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MarinaTimes

WWW.MARINATIMES.COM | CELEBRATING OUR 27TH YEAR | VOLUME 29 | ISSUE 9 | SEPTEMBER 2013



PHOTO COURTESY MARINA COMMUNITY ASSOCIATION

3rd annual Marina Family Fest

by lynette majer

IF YOU'RE LOOKING FOR A family-friendly event in the neighborhood, look no further than the third annual Marina Family Fest, scheduled for Sunday, Sept. 29. Once again collaborating with District 2 Supervisor Mark Farrell, this year's event hopes to be even larger, surpassing last year's successful number of 6,000 attendees.

The festival will feature all the things kids go crazy for: bounce houses, a petting zoo, a rock climbing wall, and more, with local gourmet food trucks, and a beer and wine garden offering a refuge for mom and dad. A variety of entertainment is also planned, as are booths from all your favorite local merchants.

This year's event benefits S.F. SAFE (Safety Awareness

For Everyone), whose mission is to provide safer neighborhoods through education, crime prevention, and public safety messages.

Find the Marina Family Fest on the Marina Green at Marina Boulevard and Scott Street from 10 a.m. to 5 p.m. Admission is \$25, which includes unlimited access to all the planned activities. Visit www.sfmca.org for tickets and additional information.

REYNOLDS RAP

Formula one

Why the Lusty Lady and the Grove should worry small businesses more than changes to the chain ordinance

by susan dyer reynolds

WHEN I VOTED IN FAVOR OF SAN Francisco's formula retail ordinance in 2006, I thought it was to keep huge national retailers like Walmart from opening on what I call "strollable streets" — those charming neighborhood thoroughfares with a mix of restaurants and retail that attract a bevy of foot traffic. Since then, the ordinance has proven to be shambolic and full of loopholes, and the Planning Commission, tasked with deciding which chains get conditional use permits and which chains don't, has added another layer of perplexity by making absurd, often contradictory decisions like denying a Starbucks on Market Street, and then five days later approving a CVS two minutes away. The Planning Department often treats these hearings like high school cheerleader tryouts, easily swayed by letter-writing campaigns, small community groups, and organized opposition from merchants who don't want competition. The problem is, of course, that 99 percent of regular citizens never attend these hearings, and so what the commission sees is rarely representative of the majority of the neighborhood.

It is precisely this combination of self-interested politics and nonsensical regulations that led me, this past March, to send a series of questions regarding San Francisco's formula retail ordinance to Scott Sanchez, the zoning administrator for the Planning Department. On July 25, those inquiries and a number of others appeared

FORMULA ONE, continued on 3

How to be an S.F. hipster

by sandy fertman ryan

YOU KNOW YOU AREN'T HIP when you stand out like a sore thumb in the Mission. Recently, my husband and I were there, and we were awestruck by the utter hipness that has overtaken Valencia Street. Were we asleep the last five years? It was date night, so we couldn't have possibly looked less cool or more out of place. Let's just say that if someone were playing *Where's Waldo?* and we were Waldo, the game wouldn't have lasted a minute.

I have never considered myself a hipster. There were times when I considered myself cool, but cool did not require doing very much. Being laid back was cool. Not caring too much was cool. For example, I didn't care at all when, many years ago, I wore a pink pastel jacket in New York after Labor Day. Wait: That turned out to be uncool. I walked into a designer's clothing store on Madison Avenue and after surveying all of the über-chic clothing, one of the employees turned to me and said, "Are you from L.A.?" Two salespeople tittered softly. For a moment, I was thrilled

that they took an interest in me, but just as quickly, I realized it wasn't a compliment. It was my jacket. Ugh. But other than that one humiliating New York moment, I think I have been fairly capable, post-Aptos Junior High, of holding my own in fashionable circles — though never to the extent of a hipster.

Being a San Francisco hipster requires much more effort than simply being cool. You must be intelligent (just look at them!) and sadly, that's not something you can go out and purchase like an accessory, or say, a pastel jacket. Google Glass may be of some help in the near future, but as of this moment, you have to be intelligent on your own. Hipster friends have explained to me that hipsters only look smart — for example, attending all of those pop-up store and art gallery openings and of-the-moment lectures, like "27 Ways to Cook Sustainable Placenta," all the while lugging tattered notebooks in their arms with who-knows-what-brilliance written inside.

Serious glasses — those big faux tortoise-shell frames that only very famous directors or Elvis Costello can pull off —

HIPSTER, continued on 11



Chef Michael Rotondo's uni risotto at Parallel 37 PHOTO: SUSAN DYER REYNOLDS

Dishing with Chef Michael Rotondo

by susan dyer reynolds

Restaurant: Parallel 37 (in the Ritz-Carlton, San Francisco), 600 Stockton Street (at California), 415-296-7465, www.parallel37sf.com

IGET LETTERS FROM readers now and again lamenting my monthly "Dishing with Chef ..." column, which I started over a decade ago in *Northside San Francisco*

magazine (then called "10 Questions with Chef ..."). The column features interviews with chefs in their prime like Thomas Keller and Gary Danko,

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AMERICA'S TOP STEAKHOUSES

- Osso Steakhouse** — 1177 California Street, San Francisco, CA
- Bobo's** — 1450 Lombard, San Francisco, CA
- Peter Luger Steakhouse** — 178 Broadway, Brooklyn, NY
- Bern's Steakhouse** — 1208 South Howard Avenue, Tampa, FL
- CUT** — 9500 Wilshire Boulevard, Beverly Hills, CA
- Emeril's Delmonico** — 3355 South Las Vegas Boulevard, Las Vegas, NV
- Mario Batali's Carnevino** — 3325 S. Las Vegas Blvd., Las Vegas, NV
- Chicago Cut** — 300 North LaSalle, Chicago, IL
- The Precinct** — 311 Delta Avenue, Cincinnati, OH
- Elway's Cherry Creek** — 2500 East First Avenue, Denver, CO



PHOTOS: MISHA BRUK

Osso Steakhouse

OSSO STEAKHOUSE is the latest creation from the people who brought you The Stinking Rose, Calzone's and Bobo's, which was listed as one of the top ten steakhouses in America by USA Today in 2012, alongside such notable restaurants as Peter Luger, Bern's, Emeril Lagasse's Delmonico, Mario Batali's Carnevino and

Wolfgang Puck's CUT. The steakhouse is located in the landmark Gramercy Towers, next door to the Masonic Auditorium on prestigious Nob Hill, near the Fairmont, Mark Hopkins and Huntington Hotel.

The stylish Art-Deco-inspired design provides an elegant yet relaxed ambiance. The New York Steak is dry-aged 4-6 weeks for a fla-

vor that is nothing short of a revelation.

For the truly hardy, try the three-inch thick Bone-in New York New York Empire Steak Building Cut. It's the juiciest, most perfectly marbled beef that has ever been set before you. "It's osso good!!"

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Calendar

September events

It was great having the children home all summer, but now that they're off to school you can focus on what you want to do this month. Concerts? Benefits? Alternative film festival? There are so many things to do this month, you might even want to do some of it with your children. **24**

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 Editorial: (415) 931-0515 | Fax: (415) 931-0987 | Letters to the Editor: letters@marinatimes.com
 Advertising: (415) 815-8081 advertising@marinatimes.com
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Publisher

Earl Adkins
publisher@marinatimes.com

Editor in Chief

Susan Dyer Reynolds
susan@marinatimes.com

Managing Editor

John Zipperer
john@marinatimes.com

Editor, Arts & Entertainment

Lynette Majer
lynette@marinatimes.com

Social Media

Shelia Fox
shelia@marinatimes.com

Designer

Steven Fromtling

Web Designer

Joe Bachman

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FORMULA ONE

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in a report prepared by his department and presented to the Planning Commission. I questioned, for example, why David's Tea, a Canadian-based chain with 95 international locations, was not subject to formula retail controls. "According to the project sponsor, David's Tea was operating fewer than 11 stores at the time the permit was issued," Sanchez replied. It turns out those 95 international locations don't count. When I interviewed founder David Segal in August of 2012, he told me they intended to spread across the United States like wildfire, but they were starting in San Francisco because they were aware of the formula retail ordinance limit of 11 U.S. locations. David's Tea opened one store in Burlingame and four stores in San Francisco (including Chestnut Street) and they currently have 15 U.S. locations.

Another question I had for Sanchez was why, in February of 2012, the Planning Commission unanimously approved Equinox Fitness, an international luxury gym chain that took over the historic Metro Theater on Union Street, despite the fact it has more than 60 locations nationwide. Sanchez replied, "Personal Service Uses are not included." In other words, businesses like gyms, nail salons, and massage parlors are exempt. The Planning Commission routinely approves such businesses, chain or not, which is why the City is flooded with gyms, nail salons, and massage parlors. This year, in fact, they approved two massage parlors on Lombard Street, which Planning Commissioner Gwyneth Borden recently admitted had both been busted for "illegal activities."

The report also questions why Geary Boulevard allows chains except pet stores. For example, in 2011 the Planning Commission denied a Petco Unleashed store at 2675 Geary, but they approved a Target store at 5411 Geary less than two miles away. The Planning Commission fell back on the same old criteria for approving chains, stating that the Petco Unleashed was "not necessary or desirable," but it seems to me any business should be considered necessary and desirable on Geary, which, according to David Heller, president of the Greater Geary Boulevard Merchants Association, has over 80 vacant storefronts.

The Planning Department report recommends resolving such discrepancies in the ordinance, and six members of the Board of Supervisors

— including moderates like London Breed, Scott Wiener and Mark Farrell — have either sponsored successful legislation or are proposing stricter formula retail controls. Breed and Farrell have introduced neighborhood-specific legislation for Upper Fillmore that would expand the definition to stores that are 50 percent or more owned by a chain. Breed also wants to define a chain as having more than 11 stores worldwide. The more progressive Eric Mar wants to expand upon Farrell and Breed's proposals by instituting them citywide, and also including gyms and gas stations.

If all of this seems confusing, it's even more confusing to the people trying to enforce it: The Board of Appeals recently ruled that building permits for Jack Spade, the eleventh outlet of a menswear chain that wants to move into the former Adobe Books space at 3166 16th Street in the Mission District, may go forward. While Jack Spade is under the corporate umbrella of Kate Spade, which has nearly 100 stores in the U.S., city zoning administrator Sanchez had previously found that they weren't the same company, and thus Jack Spade didn't have to go through the conditional use permit hearing triggered by having more than 11 U.S. stores.

I definitely feel the Planning Department report and proposed legislation by Breed, Farrell, and Mar are a step in the right direction to resolving the rampant inconsistencies in the chain ordinance, but I also fear that San Francisco is legislating itself into an upscale Detroit, with commercial corridors like Geary and Lombard littered with long-vacant buildings. The most common reasons cited for stricter chain controls are "maintaining San Francisco's unique character" and "making sure small businesses can compete," but I don't think empty storefronts add unique character, and I don't believe chains are the biggest threat to small businesses. While neighborhood groups and merchants have spent much of the past three years working to stop formula retail, something much more insidious has happened right underneath their noses: an influx of billion-dollar tech companies and their affluent young workers, and commercial landlords — who are exempt from rent control — seeing dollar signs.

Even North Beach's colorful, historic strip clubs are not immune to the high-tech lifestyle and the inevitable changes it brings: the legendary Lusty Lady, San Francisco's only employee-owned co-op peep show, recently closed its hatchdoors after more than 30 years. In 2001, rent at 1033 Kearny Street was \$5,500 a month; it's now \$16,500, and the ladies have been behind on their rent for nearly six months. "Why would a guy drive from Palo Alto to see a naked girl when he can stay home and see one on the Internet?" a Lusty Lady mused. Indeed. And why, when that guy relocates to San Francisco to work at Twitter, would he want to get out of his car for coffee at the Grove when he can drive through a Starbucks?

THE GROVE AND THE LUSTY LADY

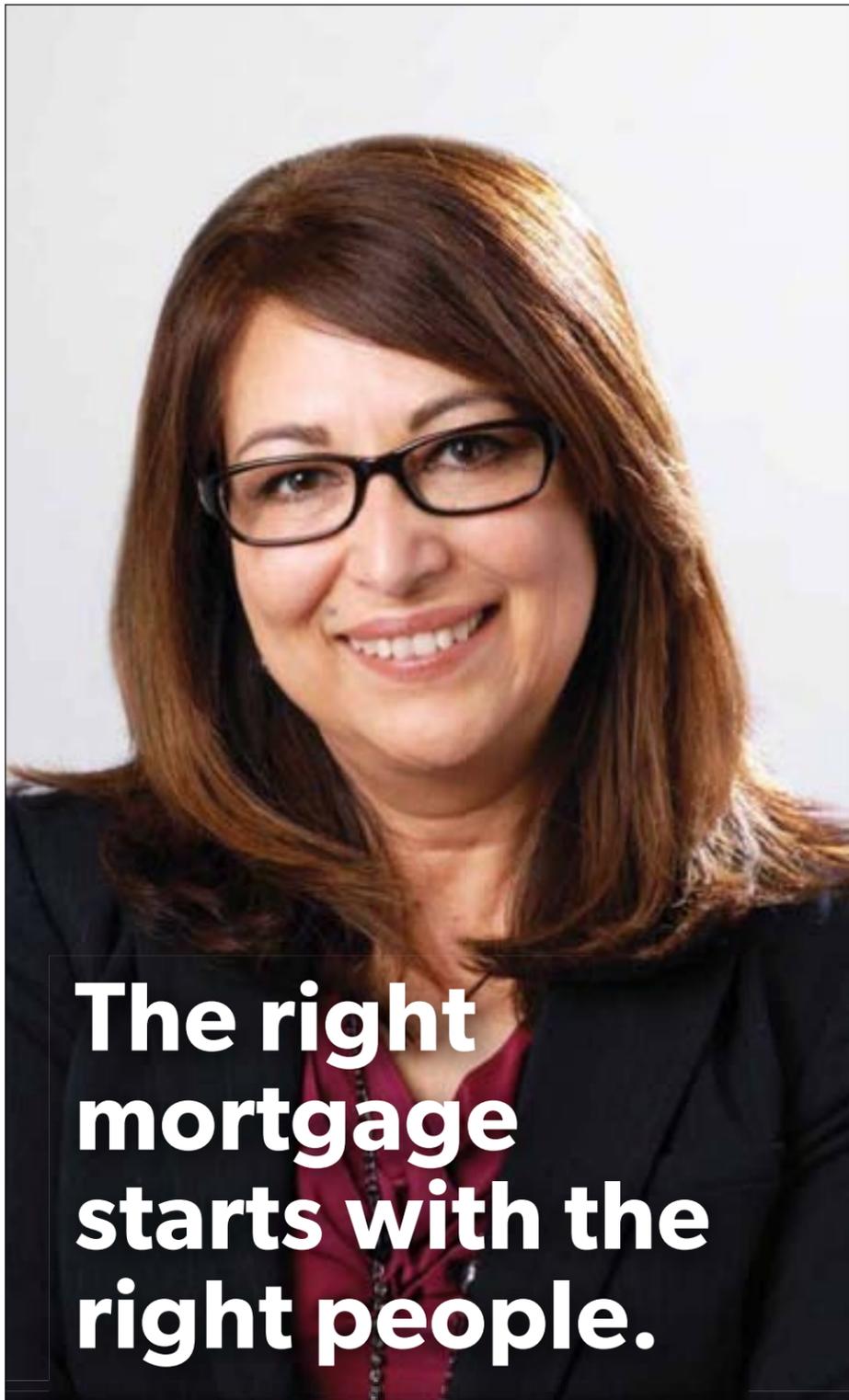
In this new high tech economy, strollable streets are particularly desirable, and landlords know it. Kenneth Zankel, who took over the Grove on Chestnut Street

in 1999, lost his lease this past June when the building owner asked for a 50 percent increase over what the Grove was paying five years ago, to the tune of more than \$20,000 a month for 1,500 square feet. "It's his building and he can value it however he likes," Zankel told the *San Francisco Chronicle*, but the reality is the market dictates value.

There was nary a peep from neighborhood groups or merchants over the closure of the Grove; nor were they alarmed when Peet's Coffee vacated its Chestnut location to take over the former Rabat space down the street (and, reportedly, the storefront next to it). Like the Grove, the owners of Rabat couldn't negotiate a lease they could afford. The old Peet's is already filled with the eleventh location of Peek Kids, a high-end children's apparel chain. Meanwhile, a number of international chains, including G-Star, Brandy Melville, and the aforementioned David's Tea, have quietly opened on Chestnut. They're all willing to pay high rents to get onto a strollable street frequented by San Francisco's inflow of hip, wealthy tech workers. That inflow won't stop any time soon, either, with Mayor Ed Lee courting companies like Twitter and offering them tax incentives to forgo the Silicon Valley for San Francisco. I grew up in the Silicon Valley — or the Valley of the Olive Garden, as I call it — and I worked in the tech world at Apple during college. On my frequent visits home, I am always amazed at the line of cars wrapped around the Bank of America/Starbucks drive-through window on Blossom Hill Road in San Jose. They're not doing their banking (they do that online); they're getting their coffee with something techies love: ultimate convenience.

Even North Beach's colorful, historic strip clubs are not immune to the high-tech lifestyle and the inevitable changes it brings: the legendary Lusty Lady, San Francisco's only employee-owned co-op peep show, recently closed its hatchdoors after more than 30 years. In 2001, rent at 1033 Kearny Street was \$5,500 a month; it's now \$16,500, and the ladies have been behind on their rent for nearly six months. "Why would a guy drive from Palo Alto to see a naked girl when he can stay home and see one on the Internet?" a Lusty Lady mused. Indeed. And why, when that guy relocates to San Francisco to work at Twitter, would he want to get out of his car for coffee at the Grove when he can drive through a Starbucks?

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NEWS BRIEFS : Pagoda demo, AT&T, Edward II financing, Presidio Parkway, transit comment deadline

PAGODA DEMOLITION

After nearly two decades of sitting empty, the Pagoda Theater had its final curtain call in August when the City demolished the building. The North Beach theater, more than a century old and originally a home to vaudeville shows, was sacrificed to make way for the City to use it as a location to bring up the massive machines that bore the tunnels for the new Central Subway.

After the City is finished with the site in two years, the owner reportedly will be constructing a building with condominiums on the location, which will also include a restaurant and parking.

ABOVE-GROUND AT&T CABINETS

The Russian Hill Neighbors organization has renewed its opposition to the proposed installation by AT&T of hundreds of above-ground utility cabinets. The organization's president, Dan Holligan, informed members in August

that RHN has "vehemently opposed this construction for several years and will continue to do so."

At issue is the placement of four-foot-tall utility cabinets near some of AT&T's boxes as part of an extension of the company's fiber network, bringing high-speed fiber closer to more of its customers' homes and enabling it to deliver more digital communications services.

The plan has been a source of contention for years, including a legal fight that resulted in a court ruling in AT&T's favor. In addition to RHN, opposition has come from such groups as SF Beautiful, which argues that the cabinets should be on private property or placed underground. The Coalition for San Francisco neighborhoods has even issued literature with instructions on how to formally protest "these monstrosities."

AT&T said that it has worked with local neighborhood and merchants associations and

conducted "site walks" to determine the best locations for the utility cabinets.

EDWARD II FUNDING PROBLEMS

The CEQA Working Group reported that the long-planned effort to remake the Edward II Inn into affordable housing has hit a snag due to neighborhood opposition. The project to create "transition age youth housing" for people between the ages of 18 and 24 who are at risk of homelessness has created lots of local foes. The Working Group says that delays created by NIMBY groups seeking to use environmental review procedures to derail the project have resulted in financing problems for the nonprofit groups behind it.

The delays "caused the project to miss two funding deadlines for Low Income Housing Tax Credits, setting the project back a whole annual cycle," the CEQA Working Group reports. Low Income Housing Tax Credits, used

to spur private development of affordable housing in the wake of the federal government's pullback from funding public housing, are a complex process in which qualified projects receive tax credits, which they pass along to for-profit partners in return for investment in their projects.

PRESIDIO PARKWAY UPDATE

Everyone who heads through the Presidio on their daily commute or to recreation can see that construction of the Presidio Parkway continues unabated. The Presidio Parkway organization reports that realignment of the northern part of Highway 101 has resulted in some shifting road assignments to accommodate the construction. Unfortunately, a group of eucalyptus trees near this section of northbound 101 are being removed to make room for the realignment and the construction of safety shoulders, a landscaped median, and a ramp from northbound 101/Doyle Drive to southbound Highway 1/Park Presidio.

Meanwhile, crews have begun construction of the future northbound High Viaduct motorway. Heavy equipment is on site to build the foundations to support the bridge's wide spans.

The Presidio Parkway organization estimates a date for major project completion in late 2015.

TRANSIT EFFECTIVENESS PLAN REVIEW

Residents wishing to comment on the draft environmental impact report on the City's Transit Effectiveness Project (TEP) will have more time to do so. The San Francisco Planning Department extended the deadline for public comment from Aug. 26 to Sept. 17.

TEP is a program within the San Francisco Municipal Transportation Agency involving efforts to improve the Muni system, especially reducing the time for traveling on various corridors in the City. For more on the Transit Effectiveness Project, see www.sftep.com.

Planning Commission KO's PFE on Lombard

by john zipperer

SAN FRANCISCO'S PLANNING COMMISSION voted for the second time in four years to prevent Pet Food Express from opening a new store in the vacant location at 2460 Lombard Street. After this decision, PFE's leader threw in the towel and said the company would look to sublease the location to another tenant.

In an Aug. 8 meeting, the commission voted overwhelmingly, 6-1, to reject PFE's request for a conditional use permit to operate a new store at the Lombard location. The vote came despite a recommendation in early August from the San Francisco Planning Department that the conditional use permit be approved. About 100 people showed up to either support or oppose the store, and the discussion lasted for hours. But in the end, PFE "needed four votes at the Planning Commission to be approved," PFE President Michael Levy told the *Marina Times*. "And we didn't get four. The fact that we only got one really makes no difference. That's politics in the Planning Commission.

"I think it's very clear that a very vocal minority doesn't want us there," he added, "and the politicians are really focused on what's in their best interest and not what's in the pets' best interest or the neighborhood's best interest."

In the end, commissioners bowed to concerns about formula retail, a category that includes PFE because the company operates 47 stores. Concerns by competing pet stores in the area that they would be victimized by the larger PFE were also voiced before and during the meeting, which Levy sought to allay during his remarks to the commission that "in our 33-year history, we have never put a small pet retailer out of business."

After the vote, Levy cited the hundreds of cats that were planned to be adopted at

the site as part of a pet adoption center run by Pets Unlimited as just one of the disappointments for him. "It's very unfortunate for the animals, for the community, for all the merchants on Lombard Street — and virtually all the merchants supported us," he said. "But we'll move on. We'll of course

continue to do everything we have done to this point and continue to ramp it up for taking care of the animals in San Francisco and helping their pet par-

ents through our existing three stores, and we'll continue to advocate for pet rescue in San Francisco and throughout Northern California."

It's quite a change from August 20, 2011, when Mayor Ed Lee helped celebrate "Pet Food Express Day" in the City, saying "Twenty-five years ago, Pet

Food Express started in West Portal... Over the next 25 years, [the founders] built this company, and now they have [dozens of] locations in the Bay Area. That's a tribute to a smart businessman, but it's also something we always needed in the City." But in the August commission meeting, mayoral appointee Rich Hillis joined four of his colleagues to oppose the store on formula retail grounds.

PFE now has 47 locations. Asked if his company was looking elsewhere for a new location in San Francisco, Levy replied "Absolutely not."

Commissioners bowed to concerns about formula retail, a category that includes PFE.

