

Food & Wine

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Smuin Ballet's Stabat Mater. PHOTO: DAVID DESILVA

Fall arts preview

BY LYNETTE MAJER

muin Ballet presents Stabat Mater, Michael Smuin's power-If tul response to 9/11, and which evokes the timeless message of love, loss, and eternal hope in the face of challenges. The ballet will be performed in observance of that event's on the program is the sensuous,

15th anniversary and is featured in Smuin's 23rd season, Dance Series 01 (Sept. 23-Oct. 2). The ballet will also perform Madness, Rack, and Honey, a world premiere by acclaimed choreographer Garrett Ammon and set to Mozart's Sinfonia Concertante for Violin, Viola and Orchestra. Also energetic, and critically acclaimed Indigo, by celebrated choreographer Stanton Welch, which follows four couples through love, break-ups, and reconnections all set to Vivaldi's Cello Concerto in B minor and Cello Concerto in G minor (415-912-1899, smuinballet.org).

FALL ARTS PREVIEW, continued on 15

REYNOLDS RAP

Upscale comfort food

How a \$60 fried chicken dinner took San Francisco's restaurant scene for a ride

BY SUSAN DYER REYNOLDS

I'm troubled by the possibility that, as the Bay Area has become increasingly wealthy and more ideologically selfselecting, the Chez Panisse ethos has become a touchstone for the tastefully furnished stone houses and rolling, lavender-covered hills of an elite preindustrial agrarian fantasy. I worry that we have begun to reflexively equate an aesthetically beautiful lifestyle with a morally good life, and that the way we cook and eat has become bound up in that mix.

> — "To the Moon, Alice?" by Daniel Patterson, The New York Times, Nov. 6, 2005

'n 2005, San Francisco chef Daniel Patterson drew the ire of the Bay Area restaurant community when he wrote a piece for *The New York Times* called "To the Moon, Alice?" which presented his theory that Alice Waters and her lauded restaurant Chez Panisse had stifled culinary innovation, particularly in San Francisco. "But as the simple, delicious \$200 dinner for two — not including wine — that I recently had at her restaurant (not to mention the phenomenon of the \$5 heirloom tomato) demonstrates, something has gone awry," Patter-

REYNOLDS RAP, continued on 4

Real Estate Investor

Governor's big swing and a miss

Brown lost bid to fast track affordable housing development what's next?

BY JOHN ZIPPERER

RITICS WERE QUICK TO POKE FUN AT CALIFORNIA Gov. Jerry Brown this August when it was announced that he sold his home in Oakland in the midst of one of the greatest real estate run-ups in history — for a loss. He had paid \$2.4 million for the home in 2007, but his purchaser paid only \$2,375,000 — and that was also \$200,000 below the asking price. It would not be his last loss in the housing market this summer. In mid-August, Sacramento legislators killed his plan to streamline the development of multifamily housing that met specific affordable housing goals. The governor still has a mansion in Sacramento to live in, but does he have any affordable housing policy after this?

The governor's plan was controversial all along. Designed to reduce costly delays and attempts to stop housing projects altogether, the plan would, in the words of the Cali-

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The Back Story



The Tetons and the Snake River (1942) Grand Teton National Park, WY., by Ansel Adams. Photo: National archives and records administration, wikimedia commons

San Francisco is a hall of fame city for photographers

Part 2 of 2

BY ERNEST BEYL

AN FRANCISCO HAS LONG BEEN a haven for photographers and fine photography. Almost from its Gold Rush beginnings, it has attracted photographers who have documented life in this dramatic region. Last month, we wrote about a few of these earlier artists with cameras — Arnold Genthe and his iconic photos of early San Francisco Chinatown; Eadweard Muybridge, whose sequenced photos of a galloping horse were primitive motion pictures; and Imogen Cunningham, a member of an early group of San Francisco photographers called Group f/64.

In this issue of the Marina Times, we present a few more famed San Francisco photographers.

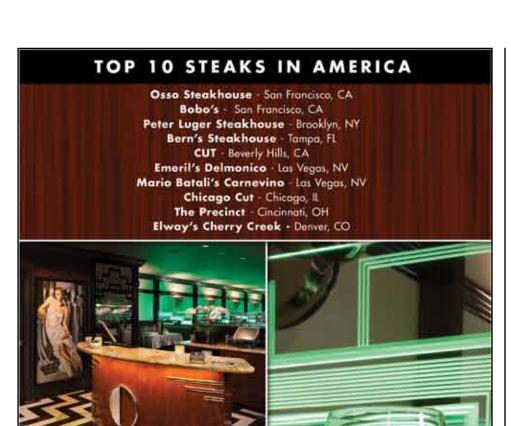
ANSEL ADAMS

A founding member of Group f/64, Ansel Adams lived most of his life in San Francisco. He spent his boyhood in an area near the Pacific Ocean, which in those days was mostly sand dunes. At 14, his father bought him his first camera, an inspired gift that started him on a career that made him famous. The family planned to visit Yosemite Valley, popular then as now as a spectacular holiday destination. Young Adams recorded that first trip with his new camera. Soon he and his camera were inseparable. There was a sense of mission and history about Adams, and he grew to adulthood and fashioned a career for himself as a photographic artist.

ANNIE LEIBOVITZ

Annie Leibovitz attended the San Francisco Art Institute and intended to become a painter.

BACK STORY, continued on 12







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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NEWS BRIEFS Budget, crime, and more

Money and politics

WE'VE GOT BUDGET

In early August, Mayor Ed Lee signed the budgets for the 2016-17 and 2017-18 fiscal years. The balanced budgets came in at \$9.6 billion and \$9.7 billion respectively, meaning that San Francisco will spend more in each of those years than the nominal GDPs of 56 different countries.

City leaders say that money will be well spent. "After months and months of tough work and negotiations, our city budget places top priority on reducing homelessness, enhancing public

would highlight the city and the Bay Area's history, a new great hall, a fine-dining restaurant, and retaining the Palace of Fine Arts Theater.

NEW FUTURE FOR BRIDGE MOTEL?

The Bridge Motel is not one of San Francisco's hottest properties. Long known for crime, drugs, and other issues, it has been the problem child of city residential real estate. San Francisco sued in 2009. The city went back to court in 2011. *SF Weekly*'s article on it seven years ago was

Crimes in San Francisco continued to drop across most categories between May and April of this year.

In the Northern District, all categories of violent crime dropped during that period. There were no homicides or rapes reported by the Northern Station police update. Meanwhile, robbery dropped 21 percent and aggravated assault dropped 5 percent. Nonviolent crimes in the Northern District were a bit more of a mixed bag. Auto theft and arson were both down (33 and 25 percent, respectively), while all of the other categories showed increases: burglary (24 percent), theft from auto (29 percent), and other theft (24 percent).

Citywide tics show some violent crimes decreasing-homicide (down 29 percent), rape (47 percent)—and others increasing—robbery (up 7 percent) and aggravated assault (13 percent). In the nonviolent, property crimes categories, theft from vehicles and other theft both rose (up 20 and 11 percent, respectively), while burglaries and auto thefts dropped (down 13 and 5 percent).

The troubled Bridge Motel, located at 2524 Lombard Street, might have a new future as supportive housing for the homeless.

safety, addressing affordability and the cost-ofliving, improving the quality of life, and protecting against the next economic downturn," said District 2 Supervisor Mark Farrell, who also serves as budget chair.

"Everyone in the city is concerned about homelessness, affordability, and public safety — myself included," added London Breed, the board's president. "This budget invests in new and effective measures to address those issues, and it helps ensure every San Franciscan feels part of our rising economic tide."

SFMAP REJECTED FOR PALACE OF FINE ARTS

The San Francisco Recreation and Park Department has rejected plans by the San Francisco Museum At The Palace (SFMAP) Consortium.

According to the Marina Community Association, the Recreation and Park Department says the cost of rehabbing the site starts at \$20 million, and the SFMAP proposal was rejected because it was deemed to have insufficient "financial capacity." The consortium had planned to finance capital improvements through equity and debt.

SFMAP's plans included creating an educational museum that

titled "Motel Hell." Now the troubled residential hotel, located at 2524 Lombard Street, might have a new future as supportive housing for the homeless. Gail Gilman, CEO of the nonprofit developer Community Housing Partnership (CHP), confirmed to the Marina Times that the group is interested in purchasing the site and replacing the Bridge with up to 100 units of supportive housing, however, they are only in the due diligence phase and the deal is nowhere near being finalized.

MAYORAL RECALL

The mayors of Oakland and San Francisco have been confronted with recall efforts this year, and in the case of San Francisco, "confronted" is an appropriate word. At a rally by recall supporters in July, shouts of "Go back to China" were heard (and recorded in a video shared by Asamnews. com), and supporters of the mayor outnumbered the recall supporters. Local political power broker Rose Pak, who has mostly supported Mayor Lee but who broke with him last year to help Aaron Peskin win the District 3 supervisor's office, has criticized the recall effort and has thrown her considerable network into opposing it.

CRIME UPDATE

t A new webs

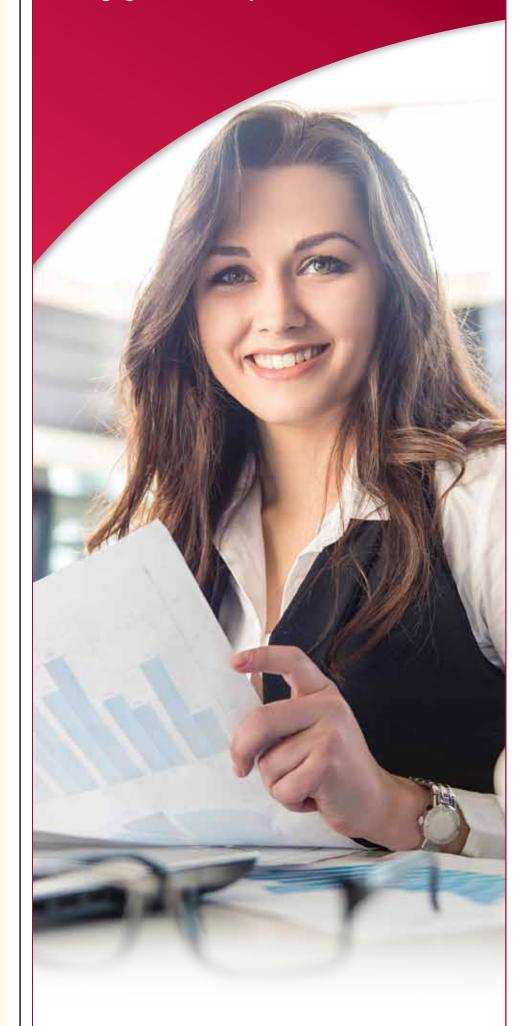
A new website is seeking San Francisco residents' input on the future of our subway plan. Called Subway Vision, the site (connectsf.org/comp onents/subway-vision) includes a map on which users can sketch out suggested improvements to the local subway system. The website is the creation of a half-dozen San Francisco planning, transportation, and other government agencies.

District 8 Supervisor Scott Wiener praised the Subway Vision site, saying, "We need more subways, and we need true regional rail that connects our entire region. As the Bay Area grows by 2 million people in the next 25 years, we cannot afford to have another million cars on our roads, freeways, and bridges. We need more transit, and we need to pursue it aggressively."

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Reynolds Rap

continued from page 1

son opined. "How can we build an egalitarian society based on a lifestyle that so few can afford?"

