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MarinaTimes

MARINATIMES.COM : CELEBRATING OUR 32ND YEAR : VOLUME 32 : ISSUE 03 : MARCH 2016



Silvana Messing and family in Easter bonnets created by Dennis Beckman in the 2015 parade.

Twenty-five years on, the Union Street Easter Parade is going strong

BY BRUCE BELLINGHAM

FOR A DECADE, LESLIE DRAPKIN, co-owner of Jest Jewels, was the Union Street Easter Parade correspondent for the *Marina Times*. After all these years, she still doesn't bother to conceal her excitement

and her pride that the event is "The Biggest Little Parade in San Francisco." The Spring Celebration will be held on Easter Sunday, March 27, from 10 a.m. to 5 p.m. The Easter Bonnet Contest takes place at 11:15 a.m. to 1:30 p.m.; the parade, from 2 to 3 p.m.

"It's for the kids, and it's a time to show off what a great neighborhood this is," Drapkin says. She and her business partner, Eleanor Carpenter, have operated Jest Jewels for 30 years. They are a fixed point on an ever-changing Union Street.

EASTER PARADE, continued on 10

REYNOLDS RAP

We built this city

Post-Super Bowl shantytowns show the city doesn't know how

BY SUSAN DYER REYNOLDS

IN LESS THAN A MONTH, SAN FRANCISCO BUILT A CITY for the Super Bowl and tore it down as if it never existed — an amazing feat. Yet, on a recent drive down Division Street, my friend Steve counted more than 130 tents occupied by the homeless. "It looks like a Hooverville," he said. A Hooverville was a shantytown built by homeless people during the Great Depression and named for Herbert Hoover, who was president of the United States during the onset of the Depression and therefore widely blamed for it.

Maybe we should call the city's tented shantytowns "Leevilles" after Mayor Ed Lee, because he is often blamed for their proliferation. Though homelessness was at crisis levels long before Lee took office, he does seem rather obtuse about the current situation. Before rich revelers came to celebrate a football game played 45 miles south, Lee told the press he would give the homeless "alternatives" but they would have to leave the streets. The city hastily prepared giant warehouses on the outskirts of town to hide the destitute (at first, unlike Super Bowl City, the plumbing wasn't even working).

Lee also supported building a \$160 million jail despite the fact that the one at 850 Bryant Street is half empty, and he praised the state of California for offering to contribute \$80 million to the project. "Thank you to Governor Brown for this \$80 million grant to help kick-start our effort to

LEE VILLES, continued on 6

SOLUTIONS PROVIDER

From protests to progress

Can Black Lives Matter become an effective agent of change?

BY JOHN ZIPPERER

AFTER BLACK LIVES MATTER ACTIVISTS DISRUPTED a speech by candidate Bernie Sanders, one activist told reporters that she didn't do it to get attention from white people. That left some people scratching their heads. Wasn't getting widespread attention what protest movements are all about? What's going on with this movement? And what does it mean for Americans — African-American and otherwise?

To get insight into the movement, we spoke with Dr. James Taylor. Taylor is a professor of political science and the director of the African American Studies Department at the University of San Francisco, and he is a lecturer in African American and African diaspora studies at the University of California, Berkeley. He is also the author of the highly regarded 2011 book, *Black Nationalism in the United States: From Malcolm X to Barack Obama*.

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From left: Pierre Bonnard, *Women in the Garden: Woman in Checkered Dress*; *Women in the Garden: Woman in Dress with White Dots*; *Women in the Garden: Seated Woman with Cat*; *Women in the Garden: Woman in Cape*, 1890-1891. Distemper on paper mounted on canvas, 160.5 x 48 cm. Musée d'Orsay

PAINTINGS: © 2015 ARTISTS RIGHTS SOCIETY (ARS), NEW YORK/ADAGP, PARIS.

Pierre Bonnard: Painting Arcadia at the Legion of Honor

BY SHARON ANDERSON

One always talks of surrendering to nature. There is also such a thing as surrendering to the picture.

— Pierre Bonnard

THE FINE ARTS MUSEUMS OF San Francisco presents the first major international presentation of Pierre Bonnard's work in nearly half a century.

More than 70 works spanning Bonnard's entire career are on view. Living in the worlds between expressionism and abstraction, Bonnard was idiosyncratic, and he defied easy categorization in his approach to subject matter and technique. He studied at the Académie Julian in Paris, where he was a student and follower of Paul Gauguin. Gauguin inspired a group of young painters called Les Nabis (or The Prophets). Their painterly, abstract approach to color was meant to revitalize art.

Never long affiliated with a single school or style, Bonnard worked in multiple genres and techniques, and he was inspired by art from other cultures, such as Japanese woodblock prints and Mediterranean mosaics. Unlike many of his contemporaries, Bonnard often painted from memory rather than life. After sketching scenes and making lengthy notes about color, he would return to his studio not so much to recreate what he'd seen, but rather to allow time to transform images from precise recollections into dreamlike memory.

Many of Bonnard's most well-known paintings are on view, including *The Work Table*. Flat fields of bright colors define his

BONNARD, continued on 16



Osso STEAKHOUSE is a romantic hideaway tucked in the landmark Gramercy Towers, near The Fairmont, Mark Hopkins and Huntington Hotels. The stylish Art Deco-inspired design provides an elegant yet relaxed ambiance. The Bone-In Filet Mignon is their signature steak and has a flavor that is nothing short of a revelation.

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ONLINE SPECIALS
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MarinaTimes

marinatimes.com | 3053 Fillmore Street #104, San Francisco, CA 94123
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News Briefs : Captain exits, Whole Foods, KFC, et al.

Presidio hotel to go forward

PRESIDIO AND THE NINTH CIRCUIT

The Presidio Historical Society and the Sierra Club lost their bid to block a proposed new hotel in the Presidio when the U.S. Ninth Circuit Court of Appeals rejected their argument. Though the court ruled that the hotel project could go forward, it required its size to be restricted to existing (or previously exist-

ing) developed square footage in the Presidio. “We are disappointed the Appeals Court found the Trust’s proposed Main Post hotel — 14 buildings, 12 of them new — might be built,” the Presidio Historical Society said in a statement following the ruling. “But the court imposed important limits on construction in the Presidio, which we welcome and which will help protect the long-range future of the Presidio.”

The Presidio hotel project can go forward, but its size was restricted.

CAPTAIN MCEACHERN EXITS NORTHERN STATION

Captain Greg McEachern’s tenure as commanding officer of Northern Station came to an end Feb. 13, when he was promoted and given the responsibility for overseeing the Police Department’s Investigations Division. McEachern had been in charge of the SFPD’s Northern Station for more than three years.

At press time, a successor had not been announced, but Lt. Jennifer Jackson was named as Northern Station’s acting captain.

TIME TO STOP AT BAKER STREET AND MARINA BOULEVARD?

The MTA board is expected to hold a hearing this month regarding installation of all-way stops at the intersection of Baker and Marina Blvd. The San Francisco Municipal Transportation Agency (SFMTA) will hold a public hearing on Friday, March 4, at 10 a.m. in Room 416 of City Hall to discuss the proposed stop signs.

A *Marina Times* reader called the intersection dangerous, noting that he has “seen cars that will not stop for pedestrians and come close to hitting others. On one occasion, I saw someone [who] was hit.”

Members of the public who would like to comment on the proposed change are invited to attend the hearing.

RUSSIAN HILL BACKS WHOLE FOODS

The former Lombardi’s store at 1600 Jackson Street is being targeted as a new location for a Whole Foods 365 store, and the effort got a boost from neighborhood group Russian Hill Neighbors. RHN surveyed its members and followers and reported that by a nearly 3-1 ratio, the survey respondents supported the Whole Foods 365 proposal. Nearly as many of the respondents (71 percent) said that Russian Hill lacked adequate grocery options (one respondent wrote “There is no place in walking distance to buy good quality, affordable groceries”).

Smaller majorities also rejected concerns about increased traffic and congestion caused by the store (51 percent said “no”), noise and congestion from deliveries (65 percent), and

negative impact on other local merchants (52 percent).

MAN BEATEN IN MARINA

In early February, a man was beaten by strangers outside of HiFi Lounge on Lombard Street. The 28-year-old victim was called antigay names, spat upon, and punched by a crowd of about 20 caucasian men before a coworker intervened.

“They started spitting on me, and punching me, and I couldn’t even take it,” the victim, Jefferey Lafayette, told KPIX TV. “I couldn’t take

it, all the hits they were giving me. So I fell, and I cradled my face in the fetal position.”

Lafayette said he did not know if the attackers were locals or were from out of town. At press time, no arrests had been made.

GIG ECONOMY IMPACT ON SF

With public attention continuing to focus on the on-demand “gig” economy, District 2 Supervisor Mark Farrell has called for the city’s chief economist to produce an economic report on the gig economy and its workforce in San Francisco. Specifically, he wants the economist to nail down data on the size and scope of the gig economy here; its number of employees; their compensation, benefits, and classifications; and other details.

“With the rise of the gig economy and workforce, we should be having discussions about whether our 20th-century work standards and definitions work in a 21st-century economy,” Farrell said. He said that once legislators are armed with data, they could come up with appropriate policies and regulations.

LOMBARD KFC CLOSED

KFC and Taco Bell have vacated the building they occupied at the corner of Lombard and Fillmore Street. The building at 2101 Lombard Street will be razed and replaced with a five-story multifamily residential building (and a 12-car underground garage), reported SocketSite. The new building will also include some ground-floor retail space, so maybe there will be room for special recipe fast-food chicken after all.

S.F. RE-UPS FOR SHUTTLE PROGRAM

The SFMTA board will change the corporate commuter shuttle program, after agreeing to changes supported by the Board of Supervisors that will keep the program going for at least another year. The shuttles, which carry more than 8,000 passengers each day, are credited with taking thousands of cars off the roads but are criticized for their impact on Muni bus stops. The new plan will have the commuter buses use hubs instead of city bus stops, which would relieve the congestion at bus stops but critics fear could also deter commuters from using the shuttles and instead driving to work, adding to congestion on city streets and local highways.

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News

BELLINGHAM BY THE BAY

The helpful elf and the compassionate politico

BY BRUCE BELLINGHAM

I NEED THAT ECLECTIC mind of yours, Brucie.” So said **Herb Caen** on the phone about a hundred years ago. “You know what eclectic means, Herb?” I asked. “It means to collect all the useless information you can in your mind — no use at all — until Herb Caen calls, asking for something obscure.” He was amused. ... Herb was on the phone, no doubt, because **Carole Vernier** was on the other line,

months. ... Carole died in her Bush Street apartment. “She did not leave us from a dreary nursing home, or a hospital,” Diane says. “It was her final act of defiance — not to say goodbye to us.” ...

There was nothing too obscure that it would not escape Carole’s insatiable curiosity. She loved the story about Henry I of England reportedly dying for “consuming a surfeit of eels.” Carole loved that word, “surfeit.” She loved all words, as long as they

begone fellow like myself. I used to sit with him and his late wife, Susie, at the Balboa Cafe. As a conversationalist, he was one of the best. As a compassionate human being, he was tops. ... “He was everybody’s friend,” his brother-in-law, **Elliot Trommald**, said. “Hadley was free from self-righteousness. He put serving people above everything else.”

John Hendricks said that when Hadley joined the staff of Sen. **John Tunney**, the *Los Angeles Times* described him as “a disheveled, pear-shaped gourmand.” ... “I don’t know about disheveled,” Hendricks added, “he had nice clothes, but his pockets were always

Carole loved the story about Henry I of England reportedly dying for ‘consuming a surfeit of eels.’

checking facts, following leads, and innumerable other things she did for the Herb Caen column for more than a quarter century.

Carole died last month at the age of 75. She was a dear friend, and I never could imagine San Francisco without her — still can’t. ... To watch her work at Herb’s outer office was something to behold. Like Kali, the Hindu god with four arms, Carole could be on the phone, typing copy, scribbling notes, and Gawd knows what — all at once. Because **Jerry Bundsen**, and **Jesse Hamlin** were legmen for Herb over the years, I guess Carole was the preeminent legwoman. She never stopped working. She absorbed Herb’s belief that the “colm” came first, no matter what.

Fiercely loyal to her friends, she also was supremely independent. “I once saw Carole carrying **Dick Bernard**’s prosthetic leg up the hill for him,” recalls **Diane Weissmuller**.

“That was quite a sight. Particularly when Carole was struggling with COPD.” It gives new meaning to the term “legwoman.” The “helpful elf,” she’d say of herself. Carole was also very funny. “One of the funniest,” says **Annemarie Conroy**, with the U.S. Attorney’s office. “Carole would make me laugh and laugh.” She was generous to a fault. When she lived on Webster Street in the Marina, she let **Glenn Dorenbush**, the vagabond P.R. man, sleep on her sofa for six

weren’t pompous or pretentious. And she could read people as well as she devoured tomes of books and piles of newspapers.

Oh, about that obscure thing that Herb wanted me to answer. I got there just before Carole did. It was the “unprintable thing that Oscar Levant said about Marilyn Monroe when she married Arthur Miller.” I recounted it to Herb. He paused, and said, “You know, it’s still unprintable.” So it will remain unprintable here, too. ... Before he died in 1997, Herb received the Pulitzer Prize. That belonged to Carole as well.

Carole did not like to miss anything. Last month there was a memorial for **Hadley Roff**, the genius behind five San Francisco mayors, at the Delancey Street restaurant. Carole would’ve surely been there.

jammed with papers, clipping, photos, and all that.” ... Hadley’s dear friend, **Becky Jenkins**, recalled one of their last lunches at the Balboa: “Hadley was in a wheelchair, an oxygen tube in his nose, and a martini glass filled with Ketel One in his hand. He loved food, he loved his Ketel One, but above all, he loved the company of people.” And the company of books. During his last days, friends were still delivering books to his house. Of course, he missed Susie terribly. “I can still see Hadley and Susie at their usual table at the Balboa,” said **Gavin Newsom**, the lieutenant governor, and co-owner of the Balboa. “Everyone would stop at the table, pay homage, and exchange kind words. I’ll always remember that.” With **Dianne Feinstein** ... **Nancy Pelosi** ... **Frank Jordan** ... **Willie Brown**

Five mayors attended Hadley Roff’s memorial, a testament to how important he was to San Francisco.

All five mayors attended, a testament to how important Hadley was to San Francisco. In fact, the gathering was a living chapter of San Francisco history. The fire department parked a hook and ladder truck on the Embarcadero; an honor guard with members of the SFFD and the police department were there. Hadley was a former fire commissioner, a deputy mayor, a poli-sci professor, and a reporter for the old *San Francisco News*. More than that, he gave advice and solace to many a woe-

... **John Burton** ... **Mimi Silbert** ... **Aaron Peskin** ... the encomia kept coming. (Carole would like that word, “encomia.”) ... But as the applause faded from the speakers, and with the exit of Carole Vernier and Hadley Roff, I think I heard the sound of the last hurrah disappearing in San Francisco, too. ...

Bruce Bellingham is the author of Bellingham by the Bay. Send him something unprintable at bruce@marinatimes.com.

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One of dozens of homeless camps under U.S. Highway 101 in the Mission. PHOTO: STEVEN FROMTLING

LEEVIILLES

CONTINUED from page 1

build a new, state-of-the-art facility ...” Lee said as if speaking at the ribbon cutting for a sports stadium. When the Board of Supervisors pushed back and called for a complex focused on the mentally ill, Lee lost his new jail, his \$80 million grant, and his interest.

That’s too bad, because San Francisco desperately needs an innovative hub that focuses not only on the mentally ill homeless, but also on the sickest homeless who need long-term or permanent psychiatric care. I see the politically correct wave of shock washing over your face as you read this, but deep down you know it’s true. Some people living on the streets — those who cause physical harm to themselves and others — cannot be helped by bleeding hearts handing out more tents or the police taking them to San Francisco General Hospital for a 72-hour “5150” involuntary psych hold, or worse, to jail.

When I sat down before November’s election with then-Sheriff Ross Mirkarimi, I asked him why the mentally ill homeless population seemed bigger than ever. “The city has no plan — none — to deal with this,” Mirkarimi said. “When I look back on how many psych beds there were at San Francisco General Hospital 10 years ago, I’d say now it’s probably a fifth of that. The mayor was trumpeting all the construction cranes and building of five new hospitals, but this is the first time in the city’s history that hospitals are being built without requiring them to have psych beds.” That’s right — there’s no psychiatric bed requirement for those shiny new hospitals. Combine that with the loss of beds at current hospitals in just the past several years (69 at San Francisco General, 32 at St. Luke’s, and 20 at CPMC’s Davies Campus) and it’s easy to see why the situation has spiraled out of control.

Mirkarimi also pointed out that while the jail population is declining, the demography of that population is changing dramatically. “Now 30 percent of our population is dealing with mental illness, about 15 percent with significant mental illness,” Mirkarimi said. “County jail systems are not designed for this, and while I do think we have a top-flight in-house psychiatric unit, we’re like a MASH [Mobile Army Surgical Hospital], with people coming in and we’re triaging them and sending them right back out. All I have to do is go to San Francisco General and then go to the jails, and I see 8 out of 10 people going back and forth between our systems, and then I see them back on the streets. This is a direct result of the fact this administration has no plan to deal with mental illness. They’ll sweep it under the rug for the Super Bowl because they want the façade, but the day-to-day reality is they come into our jail system because there’s nowhere else for them to go.”