Department of Corrections

"SFMTA Announces Preferred Alternative for Polk Street," News Briefs, August 2013: *The article incorrectly stated that an expected vote to approve the Polk Street improvement project would take place in late 2013; however, the vote by the board will in fact take place in spring or summer of 2014.*

The In-Box: Letters to the Times

KEEP THE ARBORETUM FREE

Recipe for Theft of the Commons. Serves class interests of a few thousand. Hire well-connected lobbyist Sam Lauter. Pay him hundreds of thousands for years. Have him contribute to supervisors' campaigns. Tell bla-

tant lies to San Francisco Botanical Garden Society members, docents, staff, and visitors. Have Lauter meet with supervisors and RPD Commission members. Keep press mentions of upcoming privatization out of the papers, except when the *Chronicle* runs a distorted

story the day of the vote, which has been moved up by one week.

Never mention that a 30-year contract, which gives free electricity, minimal rent, and other perks to the San Francisco Botanical Garden Society and their upcoming \$15-million building, is up for consideration. Never mention that locals attempting to enter without ID are criminalized by calling park patrol, while members (and

even reciprocal members) who can pay \$75 each year can enter for free on Wednesday evenings.

Float with a phony petition, manipulated financials, and supervisors who are on the take. Stir and serve as though you are an environmental organization which serves the public. Continue to collect \$7 for each entry and leech off of the City while the lawns remain empty as locals have just stopped visiting.

A plutocrat's wet dream! Good thing we live in a "democracy."

Harry S. Parisier
San Francisco

NOT I

On page 3 of the August issue of the *Marina Times*, amid an article concerning the controversy about a proposed Pet Food Express store on Lombard Street, there is a statement that the Marina Community Association has lost key members,

including the group's founder. If that comment was intended to refer to me, it is incorrect. I was a founder of the MCA, and I remain a member. I have stepped down from the board of the MCA, but for reasons completely unrelated to the Pet Food Express issue. I would appreciate your publishing this clarification.

Alan Silverman
San Francisco

E-mail: letters@marinatimes.com

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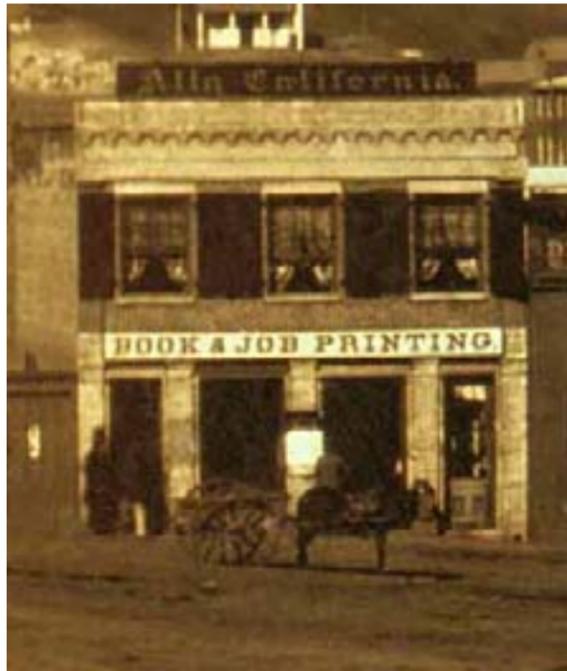


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THE BACK STORY : The City's history in black and white



Left to right: Samuel Brannan, publisher of the *California Star*; The Alta California Building circa 1851; Sacramento Street during the great fire of 1906, which burnt down the offices of the *Call*, the *Chronicle* and the *Examiner* PHOTOS: UTAH STATE HISTORICAL SOCIETY CLASSIFIED PHOTO COLLECTION / WIKIMEDIA COMMONS; LIBRARY OF CONGRESS; ARNOLD GENTHE / WIKIMEDIA COMMONS

The evolution of San Francisco newspapers from 1846

Part 2 of a three-part series

by ernest beyl

ON JULY 9, 1846, Commodore John D. Sloat, commander-in-chief of United States Naval Forces in the Pacific, arrived at what would later be called San Francisco aboard his sloop of war, the *USS Portsmouth*. He went ashore and raised the American flag in a dusty plaza in the tiny Mexican village called Yerba Buena.

A few days later, a group of Mormons led by Samuel Brannan, a printer from New York, arrived aboard a chartered vessel, the *Brooklyn*, on which they had traveled around the Horn and over to the Sandwich Islands. There he armed his Latter Day Saints with rifles and set out for the Golden Gate. Brannan brought with him a complete flourmill, a printing press, and considerable moxie. It was his intention to start a Mormon enclave here. But at about the same time, Brigham Young and his followers crossed the Rockies and discovered the Salt Lake Valley, and that was that.

A gambler, big spender and wheeler-dealer, Brannan's followers accused him of misusing funds he managed, and that was the end of his Mormon dream. Instead, he became a publisher of San Francisco's first newspaper.

However, before Brannan got around to his publishing venture, Walter Colton, a former U.S. Navy chaplain who had become *alcalde*, or mayor, of the California capitol of Monterey, and Dr. Robert Semple, a dentist there, became the state's first newspapermen. On Aug. 15, 1846, they published the

Californian, a weekly devoted largely to shipping news. It appeared for nine months, half in Spanish, and half in English.

PUBLICIZING THE GOLD RUSH

The discredited but resilient Sam Brannan did succeed in publishing the first newspaper in the tiny bay-side village of Yerba Buena on Oct. 24, 1846, thereby

The discredited but resilient Sam Brannan succeeded in becoming the father of San Francisco journalism on Oct. 24, 1846.

becoming the father of San Francisco journalism. He printed a crude newsheet called the *California Star* and handed it out free. A few months later, he proclaimed the paper a weekly journal "devoted to the Liberties and Interests of the people of California."

(For perspective, by 1775 there were 37 newspapers in America. And by 1816, there were seven daily papers in New York City alone.)

Brannan's weekly was soon joined by Monterey's *Californian*, which moved north and in May 1847, there were two newspapers in what by that time had been named San Francisco. In November 1848, the *California Star* and the *Californian* merged, and in January 1849 the little weekly was renamed the *Alta California*. It became a daily in January 1850.

When gold was discovered on Jan. 24, 1848 at Sutter's Mill, Brannan not only published the startling news, but he shouted it in the streets and took off for the gold fields himself. He opened a store

in Sacramento and became a publicist for the California Gold Rush.

MANY MORE NEWSPAPERS

Between 1850 and 1860, there were dozens of newspapers in San Francisco as the population exploded. They started up, merged and collapsed with regularity. In addition to newspapers for the English speaking, there were also French, German, Spanish, Chinese, and Jewish publications. In 1851, the *Golden Mountain News*, a Chinese weekly, was founded. The French weekly *L'Echo du Pacifique* was founded in 1852. That same year, the German weekly, *Staats Zeitung*, started. In 1857, San Francisco's first Jewish newspaper, *The Gleaner*, was published.

DUELS AND DEATHS

Journalism in those days was rough and tumble and frequently dangerous. J. F. Dunn, editor of the *California Police Gazette*, founded that paper in 1854, and was murdered a few weeks later by a printer in his office. Many editors carried the Old West's favorite equalizer, the Colt 44. Vigilantes roamed San Francisco battling crime.

James King of William, editor of the *Bulletin*, was murdered in 1856 by a machine politician, James Casey, at the corner of Montgomery and Washington streets. Casey and a cellmate, Charles Cora (a gambler who had recently killed another San Franciscan), were taken from jail by the Vigilance Committee and

were brought to trial in Fort Gunnybags, the committee's headquarters on Portsmouth Square, where they were convicted and hanged.

Duels, known as the *code duello*, were common and frequently involved newspapermen who were quick on the trigger. (There were no newspaperwomen in those days.) General J. W. Denver (the Colorado capital would be named for him) was involved in a duel with Edward Gilbert, a senior editor for the *Alta California*, who was killed. C. A. Russell, editor of the *Evening Picayune*, engaged in a duel with Captain Joseph Folsom. Both missed their target, and they took out after each other with Bowie knives. The result was some serious slicing. A sign over Russell's office door read "Subscriptions received from 9 to 4; challenges 11 to 12 only."

DEATH BY REASONABLE CAUSE

The de Young brothers' *Dramatic Chronicle*, which got off the ground on Jan. 16, 1865, managed to scoop other San Francisco newspapers in April that year with news of Lincoln's assassination. Three years later, in September

less and truly independent newspaper, independent in all things, neutral in nothing."

In April 1880, apparently still "fearless, independent and neutral in nothing," Michael de Young took over the paper when Charles was shot and killed by the mayor's son after a long and very public argument that spilled onto the pages of the *Morning Chronicle*. The perpetrator was acquitted on grounds of "reasonable cause." It was an interesting time to be a newspaper editor.

1906 EYEWITNESS ACCOUNT

The same year the *Chronicle* began, 1865, the *Examiner* came into being. It was the continuation of an earlier publication, the weekly *Democratic Press*. The *Examiner* was a weekly as well, but in 1880, it changed to daily publication. Soon, the *Chronicle* and the *Examiner* became dominant.

When the 1906 earthquake and fire destroyed much of San Francisco the *Call*, the *Chronicle*, and the *Examiner* were burned out. They joined forces to cover the catastrophic event and got out a paper across the bay on the presses of the *Oakland Tribune*.

But perhaps the best newspaper story on the 1906 earthquake and fire was written by a journalist who wasn't there at all. Will Irwin, a San Franciscan and ex-*Chronicle* man, had joined the *New York Sun*, and the paper had trouble getting copy for

the story. Irwin wrote the "eyewitness" account while sitting at his typewriter in New York.

Our author says he accepts challenges for duels at Capp's Corner from 11 a.m. to 12 noon only. E-mail: ernest@marinatimes.com.

When the 1906 earthquake destroyed much of San Francisco, the *Call*, the *Chronicle*, and the *Examiner* joined forces.

1868, the brothers (Charles and Michael) dropped the word "dramatic" from the masthead and launched the *Morning Chronicle*. They were well on their way. They even put forth a mission statement that read: "We propose to publish a bold, bright, fear-

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FROM THE CAPTAIN OF NORTHERN STATION : On duty

Preparing for fall, for kids and adults

by capt. greg mceachern

WE ARE WINDING down on our event season and gearing up for the return to school for our students. As our students return to classes, I ask that you be particularly aware of the children as they walk through our district and across intersections heading for school. Please slow down in school zones, be aware of areas frequented by students, and in particular please be cognizant of the rights of pedestrians as they traverse our streets. We have been successful in decreasing accidents in the district so far this year, and I believe it's in part by your awareness, our education, and at times, our enforcement efforts in areas that have traditionally been plagued by frequent accidents. As school begins, officers will have an increased presence in and around the schools looking for violators and having a gener-

ally increased visible presence for the safety of the children and residents in the area.

Speaking of school, Northern Station officers and nearly 40 police

well as an opportunity for the children of our district to interact with officers, and officers-to-be, in a positive and productive environment. A special thanks goes to Sheryl Davis, the coordinator of Mo Magic and the Ella Hill Hutch Community Center, as she worked tirelessly not only in this event but events throughout the year for our chil-

dren. I'm happy that our officers can participate in these types of events, and I'm particularly pleased that we are integrating our newest officers-in-training, to instill in them the responsibility we have to our youth and the opportunity for them to start their careers on a path of success for community engagement and outreach.

CRIME WATCH

I don't often write about particular criminal incidents, arrests, or our officers here. However, for this article I thought it appropriate to write about some recent incidents plaguing

the Northern District and the officers who addressed the issue. Over the past month or so there has been a rash of auto burglaries in and around the Palace of Fine Arts. At its height, we had in excess of 15 auto break-ins over a three week period within just a few blocks of the venue. I even received e-mails from concerned neighbors who saw broken glass or suspicious activity and inquired what we were doing about it.

As a response, I tasked my undercover unit (a group of seven officers who work undercover in plain clothes) to review the incidents and come up with a plan of action to curb the uptick in break-ins and apprehend the suspects responsible. Led by the supervisor of the unit, the team saturated the area, conducted surveillance over an extended period, gathered critical information, and ultimately made an arrest of two individuals responsible for many of the auto break-ins. After making the arrest of the individuals, the offi-

cers determined the vehicle they were utilizing in the crime was stolen and within the vehicle was property belonging to and recovered for victims of many of the thefts.

While we are very happy to have made the arrests, we are not resting on our laurels and believe that other suspects continue to operate in the area and throughout the Northern District whom we will continue to pursue. However, I thought it was appropriate to notify you about the recent issue and provide you with information on

let me know so we can be aware of the activity and formulate plans to address your concerns.

I'm pleased to see that crime in the district and citywide has been decreasing over the past few months. Compared to a few months ago, we have seen a significant drop in property crimes, including an 11 percent decrease in auto-break-ins and a 12 percent decrease in property crimes overall over the past month. Though we are still up in property crime this year as compared to the same time last year,

Be particularly aware of the children as they walk through our district heading for school.

recruits currently in the Police Academy participated in the recent backpack giveaway at Ella Hill Hutch Community Center. On Saturday, August 10, our officers, along with a number of officers in training at the Academy, helped pass out more than 2,000 backpacks to local children in the community. The giveaway allowed for many less-fortunate children to have not only a backpack but school supplies necessary for their success as school begins. This program, sponsored by Mo Magic, has grown significantly and provided supplies for students as

Compared to a few months ago, we have seen a significant drop in property crimes.

the hard working personnel of Northern Station actively engaged in apprehending criminals to make our streets safer. In the future, should you have information on suspicious activity or crimes you believe we should know about, please

our property crimes have decreased from being up almost 44 percent to now being up about 24 percent, a 20 percent drop. Here are the citywide crime statistics and the statistics for Northern

Station thru July 2013 as compared to the same time last year:
CRIME CITYWIDE
Violent Crime +12 percent
Property Crime +11 percent
NORTHERN DISTRICT
Violent Crime +8 percent
Property Crime +24 percent

POLICE BLOTTER : Dispatches from San Francisco's Northern Station

Crime on the beat

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

SORRY FOR THE INCONVENIENCE

Monday, June 10, 3:15 p.m.

Van Ness Avenue at O'Farrell

A plainclothes officer detained a subject suspected in yet a different phone theft. A victim, who positively identified the subject, said he was riding the bus and using his iPhone when someone grabbed the phone from his hands and ran off the bus. The victim chased the three subjects, but when he caught up with them several blocks later, one of the subjects punched him in the head. The subjects then split up and ran in different directions; the victim pursued the one he believed had his phone.

At this point, the plainclothes officer was able to catch the subject and take him into custody. The subject gave the victim his phone back and apologized. Nonetheless, he was booked at the Community Assessment and Referral Center.

"IT IS GONNA HAPPEN"

Thursday, June 13, 8:05 a.m.

Market Street at Larkin

Officers responded to a caller complaining of a knife-wielding man who was picking fights with people. When the officers

arrived, one of them recognized the subject, who was sitting on the ground with two knives in front of him. The caller said he had been harassed and threatened by the subject on multiple occasions. The officers ran a check on the subject and learned that he had been arrested in the past for attempted murder when he stabbed a homeless male multiple times. They brought the subject to Northern Station and booked him, during the course of which the subject threatened an officer, saying he would "do you with a piano wire." The subject then said that it wasn't a threat, because "it is gonna happen."

FIRESTARTER

Tuesday, June 25, 5:16 a.m.

Van Ness Avenue at Turk

A caller informed the police that he had been walking his dog when he saw a female lighting a fire and attempting to stoke it. Officers arrived to find the subject near a building doorway that was engulfed in flames. The officers detained the subject and called for the Fire Department, which quickly controlled the fire. Officers searched the subject and found several lighters in her pockets. She was booked at Northern Station.

NABBING THE ATM BANDIT

Tuesday, July 2, 12:20 a.m.

Polk Street at Eddy

A victim yelling, "Help me, I've been robbed," flagged down some officers. He

said he was at an ATM withdrawing \$100 when he was approached from behind by a male subject who put a knife to his neck and said, "Give me all your money or I'll slit your throat." As he was relating the story to the officers, the victim spotted the subject walking nearby, and the police were able to detain the subject without further incident. They found the knife the subject had tossed under a nearby car, and they also found he had a warrant for his arrest. Video from a nearby security camera was used as evidence, and the subject was booked at Northern Station.

HOPSCOTCHED

Friday, July 5, no time given

Eddy Street at Laguna

While taking part in a citywide operation against auto-boosting in mid-June, a plain-clothes officer observed a vehicle illegally parked in a high-crime area. A computer check revealed that the vehicle had been stolen. The car then pulled out into the flow of traffic, and the officer followed. When the car made an abrupt U-turn, the officer was able to get a description of the male driver. Despite the officer's call for a marked police unit to stop the subject's car, and his broadcasting of the driver's description, vehicle description, and direction of travel, the subject was still able to get away.

A couple weeks later, officers saw the suspected driver of the stolen car riding a bike around Eddy and Laguna streets. Once again, the rider tried to get away, but having only a bicycle, he couldn't get too far. He stopped the bike in front of an apartment building and ran inside. Officers made

sure he couldn't exit the building from the rear door, and then they located the subject inside the building and took him into custody. He had been heading for the roof in an apparent attempt to flee by hopping from the building's roof onto the next building. Officers recognized him from the description of the driver of the stolen vehicle, and a computer check revealed four prior arrests for auto theft. He was booked at Northern Station.

GO FARTHER

Monday, July 8, 10:55 p.m.

Gough Street at Jackson

Uniformed officers observed a vintage 1980s-model Ford Mustang with numerous equipment violations, including no license plate lamp during darkness, broken turn signals, and others. They intended to issue the driver a citation for the violations. The driver abruptly stopped his car on a steep hill and turned off the ignition, even though it appeared that the old car was not going to stop safely on the hill. The subject refused to move the car, as it slowly rolled back down the hill; he was removed from the car and an officer was able to enter and guide the car to a safe parking space, where it was secured.

The subject told the police that he was on probation for burglary and that he has a search condition. An officer performed a probation search of the car and discovered a "belt buckle knife" on the floorboard of the car behind the driver's seat. The driver was arrested for the prohibited weapon violation and was booked at Northern Station.

The car had to be towed as a hazard.



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Mark di Suvero, *Are Years What?* (for Marianne Moore), 1967; installation view of *Mark di Suvero at Crissy Field*, May 22, 2013–May 26, 2014; Collection of the Hirshhorn Museum and Sculpture Garden, Smithsonian Institution, Joseph H. Hirshhorn Purchase Fund and Gift of the Institute of Scrap Recycling Industries, by exchange, 1999; © Mark di Suvero; photo: Ian Reeves

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SKETCHES FROM A NORTH BEACH JOURNAL



Left to right: Grace Marchant in her garden; Sweet Pam of the Cockettes
PHOTOS: LARRY HABEGGER / FOUNDSF.ORG; DEPARTMENT OF HEALTH / WIKIMEDIA COMMONS

A good whistleblower, a Pagoda Palace performer, and the Filbert gardener

by ernest beyl

HERO WORSHIP COMES NATURALLY to me — perhaps because I'm nonheroic. But I'm a late bloomer so I still have a chance. Here are three of my North Beach heroes, past and present.

A GOOD WHISTLEBLOWER

A while back, I was thinking about whistleblowers. Who hasn't? Let's take the position that there are both good and bad whistleblowers. This is about a good one who lives right here in North Beach. His name is Peter Buxtun, and he was an epidemiologist and social worker for the U.S. Public Health Service back in 1965. His job was to interview patients with sexually transmitted diseases.

Buxtun learned that beginning in 1932 the PHS had been conducting a clinical study at the Tuskegee Institute in Alabama to study the natural progression of untreated syphilis in rural African-American men. The subjects of the study thought they were receiving free health care from the U.S. government. They were never told they had syphilis, and they were never treated for it even after penicillin was validated as an effective cure.

Possessing a high sense of moral principle, Buxtun in 1966 filed an official protest with the PHS. It was rejected on grounds that the study was not yet complete. He filed another a year later. It was ruled irrelevant. Then later he leaked information on the Tuskegee Syphilis Experiment to a reporter. It appeared in the *Washington Star* on July 25, 1972 and the next day the *New York Times* ran it on page one. A Congressional hearing was called, Buxtun testified, and the experiment was terminated. The Tuskegee Syphilis Experiment has been called the most infamous biomedical research study in U.S. history.

SWEET PAM

Well, the derelict Pagoda Palace Theatre on Powell in North Beach has finally bit the dust. Actually, we bit its dust. During the demolition, I walked by, and got a jolt of nostalgia for the Cockettes and Sweet Pam.

I haven't seen Sweet Pam in ages. Sweet Pam — Pam Tent is her name — was one of the few women in the gender-bending, hippie, acid, drag queen group called the Cockettes.

In the late '60s and early '70s, the Cockettes flamed high at the old Palace movie house. Sweet Pam wrote a book about the Cockettes

called *Midnight at the Palace*. You might want to check it out.

Those were the waning days of psychedelic San Francisco and a strange, bead-bedecked, tie-dyed crowd of Cockettes worshippers blended with Nob Hill socialites to cheer the outrageous, live, midnight performances. The scent of patchouli oil (the hippie Chanel No. 5) mingled with the fashionable smell of sweet smoke.

And on stage were more than a dozen gay hippie men, a few women, and even a few straight guys who liked to play dress-up and were addicted to Hollywood glamour. Their frequent below-the-waist nudity was not a costume malfunction. One midnight in 1971 Truman Capote showed up. He was uncharacteristically almost speechless, but did manage to utter, "This is the most outrageous thing I have ever seen." Flushed with their success in loosey-goosey San Francisco, the Cockettes played New York. Gore Vidal attended and later said, "Having no talent is not enough." Our local kids bombed. But here they were a San Francisco sensation

— louche, lewd, loopy, and la-di-da. Later, when the Cockettes had melted into obscurity, Sweet Pam became an accountant.

In the late '60s and early '70s, the Cockettes flamed high at the old Palace movie house.

Personally, I miss the Cockettes. Certainly, their lives were out of control. They crashed and burned. But for a brief period they had enormous energy and enthusiasm and they didn't give a damn about what they believed were shopworn conventions. They were free-spirited and independent. Isn't that the way proud parents like to describe their children?

THE CONSTANT GARDENER

Though I have lived in San Francisco from diapers, through short pants and on to jeans, (my family lived way out on Turk Street in the sand dunes), it wasn't until adulthood that I moved to Telegraph Hill to be cool — and I mean cool in the vernacular sense of the word. Grace Marchant assisted me to develop my self-declared coolness. Grace lived on the Filbert Steps halfway between Montgomery and Sansome, right where Napier Lane, with its ancient wooden walkway, crosses it.

One day looking for a San Francisco apartment, I ran into a high school girlfriend who lived in a tiny place on the Greenwich Steps. She took me up there and I was bitten — make that smitten. Anyway, she took me over to the Filbert Steps to meet Grace, who was the queen of the hill. It was my lucky day. A week later, Grace found an apart-

SKETCHES, continued on 11

SKETCHES

CONTINUED from page 10

ment for me on the Greenwich Steps — 60 or more wooden steps up to Montgomery and 60 or more steps down to Sansome. Speedy's at Union and Montgomery delivered the groceries.

Grace Marchant was the constant gardener. Her legacy, the Grace Marchant Gardens, was carved out of the steep, eastern slope of Telegraph Hill on each side of the steps. Grace, who had been a Hollywood stunt-woman and a movie studio wardrobe mistress, moved to the Filbert Steps in 1949 to retire. At that time, the steep and rocky slope on both sides of the steps was a trash-strewn junkyard. She set about cleaning up the area and created a luxurious garden that she tended for more than 30 years. Hydrangeas, roses, fuchsias, poppies, foxglove, trumpet vines, loquat, banana, apple, and plum trees: They are all there in profusion. Grace died in 1982 at age 96. Her ashes are buried on the hill. If you don't know the Grace Marchant Gardens, get over to the Filbert Steps as quickly as you can to rejuvenate your spirit.

