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MarinaTimes

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Mary Chapin Carpenter will perform on Aug. 2. PHOTO: COURTESY MARY CHAPIN CARPENTER

Summer Sundays at Stern Grove

BY LYNETTE MAJER

THE STERN GROVE FESTIVAL kicked off its 78th year of free concerts last month to a picnic-packed performance of the Doobie Brothers and The California Honeydrops.

July brings the **San Francisco Symphony** (July 5); Hawaiian performances by **Amy Hanaiali'i** and **Halau 'oKeikiiali'i** (July 12); and the folk-pop-R&B of **Tune-Yards** and the Ukraine

quartet **DakhaBrakha** (July 19). A performance by the **San Francisco Ballet** (July 26) closes the month.

Heading up August is Grammy Award-winner **Mary Chapin Carpenter** and Sri Lankan-American folk-rock artist **Bhi Bhiman** (August 2), followed by the R&B-soul-funk sounds of **Morris Day and The Time** and **Con Brio** (Aug. 9). **Talib Kweli** and **Zakiya Harris featuring Elephantine** (Aug. 16) are slated to close the festival with hip-hop and soul.

All concerts begin at 2 p.m. As many know, the weather at the outdoor amphitheater at 19th Avenue and Sloat Boulevard can be unpredictable, from sunshine to fog and wind, to a combination of all, so it's always a good idea to throw an extra layer or blanket in the picnic basket. Also, parking is challenging, so either biking or Muni are recommended. Visit sterngrove.org for additional information.

REYNOLDS RAP :: City business

Bureaucracy Inc.

If you think getting around the city is tough, try working with them

BY SUSAN DYER REYNOLDS

YOU HEAR A LOT THESE DAYS ABOUT HOW HARD it is just getting around San Francisco between the construction, the traffic, and the congestion. The bottom line is that San Francisco is a small city, with just 47.355 square miles of land (if you include the water, it's nearly 232 square miles), and for many years, left-leaning activists and legislators kept new residential building at a minimum. Then Mayor Ed Lee decided to welcome (or more accurately, bribe) the Silicon Valley with enormous tax breaks. The problem is that Silicon Valley is much larger, much more spread out, and made up mostly of single-family homes with two-car garages and plenty of free parking everywhere else.

San Francisco had a dotcom boom once before, which didn't end well. There are plenty of pundits who believe dotcom boom 2.0 won't end well, either, predicting that two to five years from now, many of the latest Internet darlings struggling to make a profit will go the way of Pets.com, or get swallowed up by bigger, more established companies like Apple and Google with working business models and real piles of cash. I'm in that camp, having gone through the first one and now witnessing the same mistakes being made. But for now, the influx of new residents is overwhelming every resource, especially the housing supply, which Mayor Lee obviously didn't think about when he was

BUREAUCRACY, continued on 4

Crime wave

Residents nervous, city plans more police

BY JOHN ZIPPERER

THE E-MAIL WAS FORWARDED to about a dozen recipients, including the *Marina Times*. It related an attempted assault in the stairway of a Cow Hollow building. The unnamed writer said the same thing happened to a female friend just a few days earlier and that police officers had said there had been 15 assaults in the past week in the same area.

Fearful residents packed an early June community meeting with law enforcement officials, where they were told that the reports of a wave of assaults in the neighborhood — first reported on the Nextdoor.com website — weren't real. Police knew

of 2 cases, but they hadn't heard of 15. Nervousness about crime appears to have inflated reports, which in turn were shared in the rumor mill.

"I would really encourage ... you [to] report things to us," San Francisco Police Department Captain

Police told residents reports of a wave of assaults were false.

Simon Silverman told the neighbors at the June meeting. "Don't just report it on Nextdoor.com to your neighbors, because we need to be able to do something about it." Silverman also cautioned people against believing everything they

read online; even if the posting of rumors was done with the best of intentions, it can actually hinder the promotion of safety.

For residents looking for information on actual crimes, they can get it directly from the SFPD. If those 15 assaults didn't all

happen, there is still plenty of crime taking place in the city to make people wary, and in particular, burglaries and car thefts are on the rise. For example, just in the Central District police reports for the day of March 13, there were eight thefts (mostly from vehicles), a vehicle vandalized, the arrest of someone on an outstanding warrant, a commercial burglary, and a narcotics arrest.

CRIME WAVE, continued on 6

BACK STORY



At the first Monterey Jazz Festival in 1958, Jimmy Lyons (right) is seen backstage with Dave Brubeck. PHOTO: JERRY STOLL, COURTESY MONTEREY JAZZ FESTIVAL

Remembering Jimmy Lyons

BY ERNEST BEYL

THIS BACK STORY IS a paean to an old friend, Jimmy Lyons. His name may not resonate with some of you unless you have attended the Monterey

Jazz Festival. Jimmy was the founder and general manager of this premiere jazz event, and my best buddy until he died in 1994. He deserves remembering. He was a giant in this city that has had many giants. And

he was responsible for adding an important dimension — a starburst of focus — to my life.

If it weren't for Jimmy Lyons, my Telegraph Hill neighbor many blue moons

JIMMY LYONS, continued on 16

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
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Elway's Cherry Creek - Denver, CO



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NEWS BRIEFS : Services, whistleblowers, environment

Focus on homeless, plus tech greens the car fleet

FARRELL SEEKS IMPROVED ACCESS FOR HOMELESS SERVICES

People who are homeless or are in danger of becoming homeless are often not receiving services that could help stabilize their situations, and the city's Human Services Agency lacks the data that would help it deliver those services. District Two Supervisor Mark Farrell is addressing that with legislation he introduced in June to ensure the collection and analysis of data about matching up potential recipients with their services.

According to Farrell's proposal, within six months after a supportive housing client has been placed in a housing unit, homeless service providers would be expected

to help the city determine who is not getting the services they need. In annual reports to the mayor and the Board of Supervisors, service providers would have to give information about the percentage of clients enrolled in all of the public benefits for which they are eligible; the percentage of clients who have applied for all of the benefits for which they are eligible; a summary of efforts made to enroll the person in benefits; and if they're not enrolled, an explanation plus a plan to increase the number of their clients who get full benefits to which they are entitled.

"Public benefits help people secure their most basic needs — especially those working to exit homelessness," said Farrell. "From providing a source of income, to food, to healthcare, or connections and pathways to education and employment opportunities — public benefits provide a critical life-line for those working to get on a path toward self-sufficiency."

The proposed legislation will receive a committee hearing after the Board of Supervisors returns from its August recess.

WHISTLEBLOWER PROTECTION FALLS SHORT

San Francisco's Civil Grand Jury released a report in June that concluded that the city's whistleblower protection ordinance — which is supposed to protect people who report government wrongdoing — doesn't protect people who report government wrongdoing.

The jurors — a group of 19 residents who serve a year on the panel to investigate municipal matters and issue reports — said that the current ordinance only covers "those who blow the whistle through approved channels within city government. Those who disclose government wrongdoing to the news media, or to outside authorities ... are not protected." They also faulted the system for only covering a restricted number of activities and for providing "no substantial remedy to victims of retaliation."

The jury recommended that the Board of Supervisors, the mayor, and the San Francisco Ethics Commission expand whistleblower protection.

OLDEST BALLET BARRE STUDIO, BAR NONE

The Marina District's The Dailey Method, a ballet barre workout studio, rang in its 15th anniversary last month. The San Francisco-based company has grown to 57 locations on three continents, and it expects to expand to 10 more markets this year. Not bad for something that started with a single studio in the Marina District in 2000.

The company lays claim to be the longest running barre studio in the industry. More accurately, it is a leader in forming the industry, training 75 new teachers every year, who in turn teach more than 40,000 new students in barre techniques.

Well-wishers can stop in and wish them a happy birthday at their 2399 Greenwich Street location. Or, if you want to get more exotic, you can wish them a "Bon anniversaire" at their 71 Avenue Victor Hugo studio in Paris, France.

GREENING THE CAR FLEET

San Francisco's municipal vehicles will help the city help the environment if legislation before the Board of Supervisors is enacted. Supervisor Mark Farrell introduced the legislation last month to use new systems, technologies, and data to improve the efficiency and safety of the city's fleet of vehicles.

If the proposal becomes law, the city administrator would create and monitor the assignment and reservation program for a 300-vehicle car-sharing fleet, the largest in California and one of the largest in the country. It would also expand the use of telematics data systems in the vehicles, providing a lot of operations and usage data. That will help the city know where underutilized assets can be dispensed with, when to retire vehicles with the highest maintenance costs and worst emissions, and ensuring the safe use of the vehicles for city business.

Declaring his intention to create "one of the greenest fleets in the nation," Farrell promised that the plan would also make financial sense. "San Francisco is poised to have the largest city-pooled car-sharing program in the state, save millions of taxpayer dollars, and aggressively cut greenhouse gas emissions with the approval of this bill," said Farrell.

DOYLE DRIVE WEEKEND CLOSURE

As reported last month, the temporary closure of Doyle Drive for a weekend of roadway systems work was delayed. The new closure dates will be the weekend of July 9–13 (10 a.m. Thursday through 5 a.m. Monday). During that time, work crews will finalize the roadway connections and transfer traffic to the new permanent roadway. When it reopens, motorists will be driving on the new Doyle Drive.

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

The whistleblower ordinance doesn't protect every whistleblower.

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CONCERTS at the PRESIDIO

Pulling Out All the Stops



Fresh from his landmark performance at **Notre Dame Cathedral** in Paris, and joined again by son **Nicholas**, world-renowned organist **James Welch** returns to the recently restored **Presidio Post Chapel** for a program that features the two most celebrated pieces in the organ literature: Bach's *Toccatina in D minor* and the towering final movement from Widor's *Symphony No. 5*. Also on the program, works by Bizet (*Le Bal*), Elliot (*Improvisation on "Ode to Joy"*), Saint-Saëns (*Fantasia in E-flat Major*), Ungar (*Ashokan Farewell*) and Bach's *Prelude and Fugue in C-sharp Major*.

From the Pre-College Division of the San Francisco Conservatory of Music, gifted young pianists **Kyle Fang** and **Leo Jergovic** perform works by Chopin and Bach.



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San Francisco and Santa Clara Counties by the numbers

SAN FRANCISCO	SANTA CLARA
47.355 square miles	1,304 square miles
836,620 residents	1,868,558 residents
35,771 city employees*	18,777 county employees
23 residents per city employee	100 residents per county employee
\$3,445 amount spent on employee total wages per resident	\$750 amount spent on employee total wages per resident
\$1,035 amount spent on employee total retirement and health cost per resident	\$262 amount spent on employee total retirement and health cost per resident
\$80,575 average wages	\$74,596 average wages
\$24,209 average retirement and health cost for employees	\$26,082 average retirement and health cost for employees
\$2,882,234,830 total wages	\$1,400,680,360 total wages
\$865,992,432 total retirement & health cost	\$489,733,907 total retirement & health cost

*San Francisco County reports as the City of San Francisco | Data for 2013 (last reported) | Source: California State Controller's Office, Publicpay.ca.gov

BUREAUCRACY

CONTINUED from page 1

handing out those tax incentives to companies like Twitter that blow through billions in venture capital hiring hundreds of new employees. Consequently, San Francisco rents are through the roof, and housing prices are, quite frankly, ridiculous. (Those thinking about paying a million bucks over asking for a one-bathroom fixer-upper in Glen Park would be wise to heed Warren Buffet's famous words: "Be fearful when others are greedy and greedy when others are fearful.")

I think it's also fair to say that San Francisco hates cars. While I appreciate the utopian way of thinking ("Knock out parking spaces for bike lanes and everyone will ditch their cars and bike to work!") it's simply not realistic. Baghdad by the Bay has become Bicyclists by the Bay, to the frustration of drivers trying to stay three feet away from them (thanks to a new state law) on narrow, crowded city streets while not sideswiping 12 construction workers and a Muni bus in the next lane.

You would think a city with one employee per every 23 residents and that pays nearly \$3 billion a year for their services could put their 35,771 heads together and come up with a better plan. Then again, the fact that City Hall is bulging at the seams with workers, many of whom are redundant or irrelevant, is likely the reason that will never happen. Case in point: the *Marina Times's* recent dealing with San Francisco Outreach Advertising, a program designed for underserved or hard-to-reach audiences like those reached by community newspapers.

We participated in FY 2013-14 and FY 2014-15, and in both of those years the application process was tedious and overly complex. It involved setting up the usual vendor requirements, agreeing to bid and contract conditions, providing proof of circulation and printing, and passing scrutiny by the purchasing office, which then sends it to the Board of Supervisors for approval. The paperwork is daunting: 11 documents require completion or signature; the "Bid and Contract Conditions" section is 31 pages long; there are two addendums, and 57 total pages. The value to the *Marina Times* is less than \$500 a

month. Compare that to the way it works with our other advertisers: Number of conditions, pages to complete, referrals: zero. Number of pages involved to secure the contract: one. Obviously, the city is trying to cover its behind, because that's what bloated bureaucracies do, but it also keeps a lot of people at City Hall busy by generating superfluous steps and piles of paperwork for a program with a budget of around \$40,000.

While the qualifying process in the previous two years was difficult, this year

the city raised the bar by asking publications to provide proof of insurance, including \$2 million commercial liability, \$1 million commercial automobile, and \$1 million professional liability

The expense of the new requirements is approximately the value of the contract.

(maybe they got our contract mixed up with Uber's). The expense of these new insurance requirements is approximately the value of the contract. I spoke with a friend who spent more than four decades in the industry working for both small and large publications who said he had never been asked by an advertiser to provide proof of insurance because it isn't necessary. Of course, generating superfluous steps and piles of paperwork is the city's M.O., whether the project is \$40,000 or \$40 million.

In a creepy Big Brother turn, the Outreach Program also now requires three referrals from current customers — they want to know who you're doing business with and for how long, and they want their contact information (we were tempted to name the Outreach Program as one of the references, since we've already done business with them for two years). Once the contracts are awarded, the city must create ads for the various publications, which brings more staff into the mix to execute, evaluate, approve, and transmit the ads. I have no doubt the money spent exceeds the budget of the program. Streamlining would certainly reduce the city's costs and potentially make more funds available for participating publications, but we're talking about a drop in the bucket for San Francisco, where a nearly \$9 billion budget is considered lean. Because Mayor Lee expects revenues to continue rising, there won't be any cuts. There will, however, be 1,178 new city jobs.

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– SURVEY –

Please mark the appropriate line.

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- North Beach Journal _____
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- 45-54 _____
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Marital status

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Education level

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- Some college _____
- College graduate _____
- Advanced Degree _____

Annual Household Income

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- \$75,000 - \$149,000 _____
- \$150,000 - \$250,000 _____
- \$250,000 + _____

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- I rent or lease _____

If you would like a copy of the survey results, please provide your email address.

Thank you for completing our survey!



Will additional police officers stem an uptick in property crime in the city?

PHOTO: TORBAKHOPPER

CRIME WAVE

CONTINUED from page 1

(You can subscribe to the Northern Station newsletter at <http://sf-police.org/index.aspx?page=825> and the Central Station newsletter at <http://sf-police.org/index.aspx?page=805>.)

“Robberies, car thefts, and thefts from automobiles are up citywide and in the Northern District through May of this year,” Northern Station Captain Greg McEachern told the *Marina Times*. He said that the biggest increases are in robberies and thefts from automobiles (up 27 percent and 45 percent, respectively in the city and up 21 percent and 69 percent in the Northern District.) Burglaries in the city dropped by 7 percent and in the Northern District by 13 percent. “Though robberies are up citywide and in the northern district year to date, in the Marina and Cow Hollow areas we have not seen an increase. Thefts from automobiles, however,

is different. Last year through the first five months of the year, the entire Northern District saw 1,146 thefts from automobiles. This year, through the first five months the entire Northern District has seen 1,933 thefts from automobiles.”

McEachern added that many of those crimes occurred in the tourist and commercial areas of the Marina and Cow Hollow, such as the Palace of Fine Arts, motel and restaurant parking lots around Lombard Street, and in public parking garages near commercial corridors.

“Northern Station uniformed officers and our plain clothes street crimes units have conducted numerous undercover operations to detect and apprehend criminals who break into automobiles,” McEachern said. “Through the first four months of the year, Northern Station personnel have made more arrests than any other station in the city for this type

of crime and have arrested more than 80 offenders year-to-date. What we often find is that the perpetrators of these crimes are highly organized, often in groups of more than three individuals, and use vehicles for transportation for quick access and escape from the area.” He said his officers will continue these operations throughout the remainder of the year.

As certain crimes have increased in number in San Francisco, the city’s police force has actually decreased in size over the past five years, falling from 1,951 full-duty officers in 2010 to 1,730 today. “San Francisco is growing, yet we have fewer officers today than when we were a smaller city,” said Supervisor Scott Wiener. “We’ve grown by about 100,000 people and have neighborhoods that didn’t exist before, yet our department has shrunk. We need to re-staff the department and update our staff-

in the 2015-16 fiscal year, the city would fund five police academy classes instead of the three it had been funding. “Five academy classes equates to training 250 new officers,” Wiener said. “Our police department is hundreds of officers short of where we need to be for our growing city. It’s not acceptable that we have fewer officers now than we had 10 years ago.”