A decade later, Patterson is back in The New York Times, quoted for another critique of the city's culinary landscape by San Francisco freelance writer Daniel Duane called "Dinner, Disrupted." The subtitle of Duane's article, "Silicon Valley has brought its wrecking ball to haute cuisine, and the results are not pretty," puts the blame squarely on pretentious, shallow, nouveau riche tech workers. Restaurants, Duane says "must satisfy a venture-capital and post-I.P.O. crowd for whom a \$400 dinner does not qualify as conspicuous consumption and for whom the prevailing California-lifestyle fantasy is less about heirloom tomatoes than recognizing inef-



Fried chicken at Wayfare Tavern. PHOTO: BILL KNUTSON

taurants are hurting. The ridiculous cost and sheer difficulty of doing business in the city has also forced closures (or moves to the East Bay), with chefs often citing San Francisco's "tough conditions" for their struggles. While I have no doubt tech workers and the harsh business environment deserve some of the blame, I feel

fried chicken at Wayfare Tavern when you have to pay an additional \$20 for sides of rainbow chard and mashed potatoes. On top of that, they add a 4.5 percent surcharge to offset the costs of San Francisco's employee mandates. Include sales tax and the expected bare minimum tip of 15 percent, and you've got a \$60 fried chicken dinner that doesn't even include a glass of wine (that'll set you back another 10 to 26 bucks). No matter how expensive it is to do business in San Francisco, you're making money on a

\$60 chicken dinner. Florence has a big name from his many years on the Food Network, not to mention deeper pockets than the average chef, yet that hasn't stopped countless others from stepping

into his shadow. Alongside the ubiquitous \$20 cheeseburger, menus tout \$15 deviled eggs, \$18 kale salads, \$25 bone marrow, and \$100 steaks at restaurants with names that invariably end in "tavern," "pub," or "bistro." Scariest of all, chefs are taking on thousands, sometimes millions of dollars in debt just to compete in a city where restaurants close as fast as they open, and where rent and construction costs are the highest in the country.

California cuisine is no longer the culprit. I believe San Francisco's new poster cuisine is 'upscale comfort food.'

ficiencies in the international medical technology markets, flying first-class around the planet to cut deals at three-Michelin-Star restaurants in Hong Kong or London and then, back home, treating the kids to casual \$2,000 Sunday suppers." (Heirloom tomatoes get another dubious mention, though they're now a \$10 phenomenon.)

When Twitter and other tech firms extorted San Francisco for a special tax break in 2011 ("We'll move to Palo Alto!"), Mayor Ed Lee touted them as the saviors of the Mid-Market and Tenderloin neighborhoods, known more for drug deals than venture capital deals. Restaurateurs saw their meal ticket, opening fancy restaurants where a dinner costs more than the average Tenderloin resident makes in a month (or three). Too bad they didn't take heed of my warnings - having grown up in the Silicon Valley, where I worked for a budding computer company called Apple, I knew that tech workers rarely set foot outside the office. Why should they? Respected chefs, lured from restaurant gigs with promises of stock options, are whipping up spectacular meals in the company cafeteria — and it's free for the employees. In the past few months, upscale restaurants Cadence and Oro both closed after less than

But Mid-Market isn't the only area where resa bit more like Patterson did in 2005: Chefs are resting on their laurels, showing little innovation, and following each other into the abyss. California cuisine, however, is no longer the culprit. In fact, "local, organic, sustainable, and seasonal" (or as I call it, LOSS) is now a given, as are dishes "with a California sensibility." I believe San Francisco's new poster cuisine is "upscale comfort food."

THE WAYFARE TAVERN **EFFECT**

When celebrity chef Tyler Florence opened Wayfare Tavern in the Financial District in 2010, he met with generally good reviews (including |

It's tough to swallow \$26 fried chicken when you have to pay an additional \$20 for sides of rainbow chard and mashed potatoes.

one from me), and the place has been packed ever since. His fried chicken is legendary, even making Food & Wine magazine's 2016 "Best fried chicken in America" list. I personally don't think "upscale" and "comfort food" belong together in a sentence, but Florence has made it his trademark. I do understand charging extra for the best ingredients (humanely raised meats, wild-caught seafood, pastured eggs), but it's tough to swallow \$26

In "Dinner, Disrupted," Duane focused on the haute dining scene, about which Patterson said, "The food has never been better and the business climate has never been worse and so we are speeding toward a cliff." I would argue that \$25 bone marrow at upscale comfort food pubs, taverns, and bistros is heading for that same cliff, driven by chefs who are in way over their heads financially and creatively in what has become the toughest restaurant city in the world.

REED & GREENOUGH

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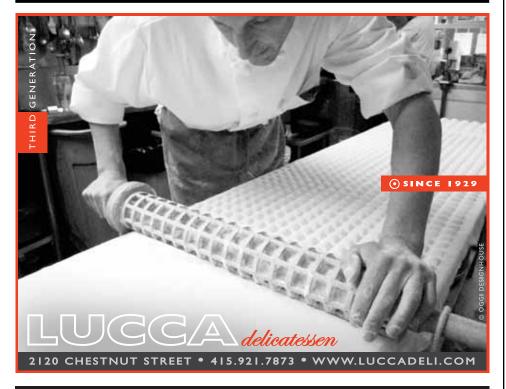






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Marina-Cow Hollow Insider | Neighbors



Crowds enjoy Tacolicious's new location at 2031 Chestnut Street. PHOTO: EARL ADKINS

Legacies of quality

BY LYNETTE MAJER

OUR IDEA OF LEGACY BUSINESSES

When our Dyson handheld vacuum bit the dust, or more accurately, stopped biting the dust, naturally we headed over to Phil's Electric Vacuum Center (2701 Lombard Street), which has been at the corner of Lombard and Baker Streets as long as we can remember — and then some (34 years to be exact, after being on Fillmore since 1941 when Phil began constructing small appliances from leftover parts during War II. Phil retired in the seventies after having passed his knowledge on to Bob Evans, who now owns Phil's with his wife, Vicki but we digress).

Though they couldn't fix our handheld — only because only Dyson can fix Dyson — they were kind and helpful, and in the past, have defied Humpty-Dumpty and put our broken lamps back together again. Phil's is the go-to for everyone we know for all things vacuum and lamps, and we're glad they're here.

With our passports expiring last fall, we clearly needed to move on this task in case we need to emigrate after November. We were delighted to find that Fireside Camera (2117 Chestnut Street), in business since 1954 — and the go-to for all things related to real cameras (like Canon, Leica, Nikon, et al.) — could snap our new pic, no appointment necessary. Strolling in on a Saturday afternoon, we were welcomed and ushered post-haste into the "studio," and then enjoyed a humorous exchange with staff as we groused about our pictures: "Ten years from now, everyone says, 'I want my new picture to look just like this old one." We're pretty sure not.

TACOS FOR THE GOOD

If you haven't checked out the new Tacolicious (2031 Chestnut Street) digs in the former we-still-miss-you The Grove space, you're clearly in the minority or don't like tacos, which also puts you in the minority. Every time we pass, scores of Marina-ites are lined up to get inside and are having a great time in the light, open space, or the sunny outdoor seating.

Beat the Taco Tuesday crowd by making it a Taco Monday, and you'll be helping a neighborhood school through the Tacolicious School Project. From September through May, each Tacolicious location donates 15 percent of Monday proceeds to the project and has an alliance with 27 public schools. Your taco never tasted so good, right?

QUESTIONS, QUESTIONS

A Marina source told us that Scotland **Yard** (3232 Scott Street) has stopped serving food and cut back their business hours to four days a week; however, on a late Friday afternoon, there were no signs of life and an accumulation of mail on the floor inside the locked front door. We wish them well whatever their new plans — and will certainly miss that killer Yard Burger.

Not sure what all the recent hiring signs in the window at **Real Food** (3060 Fillmore Street) means either, but the shelves have looked bare in the last few months and the produce has been either nonexistent (no lemons?) or subpar (a half-yellowed parsley bunch?). A staffer cited "our suppliers," but whatever is going on, we hope they figure it out. We love having a walk-to organic grocer to tide us over between our weekend farmers' market hauls.

TOO SHORT A STAY

We were disappointed to learn Plate (3251 Pierce Street) abruptly closed last month. According to a posted letter on site, their concept "required multiple locations for success" and they were "unable to generate enough excitement in the investment community" to expand. We were hooked on their tasty, healthful to-go meals on a real plate, covered and ready to reheat, and we'll sorely miss them on those days we don't feel like cooking.

CUDWORTH MANSION: ONE-STOP BEAUTY

We needed some pampering recently, so we stopped in to see Mira Cussen at Rosewater Skin Care (415-292-6544, rose waterskincare.com) in the Cudworth Mansion (2040 Union Street). A Victorian jewel, the front steps are aligned with a riot of blooming flowers, and the wind chimes tinkled as we approached, already calming our spirits. Up the charming circular staircase, the treatment rooms and waiting areas are tastefully decorated in soothing seafoam colors and vintage Parisian prints. Whether a facial, massage, waxing, or lash treatments, either Mira or Heather Gillen-Singh will take care of you.

Downstairs at Milvali (415-409-1500, milvali.com), the locally owned salon is celebrating their 10-year anniversary, so big congrats! They are especially noted for their hair extensions, and were listed among the top five salons in the 2016 Best Hair Salon and Best Waxing category in the San Francisco Chronicle's Bay Area A-List. Milvali also offers bridal party styling and Pretty Parties for you and your best girlfriends, which includes lots of pampering (five beauty treatments), wine, and appetizers.

The Cudworth Mansion also houses La Lashista (415-601-0530, lalashista.com) and Sugarcane skin care (415-748-1869, sugarcaneonline.com).

E-mail: lynette@marinatimes.com

FROM THE DISTRICT 2 SUPERVISOR : Housing and homeless

Homeless tent encampments: The right and wrong approach

BY MARK FARRELL

STATE OF HOMELESS TENT **ENCAMPMENTS**

San Francisco is experiencing a crisis of homelessness. It is the number one concern of residents citywide.

One of the worst symptoms of this crisis are the tent encampments that are spreading throughout our neighborhoods — they are unsanitary and dangerous, both for the individuals living in them and for our residents who live and work around them.

Tent encampments have long been a problem. However, since 2013, the number of individuals living in tents on our streets has almost tripled. Rough estimates show that anywhere from 500 to 700 individuals are living in tents on our city streets.

Complaints from residents and small businesses about homeless tent encampments are flooding the city's 311 help line. As of May 2016, 311 had fielded 7,000 calls about tent encampments, which represents a 55 percent increase since 2015.

Looking the other way is not only callous, it's costly. Our Department of Public Works spends approximately \$4.7

million a year to clean human waste and other debris from tent encampments. Our understaffed Police Department now handles roughly 11,000 calls a month specifically related to homelessness, with a growing number of them centered around tent encampments.

Caltrans cleaned 217 camps on state property in San Francisco from July 2014 to February

Street Bay Bridge on-ramp forced CalTrans to hire hazardous materials teams eight times to remove used hypodermic needles.

human The cost is high. Alison Sparrow, 33, was shot and killed in a large tent encampment near 16th and Harrison Streets on Dec. 20, 2015. The day before, a tent in the same encampment was set on fire. And every eight days, another homeless person dies in San Francisco.

Nobody is getting better by sleeping in tents. We have a moral imperative to do everything in our power in San Francisco to help get the homeless

out of these tents, and into a better life.

MISGUIDED PROPOSALS

Inside City Hall, the so-called "progressives," led by Supervisor Aaron Peskin, favor policies that would lead to the proliferation of tent cities. Outside of City Hall, sane people would consider these policies misguided at best, and crazy at worst.

Supervisor John Avalos pro-Just one site near the Fifth posed that the city government

Personally, I have never bought into the theory that homeless individuals move to San Francisco because of the services we provide. But can you imagine the stampede if word got out that our city government would give you a free place to live, forever, if only you set up a tent on one of our sidewalks? I can guarantee you that this is not a vision of San Francisco's future that any of my constituents shares.

These proposals illustrate the

policy divide that exists inside City Hall. But outside of City Hall, in the neighborhoods, there is general agreement about how we should deal with tent cit-

ies. That's why I wrote Proposition Q, "Housing Not Tents," with the support of supervisors Wiener, Tang, and Cohen.