Until we realize that homelessness is not one-size-fits-all and that mental illness is the largest component of the problem, nothing will change. You can’t treat a veteran with PTSD the same way you

treat a person strung out on meth; and you can’t treat people who are bipolar and off their meds the same as you do a chronic alcoholic prone to violent outbursts. In fact, research shows that violence committed by the mentally ill isn’t as prevalent as society believes, though it increases when substance abuse enters the picture. The crimes committed by the mentally ill homeless rarely rise to the level of those committed by the general population. Navigation centers like the flagship at 1950 Mission Street are a step in the right direction for the nonmentally ill homeless, allowing those living in encampments to stay with their possessions, partners, and pets in bungalows while receiving counseling and services, but this doesn’t address the severe lack of beds for the mentally ill, nor does it answer the question of what to do with the sickest of the sick.

In January, San Francisco District Attorney George Gascón, along with supervisors David Campos, Malia Cohen, and Jane Kim, proposed the construction of a behavioral health center that houses both inmates and patients on multiple floors with differing levels of security as an alternative to the failed plan for a new jail. Based on a successful model in Miami, the center would include rapid mental health assessment and secure facilities for those awaiting psychiatric beds. It would also provide referrals and transfers for patients and inmates, in- and out-patient treatment, and monitoring and follow-ups before and after an arrest. Gascón estimates that 40 percent of the current average 1,300 inmates in County Jail suffer from mental illness (slightly higher than Mirkarimi’s estimate), and about 80 percent of police calls involve mental health issues. With a current 90-day wait for a psych bed, mentally ill inmates are often released before they can access the help they need.

Gascón’s plan sounds promising, but it appears Governor Brown is as obtuse about the mentally ill homeless crisis as Mayor Lee: The proposed center would not qualify for funding under the state grant program that would have helped build a new jail. Instead, San Francisco’s state legislators will need to find possible funding at the state level. As for San Francisco, we’re spending a record \$241 million on the homeless, but anyone visiting the city would be hard-pressed to figure out where it goes.

In February of 1911, President William Howard Taft signed a resolution designating San Francisco as the official World’s Fair City. Eight months later, Taft came to break the ceremonial ground and, during a lunch at the Cliff House, toasted San Francisco as “the city that knows how.” Over 100 years later, we proved we know how to build and tear down a Super Bowl City inside a month, but unless we put that same energy into building a behavioral health center, we’re going to see a lot more Leevilles popping up — and become known as the city that doesn’t know how to take care of its most vulnerable citizens.

E-mail: susan@marinatimes.com

Housing development in District 2: A community approach to new development

BY MARK E. FARRELL

SAN FRANCISCO IS IN THE MIDST OF a serious housing shortage and crisis. For years, as a city, we simply have not produced enough housing to keep up with the growing demand. As a result, we have seen housing prices skyrocket over the past couple years, making San Francisco one of the most expensive cities for housing in the country. While the market is showing early signs of cooling, a basic fact remains: We need more new housing that meets the needs of all income levels to keep San Francisco diverse and strong.

For the first time in a long while, District 2 is slated to contribute a significant amount of new housing to the market with two upcoming housing developments proposed for the bookends of Laurel Village: the UCSF campus in Laurel Heights, and the California Pacific Medical Center's campus in the middle of Jordan Park and Presidio Heights.

I thought it was important to introduce everyone to both of these projects, and also to field questions and solicit any input. I firmly believe in a community approach and process to new development. Thus far, I have been encouraged by the two development teams' efforts on their respective projects to make community outreach and input a sincere and important component of their overall efforts, and I look forward to these continuing efforts.

**3800 CALIFORNIA:
CPMC CALIFORNIA CAMPUS DEVELOPMENT**

During the negotiations between CPMC and the city for its two new hospitals (including the one near District 2 going up on Van Ness Avenue), CPMC made clear its intentions to sell its current hospital at 3800 California Street, where approximately 40 percent of the babies in San Francisco are born (including our family's three children). As part of the negotiations, I secured a deal that ensured CPMC would host a lengthy community process regarding its California Campus development to guarantee that residents have a say in the ultimate outcome. CPMC has chosen to tap San Francisco-based developer TMG Partners to lead the development and community process, and they have a strong track record in San Francisco in working closely with the community to produce projects that reflect community concerns and input to earn wide support.

The California Campus is in the early stages of the development process. TMG has been working with a Visioning Advisory Committee and neighborhood groups since early 2015 and will host a neighborhood open house in April 2016 at which they will present a concept plan for the redevelopment of the property. TMG will continue to refine the plan with additional neighborhood input this year. TMG will not be able to officially begin work on the site until they obtain city approvals and the new CPMC

hospital on Van Ness opens, which will be in early 2019 at the soonest. If you live in the neighborhood and would like to reach the developers about the plan, you can contact the project development leads at TMG Partners, either Matt Field or Denise Pinkston, at 415-772-5900.

**3333 CALIFORNIA:
UCSF LAUREL HEIGHTS DEVELOPMENT**

The 3333 California development at the UCSF Laurel Heights campus can hold hundreds of housing units on the 10.3-acre site, will likely include new commercial and open space, and would represent the largest pending housing project in the northwestern part of the city. SKS Partners and Prado Group are the two joint developers leading the project and have been hosting community meetings since the middle of last year to gain input on the proposal.

The development team just recently presented its initial conceptual design for the project that included landscape and site design, architectural drawings, and proposed building uses. This was just the first proposal, and the development team is using that as a starting point with the community that will continue to change over time to reflect resident input and feedback as more community meetings are held. The development team has created a website for the project at 3333calsf.com, where you can view the initial proposal, learn more about the development timeline, and

when the next community meetings will be. You can also contact the team directly at info@3333calsf.com.

**COMMUNITY APPROACH TO
NEW HOUSING DEVELOPMENT**

From my perspective, the undisputable need to build more new housing does not have to come at the cost of completely changing San Francisco and our neighborhoods as we know them. I see the need to build more housing as an opportunity, and these two projects as a chance to bring our communities and neighborhoods together by advocating for specifics in these projects that will add to the fabric of the neighborhood.

Both of these projects represent some of the largest land-use developments in District 2 over the past few decades. While change and new development can create anxiety, I believe we should see these two projects as an opportunity — an opportunity we can and should all embrace as a chance to help San Francisco grow appropriately and responsibly while retaining the neighborhood character we all value. It will take years for both of these projects to get through the approval process and put shovels in the ground, but the chance for community input is now, and I look forward to working with everyone in our neighborhoods to make sure our voices are heard.

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FROM THE DISTRICT 3 SUPERVISOR ∴ Rethinking housing approaches

Progressives didn't cause this problem

BY AARON PESKIN

DENSITY 'BOGUS' PROGRAM: HOW WE GOT HERE

A 1979 relic of a state law permitting developers to add height and bulk if they set aside 13 to 20 percent of units for "affordable housing" has our Planning Department ready to push through a flawed local Affordable Housing Bonus Program (AHBP). The Planning Department's argument for what is essentially a plan to up-zone most of San Francisco is a 2013 court ruling that Napa County's local density bonus ordinance placed unfair burden on developers by setting a higher threshold than is allowed by state law. Napa had a 20 percent inclusionary housing requirement, and its density bonus program required even more. The court sided with the developers, upholding their right to cough up less affordable housing in exchange for significant height and bulk increases.

Our Planning Department is worried that San Francisco will be challenged next, because we are subjecting developers to "unfair" affordability requirements with the 12 percent inclusionary housing requirement. After 37 years without a peep regarding the state's density bonus law, the sudden fear of legal action for not doing enough to incentivize development density seems more than a little bogus.

WHERE'S THE FIRE?

According to the Association of Bay Area Governments' 2015 housing prog-

ress report, our tiny 49 square miles have taken on the lion's share of regional housing production in the last decade. To give you a sense, between 2000 and 2009, San Francisco averaged about 2,892 new housing units per year, compared to 605 units in all of Napa County. For all of SPUR's caterwauling about how "progressives" created the housing crisis, the decade I was first in office saw a tremendous amount of housing production, mostly as a result of up-zoning in eastern San Francisco, enabling us

to create some 10,000 new units.

The reality is that other counties are not pulling their weight when it comes to building housing for the Bay Area's growing population. In fact, the growth has not been in San Francisco; the city's chief economist recently submitted a report highlighting the real impacts of gentrification and displacement: a stunning outmigration of 62,757 San Francisco residents in 2014.

No, San Francisco's issue is not that we haven't built enough housing — it's that most of the housing that is being built is out of reach for over 60 percent of the population. Even with the passage of lofty policy goals and studies galore, the city is still building at 150 percent of its market-rate development goals and only 30 percent of its affordable housing goals.

THE AFFORDABLE HOUSING DISPLACEMENT PROGRAM

For starters, more density cannot come at the expense of our existing renters and small businesses. Recently, while enjoying coffee at a local cafe, I was stunned to hear from the proprietor that he and his fellow merchants were relegated to month-to-month leases after the landlord declined to renew their long-time agreements. The reason the owner gave? He was eagerly awaiting passage of the proposed AHDB program so he could tear down the build-

ing — rent-controlled units above and commercial retail below — to build anew and up. This is just one troubling tale in a chorus I've heard

from people citywide, reinforcing my belief that any incentive program that applies to existing housing and commercial sites is a recipe for displacement, not density.

TIME FOR DENSITY EQUITY

To be clear, I support density, but I think it's time we had a real conversation about who we are building for and who is absorbing the burden of that development. District 3 has some of the city's densest neighborhoods — you can find it easily on the AHDB map, bathed in color indicating it's ripe for up-zoning. The Planning Department claims the program will net 15,000 units on 240 potential "soft

sites," yet it's not targeted those, and the potential impact on historic rent-controlled neighborhoods where tenants and small businesses are already struggling to survive is clear.

My office is working to refresh an old piece of legislation I introduced during my first term, allowing the construction of accessory dwelling units citywide. Though we didn't have a majority to pass the citywide law then, Supervisors Scott Wiener and Julie Christensen each passed district-specific versions last year. With the Planning Department projection that the District 3 legislation alone will net 3,000 units of rent-controlled housing stock, this is a far better citywide alternative than passing wholesale up-zoning of a city still struggling with concerns about incentivizing displacement. When the Planning Department's projections are applied to all 11 districts, we're looking at a minimum of 33,000 potential new units with tenant protections. This is just one tool to tackle the affordability crisis in San Francisco, and I haven't even gotten to June's Fair Share and Feasible Affordable Housing Charter Amendment or Rent Stabilization Act. Let's pick this conversation up next month.

As we kick off the Year of the Monkey, we're hoping the city benefits from some of the monkey's best traits: cleverness, shrewd business sense, magnetism, and most important, mischievous fun. Gung Hay Fat Choy from District 3.

E-mail: aaron.peskin@sfgov.org

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CONTINUED *from page 1*

Part of what's happening is sort of a breakthrough moment for an emergent generation of African-American leaders in the same tradition of Martin Luther King Jr., Malcolm X, the Black Panther party in Oakland. They are [responding to] the needs of the community in crisis.

That's what Black Lives Matter has done. It's cleared the path of the older generation to the political parties; they've taken on specific leaders like Jesse Jackson and Al Sharpton. They are filling the vacuum that is created by the disappearance of black men. And without that, they would not be leading.

Generally, from the plantation economy all the way through every major movement up through [Martin Luther] King, the black preacher played a significant role. Black Lives Matter [confronts and is] reproducing what they see as the [leadership] of the black church. They are interested in undermining this tradition of leadership as much as

Many people are not aware of the LGBTQ element of the Black Lives Matter movement. Once they do find out, it runs headlong against the long, organic ideology of black Protestantism. So Black Lives Matter is at war with the black church, because of its own commitment to a democratic, desexualized, and desaceralized — to undue its religious nature — political moment.

They should pick up the books of the Black Panthers

and realize their true credibility in the communities [was] testing for sickle cell, food programs, even the women-infant-children programs. They had amazing programs. What J. Edgar Hoover saw as the most threatening part of the Black Panthers movement was those programs.

Homosexuality generically is alien to black Protestant traditions. Black Lives Matter as a lesbian and gay movement, if it is clearly that, stands to confront the same obstacles as these other movements where black Americans never embraced it because it was alien to their black Protestant traditions.

Huey Newton said the more Black Panthers started to talk revolution [and] in particular when the Black Panthers began to criticize the black church, “We defected from the community.”

If Black Lives Matter wants to have relevance, it cannot attack the black community at its core. They cannot attack the black church in ways that are out of norms of the black community. They should learn from what the Panthers did well. That is still doable. My son plays basketball in Oakland; there was so much food at this school to feed the community, they were lined up around the corner. I'm talking about truckloads of fresh, healthy food. If Black Lives Matter wants to have credibility, it has to either embrace the community organizations where they are or produce its own that will substitute for the black church. In other words, Black Lives Matter would have to become almost a clearinghouse



Political scientist Dr. James Taylor. PHOTO: JOHN ZIPPERER

What can the community point to in general that the Black Lives Matter movement has benefited them in terms of concrete, kitchen-table questions about resources?

SIS. They are definitely impacting the attitudes about mass incarceration. Many of the Black Lives Matter leaders are going to make personal decisions that will eventually lead the movement still on paper in place, and these people will get positions as teachers and in think tanks, and they'll eventually disappear. They will be resented and they will resent the black community.

Do others outside of the African-American community have a role to play in this movement, particularly on a local scale?

They find themselves struggling with the same issues of the last generation. The Black Power movement was the breaking point. What is the role of white liberals, for radicals in our movements? In the 1960s, the answer was they have to get out.

Black Lives Matter was originally an internal community discussion that got media attention and wasn't expecting to manage the conversation. If it has any chance of going forward in terms of white allies, it will have to figure out what it thinks the role of white allies are. To maintain credibility even with whites, they will have to find some credibility in the black community as anything more than as an entire [group of whiners].

I'm sort of torn about that. It's too abstract — like the concept of racism is too abstract to mobilize people around it. To mobilize white people around issues of white privilege [is too abstract]. It would be advantageous to mobilize around organizations of similar interest, coalitions. “No permanent friends, no permanent enemies, just permanent interests” has to be the way Black Lives Matter goes forward to have sustainability for over a decade.

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There will be no shortage of Easter bunnies at the Union Street Easter celebration. PHOTOS: SRESPRODUCTIONS.COM

EASTER PARADE
CONTINUED from page 1

And so is the parade. It drew 10,000 people last year. That's quite a crowd for the short sojourn between Gough and Fillmore Streets.

"My uncle, Dennis Beckman, started the parade," says Valeria Rossi, who has been coming to the parade since she was a little girl. Like the children, the parade has grown leaps and bounds. "Dennis owned The Enchanted Crystal, which really was a fairyland, a place for make-believe, a place to mesmerize the children in Cow Hollow." Dennis's shop closed after he lost the lease. His rent shot up astronomically. "The parade is really an extension of what his store once was," Rossi adds. At this writing, Beckman was in Louisiana looking after his ailing mom who's in her 90s. He clearly has high regard for persons of every age.

There are many people involved in this project, including Zephyr Real Estate, Silvana Messing, (who specializes in luxury home sales at Zephyr), and, of course, the Union Street Merchants Association. As for the merchants, opinions about the parade are positive.

'IT'S FOR THE KIDS'

"It's a good thing," says Paul McManus, a mainstay of the area. He pours drinks at the Bus Stop Saloon and misses very little. "It's for the kids, and how can anyone but be charmed by their enthusiasm?" Brian Reccow is a partner at the restaurant Belga. "For the Union Street Fair back in June, we didn't know what to expect," he says. We hired two security officers for the first day, then sent them away the next. There was no trouble." The Easter parade promises to be even quieter.

"I like when the children rush into the shop," says Lainie Dills, who works at Lush, the sweet-smelling soap store. "They are so curious, and they always ask questions, like, 'What's Karma?'" In this case, it's a brand of soap.

Penny Fischer, who works with Dills, says, "The kids are really respectful. I think that has much to do with the neighborhood." Lush, with more than 250 stores worldwide, donates to hundreds of charities. "I'm particularly proud that we give money to help children."

Drapkin says the celebration will feature many family friendly activities, including face-painting, a petting zoo,

pony rides, lots of costumes, and live music. Also something called a Bubble Jump. The meaning was lost on this reporter.

"It's when the kids tumble in a large, transparent, plastic bubble, and jump and play to their heart's content," Leslie explains. Oh, this Bubble Boy gets it now.

The event marks the true arrival of spring, and a time to savor this unique place. It's the season for renewal.

DON YOUR EASTER BONNET

Of course the Easter Bunny will pay a visit, but the Easter Bunny needs no costume to be recognized. Not so for the rest of us. Everyone is invited to participate in the Easter Bonnet Contest. That's kids, parents, and all others alike. Oh, you can dress your pets up, too. That's usually a big hit. Not that the pets like it very much. The

An Easter bunny car from the 2015 parade.

judges will look for zaniness, elegance, and outrageousness in its sartorial splendor. The hats tend to be wild enough to rival the ladies at the Kentucky Derby. And who knows? You may find that you're in the rotogravure. You remember that song, right? Sure, it's Irving Berlin's "Easter Parade." They don't call magazines "rotogravures" anymore — but you could find yourself in the *Marina Times*. That's even better.

Categories in the bonnet battle include Best in Show, Best Couple, Best Family, Best Pet, Best Children, Best Merchant, Most Elegant, Largest Hat, Most Comical, and Most Creative. "Best children?" Aren't they all? Not an enviable assignment to decide the winner. Ah, but it's all in fun. Sure, explain that to the kids later. Judging takes place at the Information Booth at Buchanan and Union Streets. Winners will be announced at the conclusion of the parade on the main stage, also at Buchanan and Union Streets, at 3:15 p.m. By then, the anticipation will be at fever pitch. But there are lots of places to cool one's exertions, and slake one's thirst at Union Street's many restaurants, which will be serving special Easter menus.