Ernest Beyl suggests you advise him of other North Beach heroes. E-mail: ernest@marinatimes.com

HIPSTER

CONTINUED from page 1

also accentuate the hip look. I mean it's no easy task to look good in those clunky things. Of course, before buying a pair, there is that prerequisite of subpar vision, which means you have to read a lot. This will take time, so be patient. In the near future, you could be one of the lucky ones who can't see worth a darn.

Then there is the Messenger Bag. I tried to buy one several times, but I couldn't find anything that looked remotely as amazing as those worn by the hipsters. Theirs have a worn-out patina with a "just-back-from-a-1,000-mile-hike-in-Belize" look. The only ones I have found either hang barely below my armpit, were made of hard plastic, or had a pink Hello Kitty plastered on the flap. Still, messenger bags must be inexpensive, because hipsters are not rich — I mean, they're kind of grubby-looking in their too-tight-Wes Anderson-by-way-of-Goodwill camel hair sweaters. A hipster friend explained that I have been duped by the hipness of it all. Hipsters are not poor. They are actually more often than not very well employed, middle to upper-middle class kids working at dot coms and financial institutions in San Francisco. Wow, that was a revelation. Now I know how they can afford all of those restaurants on Valencia!

While my husband and I stood awaiting the arrival of our friends at one of those aforementioned restaurants, we were hypnotized by the parade of sophisticated, artsy-looking young people passing us by. It was a sea of women in flirty, pale, chiffon skirts with very thick black tights and hiking boots and for the guys, tattered vintage shirts and below the knee khaki shorts (it was a warm night), each sporting the essential Messenger Bag.

I turned to my husband and asked if my outfit of boots, leggings, and a long, asymmetrical cardigan looked, well, kind of hipster-ish? Without a pause, he answered, "No, but you look really nice!"

I quickly slapped on my reading glasses and looked up at him again, tentatively. My husband just shook his head gently, thinking his slow movements might lessen my disappointment.

"That's OK," I said, "I'll settle for comfortable."

Sandy Fertman Ryan has written for numerous national magazines, including Parade, Seventeen and TEEN. Her hobbies include folding contour sheets and watching water boil. E-mail: yipee633@yahoo.com



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If BART doesn't run, does it matter? PHOTO: ROBERT S. DONOVAN

Strike three

by john zipperer

IF YOU FOLLOW FACEBOOK FEEDS for any length of time, sooner or later you will read some inane political debate on the Facebook page of one of your friends or contacts. A couple months ago, one appeared in which the original poster argued for raising the minimum wage. One of the first responses was from someone who said that we shouldn't raise the incomes of "people who choose a lifestyle" of a minimum wage job, because it was their choice.

Ah, yes, living the Good Life on \$15,000 a year — it's the Minimum Wage Lifestyle to which all Americans aspire. But it's also the lifestyle people end up with when they have no bargaining power, the economic and political system are united against them, and all their allies abandon them.

In early August, Governor Jerry Brown answered the prayers of annoyed Bay Area commuters and put off for seven days a BART strike. When that week was almost up, he answered even more prayers and convinced a judge to grant a 60-day "cooling off" period during which no strike can occur but during which the union and management are supposed to come closer together.

The prayers he didn't answer, of course, were those of the BART employees, because by preventing a strike and making it clear he was going to keep preventing a strike, he took away whatever leverage they had in their battle with management.

Maybe you don't ride BART. But maybe some of your employees or coworkers use it and Muni to reach your business. Maybe you run a shop in the Marina and some of your customers come to the City via BART. Or maybe you do use it to ride to work or recreation elsewhere in the Bay Area. Very likely, in some way, BART affects you. You also affect BART.

I'll spare you all the latest "decline of American labor" rhetoric and statistics, because everyone knows about it. What most people don't know, I suspect, is that the culprit isn't always right-wing billionaire businessmen. Sometimes, as it is this time, the culprit is liberals who give lip service to workers' rights but then don't want to live with the consequences.

The reasoning behind the governor stepping in and taking sides — and by disarming the union, he was most definitely taking sides, though he might deny it — is that a strike by BART employees threatens significant economic harm. Think about that: Our economy is too fragile to allow BART employees to strike. During bad economic

times, that argument might hold; but the Bay Area is booming. California's budget is back on track. So if we just can't put up with any labor action that causes some minor economic disruption during boom times, then when can we?

Apparently not during any time when people might feel inconvenienced.

Yes, it inconveniences many people. That's what strikes do. Even at the stereotypical factory strike, in which many people assume the only ones being inconvenienced are fat cat owners in three-piece suits lighting their cigars with rolls of cash, scores of other people are inconvenienced,

including the workers and proprietors of all kinds of suppliers and customers who can't get what they want from the factory when they need it.

I have heard all too many staunch

If we can't put up with any labor action during boom times, then when can we?

liberals express utter conviction that somebody — the governor, mayors, whoever — should stop the BART strike. When Governor Brown finally stepped in just before a threatened early-August strike, these people were pleased.

But should they be? At least, should they be in a non-hypocritical world?

Take away its right to strike, or undercut it as the governor did, and you've defanged the union. That might or might not be desirable; that's debatable. After all, the union was requesting a ridiculous raise of more than 23 percent over the next four years. If, like me, people think the union's demands have been too high, then they should argue specifically against those demands. A *San Jose Mercury News* editorial did that powerfully:

They work only 37½ hours a week. They can call in sick during the workweek and then volunteer for overtime shifts on their days off. [O]vertime ... in 2012 added an average 19 percent to base pay for station agents and 33 percent for train operators. Meanwhile, BART faces a \$142 million operating shortfall over the next 10 years. It already owes a \$636 million debt for employees' pension and retiree health care benefits. Aging train cars and the train control system must be replaced. And BART faces billions of dollars of deferred maintenance and repairs.

A strike can accomplish two things: It puts pressure on their management opponents, and it shows just how much public support the union's demands actually have—or don't have—in the general population. Let the system work.

E-mail: john@marinatimes.com

Mid-year economic forecast

marina times staff report

IN LATE JULY, THE COMMONwealth Club hosted a mid-year economic review. Here the panelists discuss whether they think the current slow-growth will persist in the short-term.

Michael J. Boskin, Ph.D., senior fellow, Hoover Institution, professor of economics, Stanford University; former chair, Council of Economic Advisers under President George H.W. Bush: I'm optimistic that we'll continue a slow recovery. What we've gone through in California, which has picked up a bit in the last year, has been getting out of an exceptionally deep hole. So we're improving.

The state is very diverse; the Bay Area in particular is doing well, and in particular the Central Valley and Inland Empire still are in very difficult shape, with double-digit unemployment and a lot of difficulty. I'll also remind everyone that the official unemployment rate has become increasingly disassociated from a comprehensive measure of how the labor market is doing, because so many people are working part-time and would like to be working full-time, or have given up looking for work. So a broader measure of unemployment would be considerably larger. That said, we are improving, and the base case outlook is for continued improvement.

The national economy, which is our largest trading partner in California and the most important thing for how well California does, and the rest of America does — as well as the rest of the world, because we are a trading nation, not just our goods and services, but the shipment of goods and services through our ports, the transportation, etc. — is also recovering, but at a slower rate. [Several quarters of slow growth] suggests that we don't really have a strong enough recovery to rapidly expand employment and reduce unemployment. The labor market's improving slowly, a little bit more than that in California.

But to give you an idea where we are in GDP terms from the depths of the recession, we've had a 40 percent recovery relative to the pace of recovery in some other postwar recessions. In the labor market, about 30 percent as rapid growth in jobs. So we've still got a long way to go.

John Silvia, Ph.D., managing director and chief economist, Wells Fargo: At least from my perspective, there is no California economy. California reminds me of the old stories of the Greek city states. You have very, very diverse economic bases for the different metropolitan areas.

Let me just throw out one quick statistic. San Jose and San Francisco,

the two metropolitan areas that have recaptured their peak in employment since 2008 — that's not true of any other metropolitan area in the state. When you look at the different metropolitan areas, you start to realize that their economic base is very, very different, and what particularly this area has to say in terms of its economic future is that it is very much technology, biotech, a lot of education, a lot of sophisticated people, very global, very Asian in its orientation. It gives you a very different character. So to me there is no California economy; there is an economy made up of 20, 25 different metropolitan areas, each with their own economic challenges and characteristics, and a great diversity in performance among the different areas.

The labor market in the United States but also in California today is very different than what we've used to from the 1970s, 1980s 1990s. It's interesting that part-time workers compose a greater percentage of the U.S. labor force than we've seen in the past from economic recoveries. There are also little mysteries: Labor force participation for both men and women has gone down in the last five years — many of us realized labor force participation for young people has really dropped off dramatically in the last five or six years; what some of us don't appreciate is the labor force



Left to right: Moderator Scott Thurm, Michael J. Boskin, John Silvia, and Ann Winblad talk economic futures PHOTO: L. HERRADA-RIOS

participation rate for prime-age females — 25 to 34 — has actually declined as well. If you think about what we saw in terms of women's labor force participation throughout the '70s, '80s, and '90s is that number kept on rising. Now all of a sudden it's declining.

Ann Winblad, co-founder and managing director, Hummer Winblad Venture Partners: Last year about \$25 billion was invested in the United States by the venture capital industry, but what most people don't pay attention to is that 50 percent of those dollars never left the state of California, and most of those dollars stay here [in the Bay Area], with some in the Los Angeles and San Diego areas. That also means that about 41 percent of the companies were California companies. That is good news for California, not necessarily good news for the

middle of the country. We also had a steady IPO market. [As of late July], we have had about 40-plus IPOs this year, and ... they are probably many more companies in registration that are formally filed that are silently out testing the market for potential IPO. Many of those companies are right here in the Bay Area.

We also do have one big challenge, and that is talent. People come to the Bay Area because we have concentration of tech talent. But it still is a challenge here. In the United States alone, one in five new jobs required very strong science, technology, engineering, or math skills, and that number is only increasing. The number of tech jobs that were created this year relative to last year in the same timeframe, increased by 6 percent. So we have an increasing issue of skills shortage in the U.S.

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SPORTS CORNER :: The boys of August



Much has changed since the World Series celebration PHOTO: MAYORGAVINNEWSOM / FLICKR

The Giants: What went wrong

by steve hermanos

WHEN YOUR TEAM WINS A World Series one year, and then the next year it loses a lot more games than it wins, the question presents itself: what happened? In the tradition of those who read wet tea leaves, I poured a plate full of ketchup and from head-height, with eyes closed, dropped a fistful of garlic fries. With a warm, fog-chill-defeating drink in hand, I pored over the resulting Jackson-Pollock-y

mess to come up with the following (2013 numbers are from mid-August):

Panda is playing hurt. Though he's showing flashes of his old self, the Panda is playing with a bunch

of injuries. Every one of Pablo Sandoval's offensive numbers is down this year. Alarming, his slugging percentage has nose-dived from .552 in 2011, to .447 in '12, to .380 in '13. A great hitter has been neutered by injuries that he is gallantly hiding.

2012 was "Much Ado About Scutaro." In 62 games with the Giants in the regular season last year, Scooter hit .362/.385/.473. He was NLCS MVP. He's had a good, not great, year in '13, hitting .303/.358/.378. Late-season acquisition Cody Ross lifted the Giants in '10; Carlos Beltran was a flop in '11; Scooter provided the ignition in '12; and don't even mention Jeff Francoeur in '13.

The Giants miss Pagan. Angel Pagan had a great year in 2012. Pagan hit .288/.338/.440 in 2012. He led the league with 15 triples. This year he hit a two-run, inside-the-park walk-off homer versus the Rockies on May 25. On May 28 he was put on the DL with a strained right hamstring. On June 24 he was carted off a minor league field, having torn the offending hamstring. Then he had surgery on the hamstring. Right now his four-year contract looks like a gamble gone wrong. The curse of Aaron Rowand?

It's worse than it seems. In 2012, the Giants scored 69 more runs than their pitching allowed. In '13, the Giants clock in with 72 fewer runs scored than

allowed. Say it ain't so, but right now, the Mariners, Twins and Cubs are better than our Giants.

The blame is equal parts hitting and pitching:

2012: 4.43 runs scored per game; 4.01 runs allowed per game.

2013: 3.74 runs scored per game; 4.34 runs allowed per game.

The last of Timmy in orange? Timmy seems to have been permanently infected by Barry Zito's inconsistency bug. (A wondrous no-hitter one game! Eight runs

in four innings the next.) As Timmy is a free agent after the season, I have a sick feeling that he's going to wind up with the Cardinals or another team that has a track record of taking inconsistent pitchers and returning them to glory. In Timmy's case, he's potentially got another 10 years of pitching ahead of him. I'm crying into my garlic fries that his issues were not corrected by the Giants.

Naysayers of the 2010 champions said the Giants won it with smoke and mirrors. By winning in 2012, those naysayers shut up. But now that the 2013 team has underachieved so egregiously, you could say that 2012's version of smoke and mirrors included Barry Zito's miraculous games against the Reds, and against Verlander and the Tigers; Marco Scutaro's hot streak during the regular season, and against the Cardinals in the NLCS; and Tim Lincecum's transformation from erratic sixth starter to perfect relief pitcher.

The rest of the 2012 championship — Pablo's three homers off Verlander in Game 1; excellent pitching by Cain, Bumby, and Vogey; good hitting; stellar defense; and solid relief pitching — were all real. And the two World Series trophies sure look real when we pose next to them. It was a wonderful party in 2012. But this hangover is terrible. Here's looking to 2014.

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

A Giants lifer upholds the faith when in LA

by michael snyder

ONE OF THE FEW pitfalls of residing in Los Angeles for months at a time is the constant barrage of Dodger Blue that I have to endure throughout baseball season. A significant impetus behind this monthly column is my city-hopping Left Coast lifestyle, and though I am generally happy whether I'm in S.F. or L.A. or in between, my baseball allegiance is unwavering. I am, have been, and will continue to be a devoted fan of the San Francisco Giants. And that's win-or-lose, baby!

Regarding the win-or-lose thing, Giants fandom has been blessed over the past few years. As any conscious San Franciscan should know, two out of the last three World Series championships have been won by our boys in orange and black: MVPosey, the Panda, Timmy, Cainer, the Reverend Pence, Romo, and

the rest. It's been a thrill. But things went sour a couple of months ago as the Giants took a precipitous fall from the heights of last year's Series victory to the lower reaches of the National

Things went sour a couple of months ago as the Giants took a precipitous fall.

League's Western Division. Making matters worse, the free-spending Los Angeles Dodgers have finally seen a return from the club's massive overpayment for talent; as I write this, the L.A. Dogs are astride the top of the standings — and worse, they've been on an astonishing roll since the middle of the season. Now, they've even picked up flamboyant former Giants closer Brian "The Beard" Wilson as a free agent to bolster their bullpen and maybe gain inspiration from the World Series ring on his finger. Gallingly,

No need to rehash the hostile history of these teams, going back a hundred-plus years to the earliest days of the franchises when they were the New York Giants and the Brooklyn Dodgers. It should suffice to say that dealing with the current turn-about has made the idea of being a Giants fan in L.A. this summer almost unbearable.

Believe me. The Dodgers on a winning streak is more stultifying than the desert heat. And listening to sports radio in Los Angeles, which is something I find myself doing despite my best intentions, exacerbates the problem.

I do spend a considerable amount of time on the L.A. freeways, as anyone would expect. Gotta drive to stay alive in Southern California. And I really don't mind being behind the wheel when I can listen to some new sounds on KCSM or KCRW or

when I have the iPod on shuffle for what I like to call "Radio Mikey." With eyes on the road and a voice-activated hands-free phone, you can do a little biz or chat up a pal, too. But there comes a time when you must get caught up on the scores or news about your team — or actually tune in to a game.

You've got those rare occasions when the Giants play the detested L.A. Angels and the more frequent times when one of the greatest rivalries in sports is in effect — the Giants versus the Dodgers.

Either match-up is a trial to hear over the airwaves without the deft, clever, and engaging San Francisco broadcast team of Jon Miller, Duane Kuiper, Mike Krukow, and Dave Flemming on the microphone. In L.A., I have to suffer through a bunch of jabbering, indistinguishable clowns and the hoary anecdote machine/Dodger icon Vin Scully

on play-by-play. I get it. I get it. Scully is a legend to Angeleno baseball fans. But his drone has always been less than pleasant to these ears except when I was enjoying him make excuses for the Dodgers during the Giants' recent championship seasons.

Games aside, sports-talk radio in L.A. is like it is in most American cities: loudmouth fan-wank with plenty of lowbrow "humor." As bad as it is in any corner of the United States, it's downright insulting when it doesn't concern your favorite teams — and it's

good luck getting a single word on the NFL in a city where there is currently no pro franchise at all.

So September is upon us, and things don't look good for the Giants as the 2013 season winds down. Yet, in my knee-jerk way, as I navigate the 134 from Glendale to Studio City or the 101 from downtown to Bel-Air, I will turn on the radio and hope for the best. Even if it's a wait-till-next-year situation for the Orange and Black Attack, I still have my postseason mantra when it comes to winning the World Series. It's as easy as ABD — Anybody But the Dodgers!

Michael Snyder is a print and broadcast journalist who covers pop culture every week on KPFK-FM/

Pacifica Radio's David Feldman Show, and on Michael Snyder's Culture Blast, available online at YouTube and Digidive TV. You can follow Michael on Twitter: @cultureblaster

Sports talk radio in L.A. is like in most cities: loudmouth with plenty of lowbrow "humor."

even worse when it extols the virtues of your teams' enemies (such as the vile Lakers). And don't get me started on the L.A. coverage of professional football. If you're a Niners fan,



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Across the Bay...



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The versatility of the food offerings allows you to have anything from a selection of cheeses and salumi with house made kettle bread and a bottle of wine to a full-blown feast of Dungeness crab and succulent prime rib. The menu is accessible. It's simple food, well-sourced, abundant and comforting yet sumptuous.

You can craft your dining experience by beginning with oysters or sizzling iron-skillet roasted mussels, shrimp and crab and move to specialties such as a crab enchilada, fresh fish or prime rib. Sweets have their own category with

freshly made beignets, Tortuga Caribbean rum cake and salted caramel vanilla crunch cake.

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

The large covered, heated patio and twinkling lights set the stage for dining under the stars with the possibility of romance a foregone conclusion.

Richardson Bay, the blue sky and sparkling water are the perfect setting for an afternoon or evening of cocktails and dining *al fresco*.

The large covered, heated patio and twinkling lights set the stage for dining under the stars with the possibility of romance a foregone conclusion.

They serve breakfast on the weekends beginning at 10:00 am. Crab benedict, hot buttered rum pancakes and open face skillet omelets are but a sampling of the weekend menu.

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THE HUNGRY PALATE ∴ A smoking-hot griddle

Buster's in North Beach: The quintessential cheese steak joint



Left to right: Buster's cheese steak and hot dog PHOTOS: ERNEST BEYL

by ernest beyl

I'M A PATRON OF Buster's, the North Beach cheese steak joint on Columbus and Vallejo. It's my go-to place when I crave a cheese steak, a burger, or a hot dog. I've considered writing a Hungry Palate restaurant review of Buster's for the *Marina Times* for a long time. What's held me back? Well, it's occurred to me that I might be looked upon as a lightweight if I did a full-on review of a cheese steak joint.

I queried my editor to see what she would think about this. My point was that to be reviewed by a responsible publication like the *Marina Times* (or the *New York Times*, for that matter) a restaurant doesn't have to be a world-renowned establishment like the French Laundry in Yountville. It can be worthy of a thoughtful review simply if it's a humble place that just serves good food. Buster's qualifies. She told me to go for it. So here goes.

A SMOKING-HOT GRIDDLE

It's almost an overstatement to say that Buster's is unprepossessing. It carries unprepossessing as an art form. About 8 or 10 stools along a countertop. A few facing the action out on Columbus. Some rickety tables and chairs outside. Behind the counter there's a deep fryer for those fries — plain fries, garlic fries, cheese fries, garlic-cheese fries, chili-cheese fries and, of course, chili-garlic-cheese fries. But the focal point behind Buster's counter is the smoking-hot griddle.

No matter what you order at Buster's — any of several cheese steak sandwiches, half-pound burgers, or one of the various hot dogs — everything is done on that smoking-hot griddle and

having a vested interest, you watch closely. Buster's griddle man is a wizard; his twin spatulas scraping together onions, peppers, mushrooms and using the square tip of one to chop the steak that will eventually become your very own cheese steak.

A few words about the cheese: On these cheese steaks there is a choice of provolone, pepper jack, white American, Swiss, cheddar or — and let's have a drum roll — Cheese “Wiz.” Yes, Cheese Wiz (as Buster's spells it). Cheese Whiz is a processed, yellow-orange cheese sauce devised by Kraft Foods and dates back to 1952. I like it.

And a few words about toppings: Your choice of bell peppers, sweet cherry peppers, black olives, sauerkraut (for the hot dogs), tomatoes, dill pickles, and jalapeno peppers (30 cents each); or guacamole, mushrooms, pepperoni, or bacon (75 cents each).

CONSIDER THE CHEESE STEAK

There are purists who insist you can't get a good cheese steak anywhere but in Philadelphia. OK by me; let's just call these San Francisco cheese steaks. A different breed. And here they are with prices for small or large: Phili (style) Cheese Steak (\$6.45/\$7.85), Whole Sub California Cheese Steak (\$6.70/\$8.60), Phillapeno Cheese Steak (\$6.75/\$8.55), Chiladelphia Cheese Steak (\$6.95/\$7.95), Mushroom Philly Cheese Steak (\$6.75/\$8.90), and my favorite, the inimitable North Beach Cheese Steak (\$6.70/\$8.60).

The makeup of most of these is apparent by their titles or you can drop by, read the menu and try one. So let's jump directly into the North Beach Cheese Steak: chopped steak, grilled onions (nat-

urally), spinach, zucchini, bell peppers, and all of this smothered with my choice, Cheese Wiz. And I like some jalapeno peppers in there. How do I describe the taste of this beauty? Juicy, a little salty, cheesy. It tastes like North Beach looks at midnight on a Saturday — stimulating, provocative and a bit edgy.

OUR BURGER SYMPOSIUM

What is it really about the hamburger? What a remarkable and completely satisfying thing it is. I've eaten my fair share. I suppose if I came right down to a decision on what to eat on a given day, hamburgers (make that, cheeseburgers) would rate near the top.

In the early '60s, I discovered Clown Alley, the long-gone North Beach joint that had raised the hamburger to a new paradigm. And did you know that San Francisco's hungry legend Enrick Baldacci opened Clown Alley back in the '50s? It finally closed in 2007.

These days the gold standard in burgers is Buster's — Buster's Burger (\$5.60), Bacon Burger (\$6.40), Mushroom Bacon Burger (\$6.90), and Veggie Burger (\$5.50). With your choice of cheese. I like my Buster's cheeseburgers with all the goodies. One half pound, fresh-ground hamburger, medium rare; mayonnaise, mustard, ketchup, sweet pickle relish, grilled onions, dill pickles, and a few jalapeno peppers thrown in for good order. All nestled between two halves of a toasted sesame seed bun. The quintessential burger.

HOMAGE TO THE HOT DOG

As a kid, I was devoted to the hot dog. One of my early recollections is of my father taking me into a butcher shop on Market *HUNGRY PALATE, continued on 17*

HUNGRY PALATE

CONTINUED from page 16

Street. He apparently knew the butcher. After my father had paid for the brisket of beef, the pork chops, the lamb shanks, and the ham hocks, the butcher reached into the refrigerated display case, pulled out a frankfurter and handed it to me. Ritual called for me to instantly devour it just as it was, in a series of rapid gulps. Neat! That is, without mustard.

