchange for financial security. As one might expect, the Mansfields want her to marry "up." Dido has a mind of her own, and when a smart and attractive vicar's son displays a passion for human rights and a willingness to lobby Lord Mansfield on behalf of anti-slavery forces, Dido takes notice.

DIRECTOR AND CAST

Directed by British actress-turned-filmmaker Amma Asante, *Belle* has the right balance of romantic angst, historical insight, and droll hindsight, and its implicit message of racial and gender equality is one that should always be wel-

come. The art direction is typically spot-on for a U.K. production. Best of all, the movie never degenerates into treacle nor does it succumb to heavy-handed preaching — vicar's son notwithstanding.

It's hard to imagine a better cast for a project like this. Tom Wilkinson and Emily Watson show the moral spine and essential decency beneath the outward poise, politesse, and conservatism of the Mansfields; Penelope Wilton, best-known in the U.S. as the earnest Mrs. Crawley on TV's *Downton Abbey*, is prickly yet supportive as Aunt Mary; Sarah Gadon is a lovely blend of yearning, innocence and mischief (with a touch of competitiveness) as Elizabeth; and Sam Reid is integrity personified as Dido's ideal match, the vicar's crusading son John Davinier. In smaller roles, Matthew Goode embodies parental affection and a sense of duty as Dido's ill-starred father; Miranda Richardson is devilishly good as a shrewish, conniving upper-crust woman trying to marry off her entitled, feckless sons to wealth and status; and Tom Felton — a nasty piece of work as the con-

niving Draco Malfoy in the *Harry Potter* movies — is positively hiss-worthy as the most hateful of the sons.

Mbatha-Raw's elegant, engaging performance as Dido should ensure her status as a lead actress after just a handful of notable roles — including the female lead in *Undercovers*, a quickly cancelled espionage-themed American TV series. She's a looker and a talent, but she's not the only reason to catch *Belle*, wherein the stakes are significantly higher than who's marrying above or below his or her station. As much as it's about a remarkable, barrier-breaking woman finding love and her position in the world, it's about the centuries-long struggle to ensure human freedom and dignity.

Belle opens May 9 at Landmark Theatres' Embarcadero Center Cinema.

Michael Snyder is a print and broadcast journalist who covers pop culture every week on KPFK/Pacifica Radio's David Feldman Show, and on Michael Snyder's Culture Blast, available online at YouTube and Digevid TV. You can follow Michael on Twitter: @cultureblaster



"Any man would be fortunate to wed a woman of Dido's qualities" PHOTO: © FOX SEARCHLIGHT

THE BEST OF BOOKS

What you're reading

Best sellers and recommendations

COMPILED BY BRIAN PETTUS

BOOKS INC. HARDCOVER BEST-SELLER LIST

1. **Flash Boys: A Wall Street Revolt**, by Michael Lewis
2. **Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics**, by Daniel Brown
3. **City of Thieves**, by David Benioff
4. **This Is Where I Leave You**, by Jonathan Tropper
5. **Frozen (a Little Golden Book)**, by R.H. Disney
6. **Fingersmith**, by Sarah Waters
7. **The Goldfinch**, by Donna Tartt
8. **Insurgent**, by Veronica Roth
9. **The Flamethrowers**, by Rachel Kushner

10. **The Pigeon Needs a Bath!**, by Mo Willems

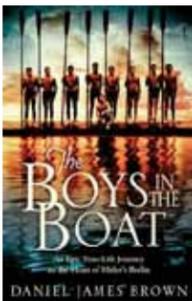
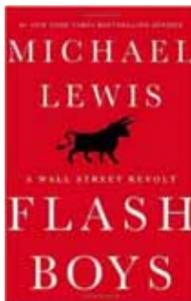
PICKS FOR ADULTS

Flash Boys, by Michael Lewis
Lewis's newest nonfiction work is another thrill ride of interesting characters, extraordinary stories, and some mildly disturbing lessons about our economic systems. A fun, quick read!

— Brian Pettus

The Goldfinch, by Donna Tartt

Tartt's timing is split-second perfect with each revelation in this rich and layered novel. I won't say more but would like to discuss with any readers what they con-



sidered the basic elements of the story — I have my own conclusions. It's one great read.

— Bill Dito

If there was an "it" book last year, it was this one. This gorgeous tale of art, family, love, and loss has polarized readers, and many come away transformed.

— Brian Pettus

PICKS FOR KIDS

Frozen (a Little Golden Book), by R.H. Disney
The newest Disney classic

to take over our hearts (and the airwaves), *Frozen* is an update on the classic Snow Queen myth of Hans Christian Andersen. The Golden Book version isn't just stills from the movie; the Disney artists went all out creating a beautifully illustrated summation of the story, sure to please the youngest fans in your house.

— Brian Pettus

Pigeon Needs a Bath!,

by Mo Willems
Pigeon is back and just as great

as ever. This is a great series to read to your children and for them to read on their own.

— Brian Pettus

MANAGER'S NOTE

City of Thieves, by David Benioff
Bill Dito, one of our booksellers, just sold his 5,000th copy of this World War II thriller! It's a great read — if you weren't one of the 5,000, be sure to pick up your copy.

Brian Pettus is the manager of Books Inc. in the Marina.

MAY EVENTS

WHAT NOT TO MISS THIS MONTH

MAJOR EVENTS



Yerba Buena Gardens Festival

Various days, May 4–Oct. 26

Yerba Buena Gardens

Eddie Palmieri kicks off this festival dedicated to enhancing the vitality and quality of life in the parks and open spaces of Yerba Buena Gardens and the Bay Area; it features artistic, community and cultural programs including classical, world and jazz music; contemporary and traditional dance; theater; and children's and family programs. *Free*, 415-543-1718, ybgfestival.org

ArtMRKT San Francisco

Preview & Party: Thursday, May 15, 6–10:30 p.m.

Fair: Fri–Sun, May 16–17

Festival Pavilion, Fort Mason Center

The Bay Area's premier contemporary and modern art fair features scores of highly reputable galleries and artists worldwide. Opening night reception benefits the Fine Arts Museums of S.F. \$25–\$150, 212-518-6912, art-mrkt.com

9th Annual Uncorked!

Ghirardelli Square Wine Festival

Saturday, May 17, 1–6 p.m.

Ghirardelli Square

Enjoy live music, wine seminars, cooking demonstrations, and wines from over 50 top-tier wineries. Partial proceeds benefit Save the Bay. \$55–\$85, 415-775-5500, ghirardellisq.com



103rd Annual Bay to Breakers 12k

Sunday, May 18, 7 a.m.

Starts: 300 Howard Street (at Beale)

The city's best-known athletic spectacle returns with world-class runners leading a pack of jogging centipedes and jiggling Elvies over the treacherous Hayes Street hill to the finish in Golden Gate Park. \$54, 415-864-3432, baytobreakers.com

LAST CHANGE

57th Annual S.F. International Film Festival

Daily thru May 8

Various S.F. & Berkeley venues

This longest-running film festival in the Americas features 200 films and events of international and local distinction and brings hundreds of filmmaker and industry guests. *Contact for pricing*, 415-561-5000, sffs.org

ACT: The Suit

Wed–Sun thru May 8

405 Geary St.

Set in Apartheid-era Johannesburg, a wife's lover leaves behind his suit, and as penance, her husband insists the suit accompany her wherever she goes. This haunting production integrates virtuosic musicians, African melodies, and jazz standards directly into the action. \$20–\$120, 415-749-2228, act-sf.org

42nd Street Moon: Du Berry was a Lady

Wed–Sun thru May 18

Eureka Theatre (215 Jackson St.)

After a nightclub washroom attendant wins a sweepstakes and finds money won't buy happiness, he resorts to dreaming he is King Louis XV and has a troublesome mistress, Madame Du Barry. \$25–\$75, 415-255-8207, 42ndstreetmoon.org

2014 S.F. Decorator Showcase

Tue–Sun thru May 26

3660 Jackson St.

Don't miss this premiere design show house event featuring top Bay Area interior and landscape designers that benefits University High School. \$35, 415-447-5830, decoratorshowcase.org

JUST FOR MOM

Mother's Day Brunch Cooking Class

Sunday, May 11, 10:30 a.m.–1 p.m.

Dacor Kitchen (871 Dubuque Ave., So. S.F.)

Whip up a gourmet brunch at this hands-on cooking class where you will learn new cooking techniques and then enjoy the food you've prepared. \$85, 415-441-3595, partiethatcook.com



20th Annual Mother's Day Celebration

Sunday, May 11, 11 a.m.

Starlight Room, Sir Francis Drake Hotel

Enjoy brunch followed by a drag show at this exclusive event for Hamilton Family Center clients and supporters. \$65, 415-409-2100, hamiltonfamilycenter.org

Annual Mother's Day Rose Show

Sunday, May 11, 12:30–4 p.m.

County Fair Bldg., Golden Gate Park (1199 9th Ave.)

The S.F. Rose Society presents a variety of miniatures, grandiflora, floribunda, and hybrid tea roses, with the top honor taking "Queen of Show." The roses are given away at the end. *Free*, 415-831-5500

Mother's Day Sail Around the Bay

Sunday, May 11, 1–4 p.m.

SRV Derek M. Baylis, Pier 40

Give Mom a special day she won't forget aboard the 65-foot yacht, the Derek M. Baylis. Includes a flower for each mom, champagne and light snacks. \$110, 415-580-0335, wyliecharters.com



Pa'ina Paint Club: Mother's Day Sunflower

Sunday, May 11, 3:30–6:30

Pa'ina Lounge (1865 Post)

Create your own masterpieces of this popular floral design with the guidance of a professional artist. All materials provided and participants keep their finished works. Happy hour menu available. \$35, 415-890-4512, painasf.com

COMMUNITY CORNER

20th Annual Bike to Work Day

Thursday, May 8

Citywide

May is National Bike Month, so leave your car at home and join thousands of others in this premier event. Visit the website to find the nearest Energizer Station on your way, and enjoy free coffee and snacks and receive a free canvas tote bag. youcanbikethere.com



Tech Equipment Recycle

Saturday, May 3, 10 a.m.–2 p.m.

Galileo Academy of Science and Technology (1150 Francisco Street)

Drop off your old computers and electronics to help raise money for the Class of 2017. Collection bins will be in the parking lot on the Polk Street side of campus. 415-287-0000 ext.102, greencitizen.com

Cow Hollow Association Annual Meeting

Monday, May 12, 6:30 p.m.

Starting Line Room, St. Francis Yacht Club

Meeting includes board elections; guest speaker Supervisor Mark Farrell; complimentary wine, beer, soft drinks, and hors d'oeuvres; and an overview of major issues and developments in Cow Hollow. \$48 (includes yearly membership), 415-749-1841, cowhollowassociation.org

10th Annual San Francisco Small Business Week

Mon–Sat, May 12–17

Various venues

Business seminars and workshops, networking events, business and technology forums, and district sidewalk sales are planned to highlight the impact small business has in the city. The kickoff networking event, "Flavors of San Francisco," features sample food from local restaurants. sfsmallbusinessweek.com

Seismic Retrofit Seminar

Wednesday, May 21, 5:30–7 p.m.

Barbagelata Real Estate (2381 Chestnut St.)

Hosted by real estate agents Anna Barbagelata and Sandy Gandolfo, come learn about the latest laws and regulations of seismic retrofitting and how they affect property owners. *Free*, 415-317-4414, quakeprep.org

Veteran's Memorial Cruise

Saturday, May 24, 10 a.m.–2 p.m.

S.S. Jeremiah O'Brien (Pier 45)

Honoring the Merchant Marine and the U.S. Navy Armed Guard, come memorialize the brave men and women of WWII and beyond who built, sailed and maintained Liberty Ships. Live entertainment, complimentary beverages and food. *World War II and Korean War veterans sail free, others \$75–\$300*, 415-544-0100, ssjeremiahobrien.org

Memorial Day Commemoration

Monday, May 26

Parade: 10:30 a.m.

Program: 11 a.m.

Main Post & S.F. National Cemetery (Presidio)

Join veterans, families and the community for the Presidio's annual Memorial Day parade and program honoring those who have served in the armed services, with special recognition to Vietnam veterans. 415-561-5300, presidio.gov

GALAS & BENEFITS

37th Annual St. Anthony's Penny Pitch

Friday, May 2, noon

MoMo's (760 Second St.)

Come pitch pennies at this cherished S.F. tradition that has raised over \$1 million since 1977 to feed the hungry. 415-241-2600, stanthonys.org/events

TNDC's 33rd Birthday Dinner

Friday, May 16, 6–9 p.m.

Westin St. Francis

Enjoy dinner, dancing and more at the Tenderloin Neighborhood Development Corporation's annual fundraiser hosted by ABC7's Cheryl Jennings and support its efforts to preserve and provide permanent, affordable housing and supportive services to low-income individuals and families. \$200, 415-358-3907, tndc.org

31st Annual S.F. International Beer Festival

Saturday, May 24, 7–10 p.m.