HOUSING NOT TENTS

Housing Not Tents will help move the homeless out of tents and into shelter and housing opportunities. The measure bans tent encampments on our streets outright, and mandates that before removing any existing encampments, the city must

provide 24 hours' notice and offer temporary shelter, housing, or paid transportation to live with loved ones in another city. We will also store an individual's belongings for up to 90 days.

San Francisco must take a compassionate and commonsense approach to addressing homelessness. Anyone with an ounce of common sense knows that it is not compassionate to allow individuals to live in tent encampments on our city streets; they are violent, dangerous and unhealthy places to live, and pose a public safety threat to our residents.

My vision for our San Francisco is to proactively move these individuals into shelter and housing, and focus on getting these individuals back on their own two feet. The status quo is simply unacceptable.

Come November I hope you will join me in supporting Proposition Q and vote to change the status quo on the streets of San Francisco.

As always, please do not hesitate to get in contact with me directly if I can be of assistance in any way. You can reach me at mark.farrell@sfgov.org, or at 415-554-7752.

As of May 2016, 311 had fielded 7,000 calls about tent encampments, a 55-percent increase since 2015.

provide running water and sani-

tation services to large encamp-

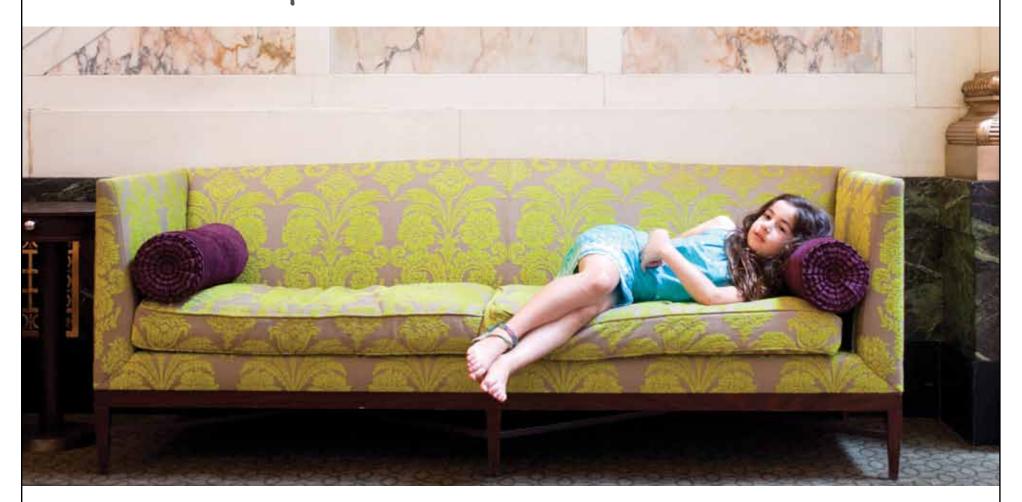
ments to make their stay more

comfortable. Peskin proposed

providing a free, city-subsidized

affordable housing unit for any person who set up a tent on our streets. Supervisor Jane Kim endorses the same approach, and also wants our residents and businesses to wait 7-14 days before a tent encampment can be removed from in front of your house or business.

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Sketches from a North Beach Journal



The mural of poets and playwrights on the wall at Chief Sullivan's. PHOTO: RICK HOWARD

Betty Lou's Seafood & Grill, Tony Bennett's statue, Barney's city guide, Chief Sullivan's Irish mural

BY ERNEST BEYL

BARNEY'S SAN FRANCISCO CITY GUIDE

Tony Bennett, who you recall left his heart in San Francisco, was asked by Barney's, the upscale New York retailer, to prepare a city guide as a promotion for its San Francisco store. What are a few of Tony's favorite things in our town? The Japanese Tea Garden, the Fairmont Hotel (where in 1961 he first sang that San Francisco city anthem), the Golden Gate National Recreation Area, the cable cars (that climb halfway to the stars), the Palace of Fine Arts, SFJazz Center, and two restaurants — Tadich Grill and Sotto Mare.

BETTY LOU'S SEAFOOD & GRILL

And speaking of Sotto Mare (552 Green Street), two of the restaurant's most important staffers who kept the place humming — Betty Pesce and Hector Chaparro have taken a walk from the North Beach landmark and are opening another fish restaurant nearby. They are joined by Louise Taylor, who a few years ago managed Sotto Mare for her brother-in-law Gigi Fiorucci.

The new restaurant will be called Betty Lou's Seafood & Grill. As I write this, it's due to open at 318 Columbus Avenue sometime this month. Betty and Louise are sisters third generation Portuguese from Kauai in the Hawaiian Islands. Brother-in-law Gigi is the master restaurateur who opened Gigi's Sotto Mare in 2007. Gigi sold his restaurant a few years ago to Richie and Laura Azzolino, who still operate it as Sotto Mare. Hector has been chef there since it opened. Betty, Louise, and Hector are equal partners in the new establishment. There have been some rumblings and grumblings of discontent from Sotto Mare's Green Street sanctum sanctorum, but Betty Lou's Seafood & Grill is good news for the neighborhood. The three partners are well-liked and experienced. I'm eager to try the cioppino.

TONY BENNETT'S STATUE ON NOB HILL

Perhaps you've seen the eight-foot, bronze statue of our man Tony Bennett that was unveiled last month in front of the Fairmont Hotel — great idea to honor the Italian crooner. But I would have been happier if Tony's statue had been placed in North Beach — in front of Betty Lou's Seafood & Grill. Betty and Louise are buddies with the jazzy singer.

CONOR HOWARD AND THE IRISH **POETS**

North Beach neighborhood barkeep Conor Howard is my man when I need information about the mysterious Irish. He served behind the plank at the defunct O'Reilly's Irish Pub on Green Street for more than 10 years. That's a long time to be listening to customer blarney, but as an Irishman, Conor knows about blarney. A few months ago, I ran a paragraph in my Sketches column about O'Reilly's reopening as a saloon called Chief Sullivan's, and stated I hoped its magnificent mural of Irish poets and playwrights would not be destroyed. I stated that one of the Irish poets depicted was Dylan Thomas — and, of course, Conor almost lost it. Dylan Thomas was Welsh. There's a big difference, Conor explained to me. Had I given this more thought before I applied quill pen to paper, I would have realized this.

Poets and playwrights in the mural are George Bernard Shaw, Oscar Wilde, Samuel Beckett, James Joyce, Brendan Behan, Sea O'Casey, and William Butler Yeats. Conor told me that Irish poet Seamus Heaney once dropped into O'Reilly's, ordered a Guinness, took a look at the mural, and noted that his visage was not on the wall. Heaney, who was later awarded the Nobel Prize for poetry, was not pleased. The mural was done by local artist Vranas Van Hoyt.

NEW TWIST ON CALIFORNIA CUISINE

One night, as I do frequently, I telephoned my daughter to chat. She had just finished her dinner. "What did you have?" I asked. "Sushi and a Three Musketeers Bar," she said. "Wow, a new twist on California cuisine," I said. "I'll have to contact Michael Bauer at the Chronicle so he can try out your new pop-up restaurant." "No way," she replied. "No food writers please, not even

CONSIDER MADAM MEATLOAF

Whenever I think of real food — as I do often - I think of Madam Meatloaf who in real life is Lona Jupiter. That's because whenever I've been invited to her Russian Hill digs, Lona serves her justly famous, but simple, dish. Knowing you will want to try it in your own digs rather wait for an invite from Madam Meatloaf, here's the recipe in her own words.

"I just put a bunch of hamburger in a bowl, add a little salt and pepper, a can of spicy tomato sauce, and some Panko. No onions and garlic because I'm too lazy to chop them. Then I add a raw egg and smoosh it all up, put it in a loaf pan and bake the works at 350 degrees for about an hour." Now that's real food.

E-mail: ernest@marinatimes.com

From the District 3 Supervisor : Going down, down

Leaning towers/gleaning solutions

BY AARON PESKIN

The RECENT REVELATION that San Francisco's premiere luxury high-rise, the Millennium Tower, has sunk almost three times as much as originally projected into the landfill it's built on has raised concerns from homeowners and policymakers alike. A classaction lawsuit has been filed against the developer, Millennium Partners, and the Transbay Joint Powers Author-

bay Joint Powers Authority, which is overseeing the public infrastructure project next door. The legal dispute will no doubt last for some time, with the building's homeowners' association and tenants worrying about the poten-

tial continued deterioration of the tower's condition and safety, along with their property values.

The geotechnical engineer hired by the homeowners' association and paid for by the developer has projected that at the rate that the Millennium has been sinking, it could descend a total of 31 inches, which would only exacerbate the tower's northwesterly tilt. While the Millennium evaluates its options for how best to address its present

problems, the city should be asking what we could do to ensure this does not happen again.

Most of San Francisco's downtown, including much of South of Market, was once a part of our beautiful bay, and that requires special consideration when developing on the existing landfill — particularly the dramatic towers now dotting our skyline. There are certainly questions about the seismic health of nearby existing high rises

The city can require greater

scrutiny of our development

processes and enforcement.

where developers chose not to pile-drive deep into bedrock and

This month I'll be calling a

hearing on the building stan-

dards in seismic zones like

the Transbay neighborhood

and what steps we can take to

require stronger protections for

residential and commercial ten-

ants alike. While leaving legal

determinations to the appropri-

ate experts, I think the city can

take this opportunity to require

anchor their buildings.

for the future. As always, I would love to hear your thoughts and insights.

THE ART OF THE HUSTLE

greater scrutiny of our develop-

ment processes and enforcement

Speaking of hearings, I'm also kicking off our fall legislative session with a series of hearings on the governance and oversight of the operations of the Fine Arts Museums of San Francisco (FAMSF), with an emphasis on

how public and private monies are allocated and through what accountability processes.

By now, you may have heard about former FAMSF Board President and Executive Director Dede Wilsey's decision to

step down from her post after allegations that she made the decision, without board approval, to hand out a \$450,000 payment to Bill Huggins, an engineer assigned to the museums until he retired after suffering a heart attack (he receives an annual pension of nearly \$60,000). Huggins's wife, Therese Chen, served as director of registration at the de Young and had a reputation for doing personal favors for Wilsey. There appear to be



The Millennium Tower could become the priciest land submarine in the world. PHOTO: FLICKR.COM/27966213@NO8

many issues that have plagued the esteemed public institution over the past decade, from the abrupt departure of key upper management and board trustees to a city controller investigation. The de Young Museum and the Legion of Honor are two of the city's most beloved treasures — with over a million visitors a year - and elected officials should be safeguarding the public's assets and ensuring that we are governing these treasures responsibly and preserving their legacy for generations to come. We fund both museums out of our city's general fund, and the public deserves to know how and why those dollars are being spent.

Finally, please be on the lookout for upcoming show times of *A Company Town*, a feature documentary that covers our grass-roots November 2015 superviso-rial campaign. You will no doubt recognize some familiar faces from the neighborhood, as the documentary filmmakers, Alan Snitow and Deborah Kaufman, paint a picture of what happens when community members fight to preserve the integrity, diversity, and soul of a San Francisco that many see eroding at a frightening pace. I hope you like it and spread the word.

Hope you had a wonderful summer — I'm looking forward to seeing you around the neighborhood. As always, don't hesitate to reach out to my staff and me with any thoughts, questions or ideas. You'll find us at City Hall, room 244. You can also call us at 415-554-7450, or e-mail me directly at Aaron.Peskin@sfgov.org.

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Lunch in North Beach Although open seven days a week for lunch and dinner, our lunch offers a unique opportunity to try some new dishes in a relaxed setting and at lower prices. Many offerings are unique to our restaurant and not available elsewhere.