In June, the Board of Supervisors passed a resolution sponsored by supervisors Wiener, Mark Farrell, and Malia Cohen to increase police staffing levels to keep pace with population growth. District Two Supervisor Mark Farrell, who also serves as chair of the budget committee, reports that the city budget for next year would add 400 officers to the police force and an additional 36 dispatchers to the city’s 9-1-1 system to improve emergency response. (See page 7.)

Northern Station has already seen a bit of a recovery in its personnel levels. “With the newest academy class graduation, we received nine new officers, which brought our staffing level above 110 officers,” said McEachern. “As we move through the summer and into next year, new academy graduates will increase this number back toward the 140 officers Northern Station had back in 2010.”

“What this will mean to the community is increased officers in marked police cars able to respond to calls for service; increased street crimes undercover officers

to conduct enforcement operations for crimes such as burglaries, robberies and thefts from autos; increased homeless outreach officers; increased school resource officers; increased traffic officers; and most important, in my opinion, increased foot beat officers in our community including in the Marina and Cow Hollow communities,” said McEachern.

According to a June report on police staffing from San Francisco’s Office of the Controller, “San Francisco’s total crime rate (violent and property) per resident and daytime population in 2013 was second highest among its ... peers. While San Francisco’s violent crime rate falls in the middle of its peers and is only slightly above the national average for cities with populations over 350,000, its property crime rate is second highest, only lower than Oakland, in the survey group.” From February 2014 to February 2015 in the Northern District alone, auto thefts increased by 33 percent, thefts from autos by 55 percent, and arson by 80 percent. Residents are clearly concerned, even without misleading viral e-mails.

McEachern echoed Silverman’s plea for residents to report crimes and suspicious activity they see: “If we don’t know that a crime is occurring or may occur, it’s much more difficult to prevent the crime and apprehend the criminals. The community is our best eyes and ears when it comes to crime.”

E-mail: john@marinatimes.com

Northern Station has already seen a bit of recovery in its personnel levels.

ing goals to take our growth into account. We need more police out on the streets walking beats, enforcing traffic laws, and responding to the rising number of crimes in our neighborhoods.”

Plans to increase the police force have been developing for some time. In April, Wiener noted that

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San Francisco's city budget: Balanced, growing, and responsible

BY SUPERVISOR MARK FARRELL

OUR CITY BUDGET SERVES as a reflection of our shared priorities and values. As chair of our city's Budget and Finance Committee for the past three years, I have led and continue to lead our budget discussions with my colleagues at the Board of Supervisors and the broader public to ensure those priorities and values are met. In that role, it has been and is my responsibility to fight for issues that matter to District Two and the city as a whole. The budget for the city for fiscal years 2015-16 and fiscal years 2016-17 is \$8.92 billion and \$8.96 billion, respectively.

Due to a thriving local economy, we have seen approximately a billion dollars worth of growth since our budget last year, which was \$7.9 billion dollars. Without a doubt, it's a massive city budget, and there are many reasons why it is so large for a city our size. Since San Francisco is both a city and county, we are required to provide many additional services not typical for a city our size, including running two public

hospitals, our airport, our port, and our own utilities.

Because of our growing and booming local economy, we have not had to make any cuts to our current levels of services. Further, we have been able to make strategic investments in programs and services to ensure that San Francisco remains safe and livable, and save record amounts in our city reserves to protect against the next economic downturn.

I am mindful that just because we have more resources that it does not mean we can go on a spending spree as a city. We must

to do both. Public safety is a top priority for District Two and residents citywide, and the proposed budget will add 400 new police officers, 198 firefighters, 55 paramedics, and 36 9-1-1 dispatchers to enhance public safety in every neighborhood across our city. The budget has a 10 percent service increase at Muni to address service reliability and crowding. We are also proposing to repave more than 1,400 blocks over the next two years, and we include increases to the Department of Public Works and the Recreation and Park Department to keep our streets and parks clean and safe.

Our budget also proposes to make strategic investments for the city's most vulnerable. There are significant new resources for the opening of a new San Francisco General Hospital, 500 new units of supportive housing to help individuals and families exit homelessness, and new funds to further support seniors and people with disabilities.

Most important, the proposed budget balances the need for increased services with the need to ensure long-term financial stability and invest in our city's infra-

We have seen approximately a billion dollars of growth since our budget last year.

continue to remain frugal and direct our attention to our city's more pressing needs while continuing to fight for basic quality of life needs that include public safety, cleaner streets, support for small businesses, and much more.

The proposed two-year city budget that is now in front of the full Board of Supervisors seeks



Muni's budget increases 10 percent to address reliability and crowding. PHOTO: MOBILUS IN MOBILI / FLICKR

structure. As chair of the Budget and Finance Committee, I have specifically fought to increase our city budget reserves to protect against the next economic downturn and strengthen our city's credit rating. By the end of June 2017, the city will have approximately \$300 million across its multiple reserves – which is one of the highest levels saved in the budget reserves in our city's history. Though San Francisco is in a much better place financially than recent years, we cannot take anything for granted as it relates to our local economy, and we must continue to ensure that our city is fiscally responsible, safe and successful.

As supervisor, I am also fighting to secure additional district-specific budget priorities to address various needs from the savings we found in the Budget Committee. We will invest more for commercial corridor cleanings across the district to fur-

ther clean our streets, supporting our small businesses, enhancing programs for youth and seniors, making needed park and public space upgrades, providing family-focused programs and activities to encourage a more family-friendly city, as well as crucial transportation and pedestrian safety upgrades.

It has been a rewarding experience over the past couple of months to hear directly from community leaders, business, and labor and nonprofit organizations to discuss priorities and to work to address their concerns. I believe our proposed balanced city budget addresses the appropriate priorities and concerns citywide and in District Two. I look forward to working with my colleagues to pass our two-year city budget before the end of July.

Mark Farrell is District Two supervisor. E-mail mark.farrell@sfgov.org or phone 415-554-7752.

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MARINA-COW HOLLOW INSIDER



BeGood's flagship store is located at 2127 Union Street. PHOTO: BEGOODCLOTHES.COM

Retail for good

BY CHRISTINE ROHER

IN A CITY WHERE WE PROUDLY COM-
post, ban plastic, and shun gasoline-
fueled cars, it only makes sense
that we're now looking at the clothing
industry's impact on our environment.
And **BeGood**, a clothing boutique with
its flagship San Francisco store at 2127
Union Street, is happy to give us a
quick lesson.

Big retail is the second most pollut-
ive industry on the planet, according
to BeGood. So Mark Spera and Dean
Ramadan founded BeGood with two
goals in mind: Sell clothing that's man-
ufactured in a way that reduces the
harmful impact on the environment,
and support designers who give back to
the world.

Big sellers at BeGood are Threads
4 Thought, Alternative Apparel, and
Amour Vert. Labels like these use sus-
tainable fabrics, zero chemicals, and
natural dyes. Matt and Nat handbags,
made from items like recycled plastic
bottles and bicycle tires, are also popu-
lar. And then there are the "give back"
brands, like Toms, the company that
donates a pair of shoes for every pair
that's purchased.

BeGood recently started manufactur-
ing its own eco-friendly apparel line
as well. And for every item that's pur-
chased, BeGood donates 12 gallons of
water to people in need.

Along with the Union Street store,
BeGood has a heavy online presence.
"We have a good customer base and
people really seem to care about the give
back," said Lindsey Blackburn, BeGood's
store manager (2127 Union Street, 415-
829-2289, begoodclothes.com).

Down the street, pre- and postnatal wo-
men will soon have a new place to exer-
cise. **The Lotus Method** is scheduled to
open its doors any day; this is the com-
pany's second location.

Caitlin Ritt, a former professional bal-
let dancer, founded the Lotus Method.
After giving up her dance career, Caitlin
turned to personal training, where she
was fascinated with working with preg-
nant women. "There's no other time a
body goes through this much in so little

time," she said. "The body goes through
such a physiological change."

Caitlin listens to the concerns of each
woman and designs a workout specifi-
cally for her. The workouts largely focus
on functional movements and postural
alignments. Her goal is to help women
feel good during and after pregnancy.
Caitlin says 90-95 percent of her clients
have very little aches and pains, if any,
and they're having shorter labors.

"We help you connect the muscles you
need to push with those you need to relax,"
said Caitlin. "We've
had first-time moms
push babies out in 10
to 15 minutes."

The Lotus Method
is also creating a com-
munity — women
are connecting and
becoming fast friends. Caitlin finds this
satisfying as well.

"I get asked all the time if I miss
my dance career. But what I get
from these women, and meeting the
babies after, makes me so incredibly
happy," says Caitlin (1775 Union Street,
thelotusmethods.com).

Another new tenant on Union Street is
Sugarfina, a candy boutique for grown-ups.
Sugarfina was founded by husband-
and-wife team Rosie O'Neill and Josh
Resnick. They launched in Beverly
Hills, selling "cocktail candies" like
Champagne gummy bears and peach
Bellini gummies. Those candies
quickly became hits, and Sugarfina
flourished into a must-have, high-end
candy brand.

"We dreamed of gourmet sweets made
with premium ingredients — candy
that's as beautiful to look at as it is to
taste," said Rosie.

Sugarfina now sells more than 150 dif-
ferent candies, two-thirds of which can't
be found anywhere else in the country.

In honor of its new San Francisco
location, Sugarfina will offer a limited
edition "I ♥ San Francisco" bento box
featuring custom illustrations of the city.
The eight-piece bento box (\$60) and the
three-piece bento box (\$25) will fea-
ture candies produced in the Bay Area,
such as matcha green tea caramels and
dark chocolate coffee toffee (1837 Union
Street, 855-784-2734, sugarfina.com).

E-mail: christine@marinatimes.com

SKETCHES FROM A NORTH BEACH JOURNAL

Street names from Brannan to Green, the restaurant scene, Deadheads, and remembering Ornette Coleman

BY ERNEST BEYL

THIS MONTH'S NORTH Beach Sketches includes a bit of this and a bit of that — Mormons, vigilantes, escaped convicts, some recollections of a rock 'n' roll jam band, some memories about a jazz icon, and a restaurant update. Come on in, the water's fine.

A STREET NAMED BRANNAN

Here in San Francisco many of our streets are named for notables who were around in the early days of the city. For example, Brannan Street was named for Samuel Brannan, a hotheaded Mormon who arrived in the tiny village of Yerba Buena in 1846 with 200 followers. He wanted to start a Mormon enclave here in what soon would become San Francisco. Brigham Young and his followers beat Brannan to the religious settlement idea when Young found the Great Salt Lake. Brannan instead went on to publish the first newspaper in the tiny bayside community and became the father of San Francisco journalism. When gold was discovered at Sutter's Mill on Jan. 24, 1848, Brannan not only published the startling news but also took off for the gold fields himself. Later, he was a prominent member and spokesman for San Francisco's Committee for Vigilance that lynched some bad guys. Think about this next time you drive down Brannan Street.

A STREET NAMED GREEN

In North Beach, one of our prominent streets is named for a notable as well. Consider Green Street. It was named for T.H. Green, a successful early San Francisco merchant — or so the story goes. But T.H. Green's name was an alias. His real name was Paul Geddes, and he had escaped from a Pennsylvania prison and made his way west to San Francisco.

These days in the single block of Green Street, between Grant and Columbus avenues, there are no fewer than a dozen restaurants and saloons like Gigi's Sotto Mare and Gino & Carlo. Check 'em out.

TRIPLE WITH POLENTA

Well, another North Beach landmark has bit the dust. But it may return. One of my favorite restaurants in North Beach has closed. It's the U.S. Restaurant over at 515 Columbus. Plumbing problems, landlord problems, and just plain problems! My favorites there were the lamb shoulder with lima beans and the tripe with polenta. Arthur Bloomfield, one-time San

it a few months ago, and there's a new edition out. Sensibly enough, it's called *Deadheads: Stories from Fellow Artists, Friends and Followers of the Grateful Dead*.

As Linda proceeded to convince me to write about her, I felt like I had stepped into that great movie *Almost Famous* about Cameron Crowe, a teenage journalist on his first assignment from *Rolling Stone*, who in 2000 won an Oscar for the semi-autobiographical screenplay.

In the original book, Linda said she was not a Deadhead. "I'm more of an anthropologist." In the updated book she says: "To this day I don't know if I would call myself a Deadhead. I've never worn tie-dye." That's how it was truckin' with Linda from Orinda.

REMEMBERING ORNETTE COLEMAN

As I write this column, news comes that Ornette Coleman has died at 85. He was an iconic figure in jazz. The first time I heard him was in 1959 at the Monterey Jazz Festival. He played a white plastic alto saxophone and his music was baffling, strange to my ears. He played his song "Lonely Woman," and I thought it sounded like a lonely woman. It was bluesy, but dissonant and atonal, with shifting tempos, or maybe with no tempo at all. Last time I heard him was a few years ago, again at the Monterey Jazz Festival. That time he didn't sound so strange. Ornette Coleman hadn't changed, but my ears had.

Many years ago, he dropped into my tiny North Beach office in the Belli Building on Montgomery. Someone told him I was a good publicist and that I loved his music. Well, part of that was true. Coleman knew his music was revolutionary, but he believed in it and wanted more people to hear it. Specifically, he wanted me to arrange a concert for him at the San Francisco Opera House. I tried but couldn't bring it off. If he were alive today, that chore would be easy.

E-mail: ernest@marinatimes.com

Geddes escaped from prison and made his way to San Francisco.

Francisco Examiner classical music critic, and a trencherman of major proportions, ate at U.S. Restaurant daily. I ate there once or twice a week, sitting at the counter where I could watch my lunch being prepared in those hot sauté pans. The proprietors, host Gaspare Giudice and chief cook Benjamin Ruiz, are planning to reopen — in North Beach, of course. What space are they looking at? Over on Green Street, in the spot formerly occupied by HRD Smokin Grill, a Korean barbecue joint.

LINDA FROM ORINDA

If you ever thought about being a Deadhead — following Jerry Garcia's jam band, the Grateful Dead, around the country for fun and games — you will like this anecdote. If you never thought about it, you may like this anyway. The other day I was sitting at the counter in Mario's Bohemian Cigar Store Cafe having my afternoon espresso. You never know whom you will run into at Mario's. On this particular day, someone tapped me on the shoulder, and I turned to face a woman.

"Hi, I'm Linda from Orinda, and you should write about me in your column," she said.

Turns out she — Linda Kelly — was a Deadhead and wrote a book about it. Or rather, she recorded the oral histories of many Grateful Dead, roadies, musicians, record producers, hangers-on, and true Deadheads. The book was published in 1995 but Linda updated



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The killer porchetta at B. on the Go. PHOTO: © TABLEHOPPER.COM

Say goodbye to La Boulange;
big news in Ghirardelli Square;
let's talk sandwiches

BY MARCIA GAGLIARDI WITH DANA EASTLAND

CITYWIDE

A big wave of news recently is that Starbucks is closing all 23 of its **La Boulange** bakery cafes by September, having determined “the stores are not sustainable for the company’s long-term growth.” Pascal Rigo, creator of La Boulange, sold the company to Starbucks in 2012 for \$100 million, and was partnering with Starbucks to elevate its food offerings with items under the La Boulange brand in all its U.S. and Canada locations.

Rigo has now left the company as well, and Starbucks’ press release states that he plans to “continue his passion for food in San Francisco,” and focus on “nonprofit ventures in an effort to supply quality food to schools with underprivileged children and bring innovative after-school clinics to help children with learning disabilities.” Go Pascal. According to the *Chronicle*, Rigo has plans for a few of the La Boulange locations.

Say what you want about the brightly colored spots practically in every San Francisco neighborhood, they did provide a comfortable space to grab a sandwich, enjoy a cafe au lait, have a meeting, and hang out. (There’s a petition to save them at change.org.) When the first Boulange opened on Pine Street, it provided a taste of France that many of us were looking for (which sadly got watered down with each location that opened). We all look forward to see what Rigo does next and are wondering what is going to happen to all those locations. Stand by.

MARINA

The former home of **Café Claude** Marina, which closed back in March, has a new owner. **Michael Mina** has bought the space, and while the concept for the location hasn’t been decided, it sounds like it may be more neighborhood-minded and modest than some of Mina’s flashier projects around town. However, what he plans to do with the space in the meantime is almost more interesting: It will function as a pop-up/incubator for some of the Mina Group’s most promising young chefs. The first pop-up will come later this summer from RN74 chef Adam Sobel and Mina himself, who will be collaborating on a Middle Eastern-inspired dinner, which seems fitting given Mina was born in Egypt, and Sobel is half Israeli (2120 Greenwich Street).

FISHERMAN’S WHARF

Some exciting new tenants are coming to Ghirardelli Square: a project from chef **Jonathan Waxman** (Barbuto in New York

City) and a second location of **Le Marais Bistro & Bakery**. Waxman’s project is a homecoming of sorts — he was born in Berkeley and, like a good Berkeley-born chef, has culinary roots at Chez Panisse. He will be opening a sit-down brasserie and a fast-casual cafe (currently unnamed) in the Mustard Building, which dates back to 1899, serving his seasonal and Italian-inflected cuisine (let’s not forget where Domingo Ghirardelli came from). The *Chronicle* mentions the opening is slated for the fall.