Festival Pavilion, Fort Mason Center

Enjoy a bottomless mug of hundreds of craft brews, delicious eats and music while supporting Telegraph Hill Cooperative Nursery School. \$70–\$175, sfbbeerfest.com

27th Annual Star Chefs & Vintners Gala

Sunday, June 1, 5–11 p.m.

Festival Pavilion, Fort Mason Center

This epicurean extravaganza benefiting Meals on Wheels features an hors d'oeuvre and wine reception; a sit-down, three-course dinner; a lavish dessert reception; and live and silent auctions. \$495, 415-920-1111, mowfs.org

ARTS & CULTURE

Museums and the Fight for Social Justice

Thursday, May 8, 5:30–7:30 p.m.

McLaren Conf. Cntr., USF (2130 Fulton St.)

Seattle-based social activist and leading museum innovator Ron Chew will speak about his many years as a museum executive director, his community work and activism, the challenges he's faced, and what it really means to be an effective advocate for social justice in today's world. *Free*, eventbrite.com



Da Vinci's Knots: It's All About the Dress

Tuesday, May 13, 7 p.m.

Museo Italo Americano, Fort Mason Center

This lecture tackles yet another mystery of Leonardo's Mona Lisa: the knot on her dress, which may not be merely decorative, but mathematical as revealed through high-resolution imaging. \$10, reservations required, 415-673-2200, museoitaloamericano.org

Jessye Norman

Tuesday, May 13, 7:30 p.m.

Nourse Theatre (225 Hayes St.)

Hear the author of *Stand Up Straight and Sing!* in conversation with S.F. Symphony director Michael Tilson Thomas. \$27, 415-563-2463, cityarts.net

10th Annual Hill Physicians Asian Heritage Street Celebration

Saturday, May 17, 11 a.m.–6 p.m.

Larkin St. (Grove to Ellis)

A showcase of all Asian and Pacific Islander cultures, this celebration is the largest gathering of Asians in the country and features music, arts, crafts, food, celebrity chef demos, cinema showcase, a Healthy Living Pavilion, kids' area, and more. *Free*, 415-581-3500, asianfairsf.com

36th Annual Carnaval San Francisco

Sat–Sun, May 24–25, 10 a.m.–6 p.m.

Harrison St. (between 16th & 24th)

Experience global cuisine, international music, dance, arts, crafts, and other fun activities and entertainment for the entire family. *Free*, 415-206-0577, carnivalsf.com

MUSEUMS & GALLERIES



Buy Art: Spring Open Studios

Sat–Sun, May 3–4, 11 a.m.–6 p.m.

Hunter's Point Naval Shipyard

Featuring artists from seven buildings in one convenient location, also find food by the Bayview Underground Food Scene PopUp Market with many local vendors, live jazz, a youth art show, and a participatory art zone for kids. Coincides with Bayview Sunday Streets. *Free*, 415-822-9675, shipyardartists.com

21st Annual Artists' Warehouse Sale

Preview: Wednesday, May 7, 6–9 p.m.

Sale: Thu–Sun, May 8–1, noon
SFMOMA Artists Gallery, Bldg. A,
Fort Mason Center

This highly anticipated event features works up to 75 percent off retail price by over 300 emerging and established Bay Area artists. Proceeds benefit the artists, the Artists' Gallery and SFMOMA. Free–\$10, 415-441-4777, sfmoma.org/artistsgallery

THEATER

Shelton Theater: Dracula

May 1–31, Thu–Sat, 8 p.m.
533 Sutter St.

This new adaptation of one of the most iconic monsters of all time focuses on the perspective of his victims. \$30–\$35, 800-838-3006, sheltontheater.org

Best of PlayGround 18

Tue–Sat, May 8–25

Thick House (1695 18th St.)

This festival features six fully produced 10-minute plays/musicals selected from the 36 works developed as part of the group's Monday Night PlayGround staged reading series at Berkeley Repertory Theatre. \$75 all-fest pass, 415-992-6677, playground-sf.org

S.F. Playhouse: Seminar

Tue–Sun thru June 14

Kensington Hotel (450 Post St.)

Four aspiring novelists pay \$50,000 for a 10-week private writing class with the legendary Leonard in this Broadway comedy about power, sex and art. \$15–\$60, 415-677-9596, sfplayhouse.org

DANCE



Alonzo King Lines Ballet Spring Season

Wed–Sun, May 21–25

Lam Research Theater (700 Howard St.)

King's provocative new work combines sophisticated modernist choreography with the physical elegance of the dancers to stunning effect. \$20–\$65, 415-978-2787, linesballet.org

3rd Annual Walking Distance Dance Festival

Fri–Sat, May 30–31, 3, 4, 6, 7:30, & 9 p.m.

ODC Theater (3153 17th St.)

This fringe-style festival features samplings of contemporary dance from around the nation and is certain to offer the ephemeral, visceral thrills that only live dance can provide. \$25–\$65, 415-863-9834, odcdance.org

Sarah Bush Dance Project: Rocked By Women

Fri–Sun, May 30–June 1

Dance Mission Theater (3316 24th St.)

Performed through vignettes showing the strength of sisterhood, this contemporary dance company shares a powerful story paying homage to women and celebrating female artists and leaders who remind us of the courage it takes to live fully as women. \$18–\$150, 415-826-4441, sarahbushdance.com

MUSIC

S.F. Choral Society: Bach Mass in B Minor

Sat–Sun, May 3–4

Calvary Presbyterian Church (2515 Fillmore St.)

SF Choral begins its 25th anniversary season with performances of the crowning climax of Bach's sacred choral music, one of the outstanding musical creations of all time. \$28–\$34, 415-221-5950, sfchoral.org

Under the Streetlamp: Gentleman's Rule

Tuesday, May 6, 8 p.m.

The Regency Ballroom (1300 Van Ness Ave.)

America's hot new vocal group sings classic hits from the American Radio Songbook with their unique blend of tight harmonies and slick dance moves to your favorite doo-wop, Motown, and old-time rock 'n' roll hits. \$44.55–\$49.50, theregencyballroom.com



S.F. Symphony: Chamber Music

Sunday, May 11, 2 p.m.

Florence Gould Theater, Legion of Honor

The symphony and guest artists perform a program of Debussy, Brahms and Shostakovich in the museum's beautiful setting. \$59, 415-864-6000, sfsymphony.org

SF Popfest 2014

Thu–Sun, May 22–25, 9:30 p.m.

Various S.F. venues

Enjoy 19 bands featuring several from S.F. and Northern California as well as Australia, Canada and England. Festival pass \$45, sfpopfest.com

NIGHTLIFE

Kim Nalley

Saturday–Sunday, May 10–11, 7 p.m.

Feinstein's at the Nikko (222 Mason St.)

Nalley, one of the world's great jazz and blues vocalists, will show off her amazing range in each of just two performances. \$30–\$45, 415-394-1100, hotelnikkosf.com

Future Rock

Saturday, May 17, 9 p.m.

The Independent (628 Divisadero St.)

If Future Rock could turn on the hipsters of their hometown Chicago, see what they can do when they bring their electronic rock to the city by the bay. \$15, 415-771-1421, theindependentsf.com

Greasetraps (and Sure Fire Soul Ensemble)

Saturday, May 17, 9:30 p.m.

Boom Boom Room (1601 Fillmore St.)

Get set for a night of heavy, instrumental soul music and the deep funk of Greasetraps. \$12–\$15, 415-673-8000, boomboomtickets.com

SCIENCE & ENVIRONMENT

47th Annual Spring Plant Sale

Saturday, May 3, 10 a.m.–2 p.m.

S.F. Botanical Garden Society, Golden Gate Park

Select from thousands of native, rare and unusual plants, many exclusive to the Garden Society's nursery, and all suitable for Bay Area gardens. Free, 415-661-1316, sfbg.org

Ask a Scientist: Mysteries of Sleep

Wednesday, May 7, 7 p.m.

SoMa StrEat Food Park (428 11th St.)

UC Berkeley Professor of Psychology and Neuroscience Matt Walker explains new discoveries about the active work of the brain during its supposed "downtime" of sleep. Free, (food available for purchase at the food trucks), askascientistsf.com



The Neuroscience of Music and Creativity

Wednesday, May 21, 7:30 p.m.

Nourse Theater

Indre Viskontas is both a cognitive neuroscientist at UCSF and a faculty member of the S.F. Conservatory of Music. Find out how those two worlds meet. \$27, 415-392-4400, cityarts.net

Quantum Mechanics: The Theoretical Minimum

Thursday, May 22, 6 p.m.

The Commonwealth Club (595 Market St.)

Leonard Susskind — one of the founders of string theory — and data engineer Art Friedman provide a toolkit for nonexperts on the theory and explanations behind quantum mechanics. \$7–20, 415-597-6705, commonwealthclub.org

FILMS & LECTURES

Tim Draper: The Case for 6 Californias

Tuesday, May 6, 6 p.m.

The Commonwealth Club (595 Market St.)

What sounded like a lark has turned out to have some major power-brokers behind it: Venture capitalist Tim Draper wants to divide the Golden State into six new states. Come hear him defend his plan and ask your questions about what it means for you, your business, your city, and your state(s). \$7–\$20, 415-597-6705, commonwealthclub.org

Italians and Americans: How We See Each Other

Wednesday, May 7, 6:30–8:15 p.m.

JCCSF (3200 California St.)

Journalist and author Beppe Severgnini delves into the entertaining and thought-provoking roles that national identity, aspiration and reality play in the lives and relationships between Americans, Italians and Italian-Americans. \$25–\$100, baia-network.org/events

San Francisco Silent Film Festival

Thu–Sun, May 29–June 1

Castro Theatre

The 19th annual collection of silent films includes 17 classic silent films plus two special programs. \$10–\$42, festival passes also available, 415-777-4908, silentfilm.org

POTABLES & EDIBLES



15th Annual Oysterfest

Saturday, May 10, 11 a.m.–6 p.m.

Sharon Meadow, Golden Gate Park

Featuring oysters from a variety of Pacific farms, premium beer, wine and spirits, and other gourmet food, the festival also includes live entertainment, art demonstrations, the ever-popular Shuck and Suck challenge, and more. \$39, ticketor.com

Plated with Chef William Werner

Saturday, May 17, 11 a.m.–noon

Urban Patio, Two Embarcadero Center

This interview and cooking demonstration with the chef of Craftsman and Wolves, features farmers' market items, and includes recipes and tastes for the first 100 people. Donations support Food Runners, which distributes excess food to programs that feed the hungry. Free, 415-772-0700, embarcadero-center.com

Ruth Reichel

Thursday, May 20, 7 p.m.

Commonwealth Club (595 Market St.)

Hear from award-winning chef, *New York Times* food critic, and pioneer of the Berkeley culinary revolution, as she discusses her fiction debut, which celebrates her love of food with a story about family ties and the special bond between sisters. \$20, 415-597-6700, commonwealthclub.org

The Art of the Modern Drink: Spring Cocktails of the Farmers' Market

Wednesday, May 21, 5:30–8 p.m.

Grand Hall, Ferry Building

In collaboration with SFMOMA, join CUESA and the S.F. chapter of the U.S. Bartenders Guild where local bartenders and chefs create drinks and hors d'oeuvres inspired by the museum's collection, using the palette of the spring farmers' market. \$45, 415-291-3276, cuesa.org

SPORTS & HEALTH

Walk MS 2014

Sunday, May 4, 8 a.m.

Justin Herman Plaza

Walk MS is the rallying point of the M.S. movement, a community coming together to raise funds and celebrate hope for the future to end multiple sclerosis. \$35, 415-230-6678, walkcan.nationalmssociety.org

Vitamin C, Calcium and Chronic Degenerative Disease

Wednesday, May 14, noon

Commonwealth Club (595 Market St.)

Hear a general overview of vitamin C, why most of us have too much calcium in our bodies, and Dr. Thomas E. Levy's suggestions for the best ways to address these factors therapeutically to optimize health. \$20, 415-597-6700, commonwealthclub.org

Wanderlust: Yoga in the City

Saturday, May 17, noon–6 p.m.

Little Marina Green

Enjoy a day of yoga classes infused with musical performances, vendors, performance artists and more. Free with registration, 855-926-3375, sf.wanderlustfestival.com

CHILD'S PLAY

EdRev 2014

Saturday, May 3, 9 a.m.–5 p.m.

AT&T Park

Learn more about area schools, community support, technology and resources for your child with special needs. This is the chance for students who learn differently, their parents, educators, and other professionals to learn about concrete tools, cutting-edge science, and get a big dose of inspiration. Free–\$60, 415-751-2237, edrevsf.org

S.F. Symphony: Musical Postcards

Saturday, May 3, 2 p.m.

Davies Symphony Hall

This family concert program features Handel, Falla, Dvořák, Joplin, Copland, and others, who used glorious symphonic sounds to capture the sights and sounds of the world around them to share their impressions and feelings. \$13–\$62, 415-864-6000, sfsymphony.org

Adventurous Readers Book Club

Sunday, May 4, 1 p.m.

Books Inc. (3515 California St.)