25th Annual Easter Parade & Spring Celebration: Sunday, March 27, 10 a.m.-5 p.m., Union Street (Gough to Fillmore Sts.). Free, 800-310-6563, sresproductions.com.

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10 MARCH 2016

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No such thing as a free lunch for your columnist, and other neighborhood updates

BY ERNEST BEYL

THE HABERDASHER

Gentlemanhaberdasher Wilkes Bashford missed my deadline last month. He died just after I turned in my February column. I counted Wilkes a friend, and patronized his store downtown on Sutter Street whenever I could put together a few bucks for a down payment.

I once bought a white linen Brioni suit from Wilkes Bashford. It was a beauty — single breasted jacket with a vest and tight pants. I wore it on a trip to Hong Kong where I looked like a skinny Sydney Greenstreet with yellow armpits.

EATING FOR FREE

I would like to get this straight: Because I write frequently about restaurants in this column, I get questions about whether I get free meals in North Beach. The answer is no. I do not. Once in a while a restaurant will buy me a glass of wine or maybe a Bloody Mary. As you can imagine, I usually write about places I like. Not

unusual! And the fastest way to not have me write about a restaurant is for the owner to keep hitting on me about it.

As you may have noticed, I do sometimes write about Little City Market where my butcher Ron Spinali holds forth. Ron and I share recipes and occasionally food we have cooked. He gives me sausage once in a while — Ron is a helluva sausage maker. And when I prepare something I'm proud of, I like to share it with Ron and his son Michael. Things like short ribs or Bolognese sauce. I make a terrific spaghetti Bolognese. But no, I don't get free meals because I write about a restaurant.

JOE'S BEGAT JOE'S

The Duggan family, proprietors of Original Joe's in North Beach, has opened Joe's of Westlake, which most of us shorten to Westlake Joe's. More properly I should have said, "reopened" Joe's of Westlake. A neighborhood landmark in Daly City since 1956, it was known

for its Italian meatballs, garlic bread, and various red-sauce classics, as well as sturdy drinks for the drinking establishment. Westlake Joe's fell into decline, and the Duggans took over and now, after considerable renovation, have opened it as a Joe's-style jewel box.

Now this is where it gets esoteric: The original owner of Original Joe's, when it was in the Tenderloin, was Tony Rodin. The Duggans became in charge through marriage, and ultimately conceived the now iconic

The Duggan family, proprietors of Original Joe's in North Beach, has reopened Joe's of Westlake.

Original Joe's of North Beach. But way back when, Tony Rodin partnered with Bruno Scatena and opened Joe's of Westlake. Got it? Now the circle is closed.

The friends and family party the Duggans held at the Daly City site a few weeks ago was a



Joe's of Westlake is open for business. PHOTO: JOE'S OF WESTLAKE / FACEBOOK

major event. Scores of Original Joe's North Beach customers descended on the new namesake and whooped it up — including your columnist.

JESSE DOES IT AGAIN

My friend Jesse Silva, whose day job is at Mario's Bohemian Cigar Store and Cafe in North Beach, is a talented singer — half Rihanna and half Grace Slick.

Recently, I caught her at Bottom of the Hill, a club at the bottom (naturally) of Potrero Hill. She was singing with headliner Debbie Neigher, but Jesse deserves top of the bill herself. If you drop into Mario's, Jesse can tell you where she'll sing next. You will be doing yourself a favor.

DIERDRE NEEDS YOU

Deirdre Black, bartender at BarNua, the Irish pub on

Columbus Avenue, won first prize in a Heineken beer contest and was awarded an all-expenses paid trip to Amsterdam. But at this point she's not going. The 40-percent tax she would have to pay is a killer. I would offer to pay it for her, but as a journalist I've taken a vow of poverty. If you're interested in helping Deirdre, get in touch at BarNua in North Beach.

WAIT FOR IT

For some — as T.S. Eliot wrote — April is the cruellest month. For others April is notable because, as *Marina Times* readers know, it's the month when we publish the annual Ernestos Best of North Beach Awards. Look for several new categories and several first-time winners this year. Wait for it.

E-mail: ernest@marinatimes.com

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Robert J. Purchase, MD
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Fresh bagels from Wise Sons Bagel & Bakery. PHOTO: COURTESY OF WISE SONS.

Openings and a reopening: The Company, Wise Sons Bagel & Bakery; Alfred's Steakhouse

BY MARCIA GAGLIARDI

MARINA/COW HOLLOW

The Mina Test Kitchen will open its third pop-up, **The Company** (2120 Greenwich Street) on March 2, featuring Indian cuisine (with a particular inspiration from Northern India) by guest chef Vikrant Bhasin, who worked previously as a sous chef for Michael Mina Restaurant in 2008. The multicourse (7, 9, or 11) meal features dishes like pakora chaat (cauliflower, onion, and English peas); spiced crab salad with anardana over papad; kako-ri kebab (black cardamom, mint, coconut, and tamarind); kashmiri kofta, (Sonoma lamb simmered in yogurt, cloves, ginger, red chilies, stinging nettles); and mango saffron kulfi for dessert, along with traditional sides and additions like raita, chutneys, and roti. As with the previous pop-ups, tickets (\$49–\$69 with optional beverage pairing \$29–\$40) are required and available at minatestkitchen.com. *Wednesday–Saturday 5:30–10 p.m.*

Fans of **Smitten** ice cream will be happy to know another location is coming to the former Judy's Cafe (2268 Chestnut Street) this summer. Founder Robyn Sue Fisher is excited to be moving into the space, and in an interesting twist, Eastman Ice Cream operated there in the 1930s and '40s.

FILLMORE

Cue the bagel excitement: **Wise Sons Bagel & Bakery** (1520 Fillmore Street, 415-872-9046), the 2,200-square-foot commissary kitchen, production bakery, and shop from Evan Bloom and Leo Beckerman opened at the end of February.

Find several bagel sandwiches, like the West Coast Veggie (house hummus, roasted seasonal vegetable, pickled onions, market green mix on a poppy seed bagel) and an egg and cheese (cage-free egg omelet, chicken-pastrami breakfast patty, and melted Tillamook cheddar on a bialy) as well as classic schmears, baked goods, an array of smoked fish (lox and sable), and a chilled case for grab-and-go items. *Monday–Friday 7 a.m.–2 p.m., Saturday–Sunday 8 a.m.–3 p.m.*

FINANCIAL DISTRICT

In a speedy turnaround, Daniel Patterson Group has reopened **Alfred's Steakhouse** (659 Merchant Street, 415-781-7058). As we mentioned last fall, the closing was about preserving the 88-year-old classic San Francisco steakhouse's history and continuing the legacy of the Petri family, which ran it for the past 42 years.

The restaurant has been refreshed with new flooring and paint, and the bar area has a more loungey vibe (and barrel-aged cock-

tails), but it looks and feels like the Alfred's you know and love with some new artwork by John Ricca photography commemorating San Francisco.

The steaks are now from California (aged for 15 and 30 days) but still cooked over mesquite/open fire, and with chef Charlie Parker, you can expect some quality vegetable sides. They are integrating a whole animal program, so you'll find dishes like oxtails and pork shoulder, too. Tableside salads and cocktails remain, and the wine list is expanded and updated with many California and old-world classics.

And for you Alfred's regulars, the Buckaroo Luncheon Club deal is back on Thursdays (11:30 a.m.–2:30 p.m.), with the School Night Special dinner (\$58, three courses and wine). *Sunday–Thursday 5:30–10 p.m., Friday–Saturday 5:30–11 p.m.*

Now open in the former Wexler's space is **Leo's Oyster Bar** (568 Sacramento Street, 415-872-9982) from the Big Night Restaurant Group (Park Tavern, The Cavalier, Marlowe). It's a looker, which is what happens when Ken Fulk is the design director. The custom floral wallpaper, hanging ferns, gilt scallop shell sconces, and bamboo-caned barstools lend an air of sultry, tropical glamour. There's a "conservatory," hand-waxed mahogany paneling, a hammered brass raw bar, banquettes, an uplit onyx cocktail bar, and a 40-seat Champagne bar.

The heavily focused seafood menu by executive chef Jenn Puccio includes oysters (raw or hot, including a "carbonara" version with pancetta); crudos, toasts topped with fried shrimp and bacon (a spin on the classic Chinese shrimp toast) or urchin; Louie salad with rock shrimp, crab, or both; seafood bisque; clam chowder; a lobster roll; and mussels en papillote. House-made Tater Tots, gougères, and some variations of french fries (like the burger fries, topped with cheddar cheese sauce, aioli, bacon, caramelized onions, and crisp shredded lettuce) are properly built for Champagne. Finish the night with desserts by pastry chef Emily Luchetti served in vintage glassware.

Cocktails (many low alcohol) and bites start at 3 p.m., followed by dinner service. The Champagne list is extensive, and includes some local and international sparklers. *Monday–Wednesday 3–10 p.m., Thursday–Friday 3–11 p.m., and Saturday 5:30–11 p.m. (subject to change); lunch will be added soon.*

Marcia Gagliardi writes a popular insider weekly e-column, *Tablehopper*, about the San Francisco dining and imbibing scene; get all the latest news at tablehopper.com. Follow Marcia @tablehopper on Twitter and Instagram for more culinary finds.

Lasan brings traditional and innovative Indian food to Cow Hollow

BY JULIE MITCHELL

THE STORY OF LASAN ON Fillmore is a love story. It's the tale of a chef who founded a successful San Francisco restaurant, which he then had to sell to deal with family health concerns. He then reopened in a new location, and is now serving his traditional northern Indian recipes to the delight of his Cow Hollow neighbors.

Lasan owner and chef Partap Singh owned Indian Oven on Haight Street, voted best Indian restaurant by *SF Weekly*, *The Bay Guardian*, and *San Francisco Magazine* during its 12-year run, and which he closed in 2006. At Lasan, Singh has expanded his tandoori offerings in addition to many reasonably priced classic Indian dishes, and is committed to using natural, organic, sustainable ingredients.

"I'm very proud of the fact that Lasan is part of the "never ever" program serving free-range chicken, naturally raised and grass-fed lamb and beef that is never treated with antibiotics, hormones, nitrates, or any other chemical additives. And in our many vegetarian and vegan dishes you will find local, organic produce."

CONTEMPORY AND COZY

Lasan's interior is a mix of a contemporary bar with big-screen TV



Left to right: Baingan pakora; tamarind and ginger chicken wings. PHOTOS: LASAN

and a homier dining area, with sturdy chairs upholstered in burgundy and gold and cream-colored walls appointed with colorful Indian folk paintings. In addition to a wide variety of traditional and craft beer and hard cider, there is an extensive offering of domestic and imported wines. The wine list is appealing, with a thoughtful description of each varietal, and several Indian wines, which offers a rare opportunity to try something different. On Wednesday evenings, Lasan features all glasses of wine for half off.

DON'T MISS THE CHUTNEYS

Lasan's menu is long but neatly broken into chapters: appetizers; tandoori dishes; vegetarian, chicken, lamb, seafood, and rice entrées; flatbreads; accompaniments; and desserts. Appetizers include papadum, lentil wafers flavored with black pepper and cumin (\$3); and a variety of spiced vegetable, chicken, or seafood pakoras, or fritters,

such as the baingan with eggplant in a chickpea batter (\$6) and the Bombay with crisped, spiced calamari (\$9). There are also samosas and chana, spiced russet potato and pea dumplings over chickpeas (\$6) and tamarind and ginger chicken wings (\$7).

All appetizers are served with four house-made chutneys: tamarind with plum, brown sugar and spices; mint with house-made yogurt, cilantro, jalapeno, and green onion; mango with golden raisins and spices; and creamy lemon with homegrown lemon that is pickled and preserved with jalapeno and spices. Incorporating sweet, spicy, and tart, these chutneys are difficult to stop eating.

TANDOORI, VINDALOO, AND MASALA

Tandoori dishes from Lasan's traditional charcoal-burning clay oven include sea bass, fresh and tender in a house-made spice blend (\$18); chicken marinated in yogurt

and spices (\$13); tiger prawns served over sizzling peppers and onions (\$14); boti Australian lamb kebab marinated in yogurt and ginger (\$16); and a mixed tandoor including chicken tikka, prawns, sea bass, and lamb (\$21).

Chicken, lamb, and seafood entrées are varied and include such standby dishes as chicken tikka masala with seasonal vegetables in a tomato and yogurt sauce (\$14); chicken madras in a coconut, tamarind, and golden raisin sauce (\$14); lamb vindaloo in a traditional spicy and sour sauce (\$15); and Goan fish curry in a coconut, tamarind, mustard seed, and curry-leaf sauce (\$16).

Vegetarian options include bhindi masala, okra sautéed with whole cumin and onions (\$12); baingan bartha, smoked and sautéed eggplant with tomatoes and onions (\$12); and Navratan ("nine gems") korma, seasonal vegetables in a creamy reduction of fruit and roasted nuts (\$13).

RICE, FLATBREADS, AND SALADS

Choose from the pulao, simple brown rice or basmati rice with peas (\$3) to a variety of biryani, mixed-rice dishes such as chicken biryani (\$14) or vegetable biryani (\$11).

Naan, that addictive Indian flatbread, is freshly baked and comes plain (\$2) or with garlic and basil (\$3), to the more filling stuffed versions with dried fruit and roasted nuts (\$4) or goat cheese, black cumin seeds, bell pepper, and ginger (\$6).

Multigrain roti, unleavened bread made from wheat, flax, and barley is also available (\$2) along with an assorted breadbasket (\$7). Raita, fresh yogurt mixed with cucumber and black cumin, (\$4) and a salad with red onions, tomato, and cucumber in red wine vinegar (\$3) are refreshing accompaniments.

SAVE ROOM FOR DESSERT

In the unlikely event that you have room for dessert, try kheer, cardamom-flavored rice pudding with pistachios (\$4); mango crème brûlée (\$6); kulfi, house-made pistachio-cashew ice cream with dessert noodles, edible gum, and rose syrup; or gulab jamun, a warm dumpling with cardamom syrup (\$6).

Lasan: 3145 Fillmore Street, 415-346-4900, lasansf.com; daily 5:30–10 p.m.; bar open Friday–Saturday 10–2 a.m. for chicken tikka masala burritos.

E-mail: julie@marinatimes.com



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THE HUNGRY PALATE :: Review



Linguine con vongole. PHOTO: ORIGINALUSRESTAURANT.COM

The Original U.S. Restaurant: Italian with Sicilian sensibility

BY ERNIE BEYL

THERE WAS REJOICING IN THE streets of North Beach late last year when the Original U.S. Restaurant reopened after it was forced to close at its previous site. The reopening was a major event in the neighborhood. It represented one uptick on a slippery slope that has seen restaurant closings demoralizing many of us. For those unfamiliar with this venerable North Beach establishment, let me add a bit of history. It opened in 1919 and the U.S. stood for Unione Sportiva — a union of neighborhood Italian athletic clubs. This is the third iteration of the restaurant since that time. Gaspare Giudice, from Sicily, who makes a fine and knowledgeable host, has owned and operated the restaurant since 2004. Benjamin Ruiz is executive chef, not from Sicily, but a Mexican with a Sicilian attitude. Additional investors in the new operation are Alberto Cipollina, who ran the original place for many years, and Mario Alioto, marketing boss for the Giants.

OLD PHOTOS ADD HISTORIC CHARM

Several years ago, I reviewed the U.S. Restaurant for *Northside San Francisco* and gave it a favorable rating. It's time to reassess this neighborhood standby in its new location, 414 Columbus Avenue, formerly the site of the now-defunct Colosseo. Some will remember the site as the former Nebbia Bakery. Sensibly, Gaspare and his associates uncovered the original mural from the dining room ceiling — wonderful cherubs with loaves of bread in hand — but got rid of the gaudy wall murals of Roman gladiators on the streets of Rome, which were added by Colosseo. Now the pale blue walls that match the ceiling are covered with historic black-and-white photos from the restaurant's past. Terracotta tile floors complete the seasoned look, and there's a wine bar at the rear laid out for counter dining.

CALAMARI FRITTI

The new U.S. Restaurant seems like old times to me: Roast shoulder of lamb and lima beans (\$22) on Tuesday was, and still is, one of my favorites. The lamb is roasted with a blizzard of rosemary that perfumes it nicely. It's crackly on the outside and a bit pink in the inside. The lima beans are slightly al dente. I usually add a bit of olive oil, and also ask the kitchen to cover them with chopped, raw red onion. A few other outstanding daily specials are stewed tripe (\$16) on Wednesday. Tripe may not be everyone's favorite, but if done with care, as U.S. Restaurant does it, cooked for hours in a rich and spicy tomato sauce, it is

superb. On Friday, the calamari fritti (\$17) is a good choice with a peppery, white-flour batter coating. It's deep fried very quickly, and the calamari is crunchy and not oily as it sometimes is at other restaurants. And one of the specials on Saturday is calves' liver and onions (\$18), nicely accomplished, sautéed baby liver with a topping of grilled onions.

SOME EXCELLENT PIZZAS

Besides the specialties mentioned above, the lunch menu includes omelets (\$10) any style, a series of sandwiches (\$10.50–\$15), including some Sicilian-style offerings and all served with salad or fries. There's a soup (\$5 cup, \$8 bowl) of the day. I like to begin with pastina en brodo (\$3 cup, \$5 bowl), a rich chicken broth with those tiny bits of pasta swimming around. And there are 10 or more pasta dishes (\$10–\$14), all with red sauces executed well by the kitchen, and quite lusty. There are also some excellent pizzas (\$12–\$16). My favorite is the Sicilian Trapanese with fresh tomatoes, mozzarella, and Sicilian sausage (\$16).