Meanwhile, Ghirardelli Square’s Apartment House will be the home of **Le Marais Bistro & Bakery**, which will have 116 seats in this two-level location. Husband and wife Patrick and Joanna Ascaso will be serving their artisan-made breads and exquisite array of viennoiserie (croissants, pains au chocolat, carrés, and Danishes), as well as pâtisserie selections (tarts, macarons, choux, and entremets). There will also be a bistro component, with dishes inspired by the French coastal regions, and cocktails. The historic location, which dates from 1916, has a fantastic view of the water and Alcatraz, which you’ll be able to enjoy from the outdoor terrace. The look will include leather banquettes, classic bistro mirrors, cream-painted cabinetry, and penny tile floors. Look for early 2016 on this one, and we’ll keep you updated (900 North Point Street).

PACIFIC HEIGHTS

Just in time for summer, **Smitten Ice Cream** opened their second San Francisco location in Pacific Heights. This new space has six of their special Brrr Machines for freezing ice cream with liquid nitrogen and will feature an outdoor garden with string lights, benches made of Radio Flyer wagons, and a living wall (2404 California Street, 415-872-9414).

LOWER PACIFIC HEIGHTS

Some very exciting news: Chefs and co-owners Margie Conard and Dana Tommasino of the (sadly closed) **Woodward’s Garden** have found a new nest to land in. If all goes as planned with escrow and the ABC license transfer, they are taking over the Roostertail space and will be opening **Gardenias** in its place. (So the garden theme will continue.)

The ladies are beyond thrilled with how it worked out — it’s a sweet space that was renovated just about four years ago, with a spacious kitchen and back patio. The size is just right. (A personal shout-out to Steven

TABLEHOPPER, continued on 11

TABLEHOPPER

CONTINUED from page 10

“Stu” Gerry of Zephyr for helping them secure the space.) And if the timing goddesses are with them, Gardenias should be opening in early July (1963 Sutter Street).

Last month we told you that the wonder pastry duo Belinda Leong and Michel Suas of **B. Patisserie** took over the former Blue Fog Market space on California Street, where they have opened **B. on the Go**.

They have a mustard-yellow rotisserie (it matches the color at B. Patisserie) and are making sandwiches with a variety of meats. There’s an outstanding porchetta (they chop up the meat and glorious crispy skin, saturate it with salsa verde, and nestle it all into their ciabatta). The Grec sandwich with rotisserie Mary’s chicken and herbaceous yogurt is homage to a shawarma-like sandwich (it comes on a soft roll) that Leong remembers from her days living in Paris. There is also a Cubano, and their grilled cheese is very unusual: It’s made on a thinly sliced round of custom-made bread, about the size of a tortilla, which is folded over and filled with a variety of cheeses (smoked Gouda, Gruyère, and Swiss) and mushroom duxelles like a quesadilla. Decadent and delicious. Sandwiches range from \$11–\$13. There are also plans to sell the porchetta and chicken by the pound, and a vegetarian option will be added to the rotisserie, too.

Additional items include some salads and three kinds of classic desserts, like a pudding, panna cotta, and crème brûlée, plus a seasonal bread pudding and a galette, all designed for takeaway. Cookies range from lemon sable to ginger molasses to chocolate peanut butter. You’ll also find some vinegar drinks, like mango mint and raspberry vinegar. (Nothing will be a duplicate from what you currently find at B. Patisserie — each place has a different offering.)

There is a counter where you place your order, and there’s a large walnut communal table (which Suas made — in addition to the other reclaimed walnut features in the space, including the counter), where you can eat your goodies, although it’s mostly designed to be a takeaway spot. There are colorful Spanish tile floors and the beautiful glass tiles the color of wine in the kitchen, with lots of light. Have fun looking for the cute hand-painted pigs in the space (2794 California Street, Tuesday–Sunday 11 a.m.–4 p.m.).

RUSSIAN HILL

At this point, you may have figured out that we’re pretty sandwich obsessed. So it’s with great pleasure to announce that there’s a brand-new spot for you to get quality sandwiches: **Belcampo Meat Co.** is now serving lunch Monday through Friday. You’ll find an array of sandwiches featuring Belcampo’s quality and organic meats from animals raised humanely on their farm in Shasta.

Their newish chef, Dirk Tolsma, who came on earlier this year, has put together (in conjunction with the Belcampo team) quite a sandwich menu that includes a tartare tartine (\$12), in which their fantastic steak tartare — mixed with creamy and bright yellow-orange egg yolk and pickled ramps — is piled on toasted whole wheat from Della Fattoria. You’ll also see their fantastic cheeseburger (\$12), which is a rather perfect burger, with caramelized onions and butter lettuce; I so dig this burger.

Pork lovers will want to veer toward the roast pork Cubano (\$11), a rare thing to find done well in this town. It has thin and juicy slices of mustard-roasted pork loin, ham, melted Swiss cheese, and their house pickles, all tucked into crispy ciabatta. It’s a beaut. But then there’s the wicked Bacon & Bacon (\$14), with pulled bacon (yeah, think about that for a second), slices of crisp bacon inside a sesame bun, Tabasco aioli, and tangy cabbage slaw. (Don’t tell your cardiologist.)

High on the creativity scale is the mean Eggs & Ham (\$12), a deep-fried egg (again, get ready for the bright orange and creamy yolk) inside a sesame bun with their deviled ham (it gets mixed with sriracha aioli and scallion), slices of avocado, basil, and cilantro — it’s kind of like a banh mi that ate a Scotch egg and went to California.

If you’re a sloppy Joe fan, prepare thyself for the next level: the Sloppy Mutton (\$12) — or, as I discovered, the “slutton,” as



The Ghirardelli Square Apartment House, where Le Marais Bistro & Bakery will be opening its new location. PHOTO: COURTESY LE MARAIS

the team calls it (I am still laughing). And the moniker is well deserved: a deeply flavorful filling of braised mutton shoulder and belly is tucked inside a soft sesame bun that soaks it up just so. And here’s the kicker: there’s a layer of roasted garlic mascarpone in there — genius! That sandwich is not one you want to miss. And here’s a little Tablehopper insider deal: If you order the slutton (you have to call it that!), you’ll get a free side of their beef tallow fries (\$3 value). And trust, you want those fries. It’s slutton time!

One last tip: If you are hung over, or fighting a cold, or just need a little comfort, a cup of their bone broth egg drop soup (\$6) is what you want. And be sure to pick up a dozen of their amazing free-range eggs and a little something from the meat counter on your way out — they have a bunch of new products, like sausages stuffed with

jalapeño cheese, oh yeah (1998 Polk Street, belcampof.com, 415-660-5573; lunch Monday–Friday until 3 p.m.).

EMBARCADERO

We received word that Joseph Manzare’s **Globe**, which he opened with wife and partner, Mary Klingbeil, in 1997 and was such a late-night hangout and industry spot for years, has sadly closed its doors. They reportedly lost their lease and the restaurant had its last night on Saturday, May 30. Thanks for the memories (290 Pacific Avenue).

Marcia Gagliardi is the creator and Dana Eastland is the associate editor of tablehopper.com, a popular insider weekly e-column about the San Francisco dining scene; subscribe for more news and updates. Follow Marcia on Twitter: @tablehopper.

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GraceAnn Walden, the brassiest broad in food writing, is gone

BY SUSAN DYER REYNOLDS

I FOUND OUT THAT GRACEANN WALDEN had passed away in a text from my friend chef Ryan Scott. According to her obituary, GraceAnn died of a heart attack "due to multiple health issues" at her home in Vallejo on the evening of Friday, May 29. She was 70 years old. The food community was shocked by the news. I was truly saddened, but I can't say I was surprised. Over several years working closely with GraceAnn at *Northside San Francisco* magazine, on our joint project *The Yummy Letter*, and during a 10-day trip together in New York City, I watched her life slowly spiral downward.

In 2009, GraceAnn took a bad fall. One morning, she called to ask if I could come over to help her take a shower; her arm was in a sling, and she feared falling again. It was difficult for GraceAnn to be vulnerable — her public persona was often tough, brassy, and abrasive — but that day I saw GraceAnn's tender side, usually reserved only for close friends, her goddaughter, and her cherished animals (at the time, five birds, a three-legged stray tomcat, and her Chihuahua mix, Cosmo). While she was recovering, I visited often to take Cosmo for his walks around the mobile home park, and sometimes GraceAnn and I would cook dinner together or check out a new restaurant.

CREATOR OF INSIDE SCOOP

Her close relationships with the world's greatest chefs were enduring and undeniable, forged throughout 14 years as the original scribe of the Inside Scoop column for the *San Francisco Chronicle*. Now in its 24th year, the Inside Scoop's current steward, Paolo Lucchesi, wrote a tribute to GraceAnn crediting her with pioneering "the idea of writing about the restaurant scene, its news cycle and its gossipy underbelly on a regular basis, most notably penning the Inside Scoop column from its inception in 1991 until 2005." What Lucchesi didn't mention is that GraceAnn actually created Inside Scoop for another publication, an Emeryville-based magazine called *BayFood*, in the late 1980s. It became *BayFood*'s most popular column, and that's when the *Chronicle* came calling.

RIFT WITH THE S.F. CHRONICLE

While Lucchesi sang GraceAnn's praises after her tragic death, the *Chronicle* never gave her credit during or after her 14-year tenure at the newspaper. Though her public statement was that she retired of her own volition, GraceAnn told me the truth was quite different, but that she wasn't able to speak publicly about it for legal reasons. The trouble, GraceAnn explained, started when she asked the *Chronicle* to make her an employee after "freelancing" for more than a decade. At that time, Inside Scoop was the most popular column in the food section and GraceAnn's cachet on the restaurant scene equaled that of critic Michael Bauer (something Bauer wasn't happy about). GraceAnn felt she should receive benefits and a pension, but the *Chronicle*

refused to make her full-time staff, offering her part-time status instead. According to GraceAnn, the next two years were hellish, between feuding with Bauer (whom she nicknamed "Anton Ego" after the acerbic food critic in the 2007 Disney-Pixar film, *Ratatouille*) and seeking what she felt she deserved from the *Chronicle*: full-time status, benefits, and a pension.

GraceAnn turned to the union, eventually securing benefits and a small pension for retirement, but that retirement came earlier than expected when the *Chronicle* unceremoniously pushed her out the door in 2006 (during the holidays, no less). That same year, the Internet exploded with Inside Scoop wannabes, from blogs to e-letters to websites, prompting Bauer to opine in a post, "What's up with all the gossip these days?" The *Chronicle* loves tooting its own horn, and being a good soldier, Bauer boasted, "When The Chronicle started the Inside Scoop column more than 15 years ago, there were few places to get information about new restaurants and



GraceAnn Walden. PHOTO: TWITTER

GraceAnn created Inside Scoop for another publication in the late 1980s.

chef changes." Of course, there was no reference that GraceAnn actually came up with the column at *BayFood*, not only pioneering the genre but also later inspiring all those web wannabes. Bauer only referenced GraceAnn in one snarky sentence: "Just this week, GraceAnn Walden, who used to write the Inside Scoop for The Chronicle, has taken her act to the suburbs and is doing a Nibbles column for the Contra Costa Times."

IMMENSELY PROUD WITH A SHORT FUSE

The closer we became, the more I realized how hurt GraceAnn still was by the *Chronicle*'s betrayal and continued lack of appreciation for her years of loyalty and groundbreaking work. Not that GraceAnn was a saint. Nobody could burn a bridge better, and her immense pride and short fuse often led to embarrassing squabbles with competitors, chefs, and fellow food writers. GraceAnn burned our bridge after I informed her that I could no longer do the *Yummy Letter* because, along with writing half of it, I was serving as venture capitalist and proofreader while also running *Northside* and the *Marina Times*. GraceAnn was furious, shutting down the *Yummy Letter* and shutting me out of her life. A few weeks later, she started her bi-monthly Yummy Report, but I don't think it truly fulfilled her. In fact, I don't believe GraceAnn ever really recovered from losing the Inside Scoop, a job she loved so much and sacrificed so much for — and the *Chronicle* food section, whether they admit it or not, has never been the same without the inimitable, irrepressible GraceAnn Walden.

GraceAnn leaves behind her beloved little dogs, Bruno Mars and Tinkerbelle (adopted after Cosmo's passing in 2014). They are currently awaiting new forever homes at the Marin Humane Society (marinhumanesociety.org, 415-883-4621).

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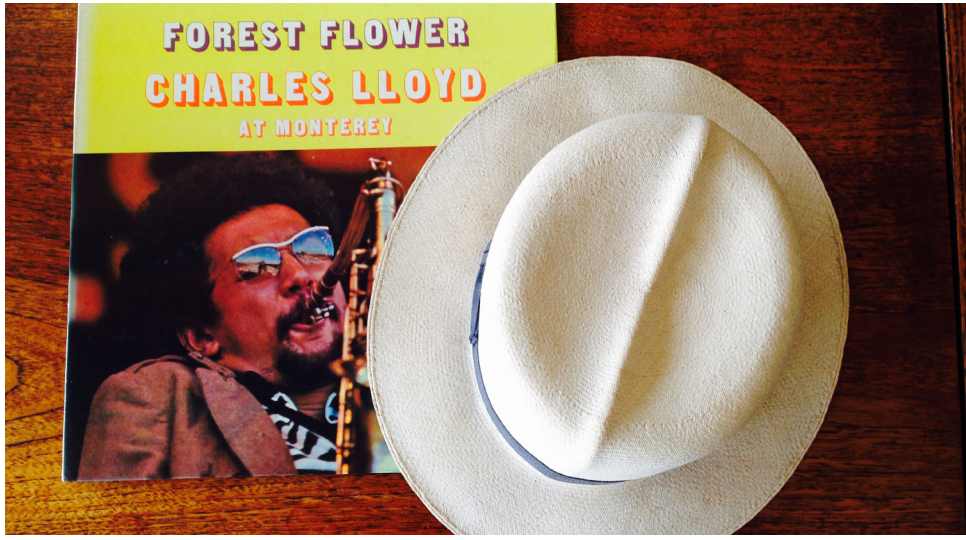
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Results of the PROPPR study at San Francisco General Hospital and Trauma Center Results from the National Institutes of Health funded study known as PROPPR (Pragmatic, Randomized Optimal Platelet and Plasma Ratios) which was conducted at San Francisco General Hospital and multiple sites nationwide, compared the results between the two ratios of blood products given to injured patients with severe trauma and major bleeding. The study showed that early administration of plasma, platelets, and red blood cells in a 1:1:1 ratio versus a 1:1:2 ratio did not result in significant differences in mortality (rate of death) at 24 hours or 30 days after admission to the hospital. However, more patients in the 1:1:1 group stopped bleeding from their injuries, and fewer patients died due to severe loss of blood within the first 24 hours of admission to the hospital. This study was conducted nationally and at San Francisco General Hospital from August 2012 through December 2013. The results were published in The Journal of the American Medical Association (JAMA) on February 3, 2015. To learn more about the PROPPR trial results, visit the PROPPR website at <http://cetir-tmc.org/research/proppr>.

APPETITES AND AFTERTHOUGHTS



Beyl takes off his hat to the magical performance of the Charles Lloyd Quartet. PHOTO: ERNEST BEYL

With apologies to Rodgers, Hammerstein, and Coltrane: Here are a few of my favorite things

BY ERNEST BEYL

USUALLY WHEN I write one of these Appetites and Afters-thoughts columns, I write only about food. But there are other appetites not necessarily related to the stomach. So here I'm writing about a few of my "other" favorite things — to toy with the Julie Andrews' song in *The Sound of Music*. But a few of my favorite food things may creep in here as well.

CHARLIE CHAN PANAMA HATS

I bought my first Panama hat many years ago — a Charlie Chan model known technically as the Optimo — from Michael Harris at Paul's Hat Works way out on Geary. The shop opened in 1918, and my buddy Michael bought it in 1980. Then a few years ago he retired, and some enterprising young women bought it and are keeping the Panama hat flame alive. I'm now a collector of these Ecuadorean, Montecristi beauties, a passion I share with Willie Brown, who is also a Panama hat hotshot.

STRAIGHT-UP MARTINIS

One of the all-time truly great creations — right up there with baseball and the Boeing 747 — are martinis, created across the bay in Martinez, it is said. Ice cold and straight up, please!

CARL NOLTE'S COLUMN

As a former *San Francisco Chronicle* reporter, I read the paper every day. It was better when I worked there a long time ago. Not because I made it better, but because writers like Herb Caen, Stanton Delaplane, Monty Waite, Kevin Wallace, J. Campbell Bruce, Carolyn Anspacher, and Pierre Salinger (yes, that Pierre Salinger) made it better. These days I read the *Chronicle* because of Carl Nolte. His Native Son column makes it worthwhile for me.

MONTANA FLY-FISHING

Fly-fishing is one of my favorite things. I share this

with Dr. Denny Zeitlin — the San Francisco psychiatrist-fisherman-jazz pianist — and Eric Clapton.