In those days, the most sublime example of the genus hot dog was to be found at Casper's in Oakland. I attended high school there for a while. I hung out at Casper's when school let out because there were pinball machines, which occupied me for hours. I was also occupied

by the foot-long hot dogs. I called them garbage rolls. My zeal for hot dogs knows no bounds. At Buster's you should try them all: the foot-long, all-beef hot dog (\$3.25), or chili cheese dog (\$4.75), or hot links (\$3.75), or Italian sausage (\$5.70), or a cheese dog (\$4.25). The way I go is the all-beef, foot-longer, with sauerkraut, onions, sweet pickle relish, mustard, and ketchup — and a few of those jalapeno peppers.

The quintessential cheese steaks, burgers and hot dogs.

Buster's: 366 Columbus Avenue (at Vallejo); Sunday–Thursday 11 a.m.–2:30 a.m., Friday–Saturday 11 a.m.–3 a.m.; 415-392-2800, <http://busters-sf.com>.

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In case you're prompted to utter a roar of protest over the three diamonds, consider our reviewing rules.

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E-mail: ernest@marinatimes.com

DISHING

CONTINUED from page 1

Food Network stars including Guy Fieri and Rachael Ray, and up-and-coming chefs. I've always had a pretty good eye for the up and coming — I interviewed David Kinch, Joel Huff and Ryan Scott long before they graced the covers of publications like *San Francisco* magazine and *7x7* or appeared on food-focused TV shows like *Iron Chef* and *Top Chef*. I even beat the *San Francisco Chronicle* to the punch with Huff, who languished in relative obscurity at the Mandarin Oriental Hotel for nearly two years.

Like Kinch, who combines respect for ingredients with an unmatched innate culinary creativity at Manresa, Scott, who pioneered today's gourmet sandwich craze at Myth Café, and Huff, who blended his laid-back surfer style and strong Japanese influences to coax incredible depths of flavors from deceptively simple dishes, Michael Rotondo, the new chef at Parallel 37 in the Ritz-Carlton San Francisco, is a

gifted cook with unique talent and style — something that, in a town known for its restaurants, is surprisingly rare.

Rotondo's pedigree is impressive: a stint at the five-star, five-diamond Four Seasons Resort in Palm Beach, Florida; two years in Europe working at multiple Michelin star restaurants; and eight years under the tutelage of the legendary Charlie Trotter at his eponymous restaurant in Chicago. When that restaurant closed in 2012, the timing was right for Rotondo and the Ritz.

If you're a connoisseur who makes pilgrimages to Yountville to dine at the French Laundry, or to Los Gatos to dine at Manresa, you owe it to yourself to make the short trip to Parallel 37 to experience Rotondo's menu, which comprises some of the most inspired dishes I've experienced in a long time.



PHOTOS: COURTESY THE RITZ-CARLTON

Food style: Thought provoking and flavor first with artful aesthetic.

Fun fact: In 2008, Michael received the "Most Promising Chef" award from Daniel Boulud and Thomas Keller after competing for the United States Bocuse d'Or, widely regarded as the epitome of culinary competitions worldwide.

What is the last thing you cooked for yourself?

Fresh ramen noodles from Japantown in a homemade pork broth.

A meal or a dish that was an inspiration or a revelation?

Eating in Japan, where less is more. Just simple fish and rice, but quality comes first, something that is necessary for great cuisine.

Last restaurant where you dined and the best thing you ate there?

Manresa. I had this amazing Spanish mackerel — David Kinch's ability to combine that fish with the acidity of local melon was inspiring.

"Secret" hole-in-the-wall restaurant in North Beach?

Vietnam Restaurant.

What was your favorite childhood food?

General Tso's chicken. I don't remember anyone really eating it back then ... I feel like I discovered it!

Something in your fridge or freezer that would surprise people?

A magnum of Krug Grand Cuvee Champagne — it's there just waiting for a special occasion.

If you retired tomorrow, what dish would you be remembered for?

My crispy globe artichoke, and definitely my fried chicken feet steam bun — every Monday we have "industry night" and it's on the menu.

E-mail: susan@marinatimes.com

Fisherman's Wharf is calling your name



THE FRANCISCAN CRAB Restaurant- Don't let the name fool you—

this Fisherman's Wharf mainstay serves food that goes well beyond steamed crab on a platter. The menu includes delightful artisanal salumi and burrata, specialties that include the best fish and chips you've ever tasted, a barbecue shredded short rib sandwich and flavorful pastas like seafood linguine.

But oh, the crabs: what a delight they are. You can start with a Dungeness crab cocktail or an order of crab cakes, move on to a crab Louie salad, and make your entrée a whole roast-

ed crab, crab Alfredo pasta, or the crab Enchilada—my favorite. No matter which way you order, it is guaranteed to be fresh, flavorful and masterfully prepared.

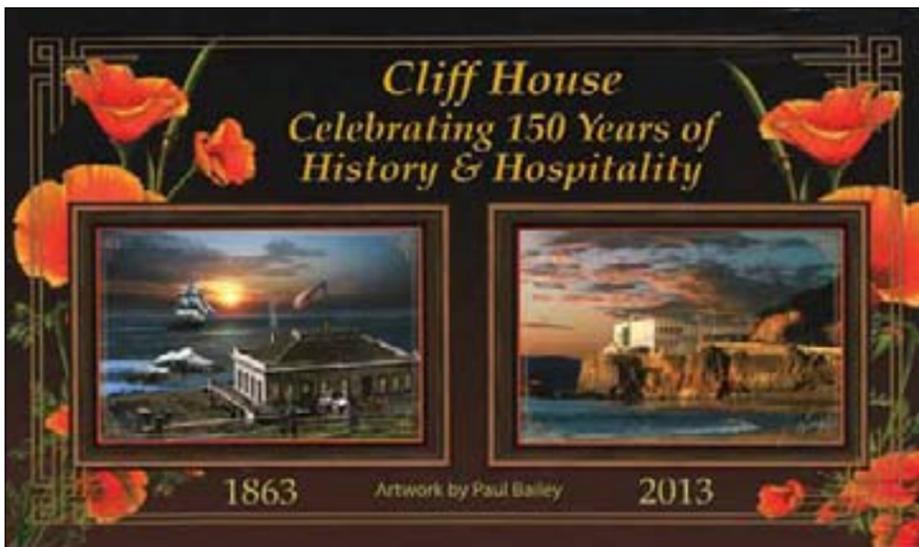
The Franciscan's other seafood options are also stellar, from the garlic-steamed clams, the fresh fish prepared in four signature styles, to the hearty seafood cioppino, perfect for a cold day by the bay. And if you can find room, try a decadent dessert made with their house made frozen custard ice cream.

Pier 43 ½, 415.362.7733, franciscan crabrestaurant.com. Open daily at 11:30 am.



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PHOTOS: ERICA RAMOS

Word association with chefs Ryan Scott and Russell Jackson

by susan dyer reynolds

ON A WARM SUNDAY evening in July, supporters and celebrity chefs gathered at chef Ryan Scott's second Market and Rye restaurant in Potrero Hill (300 De Haro Street at 17th), for an event to benefit the 7th annual Thanksgiving Lunch Giveaway by Scott's Harvest from the Heart foundation. This year, Scott and his team hope to deliver 7,000 hot meals and warm socks to San Francisco's needy (to donate, please contact donations@harvestfromtheheart.com). Scott, a former "cheftestant" on Bravo TV's popular *Top Chef* series, enlisted the help of friend and fellow celebrity chef Russell Jackson, who finished third in this season of the Food Network's series *Food Network Star*. I sat down before the event with Scott and Jackson

to play a little game of word association.

CHARITY

Ryan Scott: Giving
Russell Jackson: Love

CELEBRITY

RS: Overrated
RJ: Insecurities

TRUFFLE OIL

RS: [Frequent *Chopped* judge and chef] Scott Conant
RJ: Gross

MOM

RS: Life
RJ: Missed

FAST FOOD

RS: Indulgence
RJ: 1 a.m.

CULINARY SCHOOL

(Both are graduates of the California Culinary Academy)
RS: \$\$\$\$\$
RJ: Unnecessary

TOP CHEF

RS: Six figures
RJ: No

FOOD NETWORK STAR

RS: Guy Fieri
RJ: Me (I hope)

FAVORITE PROTEIN

RS: Chickpeas
RJ: Duck (I know, you expected me to say bacon)

VEGAN

RS: Neglected
RJ: [Fellow *Food Network Star* contestant Nicky] Dinky

RESTAURANT

RS: Sleep deprived
RJ: Impossible

THANKSGIVING

RS: Family
RJ: Nap

RYAN SCOTT

RS: Real
RJ: Genuine

RUSSELL JACKSON

RS: Friend
RJ: Anarchist

E-mail: susan@marinatimes.com



Clockwise: Ryan's stepdad, Danny Sadler, and his mother, "Mama Pat" Sadler; *Food Network Star* finalist chef Russell Jackson; chef Ryan Scott with fellow former *Top Chef* "cheftestant" Casey Thompson, Tacolicious executive chef Telmo Faria, and *Next Food Network Star* season 6 finalist Tom Pizzica

Lots of activity on Polk Street; fall is full of new openings

by marcia gagliardi

READY TO WEAR YOUR NEW BACK-to-school outfit? You have many new restaurants to check out. One of the biggies will be Gianpaolo Waterline's **1760** (1760 Polk Street); the team had hoped to open in August, but all will be revealed soon. The menu from chef Adam Tortosa includes dishes like watermelon gazpacho with Dungeness crab, finger lime, and borage, and beef tartare with Marcona almonds, Thai herbs and chile. There will also be a few pastas, like squid ink linguine, uni, garlic, red pepper, and breadcrumb, plus a fried duck sandwich. Sign me up. There is quite the array of flavors and influences; dishes will range from \$8-\$25. There will also be desserts from pastry chef Riccardo Menisci, like milk chocolate ganache with hickory ice cream, bourbon caramel and marshmallow. Stay tuned for more on the décor and other details.

Also on Polk: **Pesce** (2227 Polk Street) has closed its doors and swam downstream to the Castro (2223 Market Street). Chef-owner Ruggeri Gadaldi (with Adriano Paganini) moved the restaurant (and its menu) to the new location. As for the fate of the original Pesce location, stand by for more on that soon.

Popular salad (and sandwich) shop **Blue Barn Gourmet** (2237 Polk Street, 415-655-9438) has opened a second location in the former Yabbi's Coastal Kitchen. The team (Sam Josi, Nate Valentine and Stryker Scales) has their latest project (Padrecito in Cole Valley) up and running, so it's now time to release the salads. The space is a lot larger than the original on Chestnut Street — there are 44 seats plus 9 at the wine bar. Partner Nate Valentine said he wants it to be a space where people can sit and enjoy their meal over a glass of wine, while the Chestnut location is more grab-and-go. The opening menu is similar to the one on Chestnut, with some additions later. There are local beers and wines (five reds, five whites), and people the team personally knows make all the wines. Initial hours are Tuesday-Sunday 11 a.m.-8 p.m., and

will be adjusted as needed (Mondays will be added later, too).

Slated to open on Sept. 4 (at press time) is **La Urbana** (661 Divisadero Street) in the former Plant It Earth space. The project comes from local entrepreneur Eduardo Rallo and Mexican architect and restaurateur Juan Garduño, and will be a modern Mexican restaurant with an attached mezcaleria. Chef Benjamin Klein will head the kitchen (his chef de cuisine is Julio Aguilera). The menu will offer modern takes on traditional regional Mexican dishes, like Manila clam menudo with cabbage tostadas and hominy, or a carnitas torta on freshly baked brioche. Northern California ingredients will figure prominently. Think contemporary cantina by way of Mexico, D.F., with a mezcal-centric bar.

The space is designed by partner Garduño's architecture firm, and will be a mix of old and new, the urban and the rustic. The heart of the space is the spacious bar, which will be topped with aged zinc and seat 20. Behind the bar is a collection of colorful, rural furniture from Puebla, Oaxaca and Toluca affixed to the wall like an art piece, and will be custom-lit, plus there's an open kitchen. The space is full of gorgeous tile from a fourth-generation tile-maker in Mérida. The 60-seat dining room will feel like a contemporary cantina, with plenty of light from the large windows. The furnishings have many custom touches, and there will be original art throughout (and on the façade of the building). Am looking forward to this stylish addition to Divisadero!

Just in case you were planning to join the masses in line for dinner at **State Bird Provisions** (1529 Fillmore Street, 415-795-1272), the restaurant is closed until about mid-September as they work on their expansion into the space next door. A date has not been set for the reopening, so you can't make any future reservations right now (hold yer horses).

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

Ordering wine in a restaurant

by jeannine sano

ONE OF THE QUESTIONS I am asked most often about wine is this: How do you pick a wine from a restaurant wine list? There are people who love looking at wine lists — people who stop listening to the train of the conversation swirling around them as they lose themselves in the pages listing regions, varietals, producers, and vintages while they try to find the best value, look for selections to please everyone at the table, and covet bottles that they would want

to taste if money were no object. For others, that list is either kryptonite or a hot potato, something that inflicts stress and pressure, best passed off to someone else to handle.

What do you if you are in the latter category and you are stuck with the list? The answer is both complicated and simple. The simple answer is to ask your server or the sommelier for help. The complicated part is *how* to ask for help. The more categories and descriptions you can provide the better. Red, white, rosé, still, sparkling? What price range? What are you ordering for

food? Or do you not care about pairing wine with food? Do you want to try something new? Would you prefer something familiar? What kind of wines do you generally like? New World (e.g., California, Australia)? Old World (e.g., France, Italy)? Full-bodied? Lighter-bodied? Name some wines not on the list that you have liked. The only descriptors I would avoid because they can cause confusion are: "smooth," "dry," and "sweet." Otherwise, have fun! It is better to ask for directions than to get lost, I promise.

E-mail: jeannine@marinatimes.com

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NEW AND NOTABLE :: Give it a try



PHOTO: JULIE MITCHELL

Try authentic Seattle-style teriyaki at Glaze on Fillmore

by julie mitchell

WHEN MOST PEOPLE HEAR THE term “fast food,” visions of grease-laden burgers and fries or pizza may still come to mind. But what with food trucks and healthful prepared food available in most any grocery store in the City, that definition is changing.

In Seattle, fast food in the form of teriyaki is as commonplace as pizza but much more healthful. The Japanese brought this combination of grilled meat or fish, vegetables and rice to Hawaii and then the West Coast in the 1920s. Many Japanese-style restaurants opened in Seattle after World War II, and then with an influx of Korean immigration in the '60s and '70s, a hybrid form of teriyaki was created and flourished in the Pacific Northwest.

If you want to try Seattle-style teriyaki, Glaze Teriyaki on Fillmore, founded by Seattle native Paul King is the place to go. Each teriyaki plate features a grilled chicken breast or thigh, organic salmon, Japanese-marinated hanger steak, soy-marinated tofu, wok vegetables, or boneless pork loin served with white or brown rice and salad. The meat is boneless and skinless, natural and antibiotic free, and Glaze thoughtfully highlights its several gluten-free options on its menu. (Traditional soy sauce contains gluten.) While the sweet and

savory teriyaki sauce is already flavorful, those who want more heat can spend \$1 extra for spicy, extra spicy, or “the hottest” sauce. For more variety, combo plates — like two teriyaki entrées or one teriyaki entrée plus a side of steamed edamame, cold soba noodle salad, cucumber salad, crispy gyoza (dumplings made with chicken, vegetables, or pork), or charred Asian pork ribs with spicy barbeque sauce over rice — are also available. Salad plate choices are salmon, chicken breast, or grilled tofu with sesame, carrot ginger, or gluten-free honey lemon dressing.

There's even a heated outdoor patio just waiting for our Indian summer just around the corner.

All the produce is locally sourced (organic when possible) and delivered fresh daily, the teriyaki sauces are all made in house daily, and the food is served on compostable plates. Sweets from local Devil's Tooth Baking Company and sodas from Seattle-based Jones Soda Co. round out the menu. Glaze was designed using lots of reclaimed wood, and there's even a heated outdoor patio just waiting for our Indian summer just around the corner. Everything is also available to go.

Now might just be the time to give a new kind of quick and easy dining a try!

Glaze Teriyaki: 1946 Fillmore Street (at Pine), 415-590-2199, www.glazeteriyaki.com, daily 11:30 a.m.–10:00 p.m.

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Not-to-miss dishes

Lampredotto sandwich: **Elmira Rosticceria**
154 McAllister Street (at Hyde),
415-551-7332

Chef Marc Passetti's version of this Florentine peasant dish made from the fourth and final stomach of a cow is much tastier than it sounds. Not to be confused with honeycomb tripe, lampredotto becomes meltingly tender when slow cooked. Passetti serves it with house-made salsa verde or salsa picante on a light, airy ciabatta roll.

Linguine with clams: **Capo's**

641 Vallejo Street (at Stockton), 415-986-8998,
www.sfcapos.com

Even in the North Beach sea of Italian restaurants, no one can make a better linguine and clams than Tony Gemignani. The perfectly al dente pasta, made fresh in house, has just enough bite; the clams are big and briny; and the white wine and garlic sauce isn't too thick or too thin — it's just right.

Fried chicken: **Out the Door**

2232 Bush Street (at Fillmore), 415-923-9575,
www.outthedoors.com

The Colonel's got nothing on Charles Phan! At his Pacific Heights location, Phan serves moist, juicy chicken cloaked in a thin, crispy crust and served with a side of Sriracha butter for dipping. Who would've known San Francisco's most renowned Vietnamese chef would shine on such an American classic.

Wood-grilled octopus: **Coqueta**

Pier 5, The Embarcadero, 415-704-8866,
www.coquetasf.com

Coqueta means "infatuated" in Spanish, and I was so infatuated with chef Michael Chiarello's grilled octopus the first time I tried it that I ate a second order. Served simply with olive oil potatoes dusted with pimentón (Spanish paprika), the octopus is tender every time, not like at most restaurants that don't know how to cook it properly (timing is everything — a second too long, and you've got rubber bands). This is the best grilled octopus I've ever eaten.

Barley risotto with sea urchin: **Parallel 37**

600 Stockton Street (at California) in the
Ritz-Carlton Hotel, 415-773-6168,
www.parallel37sf.com

Chef Michael Rotondo's barley risotto reminds me of David Kinch's famous "tidal pool" at Manresa — sea urchin, abalone, and mussels in an earthy broth with mushrooms and scallions — and it's every bit as good (not to mention you don't have to make the long drive to Los Gatos). The risotto is topped with sea urchin, crispy Serrano ham, and a medley of mushrooms and seafood (on one visit, it was black trumpet mushrooms and geoduck clam). An earthy house-made dashi broth, poured tableside, creates the elusive umami (the fifth flavor; along with sweet, sour, bitter, and salty) and proves Rotondo is a culinary force to be reckoned with.

Read more of Secret Asian Man's reviews and views on life at www.Tony1andOnly.com.



Tosca as it appeared pre-renovation PHOTO: TOSCACAFESF.COM

Tosca Café aims for fall reopening

by susan dyer reynolds

WHEN JEANNETTE Etheredge, owner of the 93-year-old Tosca Café in North Beach, fell \$100,000 behind in her rent, the future of the iconic watering hole looked grim. Landlord Roger Forbes served Etheredge with an eviction notice, something the shareholder in nine San Francisco strip clubs seems fond of doing these days: He also served eviction papers to legendary North Beach peep-show the Lusty Lady for falling behind in their rent (see cover story).

When actor Sean Penn, a longtime regular of Tosca, heard the news, he reached out to his

friend Ken Friedman and Friedman's business partner, chef April Bloomfield, well regarded in New York for combining upscale food with a bar ambiance at their establishments, like the Spotted Pig and the Breslin, and set the deal in motion for them to take over. Friedman, whose career started in the music business, spent time at Tosca when he worked for legendary concert promoter Bill Graham. The menu, Bloomfield says, will be straightforward with an "Italian twist."

Others had come forward to take over Tosca, but Etheredge felt best about Friedman and Bloomfield, who plan to clean it up but not change

it too much — something she and other regulars feel strongly about — and says she is thrilled about the deal.

Tosca Café opened in 1919, making it the third-oldest bar in the City. It has been the place for celebrities, locals and powerful politicians to mingle and drink the signature house "cappuccino" (Ghirardelli chocolate, steamed milk, and brandy), which was created during prohibition. Tosca stopped serving food long ago, so the biggest challenge will be updating the kitchen — and transferring the liquor license, which can take months. If things go smoothly with the kitchen, liquor license, and cleanup, they plan to reopen this fall.

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Excellent local references, including *Marina Times* editor-in-chief, Susan Dyer Reynolds!

Please call Steve Russell: 415-373-2610

@NITE :: Outside Lands



Paul McCartney rocked the main stage on the opening night of Outside Lands. PHOTO: JOSH WITHERS

Home is where McCartney is

by maryann lorusso

I MOVED TO SAN FRANCISCO a decade ago, and it's taken me almost that long to start calling it *my* city. But after attending my first Outside Lands music festival in Golden Gate Park last month, I finally embraced the fact that this is the place I now call home. It was an exhilarating weekend of music, food, art, wine, and community that sealed my sense of belonging to our gorgeous, passionate City by the Bay.

Maybe what moved me was the fog, languorously rolling in from Ocean Beach and over the jewel-tone-lit evergreen trees that circle Lindley Meadow. Maybe it was the throngs of smiling faces that poured into the park from all parts of the city and beyond, feeding into every green crevice from Stanyan Street to the Land's End stage in the Outer Richmond, to hear their most beloved musicians perform. But it was mostly the fact that I could walk; yes walk, from my house in the Lake district right to one of the most impressive music venues of all time. Sure, it was a long walk, but it was worth it. This is my neighborhood, my city, I thought, sitting under the stars, just a couple dozen feet away from mesmerizing talents like Sir Paul McCartney. How lucky am I to be living here?

Well, nothing pulls a city together like music, and in the five years since its inception, Outside Lands has tightened the bond among San Franciscans. "People are just

nicer during Outside Lands," said Christine Rallo, who attends annually. She and thousands of others came to the three-day event to witness a dizzying array of fabulous acts, including Red Hot Chili Peppers, Nine Inch Nails, Willie Nelson, the Yeah Yeah Yeahs, Band of Horses, Vampire Weekend, and Daryl Hall & John Oates. Those from the surrounding neighborhoods who couldn't snag tickets came anyway, gathering on the curbs outside the entrances or on wind-cracked benches near Spreckels Lake, just outside the main stage. From whatever corner they perched, their reward was sampling muffled bits and pieces of their favorite songs, from the Chili Peppers bass-pounding California anthems, to Hall & Oates upbeat 1980s songbook. Some fans brought their kids, little concert rookies being initiated into the Outside Lands experience, even though their ears probably needed to be covered during Nine Inch Nails "Closer."

For me, the pinnacle of the weekend was Friday night's breathtaking performance by rock-and-roll legend McCartney. Almost half a century after The Beatles played their last concert in Candlestick Park in 1966, McCartney was back in town, and he cheerfully expressed the poignancy of the moment. "This is so cool," he said, about performing to the massive crowd. "I just have to take a minute to take it all in myself, OK?"

During his brilliant three-hour concert, the music icon hit all

the Beatles classics as well as the McCartney originals, from "Hey Jude" to "Band on the Run." As a love letter to our city, he performed a cover of "San Francisco Bay Blues." He invited the local Kronos Quartet to accompany him on a gorgeous rendition of "Yesterday" that brought many listeners to tears. Delightfully, he took every opportunity to woo the appreciative audience, telling jokes and dedicating songs to his fellow Beatles and to the loves of his life, even signing a couple of fans' wrists in Sharpie, so they could turn his signature into tattoos. And if that weren't enough, this age-defying 71-year-old ended his set with a climactic "Live and Let Die," as fireworks exploded over the moonlit park, then drove the crowd wild with two encores, "Day Tripper" and "Helter Skelter," before closing out the night with "The End."

The rest of the concert was a beautiful melting pot of veteran and cutting-edge acts, including Brooklyn-based favorite The National, who were joined by a surprise local guest, Grateful Dead guitarist Bob Weir; The Heavy, whose funk- and soul-fueled performance highlighted Friday's festivities; Emeli Sandé, the Scottish songstress whose debut album has been rocking the international charts; and country legend Nelson, who proved that he can still draw huge crowds (and, for that reason, probably should have been given the main stage).

