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MarinaTimes

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Thanksgiving — the holiday that spawned a thousand tales

Turkey tales of Thanksgiving

HOLIDAY DINNERS USUALLY make for unforgettable occasions, whether in a good way, or not-so-good way. Of course, we always envision a splendid, wonderful time, with delicious food and conviviality and camaraderie; however, sometimes these gatherings falter for one reason or another, and other times, they are the joyous, heart-warming, grateful gatherings we all hope for. Here are some memorable

Thanksgiving experiences shared by our writers.

EVERYTHING'S OK

"Sharon, I need your help." That's how one Thanksgiving Day began many years ago. A glassy-eyed relative cornered me, whispering that he'd dropped acid earlier and things weren't going so well. "Can you stay with me? Make sure I'm OK? I just need someone to tell me everything's

OK." I'd never had any direct experience with this drug before, but how could I refuse?

I think dinner was the hardest. Too much chatter, too many social cues that seemed impossible to follow. His eyes would dart to mine, and I'd mouth, "Everything's OK."

I turned my back on him for a minute. My aunt was cleaning up and had scraped the food from the

THANKSGIVING, continued on 16

It's going to be a bumpy ride

City streets hurting as S.F. struggles with heavy use

by john zipperer

First in a series examining the state of the city's roads.

AFTER RESIDENTS OR VISITORS TRAVEL THE streets of San Francisco, the main stories and photos they share with others about their experience are likely to include Lombard's zig-zagging street or the Painted Ladies. Those are the good memories. The bad memories are likely to involve roads with broken pavement, sagging blacktop over old potholes, and construction equipment everywhere, blocking off lanes and turning rush hour commutes into nightmares.

In the most boring cities one can imagine, street upkeep and upgrades are matters requiring constant attention and investment. In San Francisco, whose population balloons each business day with suburban commuters and each weekend with visitors, the roads get a punishing amount of traffic. That traffic is also increasing from a growing population, which is expected to top 1 million within a couple decades. Even if only a portion of those newcomers drives cars, they will add to the pressures on the city's extensive streetscape network.

For many people, Indianapolis, Ind., is the most boring city they can imagine. Even locals have long referred to Indy as "India-NO-place." But it had a straightforward way of dealing with its roads. After

STREETS, continued on 4

REYNOLDS RAP

Another independent voice silenced as 'The San Francisco Bay Guardian' stops the presses

Print the news and raise hell.

— Bruce Brugmann, founder, editor and publisher, *The San Francisco Bay Guardian*

by susan dyer reynolds

WHEN THE SAN FRANCISCO BAY *Guardian* announced on Oct. 14, 2014, that it was shutting down after 48 years, many people were shocked, but not me, because I've seen it coming for a long time. A lot of bloggers and media pundits chalked up the *Guardian's* demise to a left-leaning publication no longer being relevant in a gentrifying San Francisco where moderate politics now rules (but would still be seen as quite liberal in most places across the country).

Another nail in the coffin of independent journalism.

In a 2006 Editor's Note called "Talking about the passion," I wrote: "Independent media is dying not only in San Francisco, it's dying throughout the country. The Hearsts, Singletons, and Clear Channels are buying up every newspaper and radio station in sight and homogenizing them, and the *SF Weekly*, which calls itself 'alternative,' is now owned by a giant conglomerate of 'alternative weeklies,' all of which look — and sound — alike. Bruce Brugmann, who, along with his wife, Jean Dibble, founded the *Guardian* in 1966, has managed to stay independent despite *SF Weekly's* thinly veiled attempts to monopolize club advertising, once *Guardian's* main source of income (along with classifieds, which have all but disappeared thanks to Craigslist). It's been rough going for Brugmann the past



One more newspaper box goes empty in San Francisco. PHOTO: PATXI IZKUE

few years, but he's still here, because he is passionate."

Nearly a decade later, that corporate conglomeration has claimed *The Bay Guardian* as another nail in the coffin of independent journalism. The San Francisco Media Co. took over the *Guardian* in 2012, hoping to share resources with its other papers, the *Examiner* and *SF Weekly*, with profits front and center. I worried when one corporation purchased all three, because I knew the buyers had a cutthroat reputation for destroying newspapers by putting profit first and quality content last. I feared that, in a town with just a few strong print publications still

standing, it would be too easy for them to simply squash the three together, get cheap with editorial, share content between the papers, cut as many writers as possible, and speak with one voice on everything from politics to restaurant reviews. A prominent restaurant public relations executive told me that she "had no idea how to pitch stories" to the three papers anymore because "it seemed like one big paper, and not a very good one at that."

In its heyday with Brugmann at the helm, the *Guardian* was known for robust opinion pieces and topnotch investigative journal-

GUARDIAN continued on 4

TOP 10 STEAKS IN AMERICA

Osso Steakhouse - San Francisco, CA
Bobo's - San Francisco, CA
Peter Luger Steakhouse - Brooklyn, NY
Bern's Steakhouse - Tampa, FL
CUT - Beverly Hills, CA
Emeril's Delmonico - Las Vegas, NV
Mario Batali's Carnevino - Las Vegas, NV
Chicago Cut - Chicago, IL
The Precinct - Cincinnati, OH
Elway's Cherry Creek - Denver, CO



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NEWS BRIEFS :: Northside updates

Payin' the cost to cross



L to R: San Francisco Neighborhood Newspaper members gathered at The Commonwealth Club in September, including (clockwise) Glenn Gullmes, Juan Gonzales, Earl Adkins, Willie Ratcliff; Longtime North Beach resident and artist Fred Wickham. PHOTOS: JOHN ZIPPERER; NANCY WONG

PEDESTRIANS, PEDDLERS TO PAY?

"It's not fair that the people who drive into San Francisco pay for everything," Golden Gate Bridge, Highway and Transportation District board of directors member John Moylan told Bloomberg News. The rest of the board was intrigued enough to vote Oct. 24 to study imposing fees on the pedestrians and bicyclists who cross the bridge each day. It is hoped that the new fees would help address a \$33 million deficit.

State Assemblymember Phil Ting, whose district includes the bridge, said "While I understand the District has an obligation to maintain a responsible fiscal position, this should not come at the cost of public access to the bridge," said Ting. "In fact, according to the San Francisco Bicycle Coalition, past efforts to impose sidewalk fees indicate that a toll would generate little revenue and unfairly burden people biking and walking."

From May 1937 until December 1970, pedestrians passed through a coin turnstile before they could cross the bridge.

SF NEIGHBORHOOD NEWSPAPERS SHINE

They are ubiquitous throughout the city, and this fall San Francisco's neighborhood newspapers raised their profile as they celebrated being a beacon of success in a challenging media landscape. The San Francisco Neighborhood Newspaper Association celebrated its 25-year

anniversary on October 22 with a party at The Exploratorium. Political comedian Will Durst provided the humorous commentary while celebrants enjoyed the festive mood and food.

Just a couple weeks earlier, four members of the SFNNA appeared on a panel at The Commonwealth Club to discuss "Creating Healthy and Informed Environments and Neighborhoods." *Marina Times* publisher Earl Adkins was joined by Juan Gonzales, founder and editor of *El Tecolote*; Willie Ratcliff, publisher of *San Francisco Bay View*; and Glenn Gullmes, publisher of *West Portal Monthly*.

#LOVELOCALSF DAY

More than 100 city organizations and businesses are taking part in a November 5 promotion entitled #LoveLocalSF Day. A roving party bus will travel throughout the city, ending in a first-ever celebration of the city on the Presidio Main Lawn from 6-8 p.m.

Details available at sfgate.com/lovelocalmap.

FRED WICKHAM, 1941-2014

We add our voices to the several hundred people who attended the September 21 memorial at Fort Mason for Fred Wickham. A longtime resident of North Beach, Fred was a painter, musician, writer, and actor who left an out-sized imprint on city life.

To give you just a sense of the man, a few

months before his death, Wickham tweeted "If Jesus were alive today, he'd be arrested for texting while walking across Lake Erie."

You can read his son's memories of his father at Wickham's website bullseyerooster.com.

EDWARD II DEBUTS

After years of negotiations and delays, the Edward II opened its doors this fall, providing transitional housing to young adults in danger of homelessness. Watch for a full report in an upcoming issue of the *Marina Times*.

FREE WIFI BEGINS

San Francisco Mayor Edwin Lee and District 2 Supervisor Mark Farrell kicked off the city's program of free wireless internet access in 32 parks, plazas and other open spaces on October 1.

"San Francisco is the center of innovation and technology, and providing free Internet access in our parks, plazas and open spaces is the first step in a broader vision to deliver free Wi-Fi to every resident in our city," said Farrell.

Google provided a grant of \$608,000 to fund the WiFi initiative. "Now when Karl the Fog rolls into Marina Green, San Franciscans can check the sun's status in Alamo Square without using their data plans," said Google's public policy and government affairs manager, Rebecca Prozan.

News tips? E-mail: john@marinatimes.com

Department of Corrections

Last month's Fitness First column (Oct. 2014) misstated SoulCycle pricing. A single class after the first ride is \$30, and a 30-class pass is \$780.

State of the Union Street (Sept. 2014) incorrectly reported that Terzo is closed on Sundays; it in fact is open for dinner. The column also incorrectly identified The Bud Stop as The Bud Store.

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The city has been aggressively pursuing its mandate to repair and change San Francisco's roadways and related pedestrian amenities. PHOTOS: JOHN ZIPPERER

STREETS

CONTINUED from page 1

William Hudnut retired from the Indianapolis mayor's office in 1992, he recalled his typical morning commute during his 16 years leading the city. If he noticed a pothole or other road problem, he would stop and call his staff and tell them to fix it ASAP — and they'd better have gotten started by the time he arrived at the office. It wasn't just because he liked a smooth ride; he had made attracting new business to the city one of the centerpieces of his adminis-

Our transportation system is simply worn out.

tration, and the businesses that came to Indianapolis needed good infrastructure.

In 2013, the national transportation research group TRIP rated America's worst urban roads. Of the 20 worst urban regions with "the greatest share of major roads and highways with pavements that are in poor condition and provide a rough ride," the San Francisco-Oakland area ranked as second-worst, with 60 percent of its roads meeting that lowly standard. (The Los Angeles area took top dishonors, with a 64 percent rating.)

Those bad roads translate into some stories that locals and visitors are definitely likely to remember, because it costs them to travel our bad roads.

On TRIP's rankings of major regions by how much additional vehicle maintenance is attributable to the poor road conditions, San Francisco-Oakland ranks third, costing drivers an additional \$782. Only L.A. and Tulsa, Oklahoma, are worse.

Are things improving? Not if you check TRIP's 2014 report, which gives pretty poor reviews for roads and bridges throughout California, but once again includes San Francisco-Oakland among its bad-boys list. "California's roads and highways are among the most heavily traveled in the nation, and this report reflects the fact that our transportation system is simply worn out," said Will Kempton, executive director

of Transportation California. "Unfortunately, local and state agencies don't have adequate resources to keep these facilities in good condition. However, it would be cheaper to pay to fix our aging system than paying the extra costs of driving on rough roads, and the longer we delay, the more expensive the cost of repair will be."

That is the problem that San Francisco city leaders tried to address this year when they placed Proposition A on this month's ballot. With a title of "City of San Francisco Transportation and Road Improvement Bond," Prop A seeks to raise the funds to get started.

After a San Francisco Transportation Task Force

identified and put a price tag on a number of "crucial infrastructure projects," Prop A was devised to help fund some of them. "Some" is the operative word, because the \$500 million that Prop A authorizes is only a down payment on the whopping \$10 billion in needed projects identified by the task force. If the city is serious about addressing its "crucial infrastructure" needs, there will certainly be a lot more such propositions on the ballots in future years.

The uses for Prop A's money are as follows: constructing transit-only lanes and separated bike-ways; installing new boarding islands, accessible platforms, and escalators at Muni/BART stops; installing new traffic signals, pedestrian countdown signals, and audible pedestrian signals; installing sidewalk curb bulb-outs, raised crosswalks, median

islands, and bicycle parking; and upgrading Muni maintenance facilities. The mayor and the Board of Supervisors would have to approve the use of the funds for any project.

It would not be the first time that local voters have gone all-in for a roads bill. In 2011, San Francisco voters gave the necessary two-thirds approval to Proposition B: Road Repaving and Street Safety Bonds, which provided for the issuance of nearly a quarter billion dollars in general obligation bonds for road repairs. The list of projects supported by Prop B range from pavement renovation, sewer replacement, and water main installation at Chestnut and Gough Streets to the extensive changes to traffic flow, biking lanes, and pedestrian safety on Polk Street that have been a source

of heated debate for years. (Readers can learn the status of projects funded by the bonds at streetsbonds.org.)

Whether it's the extended barricades and construction machinery along Market Street or the massive work of the Doyle Drive Replacement Project or a lumpy pothole fix in front of your home, San Francisco streets have been undergoing large-scale and small-scale fixes and changes.

If you drive around the city, you might see the name of Annuzzi or other contractors that are working on the projects, but it is the city's Department

of Public Works that runs the projects that are improving or at least changing streets and, in some cases, making commutes slower. (DPW lists neighborhood construction projects and their status at sfdpw.org/index.aspx?page=35.) DPW's fiscal year 2014-15 budget is \$222.8 million, up from \$214.1 million the year before and \$194.3 million two years earlier. In 2014-15, DPW will spend the biggest portion of its budget — \$46.4 million — on infrastructure design and construction projects; another \$27.4 million will go to building design and construction, and \$37.4 million to street environmental services.

DPW's budget is growing again after years of neglect,

DPW is growing again after years of neglect.

but it — like the city's streets themselves — is the focus of never-ending hopes and fears of city residents, businesses, visitors, and politicians. If the city streets are great, all smooth and well-planned and executed, then people don't notice them and they slide downward on people's lists of priorities.

But the streets matter again, whether it's changes to Polk, attention to biker and pedestrian safety, public transportation, auto safety, or just providing a nice ride to visitors so they don't go home with rotten memories.

E-mail: john@marinatimes.com



GUARDIAN

CONTINUED from page 1

ism. While people often joked about the number of covers featuring the evils of Pacific Gas and Electric (PG&E) or illustrations of Mayor Gavin Newsom in a chicken suit, the fact is Brugmann was one hell of a journalist who spoke for those who otherwise wouldn't be heard. He was way ahead of his time in his fight against corruption at PG&E and its cozy relationships with politicians, the social elite, and its regulator, the California Public Utilities Commission (PUC) — all of which recently came to light in the wake of the 2010 San Bruno pipeline explosion, which killed eight people and destroyed a neighborhood. There are also calls for PUC President Michael Peevey to step down after a series of e-mails revealed improper off-the-record contact between his staff and PG&E executives where deals were cut, from a \$1 million contribution

from PG&E to defeat a ballot initiative, to PG&E providing \$100,000 toward a dinner honoring the PUC's 100th anniversary in exchange for favorable consideration in a rate-setting case.

Brugmann also frequently blasted the mainstream media for their corporate ties. In 2008, he took on the *San Francisco Chronicle* over its support of PG&E's energy monopoly and its breach of key provisions in the Raker Act, a 1913 federal law that provides the City and County of San Francisco with the only public power mandate in the United States. Brugmann said that publisher William Randolph Hearst was a champion of public power until PG&E gave him money to save his struggling newspaper empire in the 1920s. The Hearst Corporation, which added the *Chronicle* to its portfolio in 2000, is known for opposing public power initiatives until this day, which Brugmann called "one of the great censored stories in American journalism."

After my 2009 exposé "How the San Francisco SPCA let us down," I received an e-mail from Brugmann. He had picked up *Northside San Francisco* and the *Marina Times* at the City Tavern on Fillmore Street and said he wanted to compliment me on two excellent publications. He pointed out that, while we often came down on different sides of the political fence, our passion for keeping independent journalism alive made us kindred spirits. He asked if I could bring some copies of the papers to the *Guardian's* office so he could put them in the lobby. The following week I brought the papers as promised and met with Brugmann in his office. "The *Chronicle*, *Examiner*, and *Weekly* are not independent; they're corporations with corporate agendas — it's all about profits, and that's bad for journalism," Brugmann said. "You have to stay indepen-

dent to give a voice to the voiceless and keep politicians and corporations on their toes. You're doing that, and we've been doing that at the *Guardian* for over 40 years. I'm damn proud of what we've done, and you should be proud of what you're doing, too. San Francisco needs journalists who raise hell and bring change..."

As I left Brugmann's office that day, I recalled that when he founded the *Guardian* in 1966, he vowed to "print the news and raise hell." He certainly did that, and it must be crushing for him now to see the most iconic progressive newspaper in the Bay Area succumb to the very corporate agendas and profit mongering that he loathed, and another independent voice in San Francisco journalism silenced.

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POLICE BLOTTER : The life and crimes of the Northside

Avoid victimization during online shopping mayhem

IN MID-OCTOBER, THE U.S. GOVERNMENT warned American businesses that cyber criminals apparently backed by the Chinese government were launching attacks against them. That's the latest in a series of high-profile attacks on U.S. businesses and U.S. consumer data by well-organized Chinese and Russian cyberwarriors.

Considering the billions of dollars at stake and the hundreds of millions of dollars that businesses spend trying to protect their data and systems, you might be tempted to not even bother worrying about your own cyber security. If the banks that run our economic system can't prevent being violated by foreign cyber thieves, what can you do?

You should and can do something. This month, many people will begin their Christmas shopping in earnest, both in-store and online. Dec. 1 is Cyber Monday, supposedly the biggest online shopping day.

The Department of Homeland Security's Acting Assistant Secretary for Cybersecurity Roberta Stempfley has produced a list of guidelines that can help decrease your vulnerability to being ripped off while you shop online:

Connect with care. Avoid doing any online shopping on unsecure wireless networks, such as places with public and free Wi-Fi. Do your online shopping at home using a password protected network.

Be cautious online. Don't click on suspicious links or download items from unknown sources.

Pay attention to website URLs. Malicious websites may look identical to a legitimate site, but the URL may use a variation in spelling or a different domain (for example, the malicious site may use .net instead of .com). Also, look in the

address box for https:// before entering any personal or credit card information.

Set strong passwords. Make sure your passwords are complex and unique to each account. Change passwords often, and don't set passwords that will be easy for cyber-criminals to guess, such as "password." A good rule is to create passwords with eight characters or more that use a combination of numbers, letters, and symbols.

Don't believe everything you see. Before you buy that new tablet for only \$50, be sure to shop only on the websites of trusted retailers, and avoid shopping through pop-up ads or unfamiliar websites.

Use a credit card. Laws limit your liability for fraudulent credit card charges. Debit cards might not have the same protection.

Keep a record of your order. Retain all documentation from the order in case your purchase doesn't ship or you come across unauthorized charges on your bill.

Check your statements. Check your purchase records against your credit card and bank statements. If there are differences, report them immediately.

The crimes below are a small snapshot of what the officers of Northern Station are doing. For a more comprehensive list, visit sf-police.org; under Compstat, select the link to CrimeMAPS.

SPARE THE ROD

Aug. 3, 7 p.m.

Unit Block of Marina Boulevard

When a male left his smartphone on the table during a bathroom break at a restaur-

ant, it was snatched by a thief. The victim called the phone and was told by the male who answered it that he'll get the phone back — for \$100. The victim agreed, and used the phone tracking service to locate the phone. The victim and a friend then arrived to attempt to recover the phone. The subject had a metal rod and told the victim "Give me the \$100 or I'll crack your skull and take [the phone] anyways." The money was handed over and the the phone returned. But the subject followed the victim and tried to stop him from calling 911. The victim got into his car and the subject started swinging the rod at him, then walked away.

Police arrived and detained the subject, who was booked at Northern Station, where he was found to be in possession of numerous apparently stolen credit cards and identifications.

NAPTME

Aug. 8, 1:42 a.m.

2200 Block of Bush Street

Officers were sent to investigate a person breaking into a vehicle. They saw a male subject in the vehicle's back seat; he was removed and handcuffed. He told the officers that he had just been taking a nap, but he also said he was on probation. A search found a large screwdriver in his front pocket, and there were pry marks on the car's rear window consistent with a screwdriver. The rear of the vehicle looked in disarray, with items strewn all around.

Officers learned there were several out-

standing warrants for the subject's arrest. He was duly booked at Northern Station.

FIREMAN

Aug. 9, 11:48 p.m.

Geary at Gough Streets

Another arson arrest occurred when officers were called to a location where someone was reportedly lighting a fire underneath a staircase. The fire department extinguished the flames, and the police officers drove the witness around looking for the perpetrator. They were in luck, and the subject was detained. The subject was appearing somewhat disoriented, pacing around and staring back toward where the fire was. The subject was booked at Northern Station.

KNIFE WIELDING CRACKMAN

Aug. 10, 5:55 p.m.

Geary at Franklin Streets

A disturbed man was reported to be brandishing knives on a Muni bus. A caller told police a man sitting three seats away from her pulled out the knives and began "playing with them," all while talking to himself unintelligibly, and she was afraid he would hurt someone. Officers saw him with two fixed-blade, four-inch knives in his hands. When he saw the officers, he tried to conceal the knives in his coat. He was ordered off the bus and complied, dropping the knives. A search revealed suspected crack cocaine and methamphetamine. He was transported to Northern Station and booked.

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Striking a balance between fostering innovation and government regulation

by mark e. farrell

IN THE PAST FEW YEARS, WE have seen the onset of the “sharing economy,” which has sprouted companies such as Uber, Airbnb and countless others that are revolutionizing our existing economy with their new peer-to-peer business models. These innovative new companies are helping individuals make greater use of their existing assets and become more entrepreneurial. Whether people are using their cars on the weekends with Lyft to make extra income, or offering their time and a service on TaskRabbit, there is one thing for certain: The sharing economy and the companies produced as a result are here to stay.

The rise of these companies has been accompanied by some controversy, which is to be expected as existing economic models are challenged and broken. The rise of these companies brings interesting questions and challenges,

and as a government it is crucial that we respond appropriately to the questions and impacts now brought to the forefront. How do Airbnb and VRBO affect our city’s housing market and stock? How do Uber, Lyft, and Sidecar affect our transportation system and public safety?

These companies are creating jobs.

As a legislator, I worry about advancing reactionary policies that have the potential to over-regulate emerging businesses and industries like the ones we’re seeing today and in turn stifle innovation where demand was obviously not being met.