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The Tablehopper | New and updated



A sampling of dishes at the Black Cat. PHOTO: KELLY PULEIO

Venture over the hill to the Black Cat for jazz and champagne and late-night vittles

BY MARCIA GAGLIARDI

"M ALWAYS HAPPY TO HEAR ABOUT NEW venues offering live music, and this ▲ recently opened Tenderloin supper club, Black Cat (400 Eddy Street, 415-358-1999), has a dinner menu, cocktail lineup, and wine list that will get your attention as well. New York restaurateur Fritz Quattlebaum and local operations partner Khalid Mushasha (Lolinda) have assembled quite a team for this project, including chef Ryan Cantwell (Zuni, Chez Panisse), bar manager Gabriel Lowe (Locanda, Beretta, and The Battery), and wine director Eugenio Jardim (Jardinière).

The modern supper club menu includes pan con tomate; two kinds of meatballs, latkes, and potpies; and a Black Cat double brisket patty melt with Munster, Swiss, and pickled and caramelized onions on Jewish rye. The Black Cat is also the only restaurant in San Francisco to carry oysters from The Marshall Store on Tomales Bay. There are cocktails, large-format low-ABV punches, and house sodas, and Jardim's well-selected wine list includes 90 bottes, with many grower-producer Champagnes. Dinner nightly until 1 a.m.; limited bar menu until 1:30 a.m.

NORTH BEACH

Now open is Bodega (700 Columbus Avenue, 415-634-7002), serving Fort Point Beer (on draft and in cans), South American wines, an apple cider, and coffee from Linea, plus an array of small plates featuring a seasonal menu driven by the farmers' market, plus dishes like toast with ricotta and saffron honey, avocado toast with the option of a poached egg, ceviche (currently with rockfish), and a Bodega bowl with brown rice or quinoa and vegetables, plus the option of adding an egg, avocado, and salmon. Owner Paria Sedigh, who has experience with catering and other food businesses, took over the long-standing (over 15 years) Melt! space and gave it quite the airy and clean makeover. Tuesday-Sun*day 10 a.m.-10 p.m.*

The neighborhood now has a Yucatecan joint called Panuchos (620 Broadway Street), serving poc chuc, panuchos, and cochinita pibil, plus some taqueria standards like quesadillas and burritos. Monday-Saturday noon-3 a.m.

NOB HILL

Beer lovers continue to find plenty of places to indulge in this city, starting with the newly opened Buffalo Theory (1735 Polk Street, 415-829-8226). Chef Tim Luym (Poleng Lounge, Attic) partnered with Ted Kim (Steins Beer Garden & Restaurant in Mountain View) on this neighborhood restaurant with quality craft beers (30 on tap) — the staff is highly trained on the beers, so geek out to your heart's content. Luym put together a menu of affordable and bold bar bites that take inspiration from drinking food from around the world, like Filipino adobo chicken wings and a Japanese chicken katsu sandwich. There are 116 seats, with a bar, communal tables, and a private room. Sunday-Wednesday 4 p.m.-11 p.m. and Thursday–Saturday 4 p.m.–midnight.

If you're looking to get your peanut butter chocolate cookie fix from Batter Bakery (1517 Pine Street, 415-674-1069), the eight-and-a-half-year-old bakery has moved and opened in a new space. The bakery-cafe has large windows; a custom bakery case full of cookies, scones, shortbread, ice cream sandwiches, cakes, takehome doughs and batters; and a rotating menu of seasonal desserts. There's also a cafe menu with breakfast and lunch options, including quiche, overnight oats, breakfast quinoa, and a biscuit breakfast sandwich. You'll also find espresso drinks (made with beans from Equator Coffee) and affogatos.

Look for evening baking and cookie decorating classes come fall. All production for Batter Bakery's San Francisco locations (555 California Street, One Market Plaza, Ferry Plaza Farmers Sunday Market, and Stonestown Sunday Market) will take place in this new space. *Daily 7 a.m.-7 p.m.*

Longtime star Tablehopper intern Rebecca Kinney let us know the approachable and easygoing Nob Hill Grille (969 Hyde Street, 415-474-5985) has closed. A sign in the window read: "Thank you for your 10 years of support, it has been an amazing ride." No word yet on who is going into the space.

There are some changes at the old-school Fly Bar locations: Both have been sold to separate parties. Fly Bar on Sutter (1085 Sutter Street, 415-441-4232) was sold last month, and the new operators, Mark and Terry Miller, should be taking it over probably at the beginning of November. They will close the space for a couple of months for construction (I hear they will be removing the horseshoe bar) and will reopen as Miller's, keeping it a neighborhood bar and restaurant. I'll keep you posted. For now, you can still swing by and hang out with the Fly staff for some final-finals!

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 @tablehopper on Twitter and Instagram for more culinary finds.

New & Notable : Smitten by Smitten, bullish for Baked Bear

We all scream for ice cream

BY JULIE MITCHELL

OR A CITY WHERE A NEW fitness studio seems to pop up weekly along with a restaurant devoted to clean eating, we San Franciscans still relish our sweet treats. There is no shortage of cupcake shops, patisseries, and artisanal chocolate makers. But come summer (which starts now), a treat that's sweet and cold often hits the spot. So the opening of two new outposts of the city's favorite gourmet ice cream shops is perfectly timed. Both Smitten and The Baked Bear opened second locations over the Fourth of July weekend, Smitten on Chestnut Street in the Marina, and The Baked Bear on Columbus Avenue in North Beach.

SMITTEN WITH SMITTEN

Smitten was born and bred in San Francisco, a labor of love by founder Robyn Sue Fisher, an ice cream lover who was dismayed by all of the "unpronounceable ingredients" of preservatives, emulsifiers, and stabilizers that she found in most products. Sure that she could make high-tech ice cream more old fashioned, she set about researching how to make the frozen treat without all the additives necessary to preserve shelf life. Fisher found that freezing ice

cream at ultra-low temperatures created a smoother product more quickly. With more research and the help of engineers, she created a one-of-a-kind ice cream machine that uses liquid nitrogen to churn exceptionally small ice crystals resulting in smooth, dense, flavorful ice cream—the kind for which Smitten is known. Fisher called her ice-cream maker Brrr; it already has three patents.

In 2009, Fisher teamed up with pastry chef Robyn Lenzi, and began selling made-to-order ice cream from a Radio Flyer wagon on the streets of the city. The ice cream had such a strong following that Fisher went on to open the first Smitten Ice Cream shop in Hayes Valley in 2011. The chain opened its latest shop on July 2, in what fittingly used to be Eastman Ice Cream on Chestnut Street in the 1930s and 1940s. Local artists created the mural for the shop, and its exposed beams, mezzanine, and outdoor seating with custom-built milk crates hearken back to earlier

SOPHISTICATED FLAVORS

The ice cream is thoroughly modern, featuring a variety of flavors based on locally available and in-season fruit. Coming in fall (September) is crème fraîche with pear caramel. In the winter you'll

find maple brown sugar pumpkin, and blood orange with pistachio cookies; in the spring there's lemon gingersnap; and summer offerings include nectarine crisp and sweet corn with berries. Classic vanilla, salted caramel, and TCHO chocolate are always on the menu, and others including choc full o' mint and berry crisp are often available. Toppings include brown sugar caramel, organic whipped cream, toasted almonds, and many more.

In its new location, Smitten has introduced ice cream sandwiches using a combination of cookie dough with pretzels and vanilla ice cream with Guittard chocolate chips. And you can get an ice cream sundae too, as well as a pint to take home. Prices range from around \$5 for a small scoop, to \$6-plus for more ice cream and toppings (2268 Chestnut Street, 415-757-6617, smittenicecream.com).

BAKING THE BEST

The Baked Bear is the dream child of childhood friends and cofounders Rob Robbins and Shane Stanger, San Diego natives who had always dreamed of opening a restaurant together. In 2012, the two opened the first Baked Bear, specializing in customizable ice cream sandwiches, in Pacific Beach where lines began forming down the street almost immedi-



Crème fraîche with pear caramel is the featured Smitten flavor for September. PHOTO: AUDREY ROTERMUND

ately. Robbins and Stanger create their own cookie recipes, baked from scratch in each location and served with house-made craft ice cream.

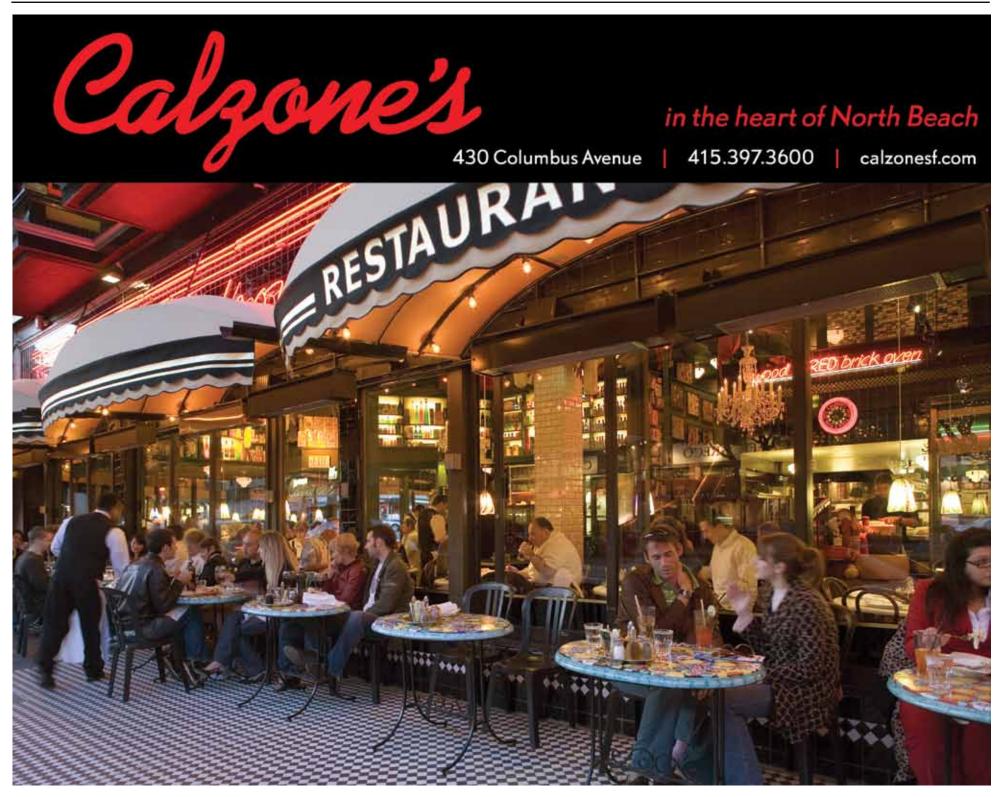
The Baked Bear opened its first San Francisco location in February 2016 at Fisherman's Wharf and was an instant hit. Over the Fourth of July Fourth weekend, The Baked Bear opened its second city spot on Columbus Avenue run by co-owner Joseph Halloum and his family. It offers 16 ice cream flavors, all hand made, and more than a dozen cookie varieties.

CUSTOMIZE YOUR SAMMIE

Baked Bear's ice cream sandwiches are completely customizable. Customers can select a top and bottom-cookie, brownie, or hot glazed donut—in flavors that include regular and glutenfree chocolate chip, red velvet, cookies and cream, and snicker doodle, just to name a few. Then | E-mail: julie@marinatimes.com

comes the ice cream—everything from chocolate and vanilla to butter pecan, coffee, rocky road, strawberry cheesecake, and salted caramel fudge. Toppings include almonds, fruity pebbles cereal, mint chocolate chips, hot fudge, sprinkles, and whipped cream. The Baked Bear also offers scoops of its ice cream in cones, cups, or waffle cones as well as sundaes and root beer floats. Prices range from about \$5 for a cookie sandwich to \$5.95 for a donut sandwich. Halloum intends to offer a small selection of dessert wines at the Columbus Street location (303 Columbus Avenue, 415-993-2327, thebakedbear.com).

In the famous words of the 1927 song: "I scream, you scream, we all scream for ice cream" now you know exactly where to go for the best.



The Art World Exhibitions

Sojourner Truth, photography, and the fight against slavery at the Berkeley Art Museum

BY SHARON ANDERSON

I feel safe in the midst of my enemies, for the truth is all powerful and will prevail.