Besides the music, the all-green event featured Outsider Art, an outdoor gallery of local artists' works, as well as a variety of scrumptious food and drink from our best local vendors. As concertgoers moved across the park among the various stages, they could stop for a taste at eateries such as Tacolicious, Woodhouse Fish Co., Luella, Rich Table, Straw, and Kara's Cupcakes. Just when you thought the weekend couldn't get any sweeter.

Maryann LoRusso is a San Francisco-based journalist who also writes a blog for women at www.redtypewriter.com.

BOOK NOTES :: Review

Duchamp revisited in book of interviews by Calvin Tomkins

by sharon anderson

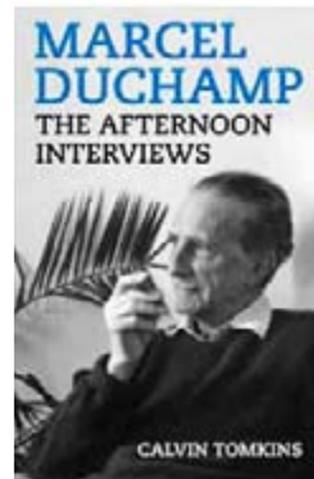
"I don't believe in art. I believe in the artist."

— Marcel Duchamp

WHEN HE FIRST MET Marcel Duchamp in 1959, Calvin Tomkins was not the famous art critic he would later become. In fact, at the time Tomkins knew nothing about art. His meeting and ongoing friendship with Duchamp, arguably one of the most acclaimed artists of the 20th century, would change the life trajectories of both men.

Marcel Duchamp: The Afternoon Interviews is a collection of talks between Tomkins and Duchamp conducted in 1964 and arriving like a message in a bottle in 2013 via a new publication from Badlands Unlimited. Duchamp weighs in on diverse

ed what he called "retinal art" and instead explored work that emphasized ideas over form. His "readymades" fulfilled the task. Found objects somewhat manipulated and taken out of their ordinary context served ideas instead of the eye. A shovel hanging from a gallery ceiling became menacing when given the title *In Advance of the Broken Arm*. The mundane aspect of readymade objects communicated the artist's deadpan sense of humor while blurring the boundaries of art and life.



Marcel Duchamp: *The Afternoon Interviews*, by Calvin Tomkins, 110 pages, Badlands Unlimited, \$16

topics including money, his interest in chess, conceptual art, and influence (something he denied that he had.) A new introduction includes a recent interview with Tomkins reflecting on his time with Duchamp. During his career as an art critic the author claimed, "I never found anyone who was less burdened by ego than Duchamp."

A pioneer of Dada and conceptual art, Marcel Duchamp made a name for himself in 1912 when his cubist painting *Nude Descending a Staircase* created controversy. The resulting notoriety landed the painting in the legendary Armory Show exhibition in 1913. Ultimately, Duchamp wanted to return art to the service of the mind. He derid-

During these talks, Duchamp provides insights on one of his most famous works, *The Bride Stripped Bare by Her Bachelors, Even (The Large Glass)*. Details about the process of creating the painting, the two panes of glass, the accident leading to its breakage, and his meticulous repair of the work are told with an unusual detachment and concern

mainly for the owner of the piece. Through reminiscence, Duchamp delves into his philosophies about the role of the artist, productivity and creative limits. Profound topics indeed, but Duchamp speaks with a relaxed effervescence that keeps it entertaining.

The Afternoon Interviews is a rare glimpse of Marcel Duchamp not as an enigma but as a person. Key Duchampian concepts are made readable through Tomkins and Duchamp's conversational ease. *The Afternoon Interviews* is a must-read for the modern art lover.

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

THE BEST OF BOOKS

What you're reading

Best sellers and recommendations

compiled by sandy mullin

BOOKS INC. HARDCOVER BEST-SELLER LIST

- The Cuckoo's Calling**, by Robert Galbraith
- Zealot**, by Reza Aslan
- William Shakespeare's Star Wars**, by Ian Doescher
- This Town: Two Parties and a Funeral — Plus, Plenty of Valet Parking! — in America's Gilded Capital**, by Mark Leibovich
- Gone Girl**, by Gillian Flynn
- City of Thieves: A Novel**, by David Benioff
- The Sound of Things Falling**, by Juan Gabriel Vasquez
- Lean In: Women, Work, and the Will to Lead**, by Sheryl Sandberg

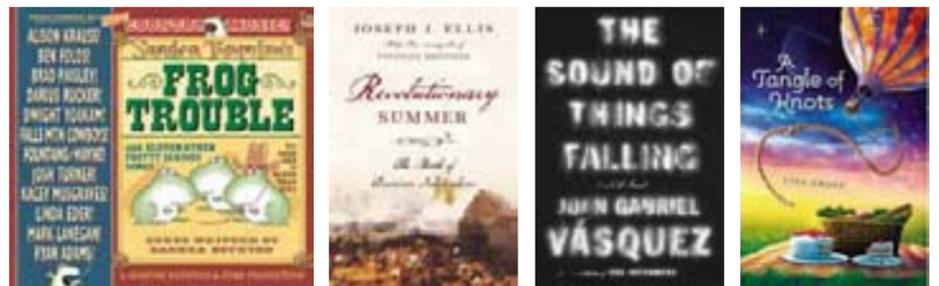
- Beautiful Ruins: A Novel**, by Jess Walter
- The Bat**, by Jo Nesbo

STAFF PICKS FOR ADULTS

Revolutionary Summer: The Birth of American Independence, by Joseph Ellis
This book is comfort food for history buffs. There is nothing more pleasing than reacquainting yourself with the American Revolution and the birth of our great democracy. I consider the founding fathers family, and there's no better historian than Ellis to take you on the journey with intelligence, clarity, and style. Five stars.
— Bill Dito

The Sound Of Things Falling, by Juan Gabriel Vasquez

I breezed through this short but brilliant novel that paints a startling



picture of life in Bogata, Columbia. It is a novel of depth and an intelligent look at contemporary issues (e.g., drugs, The Peace Corps), and how outside forces (and flukes) can affect our lives.
— Bill Dito

STAFF PICKS FOR AGES 10-14

A Tangle Of Knots, by Lisa Graff
Action! Adventure! Baked goods! This novel from veteran middle-grade author Lisa Graff promises all that and delivers a lovely, sweet story you will eat up, like my baking puns. Read it!
— Elizabeth Freeman

STAFF PICKS FOR ALL AGES

Frog Trouble: ... and Eleven Other Pretty Serious Songs, by Sandra Boynton
In this latest collection of silly songs (this time in a country music vein), Sandra Boynton (*Philadelphia Chickens*, *Moo Baa La La La*) serenades us (with help from Dwight Yoakam, Ryan Adams, and Alison Krauss, among others) with songs like "Alligator Stroll," "I've Got a Dog" and "When Pigs Fly." Fun for the whole family!
— Sandy Mullin

Sandy Mullin is the manager at Books Inc. in the Marina.

'The World's End'

by michael snyder

AS AN AVOWED ANGLOPHILE and a major devotee of that peculiarly British brand of comedy couched in discomfort (e.g., Channel 4's sitcoms *Peep Show* and *Fresh Meat*; anything involving Steve Coogan's obnoxiously desperate character Alan Partridge; everything that Ricky Gervais does, *The Office*, *Extras*, etc.), I count myself among the fans of director Edgar Wright. So I was primed for *The World's End*, Wright's latest collaboration with the clever and witty actor-writer team of Simon Pegg and Nick Frost.

The World's End, is the third in what the Wright-Pegg-Frost trio has whimsically dubbed The Cornetto Trilogy. The reference is to those prepackaged ice-cream cones, and you'd have to see all three films to get the slim connection. The real connective thread is that each feature is a comedic take on a specific film genre. I particularly loved *Shaun of the Dead*, a frankly hilarious and cheerfully gory parody of your standard George Romero zombie-apocalypse flick that presaged the recent flurry of TV and film adventures in zombie-dom. Following *Shaun*, *Hot Fuzz* was a send-up of latter-

day British crime thrillers that found the three creative conspirators in fine form, albeit slightly less anarchic than when they were confronting the undead.

Now we get to *The World's End*. (Spoiler alert!) We've seen the entire world in jeopardy on the big screen numerous times via sci-fi films including 1951's *When Worlds Collide*, 1998's *Deep Impact*, and 2004's *The Day After Tomorrow*. But *The World's End*, with a title that may or may not portend an apocalyptic crisis, is more concerned with the fate of five former schoolmates as they reunite in their hometown to attempt a brain-cell-blasting pub crawl that they never completed 20 years before. Conveniently enough, the last scheduled stop in their marathon drinking binge is a pub called *The World's End*.

Facing his 40s and his own personal apocalypse, Gary (Pegg), the group's ringleader from high school days, has fallen on hard times. He figures that he can turn his life around if he can just get his four now-estranged pals to leave behind their successful big-city lives for a weekend getaway to the haunts of their youth. There, they can finally finish the pub crawl that got away. Through trickery, Gary convinces the reluctant four-



Left to right: Martin Freeman as Oliver, Paddy Considine as Steven, Simon Pegg as Gary, Nick Frost as Andy, and Eddie Marsan as Peter in Edgar Wright's *The World's End* PHOTO: LAURIE SPARHAM/FOCUS FEATURES

some to make the trip home, but they don't expect the strange and seemingly sinister changes that have gone down in their once-familiar corner of quaint small-town England. They're about to learn a hard lesson: Nostalgia ain't what it used to be — nor is the place where they grew up.

With its mix of comedy, B-movie action, and an underlying poignancy, *The World's End* is strengthened by the presence of some very accomplished British actors — Martin Freeman of *The Hobbit* and TV's *Sherlock*, Paddy Considine of *The Bourne Ultimatum* and *In America*, and Eddie Marsan of *Happy-Go-Lucky* and TV's *Ray Donovan* — as three of Gary's once and future drinking buddies. And though it's no surprise that Frost is on board here as the beleaguered corporate functionary Andy, he gives a surprisingly touching per-

formance as a man who has settled rather than strived in his life and is confronting a measure of regret. Of course, he's funny as hell, too.

Other nice surprises in the ensemble include Rosamund Pike as the ex-high school hottie who is still an object of desire for two of the pub crawlers, and Pierce Brosnan as a onetime mentor to the quintet.

His fellow cast members aside, Pegg is the chaotic core of *The World's End*, leading this demented odyssey to its inevitable conclusion. Unlike the genial, jovial presence he brings to the role of Scotty in the rebooted *Star Trek* movies, his Gary is willfully toxic, borderline pathetic, and darkly hilarious as he and his comrades get increasingly plastered and suspicious of their surroundings. The beauty of *The World's End* is its ability to balance comedy and fantastical action

while blithely addressing the sometimes-brutal road to adulthood and the crucial necessity of taking responsibility for your actions.

To date, Wright has directed one American feature film, an adaptation of the Manga-style coming-of-age comic-book series *Scott Pilgrim vs. The World*. I enjoyed that movie's antic mix of cartoonish live action and animated videogame-style segues. But it's the work Wright does with Pegg and Frost that really knocks me out. And *The World's End* is their most thoroughly satisfying effort — so far.

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

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SEPTEMBER EVENTS

WHAT NOT TO MISS THIS MONTH

MAJOR EVENTS

Red Bull Youth America's Cup

Sun-Wed, Sep 1-4, 11 a.m.

S.F. Bay

Talented young sailors aged 19-24 from 10 countries will compete in eight races on wing-sailed AC45 catamarans. www.americascup.com

Architecture and the City Festival

Tue-Sat (except Monday, Sep 16), Sep 1-30

Various S.F. venues

The festival theme, "Unbuilt San Francisco," explores the parallel history of the existing buildings and space as well as those that were never built. Enjoy tours, films, exhibitions, and lectures; a program guide is available online. 415-362-7397, www.aiaf.org/archandcity

S.F. Symphony Opening Gala

Tuesday, Sep 3, 8 p.m.

Davies Symphony Hall

This black-tie evening begins with a sparkling wine reception, followed by a program featuring soprano Audra McDonald, and concludes with an after-party of live music, dancing, and savory treats from the Bay Area's finest eateries. Dinner packages also available. Proceeds benefit the symphony's education and community programs. \$160-\$295, 415-864-6000, www.sfsymphony.org



34th America's Cup Finals

Sat-Sun, Tue & Thu, Sep 7-21, 1:10 p.m. & 2:10 p.m.
S.F. Bay

Louis Vuitton Cup winner team New Zealand will race against Cup defender Oracle in the best of 17 races. www.americascup.com

S.F. International Dragon Boat Festival

Sat-Sun, Sep 14-15, 8 a.m.-5 p.m.

Treasure Island

The largest competitive dragon boat festival in the U.S. features racing, cultural performances and fun-filled activities for the whole family. Free shuttles from Kearny & Sacramento Sts. and Fourth & Mission Sts. Free, www.sfdragonboat.com

23rd Annual Moon Festival

Sat-Sun, Sep 14-15, 11 a.m.-6 p.m.

Grant St. (btw. California & Broadway)

Pacific St. (btw. Stockton & Kearny)

A grand parade kicks off this festival, where Chinatown's streets will become pedestrian-only bazaars with live entertainment, including acrobats, martial artists, ribbon and lion dancers, magic shows, cultural demonstrations, and more. Free, 415-982-6306, www.moonfestival.org

Oktoberfest by the Bay

Fri-Sun, Sep 20-22

Pier 48

Come celebrate in the true tradition of Munich's famed Oktoberfest at this festival with nonstop music, dancing, singing, and German food and drink. \$25-\$75, www.oktoberfestbythebay.com

Polk Street Blues Festival

Sat-Sun, Sep 29-30, 10 a.m.-6 p.m.

Polk St. (btw. Union & Pacific)

This street festival features music on two main stages, a merchant marketplace, arts and crafts, gourmet food booths, a large family area, cafe seating areas, and much more. Free, 800-310-6563, www.polkstreetbluesfestival.com

LAST CHANCE

S.F. Women Artists Gallery: Spirit

Tue-Sat thru Sep 7, noon

3489 Sacramento Street

Founded in 1887, this gallery celebrates the talent of emerging and established Bay Area women artists. This show features group sculpture, jewelry, paintings, photography. Free, 415-440-7392, www.sfwomenartists.org



Beat Memories: The Photographs of Allen Ginsberg

Mon-Tue & Thu-Sun thru Sep 8

Jewish Contemporary Museum (736 Mission St.)

This exhibition of Ginsberg's photographs taken from 1953-63 includes his handwritten captions added in the 1980s. Free-\$12, 415-655-7800, www.thecjm.org

Free Shakespeare in the Park: Macbeth

Sat-Sun thru Sep 15, 2 p.m.

Main Parade Ground Lawn, the Presidio

Double, double toil and trouble! Bring your family, friends, a blanket, and a picnic to enjoy the Bard's dark and suspenseful tragedy with thrilling scenes of witchcraft and swordplay. Free, 415-558-0888, www.sfshakes.org

Richard Diebenkorn: The Berkeley Years

Tue-Thu & Sat-Sun thru Sep 29

M.H. de Young Memorial Museum

See more than 130 abstract and figurative paintings and drawings, displaying the artists' profound influence on postwar American art. Free-\$22, 415-750-3600, www.famsf.org

COMMUNITY CORNER

District 2 Supervisor Mark Farrell Update

Wednesday, Sep 4, 5:30-6:30 p.m.

Golden Gate Valley Branch Library (1801 Green St.)

Hear updates on the supervisor's recent and upcoming work; he will also take questions from the audience. Free, 415-355-5666, www.sfpl.org



Sunday Streets: Western Addition

Sunday, Sep 8, 11 a.m.-4 p.m.

Fillmore St. (btw. Geary & Fulton), Fulton St. (btw. Fillmore & Baker), Baker St. (btw. McAllister & Grove), Grove St. (btw. Baker & Central), and Central Ave. (btw. Grove & Fell)

Sunday Streets creates a car-free route to get out and get active and explore neighborhoods and encourages health, community and fun. Stroll, bike or skate and enjoy people watching and other activities. Free, www.sundaystreetsf.com

10th Annual S.F. Out of the Darkness Community Walk

Sunday, Sep 22, 9 a.m.-noon

Lake Merced

Join over 150 communities across the U.S. walking to support the American Foundation for Suicide Prevention. The event includes guest speakers, music, refreshments, and prize drawing. 510-889-1816, www.outofthedarkness.org

GALAS & BENEFITS

Party for the Parks

Saturday, Sep 7, 6-11 p.m.

Bercut Equestrian Field, Golden Gate Park

Help raise funds for S.F. parks at this western-themed evening of roping and riding with a special appearance by the Park Police Mounted Unit followed by beer, wine, western fare, bluegrass, and dancing. \$250 & up, 415-621-3260, ext. 108, www.partyfortheparks.org

Glamorama: Fashion in a New Light

Thursday, Sep 9, 8 p.m.

SHN Orpheum Theatre

Featuring Sheryl Crow and Cirque du Soleil plus fashion from over 100 designers and more, this fashion show benefits Aids Emergency fund, Glide foundation and Project Open Hand. \$75 & up, 888-746-1799, www.macy.com/glamtickets

Tour de Fat 2013

Saturday, Sep 21, 10 a.m.-5 p.m.

Lindley Meadow, Golden Gate Park

This ballyhoo of beer, bikes and bemusement starts with a parade followed by a fun bike cruise in your most fabulous bike costume, then an all-day live music jamboree, tasty eats and more. Proceeds benefit S.F. Bike Coalition and Bay Area Ridge Trail Council. Free (ride only), 415-431-2453, www.newbelgium.com

Jazz at Next Village

Sunday, Sep 22, 4-6 p.m.

S.F. Italian Athletic Club, Washington Square

Mal Sharpe and his Big Money in Jazz band are featured in this annual fundraiser. Next Village supports neighborhood seniors, helping them lead active lives in their own homes as they age. \$50-\$250, 415-888-2868, <http://nextsf.org>

49th Annual Big Book Sale

Wed-Sun, Sep 25-29, 10 a.m.-6 p.m.

Festival Pavilion, Fort Mason Center

Find over 500,000 quality books of all media at \$3 or less, including \$1 books on Sunday, literary crafts and ephemera, and collectible and rare books. Proceeds benefit S.F. Public Library education programs. Free, 415-626-7500, www.friendsfpl.org

Avon Walk for Breast Cancer

Sat-Sun, Sep 28-29

San Francisco to Sausalito

Walk to help those affected by breast cancer worldwide by raising funds for medically underinsured women and men, helping them receive screening and treatment. \$65, 888-540-9255, www.avonfoundation.org

Komen S.F. 22nd Annual Race for the Cure

Sunday, Sep 29, 9 a.m.

Starts: Ferry Building, Embarcadero

The largest series of 5K runs/fitness walks in the world, this race raises significant funds and awareness for the fight against breast cancer, celebrates survivorship, and honors those who have lost their battle with the disease. \$10-\$40, 415-397-8812, www.komensf.org

ARTS & CULTURE

Shutter & Stroke II

Thu-Sun, Sep 5-8, noon-8 p.m.

Live Worms Gallery (1345 Grant St.)

Two long-time Marina residents (photographer Jacqui Fiels and painter Scott Grabowski) are featured in this exhibition of 10 Bay Area artists. Nightly reception with artists 6-8 p.m. Free, 415-420-0800, www.shutterstroke.weebly.com

Stand up for Art:

Funny People Making Serious Art

Opening: Thursday, Sep 19, 7-10 p.m.

Exhibition: Daily, Sep 20 thru Oct 31, 10 a.m.-3 p.m.
Firehouse 8 (1648 Pacific Ave.)

This art show features art created by stand-up comedians Anita Drieseberg, Michael Capozzola, Mick Meehan, and Ed Attanasio, and closes with a comedy show on Oct 31 benefiting art programs at S.F. Skate Club. Free (opening & exhibition), 415-890-4800

6th Annual Beat Museum Poetry Festival

Sat-Sun, Sep 28-29

Beat Museum (540 Broadway St.)

Poets, musicians and artists in 450 cities in 110 countries around the world are planning individual events to take place simultaneously on Sep 29 in a celebration of poetry, art and music to promote social, environmental, and political change. Free, 1-800-537-6822, <http://100tpc.org>

PERFORMANCES

S.F. Opera: Mephistopheles

Sep 6, 11, 14, 17, 20, 24, & 29

War Memorial Opera House

This emotionally thrilling, philosophically rich version of the Faust story features the most striking portrait of the Devil in the operatic repertoire. \$23-\$357, www.sfopera.com

Opera in the Park

Sunday, Sep 8, 1:30 p.m.

Sharon Meadow, Golden Gate Park

Bring a picnic and come enjoy arias al fresco while previewing the upcoming S.F. Opera season featuring the fall season stars. Free, 415-864-3330, www.sfopera.com

SF Playhouse: Camelot

Tue-Sat & Sunday, Sep 8-21

Kensington Park Hotel (450 Post St.)

This timeless and powerful love triangle between legendary King Arthur, his Queen Guenevere and his best friend Lancelot features one of Broadway's most enchanting musical scores. \$25-\$60, 415-677-9596, www.sfplayhouse.org



S.F. Improv Fest

Eureka Theatre (215 Jackson St.)

Daily, Sep 12-15 & 17-21

Don't miss this fantastic collection of acts from around the bay and around the world. \$5-\$25, www.theeurekatheatre.com

20th Annual Dancing Poetry Festival

Wednesday, Sep 14, noon-4 p.m.

Florence Gould Theater, Palace of the Legion of Honor

Enjoy this beautiful art form as dance companies from across Northern California will perform to poetry. \$6-\$15, 510-235-0361, naticaei@aol.com

Glide Ensemble and the Change Band

Friday, Sep 20, 7:30 p.m.

Miner Auditorium, S.F. Jazz Center

Celebrate the ensemble's 50 years of bringing audiences to their feet with an inspiring mix of musical influences from spiritual, gospel, jazz, blues, pop, and soul. \$65-\$150, 866-920-5299, www.sfjazz.org

38th Annual S.F. Standup Comedy Competition

Saturday, Sep 21, 8 p.m.

S.F. Jewish Community Center

Laugh until it hurts as the best new comedic talent from across the country hits the stage in the preliminary round of head-to-head competition. For mature audiences only. \$25-\$35, 415-292-1200, www.jccsf.org

NIGHTLIFE

After Dark: Transformation

Thursday, Sep 5, 6 p.m.

Exploratorium (Pier 15)

Explore the power of change and transformation and the elegant ways the world grows and evolves. Ages 18+, \$10-\$15, 415-528-4444, www.exploratorium.edu

Robert Walter's 20th Congress

Fri-Sat, Sep 6-7, 9:30 p.m.

Boom Boom Room (1601 Fillmore St.)

Adrian Hibbs will open for 20th Congress in a one-weekend only reunion of super-charged electric funk. \$20, 415-673-8000, www.boombooblues.com



Friday Nights at the de Young: Belief

Friday, Sep 6, 5 p.m.
de Young Museum

Take part in an after-hours mix of live music, dance and theater performances, film screenings, lectures, hands-on art demonstrations, and more in this new Friday night series. This week, the activity is based around the special exhibition Objects of Belief from the Vatican: Art of Africa, Oceania, and the Americas. Free, <https://tickets.famsf.org>

The Rides

Wednesday, Sep 25, 8 p.m.

The Fillmore

Hear this new all-star blues-rock trio formed by legendary singer-songwriter and Buffalo Springfield/CSN/CSN&Y principal Stephen Stills, fellow guitar slinger Kenny Wayne Shepherd, and venerable Electric Flag keyboardist Barry Goldberg as they promote their debut album, Can't Get Enough. \$49.50, 415-346-6000, www.thefillmore.com

SCIENCE & THE ENVIRONMENT

Leonardo Art/Science Evening Rendezvous

Monday, Sep 9, 6:45 p.m.