If your child is 9–12 and likes adventure, mystery, and maybe a little bit of magic, then join this book club that meets on the first Sunday of every month. Parents welcome, too! Free, 415-221-3666, booksinc.net

Girls on the Run 5K

Saturday, May 10, 8:45 a.m.

Music Concourse Band Shell, Golden Gate Park

Celebrating the accomplishments of participants in Girls on the Run's after school programs, the day features a variety of kid-friendly activities, including a D.J., face painting and more. \$35, 415-863-8942, gotrbayarea.org

Mayfair 2014 at Claire Lilienthal

Saturday, May 10, 10 a.m.–4 p.m.

Claire Lilienthal Elementary (3630 Divisadero St.)

Bring the whole family and enjoy games, food, entertainment, a dunking tank, petting zoo, a cakewalk, and more, including an iPad raffle prize, at the school's yearly fundraising spring carnival. Free, 415-749-3516, clairelilienthal.org

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Thursday, May 15, 6–8 p.m.

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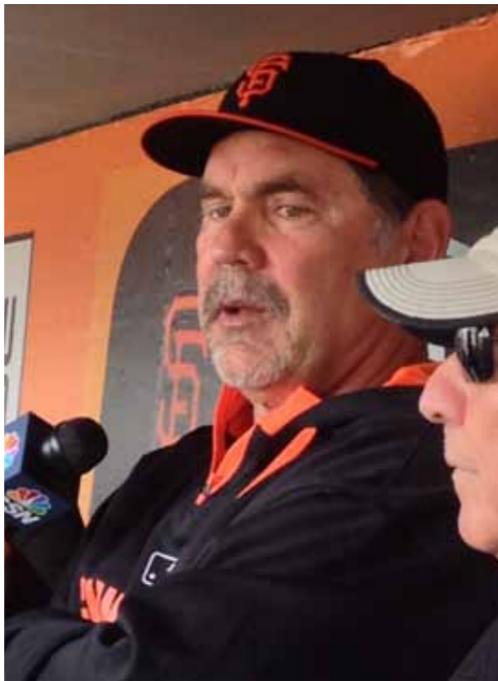


Monday, May 26, 2014

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SPORTS CORNER :: Field of dreams



Left to right: Giants Manager Bruce Bochy; Outfielder Hunter Pence warming up during batting practice PHOTOS: STEVE HERMANOS

Great expectations for the Giants in 2014

BY STEVE HERMANOS

FINDING MYSELF IN THE GIANTS clubhouse on Friday afternoon, the day after TV cameras zoomed in on the glistening hand of Yankees pitcher Michael Pineda, I asked some Giants about their opinions on the use of the spitball. Since the spitball is against the rules, and has been for almost a century, players' sentences can twist into verbal spaghetti — and non sequiturs — to avoid directly addressing the subject. Further complicating the issue is pitchers' use of pine tar to get a better grip on the ball; the use of pine tar, too, is a no-no, though some in the world of baseball are advocating for its legalization.

First question of the day: What do you think of a TV broadcast clearly showing Yankees pitcher Michael Pineda with a shiny substance on his pitching hand?

"Everybody has something they tend to do. When they single somebody out it gets you thinking about it."

—Brandon Hicks

"Nothing I can say about it."

—Hector Sanchez

"If it's for a grip, as a hitter I'd want to make sure the guy has a grip on a mid-90s fastball. How long balls have been rubbed up before the game varies. Especially when it's cold, the ball gets slick. With the rosin bag there's only so much you can do. If he's doing it for the grip, it's all the same mind [as the rosin bag]."

—Tim Hudson

"I don't watch much baseball; it's kind of like a doctor watching videos of surgery."

—Michael Morse

Second question: With the Giants at six wins and four losses, I asked folks, "Where do you think the Giants will end up in 2014?"

"People will have my head if I don't say they're going to win the World Series.

When you go to the playoffs, it's a whole new ballgame. I'll say the NLCS for sure."

—Amy Gutierrez (a.k.a. Amy G.), in-game TV reporter

"Barring injuries, they can do really well. The pitching's got to get better. The lineup is a lot better. You can't control the injuries — look at the Dodgers; they've got significant injuries."

—Joan Ryan, author and consultant to the Giants

"High hopes ... high hopes."

—Brian Thacker, Giants customer service specialist, Ticket Department

"If it's for a grip, as a hitter I'd want to make sure the guy has a grip on a mid-90s fastball."

—Tim Hudson

"World Series. Absolutely. Every other year."

—Bob and Betty Dana, fans, Oroville

"I'm hoping that we'll win again. It's an even year, isn't it?"

—Sandra C., usher, American Canyon

"Fabulous. We're gonna be great... Another day in paradise."

—Bella, beer vendor, Burlingame

"Return to torture. Torture to where we look like we're hurting. We look like we're down and return to the magic of 2010."

—Steven S., Giants photographer, San Jose

"Our pitching needs to be better. However they do, we're glad to be here (at the ballpark)."

—Dale and Kate B., fans, Stockton

"Champions! Seven games against the Yankees. Not sure who'll win."

—Ed D., fan, South San Francisco

"Same as 2012. We'll try to be in the post-season. We want to go all the way through."

—Yusmiero Petit, Giants pitcher

"Another Bay Bridge series. No earthquake this time."

—Will G., fan, The Mission

Steve Hermanos is the author of Orange Waves of Giants! The 2012 Championship Season. E-mail: steve@marinatimes.com

THUGS

CONTINUED from page 1

teeth out with rusty pliers and no anesthesia, and electrocution (battery cables and a swimming pool). If all that wasn't sick enough, he even used his kids' pets as bait. It just so happens that 49ers owner Denise York enjoys my writing and sent me an e-mail to tell me so in 2010, after which we became e-mail buddies. She sent me a Christmas card, donated a signed football to a fundraiser we sponsored for Rocket Dog Rescue, and even invited me to join the York family in the owners box for a game against the Arizona Cardinals. So when the rumors about Vick unfolded, I simply sent Denise an e-mail and asked if it was true. To my relief, she responded that her team had no interest in Michael Vick. "The 49ers won't sell their soul to the devil to win games," she said.

The 49ers have a lauded history as a winning team both on and off the field, well represented by legendary class acts like Joe Montana, Jerry Rice and Steve Young. However, the new generation of 49ers, led by head coach Jim Harbaugh, has taken a wrong turn while following what appears to be a broken moral compass. In his quest for a Super Bowl ring, Harbaugh seems willing to overlook criminal behavior and incredibly bad judgment as he cultivates and enables a troubled band of thugs. He talks big, with media ready quotes like, "Play by

the rules," and "We want to be above reproach," but actions speak louder than words, and the team's actions have landed them the dubious title of "Second most arrested team in the NFL," just behind the Minnesota Vikings. Since 2000, the 49ers have had nearly 20 arrests, with a dozen players under police investigation in just the past two years alone — and after superstar linebacker Aldon

three felony counts of possessing illegal assault rifles. In September of 2013, he was arrested just days before a critical game against the Indianapolis Colts near his home in San Jose on suspicion of drunk driving and marijuana possession after he collided with a tree. He made bail and participated in that afternoon's practice. Harbaugh also let him play in that critical game — after which Smith checked into rehab.

In April, 49ers cornerback Chris Culliver pleaded not guilty to misdemeanor hit-and-run charges and felony possession of brass knuckles stemming from an arrest on March 28 in

The team is tied with the Baltimore Ravens for most players arrested this year.

San Jose after he struck a bicyclist, then rammed the car of a witness that was blocking him until police arrived. This is the same guy who sparked controversy after expressing anti-gay sentiments in the lead-up to the 2013 Super Bowl. Yet, like Smith, Culliver is (as of this printing) set to be a starter.

Allegedly, Smith said he was in possession of a bomb at the security gate of Los Angeles International Airport, where cops say he became "belligerent and uncooperative" after he was randomly selected for a secondary screening. This is just the latest disturbing incident involving Smith, who has been arrested four times since 2012, starting with a drunk driving charge in Miami Beach. In June of 2012, two men were shot during a party at Smith's home after they were caught in the crossfire of a drunken gunfight between Smith and former 49ers tight end Delanie Walker. At the same party, Smith was also stabbed in what prosecutors called "a gang-related attack," and he still faces

San Jose after he struck a bicyclist, then rammed the car of a witness that was blocking him until police arrived. This is the same guy who sparked controversy after expressing anti-gay sentiments in the lead-up to the 2013 Super Bowl. Yet, like Smith, Culliver is (as of this printing) set to be a starter.

As if the 49ers needed any more bad publicity, star quarterback and human tattoo canvas Colin Kaepernick has been named in a police investigation of "a suspicious incident" in Miami involving a woman who spent an evening with Kaepernick, teammate Quinton Patton, and former teammate Ricardo Lockette (now with the Seattle Seahawks). According to the report, Lockette summoned 911 to his apartment at the Viceroy Hotel on April 2. The woman told police that after having drinks and



Tattooed quarterback Colin Kaepernick is the latest NFL player to be connected with criminal activity PHOTO: MIKE MORBECK

smoking marijuana with the men, she began to feel light-headed and went to lie down in the bedroom. Kaepernick, with whom she had a previous sexual relationship, joined her, later leaving her undressed. At one point, Patton and Lockette opened the door and she yelled for them to get out; the next thing she remembered was waking up in the hospital. A rape kit was administered, and no charges have been filed at this point, but whether a crime actually occurred seems irrelevant considering the 49ers are reportedly negotiating a multimillion-dollar deal that will make Kaepernick the face of the team for years to come. The fact is, quarterbacks who have received similar deals — Drew Brees, Aaron Rodgers, Tony Romo, Jay Cutler, and others, as well as future

Hall of Famers Peyton Manning and Tom Brady — have something more important in common than their big contracts: They've never been named in a police report involving "a suspicious incident." At the very least, Kaepernick displayed bad judgment and a disregard for the already battered reputation of his team — but as long as he wins for Harbaugh, there will likely be a place for him in the starting lineup.

When Denise York told me back in 2011 that the 49ers wouldn't sell their soul to the devil to win games, I believed her. But it appears the devil is in the details with Harbaugh at the helm, and I have a feeling that elevator to hell isn't heading up any time soon.

E-mail: susan@marinatimes.com

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THE HEALTHFUL LIFE :: Avoiding disease

Beyond diabetes

How blood sugar affects your health

BY THALIA FARSHCHIAN

SWEETS AND DESSERTS are delicious and for many hard to resist. Like cocaine, the neurotransmitter, dopamine, is stimulated to elicit a euphoric feeling. This happy feeling is short-lived and only leaves us craving more.

Higher sugar intake is correlated with not only diabetes but also cancer, heart disease, and Alzheimer's disease.

All of these diseases are subject to higher oxidative damage from free radicals, which is partly due to elevated blood sugar. Free radicals are a normal part of our body's biochemistry, and are created when chemical bonds split. Antioxidants like vitamin C, vitamin E, selenium, and others scavenge the body to clear free radicals. Free radicals can be increased by aging, environmental factors like pollution, cigarettes and chemicals, and sugar. When oxidative damage exceeds the antioxidants' ability to scavenge, we have tissue damage that can turn into disease.

CANCER

Sugar, also known as glucose, is a source of energy. Studies have found that many tumors, including those of some types of breast and colorectal cancer, have insulin receptors that use glucose to grow. Recent research is looking further into diet modifications that help prevent and treat cancer.

HEART DISEASE

In the 1970s, diet recommendations supported a low-fat diet for heart health and weight management. With this shift in perspective, people started to consume more carbohydrates and sugar.

Our bodies have a threshold for how much glucose is needed in circulation. When we eat a high-carbohydrate meal, our body takes what it needs and turns whatever is leftover into fat for rainy day storage.

Unlike our primal ancestors, most of us do not suffer from famine, so the rainy day never comes and we build up fat. This is the fat that contributes to higher cholesterol levels.

ALZHEIMER'S DISEASE

Many consider Alzheimer's disease to be diabetes of the brain. People affected by diabetes have a higher likelihood of developing Alzheimer's disease. Elevated blood sugar causes organ damage, and the brain is not an excep-

tions to easily do this; my favorite is My Fitness Pal.

Implement some stress management techniques.

Cortisol is our primary stress hormone that spikes in fight-or-flight responses. In the primal era, this hormone assisted in fueling muscles with glucose from protein to escape a predator. If one survived, these threats were short lived with time for recovery. With our modern day life-

Elevated blood sugar causes organ damage, and the brain is not an exception.

Whether you have been diagnosed with diabetes or simply have elevated blood sugar levels, risk for dementia is increased.

HOW TO MANAGE BLOOD SUGAR

Cancer, heart disease, Alzheimer's disease, and diabetes are all multifactorial conditions with elevated blood sugar being one piece of the puzzle, but this one piece is extremely modifiable with these diet and lifestyle changes.

Reduce sugar intake. In comparison to the rest of the country, San Francisco is progressive in terms of diet, and many people are cognizant of their nutrition. Even with this heightened awareness, my clients are often times surprised by how much sugar slips into their diets.