These companies, some of them homegrown and based in San Francisco, are creating jobs and added benefits to our city. But, as these companies continue to grow and have an impact on the public sphere and our local infrastructure, I feel responsible as a legislator to help in creating regulatory frameworks when necessary that allow these companies to operate while

addressing public concerns and impacts appropriately.

Here at the Board of Supervisors, we just passed a regulatory structure to better regulate short-term rentals, which allow tenants and property owners to rent their units or spare bedrooms on a short-term basis, under certain conditions. With more than 5,000 listings nightly for short-term rentals in our city, the short-term rental industry had reached a tipping point where I believe it needed to be addressed. For years, the city has operated in a gray area, allowing the companies that list these units to exist with little to no regulation or enforcement. I felt it was important for the city to put a regulatory structure in place rather than continue with the status quo.

The short-term rentals regulatory structure that passed at the Board of Supervisors 7-4 sought to strike a balance between preserving our housing stock in this tight housing market, and allowing city residents to earn extra income under certain conditions while also ensuring that neighborhood concerns and impacts

were addressed. Over the course of the many months that this ordinance was being discussed, I heard directly from and met with both supporters and opponents of short-term rentals and the proposed ordinance.

As the legislation progressed through the legislative process, I wanted to ensure that our regulatory structure met the concerns of my constituents and our residents. Previously, the legislation did not include a form of property owner notification when a tenant wanted to do a short-term rental, or any insurance liability threshold. I worked with my colleagues to insert

amendments that required property owner notification anytime tenants want to use their units as short-term rentals, and made sure that every host of a short-term rental had at least a minimum of \$500,000 in liability insurance. Both of these amendments were made to address neighborhood quality of life issues, as well as

concerns regarding public and personal safety.

Though not everyone may have been completely satisfied with the final regulatory structure put in place, I feel that the ultimate package was a reasonable compromise that brought the short-term rental industry out of operating in the shadows and into the light, and also protected most neighborhood residential concerns. As the short-term rental industry continues to operate and grow, I pledge to keep an active eye on the situation and propose and advance necessary updates to the law as needed to continue to protect the quality of life that we value across our neighborhoods.

If you have any specific questions about this legislation, including the amendments put in place at the end, please do not hesitate to reach out to my office. You can reach me directly at mark.farrell@sfgov.org, or in the office at 415-554-7752.

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NORTHSIDER :: Black Friday

More cupcakes, fewer donuts

It's nearly holiday shopping season on the Northside

by john zipperer

YEAR OF THE CUPCAKE

Pottery and bronze are the traditional gifts for eighth anniversaries, but this year, people might consider substituting cupcakes. For the eighth anniversary of Marina-born Kara's Cupcakes at 3249 Scott Street, the company's founder, president, and executive pastry chef Kara Haspel Lind planned a three-hour birthday party at the bakery, beginning at 1 p.m. on Nov. 1. She has lots to celebrate; not only is it difficult enough to keep a new company going for one year, let alone eight,

but she has operated the business in a green-friendly manner and has even donated more than \$4.5 million in cash and cupcakes to various Bay Area causes. So you can feel extra good about popping into Kara's Cupcakes to congratulate them on their birthday this month (karascupcakes.com).

LEFT COAST TREATS

West Coast Wine-Cheese is now open at 2165 Union Street in the former La Belle Crêpe space (westcoastsf.com). Husband-and-wife team and Marina residents Chris Wanner and Lindsey Repose are offering wine sourced exclusively from California, Oregon, and Washington, along with a rotating selection of regionally sourced artisanal cheese and charcuterie, plus salads, small plates, snacks, and sweets from the Chestnut Bakery.

CAN UNION STREET ASSOCIATION GRAB THE PRIZE AGAIN?

Last year, San Francisco Travel said the **Union Street Association** "blew us away with their festive twinkles and tinsel," which earned them the top prize in the annual Illuminate SF campaign showcasing holiday lights and decor. We're sure that will inspire Union Street's merchants to try extra hard this year to out-do themselves.

Union Street always becomes an enchanting place during the holidays, and thousands of you will be heading there this holiday season. Send a photo of your favorite holiday lighting and decorations this season to john@marinatimes.com, and it may appear in an upcoming issue.

ALL STAR DONUTS EXITS

The *Marina Times* has heard from numerous folks sad to see **All Star Donuts** close the doors of its 2095 Chestnut Street store. Twenty-eight years after it opened in 1986, All Star posted a sign saying "Lost our lease. Closed Monday 9/22/14. Thank you for your support."

The owners are reportedly searching for a new location for their 24-hour-a-day shop; we hope they are successful in this tight retail rental market so people will once again be able to enjoy their classic donut holes, apple fritters, and more.

In the meantime, we hear that All Stars' old location will be filled with a teriyaki spot.

HEART OF THE MATTER

Athletic Heart of San Francisco has opened its doors at 2000 Van Ness Avenue (athleticheartsf.com). It bills itself as "the first dedicated sports cardiology clinic in the Bay Area," and it addresses the concern many sports participants and

their parents have been raising about heart conditions in sports.

"Sports cardiology is a new discipline developed to promote sports-specific knowledge," said Dr. Michel Accad, Athletic Heart's founder and a fellow of The American College of Cardiology. He is also a member of ACC's new subsection focused on sports cardiology. "Athletes have unique circumstances related to the demands of their exercise activity, and sports cardiology fosters a highly personalized approach. We strive to get to know our patients well and to understand their individual needs."

THE ART OF ART

The Dryansky Gallery, a fine art gallery featuring painting, photography, sculpture, and works on paper debuted last month at 2120 Union Street and plans to feature both emerging and established international and Bay Area artists (thedryansky.com). It celebrated its Cow Hollow home with a grand opening reception Oct. 23, featuring an exhibit by co-owner Geoffrey Dryan. Check their schedule for upcoming exhibits and events.

THE FOOD TRUCK OF FITNESS

That's what Nathan Amy calls his new fitness company in San Francisco, **Kokoda** (kokodafit.com). Amy, a native of Australia, offers a mobile fitness truck that provides on-site group fitness classes with a range of equipment. Its first San Francisco location is at beautiful Crissy Field on Jauss Street; it plans to add a second location soon at Baker Beach in the West Presidio.

OVERHEARD ON DOWNTOWN MUNI/BART STATION ESCALATOR

Man to friend: Ugh. Smells like urine. If they made this smell like bacon, this would be the best station in the world.

E-mail: john@marinatimes.com



Locals will be getting used to the teriyaki smell replacing the smell of fresh donuts, now that All Star Donuts has completed its 28 years of existence on Chestnut Street.

PHOTO: EARL ADKINS

SKETCHES FROM A NORTH BEACH JOURNAL

Pasta and Puccini, Angela's street party, Marcia's neighborhood summertime

by Ernest Beyl

THERE'S A SIGN OVER the bar at Original Joe's in North Beach: "It's better to live rich than to die rich." I concur with that sentiment, and here are a few examples of living rich in the old neighborhood.

PASTA IN NORTH BEACH

When I was a kid, canned Franco-American spaghetti was pasta. There were times when I downed

Vallejo between Grant and Columbus Avenues turned into an Italian piazza, a place of rest and recreation — and no cars.

One might make the valid point that everything takes a long time in San Francisco. But just about everyone with any smarts at all is for Lawrence's visionary project. City officials have given their blessing and are coming through with about \$600,000 in underground infrastructure. And now

this North Beach pedestrian oasis needs about \$1.8 million. Not a huge amount when we are in the

habit of salivating over tech-raised gazillions.

ANGELA'S PARTY

In a flurry of exuberance Angela, founder of the unofficial Catholic order of the Knights of St. Francis of Assisi and the power behind the creation of the Porziuncola chapel that honors the saint, has become an acolyte for Lawrence's vision. She has promised to raise the necessary \$1.8 million. So she held a street party recently and invited a bunch of her deep-pocket friends, charged them real money to attend, where they chowed down and listened to a *Phantom of the Opera* concert. They came to the party with approximately \$500,000 — about \$50,000 went for expenses. Angela plans other fundraising efforts and says she is on a roll. Keep on rolling, Angela.

ST. FRANCIS FELS A TREE

A week before Angela's party, a huge ficus tree in front of the Shrine of St. Francis on Vallejo between Grant and Columbus — of course — cracked, toppled and demolished a car and a few motorcycles and generally raised hell. I surmised that even St. Francis approves of Lawrence's Poets Plaza. Why else would he topple that tree?

MARCIA'S SUMMERTIME

My longtime friend Marcia Clay — I've known her since she was a 9-year-old blonde brat — has an exhibition of her recent work at the Telegraph Hill Gallery, 491 Greenwich Street. It's well worth a hike up the

hill to see her provocative paintings and etchings. I recently wrote a chapter on Marcia for a book I'm working on, so I'm quoting myself here. "Marcia's work is not photographic. It reveals a distorted realism skewed by her highly selective imagination. Her black-and-white etchings sizzle with what legendary photographer Henri Cartier-Bresson described as his seemingly random but exacting approach to photographic art — the Decisive Moment."

Marcia draws themes largely from North Beach — street scenes with Chinese and Italian children, their mothers and their grandparents. They interact in Washington Square, at outdoor markets, flower shops, and playgrounds. Many of these have sly humorous and frequently poignant aspects.

Her new work derives inspiration from the pleasures of North Beach street life in the summer. Languid, lightly clad women with cell phones clamped to their ears, strolling families, sightseers, pet owners, old Chinese women populating park benches, and a wine-sipping cafe clientele form the narrative.

The exhibition runs through the middle of this month, so the time is short to check it out. You'll be richer for it.

IF YOU HAVE A LEMON MAKE LEMONADE

The late Howard Gossage was known as the Socrates of North Beach. He was an ad man in the era of 'Mad Men' and operated out of a converted firehouse on Pacific Avenue. Gossage was a quotable guy: "If you have a lemon, make lemonade." That's what I try to do

Alioto says she's on a roll. Keep on rolling, Angela.

with this column. Here's your chance to bone up on Howard Gossage. On Thursday, Nov. 13, 7 p.m. at the Beat Museum on Broadway, author and filmmaker Steve Harrison will show his Gossage video clips and sign his book, *Changing the World Is the Only Fit Work for a Grown Man*. No charge.

E-mail: ernest@marinatimes.com

If you can't get good pasta here, you're not trying.

it cold, right out of the can. Later as an adult, I moved into the big time. And living in North Beach has put a high polish on my pasta education.

I love pasta, and I'm betting that you do, too. And as you may surmise, I hang around North Beach a lot, and if you can't get good pasta in North Beach, you're not trying.

When I'm really in the mood for a pasta fix you can find me at Caffe Puccini. That's because it has the best pasta in North Beach. This isn't to say that pasta — very fine pasta dishes of all kinds — cannot be found elsewhere in this red-and-white sauced, olive-oil-and-garlic-scented enclave. Good pasta abounds in North Beach.

But let me tell you about Caffe Puccini: My pasta master is Graziano Lucchesi. He's the proprietor and chef de cuisine at this exemplary, little hole-in-the-wall at 411 Columbus Avenue, where other pasta-centric devotees and I gather. I usually go to Caffe Puccini for the pasta al cinghiale (spaghetti with wild boar sauce, \$11.95).

When I'm not in the mood for pasta — which is seldom — I go to Caffe Puccini for the mortadella sandwich on homemade focaccia bread (\$6.50). But now when you feel pasta-deprived you'll know where to go.

POETS PLAZA UPDATE

I have at times held Angela Alioto's feet to the fire in my Sketches column over her involvement with fundraising efforts for Lawrence Ferlinghetti's Poets Plaza on Vallejo Street. It has taken an ungodly amount of time to get that short stretch of

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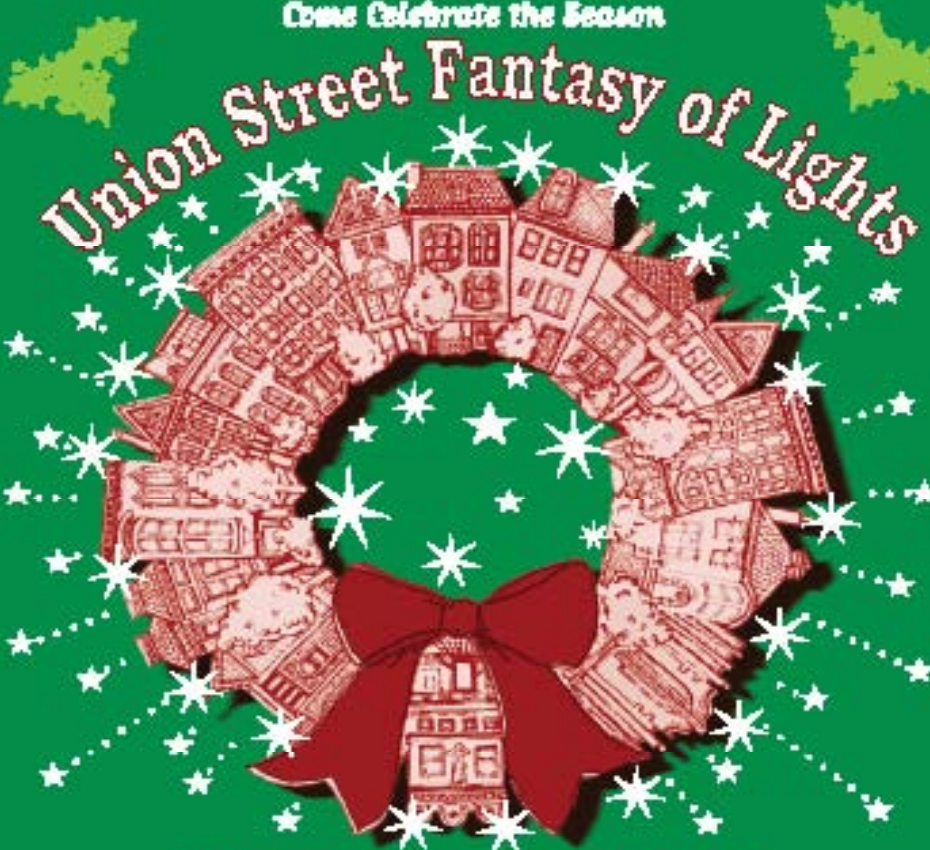
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SPORTS CORNER ∴ Poetry of the Fall Classic

Giants highs

by steve hermanos

WITH SAN FRANCISCANS RELISHING our third Giants World Series championship in five years, I wanted to share the following baseball poem that reminds us of the personal heroics, unlikely standouts, and poetic moves that got us to this historic moment.

ODYSSEUS WINS

Mid baseball season,
I drove south,
Little L. in the back seat
Playing Minecraft on the phone;

The temperature jumping every ten miles,
We hooked a left at San Jose,
Heading to minor league ball;

First stop: the Giants AAA team,
highest in their minor leagues,
The Fresno Grizzlies;

No need for windbreakers,
Ski hats, sweatshirts—
Just shorts and a t-shirt:
Baseball weather!

Chuckchansi Park,
Part of Fresno's revitalization plan,
Easy to stroll into,
\$20 for a third-row seat,
The Grizzlies are warming up,

"Oh my gosh," I tell Little L.,
As I spot,
"You see the guy on first?";
—"Yes"

"That's Travis Ishikawa.
He was with the Giants in 2010,
When they won the World Series,
I thought he retired";

A few innings later,
While Little L. romped
On the inflatable slide,
And jumpies,
Beyond right field,
I typed the name Travis Ishikawa,
And the world's ether,
Informed me:
Giants, Milwaukee,
the Yankees for one single game,
Fifteen games at Pittsburgh in April,
But also:
Fresno, Nashville, Norfolk, Charlotte,
And back to Fresno;
Making Odysseus nod in sympathy;

When do you give up the dream?
When does a baseball organization
Move you away,
For a younger jock coming up?

I stared out
Beyond the left field wall,
Across the street
At the inelegant hand-painted signage
On the bridal shop,
At the circa 1920's office building
Looming in foul territory
like a monument
From a lost time;

Roger Krieschnick pitched a three-hitter,
Perennial minor leaguer Gary Brown
Got some knocks,
I don't remember what Travis Ishikawa did;

And now,
Ripe October,
National League Championship Series,
Giants manager Bruce Bochy,

The result of injured outfielders,
Installs Ishikawa in left;

What does Bochy see in Ishikawa
Other than desperation?

Game 5
Bottom of the 9th,
Score tied,
Arias on 3rd, Belt on 1st,
1 out;
Michael Wacha
Zips a 2-0 fastball,
Travis Ishikawa
Turns on it,
Crushing,
Bat following through,
The ball rising;

You could say,
Travis Ishikawa won
the 2014 pennant for the San Francisco
Giants,
And you would not be wrong.

—II—

Still...
I can't believe
I won the lottery
That such an amazing woman consented to
marry me,
That Travis Ishikawa smashed a Michael
Wacha fastball
Onto the Arcade,
In the bottom of the 9th,
To win the pennant;

TRAVIS ISHIKAWA!

What did the manager with the huge head,
And Brian Sabean,
And assistant General Manager Bobby Evans,
And the rest of the brains and assayers
SEE
That I definitely did not;
They've known the guy so many seasons,
Performing sort-of, not-so good?

Why N O W,
Why October 2014?
Why why why why why why why why?

I think, partly,
It's F A I T H,
That a guy can send a 100-mph cowhide ball
In the opposite direction,
Elevated,
Three hundred and eighty feet
Onto the Arcade;

I guess I shouldn't expect
Every Giant
To be Buster Posey,
Lightning-fast-handed Pablo Sandoval,
Polished baseball star Hunter Pence,
Or gifted Angel Pagan;

In our lives,
We eagerly welcome—
The deli guy who makes a decent sandwich,
The Muni bus driver,
The substitute teacher,
The trash men,
The sportwriters translating a game into
800 words day after day after day after
day after day after day,
Truck drivers,
Travis Ishikawa—
They're the people,
Who turn our world.

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

THE WILD WILD WEB : Tech roundup



Uber's aggressive anti-Lyft campaign.

High-tech perks and quirks

IRS says 'no such thing as a free meal'; Uber lifts Lyft drivers; court says it's OK for Yelp to manipulate reviews

by susan dyer reynolds

GOOGLE EMPLOYEES can choose from more than 30 cafes serving mouthwatering cuisine (they see it as a perk; Google execs see it as a way to keep them from leaving the Googleplex), and it's all free. Nate Keller, Google's former head chef, said that at one point Google was serving more than 40,000 gourmet meals per day and spending \$80 million a year on food. The bill for chicken alone was \$1 million per month. That was 2008, so costs are likely much higher now.

It's probably safe to say that Google spends nearly \$100 million a year feeding wealthy techies, which seems absurd to me — and I'm not alone. Routine audits show that the Internal Revenue Service has begun classifying gratis meals as taxable fringe benefits. While employees could be liable for back taxes on food they've eaten, the IRS is more likely to go after the companies, which may have to pay 30-percent of the meals' fair market value in tax.

While taxing the perks makes sense businesswise, what makes more sense to me is turning the experience into a humanitarian effort by charging the employees a donation for their meals, and then donating the money to food banks. The meals become charitable write-offs, which solves the tech companies' tax woes; the workers — who can easily afford to pay — know they're doing a good thing; and best of all, Bay Area food bank shelves won't be empty as they have been throughout this latest tech boom.

Another perk for tech company workers, shuttle buses (or, as I like to call them, "rolling cubicles"), may make their lives easier, but life for the drivers is anything but. In a series of articles in *USA Today*, Facebook drivers told of working marathon days

for low pay and having to do split shifts — one in the morning and one in the evening — while not being paid for the hours in between. Drivers are not permitted to take another job during their down time, so they sleep sitting up in break room chairs or in the front seats of their cars.

Teamsters official Rome Aloise wrote to Facebook CEO Mark Zuckerberg to encourage his shuttle contractor to allow drivers to bargain for a fair contract. "It is reminiscent of a time when noblemen were driven around in their coaches by their servants," Aloise told Zuckerberg. "Frankly, little has changed; except the noblemen are your employees, and the servants are the bus drivers who carry them back and forth each day." According to *USA Today*, studies show that the nationwide trend of outsourcing these positions has led to "declining wages, eroding health and safety conditions and a lower standard of living for workers, most of whom are black and Hispanic."

According to *The Verge*, ride-sharing start-up Uber is "arming teams of independent contractors with burner phones and credit cards as part of its sophisticated effort to undermine Lyft and other competitors." In an analysis by Lyft in which they cross-referenced the phone numbers of users who tried to recruit drivers to Uber with users who had previously canceled rides, Uber (well known for its ruthless tactics) ordered and then canceled 5,560 Lyft rides. In New York, the contractors (called "brand ambassadors") use Uber-provided iPhones and credit cards to hail rides with Lyft and attempt to sign the drivers with Uber. As the ride-sharing landscape becomes more competitive, it's inevitable that some won't survive, and Uber wants to make sure they're the last one driving, no matter how nasty and devious they have to be.

Online review site Yelp must possess naked photos of a lot of judges because, despite ample evidence of review manipulation and extortion-like tactics for advertising sales, the courts keep siding with them. In September, the Ninth U.S. Circuit Court of Appeals ruled that even if Yelp did manipulate reviews to penalize businesses, the practice doesn't constitute extortion. Businesses do not have a right to positive reviews on Yelp, the court said, and Yelp can seek payments for advertising — even if their tactics are perceived as bullying.

"The business owners may deem the posting or order of user reviews as a threat of economic harm, but it is not unlawful for Yelp to post and sequence the reviews," Judge Marsha Berzon wrote for the three-judge panel. "As Yelp has the right to charge for legitimate advertising services, the threat of economic harm that Yelp leveraged is, at most, hard bargaining."

Hard bargaining? It's a lot more than that, according to many small business owners I've spoken to, and it's just too coincidental that all of the stories are identical: a Yelp ad rep calls and pushes them to advertise; they decline; suddenly good reviews disappear and bad reviews float to the top. In 2013, a small-claims judge in San Diego likened Yelp to "a modern-day version of the Mafia going to stores and saying, 'You want to not be bothered? You want to not have incidents in your store? Pay us protection money.'"

And Yelp's legal troubles are far from over: They're currently battling two lawsuits filed by investors who allege the company's stock traded at artificially inflated prices because they "tried to sell services designed to suppress negative reviews or make them go away" and then lied about it.