STEAK TARTARE

True carnivores will understand this. If I had to choose one food to take with me to that mythical, tiny desert island seen in so many *New Yorker* cartoons, it would be steak tartare: ground top sirloin, an egg yolk thoroughly mixed in, chopped onions, capers, a big whack of Worcestershire sauce, and a lot of salt and pepper. If you don't get it, so be it.

FOREST FLOWER

Back to that mythical desert island: If I could take just one record album with me and sit under that lone palm tree listening all day, it would be *Forest Flower* by the Charles Lloyd Quartet. In 1966, Lloyd, still in his 20s, played *Forest Flower* at the Monterey Jazz Festival. The live album of that performance changed the course of his life. Within months, the Charles Lloyd Quartet played Bill Graham's Fillmore Auditorium — the first jazz artists to do so. With that one thematic composition, tenor saxophonist and flutist Lloyd brought jazz to youngsters who had avoided it earlier. He set the stage for what we now call fusion and world music and inspired other jazz artists to stretch out to rock audiences — notably Miles Davis who soon was performing with Lloyd's *Forest Flower* sidemen — pianist Keith Jarrett and percussionist Jack DeJohnette.

EAU DE VIE MIRABELLE

Eau de vie — the French white lightning — is a favorite. I have a cousin who lives in a tiny village in the French province of Lorraine. Her husband makes *Eau de Vie Mirabelle* with small yellow plums from a tree in his garden. When I first met him, we bonded over his *Eau de Vie*, and as a going away

present he gave me some in a whiskey bottle stopped with a cork. That night in my hotel I had a whack of it before I went to sleep. Next morning, the room smelled like plums. It was glorious, and I had another whack.

MY KIND OF RESTAURANTS

My kind of restaurants are Tadich Grill, Swan Oyster Depot, Original Joe's, and my quintessential choice, Sam's Grill. Everything about Sam's Grill is "legit" — as my old news pal Carl Nolte might say. The seafood is the freshest to be found. It's prepared in the simplest fashion — no frills. No decorating with foams, smudge pots of hay smoke, or piles of ash. No edible flowers. No seaweed. In other words, no bull stuff. Do I need to tell you that Sam's cooks do not place the food on the plate with tweezers?

MY KIND OF SALOONS

I miss the Washington Square Bar & Grill. And I miss Capp's Corner — late, lamented, lost! There was a sign hanging over the door at Capp's Corner that I admired every time I saw it. It read:

EMERGENCY INSTRUCTIONS

1. Grab your coat and get your hat
2. Leave your worry on the doorstep
3. Just direct your feet to the sunny side of the street.

When Capp's closed — a neighborhood tragedy — proprietor Tom Ginella gave me the sign. It now leans against my desk reminding me of what we've lost.

JOHN COLTRANE

John Coltrane, the deified jazz saxophone giant, had a habit of turning saccharine pop tunes into powerhouse renditions with seemingly endless improvised variations. He took the Rodgers and Hammerstein tune "My Favorite Things" from *The Sound of Music* and made it a jazz classic. It, too, is one of my favorite things.

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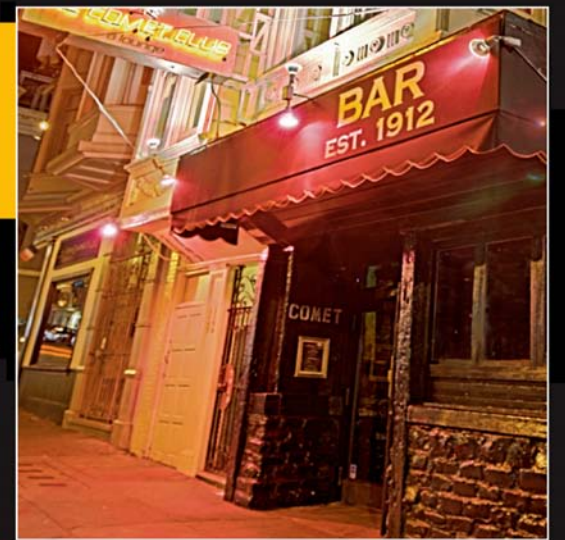
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THE COASTAL COMMUTER ∴ Nearby sights

Tourism begins at home

BY MICHAEL SNYDER

HERE'S A 1979 SONG BY the English art-punk band Gang of Four entitled, "At Home He's a Tourist." I frequently feel that way, regardless of what city might be home at any given moment.

When it comes to world-renowned destinations, both San Francisco and Los Angeles are high on any tourist's list. And just because I live and work in one or the other (or both) doesn't mean that I can't enjoy the magic inherent in each locale — experiencing that rush of discovery and delight as if encountering something from the guidebooks for the first time.

GLORY BY THE BAY

I always get a jolt from a swing by San Francisco's landmark Coit Tower, where I can appreciate the inspiring WPA murals and savor an amazing 360-degree view of the city, the bay, and the glory of the Golden Gate Bridge. Every San Franciscan needs to walk the span to the Marin Headlands and back now and then. The bridge hasn't fared too well in a host of recent disaster movies, so it might be

wise to catch it before monsters or earthquakes do it in.

I'm usually always up for a stroll through the Ferry Building to sample and purchase the gourmet edibles and watch the boats sail by. An afternoon spent ambling around the Palace of Fine Arts and lounging on the grass at nearby Crissy Field is a no-brainer. Navigating the crookedest part of Lombard Street isn't just a thrill for visitors; it's something I regularly do when going to and from Russian Hill and North Beach.

Speaking of North Beach, what tourist doesn't want to eat at a family-style Italian eatery or sip a robust espresso at a sidewalk

Tours through the Haight, once the psychedelic nexus of hippie-dom, may appeal to some seeking counter-culture detritus, although I'm fairly certain that a tour through the Mission by night to spot the herds of tech workers at play would be about as worthwhile. I'd rather spend part of my afternoon at Golden Gate Park's Japanese Tea Garden and get all Zen.

CITY OF ANGELS AND LEGENDS

Los Angeles, the show business mecca, can be as much of a touristic funfest as its northern sister. I tread upon stars that have been imbedded into the sidewalks of Hollywood Boulevard and Vine Street and emblazoned with the names of the world's foremost entertainers, evoking a multitude of memories with each step. Fittingly, the stars dot the promenade in front of the ornate Chinese Theater with its numerous premiers and its plaza paved by concrete slabs bearing the handprints and autographs of film industry legends — all next door to the Dolby Theater, home to the Academy Awards extravaganza.

I marvel at the cylindrical Capitol Records building, hous-



Lombard Street. PHOTO: BERTRAND DUPERRIN / FLICKR

ing a studio where Sinatra; the Beach Boys; Beatles Paul and Ringo; Beck; Streisand; Willie Nelson; Judy Garland; Rod Stewart; Nat King Cole; Green Day; Crosby, Stills & Nash, and many more significant artists recorded their music. I drive past the Whiskey a Go-Go and other legendary rock clubs on the Sunset Strip and muse on the giants of the Los Angeles rock scene that commanded their stages. I look up into the hills, where the famous, unmistakable Hollywood sign looms over all.

It's not the same as taking official studio tours of the Sony, Warner Brothers, or Disney lots, but I find myself on those hallowed grounds for business. And I will admit to superstitiously touching random soundstage plaques that bear the names of beloved movies or TV shows made on the premises.

I happily laze about the lawn by Griffith Park Observatory,

which also offers a panoramic vista of the Los Angeles skyline on a clear day. At dusk, I motor out to the Santa Monica Pier and make my way past the illuminated Ferris wheel to the tip of the pier, perched over the incoming waves of the Pacific, and peer north to the lights of Malibu.

No, I won't be stopping by the illustrious Los Angeles tourist trap and remnant of prehistoric times, the La Brea Tar Pits, with its model of a struggling woolly mammoth that's visible from the street. I guess I just feel bad for the guy, and as a tourist, I just want to feel good.

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 GABnet.net and YouTube. You can follow Michael on Twitter: @cultureblaster

A Mission tour by night to spot herds of tech workers at play would be as worthwhile.

cafe among colorful Bohemian types? Or find a bargain-priced, late-night Chinese restaurant in still-exotic Chinatown? Or shop for poetry at the Beat Generation shrine City Lights Books? Or gaze upon the Condor Club, the historic burlesque joint with its gigantic sign depicting an exotic dancer with light bulb nipples?

PIER 15

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The wonders of the historic San Francisco waterfront

BY PATTY BURNES

AS LOCALS, IT'S EASY TO take San Francisco's natural beauty for granted. Its prime location means the waterfront offers one knockout view after another. From the pristine Presidio to the Embarcadero, enjoy vistas of the Golden Gate Bridge, Alcatraz, Angel Island, the Bay Bridge, and beyond. And steep yourself in history along the way.

Settlers from Northern California missions in 1835 created the port of Yerba Buena. During the Mexican-American war in 1846, California was declared part of the United States, and a year later, the port's name was changed to San Francisco. Initially, the edge of the city was filled with a collection of docks and other buildings built on ships' remains that often fell into the muddy bay waters.

Today, there's still work to be done to restore crumbling piers, but the waterfront remains a bustling destination for locals and tourists alike. Recently, my husband and I explored some of what San Francisco's waterfront has to offer.

STAY

The **Fairmont Heritage Place** is nestled in historic Ghirardelli Square. This high-end private residence club offers luxury two- and three-bedroom suites with fireplaces, full kitchens, spacious bathrooms, and all the personal service you can imagine. Many rooms incorporate original brick walls. All have big windows with views that don't quit.

This property offers ownership opportunities, so you feel like you're at home. Attention to detail is over the top: Staff will make arrangements for whatever you need (groceries stocked before you arrive), book fun things to do (try tasting caviar), and secure reservations at coveted restaurants.

At 5 p.m., join other guests for wine and cheese in the lounge. And in the morning, an array of hot and cold breakfast foods fuels you for the day (415-292-1000, fairmontatghirardelli.com).

The **Argonaut** is a boutique hotel in the Haslett Warehouse, another San Francisco landmark. Built in 1907 as part of the Cannery, the warehouse once contained fruits and vegetables. Exposed brick, lots of wood, and of course, everything nautical are integral to the hotel's design. The lobby even boasts deck chairs.

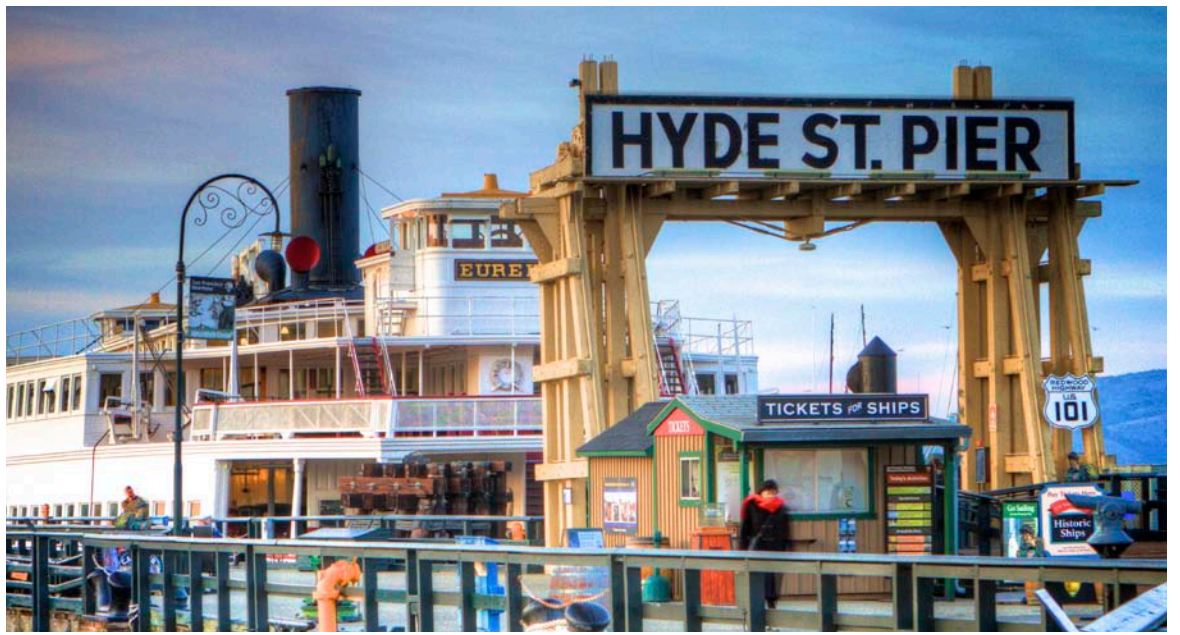
Most of the rooms have scenic views; all are decorated with a blue and white theme. For yoga enthusiasts, there's a mat and a dedicated TV channel. The Argonaut welcomes all sizes and shapes of pets, so don't leave yours at home. Every evening, relax with hosted wine in the lobby (415-563-0800, argonauthotel.com).

Inn at the Presidio is located in historic Pershing Hall, built in 1903 as quarters for Army officers. The building has maintained an intimate feel with a common living room and "mess" hall where guests gather for breakfast and for wine and hors d'oeuvres in the afternoon. Find couches and rocking chairs on both the ground and second floors in the front of the building. There's a deck and fire pit in the back.

The inn is LEED Gold certified and aggressively embraces a green and local business philosophy. The modern rooms feature warm colors and comfortable leather furniture throughout. The decor incorporates photos and other memorabilia from military days (415-800-7356, innatthepresidio.com).

PLAY

This trip we focused exclusively on wine tasting and history and uncovered many treasures. The miles of trails and paths along the



Top to bottom: Ghirardelli Square; The historic Hyde Street Pier. PHOTOS: MICHAEL BALL / FLICKR

waterfront are saved for a day of hiking, biking, and walking.

Ghirardelli Square was built in 1893 as the home of the Ghirardelli family's burgeoning chocolate business. The buildings are well known: Clock Tower, Chocolate Building, Woolen Mill, and more. Today it's listed on the National Register of Historic Places (415-775-5500; ghirardellisq.com).

We started at the **Wattle Creek** tasting room. The winery, located in Cloverdale, produces small-lot wines almost exclusively from their Alexander Valley estate. Make yourself comfortable at the bar inside or at a table on the patio. Either way, you'll find great wines, like the 2011 Triple Play (Syrah, Petite Sirah, and Viognier) and these 2010 Vintage Selects: Shiraz and Cabernet Sauvignon (415-359-1206; wattlecreek.com).

Next door to the Argonaut is the **Winery Collective**. This tasting room offers an array of varietals from more than a dozen California wineries. Sample wines from small-lot wineries without ever leaving San

Francisco. Highlights include the 2011 Canihan Family Sonoma Coast Pinot Noir and the NV VIE Mélange Maison II, a Grenache, Syrah, and Mourvèdre blend (415-929-9463; winerycollective.com).

The **San Francisco Maritime National Historical Park** is a great place to learn about San Francisco's past: Tour legendary vessels along the Hyde Street Pier, spend time in the Maritime library, explore

ture and the tasty shrimp-squid-octopus ceviche was served in a spicy sauce. The whole shrimp al ajillo (with garlic and guajillo chilies) with cilantro rice is not to be missed. Our sweet ending was a luscious flan-caramel custard (415-561-3650, arguellosf.com).

Housed in the same historic warehouse as the Argonaut, the walls of the **Blue Mermaid Chowder House** are decorated with replicas of labels found on myriad products in the old Cannery. The restaurant follows the Monterey Bay Aquarium's Seafood Watch guidelines for sustainability. With six house-made chow-

Forbes Island offers distinctive underwater dining rooms.

ders on the menu, we had an interesting tasting: Dungeness crab and corn; New England, Manhattan, and California clam; mussels and andouille sausage; and shrimp and red pepper (415-771-2222, bluemermaidsf.com).

Forbes Island is an ideal location for a waterfront view of the city and the bay. A quick ride from Pier 39, the interior is laden with rich woods, nautical features (think gleaming brass and portholes) and offers a mellow vibe with its jazz vocalists crooning in the background. The island offers distinctive underwater dining rooms and relaxing areas at sea level. The Canadian salmon was moist and flaky and the luscious tarte tatin had vanilla ice cream melting over richly caramelized apples on flaky pastry dough (415-951-4900, forbesisland.com).

DINE

The Presidio Officer's Club is home to **Arguello**. This restaurant delivers with a casual vibe: fantastic Mexican cuisine, superb line-up of tequilas, and decor (both inside and out) that pays respect to the Presidio's heritage.

To start, margaritas: We savored the smoky Oaxacan with mezcal and the Clasica with pueblo viejo blanco tequila. The house-made chips are the perfect accompaniment to tangy guacamole and kicked-up salsas. The jicama salad had great flavor and tex-

ture and the tasty shrimp-squid-octopus ceviche was served in a spicy sauce. The whole shrimp al ajillo (with garlic and guajillo chilies) with cilantro rice is not to be missed. Our sweet ending was a luscious flan-caramel custard (415-561-3650, arguellosf.com).