At lunch U.S. Restaurant is decidedly informal. There's the scurrying friendliness of the servers, who initially place a basket of crusty bread on your table along with a small bowl of cold cannellini beans, dressed with olive oil, wine vinegar, chopped onion, and bit of celery. It's a complimentary appetizer and a good way to start your meal.

SICILIAN SPECIALITIES

Evenings, U.S. Restaurant becomes a bit more formal with white tablecloths and a more extensive menu — all Italian, but with many Sicilian specialties that remind Gaspare of his homeland. There's a sizable dinner menu with offerings of antipasti (\$8–\$20), insalada (\$8–\$16), pasta (\$12–\$20), pesce (\$20–\$32), pollo (\$18), carne (\$17–\$28), contorni (side orders, \$6–\$8), and a variety of pizzas (\$13–\$17).

One thing I do miss at U.S. Restaurant is sitting at the counter in the old place and watching the cooks sling those hot pans back and forth as they prepared my meal. These days the kitchen is out of sight, and when I mentioned this to Gaspare, he invited me back there to watch Benjamin prepare my linguine con vongole (\$20). In a large, hot pan he lavished some olive oil and a spoonful of minced garlic. A minute or two later he tossed in a couple dozen Manila clams from Washington state, and poured in about a cup, or a bit more, of white wine. After giving the whole thing a good shake, he placed another large pan upside down over the one on the stove, and turned the heat to high. After about five minutes he uncovered the pan, made sure all the clams had opened, added a

U.S. RESTAURANT, continued on 15

Use store-bought tortellini for a warming weeknight soup

BY SUSAN DYER REYNOLDS

I REMEMBER WATCHING my grandfather and my mother make tortellini — ring-shaped pasta they filled with cheese. It was a labor of love; not hard to do but not something you'd want to do after a long day at work. My mom often used the cheese tortellini in her stracciatella soup. The word stracciatella means “little shreds,” and the soup gets its name from drizzling a beaten egg mixture into the boiling broth at the finish. If you don't like eggs, you can leave out the egg and still have a delicious soup consisting of chicken broth, tortellini, meatballs, and spinach (you can also lighten it up by substituting turkey meatballs or make it vegetarian by using vegetable broth and replacing the meatballs with mushrooms).

I make this soup a lot after a busy day using Three Bridges Organic Cheese Tortellini, which is filled with a creamy blend of ricotta, aged Parmesan, and Romano. The company is based in Benicia, hence the name, and you can find it at your local Safeway.

**STRACCIATELLA
(ITALIAN EGG DROP SOUP)**
Serves 4–6

For the meatballs:
1 egg (preferably pastured)
½ cup Parmesan cheese,
finely grated
Handful of fresh Italian
(flat leaf) parsley, finely
minced
Big pinch dried Italian
oregano
1 garlic clove, minced

1 teaspoon Italian seasoned
breadcrumbs
4 ounces ground pork
4 ounces lean ground beef

In a bowl, combine the egg, Parmesan cheese, parsley, oregano, garlic, and breadcrumbs, and mix together with a fork. Add the ground pork and ground beef and, with clean hands, mix until just combined with seasonings (do not over mix). Roll into balls the size of a small walnut and place on a sheet pan until ready to use.

Note: To add flavor and texture, I sauté the meatballs in a pan with some olive oil until they form a brown crust on all sides, then remove them to the sheet pan. (This extra step isn't necessary, but it does add depth to the soup, so I think it's worth doing.)

For the soup:
6 cups low-salt chicken
broth
8 ounces meatballs (above)

1 package Three Bridges
Organic Cheese Tortellini
1 egg (preferably pastured),
beaten with a teaspoon
of water
Salt and pepper to taste
1 cup fresh spinach
Freshly grated Parmesan
cheese (for serving)

Bring the broth to a gentle simmer in a large pot over medium heat. Add the meatballs and tortellini and cook for 8 to 9 minutes. Meanwhile, in a small bowl, beat together the egg and water. Turn the heat to high and bring the soup to a vigorous boil. Slowly stream the egg mixture into the pot while whisking soup vigorously in a figure eight motion. Salt and pepper to taste. Turn off heat and add spinach, stirring until just wilted. Ladle the soup into bowls and top with freshly grated Parmesan and fresh cracked pepper.

E-mail: recipes@marinatimes.com



Start with some stracciatella soup.

U.S. RESTAURANT

CONTINUED from page 14

dash or two of salt, pepper, and red pepper flakes, and a sprinkling of Italian parsley. After a few more shakes of the pan, he drained some linguine and added it to the pan. A few more shakes and he served the linguine con vongole in a hot bowl, and I followed my server, Renee, out to my table in the dining room. It was a wonderful meal — simple, but elegant at the same time.

The wine list is modest and built around Italian and California vintage offerings. The house red (\$7) is adequate. There's also a selection of beers.

Original U.S. Restaurant: 414 Columbus Avenue, 415-398-1300, originalusrestaurant.com; daily 11 a.m.–11 p.m.

♦♦♦

AMBIENCE

Although this is a large dining room, the space seems more intimate with servers who engage you and make you feel welcome.

SOUND LEVEL

When the dining room is full, as it is often, sound can invade your space. But, what else is new in San Francisco dining, where many new restaurants emphasize noise as a dining enhancement?

LIGHT LEVEL

Bright and cheerful during the day, subdued appropriately in the evening.

NOT TO MISS DISHES

The roast shoulder of lamb is a winner. Calamari fritti and any of the pastas are good choices, especially those with lusty-flavored Sicilian sauces.

WHAT THE DIAMONDS MEAN

The *Marina Times* ratings range from zero to four diamonds and reflect food, atmosphere and service, taking price range and type of restaurant into consideration.

OUR REVIEW POLICY

We conduct multiple visits anonymously and pay our own tab.

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MICHAEL SNYDER ON ... FILM

Movies for grownups

BY MICHAEL SNYDER

NOW THAT THE OSCARS HAVE come and gone, entertainment awards hysteria is on hold until the Emmys in early fall. That generally means more adult fare at the cinema until the movie industry delivers the requisite summer blockbusters and would-be crowd-pleasers. Consequently, three very different but engaging feature films are taking aim at grown-up audiences this month: A Norwegian export about an ecological cataclysm; a military-oriented global espionage thriller; and a high-profile experimental offering from a masterful director whose work has elicited wide reaction. You won't find a superhero, mutant, vampire, star-crossed lover, or over-sexed teenage prankster among them.

'THE WAVE'

The disaster movie is such a Hollywood staple that it's strange to see one pop up from another country — let alone one that's so much better than the usual fare produced by heavy-handed American filmmakers. In a Scandinavian surprise, Norway has given us *The Wave* — a smart, lean nail-biter about a geologist who predicts that an unstable formation at the top of a fjord will lead to an avalanche resulting in a violent tsunami. Said tsunami would do what some comparable catastrophes have done in Norway's historical past: destroy villages and kill people. So the fictional goings-on in *The Wave* have factual and scientific basis in reality.

Our hero Kristian (Kristoffer Joner) is retiring from his job at a warning center that monitors the area. Before he and his family head off into the sunset, he notices a discrepancy in the readings from cliffs overlooking the picturesque town where his wife happens to be wrapping up her job at a resort hotel. Kristian's colleagues scoff at the notion of imminent danger, so he takes matters into his own hands to save his loved ones as well as the legions of unsuspecting locals and tourists in possible peril.

Roar Uthaug's direction is sure-handed

and keeps things lively and nerve-wracking throughout; his cast is effective in just skirting the character clichés of this genre; the scenic beauty of the setting at risk is post-card-perfect and lovingly shot by the camera team; and the special effects are generally strong. Although it may not be the sort of movie countries generally submit for the foreign-film Oscar, it was Norway's official entry to the 2015 Academy Awards. Even if the ending is a little too ... Hollywood, *The Wave* could definitely show the big-budget hacks how to make a more plausible and satisfying movie of this ilk that isn't such a creative disaster.

***The Wave*: opens March 4 at the Landmark Theaters Opera Plaza Cinema (601 Van Ness Ave.), 415-771-0183, landmarktheaters.com**

'KNIGHT OF CUPS'

Starting with *Badlands* in 1973, Terrence Malick has written and directed some of the most esteemed motion pictures of the past five decades — *Days of Heaven*, *The Thin Red Line*, *The New World*, and *The Tree of Life*. He took a 20-year break between 1978's *Days of Heaven* and 1998's *The Thin Red Line*, but lost none of his depth, creativity, and passion for filmmaking in his time away. In truth, he has become much more prolific since his return to the big screen. If his 2012 release *To the Wonder* was less than satisfying, his latest finds him back in top form.

Malick's *Knight of Cups* is another in a recent spate of movies that are of, about, or set in the Hollywood milieu. (The title refers to a specific tarot card depicting an idealistic, romantic seeker, and most segments in the movie are named after other cards in the tarot deck.) Unlike the modern film-noir grind of *Mojave* or the jubilant period comedy of *Hail, Caesar!*, *Knight of Cups* is a sometimes brooding, sometimes kinetic, visually breathtaking, resolutely avant-garde take on the personal journey of a screenwriter (Christian Bale) trying to find love and meaning amid the sybaritic pleasures of Los Angeles — with a side trip to



Kristoffer Joner in *The Wave*, a Magnolia Pictures release.

PHOTO: COURTESY MAGNOLIA PICTURES

Las Vegas. He struggles with the uneasy relationships in his life, interacting with his troubled brother (Wes Bentley), his aged father (Brian Dennehy), his ex-wife (Cate Blanchett), a hedonistic associate (Antonio Banderas), and various lovers, past, present, and possibly future (Imogen Poots, Freida Pinto, Natalie Portman, Teresa Palmer, and Isabel Lucas).

The spectacular cinematography adds to the ethereal, dreamlike nature of the writer's quest as he drifts from downtown Los Angeles penthouse party to studio lot to stark desert landscape. Any philosophical questions posed by *Knight of Cups* defy easy answers, but the pursuit of them, as mapped out by Malick and embodied by lead actor Bale and company, is mesmerizingly beautiful.

***Knight of Cups*: opens March 11 at the Embarcadero Center Cinema (1 Embarcadero Center), 415-352-0835, landmarktheaters.com.**

'EYE IN THE SKY'

With a topical bent, *Eye in the Sky* addresses our current era of international terrorism, drone warfare, and invasive high-tech surveillance. The film delves into the unexpected consequences of fighting a ruthless and elusive enemy with what can be imprecise technology, especially in the hands of human beings. More specifically, it shows what can happen when innocents are thrust into the middle of this conflict, forcing soldiers and agents to reconcile their individual and sometimes conflicting values for what is perceived as the greater good.

British Army Col. Katherine Powell (Helen Mirren) uses an American drone to finally find a longtime nemesis — a U.K. citizen who has joined a terrorist organization in Kenya — and discovers that her target is overseeing the launch of multiple suicide bombings. A missile strike is ordered on the bombers' hideout, and a drone pilot (Aaron Paul) at a base in Las Vegas is about to pull the trigger when a little girl is spotted in the kill zone.

Back in London, the colonel and a fellow military officer (the late Alan Rickman) join an international governmental debate about the action as an antiterror operative (Barkhad Abdi) in Kenya secretly tries to save the girl, and the clock (and timers) tick. The roster of extremely capable actors, including Jeremy Northam and Iain Glen, bring gravitas commensurate to the stakes at hand: Is one child's life worth the likelihood of so many other deaths?

Director Gavin Hood — who helmed the Oscar-winning South African film *Tsotsi* as well as the less-laudable *Ender's Game* and *X-Men Origins: Wolverine* — handles the moral and ethical dilemmas with sensitivity and the action sequence with verve. *Eye in the Sky* is most assuredly something to see.

***Eye in the Sky*: opens March 18 at San Francisco theaters.**

Michael Snyder is a print and broadcast journalist who covers pop culture on KPFA/Pacifica Radio's David Feldman Show and on Michael Snyder's Culture Blast, via GABnet.net, Roku, and YouTube. You can follow Michael on Twitter: @cultureblaster



Pierre Bonnard, *The Large Garden*, 1895. Oil on canvas. 168 x 221 cm. Musée d'Orsay.

PHOTO: © 2015 ARTISTS RIGHTS SOCIETY (ARS), NEW YORK / ADAGP, PARIS

BONNARD

CONTINUED from page 1

domestic interior paintings, where color acts as an end to itself instead of a means to communicate space or proportion. The delightful series *Women in the Garden* (pictured on page 1) is also featured in this exhibition.

The bright, abstract and decorative patterns reminiscent of Japanese art are closely related to other contemporary Post Impressionist stylings. These paintings were originally conceived as four panels of a folding screen, but the artist ultimately preferred the compositions to be viewed separately.

Almond Tree In Bloom, a small, intimate work painted at the end of the artist's life, shows a tree shining with color in midday light.

"Bonnard's arcadia is filled with poetry, wit, color, and warmth," said Esther Bell, curator in charge of European paintings. "This selection of highlights from his career will make clear the artist's important role in the history of French Modernism."

Arcadia, in the context of this exhibition, means "a beautiful place." Arcadia is also in a sense unattainable beauty, the moments that don't last. Bonnard said, "A painting that is well composed is half finished." Unpredictable, fleeting moments accumulate and become the narrative of time: never lasting, but how bright and spectacular those moments can be.

Pierre Bonnard: Painting Arcadia: Tuesday–Sunday through May 5, 9:30 a.m.–5:15 p.m.; Legion of Honor, Lincoln Park, 100 34th Avenue; 415-750-3600, famsf.org, \$20.

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

New Legion of Honor app helps navigate your visit

WE'VE all been there. Fortunate enough to arrive at a wonderful museum, but no idea how or where to start. The Fine Arts Museum of San Francisco recently unveiled the official app for the Legion of Honor. This app utilizes Apple's latest developments in indoor positioning to act as your personal docent while pinpointing your exact location in the museum for easy navigation. Thematic tours can be selected, leading you to a curated selection of works. Or, if you'd rather be more loose and spontaneous, try turning on the location-aware alerts. With this feature, notifications only pop up when you are near key artworks.

"We're excited to be at the forefront of the intersection of art and technology," said Richard Benefield, acting director of the Fine Arts Museums of San Francisco. "Apps like this are the future of the museum experience and enable us to

take engagement beyond the walls of the museums."

Don't worry, you won't be that annoying person playing with your smartphone in a museum. The app automatically triggers content without requiring you to take additional action, such as scanning a code. This keeps phone fiddling to a minimum. The app is carefully designed to help you engage with the artwork without visual distraction and to avoid disrupting the experience of other patrons. Simply put your phone to your ear to trigger the recording, which will then play, privately, mirroring the receiving of a phone call.

Additional features include images and audio from the museum's curatorial team, as well as special features on the unique building architecture. Currently the app is only available for iPhone users, with an Android version forthcoming.

— S. Anderson

The ‘nude’ girl in the fish bowl

BY ERNIE BEYL

THE OTHER DAY I HAD LUNCH at Original Joe’s with Maxine Maas, 90 years old, great legs with trim ankles and a face that reminded me of Ursula Andress, the Bond girl in the movie *Dr. No*. My buddy Tommy Nunan, himself a fine judge of pulchritude, brought Maxine down from Napa so I could meet her. Why did Tommy think I would want to meet Maxine? Because she was the ‘nude’ girl in the fish bowl at Bimbo’s 365 Club. And if you don’t know about the nude girl in the fish bowl at Bimbo’s, you’re new to this city or just haven’t been paying attention to important bits of San Francisco’s cultural history.

HOLLYWOOD A POWERFUL ATTRACTION

I interviewed Maxine over lunch, and I enjoyed her company. She began with a straight-up gin martini. And I commenced my day with a Bloody Mary, straight up, shaken but not stirred, and poured into a wine glass. Over drinks and the Joe’s Special, Maxine told me that as a youngster she led a peripatetic life. At an early age she was dreaming about the movies and began running away from home. She wanted to go to Hollywood and be a star. “It was a powerful attraction for me,” Maxine said.

FALLEN WOMEN WERE IN THE THEATER

She was born in San Diego, and her family moved to Oklahoma, where her father began plugging for oil. He didn’t find oil, but he did find deposits of guano in bat caves, and that led to his undoing. One day he slipped into a crevice and later died of his injuries. The family returned to San Diego, and Maxine continued to run away from home. “All fallen women were in the theater,” she told me. So she took voice lessons and worked in a modeling agency where the famous Dadaist Man Ray photographed her.

MAXINE’S TEN-CENTS-A-DANCE JOB

Then for stability, her mother brought her to the San Francisco Bay

Area. Maxine promptly became a taxi dancer in Oakland while still in high school. But the job as a dime-a-dance girl in the Rose Room Ballroom came to an abrupt halt after several months. Her mother got her fired.

“I was making good money, too. I made five cents a dance, and the house got five cents. I liked to dance, and my partners [mostly sailors] were nice and polite. No one got fresh with me. A pinch on the butt or an exaggerated bow and a kiss on the hand weren’t unusual,” she said. One day, on demand, the young Maxine marched into the boss’s office and there was her

mother. “My mother told Mrs. Schumann, the boss, ‘Do you know how old this girl is?’ I was 14. I got my coat, and my mother and I left, and that was the end of my taxi dancing job,” she said.