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STINSON BEACH



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John Zipperer: *What about Miami and Propositions A and B?*
C.W. Norhus: *We could have an election on this in every election. Very often the Miami funds are a piggy bank for other programs. What happens is the buses start to have problems, and the on-time rate [declines].*
Joe Garofoli: *Some Parker, the tech guy, has put a couple hundred thousand dollars behind one of these measures. What's the connection between tech entrepreneurs and this? He owns a business in the city; he's a resident of the city, and like a lot of the technocrats that are moving to the city, he's like "What the hell's wrong with Miami? How come it doesn't work? I come from New York, or D.C., and the subway works."*

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THE TABLEHOPPER :: New neighborhood places

Traci Des Jardins opens Arguello; Melissa Perello potentially opening new Pacific Heights project

by marcia gagliardi

PRESIDIO/MARINA

Local talent Traci Des Jardins has been busy with the opening of her new restaurant — with the Presidio Trust and with support from Bon Appétit Management Company — in the Presidio, The Commissary, and now there's her second project, **Arguello** (50 Moraga Avenue, 415-561-3650). While The Commissary is more Cal-Spanish, Arguello is all about home-style and authentic Mexican cooking, featuring many recipes from Des Jardins's grandmother (it is different than Mijita's menu). They even make tortillas on an outdoor comal.

Robbie Lewis, The Commissary's culinary director, joins her at Arguello. There's also a full bar with craft cocktails from Enrique Sanchez (La Mar, Tres Agaves) and 50 tequilas. It's in the landmark Presidio Officers' Club, with 118 seats, plus a heated patio with a fire pit and sheltering wall, so don't let a windy day intimidate you. You can stop by for a sunny lunch (the menu is casual and easy) and things ramp up a bit more for dinner.

Interior designer Laura Cook designed a space that feels modern, but still has many original fixtures, and Studio Terpeluk milled the 125-year-old Douglas fir used for the bar that was salvaged from a historic Presidio building. And in case you want to brush up on your San Francisco history, the restaurant is named after Luis Antonio Arguello, who served as commander in the Presidio from 1806 until 1822, when he became the first Mexican governor of Alta California.

We were very sad to learn that 24-hour mainstay **All Star Donuts** (2095 Chestnut Street) in the Marina closed on Sept. 22 after 28 years of business. A note in the window states that they've lost their lease, though reportedly they may reopen in a new location. As for what will be moving into the corner space, **Glaze Teriyaki** will be opening their second San Francisco location there in 2015. From glazed doughnuts to Glaze.

PACIFIC HEIGHTS

Exciting (potential) news here: if the ABC license transfer and escrow gods cooperate, it looks like **Melissa Perello** of Frances will take over the recently closed **Baker & Banker** (1701 Octavia Street) space. Perello was not able to confirm or deny that she is in contract to purchase the space, but based on what I was able to dig up online, it looks like that's the plan. Perello has been looking for a second space for some time. In an interview with Haighteration more than a year ago, she said, "I'm thinking about starting to think about Frances number two" and "I'm looking to replicate [Frances] on a larger scale. I'm just contemplating it." Once Perello can talk about the location, we'll have to see what her plans entail for her second project. And all of San Francisco (and beyond) will be eagerly listening.

Some news about the upcoming **The Progress** (1525 Fillmore Street), the second project from State Bird Provisions' Stuart Brioza and Nicole Krasinsky, which is opening next door: They have hired **Jason Alexander** as the general manager and wine director. He was most recently the general manager for Meteor Vineyard and was the wine director for both Gary Danko and Cyrus (yeah, he's no slouch in the wine department). In a conversation with Brioza, he says they have known each other for a long time, working on events together, and they were happy to herald Alexander's return to the restaurant world.

The Progress will open this year, and while details aren't ready, it will live up to its name.

One more tidbit: The Progress will open this year. While details aren't ready for release, The Progress will live up to its name (it's in homage to The Progress Theatre that was on the site from 1911–25). Brioza says the name stands for a firm foundation and can be used in reference to what they will be doing: progressing their dining style (without being pretentious). He says they aren't reinventing the wheel, they already did that with State Bird — this will be a tribute to the past as they pave their way and look to the future. The food, wine and service style will reflect progress; Brioza added that they are very excited about their kitchen and front-of-house team. One big motif is the artisan role in what they do and create, so look for a continuation of many handmade elements in this next space. I'll keep you posted!

RUSSIAN HILL

East Bay gelato company **Lush Gelato** (1817 Polk Street, 415-444-9750) has opened a location on Polk. Owner Federico Murtagh makes his gelato completely from scratch, in house (meaning he doesn't use a Straus base, like many other producers). This gives him more flexibility in creating his flavors and gives customers a chance to watch the process from start to finish. The spot is now open, so you can go scope some of the possible flavor choices.

The stylish **Union Larder** (1945 Hyde Street, 415-272-7567) is now open in Russian Hill from the team behind Little Vine in North Beach, and it is busy and popular. You can enjoy their house charcuterie, oysters, glasses of wine, sandwiches, and many cheeses (and fondue!). The retail side is also open, offering pantry items, Straus dairy products, and Marin Sun Farms meat.

FINANCIAL DISTRICT

Quince (470 Pacific Avenue, 415-775-8500) reopened after closing for renovations for a few months, and here are some updates on its looks (yes, it's swanky!). Local designer Douglas Durkin designed the new space, which includes a private entryway, a new bar and lounge area, two new private dining rooms, a refreshed kitchen with a chef's counter, and some new art and furniture. The focus of the renovation was on making the dining room feel more comfortable and inviting, with an eye toward both the restaurant's former

TABLEHOPPER continued on 13



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NEW AND NOTABLE :: Sit-down Le Marais



Clockwise: Desserts, rillettes, the dining room at La Marais Bistro. PHOTOS: COURTESY LA MARAIS BISTRO

Le Marais expands from bakery to full-fledged French bistro

by julie mitchell

FRENCH EX-PAT PATRICK Ascaso fulfilled his dream of opening a truly Parisian-style bakery in the Marina with the launching of Le Marais Bakery on Chestnut Street in July 2013. In September this year, he carried his dream further by opening Le Marais Bistro, expanding the space adjacent to the bakery to accommodate tables, both indoor and out, to seat 60.

Le Marais is named after the Paris district known for its outstanding Mediterranean food, so to create a menu blending classic Mediterranean dishes with artisanal traditions, especially spices and locally grown and sourced ingredients, Ascaso enlisted executive chef and A16 veteran Nicolette Manescalchi and a "power team" of other accomplished sous chefs and pastry chefs.

The bistro, which is separate from the bakery, has a light, open feel, accented by reclaimed California redwood and Bundt pan light fixtures. While the bakery and cafe bustle with customers lining up for Stumptown coffee, house-made pastries

and sandwiches during the day, Le Marais Bistro is much quieter at night. The seasonally changing menu offers an ample selection of dishes with European and California influences. Starters include beef carpaccio with fried mustard seed, mizuna (Japanese greens), and turmeric aioli (\$14) and Alma paprika peppers stuffed with hazelnuts, anchovy, breadcrumbs, and agrumato (olive oil pressed with lemons) (\$9). Salads range from a tomato levain panzanella with chicories, tomatoes, a soft-cooked egg, and bacon vinaigrette, (\$13) to farm lettuces with radish, herbs and lemon (\$9). A late-summer soup was chilled beet and red pepper with seeded levain, sheep-milk cheese, and pimenton paprika (\$10).

Le Marais features three pasta dishes, including saffron scialatielli, or fat spaghetti, with two kinds of clams, mussels, white wine, and tomatoes (\$18) and trenne pasta, much like rigatoni, with eggplant, olives, crispy lamb sausage, and smoked caciocavallo cheese (\$17). There are also three mains: When I visited in October, they included a crusted

albacore tuna with charred corn, shelling beans, and anise (\$28); and a rose-hip-and-cumin-spiced half chicken with mint-almond chutney, pickled grapes, and olive levain crouton (\$25).

Desserts are both classically French and modern, including a vanilla panna cotta with plum cardamom sorbet and marcona almond streusel (\$8), and a sumptuous milk chocolate hazelnut bar with Stumptown coffee ice cream and hazelnut praline (\$9). The wine and beer list is comprised of selections from mostly family-owned and smaller-production wineries from California and Europe and both local and European beers.

This little cafe is still settling in, but for a pre- or post-movie date in the Marina, its simple yet authentically French fare and homey atmosphere hit the mark.

Le Marais Bistro: 2066 Chestnut Street, 415-359-9801, lemaraisbistro.com; Sunday–Thursday, 5:30–10 p.m., Friday–Saturday, 5:30–11 p.m. (The cafe and bakery are open daily 7:30 a.m.–4:30 p.m.)

E-mail: julie@marinatimes.com

TABLEHOPPER

CONTINUED from page 12

home on Octavia and the current space's architectural past (it was built in 1907). Metalworker Michael Bondi created the new entrance, a glass and metal structure that carries guests from the street to the dining area.

One of the most exciting additions, if you are a lover of bubbles, is the Champagne bar and lounge at the entrance. Wine director Jai Wilson is offering a selection of wines from small producers in Champagne, including many farmer-owner wineries and others that are being imported to the United States for the first time. In addition to the bottles, you can also order à la carte from the tasting menu

while seated in the lounge, and an hors d'oeuvres menu will be available, along with caviar service.

They've added two more private dining rooms, each with seating for as many as 12. There are also two seats at a chef's counter, for those looking to experience the kitchen firsthand. The renovation has allowed for a private dining room at next-door's Cotogna, called the Octavia Room. It is situated in the kitchen, if you're really into seeing the action up close. Quince and the new lounge are open Monday–Saturday 5:30–10 p.m.

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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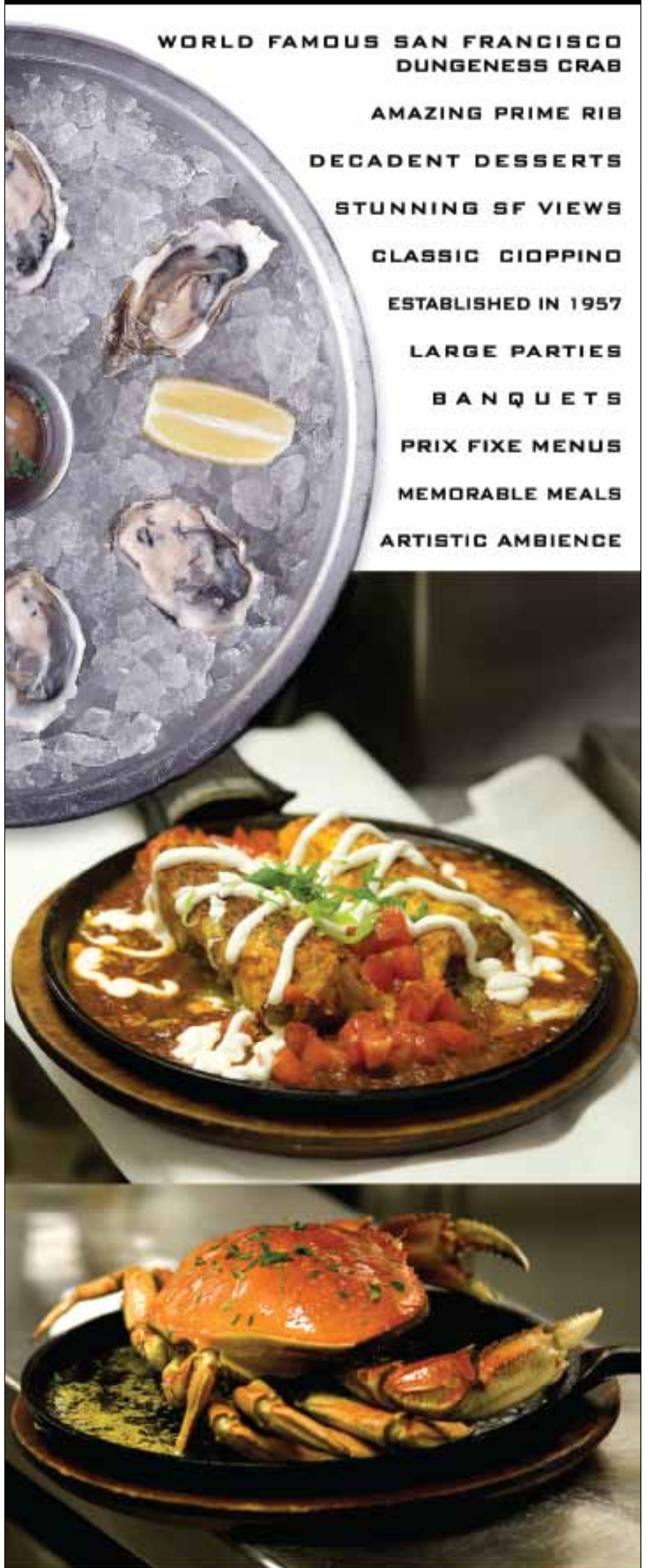
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LA VIDA DELIZIOSO :: Seasonal bounty

Winter squash: Perfect for the holidays and beyond

by susan dyer reynolds

I SAY THIS EVERY YEAR BUT I'LL SAY IT AGAIN: Fall is my favorite time of year, and one of my favorite fall ingredients is the glorious bounty of winter squash. These recipes will work as holiday side dishes or as main courses any night of the week. Each can be made vegan, vegetarian or dairy free by simply removing a few ingredients. I've used three of my favorites — butternut, acorn and delicata — but any smooth-fleshed winter squash will work, such as kabocha or even pumpkin.



Roasted delicata squash stuffed with quinoa, dried cranberries and walnuts is a festive dish for the holidays.

SPICE-ROASTED WINTER SQUASH SOUP

Serves 4-6

- 1 butternut squash
- 1 acorn squash
- 1 delicata squash
- 1 tablespoon good quality extra virgin olive oil
- 1 tablespoon ground cinnamon
- 1 tablespoon ground ginger
- 1/8 teaspoon nutmeg
- 1 1/2 teaspoons light brown sugar
- 1/2 teaspoon ground sage
- 1 teaspoon coarse sea salt (I prefer Maldon sea salt flakes)
- 2 tablespoons unsalted butter
- 1 medium yellow onion, chopped
- 6 cups low sodium chicken or vegetable broth
- 1 large or 2 small bay leaves
- 3- to 4-inch Parmesan rind (if available)
- 1/8 teaspoon pure maple syrup
- 3 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 cups milk (for richer soup, use 1 cup half-and-half or 1/2 cup heavy cream)
- 1 cup freshly grated Parmesan cheese
- Handful of fresh flat leaf (Italian) parsley, roughly chopped

Preheat the oven to 350 degrees. Using a large, sharp knife, slice off the tops and bottoms of each squash. Cut the butternut squash crosswise, then cut each half lengthwise. Cut the solid pieces (without seeds) into quarters (otherwise they take too long to cook). Scoop out the seeds from the seeded pieces and discard or compost.

Place the acorn squash on its flat bottom and carefully slice in half. Scoop out the seeds and discard or compost. Cut and seed the delicata squash.

Arrange squash pieces flesh side up on a large baking sheet and drizzle with olive oil. In a small bowl, add the cinnamon, ginger, nutmeg, brown sugar, sage, and sea salt, and mix until well combined. Sprinkle the mixture liberally over the squash, and massage it into the olive oil-coated pieces. Bake for 45 minutes to an hour or until tender. Remove from oven and set aside to cool.

Heat the butter and oil in a large cast-iron enameled Dutch oven (or heavy stock pot) over medium heat. Add the onion and cook until soft and translucent, about 10 minutes. Scoop the flesh from the squash into the pot. Add stock, bay leaf, Parmesan rind, maple syrup, salt, and pepper. Cover and simmer over medium-low heat for 30 minutes.

Remove bay leaf and Parmesan rind. For creamy soup, turn heat to low, and use a stick blender to purée the mixture. If desired, add milk, half-and-half or cream, and freshly grated Parmesan cheese; stir until incorporated. Stir continuously until warmed through (about 45 seconds).

Ladle into soup bowls and (if desired) top with more Parmesan cheese, freshly chopped parsley, and a drizzle of maple syrup.

These recipes work as holiday side dishes or main courses any time.

ROASTED DELICATA SQUASH STUFFED WITH QUINOA, DRIED CRANBERRIES AND WALNUTS

Serves 6

- 2 delicata squash
- 3 tablespoons extra virgin olive oil (divided)
- 1 teaspoon ground sage
- 1 teaspoon ground rosemary
- 1 teaspoon ground thyme
- Kosher salt and freshly cracked black pepper
- 1 cup uncooked quinoa, rinsed
- 1 3/4 cups low-sodium vegetable or chicken stock
- 1 cup toasted walnuts, chopped
- 1 cup dried cranberries
- 1/4 cup fresh flat leaf (Italian) parsley, chopped
- 1/2 cup freshly grated Parmesan cheese (optional)
- 4 fresh sage leaves (optional)

Preheat oven to 400 degrees. Using a large, sharp knife, cut the squash in half lengthwise and again crosswise; scoop out the seeds and discard or compost.

Arrange squash pieces flesh side up on a large baking sheet and rub with 2 tablespoons of olive oil. In a small bowl, combine sage, rosemary, and thyme with kosher salt and pepper. Sprinkle the mixture liberally over the squash and massage it into the olive oil-coated pieces. Bake for 45 minutes or until tender. Remove from oven and set aside to cool (leave the oven on).

Meanwhile, heat 1 tablespoon of olive oil in a medium saucepan over medium heat. Add quinoa and stir for 3 to 4 minutes until lightly toasted. Add vegetable stock and bring to a boil over medium-high heat, stirring occasionally, then cover pan, and reduce heat. Simmer for 15 to 20 minutes, until liquid is absorbed. Remove from heat and let sit, covered, for 10 to 12 minutes.

SQUASH, continued on 15



Thanksgiving Wines

To make the turkey dinner perfect, find the right complementary wine

by lynette majer

THE TRADITIONAL Thanksgiving meal of turkey and all its accompaniments makes for interesting, if not challenging, wine pairings. The lean turkey breast meat suggests something white, while the richer dark

this wine, I wanted to grab the bottle and run — it was that good.

Fess Parker Santa Barbara County Riesling 2012 (\$15). Before you go all “eww, way too sweet,” this Riesling is not only slightly off-dry, it’s a great sipping wine and a nice white wine alterna-

Laetitia Vineyard & Winery Brut Rose 2011 (\$30). Champagne is always a great choice because it goes with everything, and you can’t get more festive than Champagne or that popping cork. This Central Coast Arroyo Grande Valley appellation bubbly is made from Pinot Noir and Chardonnay grapes and is aged in mature French barrels. Its beautiful coppery blush color is sure to

make it the prettiest

pour at the table, and the “notes of freshly baked brioche” from full malolactic fermentation will ensure the bottle won’t last long.

Sonoma-Loeb Sonoma County Sauvignon Blanc 2013 (\$18). This “wild white” wine is crisp and clean, with aromas and flavors of citrus, apples and other fruit. The majority of the wine is fermented in neutral French oak barrels, which makes it a little more interesting and complex than all-stainless Sauv Blancs, but there’s still enough acidity

tive, with enough crisp acidity to cut all that cream, butter, and fat at your Thanksgiving table. Fess also makes a 2012 Rodney’s Vineyard Dry Riesling (\$24) that’s even more off-dry, which the *Wine Enthusiast* calls “a beautiful Riesling.”

Hartford Family Winery Highwire Vineyard Zinfandel 2011 (\$55). If you’re one of those who consider Zin to be the Thanksgiving wine, this is for you. Wines from this vineyard have consistently yielded “outstanding” vin-

meat can handle something red. Then add side dishes including the myriad possibilities of stuffing from oysters to sausage to apples, creamy mashed potatoes, sweet potatoes in all their incarnations, and tart cranberry sauce and, well, it’s a bit of a toss up wine wise, unless you want to do a course-by-course pairing, which is not really in the spirit of Thanksgiving. So I suggest having a variety of wines available to pour, because Thanksgiving is more about the food, isn’t it? Wine is more like a side dish for this meal, so enjoy whatever you like. Here are some you may want to consider at your table:

Belle Glos “Meiomì” Pinot Noir 2012 (\$22). No Thanksgiving meal would be complete without a reliable Pinot. This crowd pleaser, made from Sonoma, Monterey, and Santa Barbara grapes is rich and full of berry and vanilla notes. It not only pairs well with food, it’s also a great sipping wine. The first time I tasted

If you consider Zin to be the Thanksgiving wine, Highwire Vineyard Zinfandel is for you.

tages rated 90-plus points from industry reviewers. Its concentrated berry aromas and allspice flavors will not only get you in a fall mood, but also will complement those fall-spiced dishes and that rich dark-meat turkey.

to complement a variety of foods.

And don’t forget the Chardonnay, the Merlot or the Malbec, or whatever else you like!

E-mail: lynette@marinatimes.com

SQUASH

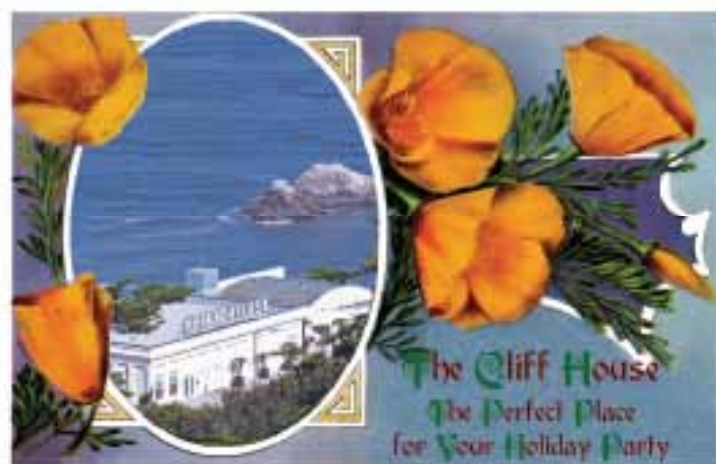
CONTINUED from page 14

Add walnuts, cranberries, and parsley, and fluff with a fork.

Stuff each squash quarter with quinoa mixture and drizzle with olive oil; top with

Parmesan cheese and fresh sage leaves if desired. Return to oven and bake for 5 to 10 minutes. If you want a browner, crunchier topping, broil for 1 to 2 minutes (watch carefully so the stuffing doesn’t burn).

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Not every Thanksgiving is storybook-perfect.

PHOTO: LAWRENCE OP / FLICKR

THANKSGIVING

CONTINUED from page 1

plates into the trash. Later he explained to me that the effects of the acid caused the food on the top of the trash to appear beautiful, glistening, moist, and inviting. I walked in just as he was asking my aunt if he could eat it. "That's garbage!" she shouted. "Are you crazy?"