The obvious high-sugar foods like soda and desserts are often avoided, but sugar fixes are often shifted toward fruit or fresh juices. Though fruit is healthful and packed with antioxidants, overconsumption can lead to a boost in blood sugar levels.

The American Heart Association has defined these daily sugar limits:

Women: no more than 100 calories per day, which equals 6 teaspoons or 24 grams

Men: no more than 150 calories per day, which equals 9 teaspoons or 36 grams

To give you a measurable concept of these guidelines, two apples have 26 grams of sugar, and one banana has 28 grams of sugar. For women, that is a whole day's allotment, and it is not too far off for men.

A great way to start observing your diet is to use a diet diary. There are many online and phone

style, stress is not always life threatening, but little things add up to create chronic stress.

Chronic stress coincides with chronic cortisol elevations, which suppresses insulin, a blood sugar hormone, from shuttling sugar in the blood to muscle and fat tissue. This leads to a condition called insulin resistance, which precipitates diabetes and can affect certain cancers, Alzheimer's disease, and heart disease.

Avoid sleep deprivation. Studies have shown that people who sleep less than five to six hours per night are twice as likely to develop diabetes. Lack of sleep creates hormone — including cortisol — imbalance, and can make a person resistant to the effects of insulin. Sleep deprivation also contributes to increased craving for sugar to maintain energy.

Sleep is our body's opportunity to repair and consolidate information taken in from the day. It is important to get an average of eight hours of sleep per night.

Reducing sugar intake, following a regular sleep and meal schedule, and implementing stress management tools with deep breathing exercises, meditation, and walking will help manage blood sugar and reduce the risk of associated diseases.

Thalia Farshchian is a naturopathic doctor at Discover Health. Her background includes both conventional and alternative modalities, and her practice is primarily focused on weight management, hormone imbalances, and gastrointestinal conditions. E-mail: drthalia@discoverhealthmd.com



Rebecca Hammett, founder of One Less Thing, loves connecting people and businesses with talented, affordable college students PHOTO: COURTESY JODY STELLA

'Mom-preneurs'

Giving you One Less Thing to worry about

BY LIZ FARRELL

LIFE IS BUSY AND WOULDN'T WE ALL like one less thing to do? However, if you are like me, sometimes it can be hard to ask for help or admit we can't do it all. But what if you could get help and feel like you were helping someone at the same time?

Rebecca Hammett, a Cow Hollow mother of three, has recently launched the answer to your prayers with her new website, onelessthingsf.com, launched in January after months of fine-tuning. College students are always looking to earn extra money, and Hammett's idea here is you can hire students that she has personally vetted for minimum wage to help you with anything from tutoring, catering help, car detailing, or even social media for your small business. For me, what is equally fascinating is not only the idea, but also Rebecca's journey to get to this point.

NOW OR NEVER

Hammett had been in sales for 17 years, and while she had a successful career, she was always full of ideas for something she could do on her own. "I realized as a working mom I needed help with more things than just babysitting — there weren't enough hours in a week to get it all done," says Hammett. In 2009 she had what she calls her "aha" moment. After much anxiety over offering to host Thanksgiving dinner, she decided to hire a college student to help her prepare, serve and clean up. "She was happy to be part of a family atmosphere, and it was great for me because I was able to enjoy the day and family without a lot of stress," Hammett says. This got Hammett thinking, *why don't more people do this?* Three years later, in October 2012 she turned 40, quit her job, and decided it was now or never. "It was finally time to do something I was truly passionate about, and that is when I decided to start One Less Thing."

JUST LIKE CHILDBIRTH

Hammett best describes starting her business like having a baby: "The emotions are the same — you are excited, start planning, then as it gets closer, you are nervous and anxious until finally you just want it to launch and get it out," she says. "The parallels don't stop there once it is birthed or launched — you have a lot of sleepless nights, but it's yours, and you get to share it with the world and watch it grow."

Just like raising children, starting your own business is destined to have some challenges or roadblocks. "My biggest challenge was I had no tech background and had to really learn a lot about web design and how websites work," Hammett says. She did have some help from a web developer but also ended up hiring some of the students she had met to help. "The video for the website, some of the marketing materials and

social media were all done by talented students I met," she says. According to her the best thing about her "baby" is meeting students and being able to work from home

so she is able to be a part of her own children's daily lives.

WIN-WIN

One Less Thing makes it easy to connect with college students or recent graduates who will work for an affordable hourly rate and have amazing skills to offer. For the students, they are able to choose jobs that fit their schedules and connect with people or businesses that need help, making this a win-win for everyone.

I also like that they are able to make money by possibly doing something they love and are good at, something not limited to just babysitting. "You may be more willing to hire a college student to do a job you wouldn't feel comfortable hiring professional help for, liking making a dinner, organizing a closet, or matching your pile of unmatched socks," says Hammett. Another way that makes One Less Thing unique is you can post a job or search student profiles for free, and you only pay the reasonable fees once you find what you're looking for and want a student's contact information.

The website is easy to use — each student profile has a rate range, personal video, list of skills, and weekly schedule. With summer quickly approaching this may be a great time to check it out, whether you are looking for someone to pet/house sit while you are on vacation, do some extra tutoring or coaching with your kids, or if your business is looking for some short-term help. For Hammett, she has finally found an idea she is passionate about, and says her goal is to get it to work well in San Francisco and then slowly expand to the greater Bay Area.

Liz Farrell is the mother of three young children. She was a former television producer in Washington, D.C., and in San Francisco. E-mail: liz@marinatimes.com

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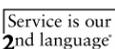
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THE URBAN HOME & GARDEN



It's time to think of useful garden waste

Compost for a healthy, economical garden

BY JULIA STRZESIESKI

COMPOST IS A NUTRIENT-RICH and crumbly blend of partially decomposed organic material that improves soil structure. Most gardeners don't start with great soil. Whether yours is hard and compacted, sandy, stony, heavy, or wet, adding compost will improve its texture and water-holding capacity and fertility. Your soil will gradually become fluffy and chocolate brown — the ideal home for healthy plants. Compost will help your soil remain rich and productive by replenishing the nutrients that are consumed each growing season. Unlike organic or inorganic fertilizers, which need to be applied at the right time and in the right amount, compost can be applied at any time and in any amount.

MICROORGANISMS AT WORK

The microorganisms, enzymes, vitamins, and natural antibiotics that are present in compost help prevent many soil pathogens from harming your plants. Earthworms, millipedes, and other macroorganisms tunnel through your soil, opening up passageways for air and water to reach your plants' roots.

Organic matter is transformed into compost through the work of microorganisms, soil fauna, enzymes, and fungi. When making compost, your job is to provide the best possible environment for these beneficial organisms to do their work. If you do so, the decomposition process works very rapidly. If you don't, decomposition will still happen, but it may take from several months to several years. The trick to making an abundance of compost in a short time is to balance the following four things:

- **Carbon-rich materials** are the energy food for microorganisms. They are dry, tough or fibrous, and tan or brown in color, such as dry leaves, straw, rotted hay, sawdust, shredded paper, or cornstalks. (Do not use meat, poultry, dairy products, or heavily salted foods.)
- **High-nitrogen materials** provide the protein-rich components that microorganisms require to grow and multiply. These include freshly pulled weeds, fresh grass clippings, over-ripe fruits and vegetables, kitchen scraps, and other moist green matter.
- **Moisture** is very important for the composting process; however, too much moisture will drown the microorganisms, and too little will dehydrate them. A general rule of thumb is to keep the material in your compost pile as moist as a well-wrung sponge. Using an enclosed container or covering your pile with a tarp will make it easier to maintain the right moisture level.
- **Oxygen** is required for microorganisms to do their work most efficiently. When your pile is first assembled, there will probably be

plenty of air between the layers of materials. But as the microorganisms begin to work, they will start consuming oxygen. Unless you turn or in some way aerate your compost pile (see below), the microorganisms will run out of oxygen and become sluggish.

DO I NEED A RECIPE?

Microorganisms and other soil fauna work most efficiently when the ratio of carbon-rich to nitrogen-rich materials in your compost pile is approximately 25:1. More simply, if you use about three times as much "brown" materials as "green" materials, you'll be off to a great start.

HEAT AND MICROBES

Heat is a by-product of intense microbial activity. It indicates that the microorganisms are munching on organic matter and converting it into finished compost. The temperature of your compost pile does not affect the speed or efficiency of the decomposition process. But temperature does determine what types of microbes are active.

Psychrophiles work in cool temperatures. As they begin to digest some of the carbon-rich materials, they give off heat, which causes the pile temperature to rise. When it warms to 60 to 70 degrees, **mesophilic bacteria** take over. They are responsible for the majority of the decomposition work, and can raise the temperature to about 100 degrees. Then **thermophilic bacteria** kick in and can raise the temperature high enough (155 degrees) to sterilize the compost and kill disease-causing organisms and weed seeds.

TO TURN OR NOT TO TURN

Unless speed is a priority, frequent turning is not necessary. Turning increases oxygen flow for the microorganisms, and blends undecomposed materials into the center of the pile. If you are managing a hot pile, you'll probably want to turn your compost every three to five days, or when the interior temperature dips below about 110 degrees. You can keep your pile well aerated without the hassle of turning with one of these methods:

- Build your pile on a raised wood platform or on a pile of branches.
- Make sure there are air vents in the sides of your compost bin.
- Put one or two perforated four-inch plastic pipes in the center of your pile.

Home composting can reduce your garbage bill and waste in the landfill as well as produce a resource that takes garden and house plants to a new level of health and productivity.

Julia Strzesieski is the marketing coordinator of Cole Hardware and can be reached at julia@marinatimes.com.

Time to sell your condo ... or not?

BY CAROLE ISAACS

THE SKYLINE OF SAN Francisco seems to change daily as new residential buildings near completion. So many new units are coming onto the market that one has to ask the question: Is it time to sell and move my home or investment to greener pastures before the market is overloaded with condos?

Here are my thoughts and observations.

This is certainly the golden age of real estate for sellers. A seller who is putting his condo on the market said to me, "We don't want to be greedy, but we have seen how high prices have gone and we would like to reap the rewards of our investment, too."

This is a great time to sell for older people who have lived in their homes for years and have deferred maintenance. In a buyer's market, it may take some time to sell a less-than move-in-ready home. Today these homes are

in great demand and will sell at premium prices that were only in homeowners' dreams a few years ago.

It has been reported that requests for building permits have slowed a bit. To me this means that investors feel there is a limit to how much and for how long the city will continue to grow and need new housing. At the moment there are more than 40 buildings under construction in San Francisco. Multiple-unit projects take years to plan and develop, and the slowdown in permits will not have an immediate effect on the market in San Francisco.

A year ago I went on a vacation in February. When I left, it was a buyers' market and when I returned a few weeks later the market had changed to an unbelievably hot sellers' market that left everyone shaking their heads and asking, "How did this happen so quickly?" Exactly what caused the shift is not important here. The point is that it happened with lightening speed and it is impossible to time the market.

Driving across town around 6 p.m. recently, I felt like the city had been invaded by fleets of corporate shuttle buses. Zigzagging from the Marina to the Mission trying desperately to avoid the gridlocked traffic, I spotted corporate buses traveling in all directions on the main streets as well as many side streets. There is no question in my mind that the number of shuttle buses has gradually increased in the past year. I couldn't help but wonder where all these people lived and how many more people would be moving to San Francisco in the next few years.

Some new buyers in the market for a condo are beginning to ask if there will be an opportunity to buy a new condo in their price range in the next few months or year. They feel prices have gotten so high and the competition so stiff that it may be a good time to sit back and wait to see what the new construction coming on the market looks like. Given the number of multiple offers that are made on the few condos currently for sale, obviously

these people are in the minority, but they do exist.

If you are a property owner today in San Francisco, you are probably receiving mail from both real estate agents and private buyers asking if you are interested in selling your home. You are not alone if when you receive these inquiries you ask yourself, "Why should I sell now and give away the next few years' profit?"

Sellers are asking themselves this question daily as they weigh their options and think about what they may do with their lives and the profit from the sale of their home. By all accounts, the most modest projections are that the price of real estate will continue to go up about 5 percent a year for the foreseeable future.

Still, one might ask: Is now the time to sell my condo? Idle daydreams are not enough to make a decision.

Since you cannot take your home back once you sell it, here are three steps sellers must take

before making a decision on whether to sell their home:

1. Ask a real estate agent for a market analysis of your home.
2. Talk to an accountant or tax attorney about the tax consequences of selling your home or income property.
3. Today it is more important than ever to know where you are going to move. Find a new home or at least have a plan for your move or have a plan for your money.

Tossing everything I hear, read, and experience firsthand around in my head, I feel there are many good reasons to sell now when the market has gone up so much in the past year or so. However, each seller must make a personal decision as to whether this is the best time to sell and not just follow the sheep in one direction or another.

Carole Isaacs is a Realtor with McGuire Real Estate. Visit her online at www.caroleisaacs.com or call 415-608-1267.

There are more than 40 buildings under construction.