MAXINE’S TREASURE ISLAND JOB

One job Maxine’s mother approved of was to appear at the 1939-40 World’s Fair on Treasure Island. Maxine appeared with Art Linkletter’s Melodrama Theater as a chorus singer and dancer. So once again she was in show business and this time her costume was a nice, frilly pink dress. She wore grease paint on her face, and sang Stephen Foster songs like “Oh Susanna” and between performances hung out with the circus people.

MAXINE’S PALACE THEATER JOB

When the World’s Fair was over, Maxine found another job (without her mother’s knowledge) at the Old Palace Theater, a San Francisco burlesque house. There she became what was called a “parade girl.” In a flesh-colored body stocking, a swim suit, and sequined, high-heeled pumps that glittered, Maxine walked out on stage between acts blowing kisses to the audience. Over her shoulders she wore a sandwich board. On one side of the board was printed “applause.” The other side announced the next act.

That job didn’t last either. Her mother got her fired. “It was a good job,” Maxine said, “I made \$3.75 per performance.”

A DATE WITH HOWARD HUGHES

“At one point, I worked as an understudy for various parts in San Francisco’s Curran Theater,” she said. The notorious Howard Hughes movie *The Outlaw*, starring Jane Russell, was playing in the same block at the time. One day on the set at the Curran, when Maxine was the understudy for *Junior Miss*, she said, “Howard Hughes walked in and pointed his finger at me. He took me to a nightclub called the Bal Tabarin. At the end of the evening we got into his limo, he took me back to the theater, and let me out. That was my date with Howard Hughes.”

WORKING HER WAY THROUGH COLLEGE

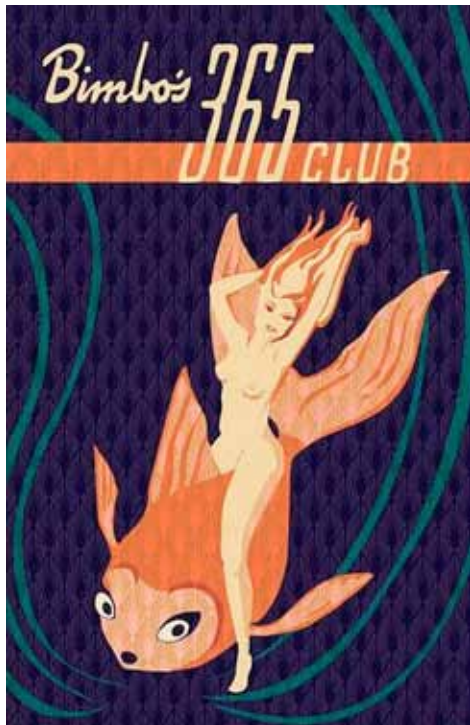
In 1940, she entered the University of California, Berkeley, majoring in dramatic arts. And while there, still hell-bent on a show business career, she got a job at Bimbo’s 365 Club in San Francisco as the nude girl in the fish bowl. “I had to pay my bills,” she recalls.

Bimbo’s 365 Club was operated by an Italian immigrant from Tuscany named Agostino Giuntoli. His nickname was Bimbo (short for bambino, Italian for little boy). He opened Bimbo’s on Market Street in 1931. The Depression was still rampant, and Prohibition caused speakeasies to open all over the city. At Bimbo’s, there was a one-way mirror on the door that warned when police were about to raid the place for illegal alcohol. Even then the club featured the nude girl in the fish bowl. The first women to take that job were burlesque dancers, and one who became famous was named Tempest Storm.

Deep in the basement of the club was a catacomb of tunnels and a small room with a platform on which a woman reclined naked. A periscope of angled mirrors projected her image (about six inches long) into the nightclub above from what appeared to be an underwater grotto.

GYRATING ON A BENCH

By the time college girl Maxine got her job at Bimbo’s, she gyrated on a backstage bench and that made it appear as if she was swimming in a glass fish bowl behind the bar. She let her hair down and wore a



Bimbo’s sea fantasy. PHOTO: BIMBOS365CLUB.COM/

flesh-colored body stocking. She recalls that her physical dimensions in inches were 35-25-35, and she was a natural blonde.

There were three fishbowl girls at the time. Maxine worked the most popular nights — Friday, Saturday, and Sunday. She earned \$7 a night.

“And that’s how I put myself through college,” she said.

NEVER A HEADLINER

Maxine married her husband, Al, in 1944, and he marched off to fight in World War II. He died in 1978. Maxine’s show business drive did not slow down. She went to Chicago for a production of *Rosemarie*. When the show closed, she took off for New York and worked at the Copacabana as a showgirl. And then she got a part in the Broadway show *Up in Central Park*, but not as

a headliner. “I was never a headliner except at Bimbo’s,” she says ruefully.

Returning to the West Coast, she went back to school and got a master’s degree in social service from the University of San Francisco and moved to Contra Costa County, where she worked for many years as a juvenile probation officer.

Then in 1987 she relocated to Napa, where now she serves as a docent at the di Rosa Preserve, the art gallery founded by the late Rene di Rosa. “And that’s my life,” she concluded.

MAXINE’S SECRET TO LONGEVITY

I had a final question for Maxine: “What’s your secret to longevity,” I asked.

Here’s her answer: “I used to say, one never gives up smoking, drinking, and entertaining men. But I’m not sure what I would say now, having given up smoking since all my men friends had to. My secret to longevity is a group of friends, young, old, and in between, with diverse interests, that you love dearly and feel are important. And good genes might be helpful.”

E-mail: ernest@marinatimes.com



Left to right: The floor show at Bimbo’s 365 Club; Maxine Maas today. PHOTO: BIMBOS365CLUB.COM; ERNIE BEYL

MARCH EVENTS

WHAT NOT TO MISS THIS MONTH

MAJOR EVENTS



10th Annual S.F. International Chocolate Salon

Sunday, March 5, 10 a.m.–6 p.m.
Herbst Pavilion, Fort Mason Center
Indulge in chocolatey concoctions from dozens of chocolatiers, and attend demos and lectures on everything from chocolate pairings to craft chocolates as well as wine and spirit pairings. \$10–\$30, 415-345-7575, sfchocolatesalon.com
PHOTO: SFCOCOLATESALON.COM

165th Annual St. Patrick's Day Parade & Festival
Saturday, March 12, 10 a.m.–5 p.m.
Market Street (at Second) to Civic Center Plaza
Find a hub of Irish culture at the Civic Center Plaza with corned beef sandwiches, Irish bands and dancers, kids' activities, arts and crafts booths, and community and cultural information. Parade begins at 11:30 a.m. Free, 800-310-6563, sreproductions.com

Macy's 70th Annual Flower Show: America the Beautiful
Daily, March 20–April 3
Macy's Union Square
Join the celebration of America's vast and varied landscapes and its beautiful indigenous flora. Visit website for event information. 415-397-3333, social.macys.com/flowershow

25th Annual Easter Parade & Spring Celebration
Sunday, March 27, 10 a.m.–5 p.m.
Union Street (Gough to Fillmore Sts.)
The celebration includes an Easter bonnet contest (11:15 a.m.–1:30 p.m., Union at Buchanan Sts.), bounce house, kids' rides and games, a petting zoo, pony rides, entertainment, and more. Parade begins at 2 p.m. (Union at Gough Sts.) Free, 800-310-6563, sresproductions.com

LAST CHANCE

S.F. Playhouse: The Nether
Tue.–Sun. through March 5
450 Post St. (in the Kensington Park Hotel)
This crime drama and sci-fi thriller explores the consequences of living out our private dreams in a world of total sensory immersion where you can log in, choose an identity, and indulge your every whim. \$25–\$120, 415-677-9596, sfplayhouse.org

Between Life and Death: Robert Motherwell's Elegies in Bay Area Collections
Tue.–Sun. through March 6, 9:30 a.m.–5:15 p.m.
Legion of Honor
This exhibition presents 13 works from the pioneering Abstract Expressionist's seminal series, Elegies to the Spanish Republic, inspired by novelist and art theorist André Malraux's 1937 speech in San Francisco about the Spanish Civil War. \$10, 415-750-3600, famsf.org.

Italian American Cinema: From Capra to the Coppolas
Tue.–Sun. through March 6, noon–4 p.m.
Museo Italo Americano (Bldg. C, Fort Mason Center)
This exhibition highlights the contributions of major Italian American filmmakers and their impact on the industry and Italian culture. Free, 415-673-2200, sfmuseo.org

Cutting Ball: Ondine
Thu.–Sun. through March 6
The Exit on Taylor (277 Taylor St.)
Don't miss this production of the classic mermaid myth of the water sprite who casts a spell upon her amour wherein sleep brings death. \$20–\$33, 415-292-4700, cuttingball.com

In the Footsteps of Masters
Wed.–Sun. through March 17
The Dryansky Gallery (2120 Union St.)
This group exhibition celebrates the human figure with works by three emerging artists: oil paintings by L.A.-based Sarah Awad, spray paintings on paper by Bangkok-based Daniel Sewell, and etchings by French artist Mija. Free, 415-932-9302, thedryansky.com

COMMUNITY CORNER

50th Anniversary Community Weekend
Sat.–Sun., March 5–6
Asian Art Museum
It's their birthday, so they'll invite you to a free bash if they want to: Enjoy art, music, dance, artist demonstrations and more, including the latest exhibitions in celebration of the museum's golden anniversary. Free, 415-581-3500, asianart.org

GALAS & BENEFITS

YMCA 5th Annual Y for Youth Luncheon
Friday, March 18, 11:15 a.m.–1:30 p.m.
Yerba Buena Center for the Arts
Philanthropists, business and community leaders and civic activists will come together and hear firsthand how we can all make a difference in the lives of youth today. \$500, 415-281-6734, ymcasf.org/yforyouth

22nd Annual Art Inspiring Hope Gala
Saturday, March 19, 5 p.m.
Festival Pavilion, Fort Mason Center
Support Camp Okizu, a summer program for Bay Area children with cancer and their families at this gala featuring gourmet food, specialty cocktails, headline entertainment, and more. Reggie Aqui and Don Noyes from ABC7 News will M.C. \$275, 415-382-1503, okizu.org

5th Annual Mr. Marina Competition
Wednesday, March 23, 6–10 p.m.
Regency Ballroom (1290 Sutter St.)
In this competition, which pokes fun at Marina stereotypes, 12 contestants are scored for swimwear, Marina-wear, and talent, while raising funds for the Leukemia and Lymphoma Society. \$45, 619-665-6755, mrmarina.com

ARTS & CULTURE

13th Annual Crossroads Irish-American Festival
Various days March 4–April 3
Various Bay Area venues
Exploring and celebrating the history of the Irish diaspora, this cultural and literary event includes creative performance, music, readings, storytelling, and more. Free–\$60, 415-810-3774, irishamericancrossroads.org

MUSEUMS & GALLERIES



Art of New Spain: Highlights from The Mexican Museum Colonial Collection
Thu.–Sun. through May 20, noon–4 p.m.
The Mexican Museum (Fort Mason Center)
This exhibition includes paintings, sculptures, and a built-in retablo, or altarpiece, with major themes of Missionaries, The Retablo, and Techniques. Free, 415-202-9700, mexicanmuseum.org
PHOTO: THE MEXICAN MUSEUM

Oscar de la Renta: The Retrospective
Tue.–Sun. March 12–May 30, 9:30 a.m.–5:15 p.m.
de Young Museum
This world premiere retrospective celebrates the life and career of one of fashion's most influential designers and includes more than 130 pieces produced over five decades. \$30, 415-750-3600, famsf.org

THEATER

The Joneses
Wed.–Sun., March 9–13
Tues.–Sun., March 15–April 3
ACT Theater (405 Geary St.)
In a small American town, two next-door couples share the same last name and a similar malady, which leads to a surreal deterioration of language and communication, in this comedy that had Broadway audiences and critics howling with delight. \$20–\$115, 415-749-2228, act-sf.org

Cutting Ball Festival of Experimental New Plays
Fri.–Sat. March 11–26
The Exit on Taylor (277 Taylor St.)
Experience one of the only play festivals in America solely dedicated to experimental works for the stage. This year's festival features three new works in staged readings that push the boundaries of what theater can be. See website for play descriptions. \$20, 415-525-1205, cuttingball.com

The Boys From Syracuse
Wed.–Sun., March 23–April 17
The Eureka Theatre (215 Jackson St.)
This musical (music by Richard Rodgers, lyrics by Lorenz Hart, and book by George Abbott) adaptation of Shakespeare's The Comedy of Errors is set in ancient Ephesus, and features two sets of twins facing mistaken identities, fast-paced chases, magic spells, wily courtesans, and a mysterious seer in a madcap farce. \$25–\$75, 415-255-8207, 42ndstmoon.org

MUSIC: CLASSICAL

Sara Chang, violinist
Saturday, March 12, 8 p.m.
Herbst Theatre (401 Van Ness Ave.)
Recognized as one of the world's great violinists, Chang debuted with the N.Y. Philharmonic at 8 years old and has since performed with the world's leading orchestras, conductors, and accompanists in her two-decade career. \$40–\$65, 415-392-4400, chambermusicsf.org



Igudesman & Joo: And Now Mozart
Sunday, March 13, 8 p.m.
Davies Symphony Hall
This original theatrical event combines classical music with pop culture, resulting in hysterical comedy, devious antics, and musical genius. \$15–\$80, 415-864-6000, sfsymphony.org
PHOTO: SF SYMPHONY

Bach's Birthday Celebration
Friday, March 18, 8 p.m.
St. Mark's Lutheran Church (1111 O'Farrell St.)
Join internationally acclaimed organ recitalist Jonathan Dimmock, organist with the S.F. Symphony and at the Legion of Honor, in a program celebrating, well, Bach. \$25, 415-621-7900, americanbach.org

MUSIC: JAZZ

Paula West
Thu.–Sun., March 3–6
Feinstein's at the Nikko (222 Mason St.)
Known for her rich, powerful contralto voice, West's new show features her unique interpretations of songs by Bob Dylan, Glen Campbell, Pearl Bailey, Ethel Waters, and more. \$40–\$60, 415-403-1800, hotelnikkosf.com

Juan de Marcos & the Afro-Cuban All Stars
Wednesday, March 11, 7:30 p.m.
SFJazz (201 Franklin St.)
Buena Vista Social Club founder de Marcos's Afro-Cuban All Stars features a multigenerational cast, which draws on both classic Cuban styles like son and danzón and contemporary dance rhythms like timba. \$35–\$75, 866-920-5299, sfjazz.org



Sean Jones
Friday, March 18, 7:30 p.m.
Herbst Theatre (401 Van Ness Ave.)
The former lead trumpeter for Wynton Marsalis's galvanizing Lincoln Center Jazz Orchestra performs in a TBA program. \$30–\$60, 415-447-6274, 415-398-6449, sfperformances.org
PHOTO: SEAN-JONES.COM

DANCE

11th Annual Bay Area Flamenco Festival
Wednesday, March 1, 8 p.m.
Palace of Fine Arts Theater
The festival presents the world-renowned Farruquilito in his new production, Improvisao, which celebrates the essence of flamenco. Gema Moneo, a rising star, is the featured guest dancer. \$35–\$75, 800-838-3006, bayareaflemlencofestival.org

Dances at a Gathering; Swimmer
Wed.–Sun. March 16–20 & Tuesday, March 22
S.F. Ballet (War Memorial Opera House)
A celebration of community and humanity and set to Chopin, Dances at a Gathering is the quintessential piano ballet; Swimmer is a multimedia meditation on 1960s Americana with a score incorporating music by Tom Waits. \$25–\$375, 415-865-2000, sfballet.org

ODC: Dance Downtown
Thu.–Sun., March 17–27
YBCA Theater (700 Howard St.)
Performances include a world premier of Brenda Ways's Walk Back the Cat with a live score by Paul Dresher, and a reprise of KT Nelson's 2015 hit, Dead Reckoning. \$25–\$80, 415-978-2787, occdance.org

NIGHTLIFE

Return of the Cypher and more
Sunday, March 6, 9 p.m.
Boom Boom Room
Touted as a live showcase of "locally sourced organic hip-hop for the people, by the people," Return of the Cypher tops a list of performers including D.J. Kevvy Kev and the Gemstone Band. Ages 21-plus, Free, 415-673-8000, boomboomtickets.com

Marc Kate Album Release and more
Wednesday, March 9, 8:30 p.m.–11:55 p.m.
Hemlock Tavern (1131 Polk St.)
Celebrate the release of Marc Kate's new album, and also take in Its Own Infinite Flower and Samantha Weinert. \$7, 415-923-0923, hemlocktavern.com

San Francisco St. Patrick's Day PubCrawl
Thursday, March 17, 5 p.m.–2 a.m.
1980 Union St.
Wear some green and join some friends for drink specials and celebration. Just behave yourself. Ages 21-plus, \$15–85, 415-573-0740

FILMS & LECTURES

Rotary Peace Film Festival, Part I
Thursday, March 10, 6 p.m.
PG&E Auditorium (77 Beale St.)
Enjoy domestic and international films that deal with the topic of peace — on individual and collective levels. \$5–\$25, sfrotary.com

S.F. International Ocean Film Festival
Thursday–Sunday, March 10–13
Herbst Pavilion, Fort Mason Center
This 13th annual festival celebrates independent ocean-inspired films of all genres from around the world along with Q. & A. sessions with filmmakers and panel discussions. Free–\$16 (individual tickets), \$250 (festival pass); oceanfilmfest.org