— Sojourner Truth

HROUGH OCT. 23, THE UC Berkeley Art Museum and Pacific Film Archive present an exhibition showcasing the photographic carte de visite portraits of Sojourner Truth, portraits that she sold at lectures and via U.S. mail as a way to making a living and fund her political activism.

Sojourner Truth, a runaway slave, abolitionist, author, and

Sojourner Truth was

one of the first

Americans to

copyright her photos

in her own name.

human rights activist was an original on so many fronts, it's no surprise she was one of the first Americans to copyright her photos in her own name with the cap-

tion, "I sell the Shadow to Support the Substance." Carte de visite portraits were the standard in calling cards, normally presented during social visits, and usually featured the sitter's name engraved under a photographic portrait. These portraits were presented on a small format albumen print card made from glass negatives glued onto cardboard

mounts, sized 2½ by 4 inches. First invented by French photographer André-Adolphe-Eugène Disdéri, the carte de visite was also inexpensive, and Americans who never could have afforded a portrait were suddenly able to have their likeness memorialized. Combined with the growing usage of the U.S. postal system, the cards appealed to people separated over the vast expanses of the country.

In the modern era of digital photography when anyone can take portraits with a smartphone and post them online at any time, it might be difficult to fully understand what these carte de

visite pictures symbolized in the mid 1800s. This commodity was very popular, and they were mostly traded among family members, neighbors, and

friends in local areas. Sojourner Truth's portrait arriving in a household via the U.S. mail must have had a greater impact than a mere shadow. This was a tool she wielded to create a kind of intimacy with her supporters, who then in turn knew they were aiding her progressive causes. This simple transaction formed its own community.





Carte de visite of Sojourner Truth, 1864; carte de visite (Learning is Wealth. Wilson, Charley, Rebecca & Rosa, Slaves from New Orleans), c. 1864.

PHOTOS: COURTESY UC BERKELEY ART MUSEUM AND PACIFIC FILM ARCHIVE, GIFT OF DARCY GRIMALDO GRIGSBY

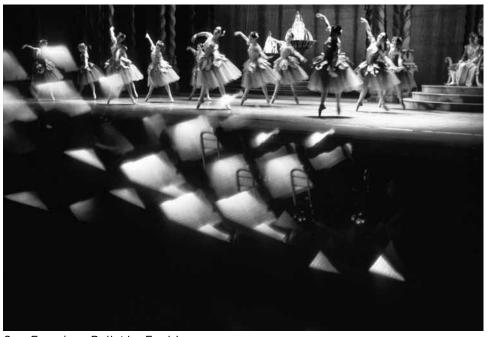
The UC Berkeley Art Museum will host several public programs during the exhibition, including Family Fare: The Story of Sojourner Truth on Sept. 10, comparing and contrasting a series of portraits with guide Shivani Sud. On Sept. 17, a discussion panel considers black activism and pho-

tography from the Civil War to the Civil Rights Movement. There are also Sojourner Truth reading groups and a screening of the 2005 film *Reparations* ... *Now*.

Sojourner Truth, Photography, and the Fight Against Slavery: through Oct. 23. Berkeley Art

Museum and Pacific Film Archive, 2155 Center St., Berkeley, 510-642-0808, Wednesday-Sunday, 11 a.m.-7 p.m. (9 p.m. Friday and Saturday), \$12

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



San Francisco Ballet by Fred Lyon. PHOTO: COURTESY FRED LYON

Back Story continued from page 1

But after a while she became hooked on photography. In 1970, she brashly approached Jann Wenner, who was just starting what would become his iconic publication, *Rolling Stone*. She was hired and given the assignment to shoot photos of John Lennon. Her photo of shaggy-haired Lennon made the magazine's cover. Then it was onward and upward. She became chief photographer for *Rolling Stone* and made some of the most memorable images of our time. Later she began shooting photo stories for

Vanity Fair. Today, she is probably one of the best known photographers in the world.

JIMO PERINI

Jimo Perini is a San Francisco photographer whose "beat" is the city's North Beach neighborhood. Definitely an old-school photographer, Perini still shoots with film, rather than giving way to digital photography. Two of his black-and-white photo books are collector's items — San Francisco Grip (the subject is the city's cable cars) and To Marci with Love (a photo story on his daughter).

FRED LYON

Many years ago when I was reading *Life*, *Look*, and *Collier's*, I began noticing a photo credit for a photographer named Fred Lyon. His work was sharp, intense, and imaginative.

This was before the days of Google and e-mail, but somehow I found out he lived in Sausalito. So I wrote him a fan letter, and I mailed it to "Fred Lyon, General Delivery, Sausalito, California." A few weeks later I got a telephone call. It was Fred Lyon. He invited me to visit him in his studio. And that was how our friendship began.

Fred began his professional career at 14 as an apprentice in the Moulin Studio, a well-known photo operation founded by Gabriel Moulin in 1909. Later, he studied

at Art Center College in Los Angeles and during World War II served as a Navy photographer in Washington, DC shooting feature stories and covering the White House.

Following his discharge, he moved to New York City and was soon immersed in the high-pressure, artistic world of fashion. He later returned to California and undertook studio and location work in international travel, cuisine, wine, interior design, and whatever else caught his fancy. He soon was submitting photo essay ideas to the big New York-based magazines. "I was reinventing myself as a magazine photographer," he recalls. "Here I was based in San Francisco, one of the most attractive and vibrant cities anywhere. After a while I began getting those coveted magazine assignments."

JIM MARSHALL

Most either admired

Jim Marshall for his

talent or disliked him

for his brash manner.

It was hard to be neutral about Jim Marshall. Most either admired him for his obvious talent, or disliked him for his brash, often arrogant and combative manner. I was an admirer. Marshall photographed all major rock 'n' roll artists. His photos have appeared on the covers of more than 500 record albums. He was the chief photographer at Woodstock. When the Beatles played their final concert in San Francisco's

Candlestick Park in 1966, he was the only photographer allowed backstage. He shot the famous Monterey Pop Festival and caught Jimi Hendrix on stage setting fire to his

guitar. He was also a presence at major jazz events and photographed such jazz stars as Thelonious Monk and Miles Davis. Marshall was mercurial and single-minded about his art.

If you know more famous San Francisco photographers, tell me about them.

E-mail: ernest@marinatimes.com

Michael Snyder on ... Film

Local kicks and twists

BY MICHAEL SNYDER

Two movies with major Bay Area connections are being released this month, and despite their differences, the gritty narrative Kicks and the provocative documentary Author: The JT Leroy Story are each entertaining and com-

KICKING IT

Kicks is a tightly focused, creatively rendered coming-of-age story set in the East Bay, primarily the economically depressed inner-city neighborhoods of Richmond and Oakland. Tough yet tender, it was made in bravura indie style with tension, compassion, and wit by director and coscreenwriter Justin Tipping, who was born and raised in Oakland. The story concerns an odyssey undertaken by 15-yearold Brandon — played by an impressive newcomer, Jahking Guillory — when his pricey sneakers (or "kicks," in the patois) are snatched by a hood in the 'hood. That happens shortly after Brandon, a poor, essentially decent kid, takes all of his hardearned cash and purchases the shoes from a hustler on the block.

Small in size, but trying to cultivate a landscape and the run-down dwellings

little swagger and impress a girl he likes, Brandon thinks the sneakers will elevate his stature, and he's humiliated by their loss and

the abuse he receives from his peers as well at the expense of one's own well-being.

distant past as reasonably priced canvas sneakers gave way to expensive, highlyprized, celebrity-endorsed athletic shoes, starting with 1985 marketplace debut of Air Jordans, basketball star Michael Jordan's signature brand. This fancy footwear was so valuable that it became the target of theft and even violence. If someone was able to save enough to purchase a pair of Air Jordans or a comparable model from another company, the next challenge was holding onto the shoes. According to Kicks, the more things change, the more they stay the same.

The movie uses snatches of bangin' hiphop recordings, old school and new, complete with brief, salient quotes from various tracks in on-screen text, as a reflection and commentary on Brandon's mission to recover the shoes. This visual quirk could have been a little distracting. Instead, it breaks the story into distinct chapters that give Kicks a nice rhythm and gives the viewer a breather without sacrificing forward momentum.

Although this is Tipping's first featurelength film as a director, he brings an assuredness to the affair. It feels authentic, from its view of the often-desolate urban

> of its inhabitants to its depiction of singular cultural elements at play, including a pivotal sideshow a communal gathering of gang

members and their acolytes with trickedout cars in a street ritual of fancy driving.

Tipping makes sure that Kicks is not a simple case of hero and villain or victim and predator, aided by textured performances from his cast. Guillory's likable, reckless Brandon is countered by the adversarial Flaco (Kofi Siriboe) whose cruelty and aggressiveness evaporate when he reaches in his shabby home and lovingly bestows the stolen shoes on his prepubescent son. And, if he paid attention, Brandon could benefit from the



Savannah Knoop and Laura Albert in Author: The JT Leroy Story. PHOTO: COURTESY OF AMAZON STUDIOS / MAGNOLIA PICTURES

hard-won wisdom imparted to him by his drug-dealing, gun-toting Uncle Marlon (commanding veteran actor Mahershala Ali). Christopher Meyer and Christopher Jordan Wallace also deserve mention for their easy and natural interplay as Brandon's teasing pals who accompany him as he tries to find Flaco and somehow recover his kicks while avoiding the literal kicks that could be coming his way.

AUTHOR, AUTHOR

A resident of Russian Hill, the undeniably talented Laura Albert has been at the center of a literary storm since the revelation that the author of a series of acclaimed fictional books and short stories was not the person he (or she) claimed to be. That brouhaha is at the heart of the fascinating, enlightening documentary, *Author: The JT* Leroy Story, directed by Jeff Feuerzeig.

Over the past two decades, Albert has reflected on her real experiences as a teenage runaway living in group homes and on the streets, with all the sordidness that entails, to craft resonant, moving, sometimes tragicomic tales of teenage prostitution, drug use, and a dissolute life on the road. The work, though presented as fiction, was largely written in the first person, and the voice was that of a transgender-identified, male former teen hooker. Albert published her writing under the name JT Leroy, and it was embraced by critics and readers who assumed that JT was a real person. One of the JT Leroy books, The Heart Is Deceitful Above All Things, was subsequently

adapted as a movie. But rather than reveal her true identity as the author at public appearances, Albert had her androgynous-looking sister-in-law don a wig and sunglasses to portray the reclusive Leroy when the situation called for it.

Eventually, the true identity of the author was revealed, and Albert was vilified and accused of deception, even if the Leroy character could be considered an avatar or a long-form performance art piece by Albert. A case could be made that JT Leroy is part of the grand tradition of pen names in literature that includes Samuel "Mark Twain" Clemens and, more to the point, the 19th-century female author Mary Ann Evans, best-known by her male nom de plume George Eliot. Still, there were plenty in the media who shouted, "Hoax!"

Under Feuerzeig's guidance, Author: The JT Leroy Story gives Albert a chance to tell her story through interview footage, her journal entries, archival photos, audio, film, and video, and testimonials from her friends, allies, and celebrity fans, which include a parade of names from the worlds of pop music, movies, television, and yes — literature. And quite a story it is. Catch it, and draw your own conclusions.

Michael Snyder is a print and broadcast journalist who covers pop culture on KPFK/ 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

'Author: The JT Leroy Story.'