Fromm Hall, USF (2130 Fulton St.)

Enjoy an evening of socializing and presentations from the worlds of art and science, including Margot Gerritsen on Linear Algebra, Allison Leigh Holt on hybrid reality in Javanese culture, and more. Free, www.scaruffi.com/leonardo/sep2013.html

Disease in a Borderless World

Tuesday, Sep 17, 7-8 p.m.

World Affairs Council (312 Sutter St.)

Explore the frightening world of pandemics with Nobel Laureate Peter Doherty, the chair of biomedical research at St. Jude Children's Research Hospital. He'll reveal how pandemics spread and what science has learned about how to prevent them. Free-\$15, 415-293-4600, www.worldaffairs.org

Metro Revolution

Thursday, Sep 19, 6:30 p.m.

The Commonwealth Club (595 Market St.)

Mayor Ed Lee joins a panel of urban planning experts to discuss the degree to which San Francisco's redevelopment efforts are models for communities planning for climate change. \$7-20, 415-597-6705, www.commonwealthclub.org

California Coastal Cleanup Day

Saturday, Sep 21, 9 a.m.-noon

Various coastal locations

Pitch in and lend a hand throughout the Golden Gate National Parks and beyond — last year over 50 percent of collected debris was diverted from the landfill. Free, registration required at 415-561-3077, www.parksconservancy.org

FILMS & LECTURES

Summer Films Series

Wednesdays thru Sep 19, 6:30 p.m.

Goethe Institut (530 Bush St.)

The German cultural center features *In July* (in German with English subtitles, Sep 4) and *The Seawolf I & II* (in English, Sep 11 and 18), the former German-Turkish road movie and love comedy featuring award-winning actor Moritz Bleibtreu, the latter a mix of high-seas adventure and psychological thriller. \$5 suggested donation, 415-263-8760, www.goethe.de/sanfrancisco

An Evening with Mark Leibovich and Lt. Gov. Gavin Newsom

Wednesday, Sep 4, 6 p.m.

The Commonwealth Club (595 Market St.)

Gavin Newsom will interview *New York Times* journalist Mark Leibovich, whose new book about corruption in the nation's capital, *This Town*, has set tongues wagging from coast to coast. \$7-\$20, 415-597-6705, www.commonwealthclub.org

Alternative Vision

Wednesday, Sep 4-Oct 30

UC Berkeley Art Museum and Pacific Film Archive (2575 Bancroft Way, Berkeley)

The annual film series highlighting experimental films includes appearances by Nancy Andrews, Phil Solomon, Abigail Child, and more. \$9.50-\$13.50, 510-642-1124, <http://bampfa.berkeley.edu>

5th Atheist Film Festival

Saturday, Sep 14

Roxie Theater (3117 16th St.)

From a documentary on Texas school leaders gutting textbook science to a satire on fake gurus, the festival brings together at least six films representing atheist themes and topics. \$10-\$45, <http://sfatheistfilmfestival.org>

POTABLES & EDIBLES

Tacolicious Guest Chef Taco Series: Brett Emerson

Thursday, Sep 5, 10 a.m.-2 p.m.

Tacolicious stand, Ferry Plaza Farmers' Market

Taco lovers rejoice! Taste delicious and creative tacos while benefiting CUESA's Schoolyard to Market and seller scholarship programs. 415-291-3276, www.cuesa.org



Plate by Plate: San Francisco 2013

Saturday, Sep 14, 6:30-10:30 p.m.

City View (135 Fourth St.)

Sip on drinks from acclaimed wineries and beverage purveyors, savor cuisines prepared by top chefs, and enjoy lively entertainment and a silent auction to benefit Project by Project, which raises awareness for issues affecting the Asian American community. \$115-\$250, www.projectbyproject.org

18th Annual Ghirardelli Square Chocolate Festival

Sat-Sun, Sep 14-15, noon-5 p.m.

Ghirardelli Square

This two-day long celebration of chocolate will feature sampling by some of the finest local dessert companies and of course Ghirardelli chocolate. Come enjoy live music, chef demonstrations, ice cream eating contests, and more to benefit Project Open Hand. \$20-\$25, 888-402-6262, www.ghirardellisq.com

SPORTS & HEALTH

9th Annual Peak2Peak

Saturday, Sep 7, 9 a.m.

Glen Park Canyon Park to Park Chalet

Discover hidden stairways, explore little-known pathways, and take in breathtaking views over 12 miles and 10 peaks, while you support Walk S.F.'s work to create streets safer, and more walkable, livable neighborhoods. Includes lunch and one-year membership to Walk S.F. \$95, 415-431-9255, www.walksf.org

Young Professionals Kickball Game

Wednesday, Sep 11, 6:30-8 p.m.

Main Post Parade Ground, the Presidio

Join the Presidio YMCA for kickball plus meet people and have fun! Meet at Main Post Gym and walk over at 6:45pm. Open to members and friends in the community ages 21-35. Free, www.ymcasf.org, 415-447-9622

Sleeping Well

Wednesday, Sep 18, 5:30-7 p.m.

Enright Room, CPMC (2333 Buchanan St.)

Many factors may prevent you from getting good sleep. This workshop will focus on self-care strategies and simple relaxation techniques. \$10 donation suggested, register at 415-923-3155 or cpmcchrc@sutterhealth.org.



Celiac Awareness & Gluten-Free Tour

Sat-Sun, Sep 21-22, 9 a.m.-3 p.m.

Fleet Room, Bldg D, Fort Mason Center

Meet top medical experts, watch live cooking demonstrations, and enjoy gluten-free food samples from dozens of local and national food and beverage companies. Free-\$15, 440-799-4344, www.celiacawarenesstour.com

CHILD'S PLAY

Yerba Buena Family Day

Sunday, Sep 15, 11 a.m.-4 p.m.

SFMOMA, Contemporary Jewish Museum, MoAD, Children's Creativity Museum & Yerba Buena Gardens

The Yerba Buena arts district is transformed into a huge family block party with special art activities and performances for a nonstop day of family fun. Includes free admission to participating museums. Free, 415-614-3216, www.ybfamilyday.org

Exploratorium Market Days: Savor Faire

Saturday, Sep 21, 11 a.m.-3 p.m.

Public Plaza in front of Pier 15

Come enjoy this open-air minifestival bringing together scientists, artists, and educators to present encounters with local phenomena ranging from culinary seasonings to "spacecraft" made from upcycled materials. See curated art and science demos, hands-on activities, exhibits, and craft displays. Free, 415-528-4444, www.exploratorium.edu

Young Performers Theatre: Puss In Boots

Sat & Sun, Sep 21-Oct 6

Young Performers Theatre, Bldg C, Fort Mason Center

Experience the enchanting tale of the loveable Simple, who befriends an extremely clever cat, who is so grateful for his friendship (and beautiful pair of boots) that they go on a series of magical adventures together. \$10, 415-346-5550, www.ypt.org

CREATURE FEATURES

2nd Annual ARF Awards Dinner

Saturday, Sep 14, 6 p.m.

The Four Seasons Hotel

The red carpet is being rolled out for Tony La Russa's Animal Rescue Foundation's big awards dinner. Join Tony and Elaine La Russa and friends for a cocktail reception, silent auction, and gourmet dinner. \$250 & up, 925-296-3154, www.arf.net



5th Annual Moolah for Mutts

Saturday, Sep 21, 6:30-10 p.m.

Terra Gallery (511 Harrison St.)

This annual fundraiser for senior dog rescue Muttville is an award-winning gala — a fun-filled evening of food, drink, music, auctions, raffles, and goody bags. \$125, www.moolahformutts.org

JUST FOR FUN

KUSF Rock-n-Swap

Sunday, Sep 8, 7 a.m.-4 p.m.

McLaren Hall, USF (2130 Fulton St.)

This giant music lovers' fair featuring vendors offering music-related items in various formats and genres, many hard-to-find and rarities, supports KUSF-FM (90.3). \$3-\$10, 415-386-5873, www.usfca.edu

Cliff House and Beyond Walking Tour

Saturday, Sep 14, 9:30 a.m.-11 a.m.

Cliff House

Start with a continental breakfast at the historic oceanside restaurant, then walk 1.5 miles through Adolph Sutro's magical "kingdom by the sea" with historian guide John A. Martini. \$40, 415-666-4006, www.cliffhouse.com

Urban Air Market

Sunday, Sep 15, 11 a.m.-6 p.m.

Octavia Blvd. at Hayes

This largest outdoor design festival in the country is the only independent fashion show focusing on sustainable design and features 150 local artists and designers. Free, urbanairmarket.com

33rd Annual Comedy Day

Sunday, Sep 15, noon-5 p.m.

Sharon Meadow, Golden Gate Park

A must-see for over 30 years, you won't want to miss this afternoon of 40 comedians and a million laughs. Free, <http://comedyday.org>

2013 S.F. Pub Run

Saturday, Sep 21, 11 a.m.

Starts: Public House (AT&T Park)

Run from pub to pub and enjoy a drink special at each of six pubs. Race ends at Fort Mason. Raise \$100, www.sfpubrun.com



Vintage Fashion Expo

Fri-Sat, Sep 21-22

Concourse Exhibition Center

Join your fellow clotheshorses, fashion designers, costumers, celebs, and fashion editors from all over the globe at this show featuring 85 dealers of vintage clothing, accessories and textiles from a wide range of time periods and every style imaginable. \$10, 415-468-7482, www.vintageexpo.com

Behind the Plank: A Bartender's Tour of North Beach

Wednesday, Sep 25, 7-9 p.m.

Canessa Gallery (709 Montgomery St.)

Hear a panel of longtime North Beach bar owners from Vesuvio, Pier 23/Sweeties, Enrico's, and Original Joes tell their tales of local color in North Beach over the decades. Includes food; drinks by donation. \$10-\$15, 415-843-1011, www.thd.org/art-and-culture

S.F. Oyster Urban Adventure Race

Friday, Sep 27, 4 p.m.

Sports Basement, the Presidio

This 10-30-mile fun mystery course combines athleticism and intelligence where you'll run, bike, perform bizarre tasks, and solve mind-wrenching puzzles. Proceeds benefit Make-a-Wish foundation. \$95 & up, 877-328-2783, www.sfoyster.com

Victorian Home Tradeshow

Sunday, Sep 29, 10 a.m.-6 p.m.

Fort Mason Center

Learn about and discuss all things Victorian at this first annual trade show that will bring together more than 1,000 home owners, antiques enthusiasts and affiliated artisans, artists, tradesmen, craftspeople, and contractors. \$10, 415-824-2666, <http://sfvictorianhometradeshow.eventbrite.com>

E-mail: calendar@marinatimes.com

Functional fitness helps everyone perform better

by julie mitchell

WE ALL KNOW that athletes do specialized workouts to help them perform better in their individual sports. The rest of us tend to work out to stay fit, manage stress, and maintain our weight. But what we may be missing is specific training that can aid us in performing commonplace tasks, whether it's carrying in groceries bags from the car, lifting a toddler, or even playing a seemingly simple sport like golf.

Enter functional fitness, a term that has its origins in rehabilitation. Physical therapists have long worked with clients by developing a customized training routine that helps them regain the ability to perform the way they did before an injury. Functional fitness uses exercise to help develop muscles in an integrated way with a focus on stability, strength, and stretching, all personalized to meet an individual's needs. According to a recent story on CNN Health, functional fitness ranked eighth on the American College of Sports Medicine's list of the top 2013 fitness trends.

Many personal trainers and group exercise classes at gyms now incorporate functional fitness into their workouts. For example, when you do a squat combined with bicep curls using free weights, you're using the same muscles you would use to bend down and pick up a five-pound bag of dog food or a full laundry basket. While core, or mid-section strength, is key, functional fitness targets all the major muscle groups and joints we use every day like elbows, spine, shoulders, hips, knees, and ankles.

According to Ronan Lennon, a personal trainer at the A Body of Work studio in the Presidio who has been training clients of



An instructor oversees a Gyrotonics workout at A Body of Work PHOTOS: A BODY OF WORK

all ages for 23 years using functional fitness, exercise should be specific to whatever a client is trying to achieve. "Usually I help people whose muscles are short and tight stretch first to improve posture, adding on stability whether on a balance board or a Bosu, and then move to strengthening exercises and core work. Right now I have several clients who ride horse-

based on specialized equipment that stretches joints, connective tissue, and muscles — are used to help meet fitness goals whether the client is a golfer, a tennis player or just someone who wants to become more fit.

"We design an individualized program for each person who walks in, and functional fitness is woven in to fit a person's goals for movement, strength, flexibility, and motor skills. And as their fitness level or needs change, we tailor the program to meet their needs," says Sullivan. The studio offers both

one-on-one training and group exercise classes.

So the next time you're at the gym, ask a trainer about functional fitness options, or stop by for a free evaluation at A Body of Work. And go ahead, bring in those heavy bags from the grocery store, no problem.

A Body of Work: 569 Ruger Street, 415-561-3991, www.abodyofwork-sf.com

E-mail: julie@marinatimes.com

Functional fitness targets all of the major muscle groups.

back, and they need workouts that provide a lot of stability and coordination."

Jean Sullivan, owner of A Body of Work, says that the studio focuses on functional fitness by working with clients on primary movement patterns with special attention to posture and alignment. Classes and personal instruction in Pilates, yoga, and Gyrotonics — an exercise program composed of spiraling, circular movements and breath

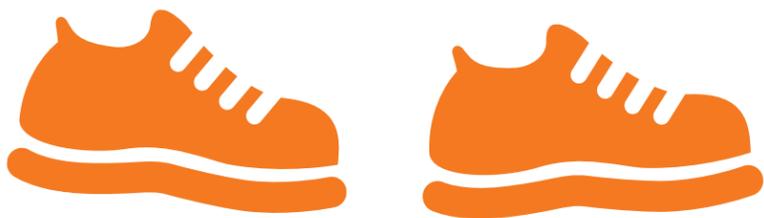


Teenagers take a functional fitness class at A Body of Work



FOR YOUTH DEVELOPMENT
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Food allergies

What every parent needs to know

by liz farrell

MY FIVE-YEAR-OLD SON HAS BEEN telling us since he was three years old that he was allergic to peanuts. He hated the smell, and he couldn't tolerate being in the same vicinity of anyone eating a peanut butter sandwich. Because he is starting kindergarten this year, we decided to get him tested so we would be certain whether it was just a strong dislike or an actual allergy.

Sure enough, the blood work came back showing a high level of IgE, the antibody for peanuts. Then, three weeks later we were hit with the devastating news that a family friend's teenage daughter (with a known peanut allergy) died after tasting a Rice Krispie treat that contained peanut butter. The teen and her parents did everything they were supposed to, but it wasn't enough. She knew after a bite that the treat had peanuts, and told her mom, who administered Benadryl. Then her surgeon father used four EpiPens to try to save her. The cause of death was severe laryngeal edema, a swelling in the throat.

When you hear news like this you can't help but be overwhelmed by sadness from the death of a young girl with so much life ahead. It made me immediately hug each of my own children a little tighter. And as you can imagine, this tragedy really hit home because we were still adjusting to the news of our own son's allergy. Unfortunately, there is no way to change the outcome for this family, but we can honor the young girl's memory by being aware of just how serious food allergies can be.

FOOD ALLERGIES ON THE RISE

Researchers acknowledge food allergies are on the rise with no solid answers as to why. According to a recent report in May 2013 from the federal Centers for Disease Control and Prevention, the number of U.S. children who have food allergies rose by 50 percent from 1997 to 2011. Peanut allergies in particular have tripled between 1997 and 2008, according to a study published three years ago. Almost all food allergies result from exposure to eight kinds of foods: eggs, milk, peanuts, tree nuts, soy, wheat, shellfish, and fish. Reactions can vary in severity from mild skin hives to anaphylactic shock, which can lead to death. According to Food Allergy Research & Education, a Washington, D.C. nonprofit, more than 200,000 emergency room visits each year are a result of food allergies.

BE AWARE AND BE PREPARED

The point here is not to scare — death from a food allergy is limited to less than 200 people a year; however, with this new knowledge, this is a new era. If you have a

child with an allergy, parents, grandparents, teachers, and caregivers also need to know. The best way for that is with a simple phrase we have now instituted in our family: "always ask, always tell." *Always ask* is a good mantra for children with allergies to make sure that before they take food to always ask what's in it, especially baked goods, which can be the trickiest. It also means if you have a child over for a playdate or drive a sports car-pool after school and offer a snack, always ask if anyone has an allergy. *Always tell* means that as parents it is our responsibility to inform other parents who supervise our child about the allergy.

Another part of being aware is to always be prepared. Just as you would never leave home without diapers and wipes for a baby, parents who have a child with a food allergy must never leave home without Benadryl and an EpiPen. These items should also be available at places where the child spends a majority of time — school, home, and even a relative's home.

In addition, a physician friend makes an excellent point: It is not good enough just to have these items available — the people around the child most need to know how and when to use them, so if that becomes necessary, no one panics and everyone knows exactly what to do. We decided to have a family meeting with grandparents, aunts, uncles, and our regular babysitter to give them the facts about our son's allergy and to take turns practicing with an EpiPen (the prescription comes with a practice pen without a needle).

Most important for any family dealing with a food allergy is that their child always feels safe whether at home, school, or with a friend or relative. Many schools have decided to go nut free to avoid any risk of a child having a reaction. I have also found in talking to other families dealing with food allergies that it is easiest when the whole house is completely free of the allergen. For our family, knowing there is nothing in the house that could cause a problem brings all of us greater peace of mind.

This experience has been a transition for our family — one that now requires planning ahead, reading labels, and paying extra attention, especially at big events or activities where food may not be as well monitored as at home. We are still adjusting and still learning so that as parents we can be as educated, aware, and as prepared as possible.

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

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THE URBAN HOME & GARDEN

Planting fall bulbs for spring bloom

by julia strzesieski

AUTUMN IS THE TIME TO PLANT fall bulbs that bloom in spring and early summer — including daffodils, tulips, freesias, and hyacinths — and summer bloomers such as iris.

SELECTING THE BEST BULB

Bulb is the common name for any of a group of plants that have underground “storage organs.” These accumulate nutrient reserves to ensure the

Good soil is crucial to winter and wet season survival as well as bloom performance in subsequent years. Drainage and moisture retention are key — saturated soil will drown or rot bulbs over the winter months. If the drainage in your garden is poor, you might consider planting on a slope or in raised flowerbeds.

Soils that don't absorb moisture may be nutrient-poor. Amendments like compost, peat moss, and fine-textured mulch will provide the organic matter for a good bulb bed.

Fertilizers like bone meal, superphosphate, or specialized bulb mixes are highly recommended to add slow-release phosphorus for fantastic flowers next year. Work a complete fertilizer into the soil or, if you are planting

When purchasing bulbs, watch closely for the plant origin. Avoid wild bulbs.

plant's survival during the dormant season, and supply energy for growth and blossoming in the year to come. Whether your plant is a true bulb, rhizome, corm, tuber, or tuberous root, there are a few things to remember when selecting bulbs for planting in your garden.

Choose bulbs that are plump, firm, and heavy. Don't buy any that feel soft, mushy, or shriveled. Larger-sized bulbs will often yield more flowers but may be expensive. Alternatively, you may wish to choose more economical mid-size specimens — the plants will grow over the next year or two and eventually bloom as richly as the larger bulbs.

When purchasing bulbs, watch closely for the plant origin. Avoid buying wild bulbs — in many cases, these bulbs have been so extensively dug in the wild that the plants are considered endangered species in their native habitats. Any commercially grown plants will probably be labeled as a named variety or a hybrid; they should also be marked “commercially propagated” or “from cultivated stock.” If the bulbs are not labeled, make sure to ask about their origin before buying to avoid contributing to the loss of these plants in the wild. The bulbs can be stored in the refrigerator for a few weeks until you are ready to plant them. Keep them in a sealed plastic bag away from food.

around already established plants, dig up to a teaspoon (depending on the type) of fertilizer into the bottom of each hole, then add an inch or two of compost (or other soil amendment) before planting the bulb. Each spring-flowering bulb variety has its preferred depth, but a general rule is to plant at a depth equal to twice the bulb's height.

In a hot area or in sandy soils, you can plant slightly deeper; in heavy soil, plant more shallow.



PHOTO: SELBE B. / FLICKR

CARING FOR YOUR BULBS

Caring for your bulbs once they have sprouted is quite simple. If you like, you may apply a light fertilizer just before bloom time. This can be done with either a water-soluble or granulated fertilizer or compost

worked into the surface of the soil.

Let the plant continue to grow until it completely dies off and turns brown. This enables it to come back the following year. It's tempting to remove all the leftover yellowing foliage when the plant has finished blooming, but the longer the leaves remain on the plant, the more nutrients the plant will be

The longer the leaves remain on the plant, the more nutrients the plant can store.

able to store in its bulb for the upcoming dormant season.

Follow these guidelines, and you'll be rewarded with beautiful flowers in your garden next spring.

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

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MYSTERY HOUSEBUYER ∴ Make your own time

What Egypt can teach us

by anonymous

A YEAR OR SO AGO, HGTV's *House Hunters* program was under fire for manipulating the homebuying stories it portrays. The reality show, critics cried, did not portray reality. But another HGTV house-buying program is more realistic, and it continues to have a valuable lesson for us today in San Francisco.

The program is called *Property Virgins*. Each episode features Atlanta-area real estate agent Egypt Sherrod and a first-time homebuyer or buyers. Usually, though not always, the "property virgins" are a young couple, often looking to purchase their first place after having gotten married or landed that first solid job. Sherrod meets with them to learn their (often wildly unrealistic) wish list and their (often woefully unrealistic) budget. Then she shows them a series of homes that fit their requirements.

If this were *House Hunters*, every single episode would end with the property virgins losing their, um, first-time status and selecting and buying a home. But on the *Property Virgins* TV show, just like in real life, it doesn't always end so simplistically. Sherrod is always needing to be more than just a property agent; she's also an advisor and even a

counselor, nudging her clients to adjust their wish lists to make them come into line with their budgets and with the available properties.

But the lesson for us comes in those not infrequent episodes in which the property virgins retain their virginity at the end of the program. Sometimes they get cold feet, have second thoughts about a home on which they were just about to make an offer. And sometimes they keep finding reasons not to like homes Sherrod presents them, even when the homes meet their budget and tick off every box on their must-have list. Those episodes often end with Sherrod having a frank chat with them. Are they really not ready to buy a home? Would they be better off taking a break in their house hunt for six months? The relief on the faces of the clients is often obvious. They realize they are not going to be pressured into a decision they might regret.

In other words, it's a true reality show. And in San Francisco right now, with inventory constrained, prices soaring, and many house hunters flush with cash, the pressure can be strong to buy the first halfway decent property you can remotely afford.

Unless you print your own money or have inherited a fortune, you are probably better off listening

to Sherrod rather than emptying your kids' college fund to buy a \$1.3 million fixer-upper in an allegedly "up and coming" neighborhood. You are probably better off waiting until the price spikes subside and the inventory of properties for sale increases (which lags the price spikes, which are what draws to the market home sellers waiting to make the most on their sale).

Prices are bizarre right now. Our home was purchased less than two years ago, and it has nearly doubled in estimated value. (I guess that new curtain we put up in the guest bedroom really added value.) We won't be looking to sell it during this market peak; we bought it to live in, not to sell. But we do amuse ourselves by checking the Zillow.com estimates on a regular basis and seeing its estimated value rise by a ridiculous \$10,000 or so a week.

We know too many people who purchased their homes during the last boom period in Bay Area home prices and who, even though their homes are also increasing in values each week like ours is, are still underwater. To avoid becoming that type of an owner, you might need your own personal Sherrodian intervention.