CAAMFest 2016
Daily, March 10–20
Various Bay Area locations
Enjoy film, music, food, and digital media from the world's most innovative Asian and Asian American artists. \$14–\$35 (individual), \$75 & \$500 (passes), caamfest.com

Ellen R. Malcolm:
The Evolution of Emily's List
Tuesday, March 15, 12 p.m.
The Commonwealth Club (555 Post St.)
Malcolm founded Emily's List to increase the number of liberal women in government. Today, there are many representatives, senators, governors, and even a possible president who have benefited from Emily's support. Find out how and why Malcolm took on this mission. \$12–\$50, 415-597-6705, commonwealthclub.org

S.F. Green Film Festival: Wild Tales — Filmmaking and Conservation
Monday, March 21, 6 p.m.
The Commonwealth Club (555 Post St.)
Join festival panelists and leading wildlife filmmakers for a discussion about how films can save species and habitats. Free—\$50, 415-597-6705, commonwealthclub.org

SCIENCE & ENVIRONMENT



28th Annual Pi Day
Monday, March 14, 10 a.m.–5 p.m.
Exploratorium
You don't have to be from Twin Peaks to like Pi. In fact, everyone can get into the museum free today and enjoy pi-themed activities. *And pie.* Free, 415-528-4360, exploratorium.edu
PHOTO: EXPLORATORIUM.EDU

LASER Leonardo
Art Science Evening Rendezvous
Monday, March 14, 7–9:30 p.m.
Fromm Building, University of S.F.
Enjoy presentations by Jenn Smith of Mills College on “Family Matters in Wild Mammals,” UCSF's Philip Sabes on “Brain-Machine Interfaces,” Autodesk Artist in Residence Vanessa Sigurdson, and the Cacophony Society's John Law on “Chaos, Cacophony and the Counterculture.” Free, scaruffi.com/leonardo/mar2016.html

How Will the World End: Death Plunge or Death Spiral?
Monday, March 14, 7:30 p.m.
Planetarium, California Academy of Sciences
It's the end of the world as we know it, and we feel fine, to paraphrase R.E.M. University of New Mexico's Dr. Mark Boslough will give a nonmusical look at how Earth could end — after an asteroid collision or human-caused climate change. \$8–\$12, 877-227-1831, calacademy.org

POTABLES & EDIBLES

Café de la Presse 10th Anniversary
Monday, March 7, 14 & April 4 & 11
352 Grant Ave.
Enjoy a lunch or dinner prix fixe menu designed by noted French chefs as they showcase their home region cuisine. Visit website for details. \$39, 415-398-2680, cafedelapresse.com

St. Patrick's Day Favorites
Sunday, March 13; Wed.–Thu. March 16–17
Sur la Table (2224 Union St.)
Learn how to prepare a delicious, Irish-inspired feast of everything from braising and roasting corned beef to creating classic soda bread accented with Irish cheddar, and more, including a boozy, bittersweet chocolate dessert. \$69, 800-243-0852, surlatable.com

Winery Night: Barnett Vineyards
Tuesday, Feb. 15, 4–10 p.m.
West Coast Wine–Cheese (2165 Union Street)
Taste the winery's new releases: 2013 Spring Mountain Merlot, 2013 Spring Mountain Cabernet, and 2013 “Rattlesnake” Spring Mountain Cabernet. Representatives from the winery will be available from 6–9 p.m. \$30, 415-376-9720, westcoastsf.com

Annual Whiskies of the World Expo
Saturday, March 26, 6–9 p.m.
Hornblower yacht S.F. Belle (Pier 3)
Sample hundreds of whiskies and meet the distillers who make them in this event featuring pairings, master classes, dinner, live music, and more. Proceeds benefit Breast Cancer Emergency Fund. \$130, whiskiesoftheworld.com

SPORTS & HEALTH

4th Annual Nutrition & Wellness Fair
Thursday, March 10, 11 a.m.–2 p.m.
Lobby, CPMC (2100 Webster St.)
Celebrate National Nutrition Month and enjoy food demos, healthful recipes, lectures, local health and wellness resources, free glucose & blood pressure screenings, raffle prizes, and more. Free, 415-923-3155, cpmcchrc.org

27th Annual Romancing the Island Half Marathon & 10K
Saturday, March 12, 8 a.m.
Angel Island
Follow the hilly loop trails while savoring the panoramic vistas that remind you why you live here. Limited to 400 participants. \$60 & \$70 (includes ferry from Tiburon), 888-969-5515, runningintheusa.com

CHILD'S PLAY

Green Eggs and Ham Community Twilight Egg Hunt
Daily through March 19, 6–8 p.m.
Hamilton Recreation Center (1900 Geary Blvd.)
In honor of Dr. Seuss month, this event features arts and crafts, face painting, music, costume characters, snacks, and more. Free, 415-831-2700, sfrecpark.org

Young Performers Theater: Charlotte's Web
Sat.–Sun., March 5–20, 1 p.m. & 3:30 p.m.
Bldg. C, Fort Mason Center
All ages love the classic story about friendship with the irresistible young pig, Wilbur and the extraordinary spider, Charlotte. \$12, 415-346-5550, ypt.org
Coppélia
Tue.–Sun. March 8–13
S.F. Ballet (War Memorial Opera House)
This story of a mysterious inventor, his life-sized doll, and the ensuing fun they wreak upon a young couple is a production fit for the whole family. \$39–\$385, 415-865-2000, sfballet.org



Family Movie Night: Cars 2
Friday, March 11, 7 p.m.
Presidio YMCA (63 Funston Ave.)
Join host Supervisor Mark Farrell and come early for the food trucks at 6 p.m. and cartoons at 6:30 p.m. before the animated Disney movie about Parisian chef Remy the rat. Free snacks and popcorn. Free, 415-561-5300, presidio.org
PHOTO: PIXAR.COM

S.F. Symphony Youth Orchestra
Sunday, March 20
Davies Symphony Hall
Enjoy the latest generation of young musicians in an ensemble of the Bay Area's most talented young instrumentalists, which has earned international recognition. \$15–\$54, 415-864-6000, sfsymphony.org

JUST FOR FUN

S.F. Challenge: The Ultimate Urban Scavenger Race
Saturday, March 19, 1 p.m.
TBD downtown S.F. venue
In this Amazing Race-style competition, teams of two or more will dash around the city, racing against other challengers as they solve tricky clues, strategize the best route, and explore undiscovered corners of the city. \$55, challengenation.com

Calendar listings

Send your event listings to calendar@marinatimes.com with succinct specifics about your event, location, dates, times, prices, and contact information (telephone and Internet).

Visit marinatimes.com for additional calendar listings.



Annie Leibovitz exhibition comes to the Presidio

SAN FRANCISCO IS JUST ONE OF THE 10 international locations chosen for a new exhibition by world-renowned photographer Annie Leibovitz, which will open on March 25 in the Presidio. Entitled **Women: New Portraits**, the exhibition will reflect the changes in roles of today's women, and will evolve over the coming year as Leibovitz adds to the exhibition with photographs of women taken in the host cities and regions. Leibovitz began the project over 15 years ago when her series of photographs, *Women*, was published in 1999. The exhibition includes unpublished photographs taken since.

In January, new portraits were unveiled in London featuring women of outstanding achievement, from CEOs and politicians, to musicians, writers, artists, and philanthropists. Tokyo saw the exhibition in February, and additional locations for 2016 are Singapore, Hong Kong, Mexico City, Istanbul, Frankfurt, New York, and Zurich.

Commissioned by global financial services company UBS, well known for its arts

sponsorship and commitment to art as well as its own esteemed contemporary art collection (over 30,000 works), Leibovitz said “It is extraordinary to do this work for UBS on a subject that I really care about. It is such a big undertaking and a broad subject, it is like going out and photographing the ocean.” Likewise, UBS is pleased with the partnership, “... which celebrates women, their strength, and their role in bringing positive change in the world,” said Sergio P. Ermotti, UBS's group chief executive officer.

UBS will partner closely with the Presidio Trust to present family workshops and other activities throughout the duration of the exhibition as well as a talk program, “Women for Women,” which will address topics on global relevance to women and women's rights.

Women: New Portraits: *Daily, March 25–April 17, 10 a.m.–6 p.m. (Fridays 10 a.m.–8 p.m.); 649 Old Mason Street, Crissy Field, the Presidio; 415-561-5300, presidio.gov, free.*

PHOTO: AMANDA LEUNG



Parallel 37 cheese happy hours at the Ritz-Carlton

LOVE WINE AND CHEESE? HAPPY hours? Think the Ritz-Carlton is one of the coolest buildings in the city? Then this series of pairing events is just for you. Every Friday, you can taste and learn about artisanal cheeses from global regions known for their cheese. In addition, on the first Friday of each month, the series will feature acclaimed Bay Area cheese makers. Chef de cuisine Michael Rotondo will pair special house-made accouterments inspired by each region, and wines will be poured from the JCB by Jean-Charles Boisset limited collection.

Here's what's on the menu for March:

Point Reyes Farmstead Cheese Co.
Friday, March 4, 5:30–7:30 p.m.
Point Reyes Farmstead Cheese Co. brings their many award-winning cheeses, including original blue, bay blue, and toma, alongside accompaniments such as regional organic jams and preserves, lavash, bricoche, charcuterie, and pâte de fruit.

Basque
Friday, March 11, 5:30–7:30 p.m.
Explore the cheeses of Basque Country, renowned for its alpine sheep cheeses

and described as the most ancient dating back 4,000 years. Taste Idiazabal, Roncal, Ossau Iraty, Garalda, and etorki. Accompaniments will include a variety of pintxos, piperade, arbequina olives, and picada.

French Alps
Friday, March 18, 5:30–7:30 p.m.
Discover the luxurious cheeses produced in the colossal French Alps, including Beaufort, tomme, Comté, raclette, reblochon, and bleu de chèvre. Enjoy with fondue accompaniments, rosette salami, saucisson de Lyon, and baguettes.

Emilia Romagna and Toscana
Friday, March 25, 5:30–7:30 p.m.
Celebrate the cheeses of the Emilia Romagna and Toscana regions of Italy, both renowned for their exceptional cuisine. The cheese presentation will include Parmigiano, ricotta affumicata, taleggio, and ubriaco paired with a Balsamic tasting, piadina, coppiette, and prosciutto.

Cheese Happy Hours at Parallel 37: *600 Stockton Street, 415-773-6168, parallel37sf.com; Fridays, 5:30–7:30 p.m.; \$35 (exclusive of tax and gratuity).*



Super Bowl 50 signs on the Ferry Building; fans and protestors attended Super Bowl City.
PHOTOS: KARIN TAYLOR

Yay, super void

BY STEVE HERMANOS

HOW WE FILL THE VOIDS IN OUR lives tells volumes about who we are. There's the void in our heart — the person filling that space is a living manifestation of our essence.

Then there are the voids of time and space, which the powerbrokers of San Francisco recently filled by hosting a week-long celebration of a sporting event that would take place 45 miles away in Santa Clara, contested by teams from nowhere-near-us, Colorado and North Carolina, in a devastatingly violent sport that has been medically linked to a wide variety of brain traumas, depression, and suicide. Yay, Super Bowl 50!

San Francisco was festooned with banners, 10 1,600-pound statues (of the number 50), a 200-foot-tall poster on the Embarcadero, impossible-to-miss television studios on Marina Green (ESPN) and on the Embarcadero across from the Ferry Building (CNN, NFL Network), the latter within a fenced compound christened Super Bowl City.

Meanwhile, over at the Moscone convention center, football players past and present blabbed with worldwide media, filling part of the void of entertainment. There was nearly infinite gabble-gabble about games of the past, and the single one coming up on Sunday. All that chatter was serving to "grow the sport" with the same marketing methods employed for any major-dollar entertainment product. Go get 'em, brain damage.

Let's take a tour of Super Bowl City — but first, pass the black-clad SWAT officers wielding rifles, remove your belt and empty your coins and phone into a white plastic cup, pass through the metal detectors, and receive an "enjoy yourself" from the guy returning your belt.

Now you're inside a fenced-in community, reminding this reporter of Baghdad's Green Zone, or an upscale neighborhood in a third-world country. Almost 50 years after 1967's Summer of Love, now we're being fenced in, "protected" by armed guards, and (I have no doubt), scrutinized by teams of security experts in a windowless room nearby, examining live video from scads of cameras. Hooray, constant surveillance.

Finally, within Super Bowl City, we come face-to-face with die-hard football fans clad in teal (Carolina Panthers) and orange (Denver Broncos); these are the fans who empty their wallets to pay the salaries of the players, line the vaults of the team owners, and enrich the advertisers.

The Carolina and Denver fans express affection for the players on the teams

they respectively support, assessing the chances of the team that was the betting favorite (Carolina) versus the underdog (Denver). They discuss in great detail and nuance past games and Super Bowls. They're enjoying a sunny February afternoon, enjoying climbing on fiberglass sculptures of football players, and the notion, emphasized by the CNN and NFL Network stages, that they might be on TV.

At Super Bowl City, there's an interactive

game where you jump and wave in front of a tall monitor, thereby moving figures on a screen in an attempt to score a touchdown. And after a round is over, the long line of NFL fans is

In comes some people in designer clothes with dangling badges: The One Percent shows itself.

halted, as, now entering through the exit, in comes a quartet of people in designer clothes with special dangling badges: The One Percent shows itself.

With no hairs out of place, clothes pressed, the four One Percenters look like catalogue models. As the line of lumpy fans watches, without a peep of protest, the One Percenters jump and wave their virtual football players to touchdowns.

And over at City Hall, Mayor Ed Lee hosted the 32 NFL franchise owners for a private dinner. (There were concentric circles of exclusivity to Void Week.) In reaction to all the Super Bowl hoopla, protestors outside of Super Bowl City called attention to the vast issue of homelessness, which has been plaguing San Francisco since at least Super Bowl I.

The game itself, Super Bowl 50, proved to be excellent, and perhaps one of the 10 best, ever. The Broncos defense ferociously pursued the NFL's Most Valuable Player, Carolina quarterback Cam Newton. Newton was so shell-shocked and beaten up that in the final minutes of the game, with his team down 16-10, after he fumbled the ball and it was loose on the Santa Clara grass in front of him, rather than suffer more Denver Bronco abuse, Newton shied away from diving on the ball. The Broncos recovered the ball, and won the game 24-10.

A hundred years hence, in 2116, or a thousand years hence, in 3016, some sleuthing historian will pore over images and video of the events of San Francisco's Super Bowl week. And they'll study where the money flowed, the amount spent on hotel rooms and VRBO, on dinners and Uber, on limos, on air travel, on parties, on escorts, on shopping. It'll be a revealing portrait of San Francisco way back when. But will any of it seem glorious?

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

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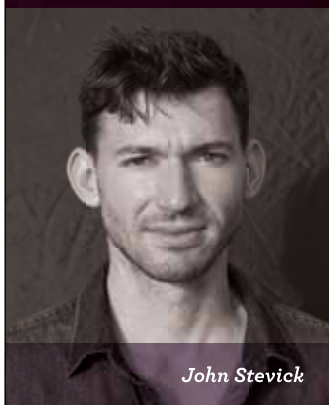
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URBAN HOME AND GARDEN :: Breathe easy



From plants to animals to vegetable matter, there are lots of causes of allergy reactions.

The great indoors: Clean the air with houseplants

BY JULIA STRZESIESKI

ALLERGY SUFFERERS PROBABLY REALIZE that weather variations can mean the difference between a bad allergy day and an allergy-free day. While January produced above-average rainfall for most of the Bay Area, the first half of February was close to bone dry. The amount of rain we receive for the season can affect grass, plant, tree, and flower growth down the road, increasing the amount of pollen produced.

Rainy days can aid in relief for allergy symptoms because humidity and rain tend to weigh down pollen, preventing it from traveling in the air. Dry weather conditions can reduce the amounts of allergens, but a dry, windy day can exacerbate allergies.

Time to reinforce the allergy defenses in your home. Below are some inexpensive ways to help reduce the allergens in your home.

Mold and mildew flourish in damp environments, and are primary contributors to allergy symptoms. Excess moisture can also aggravate conditions such as arthritis and rheumatism.

House mites are microscopic organisms that live in bedclothes, curtains, rugs, and even the air in a home. They thrive in humid conditions, and dust-mite activity increases the risk of asthma and allergy attacks.

Small children (who spend a lot of time on floors and rugs) can be adversely affected by high moisture levels — the more they are exposed to things to which they have a genetic tendency to be allergic (such as mold, bacteria, or dust mites), the more likely they are to develop allergies.

Indoor relative humidity of about 45 percent is ideal and can be measured with a hygrometer, an inexpensive tool available at any hardware or garden store.

Using a dehumidifier will remove moisture from the air, reducing instances of sticking windows, doors and drawers, dripping pipes, musty odors, and curbing the growth of mold and dust mites. The reduced humidity will also help the paint on your walls and your carpets last longer. Dehumidifiers are especially useful in areas where humidity collects, such as bathrooms, damp garages, and basements.

CREATE AN ALLERGY-FREE ZONE

While it is probably impossible to make your entire home allergy free, it is easy to create an allergy free-zone in your bedroom and enjoy a better sleeping experience.

Cleaning: Hard floor surfaces harbor less allergens than wall-to-wall carpeting, but vacuum both often, and remove shoes (and coats) before entering your bedroom. In addition, use household cleaning solutions that do not contain a lot of perfumes, scents, chemicals, and additives. These products will often be labeled “free and clear.” Everyday household items such as vinegar, lemon, and baking soda can also be used to keep a home clean.