The Russian Hill resident's

story is at the heart of

as the thug who rips him off. As a result, he's determined to regain what's his, safety be damned. The proceedings also involve Brandon and his two best friends, companions on the quest, learning hard lessons about growing up in a disadvantaged, dangerous realm, about the burden of loyalty, and about the cost of coveting possessions

Nothing in the set-up and execution of Kicks seems far-fetched in the least. You may recall incidents in the not-too-

The Best of Books : What's flying off the shelves

The Marina Books Inc. best-seller list

COMPILED BY BRIAN PETTUS

BEST SELLER LIST

- 1. Harry Potter and the **Cursed Child: Parts One** and Two, by J.K. Rowling (hardcover)
- **2.** The Narrow Corner, by Somerset Maugham (paperback)
- 3. City of Thieves: A Novel, by David Benioff (paperback)
- 4. The Sympathizer A Novel, by Viet Nguyen (paperback)
- 5. 111 Places in San Francisco That You Must Not Miss, by Floriana Petersen (paperback)
- **6.** The Girl on the Train, by Paula Hawkins (paperback)
- 7. The Happiness of Pursuit: Finding the Quest That Will Bring Purpose to Your Life, by Chris Guillebeau (hardcover)
- 8. American Heiress: The Wild Saga of the

Kidnapping, Crimes and **Trial of Patty Hearst**, by Jeffrey Toobin (hardcover)

- Santorini Sunsets: A Novel, by Anita Hughes (paperback)
- 10. Between the World and Me, by Ta-Nehisi Coates (hardcover)

NEW RELEASES IN SEPTEMBER

Born to Run,

by Bruce Springsteen

In 2009, Bruce Springsteen and the E Street Band performed at the Super Bowl's halftime show. The experience was so exhilarating that Bruce decided to write about it. That's how this extraordinary autobiography began. Over the past seven years, Bruce Springsteen has privately devoted himself to writing the story of his life, bringing to these pages the same honesty, humor, and originality found in his songs.

Ada Twist, Scientist,

by Andrea Beaty

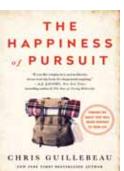
Like her classmates, builder Iggy and inventor Rosie, scientist Ada has a boundless imagination and has always been hopelessly curious. Why are there pointy things stuck to a rose? Why are there hairs growing inside your nose?

When her house fills with a horrific, toe-curling smell, Ada knows it's up to her to find the source. Not afraid of failure, she embarks on a fact-finding mission and conducts scientific experiments, all in the name of discovery. But this time, her experiments lead to even more stink and get her into trouble.

Killing the Rising Sun: How America Vanquished World War II Japan,

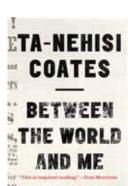
by Bill O'Reilly and Martin Dugard

It's autumn 1944. World War II is nearly over in Europe











but is escalating in the Pacific, where American soldiers face an opponent who will go to any length to avoid defeat. The Japanese army follows the samurai code of Bushido, stipulating that surrender is a form of dishonor. Killing the Rising Sun takes readers to the bloody tropical-island

SPRINGSTEE

battlefields of Peleliu, Iwo Jima, and the embattled Philippines, where General Douglas MacArthur has made a triumphant return and is plotting a fullscale invasion of Japan.

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

SEPTEMBER EVENTS

what not to miss this month

MAJOR EVENTS

Architecture and the City Festival

Various dates, Sept. 1-30

Various S.F. venues

One of the nation's largest architectural festivals of its kind, this celebration, features behind-thescenes, home, and walking tours; films, exhibitions, lectures, free family-friendly events, and more that address varying aspects of the design and planning process. Admission varies, 415-874-2620, archandcity.org

Come Out and Play San Francisco

Various days, Sept. 10-Nov. 20 Fort Mason Center (most events)

This series of unique adventures brings the Bay Area together with a free festival of live games, mysteries, and adventures played in public spaces designed to change the way you view the world around you. Free-\$55, 415-746-9267, comeoutandplaysf.org



25th Annual AT&T Autumn **Moon Festival**

Sat.-Sun.. Sept. 11-12. 11 a.m.-6 p.m. Grant Ave. (btw. California & Broadway) Pacific Ave. (btw. Stockton & Kearny)

Don't miss live entertainment, including acrobats, martial artists, ribbon and lion dancers, magic shows, cultural demonstrations, kid's activities, and more. The famous dragon appears Sunday at 5 p.m. as the grand finale. Free, 415-982-6306, moonfestival.org

PHOTO: SUI-CHIH HSU; FACEBOOK.COM/CHINATOWNSFCMA

21st Annual Ghirardelli Square **Chocolate Festival**

Sat.-Sun., Sept. 11-12, noon-5 p.m. Ghirardelli Square

Enjoy samplings by some of the finest local dessert companies, and of course, Ghirardelli chocolate, as well as live music, chef demonstrations, ice cream eating contests, and more to benefit Project Open Hand, which provides meals to seniors and the critically ill. \$20 & \$50, 888-402-6262, eventbrite.

36th Annual Comedy Day

Sunday, Sept. 18, noon-5 p.m. Sharon Meadow, Golden Gate Park

This original, longest-running, free outdoor comedy concert features 40 (or more) of today's top performers from the Bay Area and beyond. Free, 415-820-1570, comedyday.org

Oktoberfest by the Bay Fri.-Sun., Sept. 24-25

Celebrate in the true tradition of Munich's famed Oktoberfest with nonstop music, dancing, singing, and German food and drink. \$25-\$85, oktoberfestbythebay.com

S.F. Fashion Week

Daily, Sept. 24-Oct. 2 Various Bay Area venues

The week will highlight the convergence of fashion, retail, and technology unique to the S.F. fashion industry while showcasing emerging technologies and local fashion designers. sanfranciscofashionweek.net

LAST CHANCE

The Hunger Games: The Exhibition

Tue.-Sun. through Sept. 5, 10 a.m.-7 p.m. Innovation Hangar, Palace of Fine Arts

Experience immersive themed environments, hundreds of authentic costumes and props, and interactive digital and hands-on experiences while following Katniss Everdeen's inspirational journey. \$22–\$27.50, thehungergamesexhibition.com Mel Shaw: An Animator on Horseback

Daily through Sept. 12, 10 a.m.-6 p.m. Walt Disney Family Museum, the Presidio

This retrospective of the artist and storyteller features more than 120 works, including caricature sketches, storyboards, and conceptual artwork from Fantasia to The Lion King. \$20, 415-345-6800, waltdisney.org

Painter Mark Bowles, Photographer **Nick Lawrence**

Tue.-Sat. through Sept. 15, 10:30 a.m.-5 p.m. SFMOMA Artists Gallery, Bldg. A, Fort Mason Center

This exhibition features Bowles's large-scale landscapes and Lawrence's project documenting urban decay. Free, 415-441-4777, sfmoma.org/

Emperors' Treasures: Chinese Art from the National Palace Museum, Taipei

Tue.-Sun. through Sept. 18, 10 a.m.-5 p.m. Asian Art Museum (200 Larkin St.)

Through paintings, ceramics, jades and more, this exhibition explores the identities of nine rulers from the 12th through 20th centuries, revealing how emperors' personal tastes shaped the evolution of art in China. \$15, 415-581-3500, asianart.org

COMMUNITY CORNER

Trail Mixer: Where Friends, Fun, & **Nature Meet**

Thursday, Sept. 1, 6-8 p.m.

Lands End

Put your feet up, meet new people, and enjoy some Fort Point beer while learning about what people of yesteryear did for fun. Come for the brews and the views, stay for the sunset! Leashed dogs welcome, kids not. \$15-\$20, 415-561-3060, parksconservancy.org

Sunday Streets: Western Addition

Sunday, Sept. 11, 11 a.m.-4 p.m. Fillmore, Fulton, Baker & Grove Sts. (see website for exact locations)

Explore by biking, walking, skating, playing, or just people watching in this perfect opportunity to be outside in a car-free environment. Free, sundaystreetssf.com

Peace in the Park

Saturday, Sept. 17, 11 a.m.-6 p.m. Spreckels Temple of Music, Golden Gate Park

Enjoy world music, dances, tai-chi, yoga, seminars, peace exhibits; and meditation experiences to help you unplug and unwind in a fun, inspiring, and healthful atmosphere. Free, peaceintheparksf.org

GALAS & BENEFITS

2016 Walk to End Alzheimer's

Saturday, Sept. 17, 8 a.m.

Starts/Ends: Great Meadow, Fort Mason

This three-mile walk raises awareness and funds for Alzheimer's care, support and research. Alzheimer's is the nation's sixth leading cause of death. Free, donations/fundraising encouraged, 415-463-8500, alz.org

Tour de Fat 2016

Saturday, Sept. 17, 10 a.m.-5 p.m. Starts: Lindley Meadow, Golden Gate Park

This ballyhoo of beer, bikes, and bemusement starts with a parade followed by a fun bike cruise in your most fabulous bike costume, then an allday live music jamboree, tasty eats, and more. Proceeds benefit local bicycling charities. \$10, 415-431-2453, newbelgium.com

Sharing the Harvest

Friday, Sept. 23, 6-10 p.m. Golden Gate Club (135 Fisher Loop, the Presidio)

Enjoy live music, cocktails, hors d'oeuvres, a silent auction, and more to support the Hamilton Family Center in its efforts to end homelessness. \$120 & up, 415-409-2100, hamiltonfamilycenter.org

Komen S.F. 26th Annual Race for the Cure

Sunday, Sept. 25, 7:30 a.m.

Ferry Building to AT&T Park and return

The largest series of 5K runs/fitness walks in the world, this flat-course race raises significant funds and awareness for the fight against breast cancer, celebrates survivorship, and honors those who have lost their battle with the disease. \$35-\$40,



52nd Annual Big Book Sale

Wed.-Sun., Sept. 21-25, 10 a.m.-6 p.m. Festival Pavilion, Fort Mason Center

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

PHOTO: FLICKR.COM/FRIENDSSFPL

415-397-8812, komensf.org

MUSEUMS & **GALLERIES**

William Castellana: Brooklyn & **Botanicals**

Tue.-Sun., Sept. 8-Jan. 15, noon-4 p.m. Museo Italo Americano (Bldg. C, Fort Mason Center)

This exhibition will include 37 black and white images from the internationally acclaimed photographer's street series shot in South Williamsburg, Brooklyn, as well as 21 images from his still life "Botanicals" series. Free, 415-673-2200, sfmuseo.org

PERFORMANCES

S.F. Shakespeare Festival: The Winter's Tale

Sat.-Mon., Sept. 3-5

Sat.-Sun. through September, 2 p.m. Presidio Main Post Parade Ground Lawn

Bring your family, friends, a blanket, and a picnic to enjoy the Bard's heartbreaking, tragic, and magical tale that swoops across continents, generations, and genres to its bittersweet and beautiful conclusion. Free, 415-558-0888, sfshakes.org

41st Annual S.F. Comedy Competition Wednesday, Sept. 7 & 14, 8 p.m.

Second Act (1727 Haight St.)

Laugh until it hurts as the best new comedic talent from across the country hits the stage in head-to-head competition. 415-668-3994, sanfranciscocomedycompetition.com

12th Annual S.F. Improv Fest

Daily, Sept. 8-17

Eureka Theatre (215 Jackson St.)

Don't miss a lineup of longtime favorites and new acts from around the country. \$18-\$32.50 (individual shows), \$90 (festival pass), 415-788-7469, sfimprovfestival.com

Knock, Or the Triumph of Medicine Thu.-Sun., Sept. 8-11 & Fri.-Sun. Sept. 16-18 Southside Theater, Bldg. D, Fort Mason Center

This revival of Jules Romains' acclaimed 1923 satirical play tells the story of Dr. Knock, who is more interested in building his medical practice than treating patients. \$20-\$30, 415-644-8676, generationtheatre.com

Pride and Prejudice — The Musical Fri.-Sun., Sept. 23-25 & Thu.-Sun., Sept. 29-Oct. 8, 8 p.m.

Southside Theater, Bldg. D, Fort Mason Center

The IAM Theatre company presents the national premier of this entertaining version of Jane Austen's beloved novel featuring lyrics and music by Emmy-winning Bay Area resident Rita Abrams. \$40, prideandprejudicemusical.com

MUSIC

Lavay Smith & Her Red Hot Skillet

Saturday, Sept. 3, 1-2:30 p.m.