Russian Hill
Offered at \$9,950,000
Exceptional Single Family View Home. Located on one of Russian Hill's most unique blocks, this stunning 4BD/4.5BA home was built with the finest of materials and comes complete with high-end finishes. Views from every level, chef's kitchen, two garages, two elevators and roof deck. Elegant urban living at its best.
65Montclair.com
Meagan Levitan
415.321.4293



Presidio Heights
Offered at \$7,995,000
Modern 5BD/5BA view home. This home is on a large lot in a terrific location with views of the Golden Gate Bridge. A lovely private deck provides the perfect setting for indoor/outdoor living. 4-car parking and plentiful storage.
AnnieWilliamsHomes.com
Annie Williams
415.819.2663



Russian Hill
Offered at \$2,800,000
Edwardian Duplex with Stellar Views. 2 vacant full floor view flats with charming studio below. Upper level is a 2BD/2BA unit with a pano view deck. Hardwood floors, remodeled cerulean blue kitchen. Lower flat is 2BD/1BA updated with dining room views to the east. 2-3 car parking.
2028-2030 Leavenworth.com
Soni Goodman
415.321.4261



Cow Hollow
Offered at \$2,350,000
Two, 2-level 3BD/2BA Vacant Units. UPPER: Hardwood floors, wood-burning fireplace, dining area, sunny front and rear decks with Golden Gate, City and Palace view. Large 2+ car garage. LOWER: Includes dining room plus large social room leading to small rear garden and garage. Pano City views and very sunny.
2276-78Greenwich.com
Richard Weil
415.321.4254



Ashbury Heights
Offered at \$1,650,000
Remodeled 3BD/3BA Condo on 2 Levels. Living room with fireplace and views of Golden Gate Park & the ocean. Remodeled kitchen opens to dining room. Master bedroom with en suite bath. Family room with sliding doors to deeded garden. 1-car parking and storage.
201UpperTerrace.com
Sandra Bagnatori
415.518.4865
Scott Brittain
415.385.6657



Russian Hill
Offered at \$1,395,000
Hidden Architectural Gem. Ideally located contemporary 2BD/2BA 2 level home. Cutting edge design featuring a steel spiral staircase. Dark hardwood floors throughout with an abundance of light from all 3 exterior walls. Private garden, with 1-car private garage.
975Union.com
Lowrie MacLean
415.305.3326



Haight Ashbury
Offered at \$849,000
Bright Spacious Upper Level 2BD/1BA Condo. Located in the hip Haight Ashbury area. Living room with fireplace overlooks the greenery of the Panhandle. Formal dining room. Large eat-in kitchen. Sunroom overlooking the shared garden. 1-car parking and storage.
1775OakStreet.com
Sandra Bagnatori
415.518.4865
Scott Brittain
415.385.6657



Inner Lake District
Offered at \$799,000
Charming Sun-drenched Top Unit Lake Street Flat. This 2BD/1BA TIC flat is situated in an elegant Edwardian 3-unit building. There are two bedrooms in the back overlooking a south-facing and serene backyard and there is one split bath. There's also a formal dining room, updated kitchen and separate laundry room off the kitchen.
1021LakeStreet.com
Elle Ghandi
415.321.4287

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The Marina Times Real Estate Market Report: March 2014

By Hill & Co.

SINGLE FAMILY HOME SALES

NEIGHBORHOOD	ADDRESS	BEDROOMS/BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow	2961 Broderick Street	3BD/2.5BA	\$3,450,000	Below	14
Lake	111 2nd Avenue 142 15th Avenue	3BD/3BA 4BD/3.5BA	\$2,200,000 \$3,225,000	At At	0 0
Laurel Heights (no sales)					
Lone Mountain	350 Willard North	3BD/1.5BA	\$1,300,000	Below	19
Marina	265 Marina Boulevard 3733 Broderick Street 3430 Baker Street	4BD/3.5BA 4BD/3.5BA 5BD/4BA	\$3,400,000 \$4,375,000 \$4,500,000	Below Below Above	9 21 15
Nob Hill (no sales)					
North Beach (no sales)					
Pacific Heights	3030 Washington Street 2400 Vallejo Street 2746 Buchanan Street	3BD/3.5BA 6BD/5.5BA 4BD/4.5BA	\$4,950,000 \$4,999,000 \$5,495,000	At Below At	0 17 23
Presidio Heights (no sales)					
Russian Hill (no sales)					
Sea Cliff (no sales)					
Telegraph Hill	1400 Montgomery Street	3BD/5.5BA	\$6,500,000	At	12

CONDOS

NEIGHBORHOOD	ADDRESS	BEDROOMS/BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow	2147 Greenwich Street 1501 Greenwich Street #101 3132 Scott Street 2708 Greenwich Street	2BD/1BA 2BD/2BA 3BD/3.5BA 3BD/2.5BA	\$1,100,000 \$1,150,000 \$1,600,000 \$2,610,000	Above Above Above Above	10 13 23 7
Lake	119 9th Avenue 158 12th Avenue	2BD/1BA 3BD/2BA	\$1,160,000 \$1,700,000	Above Above	9 12
Laurel Heights (no sales)					
Lone Mountain	690 Arguello Boulevard #101	3BD/2BA	\$1,120,000	Above	21
Marina	3311 Fillmore Street #203 3354 Laguna Street #1 22 Toledo Way	1BD/1BA 2BD/1BA 2BD/1.5BA	\$585,000 \$840,000 \$1,280,000	Above Above Above	35 17 14
Nob Hill	1255 California Street #104 10 Miller Place #502 1440 Broadway #202 1788 Clay Street #402 1788 Clay Street #407 1788 Clay Street #505 1788 Clay Street #403 901 Powell Street #6 1250 Jones Street #702 1100 Sacramento Street #808	0BD/1BA 1BD/1BA 1BD/1BA 1BD/1BA 1BD/1BA 1BD/1BA 2BD/2BA 2BD/2BA 1BD/1.5BA 3BD/3.5BA	\$550,000 \$665,000 \$720,000 \$762,000 \$780,000 \$799,000 \$1,156,000 \$1,295,000 \$1,665,000 \$3,700,000	Above Above Above At At At At At Below Below	42 58 15 75 45 219 30 45 25 138
North Beach (no sales)					
Pacific Heights	3025 Sacramento Street 2025 Broderick Street #2 2436 Jackson Street #3 1885 Jackson Street #402 2299 Sacramento Street #7 3140 Clay Street #2 2001 Sacramento Street #2 1865 California Street #3 2351 Green Street 2044 Green Street	1BD/1BA 1BD/1BA 2BD/1BA 2BD/2BA 2BD/1BA 2BD/1BA 3BD/2BA 3BD/2BA 2BD/2.5BA 3BD/3.5BA	\$588,000 \$650,000 \$780,600 \$850,000 \$995,000 \$1,010,000 \$1,435,000 \$1,550,000 \$1,845,000 \$3,329,000	Below Above Above At At Above Above Above Above Above	113 11 18 0 46 11 35 7 23 10
Presidio Heights	438 Locust Street 3318 California Street #4 3233 Jackson Street #1	2BD/2.5BA 4BD/3BA 3BD/3.5BA	\$1,350,000 \$2,200,018 \$4,200,000	Above Above Above	16 19 7
Russian Hill	2363 Larkin Street #1 733 Chestnut Street #2 2555 Leavenworth Street #305 1155 Filbert Street #301 1000 North Point Street #907 999 Green Street #1203 1836 Mason Street 996 Union Street 2114 Leavenworth Street 1438 Green Street #3F 1838 Mason Street 1838A Mason Street 844 North Point Street 2423 Larkin Street	1BD/1BA 1BD/1BA 1BD/1BA 1BD/1BA 2BD/1BA 1BD/2BA 2BD/1.5BA 2BD/1.5BA 2BD/2BA 2BD/2BA 2BD/1.5BA 2BD/1.5BA 2BD/2BA 2BD/3BA	\$327,640 \$587,500 \$635,000 \$678,000 \$990,000 \$1,050,000 \$1,050,000 \$1,099,000 \$1,120,000 \$1,200,000 \$1,439,125 \$1,590,000 \$1,675,000 \$2,225,000	At Above Above Above Above Above At Above Above Above Below Above Above Above	81 60 8 20 13 69 0 14 20 12 7 16 9 4
Sea Cliff (no sales)					
Telegraph Hill	1100-1112 Montgomery Street #1104 383 Lombard Street #404 186 Francisco Street #4	2BD/1BA 2BD/2BA 3BD/3.5BA	\$740,000 \$1,150,000 \$3,450,000	Above Above Above	64 27 15

The data presented in this report is based on the San Francisco Multiple Listing Service and is accurate to the best of our knowledge, but cannot be guaranteed as such. For additional information, contact Hill & Co., 1880 Lombard Street (at Buchanan), 415-321-4362, www.hill-co.com.

REAL ESTATE UPDATE :: You can still win it

It's an all-cash offer world

BY STEPHANIE SAUNDERS AHLBERG

THROUGHOUT MY CAREER, I HAVE seen many all-cash offers. In the past, buyers believed they should get a discount with an all-cash offer. However, I have had to explain that in the end, the cash comes to the seller no matter what, and so in a multiple-offer situation the seller is likely to take the higher offer and not a discount for cash. Well, the market has changed considerably in the last few years.

What has changed is we used to have the occasional all-cash offer, but now they are regular and there are often several at each offer date. We used to really tout all-cash offers to our sellers as rare, but now it is routine. So how can other offers compete?

It can be difficult to compete, but not impossible. I just got an offer accepted for clients in a competitive situation, and here is what we did to make our offer stand out. My clients were well informed about the market and knew where they wanted to target their search. They were fully pre-approved and had a strong lender letter. We included a personal letter about them complete with a photograph. I wrote a strong letter about my clients, how serious they were, and outlined my experience and how I would work hard to make the transaction go smoothly.

Though there was no presale contractor's inspection included in the disclosure package, it was a newly remodeled home, which included a contractor's warranty. We took a long look at the property and my clients decided that with the warranty they were willing to waive inspections. All this was very positive. What mattered in the end was that the seller liked how committed they were to the home and that their son's preschool was only a half block away. You never know exactly what will resonate with

a seller, but I believe that a personal letter from the buyer goes a long way. There were other offers close to ours, but this was what got our non-all-cash offer accepted.

An all-cash offer today does not make it an automatic winner. Sometimes there can be an issue with appraisals because the comparable data has not caught up. If you are getting a loan but have a cushion of extra cash, you might consider making an offer with a non-contingent loan and no appraisal to be more competitive. Be sure to discuss this with your real estate agent and lender first.

In addition, always read and approve any and all disclosures provided in advance. Include this approval in your offer package. If you are making an all-cash offer, include proof of funds (you can mask the account numbers). If you will have financing, use a well-known lender, have a strong letter from them, and have them invite the listing agent to call with any questions. Have your agent find out what information he or she can about the sellers and their situation. Try to meet the sellers' timing needs. Sometimes a short rent-back period will help them with their move (free is very attractive). If you get the chance, you and your agent should both try to meet the listing agent in person.

Recently, I had an all-cash buyer and, once again, I had my client include a letter about herself to the seller. There were many similarities between them. I always have my clients mention what they do, where they went to school, charities they are involved in, or special interests, children and pets, etc. We are looking for that common thread that might make you stand out.

Stephanie Saunders Ahlberg has been a real estate agent for more than 30 years and joined Hill & Co. in 1983, where she has consistently been among the top 10 salespeople. She can be reached at www.realtyinsanfrancisco.com.

REAL ESTATE ROUNDUP :: City news

It's all about the money

BY JOHN ZIPPERER

PROPOSED AIRBNB LAW

District 3 Supervisor David Chiu has presented his plan for dealing with renters using Airbnb to short-term lease their apartments at rates their landlords can't legally charge (see Reynolds Rap, page 1). The Small Property Owners of San Francisco Institute distributed a letter expressing the concerns of one property manager, who cited worries about "multi-unit buildings would become hotels facing common yet significant risks of the hotel industry, which include no background checks on guests ...; escorts using rooms for illicit activities; party goers using rooms for temporary loud, obnoxious fun; [and] bed bugs being frequently brought into building."

David Hantman, Airbnb's head of global public policy, wrote in the company's blog that Airbnb largely welcomed the legislation but there were "provisions in this proposal that could be problematic to our hosting community, including a registration system that could make some of their personal information public, so there is much work to be done."

AFFORDABLE OR NO-FORDABLE?