Bedding: Dust mites thrive in bedding, so launder sheets and pillows (as well as any throw rugs) regularly. Encase mattresses in allergy-free covers, and use allergy-free bedding.

Keep out Fido and flowers: Although we love both, pet dander and flowers can exacerbate allergy symptoms.

Decorating: Move collections and clutter out of the bedroom, and install blinds or shades instead of dust-collecting curtains.

Breathe and sleep easy tonight!

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



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REAL ESTATE UPDATE :: Will inventory respond to demand?

When you're hot you're hot

The state of the San Francisco real estate market

BY STEPHANIE SAUNDERS AHLBERG

THE NATIONAL ASSOCIATION of Realtor's magazine reported on Feb. 1 the top 20 hottest housing markets in the country, and it turns out that San Francisco is number one. That is not surprising, but it's exciting to know we are at the top of the market nationwide. The National Association of Realtors described us as "beating the winter chill." Of course, we don't have the winter chill like so much of the northern and eastern parts of the country do, so we have that to be thankful for.



Residents of Russian Hill already know their pricey neighborhood is one of the top real estate markets. PHOTO: BERNARD GAGNON/WIKIMEDIA COMMONS

Other California cities also made the top 20 list. San Jose (number 2), Vallejo (number 4), San Diego (number 5), Sacramento (number 6), Stockton (number 8), Los Angeles (num-

Even with the sky-high demand, the supply remains quite limited.

ber 10), Santa Rosa (number 11), Oxnard (number 12), Yuba City (number 14), Modesto (number 15), and Santa Cruz (number 18). That's a lot of hot real estate markets in California.

Contributing factors to California's market success are our weather, job growth, the "on fire" high-tech industry, and foreign-money investments in California. We are truly lucky to have so much going for us. San Francisco is only seven miles by seven miles in size, so even with the sky-high demand, the supply remains quite limited. Upcoming new construction will help, but it is predicted that the additional housing being added to the market is still not enough to keep up with the new job growth and influx of more people to San Francisco.

Homes nationwide are selling 4 percent faster in January 2016 than in January 2015. Overall, the median list price is up 8 percent (this is nationwide, not just a California phenomenon).

It was interesting that both Texas and Florida also featured multiple hot spots. Texas boasted hot spots in Dallas (number 3) and Midland (number 17). Florida boasted Palm Bay (number 13) and Tampa (number 19). The remaining hot spots went to Nashville (number 7), Denver (number 9), Detroit (number 16) and Fort Wayne (number 20). Glad to see Detroit is picking up!



Long thought to be dead on its feet, the city of Detroit has joined San Francisco as one of the 20 hottest housing markets in the United States. PHOTO: YAVNOW/WIKIMEDIA COMMONS

What does this mean for us? Well, a strong market indicator is a good thing. Though the inch up in interest rates had a predictable slowing effect (combined with winter), we are already seeing an increase in new listings, and I'm hopeful buyers will have an easier time finding a home this spring than they may have had last year. Looking back, San Francisco has been strong for decades.

Yes, we experience downturns, too, but we usually go up more in good markets and down less in bad markets than anywhere else in the country. *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 realtysanfrancisco.com.*

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REAL ESTATE

The Marina Times Real Estate Market Report: January 2016

By Hill & Co.

SINGLE FAMILY HOME SALES

NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow	2828 Divisadero Street	5BD/5.5BA	\$8,400,000	Below	90
	3027 Webster Street	3BD/3.5BA	\$2,350,000	Below	91
	133 Richardson Avenue	3BD/3BA	\$2,080,000	Above	66
Lake (no sales)					
Laurel Heights	683 Spruce Street	4BD/3BA	\$2,100,000	Below	69
Lone Mountain (no sales)					
Marina	134 Alhambra Street	3BD/3BA	\$3,075,000	Below	56
	3315 Pierce Street	3BD/3.5BA	\$2,500,000	Below	60
Nob Hill (no sales)					
North Beach (no sales)					
Pacific Heights	2865 Vallejo Street	3BD/2BA	\$7,450,000	Above	0
	2470 Broadway Street	5BD/4.5BA	\$6,500,000	Below	16
Presidio Heights (no sales)					
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	1501 Greenwich Street #304	2BD/2BA	\$1,150,000	Below	121
Lake	107 19th Avenue	2BD/2BA	\$1,150,000	Above	45
Laurel Heights (no sales)					
Lone Mountain	2263 Fulton Street	2BD/1BA	\$995,000	Above	49
Marina	3725 Webster Street	3BD/2BA	\$1,963,000	Above	0
	3208 Pierce Street #407	2BD/2.5BA	\$1,569,000	Below	25
	1738 Lombard Street #4	2BD/2BA	\$1,400,000	Above	10
	22 Magnolia Street	2BD/1BA	\$1,375,000	Above	15
Nob Hill	1333 Jones Street #701	1BD/2BA	\$1,310,000	At	127
	10 Miler Place #701	2BD/2BA	\$1,290,000	Above	50
	1177 California Street #1212	1BD/1BA	\$1,200,000	At	0
	1448 Sacramento Street #A	3BD/2BA	\$1,150,000	At	0
	1776 Sacramento Street #401	1BD/1BA	\$845,000	Above	25
	1250 Clay Street #306	1BD/1BA	\$695,000	At	0
	1300 Pacific Avenue	0BD/2BA	\$425,000	Below	41
North Beach (no sales)					
Pacific Heights	2151 Laguna Street #2	3BD/2BA	\$4,500,000	Above	14
	2002 Pacific Avenue #4	3BD/3.5BA	\$4,200,000	Below	38
	35 Perine Place	3BD/3BA	\$2,900,000	Below	5
	2421 Franklin Street	4BD/4BA	\$2,400,000	At	0
	33 Perine Place	2BD/2BA	\$1,400,000	Below	5
	1835 Franklin Street #201	2BD/2BA	\$1,240,000	Below	86
	2077 Jackson Street #301	2BD/2BA	\$1,220,000	Above	21
	2299 Sacramento Street #3	2BD/1BA	\$1,150,000	Below	74
	2200 Sacramento Street #901	1BD/2BA	\$1,125,000	Below	89
	2234 California Street #B	2BD/1BA	\$899,000	Above	48
Presidio Heights	3330 Clay Street #C	2BD/2BA	\$1,210,000	Above	41
Russian Hill	2164 Hyde Street #715	3BD/2.5BA	\$3,500,000	At	0
	2164 Hyde Street #304	2BD/2BA	\$2,101,000	Above	19
	1920 Jones Street	3BD/2BA	\$1,950,000	Above	57
	2111 Hyde Street #401	2BD/2BA	\$1,850,000	Above	0
	838 Bay Street	2BD/2BA	\$1,307,500	Above	174
	1340 Union Street	2BD/2BA	\$1,225,000	Above	14
Sea Cliff (no sales)					
Telegraph Hill	1407 Montgomery Street #2	1BD/1BA	\$976,000	Above	42
	412 Green Street #A	0BD/1BA	\$390,000	Below	36

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

REAL ESTATE ROUNDUP :: Groceries, market, & more

Home value updates

How housing and affordability are affected by grocery stores, Millennials, and — naturally — tech

BY JOHN ZIPPERER

THE GROCERY CONNECTION

Home values grow faster if they are nearer to a Trader Joe’s or Whole Foods grocery store, according to Zillow’s new book *Zillow Talk: Rewriting the Rules of Real Estate* (Grand Central Publishing, 2016).

The median home value within a mile of a location of a future Whole Foods appreciates more slowly than other homes in the same city before the store opens. But soon before it opens, “the trend reverses and flips, so that after the stores’ opening dates, homes near Whole Foods appreciate more quickly than other area homes,” according to Zillow. As for homes near future Trader Joe’s, their values are at about the same rate as other homes in the city, but after the opening date, Zillow says there is an impact: “Two years after a Trader Joe’s opened, the median home within a mile of the store had appreciated 10 percentage points more than homes in the city as a whole over the previous year.”

“Like Starbucks, the stores have become an amenity in their own right — a signal to the home-buying public that the neighborhood they’re located in is desirable, perhaps up-and-coming, and definitely improving,” said Stan Humphries, Zillow’s group chief economist. “Like a self-fulfilling prophecy, the stores may actually drive home prices. Even if they open in neighborhoods where home prices have lagged those in the wider city, they start to outperform the city overall once the stores arrive.”

If your home price rises significantly, you can take out an equity loan so that you can afford to shop at Whole Foods.

TELL US SOMETHING WE DON'T KNOW

Home prices in San Francisco are “overheating,” according to a new quarterly report on sustainable home prices from Fitch Ratings. The report, released in early February, notes that “home prices in the Bay Area have risen to a level unsupportable by area income.” It notes that the booming technology industry has helped push San Francisco prices to an all-time high in the third quarter of 2016, and they are now 62 percent higher than their post-recession low, back in early 2012.

Home prices here have risen more than 10 percent in the past 12 months, and Fitch calculates that San Francisco’s housing is about 16 percent overvalued. “The last time the Bay Area experienced this kind of home price growth was during the dot-com era from 1997–2000,” according to Fitch Managing Director Grant Bailey.

CITY PROTECTS RENTAL UNITS

San Francisco’s Small Sites Program has acquired and preserved five apartment buildings whose tenants had already been served Ellis Act eviction notices. The actions protected 19 units of rental housing.

“We are fighting evictions throughout the city to make sure long-time, diverse tenants stay in their homes,” said Mayor Ed Lee. “Even as we build more affordable housing throughout our city, we must continue to do more to preserve our precious housing stock and protect existing tenants through innovative programs like this one.”

WANT TO FEEL YOUNG AGAIN? PAY TAXES

Millennials today are less likely to own a home than previous generations, and that helps make them more likely to pay higher taxes — and in San Francisco, they really learn that lesson. According to a new report from SmartAsset, about 44 percent of adults under the age of 35 owned a home in 1980, but “today that rate is just 35 percent,” noting that Millennials “simply cannot afford to buy in many cities.”

It might look like lots of Millennials are lined up waiting for that commuter bus to take them to earn their six-figure salary in Silicon Valley, but that’s not the whole picture. Here in San Francisco, Millennials get higher than normal incomes but also higher than normal taxes. “San Francisco has some of the highest taxes in the United States,” SmartAsset continues. “Millennials in San Francisco have the second-highest median income in the country. For both those reasons, San Francisco Millennials pay higher taxes than those anywhere else in the U.S.”

Between paying off student loans and being unable to get the mortgage interest deduction if they don’t own (San Francisco is a mostly renter city), Millennials — though not exclusively Millennials, of course — are taking it on the chin at tax time in this city.

QUOTE UNQUOTE

[W]e’ll see rents come down for both apartments and office buildings. Apartments especially. We’ve had double-digit growth for five years. It’s already slowing. Especially at the high end, it will come down.

— Ken Rosen, chairman of the Fisher Center for Real Estate and Urban Economics at UC Berkeley, quoted in the *San Francisco Business Times*

Real estate news tips? E-mail: john@marinatimes.com

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DREAMHOUSE SHOWCASE :: Green Street

Luxury Pacific Heights condo living

BY JOHN ZIPPERER

TUCKED INTO A QUIET PACIFIC Heights neighborhood is a one-bedroom condo that exemplifies elegant luxury. Located a half-block from Fillmore Street, 2240 Green Street #3 is a short distance from restaurants and shopping, and it is surrounded by the classic homes and stunning views for which Pac Heights is known. Large windows in the living room and dining room flood the

home with light. A wood-burning fireplace will help keep your living room warm (or at least beautiful), and the remodeled kitchen boasts stainless steel appliances (including in-unit washer and dryer), shiny granite counters, and plentiful cupboards. Hardwood floors add to the period touch, and the remodeled bathroom features Calacatta marble and radiant heat floors to keep your feet warm on chilly mornings.

Though it's a one-bedroom, that doesn't mean it's cramped. The halls are wide, and this unit makes the most of its 1,253 square feet. The 1924-vintage building's common areas are also bright and beautiful, and they include an elevator and a glass-enclosed rooftop deck with stunning views of the surrounding neighborhood, the bay, Alcatraz, and the Golden Gate Bridge. E-mail: john@marinatimes.com



Dreamhouse data

1 bedroom	\$500 monthly HOA Fee
1 bathroom	Offered by
Garage parking	Robert Vernon
1,253 square ft.	Hill & Co. Real Estate
\$1,390,000	2240green3.com



2240 Green St. #3 has classic indoor features such as hardwood floors, an elegant fireplace, large windows, and large rooms. And its outdoor features include breathtaking views of the city. PHOTOS: HILL & CO. REAL ESTATE



REAL ESTATE TODAY :: Ups and downs

Pregnant women versus chicken little and the San Francisco real estate market

BY CAROLE ISAACS

IS THE TIME RIGHT TO TAKE the plunge and buy a home in San Francisco? After all, it is spring when the largest inventory of homes is on the market. The answer is different for every buyer. Pregnant women are a real estate agent's dream. The sky is definitely not falling for them. There is little question in their minds that once they qualify for a loan they are ready to buy a home for their new family. Today it seems that everywhere you look there is a pregnant woman. It is no surprise that two and three bedroom homes are in high demand all over the city. The Association of Bay Area Governments' 2013 draft plan for the Bay Area discusses a Strategy for a Sustainable Region. In this report, the projections for growth between 2010 and 2040 are that population will increase 30 percent, jobs 33 percent, households 27 percent, and housing units 24 percent. Looking at these numbers, it is obvious that housing will not keep up with the growth of the population. Prices cannot help but go up if ABAG's predictions are correct. The unknown here is how much and how fast will the cost of

housing rise. No wonder all of the pregnant women at open houses are looking to make a deal on a home today. There are always chicken littles who worry that an economic downturn is just around the corner. They think they should wait to buy a home until the market slows down. While they waited last year, the San Francisco Association of Realtors reported that the price of single-family homes rose 12 percent and condos 18.7 percent. The rapid increase in the population plus the development of new housing without parking has increased the challenges of day-to-day living in San Francisco. Finding parking in my daily work as a real estate agent goes with the job and is to be expected. One of the simple pleasures of city life is going out to dinner or visiting friends across town. At least it used to be simple. Not all that long ago it was possible to do this without having to creep across town through bumper-to-bumper traffic. Today, once I am at my destination, I find I am driving in circles for 30 minutes or more looking for a parking spot. In the past month, I have quickly learned to love Uber and preserve my sanity.

Big-ticket items like improving the city's infrastructure to keep up with the city's growth are another concern. Anyone who walks or drives along Franklin or Gough Streets must wonder if the sewer project or upgrading traffic signals will ever be finished. The price tag on this work must be astronomical. In the end, we all pay the price for the city's population growth. Here are some points worth consideration. 1. San Jose is the wealthiest city in the country. 2. Young people working on the Peninsula and south to San Jose want to live in San Francisco if possible. 3. San Francisco Municipal Transportation Agency has an 18-month pilot program to share Muni stops with shuttle services (think Apple, Facebook, and Google among others). 4. "Maybe 20 percent of the deals in San Francisco and the Peninsula are cash overseas buyers," said Allen Ching, president of the San Francisco/Peninsula chapter of the Asian Real Estate Association of America. "I can only see that increasing." 5. Young families are not moving to the suburbs as they have in

the past when their children reach school age. 6. Seniors living in the greater Bay Area are buying pied-à-terres in San Francisco or moving here full time. 7. Well-priced homes under \$1.5 million dollars are receiving multiple offers. 8. Mortgage interest rates are still near an all-time low. 9. My buyers are diligently searching for a home, and other agents at my company, McGuire Real Estate, tell me they are busy and looking forward to an increase in housing inventory in the spring. 10. Long-term San Francisco residents are not leaving the city when they retire. That is if they retire. People are working longer. 11. On Union Street, a yoga studio catering to pregnant women opened recently. You decide whether pregnant women or chicken littles will win the day. From personal experience both as a mother and a real estate agent, my vote is with the pregnant women and the baby boom. If you are a seller and a chicken little, it is time to contact a real estate agent and put your home on the market. If we do see a down-

turn, you will be kicking yourself that you had missed the opportunity to make a killing on your home. If you are a buyer who doesn't care about a possible downturn because you understand that interest rates are low and real estate is a long-term investment, it is time to do three things: 1. Get pre-approved for a loan 2. Commit to going to open houses on the weekend. 3. Find a real estate agent you like and trust to work with to buy a home. The thing I have found about the chicken littles over the years is they can always find something that causes them to worry about the sky falling. Even with interest rates at rock bottom and an obvious upturn in the market a few years ago, they would say, "This is just a blip, and it won't last." All markets have cycles. Still, one thing that doesn't change is that we all want to have a place to sleep at night that we can call our home. Carole Isaacs is a Realtor with McGuire Real Estate, where she is a Top Producer. Follow her on Twitter @CaroleIsaacs or visit her online at caroleisaacs.com or call (415) 608-1267.

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W-2s and how-to's for refund season

BY JESUS GUEVARA

NOW THAT TAXPAYERS have their W-2s in hand — employers needed to issue them by Jan. 31 — it's time to file. But this season, taxpayers have to deal with increased tax identity theft risks and prevention measures and new health insurance documents, in addition to ensuring that they get the most to which they're entitled. Here are three things taxpayers need to know before filing their 2015 tax returns.