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The cozy interior at Arguello restaurant in the Presidio. PHOTO: ARGUELLOSFCOM



Laurel Lyons holds her namesake, goddaughter Laurel Beyl, at 5 months. PHOTO: TOM COPI, COURTESY MONTEREY JAZZ FESTIVAL

JIMMY LYONS

CONTINUED from page 1

ago, I would not have enjoyed friendships with Duke Ellington, Dizzy Gillespie, Paul Desmond, John Lewis, Charles Lloyd, and other extraordinary artists. Jimmy sharpened my appreciation for jazz and those who created it.

THE JAZZ LIFE EMBRACED

Here's how all of that happened, how I embraced the jazz life.

Before I met Jimmy, I was what might be termed a casual jazz fan. I enjoyed the big swing bands, and the inventiveness of small jazz groups — say, the Modern Jazz Quartet — interested me in an intellectual, albeit finger-snapping manner. I even attended the first Monterey Jazz Festival in 1958, but more as a social occasion than as a devotee of the music. Then one day in the early 1960s, I met Ralph J. Gleason, the incomparable jazz critic (and later also rock 'n' roll critic) for the *San Francisco Chronicle*. Gleason and I hit it off. To me he was a god who knew everything there was to know about the dynamics of the hipster life. To Gleason I was an eager acolyte. Soon he introduced me to Jimmy Lyons and suddenly I had a job as publicity man for the Monterey Jazz Festival.

When Jimmy hired me, the first thing he asked me to do was to fire my predecessor, Grover Sales Jr. Jimmy, always noncon-

frontational, I was soon to learn, didn't have the stomach for it. Actually, Sales was tiring of the job and really wanted to write about music rather than publicize it — a stance I adopted many years later. But back to Jimmy.

James L. Lyons was born in Beijing, China, in 1916 of Presbyterian missionary parents. The family moved to Cleveland in 1922. Early on Jimmy decided on a radio career. He wanted to be a disc jockey and, "That's how I got into this strange but wonderful jazz life," he told me once.

JAZZ JUBILEE AND DISCAPADES

After his schooling in the Midwest and in Southern California, where he attended college, Jimmy Lyons became a radio personality in Santa Ana and soon was into jazz. His eagerness caught the attention of big band stylist Stan Kenton, and he became Kenton's remote announcer from the radio station, when the band played nearby in Balboa Beach. Jimmy was leading the good jazz life — playing the music he wanted to hear and hobnobbing with visiting jazz artists.

Then Jimmy was drafted into the army (there was a war on, you will remember). With his radio background, he was assigned to the Armed Force Radio network, and for three years produced the wildly popular jazz program, *Jubilee*. Again, he booked the art-

ists he wanted to hear. That's how he met Dizzy Gillespie, Miles Davis, Milt Jackson, Lester Young, Charlie Parker, and other household jazz names. In the 1940s, out of the army, he moved to San Francisco and became a late-night deejay on KNBC, a strong station heard on the Pacific Coast from Canada to Mexico. Jimmy Lyons was in the jazz catbird's seat and his show, *Discapades*, was an outpost of modern jazz.

A LOVE AFFAIR WITH THE MONTEREY PENINSULA

Dave Brubeck credited Jimmy with helping to establish his group. One night Jimmy introduced Brubeck to a young alto saxophone player from San Francisco State University named Paul Breitenfeld. The youngster took the name Paul Desmond and became an integral element of the Brubeck sound.

My friend, *Chronicle* photographer Peter Breinig, liked to say he played a major role in the creation of the Monterey Jazz Festival. Breinig became a buddy of Jimmy Lyons. One weekend he was going to visit his parents in Monterey. He suggested

best friend. At first I was amazed at the association. Am I really meeting all of these people? I asked myself. Having a drink with them? Occasionally smoking a joint with them? Dining with them? Talking about jazz with them? Gradually, I came to accept it. Jimmy included me in the social interaction with the jazz royalty of the time.

We both lived on Telegraph Hill, Jimmy with his wife, Laurel, in a small apartment on Alta Street overlooking the Filbert Steps, I, on the Greenwich Steps, a couple of hundred yards away by crow flight. Every morning Jimmy and I greeted the day by stepping out on our decks — with a good sightline between us — and talked to each other by telephone. Sometimes Jimmy would wave a tumbler of scotch whiskey at me by way of a greeting. We hung out together.

DIZZY, DUKE, AND DESMOND

When they were in San Francisco, many of Jimmy's jazz artist friends visited his small apartment. I was invited to drop by, and those occasions were priceless. One night Dizzy Gillespie — a wise and articulate man who loved to play the jokester — was at Jimmy's. Dizzy said his next stop was Miami for a concert. He added, "It may be your 'ami' but it ain't my 'ami'."

Duke Ellington came to town. Jimmy told me to rent a nice car, pick up the Duke at the airport, and take him to City Hall, where he would receive the keys to the city. I got a white caddy convertible, and took my assistant, Vicki Cunningham, with me. Duke was delighted. We put the top down. Vicki, a blonde bombshell (as it was O.K. to say in those days), drove. Duke rode shotgun. I rode in the back.

Paul Desmond was a frequent visitor to the small apartment on Alta. And there, Desmond, Jimmy, and I drank very cold, straight-up martinis. When Desmond died in 1977, Breinig, a fine pilot with a Piper Cub,

flew Jimmy, Paul's ashes, and a shaker of martinis, down over the Big Sur coast. I was invited but couldn't make it. By pre-arrangement with Desmond, who had been ill for some time, Lyons and Breinig took a sip in honor of their (and my) friend. Then Breinig flew low, banked the airplane and Jimmy threw Desmond and the martinis out the window. The wind was wrong and Desmond and the martinis blew back into the cabin. I still regret not being there.

ALL-ENCOMPASSING PASSIONS

Over the years I admired and was befriended by many of the greats — Clark Terry, Cal Tjader, Gerry Mulligan, Roy Eldridge, Erroll Garner, Jon Hendricks, Ornette Coleman, John Handy, and Charles Lloyd come to mind.

Most of the great jazz artists from the Jimmy era I was privileged to know as friends are now gone. Of the few who remain, I'm still in touch with John Handy, and Charles Lloyd and I are close friends who meet frequently and enjoy each other's company.

Jazz and the Monterey Jazz Festival were, and still are, all-encompassing passions in my life. When my wife, Joan, became pregnant, we decided that if we had a boy his name would be James. If we had a daughter, her name would be Laurel — after Jimmy's wife (who died last April).

We had a girl in those pre-ultrasound days. My kids were brought up listening to the music at the festival. Daughter Laurel attended her first Monterey Jazz Festival when she was just 5 months old. She still attends every year. Son Mike became a concert sound engineer. Son Jeff plays jazz guitar. Nepotism at its finest.

Jimmy Lyons was my best friend; I enjoyed his presence in my life and he enjoyed my presence in his. Jimmy was my conduit to the music and to many of its artists I love to this day.

E-mail: ernest@marinatimes.com

Vicki drove the caddy, Duke Ellington rode shotgun, and I rode in the back.

Jimmy go along for the ride. It was Jimmy's introduction to the Monterey Peninsula, a lifetime love affair. Jimmy moved to Big Sur and ran the general store there. On weekends, he drove to Monterey and became a jazz-playing disc jockey on a local radio station. Soon he was conferring with Gleason about launching a jazz festival. Today, the Monterey Jazz Festival is the oldest continuous event of its kind, and arguably the premier jazz festival of the literally hundreds around the world.

INTERACTING WITH THE JAZZ ROYALTY

And that's how I caught up to Jimmy and he became my

THE BEST OF BOOKS

What you're reading

COMPILED BY BRIAN PETTUS

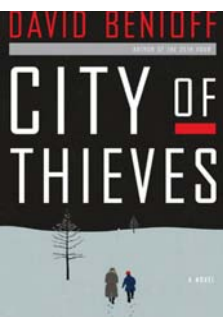
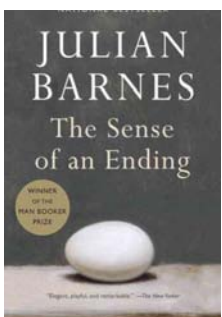
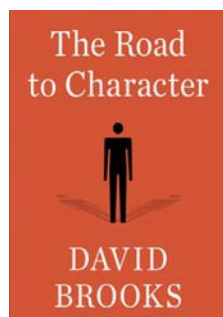
BOOKS INC. BEST-SELLER LIST

- 1. The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing**, by Marie Kondo (hardcover)
- 2. All the Light We Cannot See: A Novel**, by Anthony Doerr (hardcover)
- 3. Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics**, by Daniel Brown (paperback)
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NEW AND NOTEWORTHY

- Grey: Fifty Shades of Grey as Told by Christian**, by E.L. James (paperback)
This is *50 Shades of Grey* as told from Christian Grey's perspective — if you've been craving more *Shades of Grey*, this is the real deal.
- Love and Miss Communication: A Novel**, by Elyssa Friedland (paperback)
This charming and telling book is the story of Evie Rosen, a hard-



working lawyer who has had enough of the Internet. She abandons Facebook, Match, and all the online fripperies and rediscovers myriad ways we communicated with each other and experienced the world before being online. A fun summer beach read!

Primates of Park Avenue: A Memoir, by Wednesday Martin (hardcover)

The book that has Manhattan buzzing, this purported tell-all of life among the super-wealthy on the Upper East Side speaks of

relationships, power, and most of all money. Instantly decried as false by the subjects of the book, and with a disclaimer from the publisher, this is the salacious society book of the year!

Swan Song 1945: A Collective Diary of the Last Days of the Third Reich, by Walter Kempowski (hardcover)

Histories of World War II all try to bring their unique slant to the conflict, but this book comes from the hearts and minds of those who fought it. Collecting diaries,

journals, letters home, after-action reports, and interviews, this book paints a picture of the end of the war as seen and felt by the men on the ground. After reading this, I felt more than ever the relief of the world at knowing this terrible period was finally ending in 1945. Russian, German, American, and British views all get play here, in one of the more interesting history books of the past years. Highly recommended.

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

'The Third Man' and the Smartest Man

BY MICHAEL SNYDER

'THE THIRD MAN'

In an era of widescreen 3D blockbusters and IMAX mega-theaters, some will disdain the idea of going to the local multiplex to watch an old black and white film — even one roundly considered to be among the greatest movies of all time, featuring a haunting performance by a Hollywood icon and a taut yet complex script from an acclaimed novelist. Such narrow mindedness would deny those people a cinephile's dream: the chance to see U.K. director Carol Reed's quintessential film noir, *The Third Man*, which was just digitally restored to the sort of luster one would have expected from the first print off the master negative when the movie was released in 1949.

A Grand Prix winner at the Cannes Festival with an Oscar and a BAFTA Award to its credit, this masterful thriller reunited two stars of another all-time classic, *Citizen Kane*: Joseph Cotten and film-making legend Orson Welles. *The Third Man*, written by Graham Greene, traces the odyssey of American pulp-fiction author Holly Martins through the dark, dank streets and rubble of post-World War II Vienna as he attempts to uncover the truth of his friend's death. Martins (Cotten), sullen and self-deprecating, comes to the once-elegant capital city of Austria, because of an invitation from the charming, manipulative Harry Lime

(Welles), and arrives just in time to attend the latter's funeral. Frustrated and seemingly abandoned by the man he thought of as his patron, Martins seeks answers and must navigate the local underworld, figuratively and literally, to get them. His search is made more difficult by a hard-nosed British army major, various minions of the Allied occupation, and survivors of the recent global conflict, including mistrustful Austrian nationals, dangerous black marketers, and a glamorous actress/femme fatale who had a yen for Lime.

Cotten is tough and dogged as Martins, while Welles gives one of his most resonant, enduring performances as the enigmatic Lime — his presence felt throughout the film, even though he only appears in a handful of scenes. As for the rest of the cast, they provide a banquet of brilliant turns, with Trevor Howard as the major, Bernard Lee as his sergeant, Alida Valli as Lime's lover, and a parade of colorful European actors in supporting roles.

Although it was shot in the almost-square aspect ratio of bygone years, the framing combines with the camera's off-kilter angles and shadowy environs to enhance the claustrophobic atmosphere as Martins's adversaries close in on him and he gets closer to learning the fate of Harry Lime. The 4K restoration does the cinematography proud. If you can get to the limited theatrical engagement of *The Third Man*, you'll be transported to a world of mystery, suspense, and



Orson Wells in *The Third Man*. PHOTO: RIALTO PICTURES

romance. From the first notes of the film's familiar theme music played on zither to the climactic chase through Vienna's alleys and sewers, it holds up beautifully, 65 years on.

***The Third Man*: Opera Plaza Cinema, 601 Van Ness Avenue, 415-771-0183, landmarktheatres.com; digitally restored version opens July 3.**

'GREG PROOPS'

Greg Proops is very smart and very funny — and he proves it regularly on his podcast, *The Smartest Man in the World*. He's a savvy, endlessly clever stand-up comic, actor, TV presenter, and orator. A few times a month, he takes time from his club and concert tours and television work to sit down in front of a live audience in any given city and just wing it on politics, the media, sports, his teenage years, the arts, and much more. It's an intellectual high-wire act — witty and insightful, always new and different, and it's recorded and posted free on the Internet.

Now, he has written *The Smartest Book in the World* — a 321-page volume inspired by and based on his prodigious podcasts, which have been downloaded millions of times and praised by the *New York Times* and *Rolling Stone*, among others. It distills

many of Proops's idiosyncratic, forthright, frequently merry insights into the likes of literature, history, baseball, rock music, the cinema, philosophy, and comedy into one handy, portable tome that offers hours of provocative and droll reading.

Concurrent to the book's publication, Proops is up to his usual touring hi-jinks and will be in San Francisco to play the Punch Line from July 23–25, opening with a special installment of his podcast followed by two nights of more conventional stand-up comedy.

Greg Proops: Punch Line Comedy Club, 444 Battery Street, 415-397-7573, punchline-comedyclub.com, July 23–25. *The Smartest Book in the World* is available at stores and online. Proops's podcast, *The Smartest Man in the World*, is available through iTunes and at gregproops.com.

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 GABnet.net and YouTube. You can follow Michael on Twitter: @cultureblaster

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Muni is working on multiple fronts to make getting around San Francisco safer and more reliable for our customers. As part of this effort, we're improving transit corridors throughout the city.

Learn more about the details behind these improvements at one of our upcoming open houses. Your feedback is important to refining these proposals.

WEDNESDAY, JULY 15 | 6-7:30PM
Episcopal Church of St. Mary the Virgin
2325 Union St, SF

TUESDAY, AUGUST 18 | 6-7:30PM
Galileo High School
1150 Francisco St, SF

Muni está trabajando en varios frentes para hacer que el circular por San Francisco sea más seguro y más confiable para nuestros clientes. Como parte de este esfuerzo, estamos mejorando corredores de tránsito por toda la ciudad.

Conozca los detalles detrás de estas mejoras en una de nuestras próximas sesiones a puertas abiertas. Su opinión es importante para afinar estas propuestas.

MIÉRCOLES, 15 DE JULIO | 6-7:30PM
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請前來參加我們的公開座談會, 以便進一步了解這些改進方案的詳細內容。您的意見對於改進這些增進 Muni 可靠性的方案非常重要。

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Buy American and shop locally

BY JULIA STRZESIESKI

NOT LONG AGO, the United States dominated the manufacturing sector. Unfortunately, over the years, a large portion of manufacturing migrated overseas for a variety of reasons, cheaper labor being one of them. Retailers, although many would like to offer only American-made products, may not be able to fully stock their shelves with all of the items that customers may want to find. Consumer expectations are heavily influenced by large companies such as Wal-Mart and Home Depot, which source a huge percentage of their selections from China.

American products have a shorter distance to travel.

WHY BUY AMERICAN?

When jobs leave the United States, American leadership in technology leaves with them. Each manufacturing job in the United States creates between five and eight “support” jobs, meaning those jobs needed to make the product: clerical, accounting, suppliers, transportation, and so forth. Just as shopping with locally owned businesses is important to keep dollars in the community, buying American-made products keeps our dollars in, and reinvests in, the United States. While we may never again be the dominant force in manufacturing, or at least not for a long time, there are still many great products made here.

American-made products have a smaller environmental footprint because they have a shorter distance to travel. Products manufactured here are also required to comply with stricter environmental regulations than in many other countries. More presence in the manufacturing sector helps stimulate our economy, creates more jobs for Americans, and helps raise the GDP.

WHY SHOP LOCALLY?

Buying American-made products goes hand in hand with shopping locally. San Francisco is fortunate to have a vibrant community of locally owned retailers. Every category of big-box stores has an independent counterpart specializing in books, fashion, hardware, shoes, and more. Besides giving our neighborhoods character, shopping at your local businesses also helps support your community. We are extremely lucky to have so many shopping districts, each with their own uniqueness and flair.

Keep dollars in the community: Spending your money at a local business reinvests that money back into your community. A study by the San Francisco Locally Owned Merchant Alliance (SFLOMA) shows that for every \$100 you spend at a locally owned business, \$68 will

stay in the community. Spend that same \$100 at a chain store with their corporate office out of state, and only \$43 stays in the community.

Embrace what makes us unique: A chain store in San Francisco is the same store in Dallas or Denver. Independent retailers are unique in their product offerings and don't follow a cookie-cutter approach.