We can laugh about it now. The best part of being a member of a large extended family full of eccentric characters is that I never know what to expect. There's never a dull moment. For that, I'm thankful. And everything's OK.

— S. Anderson

A TURKEY DAY AND BEYOND

I've always been one for Thanksgiving table decor, complete with foil-wrapped chocolate turkeys at each place, colorful centerpieces, and matching candles. And I wanted this particular Thanksgiving to be especially festive because it was a gathering of 12 people who barely knew each other, but all of whom would figure in each others' future lives:

Peter (the man, many years my junior, I'd eventually marry); his mother, Pat (a new and genuine friend, one year my junior); Phillip, my ex-husband (our host); Sheldon (the man I'd fixed Phillip up with weeks before); Sheldon's mother and father; cousin Nancy; Ben and Alex (Nancy's teenagers); and Christina and Katy (Sheldon's teenagers).

There were also three dogs.

The gay men and Sheldon's mother ran the kitchen, cooking fabulous food. Sheldon's father watched football (someone had to ... it was Thanksgiving). Peter, Ben and Alex tossed a ball outside

star biographies, and cookbooks. I lived on Telegraph Hill. Richard lived in New York. But we saw each other a lot here or there, in search of fun and frolic. I called Richard the haphazard gourmet because he had once written a book with that title. He was a fine, but limited, cook — and he was indeed haphazard.

Richard had a turkey recipe given to him by a New York sportswriter. We planned to try it out for a couple of young neighborhood ladies.

Richard's recipe called for a 16-pound turkey to be stuffed with, among other things, crushed pineapple, apples, bamboo shoots, preserved ginger, garlic, chopped green pepper, breadcrumbs, some ground veal and pork, about a pound of butter, some cooking sherry, and about a dozen other unlikely ingredients. Our bird was dutifully stuffed and then came the eyebrow-lifting step — coating it with a stiff paste of flour, hot dry mustard, egg yolk, onion juice, garlic powder, and a lot of cayenne pepper. It was then roasted in a hot oven for five and a half hours while Richard and I and our brave neighborhood friends dipped into that cooking sherry.

When we took the bird out of the oven it looked like a 16-pound dead raccoon. Richard and I lost our credibility with the neighbors.

— E. Beyl

FULL BELLY, FULL HEART

My job as a restaurant columnist is on many levels a dream job, but when things like whole pies show up at my front door, it makes me cringe a bit inside. It can be too much.

I try to balance the over-abundance by doing what I can to support the CHEFS program (Conquering Homelessness through Employment in Food Service), an incredible organization. They do so much to help people get back on their feet after being on the street.

One of the most poignant experiences I've had was a few years ago. My dear sister, a nurse, had to work. So instead of not having her at the Thanksgiving table (unthinkable!), we postponed our gathering. There was a shift open to serve Thanksgiving dinner at one of the Episcopal Community Services shelters, and I took it.

I'm sure it was hard for some of those shelter residents to be in that dining room under the harsh fluorescent lights, eating off a tray, surrounded by strangers. My throat felt tight, knowing the table I would be dining at with my sweet family. I asked each shelter resident what they liked most, and made sure to put as much of whatever they wanted on each tray. I wanted to serve each resident with love.

THANKSGIVING continued on 17

Sheldon's father watched football (someone had to, it was Thanksgiving).

as the girls watched, and I discussed life with Peter's mom as the house filled with the delectable aromas of cinnamon sweet potatoes and roasting turkey.

Gradually we all became more comfortable with each other, and by the time we sat down, common interests were coalescing, love was happening, and a family was forming.

Sixteen years later, much of the same family is gathering again, and I know we'll laugh about that first time we carved turkey together.

— E. Baron

THE HAPHAZARD GOURMET

When I was a randy bachelor, my friend Richard Gehman came to visit at Thanksgiving. Richard, also a randy bachelor, was a writer of novels, movie

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THANKSGIVING

CONTINUED from page 16

The next evening, as I sat with my family around our candlelit table, I really, truly, gave thanks, for everything. The bounty that was on the table was the least of it.

— M. Gagliardi

THE FLOORED TURKEY

I'm a turkey baby. Yep, born on the very day, yet some years I am spared having to share my day with a stuffed turkey and candied yams.

In my early 20s, I drove to my parents' house, a hour or so north of where I was living, eager to visit not just them, but my absolutely favorite aunt and uncle, both of whom I positively adored. Every occasion was always better when they were there. Plus, this year included a cousin and his wife.

Things portended well when I arrived, and my mom had pasted on the garage door, "Happy Birthday, Lynette," in large letters cut from the newspaper. I was warmed at the effort, not recalling any such display in all my years growing up.

The afternoon proceeded quite well, with much conversation and conviviality, until my dad apparently thought my mom should be proceeding more with dinner instead of convivial-ing. Next thing I knew there was sufficient and prolonged shouting from the kitchen, which resulted in, oops — the turkey on the floor.

Even Uncle Howard and Aunt Laura couldn't save that dinner, with their usual easygoing, joking manner. No one knew what to think or do or say. We all ate in stiff silence, and I cried the entire way home.

— L. Majer

THE POP-UP THERMOMETER

After my mother died, my father rather quickly married a beautiful, accomplished and much younger former colleague, Jill. My sister Elizabeth and I couldn't help but resent this woman who had taken our mother's place in Dad's heart.

When Jill extended a Thanksgiving invitation, we were skeptical. From what we'd seen, she wasn't much of a cook. Mom had been a foodie whose Thanksgiving feasts had been nothing less than fabulous. Still, my then husband and I packed up our two kids and flew to D.C., and my sister and her family drove down from New Jersey.

On Thanksgiving Day, we arrived at Dad and Jill's lovely home at the appointed time. My sister brought a pie and a pan of our mother's special stuffing.

As the guys sipped wine, and the cousins became reacquainted, Elizabeth and I headed to the kitchen to see if we could be of help. Jill, exquisitely dressed, was flushed and flustered. "I thought the turkey would be done by now, but the button hasn't popped up yet."

My sister and I exchanged a glance. We hadn't seen a turkey with a pop-up thermometer since we were little. We peeked inside the oven. The turkey sat in an aluminum pan, deeply submerged in its own juices and far from brown.

Thankfully, we'd learned something from our mother. Jill's oven had a convection function she'd never used; we took the turkey out and siphoned off most of the liquid and then returned it to a hotter oven. Jill was clearly relieved and turned over the rest of the meal to us.

About two hours later than planned, we all sat down to one of the best Thanksgiving dinners ever. It turns out a turkey that's been prebasted is pretty darned moist and tasty. And we all began to love Jill that day.

— J. Mitchell

AN AFFAIR TO REMEMBER

One Thanksgiving, we invited a family of relatives to stay with us, a husband and wife, and their grown kids. We knew this couple was in the midst of some marital discord, so we were surprised when they accepted our invitation.

They all came — for the entire week! They brought a \$5 hostess gift and made no offer to pay for any meals or expenses, although I served the whole bunch of them three meals a day, and we took them out on several excursions, driving them around town wherever they wanted to go.

One of the kids brought his new girlfriend. She uttered less than 10 words the entire week and then came down with a horrible case of the flu, turning my daughter's room into an infirmary. The husband and wife bickered and squabbled almost constantly.

The wife told me about her husband's affairs, evidence of which she had just found.

On Thanksgiving morning, the men and kids went on an outing and the wife stayed behind. While I chopped and diced and sliced and baked, she sat and watched while drinking an entire bottle of wine ... then proceeded to tell me about her husband's several affairs, the evidence of which (love letters and journals) she had recently found.

For the next several hours, I cooked and she cried in the stuffing. That night, when a couple of my close friends joined us for dinner, she told each of them the whole story again. Meanwhile, her husband got drunk and hit on two of my friends, while the sick girlfriend wandered down in her pajamas to grab some turkey in between naps.

— W. Smith

THE GOOD BROTHER

It's painful to recall the wretched, near hopeless feeling that overwhelmed me in mid-November 2008, as I wrestled with the crippling aftermath of a motorbike accident from a week and a half before. Facing the possibility of losing my left leg, dealing with an apartment that was nowhere near handicap accessible, but determined to do whatever it took to walk again, I was fortunate that my brother and his family were living reasonably close in Monterey. He never hesitated to offer me shelter and assistance, picking me up at the hospital, taking me to his house, fixing up a corner of the place to accommodate me, and driving me back and forth to the necessary doctor appointments.

Thanksgiving rolled around, and though I was hardly rolling with my shattered tibia and my walker, I looked forward to the comfort of food and family. My brother, sister-in-law, and some neighbors laid out a massive holiday spread. As I savored every bite of dinner, I looked around at the smiling faces, marveled at the generosity and patience of my family, and felt waves of gratitude that chased away my fear and trepidation — the first step on what would be a year-plus journey to recovery.

— M. Snyder

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THE BACK STORY ∴ Living the thirties in San Francisco

Hard times but good times: S.F. in the Great Depression

by ernest beyl

BOOM AND BUST IS NOT unknown to San Franciscans. The bursting of the dot-com bubble in 2000 was a shock to me. I suppose it shouldn't have been. Remember those Super Bowl ads that featured upstart companies with funny names, seemingly without products? And, of course, there are those who are predicting the present tech bubble to burst. But my job with these Back Story columns is not to predict but to recall. This month, I'd like to recall hard times, but good times here in San Francisco during the Great Depression of the 1930s. This is what I remember or was told by family members.

BLACK TUESDAY 1929

Later the same year I was born in Fresno, my mother, father and I moved to San Francisco — with me in a basket. We made the trip in my father's 1922 Willys Knight Country Club Phaeton, a very fancy car. My father bought it used, but he never admitted how much he paid for it. He had a good job in the kitchen of a Fresno hotel. Later, through a chef named Victor Hirtzler from my father's hometown, Strasbourg in Alsace, he got a job as a cook in San Francisco's Hotel St. Francis.

A year later, with my father firmly ensconced as a cook at the St. Francis, my family was already starting to think about the year-end holidays — Thanksgiving turkey with all the trimmings, food to serve friends, gifts to give, a Christmas tree. Optimism abounded. It was a time of easy credit and installment buying. Then on Black Tuesday, Oct. 29, 1929, the stock market crashed and sent

everything spinning downward. Banks closed, credit dried up. (In 1931, a scholarly book came out with the title: *Can Governments Cure Unemployment?* We are still asking that question, aren't we?)

The exuberant hurly burly that was San Francisco stuttered to a crawl. It seemed everyone was out of work. My father, however, retained his job. He sold the

I sold donuts door-to-door. That was tough. We ate a lot of donuts.

fancy Phaeton — “for peanuts” he told me many years later.

LIFE ON THE CHEAP

We lived in a rented flat out on Turk Street, almost to the Pacific. Across the street were sand dunes. In a few years, I had a paper route. I delivered the old *San Francisco Examiner*. Then a bit later I also sold donuts door-to-door. That was tough. We ate a lot of donuts.

Actually, we ate quite well in those days. There was not much meat. Fish was cheap. We ate a lot of soup — split pea, lentil, vegetable soup. Occasionally we went out to dinner, usually at Original Joe's that opened in the Tenderloin in 1937. You could get what we then called “a good square meal” for a buck or two. Sometimes we ate at Lucca's, the Italian, family-style place at Powell and Francisco in North Beach. It had a sign: “All you can eat for 50 cents.”

MANY OUT OF WORK

Yes, there were periods when my dad was out of work. But the family hung together and looked forward to better times. There was work to be had if you didn't mind heights.

Construction began on the San Francisco-Oakland Bay Bridge in 1933. That bridge was completed in 1936. The Golden Gate Bridge was begun in 1933 and completed in 1937.

Some artists got jobs through the Public Works of Art Project, a federal government New Deal program. They painted frescoed murals on the interior of Coit Tower, which was completed in 1933. Another federal program putting people back to work was called the WPA (Works Projects Administration).

As a kid, I didn't really know we were in hard times. I wasn't necessarily depressed by the Depression. But I could always tell when my father had lost his job even though it wasn't discussed with me. He loved to swim and if, during weekdays, he took me by streetcar out to Land's End at Point Lobos to swim at nearby Sutro Baths, the massive, glass-enclosed Victorian amusement center that featured several heated saltwater tanks — my father was out of work.

THE ALL-AMERICAN BOY

Although prohibition ended in 1933, my mother and father — not big drinkers — didn't take advantage of it. Hanging out in bars wasn't their thing. But there was other entertainment. We played Monopoly and got a jolt from dealing with the play money.

And we listened to our radio, a large wooden tabletop model that ran on vacuum tubes and resembled the doorway of a medieval cathedral. We gathered around it and listened to serials: *The Romance of Helen Trent* (“... the real life drama of Helen Trent, who, when life mocks her, breaks her hopes, dashes her against the rocks of despair,



Original theatrical poster by Keye Luke.

PHOTO: WIKIMEDIA COMMONS

fight back bravely ...”), or *Jack Armstrong, the All-American Boy*. Other radio favorites in those lean days were Jack Benny, Fibber McGee and Molly, and *One Man's Family*, a story about a well-off family who lived in Seacliff overlooking the Golden Gate — a different world from my Turk Street world.

TIME ON MY HANDS

A popular Tin Pan Alley tune of the day was “Time On My Hands,” sung by Rudy Vallee. In 1936, Bing Crosby gave us “Pennies from Heaven.” Other optimistic songs were “Happy Days Are Here Again” and “We're in the Money.”

We also went to movies: adults a quarter, kids a dime. We saw screwball comedies, light romances, and Busby Berkeley dance movies with Fred Astaire and Ginger Rogers — classics I still enjoy. Others were *King Kong* about the giant ape that kidnapped actress Fay Wray to have his way with her and scaled the Empire State Building (construction had begun in 1930. It miraculously opened a little more than a year later). Feel-good films during the Great Depression were *You Can't Take It With You* (we didn't have it anyway) and later, in 1939, the *Wizard of Oz* with Judy Garland.

Baseball was great entertainment, cost little and banished worries for a while. We went to Pacific

Coast League baseball games. Bleacher seats at Seals Stadium, 16th and Bryant, were 50 cents for adults and 10 cents for kids.

I had two autographed baseballs — one with signatures of the Oakland Oaks, and one with the autographs of Seals manager “Lefty” O'Doul and Joe DiMaggio. Years later, I was relieved of the responsibility of owning these treasures, when a friend of a friend swiped them.

Lefty O'Doul, a San Francisco native born in Butchertown south of Market, had been a star for the Yankees and later for the Giants in the majors. He became manager of the Seals in 1937. Joe DiMaggio played for him. Occasionally my father and I took the ferry across the bay and a streetcar to Emeryville where the Oakland Oaks played. I had my favorites there, too — Dolph Camilli, first baseman; Smead Jolley, outfielder; and Ralph Buxton, pitcher. Then, as now, there was a fierce cross-bay rivalry.

The Great Depression lasted until 1939 when World War II started kicking everything into high gear again. But the WW II years in San Francisco is another Back Story for another time. As I said earlier in these memories of growing up in the years of the Great Depression — they were hard times but good times.

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A trip to Sutro Baths was one way Beyl knew his father was out of work.

PHOTO: CLIFFHOUSEPROJECT.COM

Foodie films on the menu

by michael snyder

CONTRARY TO WHAT A RABID FOOTBALL fan might tell you, the focal point of the Thanksgiving celebration is the big dinner when family and friends gather to share in the abundance on the table and to express their appreciation for that bounty, for the year's good fortune, and for the support and kindness of loved ones. Not that there's any escape from the annual Turkey Day gridiron battles that now encompass three NFL games during this hallowed Thursday holiday. As it happens, I'll do whatever it takes to watch the 49ers-Seahawks match on this Thanksgiving's TV schedule, but allow me to suggest a premeal alternative to televised sports.

How about gathering the clan around the giant HD screen to watch a food-centric movie? In addition to occupying guests while the grub is being prepared, a good feature film that homes in on creating and consuming culinary delights could serve as the best appetite stimulant ever!

The phrase "food porn" may evoke vignettes involving naked bodies and comestibles, like that scene in *9-1/2 Weeks* with Mickey Rourke, Kim Basinger, and whipped cream. But for me, it calls to mind movies that tantalize the palate through loving close-ups of kitchen craft and the resulting delectable courses. There's something viscerally arousing about watching people delight in eating, gourmet-style.

Here are a few new releases of that nature:

A good feature film can serve as the best appetite stimulant ever.

'THE TRIP TO ITALY'

My stomach couldn't stop growling as I watched the recent feature film edit of the humorous culinary travelogue/television series *The Trip to Italy*, featuring U.K. frenemies/comic actors Steve Coogan and Rob Brydon. The guys play slightly fictionalized versions of themselves, bickering and bantering while traveling throughout la bella Italia in search of fine dining. It's a sort of sequel to *The Trip*, which

was a six-episode-turned-movie romp through the cream of England's Lake Country restaurants.

Both projects make time for intimate depictions of food prep and presentation amid beautiful landscapes and vistas, not to forget character development, hilarious one-upmanship, and a spate of wildly funny dueling impressions from the co-stars. If there's any criticism to offer director Michael Winterbottom, he should have lingered longer on some individual courses to jack up the yum factor.

'CHEF'

A few months back, audiences were treated to Jon Favreau's mix of comedy, romance, and drama inspired at least in part by the food-truck triumphs of Roy Choi. Not only did Favreau study with super chef Wolfgang Puck to bring verity to the title role, but *Chef* also featured a seduction scene wherein the making of a simple pasta dish is almost as sexy as Favreau's co-star Scarlett Johansson. (*Chef* is not to be confused with the noodle-limp French comedy *Le Chef*, lacking much gastronomic detail and short on laughs even though top-lined by the usually reliable Jean Reno as its lead.)

'THE HUNDRED-FOOT JOURNEY' AND 'THE LUNCHBOX'

I can also recommend two other foodie films of recent vintage, both with a whiff of the exotic. *The Hundred-Foot Journey* stars Helen Mirren as the owner-operator of a renowned shrine to haute cuisine in the French countryside, which is suddenly in competition with an Indian restaurant and its whiz-kid chef across the road.

The Lunchbox, a poignant drama set in Mumbai wherein a wife attempts to reawaken her disaffected husband's ardor by sending him exquisite dishes (with sweet notes) via the town's lunchbox delivery system, only to have them end up at the desk of a melancholy man on the brink of retirement.



Steve Coogan and Robery Brydon in *The Trip to Italy*. PHOTO: COURTESY OF IFC FILMS

MORE CHOICES

What else to watch? These older options are guided by tone or type of cooking:

Hungry for ramen and Japanese culture? There's *Tampopo* (1985), all about the machinations and relationships at a small family-run noodle shop.

Chinese fare your preference? Director Ang Lee's Taiwanese offering *Eat Drink Man Woman* (1994) concerns a widower and master chef dedicated to cooking something special for his three unmarried daughters every Sunday.

Want to go Mexican-style? The warm, contemporary dramedy *Tortilla Soup* (2001) — an American remake of *Eat Drink Man Woman* — should fill the bill.

Or Italian? I always opt for *Big Night* (1996), the tale of two brothers (Stanley Tucci and Tony Shalhoub) who hope to save their failing restaurant on the New Jersey shore in the late 1950s through the patronage of a celebrity. They decide to welcome him at dinner with the most elaborate and sensational entrée imaginable.

Maybe a period piece with hearty fare more your speed? Try the idiosyncratic *Babette's Feast* (1987), set in a remote 19th-century Danish village where a refugee Frenchwoman decides to repay two sisters for their kindness with a resplendent banquet.

Dessert? Chocoholics can succumb to *Chocolat* (2000) — a Franco-American romance co-starring Johnny Depp and

Juliette Binoche and as comforting as one would expect when the cocoa bean is involved. Speaking of chocolate, the Mexican magical realism of *Like Water for Chocolate* (1992) revels in the frequent connection between culinary pursuits, eating, and love.

A RAT'S REPAST

For all-ages whimsy, visual splendor, and the sheer glory of a harmonious and exquisitely fashioned repast, you can't go wrong with Pixar's animated charmer *Ratatouille* (2007), the tale of a rat with impeccable taste buds who longs to be a gourmet chef.

So there you have it: an informal guide to various movies that are sure to increase one's craving for the whole roasted bird-stuffing-cranberry thing. Just make sure you don't inadvertently run Monty Python's *The Meaning of Life* before you get to the table. There's a scene in this otherwise comedy that depicts the excesses of a gluttonous fellow named Mr. Creosote, and it will put you off your feed for days. And don't forget the antacid.

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

THE BEST OF BOOKS

What you're reading

compiled by brian pettus

- The Innovators: How a Group of Hackers, Geniuses, and Geeks Created the Digital Revolution**, by Walter Isaacson (hardcover)
- Not That Kind of Girl: A Young Woman Tells You What She's "Learned,"** by Lena Dunham (hardcover)
- Gone Girl**, by Gillian Flynn (paperback)
- Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics**, by Daniel Brown (paperback)
- City of Thieves**, by David Benioff (paperback)
- Blood of Olympus (Heroes of Olympus Book 5)**, by Rick Riordan (hardcover)
- Minecraft Construction**

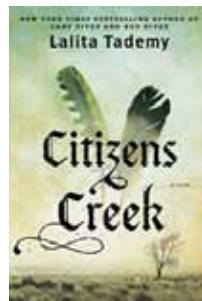
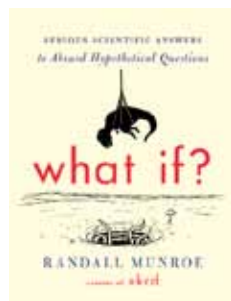
Handbook: An Official Mojang Book (hardcover)

- Zero to One: Notes on Startups, or How to Build the Future**, by Peter Thiel (hardcover)
- Tie: The Doubt Factory**, by Paolo Bacigalupi (hardcover); **Glory O'Brien's History of the Future**, by A.S. King (hardcover)
- The Tender Bar**, by J. R. Moehringer (paperback)

NEW RELEASES

What If: Serious Scientific Answers to Absurd Hypothetical Questions, by Randall Munroe

The creator of popular online comic xkcd has written a delightful book exploring the crazy answers to crazy science questions. For example, could the Little Prince have really lived on an asteroid? How long could a nuclear submarine stay in space?



What would happen if you tried to hit a baseball pitched at 90 percent of the speed of light? Funny, educational, and filled with Munroe's trademark stick figure drawings, this is a science book for fans of both science and humor.