District 6 Supervisor Jane Kim introduced a bill in April that would require a conditional use permit for any new market-rate housing in her develop-

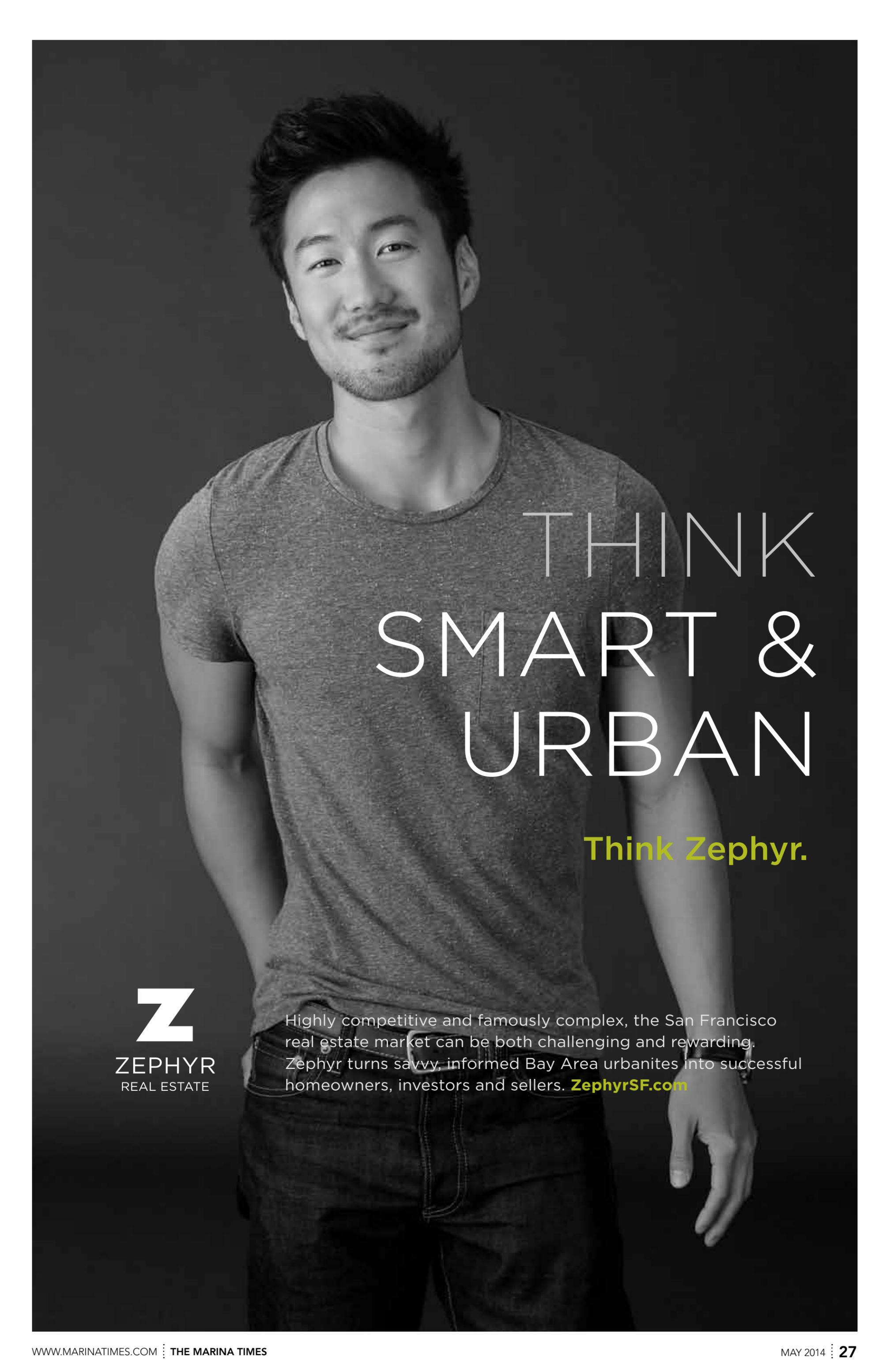
ment-heavy district if the production of subsidized housing for affordable units drops below 30 percent.

The San Francisco Housing Action Coalition responded with its concerns. "First, it appears to suggest that, by placing significant restrictions on new market-rate housing in D6, the production of subsidized housing will be increased, something that doesn't sound logical. Second, at a time when we need to sharply increase production of new housing to address the enormous demand being placed on a chronically inadequate supply, this measure could add even more complexity and delays to a process that already has too many. It also appears to work directly against Mayor Lee's plan to build or rehabilitate 30,000 new homes by 2020."

CONDOS HIT PRERECESSION HIGH

Condominium prices in the city have topped \$1,000 per square foot, a level not seen since before the Great Recession, reports *San Francisco Business Times'* Blanca Torres. She notes "The trend reflects San Francisco's housing market overall, where renters might pay \$4,000 a month for a new apartment unit. That figure is similar to what people might pay for a condo — if they can get their hands on one."

E-mail: john@marinatimes.com



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REAL ESTATE

Highly competitive and famously complex, the San Francisco real estate market can be both challenging and rewarding. Zephyr turns savvy, informed Bay Area urbanites into successful homeowners, investors and sellers. ZephyrSF.com

'We've written it off'

Affordable housing expert Andre Shashaty on the state of housing policy and sustainable communities

BY JOHN ZIPPERER

AS SAN FRANCISCO residents and their political, business and social leaders try to get a handle on housing affordability in the city, they must do so at a time when governments large and small in this country have largely tried to wash their hands of involvement with the housing problem. Long gone are the days when the federal government partnered with cities to build and manage homes for middle- and low-income citizens. Today, federal monies have gone elsewhere, as has federal interest in even dealing with the challenges. The key federal tool for helping develop affordable housing is the three-decades-old tax credit set up to help private developers — for-profit and nonprofit — do what the government used to do.

This all happens at a time when there are still many people who need affordable housing — rental or ownership. To learn more about the issues involved, we spoke with affordable housing expert and advocate Andre Shashaty. The former editor and publisher of *Affordable Housing Finance* and *Apartment Finance Today* magazines from his downtown San Francisco offices, Shashaty has long since sold his business and now serves as president of the nonprofit Partnership for Sustainable Communities (p4sc.org). He is the author of the new book *Rebuilding a Dream: America's new urban crisis, the housing cost explosion, and how we can reinvent the American dream for all*, being published this month. (Full disclosure, this writer worked for Shashaty at his publishing company seven years ago.)

You have covered — as a journalist and as a nonprofit advocate — the housing affordability issue for decades. How does the situation today in terms of need and

public policy compare to past eras?

Fifty years ago, Lyndon Johnson said we have to address the housing conditions in our cities, and we have to not only create quality housing but we have to create mobility, so people of lower incomes aren't stuck in ghettos. He put forth several major packages of legislation, the most significant being the Housing and Urban Development Act of 1968. He committed the country — with bipartisan support — to create 2.6 million units of housing a year. One-fifth of those had to be for low-income people.

Congress agreed to that. It was Ronald Reagan who basically tore that apart and said, "No, we don't need to

in fact, he wanted to cut programs that benefited rental housing at the federal level. We ended up with a kind of obsession with homeownership, while we failed to address rental housing, and that led to a foreclosure crisis. A lot of people lost their homes, and now they're back in the rental market and demanding apartments that aren't there, that weren't built.

Has it improved at all under President Obama?

The bigger political picture is that we've only cared as a nation, or we've really only had a government that cared about housing on several occasions over the last century — after World War II, during the sixties when we had civil unrest, and we had it after the foreclosure crisis. But we just haven't been willing to engage on

those policy issues, partly because of budgetary issues and partly because nobody can talk to each other in Washington any more.

So at the federal level we've kind of written it off. The last few years have been disappointing, because our current president hasn't made it a priority to restart proactive policy on these things. He's dabbled, but there's only so much [U.S. Secretary of Housing and Urban Development] Sean Donovan can do without budgetary support or congressional support.

You mentioned tax credits for funding affordable housing. Is that still a workable model, or has it broken down?

The tax credit model works very well, mainly because it's not subject to a lot of excruciating decision-making by bureaucrats and legislating — it kind of runs on autopilot because it's part of the tax code. We don't have to apply to the bureaucrats to say, "Can we take this tax break?" Sure you can. You don't need an exception to the rule.

But the main thing



Partnership for Sustainable Communities President Andre Shashaty PHOTO: MIKE MORBECK

to remember about the housing tax credit is that it's a shallow subsidy; it only helps a narrow range of people. On its own, it doesn't really help very many poor people, and you're not eligible if you're moderate income; and if you're in a place like San Francisco and you can't afford a market-rate place, you're not eligible for a tax-credit place.

I find it disturbing that we work at cross purposes; we want affordable housing but we obstruct it. Mayor Lee might want affordable housing, John Stewart the developer might want affordable housing, but the people in the various districts of San Francisco who already have housing don't want affordable housing. That runs pretty deep in San Francisco and Marin County — pretty much everywhere.

Policymakers have to figure out ways to make it palatable to local property owners who are otherwise probably going to prevent it, and if they can't prevent it, they're going to probably drive up its costs. Wealthy developers who are developing high-end apartments often have an easier time of it than people who are developing affordable housing.

Are there examples of cities that have done well at developing affordable, workforce housing?

I like the example of Boston, where they're encouraging development of workforce housing. One of their ideas is micro-apartments, what used to be called efficiencies, that are similar to what used to be called single-occupancy hotels, and of course we had those at

one time in San Francisco. They make a big effort in their Innovation District. They've worked really hard to make sure housing was part of the plan from the beginning. That's important. If you're going to set out to attract jobs, set up an incubator — they had that in the planning from the beginning, and that's because they had a strong leader.

I think you have to mention New York. It's a unique marketplace; there's no place like it, because you can build density with impunity and nobody's going to hate you.

But they had creative ways of building buildings that had a mix of incomes and served a variety of needs. That was a Sean Donovan thing, when he was commissioner of [the New York City Department of Housing Preservation and Development].

Workforce housing in major cities is very hard to do, because the costs are so high and there are so many people with a vested interest in land in every neighborhood. And then you have the

term? It meets a lot of resistance, because people want parking.

Are there any political heroes today who are championing housing affordability?

No.

Are you optimistic or pessimistic? Why?

The honest answer is that it's hard to be optimistic, because the political direction doesn't seem to be going in that way. I don't see anything in the political picture changing that would make it more favorable to addressing housing needs. We still have lots of neighborhoods that were pretty badly hurt by foreclosures and they still need to be cleaned up, and they need reinvestment. We have an improving budget picture in California, but we still have to remember that Jerry Brown eliminated redevelopment agencies, which would be in charge of improving some of these devastated neighborhoods.

And at the federal level, there's no indication at all of a funda-

mental change in the political orientation any time soon. it could drift even more into budget cutting and philosophical

opposition to helping cities. If they gain power, then budget cuts we've already seen under Barack Obama will get even worse.

John Zipperer is a former senior editor of Affordable Housing Finance and Apartment Finance Today, and the former new media editor of the CCIM Institute of the National Association of Realtors. E-mail: john@marinatimes.com

At the federal level, there's no indication of fundamental change in the politics.

WEEKEND TRAVELER :: Travel to your own city

Recharge and rejuvenate in San Francisco

Find out how SF can still romance and charm you

BY PATTY BURNES

Sometimes it makes sense to indulge on your home turf instead of spending time to travel elsewhere to get away for the weekend. San Francisco is an incredible city — call it home yet hide away at some of the finest addresses. It's the perfect time of year to recharge and rejuvenate, which my husband and I recently did at these quintessential properties, where I experienced the spa, and then we enjoyed dinner and overnight.

MANDARIN ORIENTAL

Fly high at this luxury hotel in the Financial District — literally; guestrooms start on the 36th floor with knockout views. Our guestroom had a spectacular panorama from the light show on the Bay Bridge across downtown to Alcatraz and beyond.

Our spacious room with modern furnishings combined sleeping and sitting areas that didn't obstruct the view. The colors were soothing, and there were high-tech and luxe amenities, including a soaking tub in the large bathroom, which also had a view.

The **Spa** at the Mandarin features treatments that integrate centuries-old therapies to soothe your body and heal your soul. Relax in the tea lounge before settling into the nail suite or your private treatment room. My Oriental Essence massage used a soothing combination of oil, ginger, and aromatics to help release muscle tension and stress.

The hotel's **Brasserie S&P**, with cozy banquettes and lounge chairs, has floor-to-ceiling windows that unveil a busy street scene. There's a specialty gin program at the **Bar** with house-made infusions and tonics using ingredients like saffron, pumpkin or lemongrass and Asian spices (try a tasting flight).

The dinner menu reflects the restaurant's informal yet refined

style and local focus. The delicious albacore tuna poke sashimi is made with macadamia nuts, sesame oil, and red Fresno chilies. Red and golden baby beets are served with arugula, fennel, and Pepato cheese. Pan-seared wild king salmon, with roasted celery root and fennel, is served in lobster bisque. The decadent warm brownie sundae is rich, full of chocolate, and topped with Chantilly cream (415-276-9888, mandarinoriental.com).

THE RITZ CARLTON

Sophisticated and friendly, this Nob Hill landmark is in a 1909 neoclassical building with an upscale and contemporary interior.

Among the amenities are high-definition TVs, docking stations and DVD/CD players, feather duvets, and spacious marble bathrooms. Our corner room had a stunning view of the city.

The **Club Lounge** is an intimate place to unwind with Coit



The view from the Club Lounge at the Ritz Carlton PHOTO: BO LINKS

the geographic latitude that runs through the Bay Area. The restaurant and bar are open, casual, and inviting, and both fuse fresh and fabulous in their fare.