Create local jobs: Local businesses employ local talent — your neighbors and friends. By supporting the local businesses in your neighborhood, you ensure that jobs stay in our community.

Help the environment: Keeping your car parked and walking to your local business district saves gas and lowers your carbon footprint. Just think of the traffic and lines you will avoid!

Nurture the community: Local businesses tend to donate to community causes at more than twice the rate of chain stores. Who cares more about your community more than the local residents who live and work right here?

Create more choice: Locally owned businesses listen to their clientele and offer goods and services that their customers want them to stock. You'll find more of a unique product assortment than in a chain store, whose products are dictated by a corporate office frequently located out of state.

Conserve tax dollars: Shopping at a retailer outside of the city gives your tax dollars to that city. When tax dollars are spent in our community, they stay here to be reinvested back into our community on infrastructure and beautification.

Take advantage of expertise: Independent retailers are most likely experts in whatever service or goods they are providing for you. Local retailers specialize in what they are offering and are more than happy to share that knowledge.

Invest in entrepreneurship: The American economy is founded upon creativity and entrepreneurship. Supporting your local businesses ensures a strong community. An empty storefront is a blight on a business district that no one wants, retailers or residents.

Make your local business district a destination: Everyone in the community benefits by a vibrant business district. How convenient is it if you can walk to do your shopping, pick up your dry cleaning, grab a cup of coffee, and have lunch — all without having to get into your car? And a vibrant shopping district is more likely to attract visitors from outside the community.

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

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REAL ESTATE UPDATE ∴ Resale and drought plan

Sprucing up your garden with drought-resistant plants

BY STEPHANIE SAUNDERS AHLBERG

WE ARE ALL WELL AWARE by now of our four-year drought and the state-mandated water use cutback. Among other things, it means shorter showers and not letting the water run when we wash dishes or brush our teeth. But what does it mean to our home and home value?

Great curb appeal is one of the top things buyers look for in a home. That means trees and plants in front, and a nicely painted, well-maintained home. Another key feature most home buyers look for is a lovely garden. They want to be able to entertain in the garden and let their children play there. But with today's water crisis, what is a homeowner to do?

Several years ago, before the current drought started, my husband and I made the choice to take out our lovely, water-consuming lawn and replace it with a high-end artificial turf lawn. Now, don't think

of that old, awful AstroTurf, which was a color of green not really found in lawns. We went with a high-end selection that had many different shades of green, including some dying-blades-of-grass shades. It looks completely

combination of succulents as well as native plants that flower to give a combination of greens and colors. One good color choice is tickweed. It has more than 100 long-blooming species and will add height and color to your garden.

Another is California lilac. This beautiful shrub flowers in late winter/early spring. It has a lovely fragrance and showy flowers that run from white to purple. Deer grass is a dependable ornamental. It loves full sun but will grow with a little shade, and after the first year, you only have to water it every three weeks.

An Australian native (and Australian plants seem to like it here in California) is the Salvia Heatwave series. This is a dependable perennial with silver-gray foliage. It is good as a ground cover and thrives in containers. Best of all, it does not like wet roots. Another colorful plant that is drought-resistant is the Four O'Clock. These are

We made the choice to replace our water-consuming lawn with a high-end artificial turf lawn.

natural, and unless you touch it, you would not know it is artificial. This allowed us to completely turn off a large set of sprinklers. We considered it an investment — one that would pay off financially while also being environmentally responsible.

So now we are looking at our garden to see what else we can do. I have been researching plants that need little or no water to replace some of our more thirsty ones. The first place to start is with native California plants. They are adapted to our soil and water conditions. We are planning a



Fake grass has come a long way and can now replicate mixed colors and even dying blades of grass. PHOTO: PROJECTMANHATTAN

pretty perennials with flowers of white, pink, yellow, and variegated.

Every plant needs water, but drought-resistant varieties need only dainty sips once they are established.

I mention these plants (and

But if you are, it is important to have the front and rear of your home in top shape. Drought-resistant landscaping enables you to show off your home with an abundance of color. It could very well make a financial difference on your house sale. And it can also help because buyers these days appreciate more green, eco-friendly homes.

It's a win-win for everyone.

Every plant needs water, but drought-resistant varieties need only dainty sips.

there are so many more) because they will keep your garden beautiful despite the limited water allotment. This will make a difference, regardless of whether or not you are thinking of selling.

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



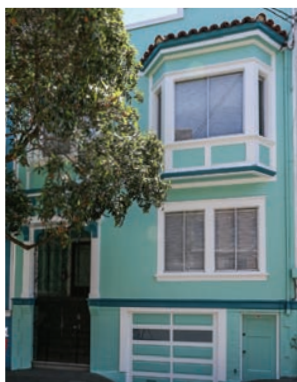
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1851-Hayes.com
Donna Cooper
415.375.0208



Cow Hollow
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Chic Condo In Prime Location. Close to Union, Fillmore and Chestnut Street restaurants, cafes and boutiques. This 2-level, 1BD/1.5BA unit has a large eat-in gourmet kitchen with new stainless steel appliances, and overlooks a serene shared garden. 1-car parking.
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Ron Sebahar
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Nob Hill
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Wonderful Condo in the Heart of Nob Hill. This 1 BD/1 BA unit features a built-in storage & shelving unit, as well as an alcove office. The kitchen has gorgeous Caesarstone counters and a new stove. Hardwood & limestone floors throughout, and a balcony with a partial view. Washer/dryer in unit, and 1-car parking.
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Sally Rosenman
415.321.4222



Pacific Heights
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Gorgeous Centrally Located Unit. This lovely 2BD/1.5BA property features an updated kitchen, great closet space and a private deck. The unit gets great natural light and is courtyard facing, which provides an extra level of tranquility. Large outdoor heated pool, sauna, laundry room, and 1-car parking.
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The Marina Times Real Estate Market Report: April 2015

By Hill & Co.

SINGLE FAMILY HOME SALES

NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow (no sales)					
Lake	174 26th Avenue	5BD/4BA	\$3,600,000	Above	26
Laurel Heights	188 Collins Street	5BD/5BA	\$2,100,000	Above	24
	71 Jordan Avenue	5BD/3.5BA	\$3,550,000	Above	5
Lone Mountain	2740 McAllister Street	3BD/1BA	\$1,058,888	Above	4
	2540 McAllister Street	4BD/2BA	\$1,965,000	Above	14
	2715 Turk Boulevard	3BD/2BA	\$2,100,000	Above	2
	25 Tamalpais Terrace	4BD/3BA	\$2,600,000	Above	12
Marina	3240 Lyon Street	3BD/2BA	\$2,875,000	Above	39
Nob Hill (no sales)					
North Beach (no sales)					
Pacific Heights	2305 Scott Street	4BD/3.5BA	\$4,997,500	At	0
	3134 Jackson Street	6BD/4.5BA	\$7,050,000	Above	5
	2010 Jackson Street	4BD/6BA	\$11,500,000	Below	44
	2701 Broadway	7BD/7BA	\$31,000,000	Below	100
Presidio Heights	314 Walnut Street	5BD/4.5BA	\$3,600,000	Below	17
	24 Presidio Terrace	6BD/4.5BA	\$8,000,000	Above	12
Russian Hill (no sales)					
Sea Cliff	297 30th Avenue	4BD/3.5BA	\$2,340,000	Above	18
	20 25th Avenue	4BD/3BA	\$3,900,000	At	44
Telegraph Hill	305 Filbert Street	2BD/2.5BA	\$3,700,000	Above	16

CONDOS

NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow	2831-2833 Webster Street #3	1BD/1BA	\$690,000	Below	21
	1501 Greenwich Street #207	2BD/2BA	\$1,366,000	Above	12
Lake	215 Arguello Boulevard	3BD/2BA	\$1,385,000	Above	31
	4339 California Street #2	3BD/2BA	\$1,575,000	Above	6
Laurel Heights	28 Parker Avenue #101	2BD/2BA	\$985,000	Above	9
Lone Mountain	3145 Turk Boulevard #102	3BD/2BA	\$1,468,000	Above	13
Marina	2200 Beach Street #102	1BD/1BA	\$1,100,000	Above	29
	25 Mallorca Way	2BD/1.25BA	\$1,435,000	Above	36
	227 Cervantes Boulevard	3BD/3BA	\$2,075,000	Above	0
Nob Hill	1155 Leavenworth Street #3	0BD/1BA	\$405,000	Above	28
	1810 Polk Street #202	1BD/1BA	\$832,500	Above	8
	1201 California Street #104	1BD/1BA	\$900,000	Below	25
	1470 Broadway	2BD/2BA	\$1,420,000	Above	11
	1150 Sacramento Street #202	2BD/2BA	\$1,740,000	Below	203
	1200 California Street #10D	2BD/2BA	\$2,620,000	Below	91
North Beach	591 Francisco Street	3BD/1BA	\$980,000	Above	53
	411 Francisco Street #F109	2BD/2BA	\$1,075,000	Above	40
	530 Chestnut Street #206	2BD/2BA	\$1,150,000	Above	8
Pacific Heights	2010 Broderick Street #2	1BD/1BA	\$730,000	Above	0
	1626 Vallejo Street	1BD/1BA	\$975,000	Above	4
	2200 Sacramento Street #104	1BD/1BA	\$1,000,000	Above	8
	3140 Clay Street #3	1BD/1BA	\$1,105,000	Above	16
	2121 Laguna Street #6	2BD/2BA	\$1,150,000	Above	13
	1895 Pacific Avenue #505	1BD/1BA	\$1,211,000	Above	12
	2578 California Street	2BD/2BA	\$1,425,000	Above	12
	1856 Franklin Street #6	3BD/2BA	\$1,455,000	Above	0
	1856 Franklin Street #5	3BD/2BA	\$1,525,000	Above	13
	2909 Jackson Street	3BD/2BA	\$1,950,000	At	33
	2785 Jackson Street #5	3BD/3BA	\$2,610,000	Above	11
	1812 Pacific Avenue	3BD/2.5BA	\$2,910,000	Above	13
	2298 Pacific Avenue #2	3BD/3.5BA	\$3,850,000	At	10
2500 Steiner Street #5	2BD/2.5BA	\$9,250,000	Below	68	
Presidio Heights	3555 Jackson Street #1	3BD/2BA	\$2,300,000	Above	18
	102 Walnut Street	4BD/3.5BA	\$3,800,000	Above	13
Russian Hill	1425 Vallejo Street #105	2BD/2BA	\$1,175,000	Above	7
	1380 Greenwich Street #311	2BD/2BA	\$1,180,000	Above	13
	1181 Filbert Street	2BD/2.5BA	\$1,345,000	Above	29
	1138 Green Street	3BD/1BA	\$1,380,000	Above	12
	870 Chestnut Street	2BD/2BA	\$1,650,000	Above	32
	2241 Leavenworth Street	2BD/2BA	\$2,000,000	Above	3
	2020 Hyde Street	3BD/2.5BA	\$2,175,000	Above	4
	1332 Greenwich Street	2BD/2BA	\$2,200,000	Above	14
	1269 Lombard Street #B	3BD/2BA	\$2,880,000	Below	123
	999 Green Street #3004	2BD/2BA	\$3,250,000	Above	25
	1070 Green Street #1501	3BD/3.5BA	\$6,875,000	Below	46
Sea Cliff (no sales)					
Telegraph Hill	184 Francisco Street #6	3BD/2.5BA	\$3,900,000	Below	56

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, hill-co.com.

REAL ESTATE ROUNDUP : Housing politics

S.F. gets serious about affordability

BY JOHN ZIPPERER

MILLIONS MORE FOR MIDDLE CLASS HOMES

Mayor Ed Lee and Supervisor Malia Cohen have introduced legislation to invest up to \$125 million over the next decade for down payment assistance loans for middle-income homebuyers in the city. The investment would be a partnership between the San Francisco Retirement Board & Employee Retirement System (of which Cohen is a board member) and the Mayor's Office of Housing and Community Development.

Calling the program part of an effort toward "creating a San Francisco where everyone belongs," Lee said it was central to attacking the housing crisis. "We are in the midst of a housing affordability crisis in San Francisco, and people of every income are struggling to find a place for themselves and their families in our city," said Lee. "Today's first-in-the-nation investment by our public pension system will bring the dream of homeownership into reach for up to 1,500 middle class families in San Francisco."

"There are many ways to address San Francisco's affordability crisis — and one way is to clear a path for first-time homebuyers," said Cohen. "Homeownership should not be out of reach for our city's residents, and we need to be creative about the tools we are providing in order to keep low- and middle-income families in San Francisco."

The down payment assistance loan program is structured as a "silent" second loan that doesn't require payments for 40 years; at the end of that term or earlier upon sale or transfer, the principal plus "an equitable share of the appreciation" is due.

TENANT PROTECTION BOOST PROPOSED

When San Francisco landlords want to demolish a rental unit they own, they have to notify their tenants. That is not the case, however, if those units are unpermitted; current law gives them no such warning, and District Eight Supervisor Scott Wiener set out to fix that with legislation he introduced in early June.

In a housing crisis, "job one is to keep people stable in the housing they have," said Wiener. "Tens of thousands of San Franciscans currently live in apartments that can be demolished without even notifying the resident ahead of time. This major loophole in our tenant notice law is unacceptable and needs to be closed. We're talking about people's homes, and people should receive notice if the owner wants to demolish their units."

His proposed legislation would require notice to be given to all tenants in a property, regardless of the permit status of the units. Tenants would then have the ability to appeal to the Board of Permit Appeals.

"These secondary units remain some of the most affordable housing in San Francisco," said Debra Walker, the tenant representative on the Building Inspection Commission. "This early notification will protect tenants and encourage property owners to legalize

these units instead of demolishing them. That is our priority — legalizing and preserving these units and trying to avoid displacement in the process."

MISSION AFFORDABLE HOUSING GETS BOOST

In the wake of the failed effort to impose a moratorium on market-rate housing in the Mission District, along with well-publicized worries about faltering affordability and cultural shifts in the neighborhood, the city has placed on the November 2015 ballot an Affordable Housing Bond question, which would pump millions into affordable housing in the Mission.

Lee praised the proposed bond and thanked supervisors London Breed, Julie Christensen, Malia Cohen, Mark Farrell, Katy Tang, and Scott Wiener, who all championed it. "I look forward to working with the entire Board to add \$50 million identified by the controller to be dedicated to the acquisition and construction of affordable housing in the Mission neighborhood," said Lee in a statement. "We have been looking at ways to increase the total amount of the 2015 Affordable Housing Bond, and this increase in the bonding capacity does just that, allowing us to propose a \$300 million bond that does not raise property taxes."

BALLOT INITIATIVES TARGET AFFORDABLE HOUSING

Several supervisors have put forth an initiative for the November 2015 ballot that would give priority to developments of 100 percent affordable housing for projects built on surplus and underutilized public land, restricting the city's current flexibility in use of that land. *San Francisco Business Times'* Cory Weinberg wrote that "The city says it will prioritize low- and middle-income housing, but cautioned that some sites may be better suited for other uses. ... Designating more sites for affordable housing instead of market-rate housing could handcuff the possible revenue that those sites could produce for city services like transportation."

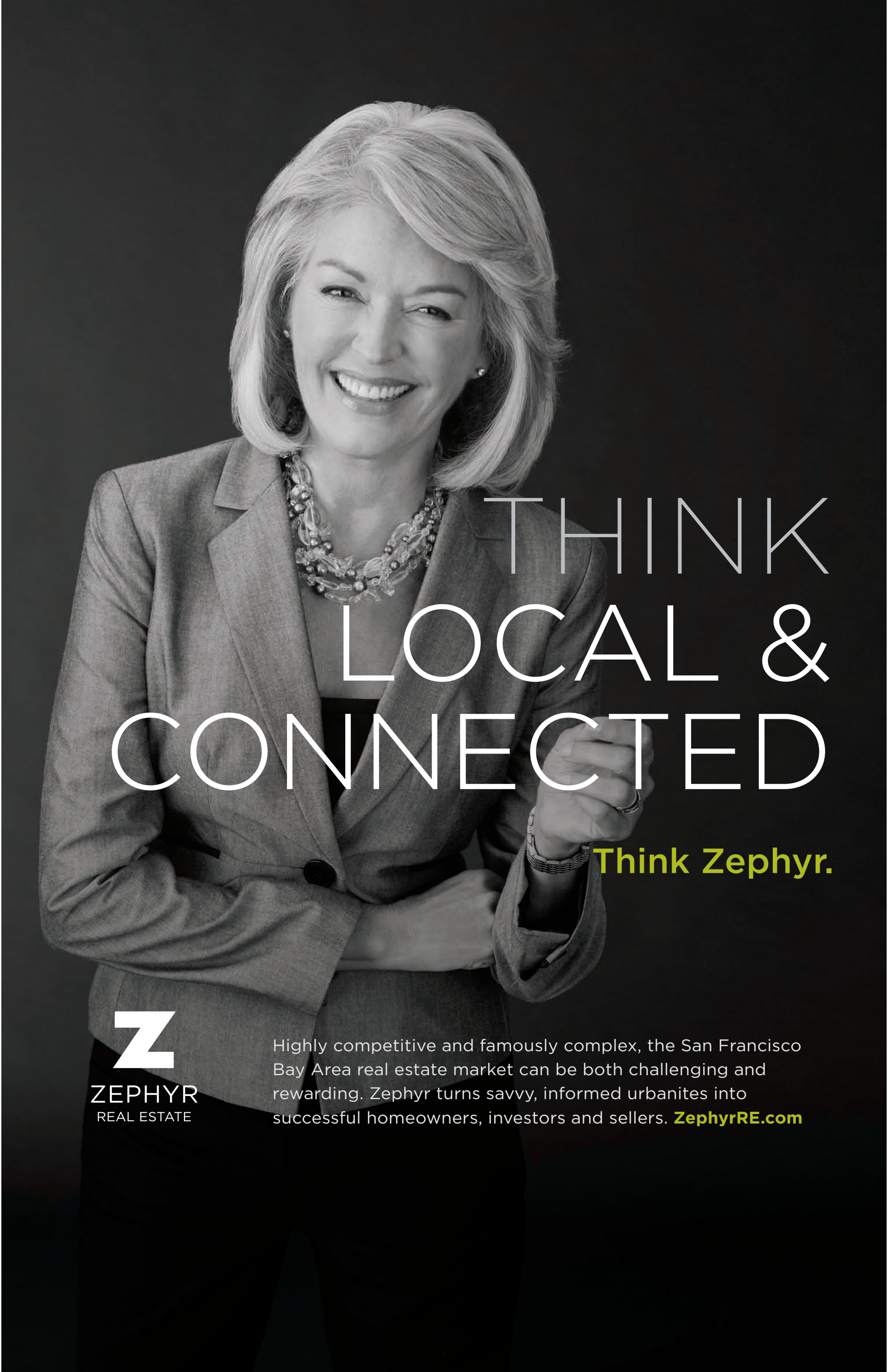
That initiative would join the mayor's above-mentioned bond initiative on the ballot, along with one that would restrict short-term rentals to no more than 75 nights per year at a unit.