Oliver and the Seawigs (Not-So-Impossible Tales), by Philip Reeve and Sarah McIntyre

This ingenious story for 6-8 year olds has something for everyone. Oliver's parents have gone missing at sea, and he sets out to find them. Along with his crew, they meet the denizens of the sea and have to save his parents from an evil captain and his crew of sea monkeys!

The Princess in Black, by Shannon and Dean Hale, illustrated by LeUyen Pham

Another wonder for 6-8 year olds, imagine if Bruce Wayne were a prince, and he still fought crime as Batman at night. Now imagine that he's a she, and you've got the gist of this funny and touching story of a princess for whom princess-ing is not enough.

Once Upon an Alphabet: Short Stories for All the Letters, by Oliver Jeffers

Perennial kid's favorite author Oliver Jeffers has done it again with this picture book illustrating a short story for every letter of

the alphabet. Funny, imaginative, and gorgeously illustrated, this is a great book for the young kids in your life for the holidays.

Citizens Creek: A Novel, by Lalita Tademy

The author of Oprah's book club selection in 2001 brings us this lushly gorgeous novel of the lives of the first black chief of the Creek Indian nation and his granddaughter Rose, living parallel lives in time but linked by their courage and love for their heritage.

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

NOVEMBER EVENTS

what not to miss this month

MAJOR EVENTS



Cirque du Soleil: Kurios — Cabinet of Curiosities

Tue–Sun, Nov 14–Jan 18
Grand Chapiteau, AT&T Park (74 Mission Rock St.)
 Step into the curio cabinet of an ambitious inventor who defies the laws of time, space and dimension to reinvent everything around him. Suddenly, the visible becomes invisible, perspectives are transformed, and the world is literally turned upside down in a place that's as beautiful as it is mysterious. \$65–\$180, cirquedusoleil.com

5th Annual Fall Luxury Chocolate Salon

Saturday, Nov 22, 10 a.m.–5 p.m.
Bldg A, Fort Mason Center

Discover, savor and taste the finest artisan, gourmet and premium chocolates and confections for the season and the holidays from over 30 chocolatiers. Highlights include chef and author talks, wine tasting and more. \$20–\$25, fallchocolatesalon.com

57th Annual International Auto Show

Sat–Sat, Nov 22–29, 10 a.m.
Moscone Center

On display are 2015 model cars, trucks and vans, including exotic sports cars and alternative-fuel and hybrid vehicles from the world's major manufacturers as well as hot rods and classic cars. Admission TBD, 415-331-4406, sfautoshow.com

LAST CHANGE

39th Annual S.F. Open Studios

Sat–Sun thru Nov 9, 11 a.m.–6 p.m.
Various S.F. venues

Visit artists in their studios during this citywide event, which is the oldest and largest open studios event in the country. Nov 8–9 features artists in the Northside, many of whom exhibit at Fort Mason. Free, 415-861-9838, artspan.org

S.F. Playhouse: Ideation

Tues–Sun thru Nov 8
Kensington Park Hotel (450 Post St.)

This dark comedy doubles as a psychological suspense thriller, with a group of corporate consultants working on a mysterious and ethically ambiguous project. \$20–\$60, 415-677-9596, sfplayhouse.org

42nd Street Moon: The Boyfriend

Wed–Sun thru Nov 16
Eureka Theatre (215 Jackson St.)

English “perfect young ladies” frolic on the French Riviera in this delectable spoof of 1920s musical comedies. \$21–\$75, 415-255-8207, 42ndstreetmoon.org



ACT: Testament

Tue–Sun thru Nov 23
405 Geary St.
 Called “beautiful and daring” by The New York Times, this play recounts in riveting detail a defiant mother's story of her son, who has been taken from her by men she regards as fanatics. \$20–\$115, 415-749-2228, act-sf.org

Natural Expressions

Tue–Sun thru Nov 23, noon–4 p.m.
Museo Italo Americano (Bldg. C, Fort Mason Center)
 View paintings and sculpture by Alberto Cristini, photography by Vincent Galassi, and stain paintings by John Malveto. Free, 415-673-2200, sfmuseo.org

HOLIDAY HAPPENINGS

Holiday Ice Rink at Embarcadero Center

Daily, Nov 5–Jan 4, 10 a.m.
Justin Herman Plaza
 Enjoy nine weeks of ice-skating fun during the holiday season at the largest outdoor rink in the city. Skate rental \$4, admission \$10, 415-837-1931, embarcaderocenter.com

Holiday Ice Rink in Union Square

Daily, Nov 6–Jan 20, 10 a.m.–11:30 p.m.
Union Square
 Ring in the holiday season at this outdoor rink with sessions starting every 90 minutes after 30-minute breaks. Skate rental \$6, admission \$11, 415-781-2688, unionsquareicerink.com

Veteran's Day Commemoration

Tuesday, Nov 11, 9:30 a.m.–5:15 p.m.
Palace of Legion of Honor
 The museum opened its doors on Armistice Day 1924, dedicated to the 3,600 Californians who lost their lives in World War I. The Book of Gold, which lists those Californians, will be on display throughout the month. Two episodes of Downton Abbey, which provides a glimpse into military history, will screen from 2–4 p.m. Free (veterans/active military)–\$10, 415-750-3600, famsf.org



95th Veteran's Day Parade

Tuesday, Nov 11, 11 a.m.
Market Street (Second to McAllister to City Hall)
 Show your support for all who have served our country in this salute to the veterans of the Vietnam War. Free, 415-861-4920, sfveteransdayparade@gmail.com

Veteran's Day Service

Tuesday, Nov 11, 11 a.m.–1 p.m.
Presidio Chapel (130 Fisher Loop)
 The Interfaith Center will host a Service of Peace and Unity inclusive of diverse religious traditions and based on the 1974 *Book of Worship for United States Forces*. Free, 415-561-5300, presidio.gov

28th Annual Embarcadero Center Lighting Ceremony & Carnival

Friday, Nov 21, 4–8 p.m.
Embarcadero Center
 Don't miss the annual dramatic illumination of Embarcadero Center and the S.F. skyline, featuring 17,000 lights throughout the holiday season, followed by a grand fireworks display. Free, 415-772-0700, www.embarcaderocenter.com

50th Annual Ghirardelli Square Tree Lighting Ceremony

Friday, Nov 28, time TBD
Ghirardelli Square
 Enjoy live music and family entertainment, culminating with the 55-foot tree lighting. Free, 415-775-5500, ghirardellisq.com

COMMUNITY CORNER

S.F. Village Community Meeting

Sunday, Nov 2, 2:30–4 p.m.
Moscone Recreation Center (1800 Chestnut St.)
 Attend this informational meeting to learn more about this membership organization dedicated to empowering older adults to continue to live active and full lives in their own homes and neighborhoods. Free, 415-387-1375, svillage.org

Marina Community Association Annual General Meeting

Wednesday, Nov 5, 6 p.m.
Golden Gate Yacht Club
 A great way to catch up with neighbors and meet the outgoing board of directors, the meeting includes the annual election for the new board of directors. sfmca.org

14th Annual S.F. Green Festival

Fri–Sun, Nov 14–16
Festival Pavilion, Fort Mason Center
 Find green enterprises, social and environmental groups, visionary thinkers, workshops, speakers, networking, plus organic food, Fair Trade products, music, yoga classes, a dedicated kid's area, and more. \$15–\$30, 828-236-0324, greenfestivals.org

GALAS & BENEFITS



Fur Ball 2014: The Great Catsby

S.F. Zoo (2945 Sloat Blvd.)
Friday, Nov 7, 6:30–11:30 p.m.
 Support the zoo's effort in expanding conservation awareness with cocktails, hors d'oeuvres, a silent auction, VIP reception, animal encounters, and dancing to famed 1980s-and-more band, Notorious. Cocktail attire required; festive “Gatsby-esque” flair recommended. \$95–\$145, 415-753-7080, sfzoo.org

36th Annual Celebration of Craftswomen

Fri–Sun, Nov 28–30, 10 a.m.–6 p.m.
Herbst Pavilion, Fort Mason Center
 This holiday crafts fair, with live music and gourmet food, is the largest event for women crafters in the nation and benefits The Women's Building, a community service center serving women and girls. \$7–\$9, 650-615-6858, celebrationofcraftswomen.org

Glide Annual Holiday Festival

Thursday, Dec 4, 6 p.m.
Warfield Theatre (982 Market St.)
 The festival includes live entertainment (including Joan Baez, Rita Moreno and Paul West), a reception with hors d'oeuvres and libations, and more, with proceeds benefiting Glide's programs. \$65–\$250, 888-929-7849, glide.org

MUSEUMS & GALLERIES



Geoffrey Dryan: American Dreams

Wed–Sun thru Nov 13, 11 a.m.–5 p.m.
The Dryansky Gallery (2120 Union St.)
 Featuring bold and colorful photographs of street portraits and classic cars in suburbia shot in San Francisco and the greater Bay Area as well as Santa Fe, this exhibition seeks to communicate the artist's search for home in both space and time. Free, 415-932-9302, thedryansky.com

Piero Spadaro & Katherine Young: Visible Horizon

Mon–Sat thru Nov 15
Hang Art (567 Sutter St.)
 View the paintings of these two Bay Area artists and their unique techniques in rendering landscapes. Free, 415-434-4264, hangart.com



Lace: Labor & Luxury

Tue–Sun thru Nov 30, 9:30 a.m.–5:15 p.m.
de Young Museum
 This exhibition highlights the artistry of lace and contextualizes this art form within centuries of fashion history and chronicles the rise and fall of lace in fashion from the 16th through the 19th century. \$10, 415-750-3600, famsf.org

27th Annual Stillwell Student Exhibition

Wed–Sat, Nov 12–Dec 4, 11 a.m.–4 p.m. (closed Nov 26–29)
Fine Arts Gallery, SFSU
 This peer-juried exhibition features students' latest work in video, photography, textiles, metal arts, ceramics, sculpture, printmaking, and more. Free, 415-338-6535, gallery.sfsu.edu

PERFORMANCES

Chicago: The Musical

Fri–Sun, Nov 7–9 & Tue–Sun, Nov 11–16
SHN Orpheum Theatre
 Don't miss your chance to see the winner of six Tony Awards and the longest-running American musical on Broadway in this universal tale of fame and fortune told through song, dance, and all ... that ... jazz. 888-746-1799, shnsf.com

S.F. Opera: Tosca

Nov 1, 4 & 8
War Memorial Opera House
 This sexually charged thriller portrays a deadly test of wills among a corrupt police chief, a rebellious painter, and a glamorous singer. \$28–\$380, 415-864-3330, sfopera.com



Seth Meyers

Friday, Nov 21, 8 p.m.
Palace of Fine Arts Theatre
 Don't miss an evening of laughs from this award-winning comedian and late-night talk-show host. \$35–\$50, 800-745-3000, ticketmaster.com

MUSIC

Presidio Concerts

Wed–Thu, Nov 5–6, 7:30–10 p.m.
Golden Gate Club (135 Fisher Loop, Presidio)
 Enjoy classical concerts highlighting young artists from the S.F. Conservatory of Music. Reservations recommended. \$15 suggested donation, 415-447-6274, presidio.gov

Marcus Shelby Quartet

Friday, Nov 7, 6–8 p.m.
Presidio Officers' Club (50 Moraga Ave.)
 One of the most influential musicians in the Bay Area, whose credits include original scoring for film, theater and dance, this jazz bassist rocks audiences while weaving meaningful stories of the African American experience into his compositions. Free, 415-561-4400, presidioofficersclub.com

S.F. Symphony Youth Orchestra

Sunday, Nov 23, 2 p.m.

Davies Symphony Hall

Don't miss this inspiring concert performed by more than 100 of the Bay Area's most talented young instrumentalists. \$15-\$52, sfsymphony.org, 415-864-6000

Béla Fleck & Abigail Washburn

Friday, Nov 28, 8 p.m.

Miner Auditorium, SFJazz Center

Grammy Award-winning banjo maestro Fleck teams with Washburn, wife and fellow banjo specialist and vocalist steeped in bluegrass and American old-time music. \$30-\$70, 866-920-5299, sfjazz.org

DANCE

Rotunda Dance Series: Karavansaray Dance Company and Bal Anat

Friday, Nov 7, noon

City Hall

Two of the Bay Area's renowned Egyptian belly dance ensembles perform traditional Ghawazee dances of Egypt as well as modern interpretations of belly dance. Free, 415-920-9181, dancersgroup.org

Alonzo King Lines Ballet:

World Premier & 'Rasa'

Fri-Sun, Nov 14-16 & Wed-Sun, Nov 19-23

Lam Research Theater, YBCA (701 Mission St.)

King's latest work is set to four string quartets by Russian composer Dmitri Shostakovich; Rasa is accompanied by the live music of tabla master Zakir Hussain and a classical Indian violinist. \$25-\$65, 415-863-3040, linesballet.org

16th Annual S.F. International Hip Hop DanceFest

Fri-Sun, Nov 14-16

Palace of Fine Arts Theatre

Cutting-edge hip-hop performances from international dance companies celebrate this rich and exciting dance form with Bay Area roots. \$39.99-\$75, 415-392-4400, sfhiphopdancefest.com



Caminos Flamencos: Canciones

Sat-Sun, Nov 29-30

Cowell Theater, Fort Mason Center

This inspiring collaboration between flamenco dance and music is interwoven with some of history's most iconic songs and features an excellent cast of artists. \$29-\$49, 510-531-9986, caminosflamencos.com

NIGHTLIFE

Service Industry Wednesday featuring Matt Bolton

Wednesdays, 9 p.m.-2 a.m.

The Parlor (2801 Leavenworth St.)

Singer/musician Matt Bolton plays covers of popular rock and pop songs, with drink specials for service industry employees. \$3 drinks for hotel and restaurant employees, theparlorsf.com

The Manhattan Transfer

Fri-Sat, Nov 14-15, 8 & 10 p.m.

Yoshi's (1330 Fillmore St.)

In spite of the death of its founder, Tim Hauser, in October, the 10-time Grammy-winning jazz-pop quartet will continue its tour. \$39-\$45, 415-655-5600, yoshis.com



Brokedown in Bakersfield

Wednesday, Nov 26, 8 p.m.

The Independent (628 Divisadero St.)

Hear a "spirited tribute to the Bakersfield sound," raw and rocking country music. \$20, 415-771-1421, theindependentsf.com

FILMS & LECTURES



S.F. International South Asian Film Festival

Thu-Sun, Nov 6-9 & Saturday, Nov 15

Various venues

The 12th annual festival features films drawing upon South Asia's people and traditions, with a special focus this year on music and dance in film. See website for festival passes/prices. thirdi.org

S.F. Dance Film Festival

Thu-Sun, Nov 6-9

Brava Theater Center (2781 24th St.)

The fifth annual presentation of films exploring and celebrating dance of all types. \$100/festival pass, \$13-\$15/individual tickets, sfdancefilmfest.org

S.F. Transgender Film Festival

Fri-Sun, Nov 7-9

Roxie Theater (3117 16th St.)

From Thailand to Nepal to Canada and beyond, films explore issues of gender and identity and sex. \$50 festival pass, \$12-\$15 individual tickets, sftff.org

The Rise of ISIS and the Changing Landscape of the Middle East

Thursday, Nov 6, 6 p.m.

The Commonwealth Club (595 Market St.)

Stanford's director of Iranian studies, Abbas Milani, discusses the radical group known as ISIS and how it will affect the Middle East and the United States. Free-\$20, 415-597-6705, commonwealthclub.org

Time Steppin': A Conversation with Carol Channing & Tommy Tune

Saturday, Nov 8, 8 p.m.

SHN Curran Theatre

Hear these best friends for an evening of conversations and stories as Channing speaks about her 70-plus years in show business, moderated by nine-time Tony Award-winner, Tune. \$65-\$140, 888-746-1799, shnsf.com

SCIENCE & THE ENVIRONMENT



Mapping the Heavens: Celestial Cartography Through the Ages

Monday, Nov 3, 7:30-9 p.m.

California Academy of Sciences (55 Music Concourse Dr.)

The Royal Astronomical Society's Nick Kanas will take you through the history of our understanding of and mapping of the universe, as we knew it at any one time. \$8-\$12, 415-379-8000, calacademy.org

New Food Revolution

Wednesday, Nov 5, 6 p.m.

The Commonwealth Club (595 Market St.)

What role will GMOs, organic farming, and industrial monoculture play in feeding earth's 9 billion people? California Secretary of Food and Agriculture Karen Ross and California Academy of Sciences executive director Jonathan Foley explore the possibilities. \$10-\$25, 415-597-6705, commonwealthclub.org

The Wisdom of Science and the Power of Words

Thursday, Nov 6, 7:30 p.m.

Nourse Theater (201-299 Hayes St.)

New York Times science journalist Carl Zimmer will discuss connecting people to science through effective and evocative storytelling with scientific accuracy. \$25-\$27, calacademy.org

POTABLES & EDIBLES

Joy Wilson:

Joy the Baker Homemade Decadence

Monday, Nov 3, 7 p.m.

Jewish Community Center (201-299 Hayes St.)

Of the belief that everything is better with pie, caramel and ice cream, blogger Joy the Baker will demonstrate techniques from her new book, ending the evening with a tasting of her sweet treats. \$25, 415-292-1200, jccsf.org

BevMo! Holiday Beer Festival

Saturday, Nov 8, 6-10 p.m.

Herbst Pavilion, Fort Mason Center

Taste more than 200 holiday, seasonal and special beers; hard ciders; and craft sodas from more than 100 of the best breweries in the world. \$45-\$65, 831-521-7921, holidaybeerfestsf.com



Chemistry of the Cocktail: Fall Farmers Market Cocktails

Wednesday, Nov 12, 5:30-8:00 p.m.

Grand Hall, Ferry Building

Using the best ingredients from the fall farmers' market, over a dozen local bartenders will craft delicious drinks that demonstrate a variety of scientific phenomena, and local chefs will serve up tasty treats. \$45, 415-528-4385, exploratorium.edu

San Francisco Vintners Market

Sat-Sun, Nov 22-23, 1-4 p.m.

Festival Pavilion, Fort Mason Center

Sample wines from up to 200 top-notch California wineries and buy them on the spot. \$80-\$200, 415-596-1191, sfvintnersmarket.com

SPORTS & HEALTH

Cutting Edge Habits for a Sharper Mind

Thursday, Nov 6, 6:30-8 p.m.

Jewish Community Center of S.F. (3200 California St.)

Learn about the role of inflammation and nutrition on brain health/function and mindfulness tools for lasting brain fitness in this moderated panel discussion by clinical experts. Free, register at 415-600-2120 or myhealthandhealing.com

Health Fair

Sunday, Nov 9, 10 a.m.-6 p.m.

Jewish Community Center of S.F. (3200 California St.)

University of the Pacific student pharmacists will provide flu vaccinations; blood pressure, bone density, cholesterol, blood sugar level checks, and more, plus review medications and evaluate senior's Medicare Part D plan for savings. Appointments recommended for medications/Medicare review. Free, 415-292-1200, pacific.edu



Power to the Patient: A Survivor's Perspective on Health Care

Wednesday, Nov 19, 6 p.m.

The Commonwealth Club

Michael O'Neil, Jr., founder and CEO of GetWellNetwork, explores technologies to allow people to take an active role in their health care journey. \$20-\$25, 415-576-6705, commonwealth.org



Gut Feelings: A Discussion about the Microbes You Can't Live Without

Wednesday, Nov 19, 6-8 p.m.

Port Commission Hearing Room, Ferry Building

Learn about the unseen yet indispensable world of microorganisms that colonize your gut, the soil, and fermented foods and what role they play in your health, and how are they affected by your diet. Check website for RSVP details. 415-291-3276, cuesa.org

CHILD'S PLAY

The Witches

Sat-Sun thru Nov 7

Young Performers Theatre, Fort Mason Center

This faithful adaptation of Roald Dahl's classic story involves a boy, his grandmother, a witch and her followers — and a mouse. \$10, 415-346-5550, ypt.org

Belly Up to The San Francisco Birth and Baby Fair

Sunday, Nov 9, 10 a.m.-4 p.m.

Herbst Pavilion, Fort Mason Center

This premier event features workshops, demonstrations, a tot play space, a mom spa area, local resources, and innovative products for a one-stop shop experience. \$8-\$10, 415-967-0223, birthandbabyfair.com



Imaginity: Lego Free Play

Saturday, Nov 15, 11 a.m.-noon

Presidio Branch Library (3150 Sacramento St.)

Celebrate your inner engineer: Come play with Legos and let your imagination go wild. All materials provided. Ages 5 & up, free, 415-355-2880

JUST FOR FUN

Circus Skills Jam Class

Most Wednesdays & Fridays, 7-9 p.m.

Circus Center (755 Frederick St.)

Join this open play session where you can experiment with juggling, tight wire, rolla bolla, feather balancing, clowning, and more in a casual, supervised setting. Free, 415-759-8123, circuscenter.org

Renegade Craft Fair S.F. November Market

Sat-Sun, Nov 8-9, 11 a.m.-6 p.m.

Festival Pavilion, Fort Mason Center

Celebrates the craft holiday spirit at this unique DIY event showcasing hundreds of the most talented artists and crafters and find all things handmade from clothing and jewelry to stationery, holiday items, posters, prints, and much more. Free, renegadecraft.com

Russian Hill, Architecture & Culture of an Island in the City

Saturday, Nov. 15, 10 a.m.

Meet: Hyde & Filbert Sts.

Discover an area in the city's distinctive historic and architectural mix while learning about artists and eccentricities, Beats and Bohemians, mansions and cottages and enjoying panoramic views and intimate lanes. Free (donations welcome), 415-557-4266, sfcityguides.org

E-mail: calendar@marinatimes.com

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PHOTO: TYLE_R / FLICKR

The pros and cons of coffee

by thalia farshchian

COFFEE IS SOMETHING near and dear to its heart. Its many boutique coffee shops make the ritual of coffee drinking a true pleasure.

One of the most common questions I get is, "What is your take on coffee?" Coffee can be a very emotional topic. People will either share that they drink it and cringe, tell me they will never give it up, or mention with pride they do not consume it. Tolerance of the chemicals in coffee like caffeine and theobromine varies from person to person.

WHY THERE IS VARIABILITY IN COFFEE TOLERANCE

Like anything we are exposed to or come in contact with, it is our liver's job to break things down and clear them from our system. For some, genetic mutations affect their liver in such a manner that makes it more inefficient.