The carrot tortellini was sublime with Greek yogurt and Madeira jus. The tender seared octopus, drizzled with olive oil, had crispy garlic on top. The juicy aged rib eye was served with crispy polenta, lion's mane mushrooms, and a braised short rib. Each was paired perfectly with a wine from the international list. Save

room for the spectacular coffee poached dates and Tahitian vanilla ice cream (415-296-7465, ritzcarlton.com).

THE WESTIN ST. FRANCIS

This grand hotel celebrates its 110th birthday throughout 2014. Beautiful photos displayed throughout the interior (including a few by Ansel Adams), glass cases filled with historical objects, and tales of stays by presidents, celebrities, athletes, and world leaders reveal the hotel's history and glory.

When your room looks directly over Union Square, there really isn't much more to say about the view. Rooms in the land-

mark building offer high ceilings, chandeliers, and detailed woodwork. When it's time to sleep, you'll drift away on the hotel's Heavenly Bed.

The **Renewal Spa** will help you achieve that heaven. Detox in the steam room, relax in the lounge, and indulge in one of the many massage, body, skin-care, and nail treatments. The St. Francis Renewal Massage integrates deep tissue to target tired, tense muscles.

The hotel's famous lobby is home to the renowned Magneta Grandfather clock from 1907, which has been the meeting place for thousands of visitors and locals alike. The contemporary **Clock Bar** has a comfortable lounge

seating and a high-energy vibe. You'll find creative cocktails like Tempus Ficum (Pisco, fig, lemon, and thyme) and Violet Beauregard (vodka, blueberries, crème de cacao, and lemon). From the Small Bites menu, we had the house-marinated olives with rosemary and citrus, tuna tartare spiced up with Scotch bonnet peppers, and a Snake River Wagyu burger (415-397-7000, westinstfrancis.com/).

OTHER ESSENTIALS

San Francisco Travel: sanfrancisco.travel

Patty Burnes can be found on Twitter at @pattygb or reached by e-mail at patty@marinatimes.com.

San Francisco is an incredible city — call it home yet hide away at some of the finest addresses.

Tower and bay views. Food and beverage service is available all day, as is a concierge. Breakfast offers an array of treats. At cocktail time, hors d'oeuvres reflect the city's diverse neighborhoods. Certain Fridays Northern California winemakers offer their wines.

The hotel's **Spa-De-Vie** helps your strain and anxiety disappear. Begin in the steam room, and decompress as you sweat out toxins. You'll melt on the massage table with the signature treatment, a soothing combination of aromatherapy, Swedish, and deep tissue.

Parallel 37 is the popular restaurant at the Ritz, named for



Clockwise: Brasserie S&P's decadent brownie sundae; Brasserie S&P; The Clock Bar at the St. Francis

PHOTOS: BO LINKS; MANDARINORIENTAL.COM; THE WESTIN ST. FRANCIS / FLICKR

POLITICAL ANIMAL



The lost and found residents of Golden Gate Park PHOTO: FRANCO FOLINI / FLICKR

Homeless dogs of Golden Gate Park: A tragedy waiting to happen

BY SUSAN DYER REYNOLDS

ON TUESDAY, JAN. 28, 2014 at 10:40 p.m., San Francisco police responded to a 911 call about a dog attack in progress at 25th Avenue and Lincoln Way at a homeless

encampment near Golden Gate Park. When officers arrived, they found two pit bull mixes, a white female named Cleo and a black male named Frisco, running around, barking nervously. A homeless man had been badly bitten, he said, after the

dogs' owner left them in his custody. Another man riding a bike who tried to stop the attack was also bitten. Police summoned Animal Care and Control (ACC), but because they are severely understaffed, only one officer, Pete Flores, was

on duty. When he arrived and was unable to secure the dogs with catchpoles, he called Lt. Denise Bongiovanni for backup, who got out of bed to rush to the scene. Meanwhile, Flores took off through the bushes after the dogs.

DOG SHOT WITH ASSAULT RIFLE

According to the police report, 20 minutes went by as police lined up, guns drawn. During this time, Frisco returned to the scene, where he climbed up on
HOMELESS DOGS, continued on 32

CAT HOUSE



He oughta be in pictures — if he'd just stand still

Five tips for making the perfect cat video

BY JOHN ZIPPERER

LAST YEAR, SOMETHING CALLED THE Internet Cat Video Festival drew 13,000 people to the Minnesota State Fair Grandstand. Before you make some snarky comment about how that's all people in Minnesota have to do, you should know that the ICVF now has programs everywhere from Honolulu to Northern Ireland to San Francisco. Over 6,000 people are expected to attend this month in Oakland. There are many people who want to win the Golden Kitty Award. And yes, I feel vaguely ashamed that I know that.

But we already knew that cats were hugely popular on the Internet. Photos have made LOLcats a household word, and my search for "cat" brought 33.3 million results on YouTube. The question is whether you think you have the chops to be the next kitty Kubrick or feline Fellini.

Here are five tips for making successful cat photos or videos:

5. Try a still life. The best cat photos and videos are not just silly images. Cats with their serious mugs can look humorous just by keeping their superior attitude in place even while they are doing the most ridiculous things.

Sometimes animals cooperate. I have had better luck with photos than video. For example, one afternoon, our big fluffy Maine Coon cat, Charlie, had been all the way over on the far side of our long living room, but when he spotted a little bird on the other side of the glass doors, he tore across the room so fast he slid headfirst into the door. Apparently unhurt, he engaged the bird in a staring standoff that lasted long enough for me to get my mobile phone and take a couple photos of the bird-cat cold war. (We even ran one in this column several months back.) The

CAT VIDEO TIPS, continued on 32

Always keep your nose to the ground

BY WALDEN MAJER

I COMPLETELY UNDERSTAND why the world is so enamored with the beauty of San Francisco and especially our neighborhood. Whenever I ride with mom and dad over the Golden Gate Bridge I hear them "ooh and ah" as if they were tourists for the first time as they gaze at Crissy Field and the hills behind that are smattered with bright buildings inching up the hills. My view is from the safety of the back seat. I peer through the rear door window if I crane my neck because I'm so short. After all, I'm only 8 years old.

Actually, I'm kinda short for my age. Many of my contemporaries are a lot taller than I am so I make up for it by standing as tall as I can, and I'm told I walk with authority. One of mom's friends calls me Little Man.

Given my status, or lack thereof, my perspective on our neighborhood is maybe a little different. Don't get me wrong, I'm as in love with our neighborhood as you are, and I wouldn't want to live in any other city. We are truly blessed. It's just that I see things from a slightly different perspective.

We walk in the 'hood a lot. Dad says it's good for our health, especially because we live up the hill a few blocks above Lombard, and we get to enjoy the fabulous views of the lovely homes, the vistas of the islands, the headlands, and the cities beyond. I don't notice the stress of walking uphill too much because I've never lived and walked anywhere else. What I do notice, however (because I am stature-challenged) are things closer to the ground.

You know that view of our sparkling city from the bridge I mentioned? That's because it's three miles away. Up close, the city's not so sparkling. In fact, nearer to the ground where I live and breathe, it's pretty trashy. Mom and dad frequently pick up paper cups and other discarded items as we walk the streets on our way to the Sunday farmers' market or wherever. "Always leave a place a little nicer than you found it," dad says. What I can't understand is why people would discard empty beer cans, broken bottles, and other trash on the sidewalks of the place most of the rest of the world would give anything to live in.

One thing I'm really grateful for, I must say, is that Marina dwellers are pretty darn good at picking up after their pets. I can't ever remember seeing a dog owner without a poop bag. Good on us on that one!

Speaking of pets, I do have a pet peeve. Drivers in our neighborhood don't stop at stop signs — especially on the steep streets like Divisadero. This is dangerous! Again, I see this from my Little Man perspective because I'm closer to the tires than I am to the tops of the cars. Fortunately, both mom and dad keep a close eye on me when we are out walking. Good thing, because I can be easily distracted and might step into a crosswalk without carefully looking both left and right.

Now here's some of the good part. I really like the people I meet in the Marina and Cow Hollow. They are (almost) always very friendly — especially the girls and the young ladies. I get lots of compliments about how handsome and sweet I am. Sometimes they say, "He's sooo cute!" I'm not so sure

WALDEN, continued on 32



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SKY'S BUYS : The sound of silence



Hear Doggy flats and stuffed squeakers are audible only to your dog

Hear Doggy ultrasonic toys

BY SUSAN DYER REYNOLDS

I MUST ADMIT I WAS skeptical when Steve and I came upon Hear Doggy ultrasonic toys at Pet Food Express — until I squeezed one from behind my back and Skylar and Blue started cocking their heads from side to side though we heard nothing. Hear Doggy says their toys are made with “a squeaker only your dog can hear,” based on the scientific fact that dogs can hear sounds

at a higher frequency (0 to 45 KHz) than humans (0 to 20 KHz). Tuned to a 24 to 28 KHz frequency makes the toys squeak in your dog’s hearing range, but not in yours. The benefit is obvious if you’ve ever had to endure the endless irritating squeaking of a toy (in our house it lasts until Blue, the queen of squeaker killing, silences it for good). Hear Doggy ultrasonic toys come in two plush designs: stuffed, available in small and large sizes; and

flats, which have no stuffing and come in one standard size. Skylar’s favorite is the whale; however, she’s at that puppy age just before the “terrible two,” so she likes to star in her own version of *Game of Thrones*, disemboweling toys and leaving a living room full of stuffing guts. Next time I’ll check out the flats. **Hear Doggy ultrasonic toys: \$5 to \$15; available online and at Pet Food Express stores.** E-mail: susan@marinatimes.com

WALDEN

CONTINUED from page 30

about cute, but I do like being noted as handsome and friendly. After all, what’s a neighborhood without friendly folks? As a citizen of San Francisco, I’m just trying to remind everyone how important it is to keep our special neighborhood as beautiful, clean, and safe as our reputation suggests. All we have to do is

a little something everyday to leave each place we go just a little nicer than the way we found it. Next time, I think, I’ll share “my nose to the ground perspective” on potholes and broken sidewalks. *Walden Majer is an 8-year-old poodle-bichon mix and starts his nose-to-the-ground perspective each day from Cow Hollow. E-mail: waldenmajer@gmail.com*

HOMELESS DOGS

CONTINUED from page 30

a picnic table and lay down on his owner’s belongings. At that point, Capt. Mark Osuna authorized one of the officers to “stop the threat.” The officer says he “shot the dog in the back” from 100 feet away with his assault rifle, severely wounding him. As Frisco writhed in agonizing pain, the officer approached the picnic table and, using his pistol, shot him in the head. Eventually Cleo was captured and taken into custody, and it was later discovered that Frisco was not the aggressor and, in fact, had caused none of the injuries to either man.

WHO’S AT FAULT?

This story is a tragedy for Frisco, but it is also a cautionary tale of human tragedy waiting to happen. Several years ago I wrote an editor’s note for *Northside San Francisco* magazine called “The thugs who run Haight Street,” in which I pointed out that a lot of the homeless kids living in Golden Gate Park aren’t the happy hippies of the past, but rather hardened and often violent criminals. I called upon the police and the Board of Supervisors to get a grip on the situation, particularly the packs of unaltered dogs these thugs keep for protection. So it was no surprise when I discovered that the man who

“owned” Cleo and Frisco has an extensive, violent criminal history and a rap sheet a mile long. Ultimately, he is to blame for the men’s injuries, for Cleo being euthanized, and for Frisco’s horrific death. But lawmakers and the police also bear some responsibility. It’s no secret that ACC has a severe budget shortage, and San Francisco’s budget committee left them out of their budget again last year. According to Supervisor Scott Wiener, who is trying to get more money for ACC in the upcoming budget, there are only 11 ACC officers to patrol the city 24 hours a day, and only one officer on at night. Had there been two to three ACC officers on patrol the night of Jan. 28, Frisco would likely not be dead. **DEADLY FORCE ONLY AS LAST RESORT** The embarrassingly poor handling of the situation by the police is, I’m sure, something San Francisco Police Chief Greg Suhr would like to see go away. The fact that Frisco was shot in the back while lying down on a picnic table tells me that he was in no way aggressing toward the 20 officers standing in front of him with guns drawn. I don’t think Capt. Osuna would give the command to stop the threat if a human suspect dropped the

weapon, put hands on head, and lay down on the ground. Officer John Denny, who presides over San Francisco’s Vicious and Dangerous Dog Court, says there are written guidelines for handling vicious dogs. “After Oakland dealt with P.R. nightmares like shooting a dog in the backyard of a home that was being burglarized and shooting a fawn in a resident’s bushes, we put it in writing. Deadly force is always the last resort,” Denny says. He also pointed out that all SFPD sergeants and patrol officers have attended a one-hour class about how to handle aggressive dogs. However, no one from the command staff, including Capt. Osuma and Chief Suhr, has ever attended the class. **IRRESPONSIBLE OWNERS** Denny also agrees that the unaltered homeless dog population in Golden Gate Park and the types of people who keep them are a problem. “With an owner like that, Frisco and Cleo never had a chance. It’s my understanding that Frisco was born in Golden Gate Park and he fathered Cleo. So you’ve got irresponsible inbreeding going on there and they just keep having more and more puppies.” The majority of the dogs born and bred in the park are pit bull mixes because, Denny says,