HOW TO: HELP PREVENT TAX IDENTITY THEFT

Tax identity theft, already a million-dollar business for fraudsters, could likely get worse this tax season. In 2013, the Internal Revenue Service identified more than 5 million potential fraudulent returns. That same year the IRS paid out \$5.2 billion in fraudulent refunds. State and federal governments are implementing stronger anti-

fraud measures to help protect taxpayers. For example, in an effort to reduce fraud risk, some states have increased their review processes to validate returns, which could result in delayed refunds. Some states may not start distributing refunds until March 1.

insurance coverage for their household by checking a box on their tax form. And again, if they didn't have full-year coverage for their entire household, they either will have to pay a penalty or qualify for an exemption. The difference this year is that everyone with health insurance

Seventy percent of taxpayers receive a refund, and the average refund is around \$2,800.

But taxpayers should also take steps to protect themselves. Besides keeping their personal information such as Social Security numbers and birthdates secure, filing early is one of the best ways to prevent tax identity theft. Taxpayers who file early shorten the window of opportunity identity thieves have to file a fraudulent return first.

HOW TO: USE NEW HEALTH INSURANCE DOCUMENTS

Like last year, taxpayers will be able to report their full-year health

to both the taxpayer and the IRS. Last year, a version of this form, the 1095-A, went only to state and federal marketplace plan enrollees and the IRS. Taxpayers need to use information on the 1095-A to reconcile their advance premium tax credit and file a complete tax return. However, the B and C forms aren't necessary to file if all household members are covered. If not all members are covered or there are gaps of coverage, the forms may help taxpayers calculate the penalty or apply for an exemption. The

There have been changes in the types of documents you will need to file your taxes this year. PHOTO: PPTUDELA/WIKIPEDIA

forms also will allow the IRS to match a taxpayers' responses on their tax returns with the information on the form. Bringing the documents to a tax professional can help make sure taxes are filed accurately and avoid dealing with IRS notices. However, most taxpayers can file tax returns before receiving a 1095-B or C by using information readily available from other sources.

HOW TO: MAKE THE MOST OF REFUND SEASON

Refund season only rolls around once a year. And with 70 percent of taxpayers receiving a refund and the average refund sitting right around \$2,800, it's one of the most significant financial moments of the year for many families. A way taxpayers can make every penny count is by making sure they claim every credit and deduction to which

they're entitled. As many as one in five leave money on the table by missing a credit or deduction. For example, 20 percent of eligible taxpayers do not claim the Earned Income Tax Credit, potentially worth up to \$6,242.

A qualified tax professional can help taxpayers get every tax benefit they're entitled to receive. Seeing the right tax professional will help simplify tax season and help the taxpayer make the most of refund season.

Jesus Guevara is a Tax Professional with H&R Block, the world's largest tax services provider. Jesus provides expert tax advice and service in San Francisco and can be reached at (415) 268-0756, or at the office on 2151 Lombard St., San Francisco.

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Nordic skiing is one of the most healthful exercises you can perform. PHOTO: MARK NADELL

No lift lines: Just a glide, stride, or walk in the woods

BY JULIE MITCHELL

THERE'S FINALLY SNOW IN THE MOUNTAINS! For skiing enthusiasts, the lift tickets are purchased, the cabin or lodge is rented, and the slopes beckon.

But if the idea of putting on clunky ski boots, waiting in line for the precarious chairlift, and dodging speed demons on snowboards leaves you cold, there are other ways to enjoy the snow that can involve the thrill of racing down a mountain and also offer incredible fitness benefits. Cross-country, or Nordic skiing, and snowshoeing let you enjoy the winter backcountry with relatively minimal equipment at much more affordable rates. And you'll burn mega calories and build muscle to boot.

FIT FOR LONGER

According to an article in *The Globe and Mail*, researchers in Sweden and at Ball State University in Indiana studied two groups of men in their 80s, all of whom were healthy, lived independently, and were capable of completing a rigorous exercise test. One group was composed of lifelong cross-country skiers who trained an average of four-to-six times a week, and the other group didn't do any formal exercise. Not only were the skiers in better shape, but they also had close to twice the cardiovascular and muscular fitness than the nonexercising group.

These results are consistent with earlier studies of cross-country skiers in Sweden that found that men and women who participated in the sport over a 10-year period were less than half as likely to die as those in a control group from the general population.

NORDIC SKIING BASICS

Cross-country skiing, which involves snug-fitting low boots similar to running shoes, skis, and poles, relies on your body's strength and stride rather than simply gravity to go downhill. Nordic skiing combines the lower and the upper body along with the core, simultaneously pushing and pulling muscles.

There are two types of Nordic skiing: classic and skating. Classic involves kicking and gliding along groomed parallel tracks. With skating, you push off each ski in a V-shaped pattern, much like rollerblading or ice-skating, right next to the track.

Nordic skiing burns more calories than any other form of exercise, up to 1,000 calories per hour according to the American College of Sports Medicine. It's also an excellent cardio endurance workout that allows you to maintain an elevated heart rate for an extended time period. And it's a great form of cross training, because almost every

muscle is used, improving fitness levels for other sports.

Other benefits include reduced stress from being surrounded by nature. Even when you encounter other skiers, there's not the chatter one sometimes finds on chairlifts.

STRAP ON SOME SNOWSHOES

Snowshoeing offers similar fitness benefits — an aerobic workout that improves strength, balance, endurance, and agility. Research from Ball State University and the University of Vermont showed that snowshoeing can burn between 420–1,000 calories per hour. As with hiking, you can vary the intensity of your workout by starting out on flat terrain and then moving up to hilly areas. Snowshoeing through thick powder offers some resistance and is a great way for runners, hikers, cyclists, and everyday gym rats to stay in shape. And again, the feeling of peace brought about while trekking through snowy forests is a real stress buster.

OPTIONS FOR ALL

You may be wondering: *Am I fit enough to try these activities? Or, are they suitable for families with kids?* The answer is yes.

Most ski resorts that offer Nordic skiing also offer ski school (group lessons) and private lessons for children as young as 4 or 5 as well as lessons for adults, and gear is part of the package. Snowshoeing is as simple as walking, and many ski resorts offer guided snowshoe tours, which are a great way to get started.

In terms of fitness, cross-country ski areas offer clearly marked trails so beginners can select the easier, shorter loops. The more difficult the trail, the more hills, which means longer, steeper climbs — the hardest thing about Nordic skiing — and curvy, longer downhill runs, best attempted once you've got the hang of it.

Popular Nordic skiing and snowshoeing destinations at North Lake Tahoe are Royal Gorge (royalgorge.com, America's largest cross-country skiing resort), Tahoe Donner (tahoedonner.com), Northstar California (northstarcalifornia.com), and the Resort at Squaw Creek.

If you'd like to hit the slopes in time for some prime spring skiing and you don't want the hassle or expense of long lines and lift tickets, it might be time to give snowshoeing or Nordic skiing a whirl.

Editor's note: Tahoe Donner will offer a full moon snowshoe tour on March 25 from 7:45 to 9:30 p.m. Reservations required 48 hours in advance at 530-587-9437 or shoptd.tahoedonner.com.

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You can help your children understand and to change the world. PHOTO: RICHARD MASONER / FLICKR

Talking to your children about homelessness

BY LIZ FARREL

IT IS HARD TO GO ANY-where in San Francisco these days and not see someone who is homeless. This is no longer a problem that only exists downtown or in “other” neighborhoods. Most mornings on Chestnut Street you can find someone sleeping in a doorway or taking

homelessness is something that affects all ages and types of people; it does not discriminate.

AVOID FEAR TACTICS

One of the common misperceptions of children and even some adults is that all homeless people are scary or crazy. Mental illness and addiction are huge issues among the

get involved. This can be donating toys, books, or clothes to an organization that serves the homeless. It helps to get involved around a birthday or special event and not just during the holidays.

As a family, you can tour a homeless shelter — there are many here in our city doing amazing work. Talking to someone in a shelter who is on the “front lines” of the issue can also be a good resource to help answer your child’s questions.

As a follow up, find out what the organization needs most (books, socks, warm jackets) and host a drive to collect those items at your child’s school or in your neighborhood.

Finally, one of our family favorites is putting together large zipper bags filled with toiletries — soaps and shampoos we have collected from hotels, toothpaste, toothbrush, deodorant, and warm socks. I keep these in my car, and when we come across someone asking for money, we hand them these bags instead.

Homelessness is a very difficult problem with no clear or easy solutions. As

Use it as an opportunity to talk also about service and compassion.

shelter in the evening at Moscone Park.

As our children become older and are more aware of their surroundings, they start to notice and ask questions. As a parent, I try to answer these questions honestly, concisely, and age appropriately. If your children are starting to ask questions or you are looking for ways to help them understand the issue, here are some tips you may find helpful.

EXPLAIN THE ISSUE

There are two ways to approach the subject. The first is wait until your child brings it up, and the second is to bring it up in the moment, maybe after you after just walked by someone asking for money or pushing a shopping cart with all of his or her belongings. Either way, think about what you are going to say and keep it simple. When my oldest child recently asked why someone was sleeping on the sidewalk, I explained that the person has no place to sleep, to shower, or to keep his belongings. As a follow up, I explained that he is someone’s son, and maybe even someone’s brother or father who hit a hard time and that

homeless population, but depending on the age of your child, you may want to avoid diving too deeply here.

When talking about homelessness, use it as an opportunity to talk also about service and compassion. Encourage your children to be empathetic and try to instill in them a desire to help others to do something about the problem. Remember that they are watching and learning from your example, so be mindful about how you talk about the homeless and how you treat them, because sometimes our actions speak louder than words.

We can educate our children and then hope they become part of a solution.

Last, avoid scaring your children by telling them that this is something that could happen to them if they don’t stay in school, get good grades, or if they use drugs.

ENCOURAGE ACTION

The two key components to action are to be safe and be consistent. Depending on your comfort level and your child’s, develop a plan to help or

parents, we can start to educate our children from an early age about this issue and then hope they can become part of a solution, which we would all like to see sooner rather than later.

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



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THE ADVENTURES OF SKYLAR GREY Chapter 30

Losing Alexii

BY SUSAN DYER REYNOLDS

*We say goodbye for the last time
Take our bows again
Time is closing in it's where our
journey ends
The path that we chose is fading
Our stories rewritten
I must let you go to find your
dreams again*

— “Say Goodbye” by Kari Kimmel

THE NIGHT BEFORE JAZZY passed away, she was with Steve, Blue, and me in our usual motel room after another treatment at UC Davis, part of a fibrosarcoma research project with the American Cancer Society. When she was diagnosed, the head of the oncology department gave her two months to live. “This is an incredibly aggressive tumor,” he explained. “And we’ve never seen it in a dog so young.” Jazzy was just over 3 years old at the time, and here we sat nearly two years later. And they were two good years. I knew eventually the cancer would take her, and I promised Jazzy that when she was ready, I would let her go. The hardest thing with pets is that they can’t tell you, at least in words, that they’re in pain or too tired to go on fighting. But I knew Jazzy so well.

That night, she lost her appetite. Steve and I had coconut cream pie from the Nugget Market, and that was the only thing Jazzy seemed interested in. I gave her my entire slice. At 4 a.m., I awoke to Jazzy pawing at my arm. I looked up to see her blue eyes staring down at me over the tumor on her nose. I told Steve we needed to take her to emergency. As we left the motel in the cold grey dawn, I said to Steve, “I want to take her by the field.” I had always said I would know Jazzy was ready to go when she no longer wanted to chase squirrels. We let Blue off leash, and

We took turns comforting her, telling her how much we loved her. As weak as she was, she purred.

she took off after the chirping ground squirrels, then turned and waited for Jazzy. “Go ahead, Jazzy,” I said, unhooking her leash. She walked a few steps, and then returned to lie at my feet. I fought back tears. “It’s time,” I told Steve.

At UC Davis, the emergency doctor confirmed my worst



Cuddling was a favorite pastime for Blue, Alexii, and Skylar.

fears. “Jazzy’s in pain,” she said. “We could keep her alive for another week, maybe two ...”

“No,” I said. “I promised Jazzy that when she was ready, I would let her go.”

Losing Jazzy was one of the most difficult experiences I’ve ever gone through, particularly because she was so stoic, comforting me and nuzzling my cheek in our last moments together. Steve was there for me and with me. The ride home to San Francisco was nearly silent, but when I looked over at Steve, I could see him wiping tears from his eyes.

“Thank you for being there,” I said. He nodded, “Of course. I loved her, too.”

A few months ago, I noticed that Steve’s cat, Alexii, had grown thin, and her fluffy Himalayan fur was separating, which happens when cats stop grooming themselves. I hadn’t seen her in a while, but I told

Steve that she had really gone downhill. “I know,” he said. “But she’s still purring, and she’s still eating. She’s 12 years old, so it makes sense she’s slowing down. This corner of the kitchen is the only place she wants to be, so I moved her bed in here.” I crouched down beside Alexii and she began to purr as I gently stroked her frail body. That night I made salmon for dinner, and she eagerly gobbled it from my hand. “See?” Steve said. “She still has an appetite.”

That evening, Skylar and Blue took turns visiting the kitchen, checking on Alexii. Sky gently nudged her face and Alexii tried to kiss Sky’s nose, but she was too weak. Steve put down paper towels in case Alexii couldn’t make it to the litter box. In the morning, I found her on the kitchen floor, stretched out on her side. “Steve, it’s time,” I said. “I know,” he said as he gently scooped Alexii up in a towel. I called Blue Cross Pet Hospital, and they had

a 3 p.m. appointment available. Steve was lying on the bed with Alexii still wrapped in the towel. For the next few hours we took turns beside her, comforting her, and telling her how much we loved her. As weak as she was, she purred.

The veterinarian took Alexii to the back to insert the catheter. When he returned, he placed her, still in the towel, on the table where Steve leaned down to kiss her flat little nose. “I love you, Alexii,” he said, caressing her face. She looked up at him with weary blue eyes and mustered one last purr. The doctor placed his stethoscope near her heart. “She’s gone,” he said. “Take all the time you need.” Steve and I both gave Alexii one last kiss.

The ride home was nearly silent, but when I looked over at Steve, I could see him wiping tears from his eyes. “Thank you for being there,” he said. I nodded, “Of course. I loved her, too.”

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POLITICAL ANIMAL Animal welfare

Another dog dies at the hands of Petco groomer

BY SUSAN DYER REYNOLDS

YET ANOTHER DOG HAS DIED AT a routine grooming session at a Petco store. Joe and Cynthia Eaton took their Jack Russell terrier, Skip, to a Petco in Napa on Dec. 30, 2015, after employees told them about a special promotion. Less than an hour later, the Eatons received a call from Petco instructing them to go to the Silverado Veterinary Hospital because there had been an emergency. Upon arriving, the couple learned that their beloved 14-year-old dog was dead.

According to the Eatons, Petco’s manager was at the hospital and told them that the groomer left Skip unattended for “about five minutes,” and when she returned he was “unresponsive.” Like in so many cases involving Petco, the employee had Skip in a slip lead — a commonly used restraining leash that any responsible groomer will say a dog should never be left alone in. Petco paid for Skip’s expenses but still takes no responsibility for his death. Joe Eaton created a Facebook support group called “My Dog Skip,” where an anonymous source “with knowledge of the situation” contacted the

Eatons with what has become an all-too-common scenario at Petco stores nationwide: Skip was hanged after being left at the washing station unattended. The source claims at least one manager and multiple employees were aware of what had happened, but none have come forward.

Marina resident Hannah Hartman, whose Shih Tzu, Joey, escaped a routine grooming at a Novato-based Petco with a dislocated hip, has been trying to gain the attention of California Senator

The Eatons received a call telling them there had been an emergency. Upon arriving, the couple learned that their beloved 14-year-old dog was dead.

Mark Leno for nearly a year, hoping he would sponsor the revival of Senate Bill 969 (also called Lucy’s Law for a dog badly maimed by a groomer). Lawmakers voted down the original bill, which would require vocational licenses for California pet groomers, in 2012. “Not only have I not heard a word from Senator Leno’s office since my single phone conversa-

tion with his legislative assistant, Sunday Balalis, on Sept. 16, 2015, but now another dog has died,” Hartman says.

Let Senator Mark Leno (415-557-1300 or senator.leno@senate.ca.gov) know that you support Lucy’s Law.

BILL WOULD GIVE DOGS FROM FIGHTING RINGS CHANCE AT LOVING HOMES

Kudos to Assembly members Rich Gordon (D-Menlo Park) and Brian Maienschein (R-San Diego), who have introduced legislation to give dogs seized in connection with dog fighting rings a second chance at life. Under current law, all dogs seized in connection with animal fighting cases are automatically labeled “vicious” and customarily euthanized. The seized animals often include dogs directly involved in training and fighting, breeding dogs, puppies, “bait dogs,” and stolen pets.

AB 1825 would ensure that professionals individually evaluate these dogs to determine whether they can be rehabilitated and safely reenter society or be placed with sanctuaries. “These dogs weren’t born vicious,” said Gordon. “Criminals trained them to fight for entertainment and illegal gambling. This law would give these abused dogs a chance to live a peaceful life in a loving home.”



Skip died during a routine grooming at a Napa Petco.

The only good thing that came out of NFL star Michael Vick’s dog-fighting conviction was the attention it brought to the plight of the animals involved. Evaluators found that only one of the nearly 50 dogs seized was too far gone to save; the others were successfully adopted or placed with a sanctuary; many happily live in homes with children, cats, and other dogs. California is one of only 12 remaining states that mandates dogs rescued from fighting rings be deemed vicious. This bill will give these victims of cruelty a chance at the happiness every formerly abused dog deserves.

Please thank Assemblymen Rich Gordon (916-319-2024, asmdc.org/members/a24) and Brian Maienschein (916-319-2077, ad77.asmlrc.org) for their continued support of animal welfare legislation.

Gus was adopted from & photographed at Animal Care & Control.
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