If there are defective or absent genes, caffeine can stay in the blood stream longer and lead to caffeine sensitivity or allergy symptoms.

The more we learn about genetics, the more we understand that they interact with our environment. Genes provide the framework much like the floor plan of a building. But depending on how you decorate and paint the walls, two identical floor plans can look very different. If we eat a healthful diet and supplement our personal deficiencies, our genes do not have to express the same way.

Naturally, as we age, our liver's ability to detoxify becomes reduced and it behooves us to support this crucial organ. For liver support, incorporating foods and supplementation rich in B vitamins, folate, vitamins A and D, calcium, amino acids from protein,

and antioxidants like vitamin C and E are important. Root vegetables like beets, parsnips and carrots are excellent food sources of liver supporting nutrients.

BENEFITS OF COFFEE

Beyond caffeine, coffee contains antioxidants and is actually the number one source of antioxidants in the American diet. Antioxidants scavenge the body looking for toxins that need to be eliminated. Coffee consumption has also been studied and found to have health benefits for a number of chronic diseases including heart disease, stroke, and Alzheimer's.

Alertness and memory:

Beyond the ritual and taste, alertness is the top reason people reach for a cup. Studies have supported coffee's ability to increase reaction time, energy, mood, vigilance, memory, and general cognitive functions. These effects are because caffeine increases the brain chemicals, adrenaline and dopamine, involved in firing nerves faster.

Studies have also supported that coffee drinkers (drinking three to five cups per day) have 65 percent lower risk of developing Alzheimer's disease. Three to five cups per day may be excessive for many individuals.

Physical performance and weight loss:

Due to the rise in adrenaline, the fight-or-flight chemical, your body is more focused on physical exertion than rest. Caffeine also sends signals to the body to release fat for fuel to burn. With these effects, people see on average an 11 to 12 percent increase in physical performance and 3 to 11 percent boost in metabolism.

CONS OF COFFEE

There is no doubt that coffee has health benefits, but it can also lead people to become quite depleted. It is important to consistently check in with your

body and enjoy coffee in moderation.

Acidity: Coffee is naturally a very acidic drink. The acidity can be a trigger for many affected by heartburn, indigestion, and acid reflux disease. This acidity compounded with an acidic diet can also put people at risk for chronic disease.

Poor sleep quality: The effects of caffeine can linger in the body for quite some time — research shows that the half-life is 5.7 hours. That means it takes 5.7 hours for normal healthy individuals to clear half of their caffeine intake from their system. Depending on each individual's liver metabolism, this number can fluctuate.

Coffee as a drug: Coffee increases stimulatory brain chemicals like adrenaline and dopamine, giving it an incredible ability to increase alertness and energy. My concern for coffee consumption is when people use it to achieve "false energy" to get through the day. If you are consistently fatigued and reaching for a cup, you are overriding your body's messages to slow down.

Adrenaline is a stress hormone and when we consistently push for more adrenaline and dopamine, we eventually become more depleted, leading to fatigue. The sensation of fatigue leads people to reach for another cup instead of listening to their body, causing a vicious cycle.

When we completely rely on coffee for energy, the withdrawal symptoms, including fatigue, low mood and headaches, can be quite uncomfortable. As with most addictive substances, your body can acclimate to your current dose and require you to need more to achieve the desired effect.

Thalia Farshchian is a naturopathic doctor at Discover Health. E-mail: drthalia@discoverhealthmd.com

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PHOTO: ANNIE / FLICKR

Keeping your family healthy

by liz farrell

WITH ALL THE WONDERFUL “summer” weather we have had recently, it is hard to imagine that flu season is upon us. Getting sick or having sick kids is definitely no fun — everyone is cranky, no one is sleeping or eating well, and we are just generally not ourselves. There is no surefire way to avoid getting sick, but there are definitely some things you and your family can do to help fight off colds and the flu. Here are a few simple ways to limit those sick days:

COVER YOUR MOUTH

This is probably the number one thing we can do to prevent getting sick. Even our littlest ones can learn early to cough or sneeze into a tissue or their elbow. This does not eliminate germs, but it keeps them away from hands that touch everything. It is important to talk to our children about germs, the importance of good hygiene, and to make sure these messages are being reinforced at their schools or day care centers. My daughter recently came home from school and told me she saw a movie about germs. She was excited to tell me more than I ever wanted to know about them, but it did help her understand the simple things she can do to keep from getting sick.

KEEP YOUR HANDS CLEAN

Washing your hands is another important prevention. This means enforcing washing with soap for at least 20 seconds, which is long enough to sing the “ABC”

Wash with soap for at least 20 seconds, long enough to sing “Happy Birthday” twice.

song or “Happy Birthday” twice. If there is no soap available, the next best thing is to use an alcohol-based hand sanitizer. These days you can find them in all different sizes, so I always buy a few extra to have available just about everywhere — the car, the stroller, my purse, and backpacks.

GET A FLU SHOT

The Centers for Disease Control and Prevention recommends a yearly flu vaccine for all children over 6 months old.

They also recommend flu vaccines for parents, grandparents, and caregivers or for anyone who is in close contact with children under the age of 5. The best time to get a flu shot is actually before the flu season starts so your immune system has enough time to produce the antibodies needed to protect against the flu. The vaccine can be given two different ways: either as a shot for any child 6 months and older, and my new favorite, the nasal spray FluMist, which can be given to children

Keep immune systems in tiptop shape by taking care of our bodies before sickness.

two years and older. This is a quick and painless vaccination method, especially for children (or adults) who fear shots.

STAY ACTIVE

One of the best ways to keep our immune systems in tiptop shape is to make sure we take care of our bodies before we get sick. Research shows that exercise helps your immune system fight simple infections like colds and flu. Most children exercise without even knowing it when they kick a soccer ball, ride a bike, or skip down the street. The research also shows that not only does exercise reduce the number of colds you get, but it also can reduce the severity of the symptoms. Other ways to keep our immune system in good shape is to make sure that along with exercise our families are eating well and getting enough sleep.

If you or your children do come down with the inevitable cold, the best thing to do is stay home and rest — there is no need to spread your germs to others. Your co-workers, classmates, and friends will all thank you for it. I am not a doctor, but in our house, what seems to work best is chicken noodle soup, plenty of liquids, and lots of rest. With these simple tips, maybe we can outsmart those germs and stay as healthy as possible this cold and flu season.

Liz Farrell is the mother of three young children. She was formerly a television producer in Washington, D.C. and San Francisco.

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The Northern California Community Loan Fund, Community Arts Stabilization Trust and Urban Solutions announce the availability of technical and financial assistance to address displacement impacting San Francisco nonprofits providing arts, cultural, and social services.

Applications must be received by Friday, November 14, 2014. For information and the online application, please visit: www.nccf.org/npdmitigation



Magnum Marketing/istock.com



The well-equipped kitchen

by julia strzesieski

COOKING AT HOME HASN'T BEEN in vogue the way it is today since the 1950s, due in part to the proliferation of food shows on television, strong local food scenes, and the down-turned economy. Whether you're an aspiring gourmet chef or a collegiate cook, these basic culinary tools will help you whip up a romantic dinner for two or a holiday feast for family and friends.

BOWLS/COLANDERS

Colander: A footed colander can sit in the sink and drain without water gathering at the bottom. A sleek stainless version can also double as centerpiece for seasonal fruit.

Mixing bowls: A set in various sizes will come in handy for everything from tossing a salad to mixing brownie batter.

COOKWARE/BAKEWARE

Baking sheet: Whether baking cookies or roasting vegetables, a nonstick baking sheet is indispensable.

Cast iron skillet: Use for baking fritatas or cornbread, as well as sautéing and cooking. It will become an heirloom if cared for properly — never soak the skillet, and oil it after each use.

Glass baking dish: A glass baking dish is ideal for cheesy au gratin potatoes, poaching salmon, or baking brownies or lasagna.

Nonstick skillet: For simple sautéing, no kitchen should be without easy-to-clean nonstick skillet sizes. Start with 8, 10 and 12 inch.

Soup/Stock pot: For cooking up a big batch of pasta, stew, chili, or soup, a large pot (5 to 7 quart) is a must. If you're serious about cooking, invest in a high quality enameled cast iron French oven, such as Le Creuset or Staub.

GRATERS/PEELERS

Grater: A four-sided box grater is helpful for shredding cheese, potatoes and more.

Vegetable peeler: Save your hands by investing in a sturdy, well-made peeler for potatoes, other vegetables, and fruits.

ELECTRICS

Blender: Minimize kitchen tasks with a reliable blender.

Hand mixer: Whip up garlic-cheddar-bacon potatoes, cake batter, and frosting, or cookie dough.

MEASURING TOOLS

Glass measuring cup: Indispensable for measuring liquids or melting butter in the microwave.

Measuring cups & spoons: Cooks comfortable in the kitchen know that they can "guess-timate" on many ingredients, but no kitchen is complete without a sturdy set of measuring spoons and cups.

STORAGE

Glass containers: When your meals are done, you'll have some good leftovers. Store them in glass, BPA-free containers that work in the freezer, oven, or microwave.

UTENSILS

Flexible spatulas: For scraping out the contents of jars or the last drop of batter from a mixing bowl, a set of flexible spatulas is useful.

Knives: An essential component of cooking, at the very minimum, keep on hand a good paring knife, chef's knife, and serrated knife.

Tongs: For turning beef filets or tossing salads, a pair of tongs will do the trick.

Whisk: Whip your eggs, sauces, or salad dressings into shape, or even mix cake batter.

WOODEN/BAMBOO SPOONS

Wooden/bamboo spoons: Useful for mixing or stirring just about anything, these spoons are a must-have in the kitchen, especially with nonstick cookware.

OTHER USEFUL ITEMS

Chopper: If you frequently use diced or chopped ingredients in your meals, a chopper will save time.

Cutting boards: A large wooden or bamboo cutting board will allow you to carve a turkey or serve cheese, grapes and crackers. Smaller sizes are helpful as well.

Garlic press: What cook doesn't use garlic to spice just about any dish? A sturdy press will make adding garlic much simpler.

Oven thermometer: Many city kitchens feature classic but unreliable stoves. Oven thermometers can provide a more accurate temperature reading than most oven knobs.

Instant-read thermometer: It's essential to check the internal temperature of cooked meat and poultry, and a good instant-read thermometer is the way to go.

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

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Some things to know about condo loans

by carole isaacs

ACCORDING TO THE SAN Francisco MLS, the median sales price for all types of San Francisco property combined the past year through August was up 13.1 percent. As usual, this number makes sellers happy and buyers anxious.

The unfortunate result of this continued price increase is there are buyers who no longer can afford the medium-priced \$1 million single-family home. Many buyers are not willing to leave San Francisco, but they choose to let go of their dream to own a single-family home and opt to buy a condominium. Making the psychological switch is the first step. However, there are additional steps that must be considered.

Though a buyer might be qualified for a loan on a single-family home, the next step is qualifying for a mortgage on a specific condominium. Rates are a bit higher, plus there might be additional conditions to meet.

Normally I leave discussions about loans and financing to mortgage brokers and bank-

ers, because there are so many variables to be considered when applying for a loan. Many home buyers do not realize that rates are not the same for different types of property. In residential real estate, lenders have additional rules or conditions to consider when lending on a condo.

In condominium buildings, there are multiple owners responsible for the care of the building. This creates additional risk for the lender, and it is not surprising that there are additional conditions to be met. Not all lenders will finance all condominiums.

Here are questions buyers need to ask before making an offer on a condominium:

- Is the building in litigation? This should be noted online in the MLS listing.
- What percent of condos in the building are rented? An exact number is best.
- Are there owners in the building who own multiple units? If so, how many units are owned by one owner? In larger buildings, there may be more than one owner owning more than one unit.

• Is there any commercial space in the building?

• Are there owners who are behind in their homeowners' association (HOA) dues? If so how many?

• Is the HOA reserve fund fully funded?

• Was the building originally built as condo or converted from a multiunit building? If it was converted, how many years has the building been condominiums? In San Francisco where buildings are converted from TIC's, if the building was converted recently it may be an issue.

These questions should be answered in the disclosures. However, there is no reason to wait for a disclosure package to get answers. It is possible to ask the seller's agent these questions when you first meet.

Why should you be proactive collecting information about a condo?

What if the answers to these questions are not all "no"? The trick is to be prepared. When you first speak to a mortgage broker or banker, ask about the programs for loaning on condos. In San



If you're looking at purchasing one of San Francisco's many condos, such as in these high-rises in SoMa, there are some questions you should ask to make sure you are able to get the loan you need.

PHOTO: CAROLINE CULLER (WGREAVERS)

Francisco it is a good idea to use a lender with a wide variety of programs to meet your needs.

In recent months, the number of days to close of escrow has shrunk from 30 days to 21 days to as little as 15 days. In a short escrow, every minute counts. There is no time to look for a new lender when new disclosure information turns a done deal into a deal breaker.

In today's sellers' market, it is more important than ever to immediately collect detailed information about a building under consideration. Before making an offer, double check with your lender to make sure there are no obstacles to obtaining a loan. Keep in mind that individual bank rules change and because one bank won't loan on a condo building does not mean it is a bad building. It simply means the bank chooses to lend money to a specific group of properties and the building is not in that group.

The dreaded words a buyer does not want to hear 10 days into escrow is "I am sorry, but we cannot loan on this building because ..."

This situation can be avoided if, when you first speak to your mortgage broker or banker, you give them my list of questions and ask what conditions must be met to approve a loan on a condo. In San Francisco and the Bay Area, it is possible to find a loan for a condo with just about any imaginable situation. If you don't know which way to turn and need a recommendation for a mortgage broker or bank, please call or send me an e-mail and I will give you a list for your consideration.

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



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InnerRichmondDuplex.com

Sheri Mitchell
415.265.8004



Cow Hollow
Offered at \$1,059,000
Charming 2BD/2BA Condo. This newly painted home has gorgeous period details and hardwood floors. You will appreciate the very functional layout with a large and inviting foyer, a bright living room with wood-burning fireplace and built-ins off to one side and a formal dining room on the other. Leased parking on same block.
2399FilbertSt.com

Elizabeth Branham
415.613.8573



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The Marina Times Real Estate Market Report: August 2014

By Hill & Co.

SINGLE FAMILY HOME SALES

NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow	1973 Filbert Street	4BD/4BA	\$6,700,000	Above	0
Lake (no sales)					
Laurel Heights	185 Collins Street	3BD/2.5BA	\$1,608,000	Above	15
	91 Commonwealth Avenue	5BD/4.5BA	\$4,962,000	Above	14
Lone Mountain	33 Atalaya Terrace	4BD/1.5BA	\$1,700,000	Above	25
Marina	3031 Gough Street	2BD/3BA	\$1,630,000	Above	21
	187 Avila Street	3BD/3BA	\$2,350,000	Above	11
	22 Rico Way	3BD/2.5BA	\$3,310,000	Above	14
	2159 Bay Street	5BD/4BA	\$5,445,000	Above	31
Nob Hill (no sales)					
North Beach (no sales)					
Pacific Heights (no sales)					
Presidio Heights	3962 Clay Street	5BD/5.5BA	\$4,355,000	Below	89
	16 Spruce Street	5BD/5BA	\$9,500,000	At	10
Russian Hill (no sales)					
Sea Cliff (no sales)					
Telegraph Hill (no sales)					

CONDOS

NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow	2948 Fillmore Street	3BD/3BA	\$1,950,000	Above	8
Lake	5241 California Street	1BD/1BA	\$780,000	Above	14
	223 26th Avenue #2	2BD/1.5BA	\$800,000	Below	52
	5247 California Street	2BD/1BA	\$915,000	Above	18
	5243 California Street	2BD/1BA	\$1,000,000	Above	32
Laurel Heights	54 Iris Avenue	2BD/2BA	\$1,500,000	Above	107
Lone Mountain	2212 Golden Gate Avenue	2BD/1.5BA	\$1,008,000	Above	62
	28 Loyola Terrace	2BD/1.5BA	\$1,300,000	Above	6
	2686 McAllister Street #1	3BD/2.5BA	\$1,450,000	Above	0
	143 Willard North Street	4BD/3.5BA	\$1,550,000	At	18
Marina	58 Casa Way	1BD/1BA	\$672,000	Below	0
	3208 Pierce Street #401	2BD/2.5BA	\$1,425,000	Above	15
	1774 Beach Street	2BD/2BA	\$1,750,000	Above	24
	129 Retiro Way	4BD/3.5BA	\$2,430,000	Above	3
Nob Hill	1520 Taylor Street #105	0BD/1BA	\$525,000	Above	82
	10 Miller Place #602	1BD/1BA	\$593,000	Above	21
	1336 Leavenworth Street	1BD/1BA	\$654,000	Above	2
	10 Miller Place #503	1BD/1BA	\$665,000	Above	14
	1550 Jackson Street #5	1BD/1BA	\$675,000	Above	42
	1230 Clay Street #101	1BD/1BA	\$780,000	Below	54
	1725 Washington Street #T15	2BD/2BA	\$1,116,375	Below	53
	1218 Leavenworth Street #4	2BD/2BA	\$1,250,000	Above	12
	1776 Sacramento Street #708	3BD/2BA	\$1,295,000	Above	35
	1601 Pacific Avenue #201	2BD/2BA	\$1,300,000	Above	24
	1250 Jones Street #903	1BD/2BA	\$1,405,000	Above	20
	1177 California Street #309	2BD/2BA	\$1,500,000	Above	29
	1645 Pacific Avenue #3D	2BD/2BA	\$1,550,000	Below	51
	1001 California Street #2A	2BD/2.5BA	\$2,700,000	Below	91
North Beach	33 Vandewater Street #101	1BD/1BA	\$601,000	Above	19
	690 Chestnut Street #406	2BD/2BA	\$1,001,680	Above	37
Pacific Heights	1701 Jackson Street #303	2BD/2BA	\$1,130,000	Below	53
	2200 Sacramento Street #1005	1BD/2BA	\$1,150,000	Below	14
	2295 Vallejo Street #2	2BD/2BA	\$1,410,000	Above	14
	3254 Clay Street	3BD/2BA	\$1,800,000	Above	126
	3166 Clay Street	2BD/2BA	\$1,840,000	Below	46
	2865 Jackson Street #1	3BD/2BA	\$1,950,000	At	1
Presidio Heights	3720 Sacramento Street #2	2BD/1BA	\$540,000	Below	74
	360 Locust Street #1	2BD/1BA	\$690,000	Below	14
	3590 Washington Street #2	3BD/2.25BA	\$2,400,000	Below	36
Russian Hill	763 Bay Street	2BD/2.5BA	\$1,550,000	Below	135
	1150 Lombard Street #5	2BD/2.5BA	\$2,050,000	Above	23
Sea Cliff	2617 Lake Street	2BD/1BA	\$725,000	Above	76
Telegraph Hill	1542 Grant Avenue	2BD/1BA	\$825,000	Above	28
	1821 Grant Avenue #302	2BD/2BA	\$1,238,000	Below	35
	1960 Grant Avenue #PH17	3BD/3.5BA	\$5,700,000	Below	33

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 ROUNDUP : Property briefs

It's what you value

by john zipperer

LEE'S AFFORDABLE HOUSING PLANS FIRM UP

Mayor Edwin Lee's working group for housing is considering a number of policy changes to boost affordable housing, according to a report by the *San Francisco Business Times'* Cory Weinberg. The proposals would help meet the mayor's goal of creating or rehabbing as many as 10,000 units (out of a total of 30,000 new or rehabbed units) by 2020 that would be permanently affordable for low-income and middle-income families.

The proposals include increasing flexibility for developers building offsite and partnering with nonprofit developers to increase affordable unit construction, targeting middle-income workers for affordable housing, and increasing fees on luxury condos to fund affordable housing. After further internal consideration, the proposals could be moved toward becoming legislation in 2015, notes Weinberg.

The mayor's office keeps track of its performance on the housing pledge. As of September 2014, it reported that 3,508 units had been completed, with 951 of them dubbed affordable for a permanently affordable rate of 27 percent, slightly less than the overall planned 30 percent level.

TED GULLICKSEN PASSES AWAY

Longtime local tenant advocate Ted Gullicksen passed away on Oct. 14 at the age of 61.

Gullicksen "dedicated his life to the fight for the rights of tenants and for affordable housing in San Francisco, and his advocacy over the decades helped to put in place some of the strongest tenant protections in the country," Mayor Edwin Lee said. "Working together, we brought to voters a Housing Trust Fund that is now helping us build more affordable housing in San Francisco. We formed a coalition of tenants, labor and business leaders to fight for housing and working families and longtime tenants against eviction by real estate speculators. I am grateful for Ted's help and leadership in pushing for reforms to the Ellis Act at the state level and his lifelong commitment to our residents."

Gullicksen was director of the San Francisco Tenants Union, and he had decades of involvement in tenants issues. His family planned a public memorial service for Nov. 16; further details at sftu.org.

ZILLOW SAYS WE'RE HOT

According to online property listing site Zillow, San Francisco's median home values increased 12.4 percent over the past year to \$979,700. Values and sale prices and listing prices can all be quite different things, so Zillow explains that the median value is \$979,700, but the median listing price is currently \$925,000, and the median sales price is \$953,250.

Zillow expects San Francisco home values to rise another 4.4 percent next year.

Got property news tips? E-mail: john@marinatimes.com

REAL ESTATE UPDATE : Assuring certainty

What are title and escrow?

And why do I need them in a real estate transaction?

bystephaniesaunderahlberg

EVEN AFTER 30-PLUS years in the business, I am surprised when someone asks me the above question. But then I have to remind myself that there is no reason for a layperson to know that answer. Even sophisticated out-of-state buyers ask the question, because real estate transactions are handled differently in different states.