QUOTE UNQUOTE

"San Francisco's high prices are due not only to population growth, but a regulatory climate that prevents housing supply from meeting new demand. These include zoning laws that outlaw higher densities, historic preservation overlays, rent control laws that benefit select households while raising prices overall, and environmental laws that slow the construction approval process. Additional zoning laws throughout Silicon Valley inhibit suburban growth, namely in areas around the tech campuses where new housing is most needed."

— Scott Beyer, writing on *Forbes.com*

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REAL ESTATE TODAY :: Survival guide

**Wow, wow, and wow again!
Housing prices still going up**

BY CAROLE ISAACS

ON WEDNESDAY MORNINGS MY company, McGuire Real Estate, has its weekly sales meeting. The new listings on Tuesday's broker's tour are discussed, mixed in with news on sales prices across town and other real estate-related topics. As we have moved through spring, agents sit in the meetings with looks of amazement on their faces as prices continue to go up at a shocking rate. I suspect this is the reaction of agents across town.

Aldo Congi, vice-president of sales at our company, heads up the sales meet-

review period of the closing disclosures and loan estimates. Also, if there are changes, this will trigger another three-day review period.

The days of closing escrow on residential property in 15 or even 21 days are over when there is a mortgage involved. Closing escrow in 30 days or to be safe 45 days will become the rule after Aug. 1, 2015, if there is a loan. It is important for buyers who will be buying a home with a mortgage to check with their lender and their real estate agent now to find out exactly how this new law will affect them. One thing is certain: To avoid last-minute changes, buyer walk-throughs and review of all documents should be done well in advance of close of escrow. It is important to do everything possible to avoid delays.

The condo's asking price was \$995,000. It sold for \$1,313,000 — \$1,000 psf.

Cash buyers have gained another edge up in the bidding process as a result of this new federal law. This is not good news for buyers in a city where escrows with cash sales close in as little as three days. Still, it is information everyone needs to know.

In May, rolling his eyes and holding his head from shock and disbelief, Aldo commented on a recent sale at 3735 Cesar Chavez, between Dolores and Guerrero on the edge of Noe Valley. The property, a three-bedroom, one-bath condo with one parking space, was listed on the MLS as having 1,313 square feet. This block is a very busy section of Cesar Chavez that feeds onto both U.S. Highway 101 and Interstate 280. If you don't know the location, take a moment to look on a map. Before you read further, guess at the sale price. I never would have guessed the correct amount. The condo's asking price was \$995,000. It sold for \$1,313,000, at exactly \$1,000 a square foot. Wow! Wow! And Wow again! It looks like the buyer had a sense of humor, and the seller laughed all the way to the bank.

A possible work-around for some lucky buyers is to make a cash offer, close escrow, and then do an immediate refinance taking back the cash. Cash might come from a short-term loan from a retirement fund, family, or anywhere else where short-term money might be available. It is absolutely necessary to check with your lender to find out if it has a program to address this situation. If not, check with me and I will provide lenders who can help. In any case, it is also important that you follow IRS rules on short-term loans. Be sure to check with your accountant or tax attorney and your title company to make sure the correct loan documents are completed.

A sale price of 25 percent or more over asking price is almost common today in many neighborhoods. It is important to note here that properties are regularly priced 25 percent *under* their market value.

Here I would caution sellers to think twice before jumping on a cash offer just because it is cash. It is important for sellers to think closely about the terms of each offer received. Banks are still in the business of loaning money, and buyers are still just as eager to buy homes. Plus, the bulk of offers today come with a mortgage as part of the deal. Remember the bank's money is good, too!

Yes, the Mission and Noe Valley are hot, but this is a busy location that is more than a few blocks from one of the corporate shuttles that create the golden eggs of San Francisco real estate. This sale made it more clear than ever that buyers are desperate to find homes in San Francisco, and they are willing to make hard choices to close a deal.

To end on a positive note, here are the

About this time I received an e-mail from a friend who read my May column in the *Marina Times*. My friend wrote, "I read your column and find it very informative, but a little depressing (if I was out there looking to buy). Think you need to do something to make prospective buyers feel they'd still have a chance." I wrote back and told her, "Believe it or not I try to help buyers by providing information to help make the tough decisions necessary to buy a home." The reality today is that the decisions buyers must make are not just "tough," they are "really, really, really tough."

The bulk of offers today come with a mortgage as part of the deal.

words of one of my clients in response to a suggestion I made to look at a home in Mission Terrace near the freeway. "We are willing to compromise on things like yard size, number of bedrooms, bathrooms, ancient kitchens, etc., but not on air quality." It is important to know your priorities. This will speed up the process of buying a home.

Today the most important thing for buyers and sellers to know is that the federal government's Consumer Financial Protection Bureau has come up with new mortgage disclosure forms that will affect every residential sale involving a loan, beginning August 2015. Federal law now requires an additional three-day delivery period and a three-day

Also keep in mind the time honored real estate mantra: *Location, location, location*. Think positive: Remember that if you buy a smaller home it will cost less to maintain.

Carole Isaacs is a Realtor with McGuire Real Estate, where she is a Top Producer. Follow her on Twitter @CaroleIsaacs or visit her online at caroleisaacs.com or call 415-608-1267.

DREAMHOUSE SHOWCASE ∴ 2828 Divisadero Street

Classic San Francisco opulence

BY JOHN ZIPPERER

WHEN YOU CROSS OVER the hill and come to this wide but quiet stretch of Divisadero, you are likely struck as much by the breathtaking views of the Bay (stretching from the Golden Gate Bridge to Alcatraz and points eastward) as by the beautiful, stately homes lining the street. Calling this Cow Hollow house your home comes at a price, but 2828 Divisadero tries to make it add up.

The 1912 home is a four-story structure filled with period details merged with modern conveniences. A wine cellar? It's there. A separate office? Yes. Enough bathrooms to tempt you to break Governor Jerry Brown's water-saving edict and shower three times a day just to make use of them? Yes. Enough space in the family room, living room, and other spacious rooms with bay windows to host a gathering at which you can personally apologize to the governor? Yes.

Located just two blocks from Pacific Heights' Gold Coast, you would also not be far from the shopping and dining that make this area so desirable.

If the nearly \$10 million price has you nervous about straining your bank account, don't worry. You will save a bundle on appliance purchases because the washer and dryer come with the home.

E-mail: john@marinatimes.com



Dreamhouse data

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Clockwise from top right: Exterior; sun-filled room; the railings open up the stairway; modern meets classic in the kitchen; fun children's room; great view.



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SPORTS CORNER :: Coaching for good



At practice, a good coach will know beforehand what he or she wants to accomplish. PHOTO: STEVE HERMANOS

Little League coach: What would Bruce Bochy do?

BY STEVE HERMANOS

THE LITTLE LEAGUE TEAM THAT I coach won 8, lost 0, and tied 1. The kids had a ton of fun. The parents chipped in money and surprised me with a gift card and some thank-you

cards signed by their kids; those presents were shockers.

A parent on another team sent me an e-mail asking if I could provide some coaching tips. I don't like to foist my opinions about people management on anyone, but the more I thought about it, the more

I figured a few words might find some use in the world.

Coaching kids is a bit like creating kids: A large portion of people get into it without much thought. As our president says, "Any fool can have a child." And any fool can walk out onto a soccer field or base-

ball diamond or a basketball court and start barking at kids.

First off, The Positive Coaching Alliance is a great website (Positivecoach.org). Check out their tips.

Bad coaches talk too much. Everyone tunes out people who talk too much. And kids have short attention spans. At games, you'll notice coaches yapping orders at kids, and the kids so overwhelmed with instructions that they're frustrated. The kids then make the intelligent choice: They don't listen to that yammering. When people aren't listening to each other, the fun quotient for the team drops.

At practice, a good coach will know beforehand what he or she wants to accomplish. With kids under, generally, 10 years old, it is best to teach *only one new thing per practice*. And make sure that the team has digested (or is digesting) all the previous items you've worked on. If not, it will probably be best not to introduce something new.

Bad coaches let disruptive kids disrupt too much. Bad coaches will let kids needle each other too much. Bad coaches will let kids tease each other. One day at baseball practice a kid was under a high pop, lining it up to catch it, and another kid yelled, "Drop the ball!" Right then I brought in the whole team and we had a short, intense discussion about why you wouldn't say, "Drop the ball!" to your teammate and why it's bad sportsmanship to say it to an opposing team. The kid who said "Drop the ball!" was not singled out as having done something wrong; it was a discussion about the concept of being negative; we just don't do that on our team. Kids like this message and love being on a team that only says positive things. It makes them feel great.

COACHING, continued on 27



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COACHING

CONTINUED from page 26

When you gather the whole team or a single player for instruction, *take off your sunglasses* and make eye contact. Imagine a schoolteacher who wears sunglasses while trying to teach; it'd be a disaster. Let the kids see your eyes as much as possible.

Don't let kids stand around too much. This is an issue in baseball practice. If I'm conducting practice alone, I'll sometimes have two or three kids playing Wiffleball along a fence, while I do batting and fielding practice for the rest of the team. Sometimes it's a good idea to set up stations: hitting, fielding, batting tee, pop-ups, and have the kids rotate through the stations. Keeping things moving fast is fun for kids.

In Little League, when a kid is at bat, it's not a good idea for coaches, players, parents, or fans to say, "Let's go (the player's name)." It exacerbates the self-consciousness of standing in the batter's box as the focus of everyone around. It's best to say, "Let's go (the team's name)," or, "Here we go!" or don't say anything. If the player gets on base, then it's fine to use the player's name. Soccer, basketball, lacrosse — no other game has that issue as much as baseball. In basketball, if a kid is standing at the foul line about to shoot free throws, it's a similar situation.

Also, I don't like nicknames. The kid has had his or her name for 6, 7, 8, 9, 10 years. Use their name. It's respectful. Kids like to be called by their name. Have the other kids use their name.

When a kid makes a good play, have the other kids say, "Nice play (name)." If they make this a habit, it helps knit the team together and make kids feel good when they make a good play.

Just walk away. If, during a game, a player makes a terrible play, the worst thing you can do is yell. Sometimes the second-worst thing you can do is say anything at all. As an ex-athlete, your body wants to do something in response to the stimulus of a bad sporting decision or mistake. If you watched the same play by a pro on TV, you'd probably shout at the TV. But after a bad Little League or soccer play, sometimes I'll turn and walk up the sideline or foul line and pick up a piece of trash (or an imaginary piece of trash) and put it in my back pocket; to others it seems that there's a (small) purpose to my turning away from the field; but the real purpose is to walk off my frustration and keep my mouth shut.

Will kids test your authority? Of course! There can be a lot of standing around in baseball, especially if you only have one coach at a practice. One day I was emphasizing that if you're in the field you have to stand up. Ten seconds later I turned around and the shortstop was sitting cross-legged. I walked over and told him, "Stand up." He did. "Follow me." I led him to foul territory, away from the team. I pointed to the ground. "You can sit here." He sat. I went back to the practice. I had someone else play shortstop. After one minute I walked back to him and asked him if he was ready to

Just walk away. If during a game, a player makes a terrible play, the worst thing you can do is yell.



The players await their turn in the game. PHOTO: STEVE HERMANOS

come back to practice. He was on the verge of tears, but he got the message. He came back to practice. His attitude was fantastic the rest of the season, one of the best.

They're all good kids. If they have nasty attitudes or tease other kids, it's always their home life or their school life. The field of play is an opportunity for them to leave those other worlds aside and be an athlete. If they start hurting other kids, that's the place to draw the line and separate them. Some kids crave negative attention, and this can be a problem for the team and for the kid. Team sports isn't for every kid, that's for sure. But it seems to be good for the vast majority of kids.

Make positive comments at least 90 percent of the time. Try to go a whole game or whole practice without mak-

ing any negative comments. (Save the comments for the next time, and try to rephrase the situation into working on it with the whole team.)

Losing. If you've got a team that lacks much talent, you will lose a lot. I've got a one-word suggestion: cookies. Lots of cookies. After the game, give them out right after your team gets back from shaking the other team's hands. Turn those frowns upside down: cookies. Next season, if I have a team that is getting beaten badly, I might crack a box of cookies in the middle of the game. Maybe sometimes Bruce Bochy should wheel out a crate of cookies.

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

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PHOTO: JIM BAUER / FLICKR

Managing summer screen time

BY LIZ FARRELL

SUMMER IS A TIME FOR RELAXED DAYS, fewer scheduled activities, and a break from the hectic pace of the school year. But with all that downtime comes a major challenge for parents — managing our children's screen time. If your children are like mine, one minute of downtime or free time and their first instinct is to reach for a device. There are no set rules for this in terms of what is “right.” It is absolutely something each family needs to come to their own agreement on. This may be the easy part, but then finding ways to stick to that agreement may be more challenging. As with most parenting experiences, setting limits

to bring devices to the dinner table or to look up from a screen if someone is talking to them, we need to do the same.

Our children are always watching and learning from us. So another way to set an example is to model for them how to enjoy downtime without a screen. Let them see you reading a book or trying to solve a crossword or Sudoku puzzle from the newspaper. Or grab a deck of cards or a board game and ask them to play. Last, model for them the balance between getting out-

side for physical activity with sitting in front of a screen.

Engage with them: As parents, we would be naïve to think we could keep our kids away from a screen all summer. So with limits, instead of looking at screen time as a negative, use it as an oppor-

There's nothing wrong with friendly family competition over Crossy Road or Bubble Mania.

tunity for family bonding and a great way to engage with your children. Find out what they are doing online or learn to play the games they like. I didn't grow up playing many video games, but my husband did, and it is fun to watch him and our children try to teach me the latest game that is consuming them. There is nothing wrong with a little friendly family competition over Crossy Road or Bubble Mania.

My son and daughter are obsessed with Minecraft. I have read blogs and even books dedicated to this, trying to understand what it is, how it works, and what makes it so appealing. I don't have the answers to all those questions, but I do know that my best resource for figuring it out has turned out to be playing alongside my kids and asking questions. Another added benefit is you would be amazed at how many life lessons you can weave into a session of Minecraft. My children are still relatively young, so it is somewhat easy, but for me it is imperative that I know what they are doing online and understand the games they are playing. The technology is changing so quickly, and in most cases our kids know more about social media or online gaming than we do, and as parents, I feel it is crucial we stay ahead of the game.

There is nothing wrong with screen time in moderation, but research shows too much can have a negative impact on your child's brain and well-being. So to make sure everyone in your family has a fun and relaxing summer, do your best to maintain a balance, set boundaries, and stick to them.

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

and outlining consequences is imperative to avoid the constant negotiations and whining. Here are some tips to help your family navigate this tricky territory:

Set limits: Children need limits even during the summer, so work together as a family to come up with the guidelines together. Having your children engaged in the process gives them some power and makes it more likely they will stick to the plan. Ask them how much time they think should be allowed and negotiate from there. In our house, we made a list of the things our children need to do before screen time is allowed. I use screen time as a “dangling carrot” — they need to have read, had some physical exercise, cleaned their rooms, and helped with a chore around the house before any screen time is allowed. Write down your family's guidelines and post them in an area where they can be easily accessed, such as the kitchen. Depending on the age of your children, you may even want to have them sign it, almost like a contract.