It is quite possible that even in these hyper-priced times, you will come across the one home that



Egypt Sherrod, host of HGTV's *Property Virgins* PHOTO: COURTESY EGYPTSHERROD.COM

makes your soul sing and that fits your budget. Even if it hits or bursts the top of your budget, it might not be crazy to go for it if you are planning to own it longterm and can still swing the finances. And, of course, if your millionaire parents just tragically passed away, leaving you with more money than you know what to do with, buy with abandon.

Because the market will turn.

When it does, it will catch a lot of people paying super-sized mortgages they can barely afford. The post-crash retrenchment by the financial services world has

supposedly reduced the number of people getting poorly vetted loans they can barely handle in the best of economic conditions. So we can expect less of a foreclosure disaster the next time valuations collapse. But there will still be plenty of people — even those who paid cash for their homes — who will be stunned or kicking themselves in a couple years when the home they bought for \$1 million is valued at \$720,000. If they need to sell it then, they will wish they had learned from Sherrod.

Anonymous enjoys anonymity.



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The Marina Times Real Estate Market Report: July 2013

By Hill & Co.

SINGLE FAMILY HOME SALES

NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow	2303 Filbert Street	3BD/3BA	\$2,645,000	Below	26
	2730 Union Street	3BD/3.5BA	\$3,550,000	Above	0
Lake	111 Sixth Avenue	4BD/2BA	\$1,650,000	Above	14
	1918 Lake Street	3BD/2.5BA	\$2,080,000	Above	7
	80 21st Avenue	5BD/4.5BA	\$3,300,000	Above	84
	2 18th Avenue	5BD/3.75BA	\$3,932,000	Below	86
Laurel Heights	37 Blake Street	2BD/2BA	\$851,000	Above	19
	85 Jordan Avenue	5BD/4BA	\$3,975,000	Below	17
Lone Mountain	69 Almaden Court	2BD/1.25BA	\$1,360,000	Above	41
	2539 Turk Boulevard	3BD/1.5BA	\$1,370,000	Below	31
	326 Ewing Terrace	3BD/3BA	\$1,700,000	Above	30
	36 Kittredge Terrace	3BD/3BA	\$1,865,000	Above	25
Marina	3305 Broderick Street	2BD/2BA	\$1,550,000	Above	14
	2596 Chestnut Street	3BD/2BA	\$1,872,500	Below	6
Nob Hill (no sales)					
North Beach (no sales)					
Pacific Heights	2331 Jackson Street	3BD/4.5BA	\$2,975,000	Below	37
	1961 Green Street	5BD/3.5BA	\$4,650,000	Above	11
	2224 Sacramento Street	5BD/6BA	\$5,400,000	Below	191
	2550 Baker Street	5BD/3.5BA	\$5,550,000	Above	14
	2701 Pacific Avenue	7BD/4BA	\$8,600,000	Below	18
	2570 Jackson Street	11BD/8.5BA	\$9,600,000	Above	23
	2898 Vallejo Street	6BD/5.75BA	\$11,700,000	Below	116
Presidio Heights	3409 Pacific Avenue	5BD/4.5BA	\$4,970,000	Below	40
	3660 Jackson Street	6BD/6.5BA	\$18,000,000	Above	6
Russian Hill (no sales)					
Sea Cliff (no sales)					
Telegraph Hill (no sales)					

CONDOS

NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET	
Cow Hollow	2907 Octavia Street	1BD/1BA	\$580,000	At	3	
	2701 Van Ness Avenue #209	1BD/1BA	\$680,000	Above	40	
	2937 Scott Street #1	1BD/1BA	\$715,000	Above	44	
	2347 Union Street #3	1BD/1BA	\$845,000	Above	40	
	1624 Filbert Street #4	1BD/1BA	\$885,000	Above	33	
	1635-1635 Lombard Street	3BD/2.5BA	\$1,130,000	Above	138	
	2234 Filbert Street	2BD/1BA	\$1,235,000	Above	20	
	2827 Laguna Street	4BD/2BA	\$1,657,356	Above	25	
Lake	92-92 Sixth Avenue	1BD/1BA	\$701,000	Above	20	
	105 19th Avenue	2BD/2BA	\$910,000	Above	8	
	4627 California Street	2BD/1.5BA	\$960,000	Above	46	
	238 24th Avenue	2BD/2BA	\$1,380,000	Above	10	
	66 Fifth Avenue	3BD/1.5BA	\$1,422,000	Above	13	
	123 Third Avenue	3BD/2BA	\$1,575,000	Below	62	
Laurel Heights	8 Jordan Avenue #2	2BD/1BA	\$720,000	Above	38	
Lone Mountain	126 Beaumont Avenue	2BD/2BA	\$975,000	Above	35	
Marina	1655 Chestnut Street #102	1BD/1BA	\$697,000	Above	25	
	1468 Francisco Street #3	1BD/1BA	\$730,000	Above	28	
	3701 Divisadero Street #303	1BD/1BA	\$831,000	Above	27	
	1734 Bay Street #101	2BD/2BA	\$850,000	Above	53	
	1655 Chestnut Street #302	2BD/2BA	\$1,000,000	Above	49	
	1775 Chestnut Street	2BD/2BA	\$1,170,000	At	0	
	3342 Divisadero Street	2BD/1.25BA	\$1,400,000	Above	18	
	1969 Jefferson Street	2BD/2BA	\$1,600,000	Above	33	
	Nob Hill	1332 Leavenworth Street	1BD/1BA	\$590,000	Above	44
		1630 Clay Street #6	1BD/1BA	\$628,000	Above	77
1418 Jackson Street		2BD/1BA	\$696,000	Above	105	
1255 California Street #504		1BD/1.5BA	\$720,000	Above	53	
1650 Jackson Street #907		1BD/1BA	\$753,000	Below	48	
1101 Pacific Avenue #301		2BD/1BA	\$810,000	Above	47	
1440 Broadway Street #205		2BD/2BA	\$900,000	Above	18	
1810 Polk Street #509		2BD/2BA	\$925,000	Above	31	
1544 Jones Street		2BD/2BA	\$1,018,000	Above	0	
1250 Jones Street #902		1BD/1BA	\$1,112,500	Above	11	
1552 Jones Street		2BD/2BA	\$1,120,000	Above	21	
1437 Sacramento Street		2BD/1.5BA	\$1,200,000	Above	24	
1537 Pacific Avenue		4BD/1.5BA	\$1,265,000	Above	40	
840 Powell Street #102		2BD/1.5BA	\$1,400,000	Above	12	
1333 Jones Street #907		1BD/2BA	\$1,500,000	Above	35	
1200 California Street #4B		2BD/2BA	\$1,550,000	Below	136	
1170 Sacramento Street #11B		2BD/2.5BA	\$2,700,000	Below	42	
North Beach	629 Chestnut Street #101	2BD/2BA	\$750,000	Above	31	
Pacific Heights	2211 California Street #205	0BD/1BA	\$267,244	At	88	
	2077 Jackson Street #202	1BD/1BA	\$587,500	Below	59	
	2727 Jackson Street #A	1BD/1BA	\$590,000	Above	31	
	2171 Sacramento Street #4	1BD/1BA	\$625,000	Above	13	
	2172 Pacific Avenue #2	1BD/1BA	\$730,000	Below	52	
	1818 Broadway Street #306	1BD/1BA	\$825,000	Above	34	
	1835 Franklin Street #103	2BD/2BA	\$840,000	Above	34	
	2200 Sacramento Street #608	1BD/2BA	\$885,000	Below	153	
	2200 Pacific Avenue #7B	1BD/1BA	\$980,000	Above	14	
	1970 Sacramento Street #102	2BD/1.5BA	\$980,000	Above	21	
	2200 Pacific Avenue #3F	2BD/2BA	\$1,350,000	Below	20	
	2200 Pacific Avenue #11F	2BD/2BA	\$1,450,000	Above	13	
	1902 Lyon Street #C	2BD/2.5BA	\$1,510,000	Above	26	
	1912 Broderick Street	3BD/1.5BA	\$1,629,000	Above	35	
	2249 Washington Street	2BD/2BA	\$1,650,000	Above	19	
	1998 Broadway Street #1605	2BD/2BA	\$1,900,000	Below	25	
	3018 Clay Street	3BD/2BA	\$2,000,000	Above	17	
	2169 Green Street #2	2BD/2BA	\$2,015,000	Below	20	
	2867 Clay Street	3BD/2BA	\$2,100,000	Above	16	
	1810 Green Street	3BD/3.5BA	\$2,125,000	At	10	
2060 Jackson Street	3BD/3.5BA	\$3,995,000	At	12		
2062 Jackson Street	3BD/2.5BA	\$4,000,000	Above	17		
Presidio Heights	432-436 Laurel Street #434	2BD/2BA	\$1,225,000	At	36	
	432-436 Laurel Street #432	2BD/2BA	\$1,325,000	Below	36	
	310 Walnut Street	2BD/2BA	\$1,550,000	Above	0	
	3326 Washington Street	2BD/2BA	\$1,700,000	Below	6	
	3439 Sacramento Street #401	3BD/2BA	\$2,000,000	Below	41	
	3271 Jackson Street	3BD/2BA	\$2,810,000	Above	0	
Russian Hill	1342 Green Street #6	1BD/1BA	\$775,000	Above	48	
	1000 North Point Street #302	2BD/1BA	\$825,000	Below	47	
	1438 Filbert Street #401	2BD/2BA	\$988,888	Above	11	
	968 Union Street	2BD/1.5BA	\$1,000,000	Above	72	
	912 Filbert Street	3BD/2BA	\$1,725,000	Above	31	
	900 North Point #224	2BD/2BA	\$2,200,000	At	0	
	2335 Hyde Street #1	3BD/3.5BA	\$3,460,000	Above	9	
	945 Green Street #11	5BD/5.5BA	\$6,450,000	Below	81	
	1750 Taylor Street #2201	2BD/2.5BA	\$6,600,000	At	38	
	945 Green Street #7	3BD/4BA	\$6,850,000	Below	62	
Sea Cliff (no sales)						
Telegraph Hill	454 Lombard Street #5	1BD/1BA	\$620,000	Above	69	
	439 Greenwich Street #2B	2BD/1BA	\$767,000	Above	23	
	37 Midway Street #3	2BD/2.5BA	\$1,050,000	Below	58	
	32 Prescott Court	2BD/2BA	\$1,189,000	At	62	

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

REAL ESTATE INSIGHT :: Off-market



GRAPH: PARAGON REAL ESTATE GROUP

A sizzling market

by carrie buchanan goodman & lisa miller

THE ONE THING THAT WE UNDERSTAND above everything else right now is that this market can be frustrating. It's frustrating for buyers, because they are getting outbid on multiple properties and it's difficult to fully understand pricing. For the people who would love to sell right now — and take advantage of these extraordinary prices — the big question is “but where do we go?”

The great news for buyers is that interest rates are still at historic lows. With a trusted real estate advisor, you can navigate multiple offers and still win — and in some cases there are still some good values out there. Try not

to get too emotionally attached, and have patience; it's not always advantageous to be the winner in a heated multiple-bid situation. We do not have a crystal ball, but many experts say that we are only four years into a potential eight-to-nine-year cycle. We could look back on 2013 prices and think “what a bargain.”

For sellers and the question about “where will I go,” this is difficult. If it's time to downsize, you need more space, or you're moving out of the City, it's a great time to sell. If you want to stay in the City, your chances will improve if you're working with a real estate agent who knows the market well, can navigate the offer process, and is a good networker. There are a lot of deals that are being done “off market,” and it's important that you have an agent with an ear to the ground. There are a lot of reasons that people may sell their property without putting it on the open market (the multiple listing service or MLS). Some people want to maintain their privacy and don't want hordes of people coming through their home, or they already have identified another property and need to sell quickly. These are just some reasons, but if you don't have an agent with a strong network, you will never know about these opportu-

nities. More than half of the deals that my partner and I have done this year are off market.

The interesting thing about a hot market is that sellers often think that they can get extraordinary prices without any effort. Preparation is still key and something that we feel strongly about. We take homes that look like a fraternity crash pad and turn them into magazine-worthy photo opportunities. Many buyers do not have vision, and you have to create the dream for them. You want

people to walk in and imagine themselves in a beautiful environment and think that they can live this lifestyle. A fresh coat of paint, finished floors, and professional staging often add as much as 5% or more to the sales price.

Over-pricing can be as negative as lack of preparation. Statistically a property will not receive any offers if it's not within five percent of the perceived market value. This is tricky in a heated market environment and another reason why you need an agent who knows the market and isn't afraid to tell it to you straight. An agent who inflates the selling price to gain your favor and obtain the listing contract is doing you a disservice. In almost every case this will result in a property sitting on the market and inevitably “chasing the market” to find the correct price. In this case sellers usually ends up with less in their pocket than they would have had the property been properly priced in the first place.

Without the benefit of a crystal ball, we can't predict where prices will go, but based on historical data, we believe in the value of real estate and take great pleasure in helping counsel our clients. We're always happy to share our two cents!

Carrie Goodman and Lisa Miller are Realtors at Paragon Real Estate Group in San Francisco. Carrie + Lisa are in the top 1 percent of Realtors in San Francisco and ranked by The Wall Street Journal as one of the top 200 teams in the United States.



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REAL ESTATE UPDATE :: Buy right

Take advantage of your buying power

by stephanie saunders ahlberg

IF YOU'RE LIKE MOST PEOPLE, when purchasing a home you think about your monthly payments rather than a certain mortgage amount. You arrive at a payment amount that you can afford each month, and that along with your down payment amount determines the kind of home you can buy in terms of price, size, and location. This is the key to understanding buying power and the role interest rates play in your calculations.

ing program, which has helped keep rates down in recent years. The end of this program seems inevitable, and some suggest mortgage rates may climb as high as 6 percent in the next year or two.

How does that affect your buying power? With your \$4,500 monthly payment, it lowers the loan amount you can qualify for to \$750,562, and your purchase price affordability drops to \$938,202 — nearly \$400,000 less than the initial amount for which you qualified. You can imagine how much this affects the type, quality, and location of the home that you can purchase.

Today's rates of 3–3.5 percent are remarkably low, and that translates into buying power.

As you no doubt have heard, we are just off our historically low interest rates. Still, today's rates of between 3 and 3.5 percent are remarkably low and that translates into great buying power. When I started selling homes, loan interest rates were 18 percent — really. People still bought and sold but, as you can imagine, their buying power was much lower than it would be today.

Wood offered some additional information. For a \$1,100,000 purchase with 20 percent down and 3.5 percent interest, your monthly payment would be \$3,592. Your

minimum income requirement would be \$132,000 per year. If interest rates rise to 4.5 percent, the monthly payment climbs to \$4,459, and your income requirement jumps to \$155,600 per year. With interest rates at 5.5 percent, then your monthly payment climbs to \$4,997, and the income requirement to \$170,250 per year. As these examples illustrate, your buying power shrinks as interest rates go up.

Let's talk about buying power in the context of today's rates, and how buying power will change as rates go up, which they will. I consulted with Tim Wood of Terra Mortgage in Larkspur for some of this information.

Prices will most likely continue to rise. Yes, they might level off as interest rates climb, but you can see how waiting will not necessarily get you more house. When house hunting you should always engage a real estate agent you trust, and get fully

Let's say you are comfortable with a \$4,500 monthly mortgage payment. Given that payment, with a 3 percent interest rate, you could afford to purchase a \$1,334,190 home. This assumes you are making an amortized payment (paying both interest and principal) on a \$1,067,352 mortgage, which is your actual loan amount after putting 20 percent down on the property.

You can see how waiting will not necessarily get you more house.

What happens as interest rates creep up? If interest rates rise to 4 percent, your buying power goes down. That same \$4,500 monthly payment will only buy a \$1,178,219 house, based on a \$942,575 mortgage. Just a 1 percent increase in the interest rate lowers your purchasing power by \$155,970. In today's competitive market where prices are rising, that could make the difference in getting your offer accepted.

preapproved with an excellent lender. That way you'll know your buying power when looking for that perfect home, and you'll find properties as soon as they come on the market so you can take advantage of the best rates available.

Interest rates will rise as the government eases off its bond-purchas-

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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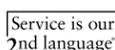
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Nimbys vs. newbies

by carole isaacs

THE SAN FRANCISCO SKYLINE is changing at a faster pace than any other time since the 1906 earthquake. Considering that there are now 40, yes 40, new buildings under construction, you will appreciate locals holding a tight grasp on their neighborhoods. NIMBY is an acronym for "Not In My Back Yard," and people who have lived in San Francisco for more than a few years or have considered an expansion to their homes are familiar with the term. As more wealth flows into San Francisco, long-term residents are more concerned than ever that the quality of life in their neighborhoods will be changed forever and possibly not for the better.

Between the new construction and the new money flooding the city, there are many stories in the news about the conflicts in the neighborhoods between the long-term residents and newcomers wanting to make major renovations, expansions, or demolish the existing homes they own.

This is not to say that all people who have struck it rich and want to build in some of the more choice spots in San Francisco are selfish, but it is important for newbies to take NIMBY concerns seriously

if they wish to live happily ever after in their new or dramatically remodeled home.

One may ask what is the secret to success. As in most things worth having, a personal commitment is important, as is a large dose of patience. Before buying on a block with the intention of demolishing a home or undertaking a major remodel, meet the neighbors, not just the immediate neighbors, but everyone living on the block.

Many years ago when I was president of the Buena Vista Neighborhood Association, people who wanted to make major changes to their homes attended the meetings and asked for the group's approval before starting their projects. Speak to the president of the association and ask to be placed on the agenda at the next meeting to explain your plans and ask for the group's approval. Be ready to compromise in advance and your chances for success are greater. In most neighborhoods there are a few long-term residents who will be able to offer a wealth of information that will save you time and money if you decide to go ahead with your project. Chances are you will find

them at a neighborhood association or block group meeting.

How do you find neighborhood association contact information? The Coalition for San Francisco Neighborhoods website has a list and contact information for more than 40 different neighborhood groups in San Francisco (www.csfm.net). The coalition "grew out of concerned neighborhood organizations whose proposals to the Planning Department for amend-

before buying a home with plans to demolish or for a major renovation, it is of utmost importance to hire an architect who has *successfully* completed projects in San Francisco and has a working knowledge of the Planning Department. Have the architect look at your prospective project and discuss the pros and cons. A point that buyers never quite understand is the length of time involved to complete a major remodel or the construction of a new home in San Francisco. This is not measured in months, but years. The less intrusive a project, the greater chance of it being completed without delays.

Not ready for an architect? City planners are available for questions. I have always found them to be extremely patient and willing to spend as much time as necessary to answer my questions. The Department of City Planning is located at 1660 Mission Street, first floor. Weekday hours (Monday, Tuesday, Thursday, and Friday) 8 a.m. - 5 p.m. and on Wednesday 10:15 a.m.-5 p.m. There is a parking garage in the building. Enter at the back of the building on Otis Street. If you aren't able to go in person, give them a call at 415-558-

6378. Be sure to have the address as well as the lot and block number. If you are not sure what the lot and block is, ask your real estate agent. Many people today prefer to do their own research on the web and the Planning Department's website has an abundance of information (www.sf-planning.org) However, don't be surprised if it feels a bit overwhelming. This is why homeowners, contractors and architects hire permit consultants to walk their permits through the Planning Department.

Given the number of new people moving to San Francisco, there will be even greater pressure on single family homes and small condo buildings. You can count on the NIMBY vs. newbie drama to be played out in just about every neighborhood of the City as the population grows and the demand for new or better housing increases.

The moral to this story is if you do your research in advance, you will save time, money, avoid disappointment, and have a greater chance for success.

Real estate is never boring — Happy house hunting!

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

I have always found City planners to be extremely patient and willing to spend as much time as necessary.

ments to the height and bulk limits were rejected." Their monthly meeting is also a good place to collect information. The meeting takes place the third Tuesday of each month except December at 7 p.m., in Northern Police Station, Turk & Fillmore Streets (parking in rear off Turk). To take public transit, use Muni #22 Fillmore, #31 Balboa, & #38 Geary lines.

Once you have completed your preliminary investigation and

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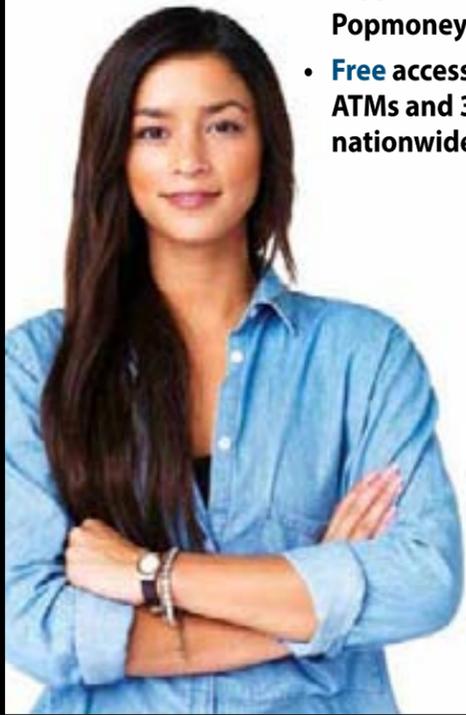
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REAL ESTATE INVESTOR :: Ownership-ish

Oh, just give me a home. Or not.

by john zipperer

ONE OF THE FEW INITIATIVES OF President George W. Bush's administration that tried to honestly help people who were not already well off was its push to increase homeownership for people at all levels of income. It worked hard to make this an "ownership society," in which not just the rich but poorer people, too, could grow in wealth through the long-term increase in their home's value.

The main way the administration sought to make this happen was to push for higher affordable housing finance goals for the two government-sponsored mortgage entities, Fannie Mae and Freddie Mac. Those two organizations help facilitate a secondary market for mortgages, buying up vast quantities of mortgages from the originating lenders, freeing up those lenders to then dole out new mortgages. It helps everybody.

It's a great concept, but it ran seriously off the rails at these two GSEs and elsewhere in the global finance markets. And the economy went ka-blooy. The problem, as you've heard hundreds of times before, was that regulation was lax when not altogether absent or corrupt, and a multitrillion dollar mortgage market nearly shattered the world economy. It ended up hurting everybody: the investors, the general taxpayers who had to bail out Fannie and Freddie and other financial giants, renters who had never owned a home in their lives but who now faced upward pressure on their rents because of a sudden increase of former homeowners flooding into the rental markets, and those former homeowners who lost everything — their homes, their credit ratings, their hopes for joining the ownership society.

That is a problem Rep. Barney Frank worked to resolve after the 2008 economic debacle; we'll leave to other writers an expert evaluation of whether the new regulations and the new system — which include President Obama's recent plan to wind down Fannie and Freddie completely and remove them from the marketplace — clean up and stabilize the system. But we can look at the aspect of the problem that was driven by a desire to push people into homeownership beyond their natural inclinations and, in many cases, beyond their ability to afford.

Barney Frank is retired now. The long-time Democratic U.S. representative from Massachusetts is still around, however, offering his trademark blunt assessments of things. (He once told Ralph Nader, "You are luxuriating in the purity of your irrelevance.") He left behind a track record in Congress as a — perhaps the — leading Democrat on financial regulatory issues, and he was intimately involved in crafting a post-meltdown response to the Great Recession.

A related area of expertise is housing. In May, he told a San Francisco audience that his longtime involvement with the

House Committee on Financial Services began "in 1981 because I care a lot about affordable housing — rental housing. I've always felt that we make a mistake by insisting that the only good form of housing for low-income people is ownership; decent rental housing is the most appropriate form for many people, if we do it right."

You can expand that from "low-income people" to "everyone." We didn't do it right before, and it is a good example of the argument that government should not try to push people to make economic decisions they aren't prepared to make naturally. People make their own decisions, and they might not

People make their own decisions, and they might not always be what the president wants.

always be what the occupant of the Oval Office wants, but he's just renting the White House, anyway.