Esplanade, Yerba Buena Gardens

Don't miss the Bay Area's undisputed Queen of Swing as she puts her own style on standards from the Great American Songbook. Free, 415Opera in the Park

Sunday, Sept. 11, 1:30 p.m.

Sharon Meadow, Golden Gate Park

Bring a picnic and enjoy arias al fresco while hearing a sampling from operas in the upcoming fall season. Free, 415-864-3330, sfopera.com

Art Garfunkel: In Close-Up

Friday, Sept. 23, 8 p.m. Palace of Fine Arts Theatre

The folk music icon performs his solo hits as well as Simon & Garfunkel songs and those from his favorite songwriters. \$69.50-\$82.50, 415-563-6504, palaceoffinearts.org

Benise: Spanish Nights

Sunday, Sept. 25, 2 & 7:30 p.m.

Palace of Fine Arts Theater

The guitar virtuoso and his Emmy award-winning cast return with a new show featuring world music and showcasing classics from Led Zeppelin, the Rolling Stones, AC/DC, and the Eagles. \$39-\$95, 415-392-4400, cityboxoffice.com

DANCE

Push Dance Company: Pushfest Fri.-Sun., Sept. 23-25

ODC (3153 17th St.)

This mixed-genre dance festival brings together 18 choreographers working in a wide range of styles presenting two programs and three world premieres. \$28-\$50, 415-863-9833, odcdance.org

NIGHTLIFE

NightLife Live: September

Thursday, Sept. 8, 6 p.m. California Academy of Sciences, Golden Gate Park

Enjoy an evening of music, science, and art featuring music from White Fence and The Tyde, interactive art from Taro Hattori, Nick Leidecker, and Aurora Range, plus a range of fun activities. Ages 21-plus, \$12-\$15, 415-379-8000, calacademy.org

Goapele

Saturday, Sept. 17, 8:30 p.m. Mezzanine (444 Jessie St.)

Oakland-born singer Goapele (pronounced gwapuh-lay, in case you meet her on the street and want to say hi) brings together jazz, soul, and hip-hop. \$30, 415-625-8880, mezzaninesf.co



Super Diamond and Jean Genies

Saturday, Sept. 24, 8 p.m.

Bimbo's 365 Club (1025 Columbus Ave.) Super Diamond returns to Bimbo's, bringing back its interpretation of Neil Diamond's hit songs. \$23, 415-575-0365, bimbos365club.com PHOTO: KRIS LEIFUR

FILMS & LECTURES

Film Night in the Park: The Devil **Wears Prada**

Saturday, Sept. 10, dusk

Union Square

Grab a blanket and a picnic to enjoy this comedy-drama about a new graduate who lands a job as an assistant to the editor in chief of a high-fashion magazine. Free, sfntf.squarespace.com

6th Annual Legacy Film Festival on Aging

Fri-Sun, Sept. 16-18

New People Cinema (1746 Post St.)

This one-of-a-kind festival of films from around the world celebrates older adulthood and addresses the challenges and triumphs of aging. \$10-\$12 individual films, \$50-\$55 all-festival pass, 415-861-2159, legacyfilmfestivalonaging.org

Made to Persuade, Part I

Saturday, Sept. 17, 1, 2, & 3 p.m.

Exploratorium (Pier 15)

A family-friendly look at the way that filmmakers have used their craft to convince audiences of one thing or another. Free with museum admission (\$19.91-\$29.95), 415-528-4444, exploratorium.edu

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Spend the Night with Alan Cumming

Thursday, Sept. 22, 7 p.m. Castro Theatre (429 Castro St.)

Actor, activist, author Alan Cumming hits town to discuss his successful career and his life away from the limelight. \$10-\$55, 415-597-6705, commonwealthclub.org

SCIENCE & ENVIRONMENT

California Coastal Cleanup Day

Saturday, Sept. 17, 9 a.m.-noon Various coastal locations

Pitch in and lend a hand throughout the Golden Gate National Parks and help keep our shorelines clean, safe, and beautiful. Free, register at 415-561-3077, volunteer@parsconservancy.org, or parksconservancy.org

Has AB 32 Helped or Hurt California?

Tuesday, Sept. 20, 6:30 p.m.

The Commonwealth Club (555 Post St.)

AB 32, the state's groundbreaking climate legislation, was signed into law a decade ago. Now, AB 32's co-author, primary enforcer, and chief adversary meet to discuss its strengths and weaknesses. \$7-\$20, 415-597-6705, commonwealthclub.org

Dent:Space

Wed.-Thu., Sept. 21-22, 9 a.m.-9 p.m. The Innovation Hangar (Palace of Fine Arts)

Scientists, entrepreneurs, thinkers, writers, and more from the public and private worlds gather to push humanity into space. Come hear author Mary Roach, SETI Institute's Seth Shostak, NASA astrophysicist Natalie Batalha, Virgin Galactic's A.C. Charania, and many more. Free & \$599, space.dentthefuture.com

Commission on the Environment Meeting Tuesday, Sept. 27, 5 p.m.

City Hall (Room 416)

If you care about the environment in the city, here's your chance to see the workings of the commission that sets policy for the Department of the Environment and advises Mayor Lee and the Board of Supervisors on environmental policies. Free, 415-355-3700, sfenvironment.org

POTABLES & EDIBLES

Cheese & Wine Pairing 101

Wednesday, Sept. 7,

The Cheese School (2124 Folsom St.)

Learn some general guidelines to help you bring out the best in both wine and cheese, and tasting tips that will help you identify your personal favorites. \$69, 415-346-7530, thecheeseschool.com

S.F. Craft Spirits Carnival Fri.-Sat., Sept. 9-10, 5:30-9:30 p.m.

City View at Metreon (135 Fourth St.)

Celebrate the craft spirits movement with a grand selection of over 100 ultra-premium spirits from around the world. Includes tastings and music, with food to purchase. \$100 & \$175, 415-596-1191, craftspiritscarnival.com

Biblio Bistro at the Farmers' Market

Wednesday, Sept. 21, 11 a.m.-2 p.m. Heart of the City Farmers' Market (U.N. Plaza) Join a live demonstration of how to cook a featured vegetable at the farmers' market with the S.F. Public Library's mobile kitchen. Free, 415-557-4400, sfpl.org

SPORTS & HEALTH

4th Annual Jog in the Fog

Sunday, Sept. 11, 8-11 a.m.

Mountain Lake Park to Land's End

Bring the family for a 3.4 mile fun run/walk through the Richmond District, enjoying parks and coastal scenery. Proceeds benefit the Richmond YMCA. \$40, 415-322-8793, joginthefog.com

Brain Games & Cognitive Exercises for Adults

Thursday, Sept. 15, 1-3 p.m. S.F. Public Library-North Beach (650 Columbus Ave.)

Keep your brain sharp as you age with fun games and puzzles to get your brain thinking in new and creative ways. Work alone or with a group while firing up new neurons and meeting new, friendly people. Free, 415-355-5626, sfpl.org

52nd Rolex Big Boat Series Regatta Thu.-Sun., Sept. 15-18

S.F. Bay

The St. Francis Yacht Club hosts this premier West Coast regatta, which attracts world-caliber competitors for four days of buoy racing. Free bay viewing, rolexbigboatseries.com

5th Annual Yoga Day at the Park Sunday, Sept. 18

AT&T Park

Join instructor Janet Stone for a private on-field yoga session 30 minutes after the final out of the 1:05 p.m. Giants-Cardinals game. Includes a yoga-themed item and game admission. \$38.75-\$146.50, 415-972-2298, sfgiants.com

FAMILY FUN

Y Bike Learn to Ride Program

Sunday, Sept. 4, 11 a.m.

Main Parade Ground, the Presidio

Get your kids riding on two wheels with safe and friendly instruction from the Presidio Community Y. Free, 415-447-9622, presidio.gov

Creative Family Fun: All Hands On Deck for Cute Crustaceans

Sat.-Sun., Sept. 10-11, 11 a.m.-4 p.m. Presidio Officers' Club (50 Moraga Blvd.)

The Presidio is home to many lifeforms because of its access to water. Even the smallest creatures call the bay and vast ocean home. Come try your hand at some cute crustacean crafts. Registration preferred. Free, 415-561-4400, presidioofficersclub.com

Pinocchio

Sat.-Sun., Sept. 17-Oct. 9, 1 & 3:30 p.m. Young Performers Theatre (Bldg. C, Fort Mason Center)

Follow the tale of Geppetto, the old woodcarver, and his puppet creation, Pinocchio, who comes to life as a naughty, disobedient boy. \$12, 415-346-5550, ypt.org

JUST FOR FUN

Vintage Fashion Expo

Sat.-Sun., Sept. 10-11

Hall of Flowers, Golden Gate Park (1199 9th Ave.) Find clothing, jewelry, and accessories from the late 18th century to the 1990s offered by over 50 prestigious dealers. \$12-\$30, vintageexpo.com

Urban Air Market

Sunday, Sept. 18, 11 a.m.-6 p.m. Octavia Blvd. (at Hayes)

This curated marketplace for sustainable design features independent clothing designers, accesories, jewelry, home decor, and more selected based on quality, originality, and commitment to sustainability. Free, urbanairmarket.com

Re:Make Summit and Festival 2016

Summit: Friday, Sept. 30, 8:30-6 p.m. Festival: Saturday, Oct. 1, 10 a.m.-5 p.m. Festival Pavilion, Fort Mason Center

Meet and hear from top creative influencers from fashion, beauty, technology, cooking, and more; take DIY classes and projects, shop handmade from nearly 100 artisans, munch on goodies from S.F.'s best food trucks, and enjoy live performances from talented musicians and artists. \$195 summit, free festival, remake.brit.co

E-mail: calendar@marinatimes.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.

Fall Arts Preview

continued from page 1

THEATER

The American Conservatory Theatre opens its 2016-17 season with King Charles III (Sept. 14-Oct. 9), a speculative Shakespearean comic tale about Prince Charles's ascension to the throne, a sold-out hit on Broadway and London's West End. ... Tom Stoppard's first new play in nearly a decade, Hard Problem (Oct. 19-Nov. 13), combines sex, science, and supercomputing in a provocative drama (415-749-2228, act-sf.org).

San Francisco Playhouse continues its new season with All of What You Love and None of What You Hate (through Sept. 24), which follows a young girl's emotional journey after her world explodes. ... Seared (Sept. 27-Nov. 12) tells the story about a chef's popular New York restaurant and an investor who wants to cash in against the chef's wishes (415-677-9596, sfplayhouse.org).

Fort Mason's Magic Theatre opens with Nogales (Oct. 12-30), which explores personality conflicts in a border town while telling the contemporary story of a country that has "lost its moral center" (415-441-8822, magictheatre.org).

42nd Street Moon Theatre starts their season with Baker Street (Nov. 2-20), based on Arthur Conan Doyle's stories about Sherlock Holmes characters (415-255-8207, www.42ndstmoon.org).

SHN presents Rodgers & Hammerstein's The King and I (Nov. 15-Dec. 11) about the stubborn king of Siam and his feisty governess (888-746-1799, shnsf.com).

In one of the premier art festivals in the country, the 64th annual Sausalito **Art Festival** (Sept. 3–5) features fine art, music, food, and wine along the scenic Sausalito waterfront (415-332-3555, sausalitoartfestival.org).

At the Asian Art Museum is The Rama Epic: Hero, Heroine, Ally, Foe (Oct. 21-Jan. 15, 2017), which explores the 2,500-year-old literature classic through an international survey of 135 artworks (415-581-5000, asianart.org).

The Fine Arts Museums of San Francisco will present The Brothers Le Nain: Painters of 17th-Century France (Oct. 8-Jan. 29), the first major U.S. exhibition devoted to the brothers with over 40 works from international lenders including those of peasants, for which they are best known (415-750-3600, famsf.org).