Let's start with *escrow*. The term comes from an old French word, "escroue," which means a scrap of paper or parchment. A dictionary definition is "a bond, deed, or other documentation kept in the custody of a third party, taking effect only when a specified condition has been fulfilled," which is actually the best explanation. Escrow is the neutral third party that holds all the real estate transfer deeds, loan documents, and money in safekeeping. Only when the buyer and seller are in full agreement with the settlement terms,

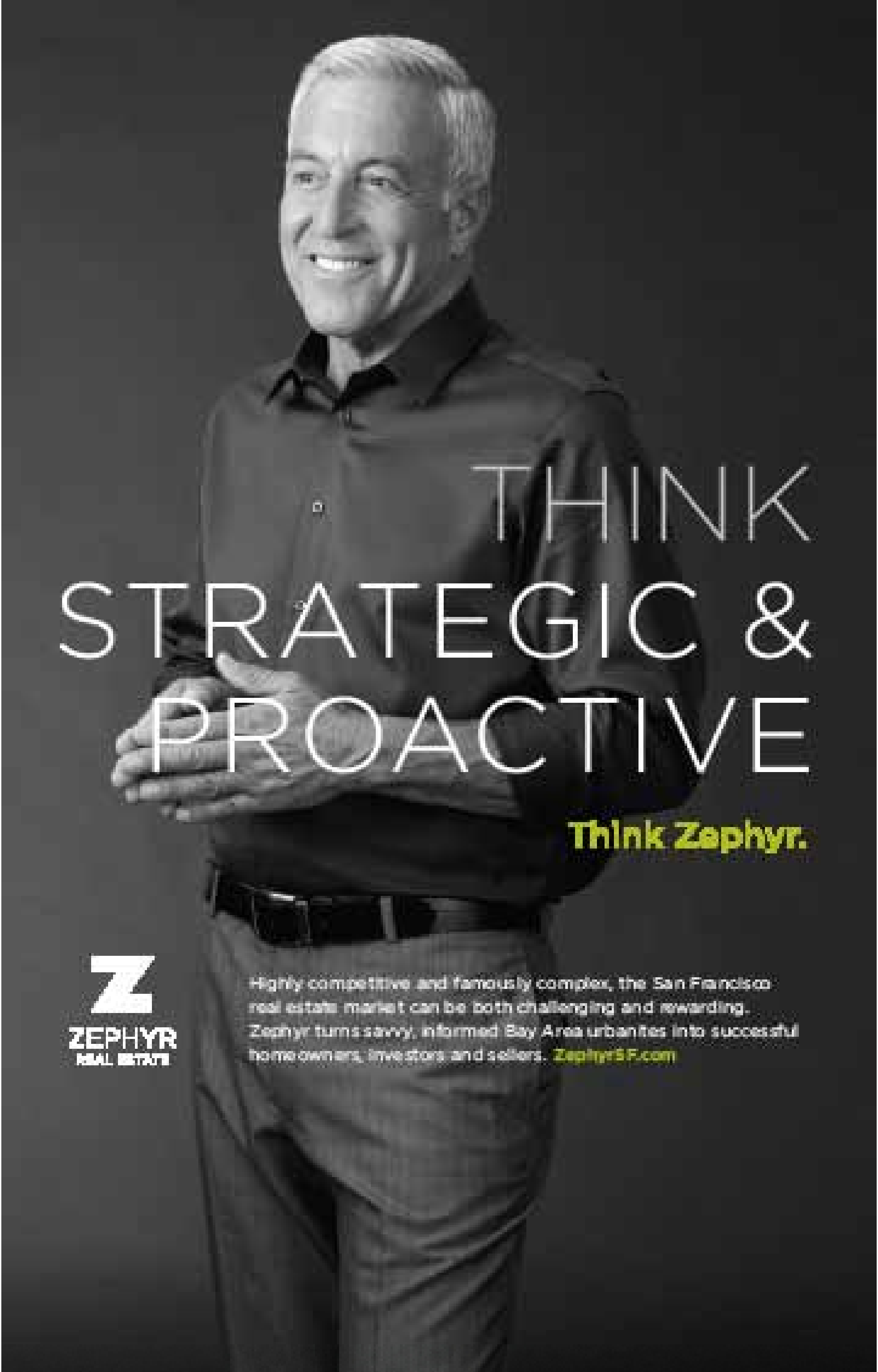
and when all documents are signed, can the escrow officer have the grant deed (to change ownership) recorded and transfer the funds to the seller. It is an excellent system and keeps the transaction at arm's length. The escrow officer cannot act on instructions from only one of the parties; there must be full agreement to the terms or the escrow will not close.

So what is *title insurance*? It is exactly that — insurance. My contact at First American Title, Kallie Castro, provided a definition of title insurance: "Title insurance provides coverage for certain losses due to defects in the title that, for the most part, occurred prior to your ownership. Title insurance protects against defects such as prior fraud or forgery that might go undetected until after closing and possibly jeopardize your ownership and investment. Title insurance protects buyers against the risk of acquiring a non-marketable title from the seller."

Lender's title insurance (a second, separate policy) protects the interest of the mortgage lender the same way that the owner's title insurance policy protects the owner. The owner's policy protects the buyers for as long as they or their heirs (in certain policies) own the real estate. Castro added, "Real estate is most likely going to be the most important asset you purchase. Why would you not want to protect that?"

An owner's title insurance policy is purchased once only, during the escrow period. A buyer is paying for research of the property title to be sure that the seller has the right to sell the property, that there are no other persons who can lay claim to the property by way of recorded documents, and that there are no outstanding liens on the property other than loans and taxes. If there are other liens found, the escrow company confirms that the liens can be paid off and how

UPDATE, continued on 29



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THE RENT LIFE ∴ The cost of San Francisco living

The rent is just too damn high Except when and where it isn't

by john zipperer

WE MIGHT WANT TO LURE JIMMY McMillan to abandon New York City and move to San Francisco. McMillan is a Vietnam veteran who has worked as a postal worker, private investigator, and stripper, but who made his biggest splash in several runs for office at the head of The Rent Is Too Damn High party. He did not win, but he did garner 40,000 votes in the 2010 New York gubernatorial race.

How many votes do you think he would get if he challenged Mayor Ed Lee at the ballot box?

When the America's Cup race was taking place right off our shore in the bay, the *Marina Times* looked at some of the sky-high short-term rental rates being charged to visitors. For example, people — or, more likely, corporations — could pay \$30,000 or even \$40,000 a month for a large apartment within walking distance of the water, and if they preferred to stay at home instead of going out among the hoi polloi, one such high-priced rental featured a large deck on which the renters could sit and watch the races via binoculars while they cooled their Champagne with frozen cubes of caviar. It wasn't even remotely within most people's spending limits, but the renters did get quite a bit for those top dollars.

A couple years later, and there's no high-profile yachting event going on, but there are still some jaw-dropping rents being charged.

We spotted one such listing in late October for a unit in Cow Hollow. Located in a vintage Baker Street apartment building, the two-bedroom, one-bathroom unit would set you back \$5,995 a month. You would pay nearly \$72,000 a year for a mere 830 square feet.

Frankly, that's too small for most families. So you would be tempted to look elsewhere, perhaps over to Russian Hill, where a Green Street apartment fits three bedrooms and two bathrooms into a 907-square-foot unit with views of the bay and downtown. But it would cost you \$7,995 a month.

If you wanted to stay in Russian Hill but you needed additional bathroom space, an additional thousand a month would get you a Larkin Street three-bedroom, three-bathroom unit. The ad we spotted didn't reveal the square footage, but we did learn that it is a townhome, not a unit in an apartment building. For the privilege of living there, you'll need to pay \$8,950 each month.

Finally, another Russian Hill unit that is in a multifamily building on Larkin Street also didn't let us know the square footage, but we could see that it had two bedrooms, two bathrooms, and has the proverbial million-dollar views of the Golden Gate Bridge out its windows. Just \$13,000 a month.

Now, let's say you're neither a bank executive nor a bank robber, so you're looking for something a little more affordable. If you want something under \$2,000, you will have a very, very hard time finding it in the



Former postal-worker-turned-stripper-turned-activist Jimmy McMillan of New York's Rent is Too Damn High party. PHOTO: DAVID SHANKBONE

city limits. We did find some online listings for studio units and even a one-bedroom in the Tenderloin for about \$1,925 a month. Bumping up your spending limit a bit more can bring you up to Chestnut street near the Marina Green and a studio apartment that rents for \$2,500 monthly.

With no near- or medium-term end in sight to San Francisco's economic boom and its housing shortage, and with housing production being ramped up but still well under official estimates of what would be needed to cause a decrease in rent rates, people will be making decisions that impact the type of city this is. People of limited means — meaning, low- and moderate-income households — will either be sticking to their existing units if they are rent controlled or they will be looking to move outside of the city and only come back to visit or commute to their city job.

Those folks can lease a one-bedroom, one-bathroom unit in Fairfield for \$1,437. Perhaps they'll go all the way out to Concord for a studio that will only set

them back \$650 each month. An income-restricted community in West Oakland has one-bedrooms renting between \$745 and \$830 a month.

You surely pay for the pleasure of living in San Francisco, but it's not the worst rental-to-pleasure ratio in the nation. That honor falls to Los Angeles, according to a recent study from UCLA. The study looked at areas where incomes were not keeping up with rising rents. Rental rates, however, were actually higher in San Francisco, Washington, D.C., Boston, and of course in the original rent-is-too-damn-high city, New York.

If any of that inspires you to rob a bank (which, we hasten to add, is not recommended), you might just go all-in and plop down \$25,000 a month for the Russian Hill six-bedroom, four-bathroom, 3,300-square-foot duplex on Vallejo Street. If you stay there long enough, the America's Cup is sure to come back to town.

E-mail: john@marinatimes.com

REAL ESTATE INVESTOR ∴ The home cost roller coaster

Real estate guesses, guesstimates and estimates Remember those predictions of imminent market collapse? Never mind.

by john zipperer

HOUSING PRICES REACH new highs." "No end in sight for price appreciation." "Prices are moderating." "Market crash imminent." "Prices continue their rise." What can you believe?

You could have read about it in numerous places, including the pages of *Marina Times*. Remember? Even though San Francisco median home prices had hit record highs, the price appreciation was moderating. The length of time homes were on the market was expanding. Then a couple months later, you see that prices have hit yet another record high.

Or perhaps you heard it from talking to your real estate agent friend at the coffee shop. Perhaps another friend of yours has been watching the market for many months, ready to jump in to buy a new place, and is certain she knows what's going to happen next.

Whether you are a buyer trying to determine your cost to own in this city or you are a seller trying to get the best price for your property, you want to know what you can expect on the market. Set your price too high and your home will sit on

the market for longer. (Or, perhaps a lesser concern for you but not your neighbors, is that you'll accept a sale price below listing price, which is one of the many statistics researchers use to tell if a market is softening or strengthening.) Or pay too much for your new home, only to watch comparable prices slide over the ensuing months as your new neighbors got better deals than you did and they save hundreds of thousands of dollars.

A caveat that we have repeated here several times and will do so again is that when the housing inventory is low, you might not have enough data to calculate a reliable average or median price. San Francisco, taken as a whole city, has a notoriously low inventory of available homes and condominiums on the market. Neighborhoods within the city compound the problem. For example, Zephyrsf.com gives the median price of Cow Hollow homes as \$3.54 million, which it reports is a 60.9 percent increase over the past 90 days. Cow Hollow homes can be expensive, but their sales prices are not shooting up by 60 percent in three months. A small number of big sales skew the curve; in this case, it was a

mere few sales that took place in that neighborhood.

So a snapshot in time is all we can provide, but it can be worth looking at. Paragon Real Estate Group provides some good reporting on market activity in the area, and if you look at its report for the third quarter of 2014, you see that things still appear to be going gangbusters.

A snapshot is all the data can provide, but it can be worthwhile.

(You can find this and more research at paragon-re.com.) Though it does show a slight fall for median house sales prices for the third quarter (to \$1.05 million from \$1.1 million), "this is due mostly to seasonality issues," something it says is common to third quarters. Meanwhile, condo prices held steady (at \$950,000) for three straight quarters.

For the area covered by Cow Hollow, the Marina, Pacific Heights, and Presidio Heights, there were 119 house sales for the previous 12 months, with a median price for the previous six-month period of \$4 million. By the way, there is much more

activity — with hundreds more sales — in other neighborhoods such as Noe Valley, Glen Park, Golden Gate Heights, Bayview, and Excelsior. The current champion district in terms of volume of sales is the South Beach/SoMa/Mission Bay area, which had 25 percent of the city's sales; Paragon explains that this is because it is "virtually the only place where high-rise, high-density projects can be built in the city."

Extrapolating from that to your own buy/sell decision is tricky, and a lot of people end up trying to guess if the market trend is likely to continue and, if so, for how long. Here is a good way to know when people are either trying to pull the wool over your eyes or they're not too smart: They tell you we're in totally uncharted territory, where the rules have changed and the law of supply and demand doesn't apply any more.

If that sounds familiar, that is because it is what promoters of "the new economy" tried to peddle during the first dot-com bubble. Share prices of tech companies were wildly inflated; their CEOs and the venture capital firms behind them said not to worry about the nonexistent profits or even no foreseeable profits

— the old rules don't apply. But the old rules did and do apply, and the bubble popped.

Paragon notes that "over the past 30-plus years, the period between a recovery beginning and a bubble popping has been about six years. Periods of market recession have usually lasted about four years. After a new recovery begins, previous peak values are typically re-attained in about two years. Whether future housing markets repeat these cycles and time frames is unknown."

You can try to apply that to your decision-making, but it would be wise to add fundamental factors, as well, that apply regardless of cycle timing. How valuable is someone likely to see the property as being at any time, based on its location, neighborhood, size, quality of building materials, amenities, and the number of neighbors with derelict cars on cinder blocks in their backyards?

I have known many successful real estate investors through the years and across the country, and ranging from owners of a four-unit apartment building to people who ran giant publicly traded real estate investment trusts. They differ in countless

INVESTOR, continued on 29

UPDATE

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to do it. These liens might be for unpaid services or other workers' bills. A buyer does not want to inherit the seller's outstanding unpaid obligations.

If there are loans on the property, the escrow company will contact the lender(s) to get payoff amounts and instructions. Any amounts will be paid from the escrow proceeds so that the buyer receives the title without these encumbrances. This is

called *clear title*. Depending on how near the close of escrow is to the property tax due date, the taxes might be paid through escrow; alternatively, a portion of the tax bill up to the day of closing will be collected from the seller and given to the buyer for payment of the next tax bill.

Sometimes all-cash buyers choose to save the money and not buy title insurance. When you are protecting against unknown liens, previous fraud or forgeries, and the potential claim of other people, it is a small

price to pay to know you are protected during your entire ownership.

First American has provided me with brochures on both title and escrow. If you are interested in obtaining a copy of one or both, please contact me, and I will be happy to send them to you.

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.

INVESTOR

CONTINUED from page 28

ways, including gender, age, ethnicity, length of time as investors, political persuasion, sexual orientation, religion, and much more. But the one thing they have in common is that they are very serious about estimating value of properties and their return on investments. The quickest way for them to conclude you were either an idiot or a fraudster would be for you to tell them not to pay attention to market trends, historical performance, interest rates, ROI, and other details and instead invest based on a belief that the sky's the limit, that the old rules don't apply. The old rules might seem to stretch at times, but they still hold.

The best advice is to get as much information as you can and don't make precipitous moves. Glean what you can from the snapshots in time from the various market reports available (and there are many good ones out there; start by Googling "San Francisco real estate market trends"). But also talk to your friend the agent, and question your friend who's trying to buy about what specifics she's considering in her price range. And look at a zillion properties online and in person. It will help put things into perspective, and it's fun.

John Zipperer is the former senior editor of Apartment Finance Today and Affordable Housing Finance. E-mail: john@marinatimes.com.

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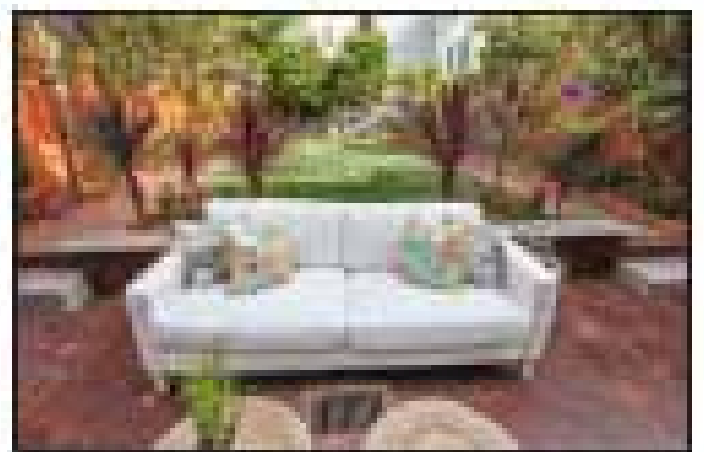


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YAPPING WITH



Sweet and affectionate Bella is waiting for her forever home.

Maripat Davis

Founder and president, All for Love Animal Rescue

by susan dyer reynolds

How did you get involved with animal rescue?

I'm an actress and singer by profession. One of my musician friends e-mailed me my first plea for a dog that was at an L.A. shelter and going to be killed at the end of the day. Not realizing that this happens every day at shelters across the country, I was horrified. I picked up the phone and called the shelter. I got an extension

until the next afternoon. Long story short, this dog was adopted 20 minutes before I arrived at the shelter to pick him up! The supervisor told me that if I hadn't called, he would have been killed rather than adopted. A light bulb went off, and I suddenly realized the power of one person and one action.

Two days later, my young son and I headed to our local shelter in Camarillo, Calif., and became volunteers with a rescue organiza-

tion. Within a few short months, I was pulling and fostering dogs. I recruited and organized over 30 foster homes, held weekly adoption events, and pulled from the shelter on a weekly basis.

I met my first pit bull, Guinness, and fell in love! Then I found out that most of the pit bulls didn't make it out of the shelter. There were not enough homes for them, and they were killed weekly for space. It was

YAPPING WITH, continued on 32

NOSE TO THE GROUND

Sidewalk etiquette

by walden majer

THE GREAT FALL WEATHER MEANS WE ALL LOVE TO walk. Of course, as a four-legger, I enjoy walks anytime, but fall is the best with the warm sun, cool air, and long shadows. I guess that's why there are so many people and dogs out. Which brings me to one of my pet peeves: lack of sidewalk etiquette.

Take the *Four Abreast* phenomenon: four people walking abreast taking up the entire sidewalk almost from building to curb. Chatting on, clogging the walkway, they seem to have no concept that others may want to walk at a different pace. Sometimes people walking the other way actually have to step off the curb to avoid being shoved out of the way, and that's not good if they are walking a dog. It's like the *Four Abreasters* are the 49ers offensive line. *Four Abreast*, please look around and remember the sidewalk is for everyone.

Here's one of my favorites, the *Double Wide*. Strollers today are made to accommodate a minimum of two kids, a week's groceries, a large handbag or backpack, along with a convertible top, and wagon-sized wheels. If the wheels were yellow, we could refer to the strollers as the "surrey with the fringe on top." Chicks and ducks and geese better scurry off the sidewalk ... especially if the pusher is on his or her cell phone.

Oh, that's another one, *Walking and Talking*. It wasn't too long ago that someone walking alone talking aloud would get strange looks. Today, it goes unnoticed if the person has earbuds or a phone in hand. (If they are truly just talking to themselves, that's another issue altogether.) Anyway, the problem is that people truly cannot focus on a phone conversation and be self-aware about bumping into others or even remembering where they are going. The traffic safety studies have already proven that talking on a phone while driving is extremely dangerous. That's why there's a law against it. I heard mom talking about China's "cell phone walking lanes" on sidewalks to segregate those who want to talk and those who just want to walk. I think it was a joke, but what a concept.

SIDEWALK ETIQUETTE, continued on 32

MEWS BRIEFS : Adoptions

Bay Area Pet Fair & Adoptathon finds homes for more than 750 animals

by susan dyer reynolds

THE ANNUAL BAY AREA PET Fair & Adoptathon took place Oct. 11-12 in San Rafael with more than 60 rescues and shelters bringing animals seeking forever homes. It wasn't just about cats and dogs, either — hamsters, guinea pigs, rats, chickens, a rooster, and a tortoise were among the 758 animals adopted during the weekend event (Saturday saw a record-breaking 400 adoptions). Pet Food Express, organizer and major sponsor of the fair, recruited dozens of animal supply and service companies to help support the event and offer product samples; there were also demonstrations from police K-9 units, Splash Dogs, Tillman the skateboarding bulldog, and more.

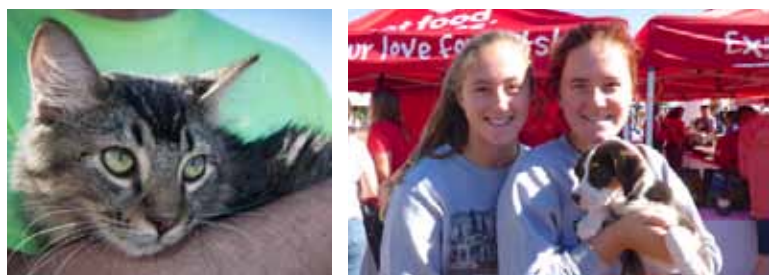
The fair allows a full week to finalize adoptions to give people who are "thinking about it" time to decide if they're really ready to adopt, and to make certain that the adoptions produce solid forever homes. There were numer-

ous touching stories, including two hound dogs abandoned as a pair and adopted as a pair — to a family with a 100-acre ranch; two pit bulls that had been at their shelter for six months who got adopted together; a dozen dogs and cats over the age of 11 found homes; and six Pet Food Express employees adopted new family members, continuing an annual tradition. One of the most remarkable stories came from FurEver Animal Rescue (fureveranimalrescue.org) and an old English bullmastiff named Meatball.

When the Superstorm Sandy emergency shelters were being closed in March 2012, FurEver flew six dogs to California, and Meatball, who had spent five months in a temporary shelter in a New York gymnasium, was one of them. Despite his good nature and striking appearance, he was continuously passed over, usually because people couldn't have such a large dog where they lived. FurEver had Meatball for two years — and then they brought him to the 2014 Bay Area Pet Fair

& Adoptathon. The event provided Meatball with the exposure he needed to meet the right person. He went home on a trial basis with his potential adopter to be sure it was the right fit. It was, and Meatball's homeless journey finally ended with a perfect forever home.

Of the eight million dogs and cats entering American shelters each year, more than half are euthanized. While many believe "it's all pit bulls and Chihuahuas," in reality over 30 percent of sheltered animals are purebreds. If you're considering buying a dog at a pet shop, you are supporting puppy mills, because that's where pet shops get their stock. If you have your heart set on a certain breed, please consider breed-specific rescues and your local shelter before buying from a breeder. If you think the dogs at these rescues and shelters are all older or have behavioral issues, you're wrong. Someone I know recently adopted a black-and-white 7-month-old Newfoundland puppy from a rescue (the owners had lost their home and couldn't keep the dog).