After setting limits, the next key step is enforcing those limits. After everyone has agreed on the guidelines, take time to discuss the consequences if the guidelines are not followed. This may involve losing screen time for a day or an extended time. Another helpful tool in enforcement is the timer. In our house, our children are not going to turn off their devices on their own, so I set a timer and let the timer be the bad guy. This helps alleviate a lot of the negotiating for “just one more minute” or arguing about time.

Be an example: This whole exercise will go a lot smoother if everyone in the house adheres to the agreement — including us parents. Whatever guidelines your family comes up with, you need to follow them also. If we are expecting our children not

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FITNESS FIRST :: That's going to hurt

Sports injuries: Tips on how to heal

BY JULIE MITCHELL

WHETHER YOU'RE A marathon runner, a gym rat, a team sports player, or just a "weekend warrior," chances are you've had a sports-related injury. It may have been as simple as a sore back or knee or as serious as a broken bone or torn ligament. Unfortunately, almost everyone who exercises regularly will suffer some kind of sports injury. According to *Harvard Men's Health Watch*, a study of 6,313 adults who exercised regularly found that 21 percent developed an exercise-related injury over the course of a year.

MOST COMMON INJURIES

The National Institutes of Health (NIH) and the National Institute of Arthritis and Musculoskeletal and Skin Diseases find that the most common sports injuries are sprains and strains; knee injuries; swollen muscles; Achilles tendon injuries; shin splints; fractures; and dislocations.

Other common injuries include fasciitis, an inflammation of the tissue that covers many muscles and tendons and often caused by overuse (plantar fasciitis is an inflammation of the sole of the foot frequently experienced by runners and walkers) and bursitis, an inflammation of the small fluid-like sacs that cushion joints, muscles, and bones.

TYPES OF PAIN

Acute pain occurs suddenly when you hurt yourself playing a sport or working out. The pain and swelling can be severe and often there is an inability to move the joint that is hurt or to put weight on it. With fractures, there may be a bone or joint that is visibly out of place. **Chronic** pain can crop up after your injury has healed when you've played a sport or exercised for a long time, and you feel pain both when working out and resting. Many find that as they age chronic injuries become more persistent.

Whether you have a new injury or something chronic has flared up, it's important to stop exercising for a while.

"Working through the pain" is never a good idea. While exercise is often a form of rehab for sports injuries, treatment, whether professional or home care, should always be the first step. If the injury is acute, see a doctor immediately.

MANAGING PAIN

Sports doctors recommend the RICE method as the best method for non-acute sports-related pain:

Rest: Injured muscles or tissue need time to heal. If you have a sore foot, leg, or ankle, don't put all your weight on it. If your shoulder is bothering you, stop lifting weights and avoid carrying heavy bags.

Ice: Although heat may sound more appealing, physicians agree that putting an ice pack on the injured area several times daily is one of the best ways to heal. Ice has natural anti-inflammatory properties and can reduce pain and swelling. Wrap a bag of frozen peas or a plastic bag of crushed ice in a thin cloth, and place it on the injury; don't apply an ice pack to bare skin. Keep the ice pack on for 15–20 minutes each time.

Compression: Applying pressure (compression) to an injury can help reduce swelling. An elastic bandage found at any pharmacy will do; there are also special boots and air casts, but you may need to get them from a doctor.

Elevation: By elevating the injured area or limb above your heart, gravity will help drain fluids away from swollen tissues and ease pain.

Nonsteroidal anti-inflammatory drugs such

as ibuprofen (Advil), naproxen (Aleve), or acetaminophen (Tylenol) can also relieve pain and inflammation, but not reduce swelling. There are also many over-the-counter pain-relief creams and gels. Arnica, a homeopathic remedy long used for bruising, pain, soreness, and swelling from injuries or overuse, is becoming more accepted

SEEKING PROFESSIONAL HELP

If your soreness doesn't improve after 72 hours or so, or the pain gets worse, it's time to seek medical care. **Orthopedists** (some specialize in sports medicine) deal with impairments of the skeletal system, including bones, muscles, and ligaments, and will be able to perform surgery, if required.

Chiropractors focus on treating musculoskeletal complaints, including back, neck, and joint pain. They have broad diagnostic skills and practice a hands-on approach that often includes "chiropractic manipulation" to restore mobility by manually adjusting affected joints and tissues. This kind of treatment can be painful but ultimately loosens up tightness and helps the healing process.

Physical therapists are health-care professionals who maintain, restore, and improve movement activity and health. They work in hospitals, private physical therapy practices, with professional sports teams and athletes, and in university settings. Sometimes you need to see a physician to get a prescription for physical therapy treatment.

PREVENTING INJURIES

Always warm up before you play sports or do other strenuous activities, including running or riding a bike, and cool down and stretch afterward. Pay attention to your technique — many gyms offer personal training or coaching for those new to working out with weights

By elevating the injured area or limb above your heart, gravity will help drain fluids away from swollen tissues and ease pain.

or other fitness equipment. Most important, don't overdo it. Many injuries are caused by overuse. Alternate long workouts with shorter ones, and vary your activities. Staying active is important, but working out too hard is a sure way to hurt yourself and miss your regular fitness routine altogether.

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THE ADVENTURES OF SKYLAR GREY ∴ Chapter 26

What the dog knows

BY SUSAN DYER REYNOLDS

NOT ONLY WAS SWIM THERAPY helping Skylar's elbow dysplasia, she absolutely loved it. Whenever I got out her water collar and red rubber chicken (reserved for swimming only), Sky would run joyously to the door with a huge pittie smile on her face and that long, Eighth Wonder of the World tongue flapping from side to side. She would hop in the car and sit up the whole way, whining as we turned onto the "AquaDog street."

Then, a couple weeks in, everything changed. When I brought out the water collar and rubber chicken, she would hop up on the sofa with Kickie, glued to her right side with her ears pinned back and her big green bug eyes full of trepidation as if she thought I planned to dump her on the side of a rural road in Gilroy. "I don't understand it," Kickie would say. "I thought she loved swimming." The only way to get her into the car was to trick her by having Kickie walk out with us and pretend she was coming along. Skylar would cry and stare out the back window at Kickie until she was out of sight. Once we reached AquaDog, Skylar enjoyed her swim time as much ever, but she was always eager to get home and run back to Kickie's side.

At home, she clung to Kickie constantly, following her from room to room, even waiting outside the bathroom door. She had been over her Pit Bull Pillow Panic Syndrome for quite a while, but she again

refused to come to bed at night. Because of her arthritis and problems with her feet and legs, Kickie sleeps on a sofa where she feels more comfortable. It's a good sized sofa that I bought for her several years ago, but with a 70-pound pit bull trying to sleep there, too, it was a little crowded. "Grammy needs to stretch her legs out, Skylar," Kickie would say. Sky would fold her ears back, glancing back at Kickie with great concern, and then contort her body into the smallest little ball possible in order to squeeze into the back corner at the end of the sofa. When we moved an ottoman to block Sky from getting up on the couch, she would sleep stretched out on the floor alongside it. This went on for weeks.

One afternoon at swim therapy, I told Connie about Skylar's strange behavior. "I know she's eccentric, and I know she has a lot of, uh ... issues," I said. "But this is bizarre even by Skylar Grey standards."

Connie tossed the red rubber chicken as Sky flew across the pool after it. "Maybe something is wrong with Kickie," Connie said.

"Kickie does have a lot wrong with her," I responded, ticking off her health issues. "But she's had them for years."

"Maybe it's something inside," Connie said. "Dogs know things we don't; they sense things we can't. Maybe Sky knows something you and Kickie don't."

On the drive back to Kickie's, I reflected on what Connie had said, and then I thought about how service dogs are trained to detect low blood sugar in their



Even on a trip to the nursery, Skylar refused to leave Kickie's side.

diabetic owners, or other conditions such as seizures. When we got home, I sat on the sofa next to Kickie and Sky. "How long has it been since your last physical?" I asked.

"A year or so," Kickie shrugged, adjusting her reading glasses to glance at the grocery sale papers. Kickie was notorious for hating to go to the doctor. "You'll feel that way, too, when you're 84," she said. "I don't like it now," I told her. "No one likes going to the doctor. But you're overdue for a check-up and ..." Kickie handed me the phone. "All right," she said. "Go ahead and make an appointment." I was shocked, but I eagerly made the call.

A few days later we headed to Kaiser, where I sat in the waiting room for what seemed like an hour. I looked up expecting to see Kickie, but instead it was Dr. Lee. "Hi Susan," she said. "Come to the exam

room. I want to talk to you." When she opened the door, Kickie was sitting in the corner, crying. "What's wrong?" I asked frantically. "Kickie has a lump in her right breast," Dr. Lee explained. "She's known about it for a month or so." I knelt next to Kickie, hugging her tightly. "I didn't know how to tell you," Kickie sobbed.

"I've set her up for an ultrasound early next week," Dr. Lee said. "I believe it's cancer, but we won't know for sure until we get the results."

That night after Kickie fell asleep, I didn't try to force Skylar into my room. "You take care of Grammy," I whispered, kissing her little pit bull blockhead. Sky squeezed into the back corner at the end of the sofa, let out a contented sigh, and closed her eyes.

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POLITICAL ANIMAL ∴ Every dog has its day



Potter, ID A367309, 9-month-old male
(Potter has been at the shelter the longest – since Feb.)



Canella, ID A371589, 9-month-old female



Diamond, ID A370171, 1-year-old female



Rohan, ID A371703, 7-month-old male

This July, San Francisco ACC celebrates 'America's Dog' with waived adoption fees, chance to win trip on Virgin America

BY SUSAN DYER REYNOLDS

ANYONE WHO READS THE Pet Pages knows that I'm a lifelong pit bull parent and advocate. My beloved Jasmine Blue helped change the perception of pit bulls in her column with thousands of fans around the world, and Skylar Grey, who helped me through losing Jazzy to cancer, continues that legacy in her own column. While the media loves to sensationalize the few bad stories, you rarely hear the good ones — and there are a lot more of those, going back throughout history.

Pit bulls are not actually a breed but rather a type of dog that falls under the "bully breed" category. "Bully breeds" include all bulldogs (English, French, American, etc.), American and English Staffordshire terriers, bull terriers, bullmastiffs, and Boston terriers, among others. Many bully breeds are mixes. Labrador retriever/Staffordshire terrier is one of the most common (Porter, pictured top left, is likely a Lab/Staffie). These mixes are generically referred to as pit bulls.

In the early 1900s, pit bulls were called "American terriers" and earned the moniker "Nanny Dogs" because they were known for loving and protecting their families'

children. Though pit bulls are the most abused and neglected of all dogs, they are resilient, with a loving, forgiving nature. The National Canine Temperament Testing Association tested 122 breeds, and pit bulls placed near the top with a 95 percent passing rate — higher than golden retrievers.

There are some famous pit bulls as well as some famous pit bull owners. Sergeant Stubby was America's first canine war hero — he earned several medals during World War I and was honored at the White House. Petey, the faithful piebald pooch from *The Little Rascals*, was a Staffordshire terrier. Helen Keller and Presidents Theodore

Roosevelt and Woodrow Wilson had pit bulls. Many modern celebrities also have pit bulls, including Rachael Ray, Jon Stewart, Justin Timberlake and his wife Jessica Biel, and *Big Bang Theory* star Kaley Cuoco.

During the month of July, our city shelter, San Francisco Animal Care and Control (ACC), is celebrating and promoting "America's Dog" — qualified adopters will have adoption fees waived and receive free training classes with their new best friends. You can also enter the America's Dog Great Photo Giveaway to win a trip for two anywhere Virgin America flies in the United States. Just submit a

photo of you and your America's Dog via e-mail to acc@sfgov.org between 12 a.m. Wednesday July 1 and 11:59 p.m. Friday July 31. Title photos with your America's Dog name and a brief description.

If you're considering adopting a dog, please head down to ACC this month and meet some of their wonderful, available pitties (I found Skylar at ACC, and she's pretty wonderful indeed).

Animal Care and Control: 1200 15th Street, San Francisco, CA 94103. For more information, call 415-554-9427 or visit ACC online: [facebook.com/SanFranciscoACC](https://www.facebook.com/SanFranciscoACC); twitter.com/SFACC; sfgov.org/ACC.

Announcement: We are in urgent need of foster homes!

Grateful Dogs Rescue is the oldest all-breed rescue group in San Francisco. Since 1990 our mission has been to save the lives of local dogs, primarily at San Francisco Animal Care and Control that are at risk of euthanasia. We save as many of these dogs as possible, place them in foster homes, and provide veterinary care as needed until loving adopters can be found. We are an all-volunteer organization with no paid staff so all donations to Grateful Dogs Rescue go toward the care of our dogs.

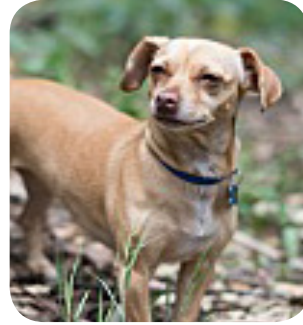
Here are just a few of our wonderful, available dogs:



AMBER

Celebrate summer with Amber. This young girl is loving and playful. Her white socks and white-tipped curly tail make her irresistibly charming. Amber

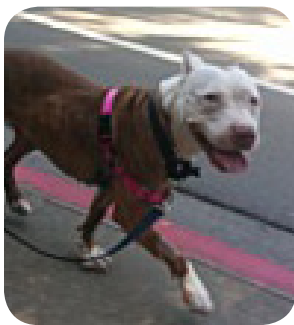
does well meeting new people and dogs. She does not like walks on busy city sidewalks but enjoys spending time in the back yard or romping off-leash in dog parks. When first meeting Amber, she is skittish. A home with older kids or another playful dog would be great for Amber. She is a wonderful lap warmer and likes to play with toys. Amber is an all-around wonderful dog.



MISSY

Missy is a little dog with a big personality. This 4-year-old Chi-weenie (Chihuahua/Dachshund mix) is sweet and sensitive even though she has been through a lot of

changes. Now in a loving environment, she has perked up again. Missy loves playing and would do well in a home with other dogs. She also loves people, so she would also be happy as an only dog getting all the attention. We think it's best for her to be in a home without young children since she can be easily frightened by sudden moves or loud noises. Missy is ready for some summer fun.



BETTY

Our Betty is ready for her close-up. Although not a classic beauty on the outside, inside she is perfect. When she was picked up as a stray it was obvious she recently had

puppies and an amateur had cropped her ears. She was very shy and scared at the shelter. Her shyness changed dramatically when she moved in with the perfect foster parents and their two dogs. Betty was so excited to get to be with other dogs! Now that she has adapted to her foster home, Betty has become a perfectly behaved little lady ready for some summertime fun with a forever family.



RUSTY

Rusty our ginger-colored 4-year-old Basenji mix can be hesitant in new places but is a great dog and bonds quickly with his family. He gets along great with strangers, cats, and

young children. Rusty is an affectionate, loyal companion. Rusty has progressive retinal degeneration, but his vision is still good in the daylight. He takes supplements to slow down the vision loss. Due to Rusty's coloring, he will need a dab of sunscreen on his pink nose when he goes outside to meet and greet the neighborhood. This gentle boy is sure to steal your heart!



COSMO

Cosmo, our young boxer/Staffordshire terrier mix, was brought to the shelter as a stray. While there, he displayed a great love for dogs and people. Cosmo's development in his

foster home has been amazing. He is house trained, crate trained, knows obedience commands, walks well on leash, excels at hiking, loves car rides, goes to dog parks, and will hang out with you at an outdoor cafe. He loves exploring the outdoors and relaxing in the back yard. Cosmo survived a tough beginning, and he's eager to find an active companion for outdoor fun.



SCOUT

Cuteness-Plus describes our Scout. He is an energetic little guy with an adorable underbite. Scout loves to investigate anything that moves. This dog loves to play! Scout is the perfect

blend of charm, energy, and curiosity. Scout is about 3 years old and weighs about 6 pounds. He is house trained and gets along with other dogs (and cats) and would love a playmate. Scout adores his walks, making him an excellent hiking or jogging partner. Super cool Scout is the perfect pal to enjoy some fun in the sun.

July Adoption Event:

Grateful Dogs Rescue will be at the Burlingame Pet Food Express (261 Park Rd, Burlingame, CA 94010, 650-344-4444) July 12, 11 a.m. to 1 p.m. Come and meet our lovable, adoptable dogs!



FOR MORE INFORMATION ON THESE AND OTHER DOGS:

415-587-1121 • www.gratefuldogsrescue.org

info@gratefuldogsrescue.org



As the resident feline at Wolf & Lion,
I can confirm it's the "cat's meow!"
(Dogs give it four paws up too!)

– Sasha The Cat (Rescued, Berkeley Humane)



Come in and see Sasha soon. You'll usually find her on one of the locally sourced cat trees, or playing in the aisles!

It's hard to miss our big orange building at the corner of Lombard and Divisadero. We'll be announcing many special neighborhood events for animals, their owners and caretakers this Spring! [Facebook.com/WolfandLionPetSupplies](https://www.facebook.com/WolfandLionPetSupplies)

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