CAT HOUSE

CONTINUED from page 30

secret to success? He wasn’t moving; he was standing still staring at the bird, which was standing still staring at the big cat. **4. Use good production values.** You can make great quality photos and high-definition videos with your mobile phone and inexpensive digital cameras these days. So you’ve got the equipment and the fluffy animal needed to make a cat video or photo, but you need to make sure you have sufficient lighting and that you can capture your cat at that exact moment when she’s not moving so fast you end up recording a blur. The problem is that cats are great at going from zero to 60 fast. Charlie is a very talkative cat, and he knows many cat languages — meows, chirps, squeaks, purrs, growls, etc. One day he was trying to convince me to get up from my chair and give him more food, so he was pacing back and forth in front of me chirping and squeaking nonstop. It was quite funny, and best of all the light from the window behind me meant I would be able to get a clear video of him speaking in tongues. Wanting to capture it, I pointed my cell phone at him at the exact moment he was startled by a bus driving past the house; he disappeared down the hall. I had missed my chance. **3. The Bourne Momentum.** In our previous home, my desk was in a bedroom at the end of a long hallway. Charlie would like to come into the room, jump up onto the desk, and sleep on one end of it while I worked at my computer. But one day, spring fever or just high spirits had him more energetic than usual, and he got a bit of a running start in the hallway and jumped onto the desk, only to slide all the way across its smooth surface and back onto the floor, with a mild look on his face of *Oh, crap, didn’t plan that*. The first time he did it, I couldn’t stop laughing. I figured it was a once-in-a-lifetime thing, but in fact, Charlie did it again an hour

later. That time he didn’t slide completely off the desk, but he did slip all the way to the other end before he could get enough traction to control his position. He eventually jumped down to the ground and wandered away. Figuring he would do it again, and I could end up with a viral video for millions of bored YouTubers, I made sure I was ready to capture it the next time he did it. But when I had my digital camera at-hand and turned on, he would come into the room, look up at the desk and me and the camera and walk around the floor as if studiously making the point that he’s not an actor, as if he were afraid the Screen Actors Guild would go after him for not being a member. **2. Do a character study.** Figuring Charlie was not going to be an action star, I thought I would have more luck capturing him in one of his calmer moments in which he let his adorableness shine. Eventually my opportunity arrived. He looked adorable. Lying on his back, spilling halfway out of his fake-fur-lined fabric basket, his big eyes staring straight at me. He occasionally stretched farther, putting out a front paw into the air and leaving it there. All I had to do was reach over to a nearby bookcase on which my digital camera sat, turn it on, switch it to video format, and record this furry screen test. I reached for the camera; Charlie kept looking at me, making no sign of being bothered. I turned on the camera and it made its little electronic “ping,” still no reaction from Charlie. I switched the format to video and pointed the camera at Charlie, still no problem. I pushed the button to record and Charlie instantly curled around so I could see nothing but his back, the rest of him fully hidden from view by the sides of the cat basket. He was quickly sound asleep, and my chance had gone. **1. Don’t use my cat.** *If you still can’t control yourself: [facebook.com/CatVidFest](https://www.facebook.com/CatVidFest)* E-mail: john@marinatimes.com



The park’s homeless are not the hippies of yesterday
PHOTO: FRANCO FOLINI / FLICKR

“they are the dogs of choice for these guys. They’re big and strong and loyal and they’re eager to please their owners. I’m actually a huge fan of the breed, but you can’t just leave them in a backyard or give them no exercise or attention.” Denny also says pit bulls tend to get the worst of the worst when it comes to owners. “Look at the Nicholas Faibish case,” he said, recounting the tragic death of the 12 year old in 2005. “His father used to kick the dogs apart because he didn’t want the female mating with the male dog in the house, only with the male dog in the backyard. When Nicholas went in that basement, he tried to kick the dogs apart — he was imitating his father — and that’s when they attacked him.”

LAW ENFORCEMENT LACKING It’s illegal to have unaltered pit bulls or to breed pit bulls in San Francisco, but because of the shortage of animal control officers, enforcing the law is difficult. The fact that people with long, violent rap sheets are inbreeding litter after litter is an ominous sign that the Board of Supervisors, the budget committee, and the SFPD need to pay attention to immediately. If ACC can’t afford to hire more animal control officers, and the SFPD continues to ignore the problem until they get a 911 call, the next tragedy in the park will likely involve a human being — and I don’t want to be the one who says, “I told you so.” E-mail: susan@marinatimes.com

"I love my pets so much I'll only give them Halo."

—Ellen DeGeneres, Animal Advocate, co-owner, Halo

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Amy was adopted from and photographed at Animal Care & Control.
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Skylar
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Excellent local references, including *Marina Times* editor-in-chief, Susan Dyer Reynolds!

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Skylar and Hula Girl at Crissy Field PHOTO: ERICA RAMOS

Beach baby

BY SUSAN DYER REYNOLDS

*Beach baby, Beach Baby give me your hand
Give me somethin' that I can remember
Just like before we can walk by the shore in
the moonlight
Beach baby, Beach baby there on the sand
From July 'till the end of September
Surfin' was fun, we'd be out in the sun every day*

— “Beach Baby,” by The First Class

JAZZY NEVER HAD ANY INTEREST IN fetching unless I threw her toy in the ocean. She swam like a champ, using her tail as a rudder to keep her big butt from sinking below the surface. People were always amused: “I didn’t

backyard with little to no experience outside of it, but after several more outings, she learned quickly how much fun surfing in on a big wave with a pink rubber chicken in her mouth could be.

Sky, usually shy and afraid of many things at first, couldn’t wait to get out of the car at Crissy Field. Her big green eyes bugged out when she saw the water, the sand, and all those potential four-legged friends. She started whining because I wasn’t walking fast enough, so I told her to go ahead. Next thing I knew she was in the middle of a pack of dogs, swimming alongside to “help” them get their tennis balls. As much fun as she was having, Sky always checked in to make sure I was still there, and as I headed down the beach,

she left her new friends and followed me. “What’s this?” I asked, waving her favorite Kong Water Wubba. I threw the Wubba out as far as I could, and she did a giant belly flop into the sea. For a second she disappeared completely, then

I saw her little blockhead bob up, the purple Wubba firmly between her teeth.

Going to Crissy Field became a morning ritual, and Skylar began to make friends. She particularly liked Charlie, a female chocolate Lab about six months older who enjoyed a good hole in the sand as much as Sky did. One would hunker down in the hole and bark at the other as if to say, “Hey, come check this out! It’s the only hole on the beach and it’s all ours!” Charlie and Sky also got some laughs riding the waves together while they each held one end of a toy all the way to shore. Inevitably Sky would get the toy from Charlie, tuck her butt under, and take off with a serious case

For a second she disappeared completely, then I saw her little blockhead bob up.

think pit bulls liked to swim,” they’d say. I don’t know where that idea came from because most that I’ve known love it. OK, some may not, but I know quite a few Labs and golden retrievers that don’t care for swimming, either.

One of my first road trips with Skylar was a visit to Santa Rosa to meet her uncle Johnny and cousin Abe, another great pit bull mix and one of my favorite foster dogs of all time. Johnny likes to say it was an arranged marriage. I invited him to my house in San Francisco for a long weekend and let Abe sleep with him. By the end of the weekend, he was in love. No surprise — Abe was incredibly sweet and perhaps the most balanced dog I’ve ever known. He loved everyone and everything and had an easygoing temperament that matched Johnny’s. It was a match made in arranged marriage heaven, if I do say so myself.

That weekend in Santa Rosa, we took the dogs to the Russian River with some friends on a hot summer day. Skylar, just a few months old then, dove in without hesitation, and began swimming in circles like a little motorboat around the rest of us as we stood waist deep in the water. So when she was a little older and a little bigger, I decided it was time for her inaugural trip to the sea.

The first time I took Jazzy to Ocean Beach the sound of the waves scared her; she crouched under a huge log and wouldn’t budge. It took me an hour to coax her out. I chalked it up to those first six months spent in her previous owner’s

Sky, usually shy and afraid, couldn’t wait to get out of the car at Crissy Field.

of the zoomies, periodically turning her head to make sure Charlie was right behind her. Sometimes Sky was like the Pied Piper with five or six dogs joining in the chase, which she loved.

That’s how she met Hula Girl, a rescued pointer mix, whose mom, Erika, is a professional photographer. Since then, Erika has done some work for the *Marina Times*, and we’ve had several doggy play dates. I guess making friends at the beach hasn’t gone to the dogs after all.

E-mail: susan@marinatimes.com

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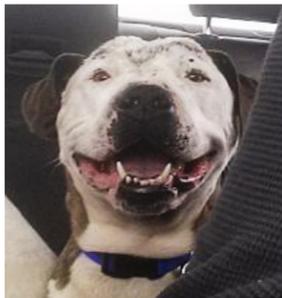
SF FORWARD SF Forward is the Political Action Committee (PAC) of the San Francisco Chamber of Commerce

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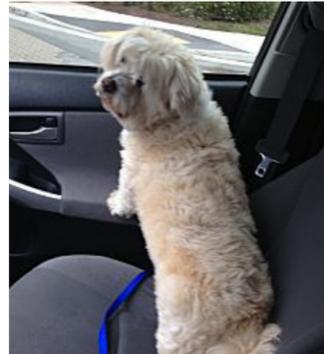
Good dogs land in shelters for many reasons. Grateful Dogs Rescue pulls dogs from the San Francisco and other local municipal shelters and we work hard to match the right dog with the right humans. **Help us save dogs by becoming a GDR foster parent, either short-term or long-term. Apply today!** GDR provides guidance throughout the fostering process and pays for all vet care, grooming, training, etc. for our foster dogs. GDR is an all-volunteer 501(c)(3) non-profit organization in SF. New volunteers are always welcome!

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CALVIN

Sweet Calvin was left outside where he got repeated severe sunburns on his sensitive skin. These repeated sunburns resulted in infections that left scars and hair loss on his face. He's fine now but will need his face protected with sunscreen when he's out in the sun. Calvin walks happily by your side, sleeps in the same bed with his foster brother, and wants nothing more than to be with people. He weighs about 60 pounds and is about 5 years old. He is a mellow guy, but he loves to play given the opportunity. He's housetrained and has received lots of obedience training. Calvin is a real gentleman!



JESTER

Jester is a real cutie! This Poodle mix is approximately 6 years old. He is definitely a roly-poly at about 23 pounds! He and another dog were abandoned when his previous owners left them behind in their foreclosed house. Fortunately a neighbor heard them barking and was able to get them out and into rescue. He has now settled happily into his foster home. Jester is good with dog-savvy kids, good with other dogs, and is housetrained. He is a sweet, wonderful dog who enjoys looking out the window, going for car rides, and jogging (which should help him shed those extra pounds).



DEWEY

Dewey is one of the sweetest dogs you will ever meet! This American Bulldog would thrive in a single dog family, as he gets very attached to his home. Dewey weighs about 65 pounds and is 3 years old. Previous dog experience is a plus for this big guy. He really responds to a caring, strong human. Older dog-savvy kids would be fine. He needs daily exercise and would be an excellent running and/or hiking partner for someone who enjoys these activities. He is house trained and has been through obedience training. Dewey definitely wants to please and will be your buddy forever.



PEACHES

Peaches is one cute little Chihuahua, about one year old, and weighs barely 6 pounds. She is taking basic training and is house-trained. She can be left alone or with other pets for several hours. She will sleep in a crate at night, but recently she has been sleeping on a dog bed. Peaches is initially wary with strangers, but warms up quickly and lets them pet her. She is best friends with her foster brother, who is about her size. Overall, she is a very sweet, cuddly dog who does great with other dogs and older children.



ELLIE MAE FOSTER / ADOPT

Ellie Mae is cute hound mix, about 4 years old and about 35 pounds. Ellie Mae did not get a great start in life because she is under-socialized and fearful of unfamiliar people and things. But, she is a very affectionate dog, and quickly bonds with her person. We are looking for a foster home with the patience to work with Ellie and help her acquire the social skills needed for her to become a wonderful, loving companion. This will be one of the most rewarding things you'll ever do — and, of course, if you fall in love with Ellie Mae like we did, you can always adopt her! If you think you are that special person to help Ellie Mae blossom, please submit a foster application.



WILLIE WONKA

Willie Wonka is as sweet as his name implies. Wonka is a tri-colored, 9 pound terrier mix with long luxurious eyelashes. He's a friendly guy who loves people and loves to be held. Once you meet this guy, he casts a spell on your heart. He loves to snuggle and he LOVES to go for walks! His foster mom takes him out to Fort Funston everyday to get his daily exercise and he truly loves it. Wonka is a gentle boy, looking for a gentle home. Adults that are home more than away would be the best but older, respectful kids would be OK too.

Check the Grateful Dogs Rescue website for 2014 upcoming Adoption Events Calendar



FOR MORE INFORMATION ON THESE AND OTHER DOGS:

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