Clockwise: After surviving Superstorm Sandy and two years at a local rescue, Meatball found his forever home; Two young girls find a new family member; Many cats, including senior cats, were adopted at the fair. PHOTOS: COURTESY PET FOOD EXPRESS

Even the breeds du jour like French bulldogs and "hybrids" du jour like goldendoodles, can be rescued: Pet Food Express co-owner Michael Levy adopted his young Frenchie, Winston, from a French bulldog rescue; and Wolf and Lion co-owner Spyq Sklar found his goldendoodle, Molly, at the city's open-door shelter, San Francisco Animal Care and

Control (ACC). And, of course, after losing my beloved Jazzy to cancer in 2012, I adopted my beautiful blue nose pit bull, Skylar Grey, from ACC when she was just a wrinkly, squishy-faced, adorable 8-week-old puppy — and now she has her own column right here in this newspaper.

E-mail: susan@marinatimes.com

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NOVEMBER 4TH
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"Thanks to Mark Farrell's help, my family was able to purchase our home and stay in San Francisco for a firefighter for 18 years. It means a great deal to be able to live in the city I served and protect."

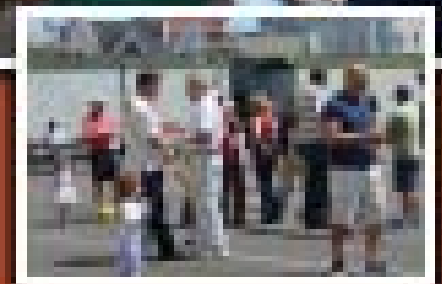
— **ELLEN WAIN (PHOTOGRAPH)**



Creating More Safe Places For Kids And Families To Play

Mark created the **ShareThePark Project** to open public schools as the weekends, creating more safe, open space for kids to play and foster a greater sense of community for residents. Since its start, the project has successfully expanded to 25 schools, with a goal of including every public school in the City.

Mark is working with neighborhood residents to ensure the renovation of **Alcatraz Lake Park**, including work to clean up the lake and replace outdated play structures with safe, modern equipment for kids to enjoy.



ON NOVEMBER 4TH, RE-ELECT SUPERVISOR MARK FARRELL

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SKY'S BUYS : Grr ... eat!

Beasley's Buffalo Bites

by susan dyer reynolds

I STRIVE TO FEED SKYLAR meat treats that are human grade and healthful and that come from humanely raised animals. With Sky's elbow issues, salmon and buffalo are great alternatives to chicken and beef because they're high in fatty acids, which are believed to have anti-inflammatory properties. She has some favorite salmon treats (I'll save those for a future column), but I hadn't

found a buffalo treat she liked — until Beasley's Buffalo Bites.

Beasley's uses 100 percent grass-fed wild bison that the company says are "humanely raised from birth to the end of life" (it's hard to image a humane ending to a livestock animal's life, but there are certainly less stressful, more humane methods). Ruth Fredrick — whose title is Sales & Marketing Hot Dog — says Beasley's mission is "to improve the lives of farm animals by driving consumer demand for kinder and more responsible farm

animal practices," which is certainly something I support in a big way. On their website, Beasley's says, "The diligent work of our ranchers has restored the grasslands of North America to their native species and have brought back a great



American legend: the buffalo!" I can't vouch for that, but again, it's something I support. The grass-fed buffalo are raised without antibiotics, never fed animal by-products, and are free to roam; the meat is cooked, uncured, smoked, and contains no nitrates or nitrites — a far cry from the mystery meat jerky treats made in China that are thought to have sickened or killed thousands of dogs.

Skylar is what I would call a "choosy" dog when it comes to treats, but she loved Beasley's Buffalo Bites. First, they're smoked and

have a jerky texture, both of which she's a huge fan of. The bigger surprise in our taste test, however, was Steve's German shepherd-pit bull mix Blue, whom I refer to as "the pickiest pup on the planet." I've seen Blue turn up her nose at freeze-dried chicken necks and dehydrated pure chicken breast, but she went crazy over Beasley's Buffalo Bites.

The company also makes baked treats (all of Beasley's products are made in the USA, of course). Sky liked the all-organic Grr... nola Squares Peanut-Butter Obsession because, well, she's obsessed with peanut butter (Blue turned her nose up at the baked goods, but that's no surprise). The squares also come in Monkey Face Coconut Crunch, Yam Good Sweet Potato, and Bodacious Blueberry Bliss.

Beasley's Bakery treats: *Bow Wow Meow (2150 Polk Street) and George (2512 Sacramento Street). You can also purchase them from the company's website, beasleysbakeryonline.com, \$12-\$17.*



Sidewalks are for everyone. PHOTO: LEXIE LEE

SIDEWALK ETIQUETTE

CONTINUED from page 30

People don't have to be talking to not be paying attention, sometimes just listening (presumably) to music is just as bad. The other day I was riding in the car with my mom and thank goodness she stopped at the stop sign because suddenly there was a very cute Schnauzer crossing very closely in front of us with his plugged-in mom looking the opposite direction. Had Mom "crested the hill" that Schnauzer would have been schnitzel. It's always a good idea to make eye contact with car drivers when you're walking us furry folks, folks.

It's good to remember that even in public, your behavior, and your children's behavior, affects others. Just the other day, in front of Wells Fargo on Chestnut, two parents were having a conversation while their kid was sitting on the sidewalk wailing and screaming his little heart out. And, it was not just for a little while. His screaming could be heard three blocks away a full five minutes later. Noise pollution? Courtesy? Good parenting?

Finally, here is a scary one for me. Dad and I were on Chestnut when we came upon a nice looking 55-pound golden retriever tied to a parking meter. As I am wont to do, I wagged my tail as hard as I could and went to sniff noses. Golden retrievers are such sweet dogs. But not this one! After an initial greeting, this golden barked viciously and went for my head. Dad was quick and swiftly yanked me out of harm's way. (I'm only 18 pounds but I could have handled that golden no problem.) As we walked away, twice more within the time it took us to walk just a block, we heard the dog and his vicious attack bark. Now if you have an ill-tempered dog like that, why would you tie him up on a public sidewalk with the possibility of someone (or somedog) being attacked? Not to mention the potential for a lawsuit ... but, oh, I just did.

Etiquette, civility, and respect on our sidewalks. That's all I'm barking for.

Walden Majer is an 8-year-old poodle mix and starts his nose-to-the-ground perspective each day from Cow Hollow. E-mail: waldenmajer@gmail.com



Ralph shows off his tricks to a family at an adoption event.

YAPPING WITH

CONTINUED from page 30

heartbreaking, and I felt powerless to save them.

I started going to the shelter five days a week, in between my own work schedule, and soon I was working night and day meeting the dogs, taking their photographs, finding foster homes, e-mailing pleas, networking them to rescues, and raising money for boarding and for dogs with medical needs.

Rescuing dogs took over my life. My little boy was my helper,

and he fell in love with many of the dogs, including another pit bull named Cinnamon, whom we fostered for several months until she got her forever home. As it became painfully clear to me that pit bulls were the first to be euthanized, and yet were some of the sweetest dogs I had ever met, I began to concentrate on them, and in a relatively short time, I became the main rescuer getting them out of the shelter. I couldn't let go of this responsibility, because it was clear that they had no voice, and no one fighting for them. I truly love all

animals, and I rescue all breeds of dogs, including the many Chihuahua mixes that are at the shelter. But I made a promise to myself that I would stand up for pit bulls and try to save as many of these precious lives as I could.

Tell us about your organization.

We are an all-volunteer, 501(c)(3) nonprofit animal rescue group working to save animals from high-kill Southern California shelters. We focus on the breeds most at risk for death row, pit bulls and Chihuahuas. We advocate for animal welfare, affordable spay and neuter programs, community education, and ending backyard breeding. We depend completely on donations to support our work. In 2013, we rescued almost 300 animals from the Camarillo shelter alone. I'm proud to say that AFLAR pulled more than any other local rescue group or organization last year.

What are the biggest challenges facing rescues right now?

Rescue groups never have enough foster homes. If we did, all the dogs could go straight into foster care, and wouldn't have to be temporarily boarded. Boarded is better than dead, but it's not ideal, and it costs a tremendous amount of money, which I would rather use to save

more dogs and pay for medical treatment. Rescues also need volunteers who can help with computer skills, fundraising, and public relations. And we need regular monthly donations. We have received a couple grants (from the Humane Society and Warner Brothers), but we have huge monthly boarding and vet bills and need a consistent source of income.

What do you think needs to be done to stop the high rate of euthanasia at shelters?

Affordable and accessible

We never have enough foster homes. If we did, all dogs could go straight to foster care.

spay-and-neuter programs are first and foremost, educating communities, incentivizing landlords to allow pets, and changing housing and insurance company breed discrimination so that people don't have to give up their animals.

A dog I'd really like to see adopted is ...

Bella. I met her at the shelter about two years ago. She was six months old, and was the most joyful, happy pit bull girl

I'd ever met. She was small and energetic, and ran around on three legs because she needed hip surgery badly. She was going to be euthanized but we got her out.

We finally raised the money to have her surgery, and she went through months of rehabilitation. We didn't have a foster, so this little girl lived at the vet. We finally found a foster, but this sweet girl has waited so long for her special family to come along. Bella adores children, just lights up when she sees them, and they can hang on her and cuddle, and she actually purrs. Bella is very, very special.

Do you have a great success story you'd like to share about an animal you've helped?

Chloe, who is one of our older girls, a pit bull sweetheart that just loves everyone, and has such a gentle, beautiful soul. She was limping when I pulled her from the shelter, and we ended up needing to do two surgeries. Chloe now lives in a wonderful, loving home with a little Boston terrier for a buddy.

All For Love Animal Rescue: Address? 805-445-3535, allforloveanimalrescue@gmail.com, allforloveanimalrescue.org, Facebook.com/allforloveanimalrescue

Lily & Big Eyes were adopted from and photographed at Animal Care & Control. Photographed by Jessica Marmor. www.sfbay.com/photography/photography.html

"I love my pets so much I'll only give them Halo."
 — Ellen DeGeneres, Animal Advocate, co-owner, Halo

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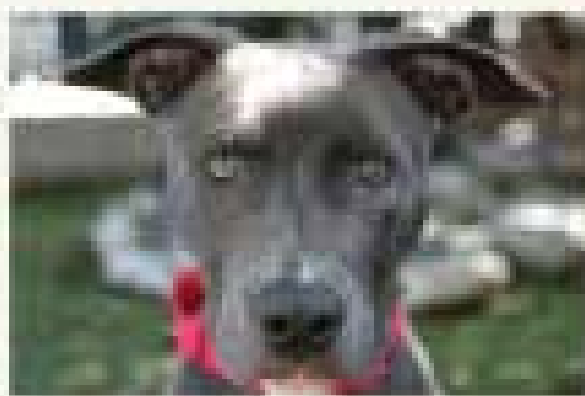
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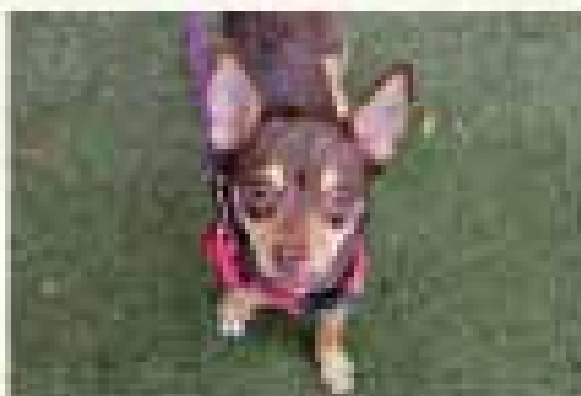
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THE ADVENTURES OF SKYLAR GREY Chapter 18

Today I stop guessing (and give you my heart)

by susan dyer reynolds

*Today, today
Today I stop guessing and give you my heart
Today, today
Today is a blessing
You're far and I'm missing you
I can't wait to be with you if only to say
Stay ... Stay*

— "Today" by Jennifer O'Connor

THE MORNING OF SKYLAR'S ELBOW dysplasia surgery, I was second-guessing myself. "Am I doing the right thing?" I asked Steve as we loaded Sky and Blue into the car for the drive to Mill Valley. "Yes," Steve said with total conviction. "She's not even two years old, and she's limping so badly that people stop us on the street to mention it. Dr. Sams says she's in pain; you know she's in pain."

As we headed over the Golden Gate Bridge, I turned to see Sky and Blue cuddled up sound asleep like two kids on a cross-country road trip. "I guess it's good to be a dog when it comes to this stuff," I said. "You have no idea what's about to happen."

"I wish I was a dog when I had my colonoscopy," Steve said, and I laughed for the first time that day, which I definitely needed.

As we pulled into the parking lot of the Sams Clinic, Skylar sat up suspiciously. She'd only been there once, but she knew exactly where she was. Using the handle on her harness, I helped her out of the car, and she took off toward the street — her big green eyes bugging out, her ears back, dragging me behind her. "No, Sky," I said sternly. "You're going this way." Steve brought Blue to meet us, and once Blue headed toward the clinic, Sky followed.

I handed the receptionist Sky's food and treats and one of my t-shirts that I purposely left unwashed to comfort her during the overnight stay. Moments later a vet tech appeared, and I told her, "We're going to have to come with you. Skylar is a scaredy dog." Once again, Blue led the way and Sky followed. When we got to the surgery holding area, I handed Sky's leash to the tech, and Steve, Blue, and I turned to go. It brought back memories of leaving Jazzy for her two TPLO surgeries and all the radiation treatments at UC Davis during her cancer, but Jazzy was so brave: As I slipped away, she would be giving kisses to the entire staff, her big pittie butt wiggling as they all giggled and hugged her and told her what a special girl she was. As the big doors swung shut, all I saw was Sky's big green bug eyes staring at me with a look of total terror.

"Sky is certainly no Jazzy," I said on the drive back to San Francisco.

"No, she's Skylar, and she's sweet and shy and a total love," Steve said.

"There will never be another Jazzy," I said, and tears filled my eyes.

"No, there won't." Steve agreed. "Jazzy was one of a kind; you can't expect any dog to fill those huge paws. But Skylar is special in her own way, too."

The vet tech said that Dr. Sams would call me after the surgery to let me know how it went, probably sometime after 2 p.m. So when 2 p.m. turned into 3 p.m., I got a little nervous, and when 3 p.m. turned to 4 p.m., I felt a pit in my stomach. The phone finally

rang at 4:15, and it was Dr. Sams. "How did it go?" I asked. There was a momentary silence, and my heart started pounding faster. "It went extremely well," Dr. Sams said, but I could tell there was something wrong.

"Is she OK?" I asked. "She's fine," Dr. Sams said. "But we had a scary moment during surgery. Her heart rate dropped from 100 to 30." "Oh God, no ..." I said, my voice shaking.

"Her heart rate is normal now and she's resting comfortably," Dr. Sams assured me. "That's why I have a fulltime board-certified anesthesiologist on staff. He



After a scare in the operating room, Skylar was alert the morning after surgery.

was with her the whole time, and he's monitoring her now. Normally she would stay overnight here with the techs, but to be on the safe side we're taking her to the 24-hour emergency vet in San Rafael so he can continue to monitor her heart throughout the night. She's in good hands, Susan; she's going to be fine. My anesthesiologist, Dr. Hawley, will be calling you in a bit."

As I hung up the phone, I burst into tears.

"What's wrong?" Steve asked.

"She almost died in surgery," I told him. "Oh my God, Steve — I almost lost her."

Steve held me as I sobbed. "I guess you love her more than you thought," he whispered.

The phone rang again and it was Dr. Hawley. "Skylar is awake and alert and wagging her tail," he said. "As far as what happened, we can't find any problem with her heart. Unfortunately these freak things happen once in a rare while."

I barely slept that night. After losing Jazzy in such a devastating way, I told myself that I wouldn't fall in love with Skylar. I would love her, but I wouldn't fall so hard. Now all I could think about was seeing those big green bug eyes.

In the morning, the tech retrieved Skylar from San Rafael, and called to tell me that the vet had monitored Sky's heart all night, and it was completely normal. She texted me a photo of Skylar with her front legs wrapped in lime green bandages.

I couldn't get there fast enough. When the tech brought her out, Sky had never been so happy to see me — or I to see her.

We rented a room at the Holiday Inn Mill Valley near the Sams Clinic so Skylar wouldn't have to make the trip home the day after surgery. I figured — delicate fleur that she is — it would be a quiet night, but it turned out Skylar Grey is a lot tougher and braver than I gave her credit for. Within minutes of arrival, she was gleefully making a nest in the bed sheets. "She's sure full of piss and vinegar," Steve chuckled as he videotaped Sky turning in circles, nosing and tugging the sheets and blankets to her liking. Those clumsy green bandages didn't slow her down a bit.

Once Sky settled into her perfectly imperfect nest, I scooted onto the bed beside her and pulled her in close as she tucked her adorable little pittie blockhead under my chin. "You win, Skylar Grey," I said softly. "You have my heart." Sky wagged her tail and licked my cheek with that Eighth Wonder of the World tongue as if to say, "You already had mine."

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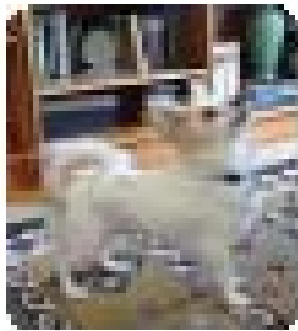
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BAILEY

Bailey is a gentle English set with beautiful bushy ears. She is two years old and a petite 7 pounds. She sleeps quietly in her crate at night unless playful and happy during the day. Bailey loves

walks, dogs, and people. She is a very happy and affectionate dog. Bailey is a quiet girl, but like most dogs, she needs a lot of love and attention. She was the dog-dancer and is waiting for her dog-dancer. Bailey would make a lovely companion for the long-term dog of your dream.



BELLA

Bella is a sweet, friendly, scruffy sheltie mix. Her mother girl is about 11 years old. At 7 pounds, Bella is the perfect in-between size for city life. Bella is quiet and independent, not constantly

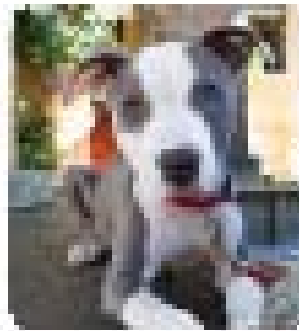
looking for attention. Her loving nature will brighten your day! She has a heart warmer but is suspicious and her mother blood guard looks great. Bella has wonderful bark warning. She never barks and yaps for attention to other dogs. She takes an action of the other animals in her foster home, so she would be just fine in a multi-pet home. This girl would be perfect for a foster looking for a wonderful companion, someone who needs a few boys, may they travel the home.



FREDDIE

Freddie is a small, friendly, scruffy mix with a long, silky coat. He is super sweet. Freddie loves playing with dogs and boys but really enjoys snuggling with people. Freddie will always greet you with a wagging tail. He will do anything you ask of him. He is also used to

being around people, but he can also come over with him quickly because he is so friendly. Freddie will be a great addition to your home. He will be a great companion for you and your family. He will be a great companion for you and your family. He will be a great companion for you and your family.



STUEY

Stuey is a sweet, friendly, scruffy mix. He is two years old and a petite 7 pounds. He sleeps quietly in his crate at night unless playful and happy during the day. Stuey loves

walks, dogs, and people. He is a very happy and affectionate dog. Stuey is a quiet girl, but like most dogs, she needs a lot of love and attention. She was the dog-dancer and is waiting for her dog-dancer. Stuey would make a lovely companion for the long-term dog of your dream.



SCRUMPY

Scrumpy is a sweet, friendly, scruffy mix. He is two years old and a petite 7 pounds. He sleeps quietly in his crate at night unless playful and happy during the day. Scrumpy loves

walks, dogs, and people. He is a very happy and affectionate dog. Scrumpy is a quiet girl, but like most dogs, she needs a lot of love and attention. She was the dog-dancer and is waiting for her dog-dancer. Scrumpy would make a lovely companion for the long-term dog of your dream.



WAYNE

Wayne is a small, friendly, scruffy mix. He is two years old and a petite 7 pounds. He sleeps quietly in his crate at night unless playful and happy during the day. Wayne loves

walks, dogs, and people. He is a very happy and affectionate dog. Wayne is a quiet girl, but like most dogs, she needs a lot of love and attention. She was the dog-dancer and is waiting for her dog-dancer. Wayne would make a lovely companion for the long-term dog of your dream.

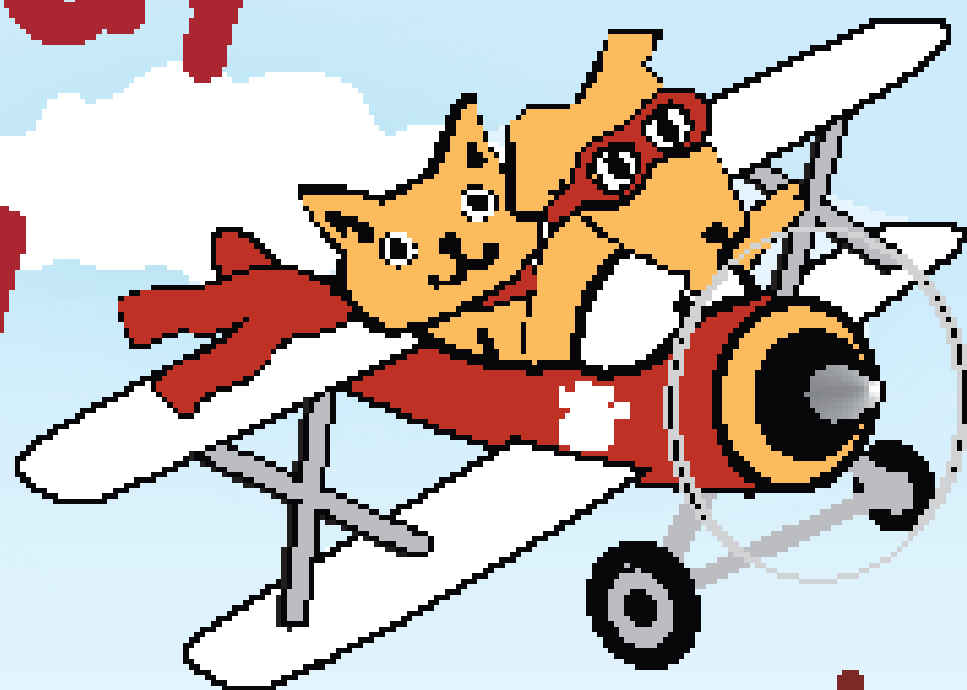
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