A friend — I'll call her Dawn — is homeless. Rich, but homeless. It's by choice. Dawn

sold her San Francisco condo for nearly \$1.5 million and a tidy profit last year. But rather than put that money directly into the purchase of a new home, she is sitting on the cash and living with friends and family. A little bit of time with Relative A, a little time with Friend B.

Dawn could end her homelessness any time she wanted; all she would have to do is buy another house or condominium. She would even be able to pay cash, earning the enmity of all competing noncash bidders on the property. But she is determined to wait out the current spike in home prices.

Then there's another friend I'll call Darren. He's a lifelong renter who plans to change that when he retires in a few years. Until then, he is houseless but not homeless; he's quite comfortable renting the apartment he's inhabited for the past two decades.

The right time for Darren to finally buy a home will be determined not by price booms and busts — he's got no shortage of money after a career in the booming biotech industry — but by the dramatic life change he plans for retirement, a change that will probably take him to another city altogether where he will devote himself to nonprofit volunteering.

And yet another real-life example is Liz, who bought a home in Colorado with her partner 10 years ago when it looked like they would be there longterm. But when their jobs dried up and they moved to the West Coast, they had to sell their home through a tortuous process that left a bad taste in their mouths and a big dent in their bank accounts. They have been renting a condo for more than six years, and they have no immediate plans to move back into homeownership.

Each of these people will sort out their next foray into home ownership. Let's hope government doesn't try to make their decisions for them.

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



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WEEKEND TRAVELER ∴ A land of hip new bars, restaurants and boutique hotels

Going modern in historic St. Helena



Left to right: Checking in to sleek Wydown Hotel; historic architecture in downtown St. Helena; wine plus design at Acme Fine Wines; oak-grilled tacos at La Condesa; Below: The garden at Farmstead restaurant PHOTOS: GARRICK RAMIREZ

by garrick ramirez

A TRIP TO NAPA VALLEY often means jaunts through a variety of towns as I sip and dine throughout the region. But a recent trip to St. Helena changed that. I stayed put and enjoyed a perfect Wine Country escape with precious little time on busy Highway 29. St. Helena is blessed with a picturesque downtown core filled with remarkable architecture from California's early days. Three whole blocks earned a spot on the National Register of Historic Places. But it's hardly the domain of history geeks: Those old buildings house hip new bars, restaurants and boutique hotels on par with what you'd find in any contemporary urban center. St. Helena successfully integrates the historic and the modern, making it a keen destination for sophistication and charm.

STAY

Stay downtown and ditch the car. You'll be rewarded with St. Helena's enchanting Main Street and immediate proximity to the town's hot spots. Try the sleek **Wydown Hotel** as your base. It nestles 12 smartly designed rooms in a newly remodeled historic building. The contemporary interior is streamlined and soothing. Natural light slips in from skylights dotted about. Rooms are serene and hold thoughtful comforts like Keurig coffee makers, mini fridges, and spa robes. Guests also receive complimentary day passes to nearby Health Spa Napa Valley. It's an ambitious notion that assumes you can pull yourself away from the room (707-963-5100, www.wydownhotel.com).

PLAY

Wine tasting in Napa sometimes feels as if it's lost its way. Exorbitant tasting fees, tacky logo glasses, and wine club

pitches can weigh on the soul. Yet, there still exist tasting rooms that will restore your faith in the experience. Small-production **Terra Valentine** is one of them. After winding up a scenic road, you'll arrive at a monastic stone structure replete with stained glass windows and towering copper-clad doors. You are welcomed not by monks, but by a host with a genuine smile and a glass of Sauvignon Blanc. You'll be seated around a dining table in a room that resembles Colonel Mustard's study as you are guided through a proper tasting. Cabs are king in Napa, and these estate mountain-grown samples are excellent primers. A fresh cheese plate and warm hosts complement the experience perfectly (707-967-8340, www.terravalentine.com).

Back on the valley floor, **Corison Winery** tells the compelling story of Cathy Corison, originally one of only two women in her oenology program and more recently *San Francisco Chronicle's* Winemaker of the Year. Corison's wines are a real treat: 100 percent Cabernet Sauvignons that drink smooth, deep, and balanced. Her estate wine is harvested from the organic vines out back whose beautifully gnarled trunks are some of the oldest in Napa Valley (707-963-0826, www.corison.com).

The views of rolling vineyards against the gentle Mayacamas Mountains never get old. Soak up the valley's beauty by renting bikes at **St. Helena Cyclery** and cruising the quiet — and flat — back streets of town. St.

Helena is also home to three terrific state parks. At **Bothe-Napa State Park**, a shaded creekside trail leads you peacefully away from the bustle of Highway 29 (707-963-7736, www.sthelencyclery.com; 707-942-4575, www.napavalleystateparks.org).

EAT

For breakfast, grab a spot in line for your pick of the morning pastry lineup at popular **Model Bakery**. Or ease into your day in the light and airy garden room at **French Blue**. Their refined take on a break-

meets-*Dwell*-magazine interior. Long Meadow Ranch raises its own grass-fed beef, which may explain why their burger is so ridiculously good (707-963-4555, longmeadowranch.com).

A cocktail destination in Napa? That's what happened when Scott Beattie (previously of Healdsburg's defunct Cyrus) opened the cozy bar at **Goose and Gander**. His cocktails are seasonal, fragrant, and transcendent. The bar top resembles a mini florist stand from which he plucks tiny blooms to adorn your drink.

Just outside is a secluded garden that offers dreamy al fresco dining under strewn lights (707-967-8779, www.goosegander.com).

Two blocks away, **La Condesa** adds a dose of fashion and swagger to Main Street. Décor is a fun mix of kitsch and modernism that sets a festive tone for the contemporary Mexican take on Wine Country cuisine. Dinner wows with smoky oak-grilled

squash tacos, luscious yellowfin tostaditos, and an artful watermelon salad spiked with agave-mescal tomatillos and peach-chile puree. Pitch-perfect margaritas refresh the palate after a day of wine tasting. Just save room for their selection of blissful house-made ice cream. Your best bet: pick two, then order three (707-967-8111, www.lacondesa.com/napa).

For intimacy and style, try **Cook**, a chic bolt-hole that retains the soul and simplicity of the former diner it's housed in. The Cal-Italian cuisine echoes the interior:

clean, rich, and refined. Petite and sophisticated, it's the Audrey Tautou of downtown restaurants (707-963-7088, www.cooksthehena.com).

SHOP

Make time to say hi to Karen at **Acme Fine Wines**. She's assembled a veritable Justice League of small production and hard-to-find wine labels in a stylish downtown showroom. Prices range from everyday friendly to once-in-a-lifetime splurge. It's not a tasting room, but she'll happily pour you a sip of whatever is open. Tucked in a corner is a vintage Coke machine secretly stocked with beers and Pellegrino (707-963-0440, www.acmefinewines.com).

You'll likely note the provocative window displays at **Martin Showroom** from a block away. Bold modern artwork and large-scale furnishings light up downtown, sometimes literally as in the case of a repurposed Holiday Inn sign. This is high-end design at its finest. One glance at the price tags and you will realize why a certain furniture chain can claim its Design is Within Reach (707-967-8787, www.martinshowroom.com).

Acres Home and Garden is an attractive shop of garden-inspired home décor. Air plants, bell jars, linens, and earth-tone candles line perfectly assembled shelves. Or poke your head into **La Boheme**, a well-curated vintage shop that supports the important work of Napa Valley Hospice. Stock changes frequently and deals abound. It's treasure hunting for a good cause (707-967-1142, www.acreshomeandgarden.com; 707-244-4686, www.shopatlaboheme.com).

Garrick Ramirez can be reached on Twitter at @WeekendDelSol or at garrick@weekenddel.sol.



Stay downtown and ditch the car. You'll be rewarded with St. Helena's enchanting Main Street.

fast skillet is a convincing argument for a higher power (707-963-8192, www.themodelbakery.com; 707-968-9200, www.frenchbluenapa.com).

Farmstead at Long Meadow Ranch is Wine Country distilled. It sits on picturesque grounds that include a wine and olive oil tasting room, farmers' market, and vegetable garden. The style is modern, but the vibe is as relaxed as the organic kale swaying in the breeze. Choose from numerous spots to lounge al fresco or dine inside the gorgeous dining room with its barn-

GRATEFUL DOGS RESCUE

ANNOUNCEMENT: We need foster homes! Grateful Dogs Rescue partners with the San Francisco city shelter to save dogs from euthanasia. Make your home a short term or long term safe haven and help save a dog's life. Vet bills for foster dogs are paid by GDR. Volunteers and donations are always welcome! Our website features more dogs, events, training resources, etc. *Apply today to foster, adopt, or foster-to-adopt!* GDR is an all volunteer, 501(c)(3) non-profit. **Make your year-end tax-deductible donation today!**



COSMO

Cosmo is a handsome American Eskimo dog. This 2 year old is a happy, high-spirited, fun-loving guy who craves lots of exercise and will need vigorous activity to keep from getting bored. Although Cosmo is wary of strangers, he warms up once he gets to know you. In other words, he's a typical "Eskie!" In fact, Cosmo is such a typical representation of his breed, we are looking for an adopter with previous Eskie experience to understand his personality and needs.



JESSIE

Jessie is the complete package for someone seeking a playful, fun-loving dog. This Chihuahua mix can hike for hours, loves to retrieve balls, and tussle with her squeaky toys. This 3 year old is housebroken; crate trained, and weighs just over 7 pounds. Currently being fostered in a home with other animals, Jessie would also be happy as an only pet. Jessie is an inquisitive, intelligent girl with excellent manners, and is an exceptional candidate for on-going training. Jessie's strong desire to bond with one person would make her an ideal companion for a single person who enjoys having a devoted canine companion.

BEETHOVEN



Beethoven is a 13-pound charmer. He is a wonderful companion who loves to follow you, sit in your lap, or snuggle with you. He is endearingly communicative, performing a quick-footed "cha-cha-cha" to say he wants to go out. He will do a down dog bow with accompanying sounds to ask what is new, and he will do an amazing salsa wiggle to express his joy at seeing you. Beethoven is enthusiastic about outdoor activity, and is a very graceful sprinter. Beethoven can be a bit shy, but is becoming more confident every day. This entertaining guy is ready for fun in his new home.



SHILOH

Meet our boy Shiloh. This 6 year old is pure joy at home. He loves to go for his walks in the city and enjoys meeting people along the way. Shiloh is completely house-trained and loves his home animal companions. His perfect home would be one with an enormous amount of love and time for a daily walk to keep him trim. He'd also love someone who would play with him, toss his ball, and rub his belly. He knows all the basic commands, is house-trained, but is untested regarding cats. Shiloh is the perfect companion to share your life.



ETIENNE

Etienne, a spunky 7-pound Chihuahua, has tons of energy. Etienne loves going for long walks dressed in his striped sweater and then curling up in a sunny place to relax. He enjoys riding in the car and is the perfect little travel companion. He currently lives with three dogs and a cat, but he is uncomfortable when meeting new dogs outside. His foster home is working with him on that, and since he is very food motivated he is quickly improving. Etienne would love to be the center of attention in your life. Are you ready for this dapper little guy?



WILLIE WONKA

Willie Wonka is as sweet as his name implies. Wonka is a tri-colored Chihuahua mix with long lashes that curl around his eyes. He is a friendly guy who loves people. Wonka is about 9 1/2 pounds, is easy to pick up, and loves to be held. Willie Wonka does have some special needs: his hind legs are a bit "wonky" and not as strong as his front legs and he has difficulty with steps, but his MRI revealed no significant problems. Wonka loves to walk and can cover surprising distances. Big dogs and children overwhelm him as they challenge his maneuverability. Wonka is a gentle boy, looking for a gentle home.

GDR'S MESSAGE: Are you looking to adopt a dog in the San Francisco Bay Area? Visit us at the next Grateful Dogs Rescue adoption event: **September 7** / 12:00 – 3:00pm, **Mudpuppy's Tub & Scrub** (Castro Street), 536 Castro St, San Francisco, CA 94114



FOR MORE INFORMATION ON THESE AND OTHER DOGS:
415-587-1121 • www.gratefuldogsrescue.org
info@gratefuldogsrescue.org



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Honor Jazzy's memory by helping the many animals in need

by susan dyer reynolds

*"... I'm glad I didn't know
The way it all would end, the way it
all would go*

*Our lives are better left to chance,
I could have missed the pain
But I'd of had to miss the dance."*

— "The Dance," by Tony Arata

AS SUMMER TURNS TO FALL, Jazzy's morning glory is once again winding up the white trellis in Kickie's garden. It's hard to believe that a year has passed since I lost Jasmine Blue to cancer. When she was diagnosed with an aggressive fibrosarcoma at the age of four, doctors gave her just two months to live — but anyone who followed her column knows that Jazzy never gave up, and I never gave up on her. That strong bond helped us defy the odds and stretch two months into two years.

When I wrote the chapter about Jazzy passing ("Saying Goodbye to Mommy's Little Girl"), I was flooded with handwritten sympathy cards, letters, and e-mails from her many fans around the world. A number of people wrote to say they felt as if they had lost "their dog," and in many ways Jazzy was theirs as much as she was mine.

It wasn't always that way. When I first started the column, I received letters from unhappy readers, like the woman who asked why I "loved the breed that killed Diane Whipple." As I responded that those dogs were Presa Canarios, I realized Jazzy and I had a long road ahead to change the perception of pit bulls.

In the late 1800s pit bulls were known as "nanny dogs" because they were gentle, loyal, and protective toward children. The most decorated canine in military history, Sergeant Stubby, was a pit bull; he earned several medals during World War I and was honored at the White House. Presidents Theodore Roosevelt and Woodrow Wilson both had pit bulls, as did Helen Keller. Perhaps the most famous pit bull, Petey, the faithful sidekick to The Little Rascals in the *Our Gang* television series, spent

countless hours with his young costars and was one of the most intelligent, popular Hollywood dogs of all time.

According to the American Temperament Test Society, pit bulls have a passing rate of 86 percent — slightly higher than golden retrievers. Though the pit bull population has exploded due to irresponsible backyard breeders, there are remarkably few incidents. You wouldn't know that from my fellow media: The rare attacks by pit bulls on humans make headlines, but the thousands of attacks by humans on pit bulls don't, like the the Fairfield, Calif. man who recently drowned a pit bull in a public pond. Witnesses said the dog never fought back. The man told police "he didn't know why he did it." Maligned, abused, and misunderstood, the statistics are staggering — only one out of 100 pit bulls gets out of a shelter alive.

Jazzy was one of the lucky few, and her column showed pit bulls in a positive light doing things people rarely see pit bulls do. She stayed in over 45 4-star hotels, including the penthouse at the Ritz-Carlton in San Francisco, where she slept in the same bed as luminaries like Mick Jagger and Vice President Dick Cheney. Dressed as Mrs. Paws for an appearance at Macy's, legions of fans showed up to meet her and take photos in support of the San Francisco SPCA's annual window display. Jazzy helped to break many pit bull stereotypes, like when our house was burglarized and she proved what I'd known all along — pit bulls make terrible guard dogs. I wrote a chapter called "The pit bull showed them the silverware," because the police found a stuffed animal in every room where the thieves had taken their time removing flatscreen televisions. Apparently Jazzy was following them around as she did all our guests, holding a toy in her mouth as a gift. "What kind of dog do you have?" one officer asked. "A pit bull," I answered. "A pit bull!" he said with a sur-



Jazzy loved meeting her fans, especially children

prised chuckle. "I thought you were going to say a Chihuahua."

One of Jazzy's most endearing qualities was her immense love of children. On walks, people often recognized her. A mother told me that before the family started reading about Jazzy her young son was afraid of dogs, but now he wanted to volunteer at the shelter. When the boy approached, Jazzy sat down so he could hug her as she softly nuzzled his cheek. Her sweet, gentle nature also made her wonderful therapy at nursing homes. She once rested her head in the lap of a man in a wheelchair for more than half an hour as he stroked her head. "Pretty dog," he said softly. The director of the home told me those were the first words he'd uttered in five years.

When my father, who suffered from dementia, moved in with us, it was Jazzy who taught me patience. She learned to wait at the top and bottom of the stairs so that he could make his way safely, and she kept him company, lying next to him for hours on end. After my father passed away, I wrote a chapter called "A very sensitive dog," which also ran in the *San Francisco Chronicle*, about how she got me

through one of the darkest times in my life.

While Jazzy was known for her love of all humans great and small — even burglars — there was one human she absolutely hated: Jim Cramer, the frenetic host of CNBC's *Mad Money*. She could be snoring on the sofa upstairs or basking in the sun outside, but the minute she heard his voice she would grab a toy and charge the television, her blues eyes fixed and beady. As Cramer babbled on, Jazzy would shake her toy violently, snorting and growling, only setting the toy down long enough to bark a few times before picking it up and shaking it again. My friend Marc didn't believe me, so I videotaped it. "She just goes crazy because he's loud and obnoxious," he said. So I taped an episode of *Judge Judy*, to which Jazzy had no reaction at all. Marc finally had to admit that Jazzy did indeed have a deepset hatred for television's best-known stock-picking pundit.

For those who want to honor Jazzy's memory, I hope you will consider adopting or fostering an animal from a shelter or a rescue, and if you can't have pets, please consider volunteering or donating. We kill four million of the eight million animals in this nation's shelter system each year because people don't spay and neuter, and there aren't enough homes. With a city budget that leaves San Francisco Animal Care and Control out in the cold, and with donations to rescues shrinking in a tough economy, homeless animals need your help more than ever.

And if you are ready to adopt, please consider a pit bull. Jazzy was the rule, not the exception — pitties make smart, funny, loyal, loving companions, as happy partnering for a morning jog as they are snuggling next to a fellow couch potato on a rainy afternoon. There are so many deserving pit mixes at rescues and shelters like Jazzy and Skylar, whom I adopted after Jazzy's passing. Like Jazzy and Skylar, they're just waiting for a good home, and a chance to

be breed ambassadors, ready to show the world how wonderful they truly are.

Susan Dyer Reynolds is currently writing a book based on the column "Jasmine Blue's Tails of the Dog Park." She also penned an article about Jazzy's legacy for the upcoming Sept. 25 issue of the San Francisco Chronicle's "Pet Tales."

Nonprofit animal rescue organizations near you

Friends of Animal Care and Control:

1200 15th Street,
San Francisco, 94103,
415-946-7433,
info@helpacc.org,
www.helpacc.org
All contributions directly support the animal welfare services of ACC and its rescue partners

California Pit Bull Rescue:

This is a fairly new rescue doing great work that really needs support!
510-463-4277 (4CPR),
californiapitbullrescue@gmail.com (preferred mode of contact is email);
www.Facebook.com/capitbullrescue (accepts donations),
www.songjaneth.wix.com/capitbullrescue#home/mainPage

Muttville:

P.O. Box 410207,
San Francisco, 94141,
415-272-417,
info@muttville.org,
www.muttville.org
Dedicated to senior dog rescue

Wonder Dog Rescue:

P.O. Box 40121,
San Francisco, 94140-0121,
415-621-3647 (DOGS);
www.wonderdogrescue.org
Check out their new youth training program

Rocket Dog Rescue:

150 18th Street,
San Francisco, 94110,
415-756-8188 (text is best);
info@rocketdogrescue.org;
www.rocketdogrescue.org

Grateful Dogs Rescue:

P.O. Box 411013,
San Francisco, 94141,
415-587-1121,
info@gratefuldogsrescue.org,
www.gratefuldogsrescue.org

Give Me Shelter Cat Rescue:

P.O. Box 411013,
San Francisco, 94141,
info@givemeseltersf.org;
mailto:ana@givemeseltersf.org

Toni's Kitty Rescue:

415-554-9414;
www.toniskittyrescue.org
Provides foster care for sick, orphaned kittens that are too young until they are old enough to be adopted

Purebred rescue organizations:

Looking for a specific breed?
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Dogs:

www.akc.org/breeds/rescue.cfm

Cats:

www.purebredspus.org

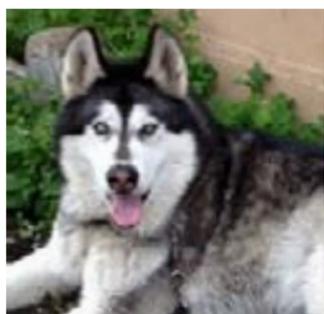




PIERRE

Pierre is frisky and likes other dogs, especially the girls! But he does not like bigger and/or “pushier” dogs. He hasn’t been tested yet with cats. He seems to be friendly to most adults and older children (9 and up), but

we have not assessed him with younger kids yet. Pierre should be enrolled in a basic obedience school so he learns basic commands with his new family. Poodles are intelligent, comical, energetic, and family-oriented. There is a great deal of interest in poodles and poodle mixes because they have hair instead of fur and are “hypo-allergenic,” so Pierre would be great in a home where someone has allergies.



DIEZEL

Diezel is a beautiful 8-year-old Malamute. He is very sweet, super friendly with other people, great with other dogs at the dog park, fine with cats, and wonderful with small children. He was an outside dog primarily so he will

need to learn basic training indoors. He loves to run off leash at the dog park or at the beach or to go for long walks on leash. Diezel needs a home with some outdoor space, would be happy with a K9 buddy, and needs to be with someone who loves to take walks and go on adventures! He’s a loyal and wonderful dog who will make a great companion for an active person looking for the perfect sidekick.



LEO

Good luck thinking you will ever want to put this love-bug down! Leo is 4 pounds of precious. He’s loving, loves to be held, and now has a lion’s haircut to top off his cuteness! He gets along great with his large breed foster dog,

is pretty good on leash, but does enjoy being carried. Non-yappy, and loves being groomed. He even has a really funny habit of “playing dead” when you first pick him up. He is a turnkey dog — no fuss, just love. Adores children, but due to his very small size would be best for older or quieter kids. Whether you have a busy life or a lot of free time, this little guy works well for either! Leo loves car rides and is easy to travel with, and he’s a total lapdog!



COLEMAN

Coleman Brown is a remarkable creature in every way. This 15-month-old Staffie/beagle mix is even more adorable in person than in pictures. He’s a true snuggle bun — just try to resist when all 60 pounds of his velvety

self climbs into your lap and lays his big head on your chest. But don’t let his softer side deceive you: Coleman loves to turn the dial up to 11, too. He exhibits typical bully breed behaviors — he’s an athletic, rough ‘n tumble player and a real rascal around the house. He also exhibits common beagle traits — he’s easily distracted with strong hunting instincts. Coleman’s crate trained and house broken (as long as he has access outdoors). He loves to play hard and cuddle soft with his female foster mate but has not been socialized around cats or small dogs. He would do great in an adult home. His adoption will come with free training sessions for the right home!



MERRANDA

Meranda is an 8-month old, 40 pound black Lab mix that we rescued from Yolo County. She’s a wonderful girl, who is looking for a forever home! She has a zest for life, is happy, friendly, affectionate, outgoing, loves to be

loved, and a real snuggler. She will wiggle her way into your lap for some head scratches, and was even submissive when her temporary foster parent looked at her teeth! Like most Labs, she’s strong on a leash and will need to learn some leash manners. Meranda will make you smile with her “play bows” and dancing about, and she does well with other dogs.

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Chunky the cat was photographed at & adopted from Animal Care & Control.
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Buddy (A238089) is a sweet senior fellow who enjoys his walks, walks well on leash & enjoys his time with you. Just look at that face!



Alakai(A340480) is an adorable & friendly little lop ear rabbit. He is sweet, curious, active & ready for a home. This is a really good rabbit.



Winnie (A336121) is a friendly & confident little adventurous trail-blazer of a kitten available at Pet Food Express Adoption Center.



Matilda & Michelle (A339714 & A339715) are 2 lovely hens. They are very people friendly & it would be great if they could stay together.



Koko (A342069) is a super handsome senior gentleman cat. He is sweet & playful & friendly. Let him charm his way into your heart.



Astro (A341647) is a sweet 1 yo male Jack Russell Terrier mix ready for fun. A family with children would be fine for Astro. Come meet him!