... Following Ed Ruscha and the Great American West (through Oct. 9) is Frank Stella: A Retrospective (Nov. 5-Feb. 26) and Frank Stella's Prints (Nov. 5-June 25), the first comprehensive U.S. exhibition of the Minimalist artist's work and the highlights of his 25-year printmaking period.

S.F. Museum of Modern Art will feature a retrospective of Anthony Hernandez (Sept. 24-Jan. 1), which surveys his evolution of style from street photography to scenes of abandonment and desolation (415-357-4000, sfmoma.org).

MUSIC

The San Francisco Symphony features The Beauty and Drama of Italy (Sept. 7-June 1) beginning with Rossini's William Tell Overture (Sept. 7), followed by Verdi's Te Deum (Sept. 22-24), then music by Berio and Marcello featuring the Grammy Award-winning The Swingle Singers and Allegri's Miserere (Oct. 27-30). ... Internationally acclaimed pianist Yuja Wang takes the stage for two programs: Shostakovich's Piano Concerto No. 1, with music from Stravinsky's ballet *Firebird* inspired by Hans Christian Anderson's The Nightingale (Sept. 28-Oct. 1) and Chopin's Piano Concert No. 2 with Bruckner's Symphony No. 7 to round out the fall season (415-864-6000, sfsymphony.org).

At the **San Francisco Opera**, find two tales of love: Giordano's Andrea Chénier (Sept. 9-30) and the much-anticipated world premiere of Sheng's *Dream* of the Red Chamber (Sept. 12-29) ... Donizetti's comedic **Don Pasquale** (Sept. 28-Oct.15) ... Janáček's The Markopoulos Case (Oct. 14-29) about a seductive age-defying over-300-yearold diva ... Verdi's grand Egyptian epic Aida (Nov. 5-Dec. 6) and Puccini's heartbreaking love story, Madame But*terfly (Nov. 6–Dec. 4)* for the fall season (415-864-3330, sfopera.org).

DANCE

The West Wave Dance Festival (Sept. 14–18), in its 25th season, will bring together veteran and emerging choreographers across cultures and disciplines to present a shared-program format (415-518-1517, safehousearts.info).

The 23rd Annual Dancing Poetry Festival (Sept. 17) features prizewinning poetry and art with choreographed performances (415-681-0618, dancingpoetry.com).

Grace and Delia are Gone (Sept. 22-Oct. 2), the site-specific premier by the apparatus-based Flyaway, explores violence against women and celebrates the dance group's 20th anniversary (415-672-4111, flyawayproductions.com).

The **Push Dance Company** presents Pushfest (Sept. 23-25), a mixed-genre festival of 18 choreographers, two programs, and three world premieres (415-863-9833, odcdance.org).

Mark Morris Dance Group will perform Layla and Majnun (Sept. 30-Oct. 2), based on the Persian poet Nizami Ganjavi's story of forbidden love and accompanied by the musical virtuosity of The Silk Road Ensemble (510-642-9988, calperformances.org).

Hope Mohr Dance Bridge Project will present Ten Artists Respond to Locus (Oct. 14-15), inspired by renowned dance pioneer Trish Brown, and will feature her iconic dance solo, Locus Solo (hopemohr.org).

FILM FESTIVALS

The California Independent Film Festival (Sept. 8-14) will present dramatic and comedy features, shorts, and documentaries (925-388-0752, caiff.org).

At the **Dance Film Festival** (*Oct.* 8–11) over 70 films from around the globe featuring the varied forms of dance will be screened.

Internationally recognized, the 38th Annual Mill Valley Film Festival (Oct. 8-18), will showcase the best in independent and world cinema (877-874-6833, mvff.com).

The San Francisco International Festival of Short Films (Oct.15-17) will feature six programs of mixed genre films and music videos (sfshorts.com).

Documentary films dealing with human rights are the focus at the United Nations Association Film Festival (Oct. 20-30), with topics about the environment, refugees, famine, homelessness, racism, disease control, women's issues, children, universal education, war, and peace (unaff.org).

At the Arab Film Festival (Oct. 16-25), find films that provide insight into the Arab world, with realistic perspectives on Arab people, culture, art, history, and politics (arabfilmfestival.org).

A Travel Memoir : Another time, another land

Adventures in Hong Kong Dining: Lei Yue Mun and the Mother of all Garoupas

BY ERNEST BEYL

ANY YEARS AGO WHEN Hong Kong was a British Crown Colony, I spent a lot of time there as a P.R. guy. In the 1950s, I was the publicist in the United States for Cathay Pacific Airways, Hongkong and Shanghai Hotels, CAAC (the airline of the People's Republic of China), and even the Hong Kong government. I fancied myself as a quasi-diplomat on a bamboo bridge between the United States and Asia. But that's another story for another time. This tale is one of dining out in Hong Kong in those days when dining was (it still is) about as good as it gets.

LEI YUE MUN FOR DINNER

When I was a regular visitor to Hong Kong, there was a tiny fishing village on the Lei Yue Mun channel, a narrow passage several hundred yards across, between the Kowloon mainland and Hong Kong Island. It was on the Kowloon side of the harbor, and the villagers sold their catch commercially and also displayed all manner of sea creatures in tanks and holding pens for anyone hungry who happened by. The small village was not then widely known, and it was high adventure to visit it with a group of friends, purchase live seafood from the fishermen, and take it to one of two or three simple village restaurants and have the cooks prepare it. As I recall, there was no real menu in those

You turned your catch-of-theday over to the cook who had only rice, onions, garlic, chilies and various greens in his crude

Lei Yue Mun restaurants.

On hot nights, we sat outdoors beneath the stars and beneath the big jets taking off and landing at Kai Tak Airport, then the international airport for Hong Kong. The Lei Yue Mun fishing village was directly below the airport flight path.

A PUTT-PUTT FERRYBOAT

The tiny village was almost unapproachable. During high tide, it was separated from Kowloon by fast-moving, shallow water from the South China Sea, and at low tide by mud and silt. But there was a small ferryboat. It putt-putted from a pier near the airport on around to the channel side of the village where it landed at a rickety dock. And that was the way my Chinese and British friends and I occasionally got to the Lei Yue Mun village to eat incredible seafood dinners and drink cold beer.

But I'm ahead of my story.

COFFEE IN THE PEN LOBBY

Before noon one day, I was sitting in the lobby of the famed



At Hong Kong's Lei Yue Mun, your garoupa is in a tank. PHOTO: AUTHOR'S COLLECTION

Peninsula Hotel having coffee when an American travel writer I knew walked in attended by a group of teenaged, uniformed Peninsula bellmen. They were dragging his luggage, a Louis Vuitton collection, properly scuffed and well stickered.

I invited him to join me for coffee, which he did after he signed in at the front desk with a fine journalistic flourish.

We stepped onto wooden duckboards that kept us above the muddy water, and into a scene of frenzy.

He had just arrived from Bali where he said he was allowed to witness the sacred monkey dance. He would be writing about it, he told me. Now he was in Hong Kong for a few days of R&R before flying back to the States. "I have to pick up my laundry here. I bring my shirts over just to get them done here at the Pen." Yes, he talked like that.

Well, one thing led to another, and soon we had agreed to get a group together and go out somewhere to dinner that night. I suggested Lei Yue Mun.

My friend frowned, but gamed it through, saying it was probably the only restaurant in Hong Kong he hadn't tried. I could see he wasn't aware of Lei Yue Mun and explained about the fishing village. He smelled a good story.

THE SILVER PLASTIC JUMPSUIT

That evening, eight of us, led by the travel writer who was now in charge of our group, engaged two of the Peninsula's green Rolls Royce limos, and their liveried Chinese drivers who drove us to the Lei Yue Mun putt-putt, which then ferried us out for a Dutch treat dinner. There were three Chinese civil servants and their girlfriends, the travel writer, and me, the budding diplomat.

For the occasion, the travel writer wore a crinkly, silver plastic jumpsuit. It was a memento from some first-class inaugural flight on Singapore Airlines, I recall, and he wore handmade, tan leather jodhpur boots. A Lufthansa flight bag slung over his shoulder completed the

ensemble. So off we went into the hot night with the travel writer perspiring profusely.

Soon the eight of us were jammed onto the small sputtering ferryboat. We sat on wooden benches that ran along the sides of the craft. Lei

Yue Mun village fishermen and their families were returning home with their purchases after a day in the big city with electric rice cookers, rubber boots, and big cloth bags of rice.

WE PASS ON THE GEODUCKS

In a few minutes, we stepped ashore onto wooden duckboards that kept us above the muddy water, and into a scene of frenzy. There was a din of merchantfishermen hawking live seafood. One man held aloft a huge spiny lobster. Another pointed to active large blue crabs scuttling around in a concrete tank. There was an enormous plastic basin filled with squirming something-or-others — huge and slimy - geoducks, I found out later. Despite their reputed aphrodisiac qualities, we passed.

The travel writer whipped out his camera and slung it around his neck. His tape recorder dangled from a wrist cord. He was using both hands and directing an old man to stand in front a glass tank full of small swarming fish. He used the word "smile" and pointed to his own face to indicate what he wanted. The man with the lobster came over to get in the picture.

The travel writer got the photo and held his tape recorder forward.

"How much for the lobster?" One of the young Chinese women with us translated. "A lot," was the answer. Fresh seafood wasn't then, and isn't now, inexpensive in Hong Kong, or most anywhere else.

THE MOTHER OF ALL **GROUPAS**

The travel writer led our party from stall to stall and we purchased live crabs, a bucketful of large shrimp, clams, sea scallops, abalone, and periwinkles to ferret out of their tiny shells with a small straight pin and slurp down. No geoducks.

Then came the episode of the Mother of all Garoupas. And in succeeding references this fish certainly deserves an honorific capitalization.

The travel writer led us to a series of large glass tanks in which

many disconsolate fish were swimming aimlessly. He was looking for the centerpiece for our dinner. And then he found it. In one tank, almost stationary, its fins lazily fanning back and forth, of all Garoupas — a huge, fat, nuclear submarine of a Garou-

pa, almost a yard in length, with a girth like the USS Trident, or perhaps like a middle linebacker. Its eyes were the size of small saucers, its mouth like a shovel scoop.

We wanted this Garoupa. No, we needed this Garoupa, said our leader. No other Garoupa would do. This particular Garoupa would crown our meal. It would be a Garoupa worth remembering — memorialized in print on

the pages of the travel writer's important newspaper. The article would be accompanied by a photo of the travel writer himself holding up the beast. But alas, this was not to be.

THE GAROUPA WAS NOT **PLEASED**

"Let's get the Mother of all Garoupas out of this tank so we can really see her." The merchant demurred. The travel writer insisted. The merchant shook his head back and forth emphatically. The travel writer nodded his head up and down just as emphatically. And so it came to pass. A very large net on a long handle was brought forth. Have you ever attempted to net a fish? Even a small fish?

Several minutes later, after much splashing, heaving and grunting, the Mother was brought forth. She weighed in at 27 kilos, about 60 pounds, shaking and tossing at one end of a hand-held balancing scale. The Mother of all Garoupas was agitated. It took two men to hold the scale aloft by its rope. A crowd had gathered. It seemed like most of the village came to watch and cheer. Now, the action happened very fast, like a jerky, old-time movie.

THE TRAVEL WRITER WAS NOT PLEASED

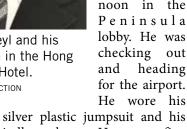
Beaming with pride of the chase, the travel writer asked "How much?"

"A lot. Three hundred and fifty dollars U.S.," our translator replied.

By now the cheering had stopped. The onlookers smiled. The merchant frowned. The wind was out of our sails. And the Mother of all Garoupas was returned to her tank where she sulked. We settled for a junior grade, miniature submarine,

> took it and the rest of our purchases to one of the Lei Yue Mun restaurants and had a memorable meal anyway.

I ran into the travel writer the next afternoon in the Peninsula lobby. He was checking out and heading for the airport.



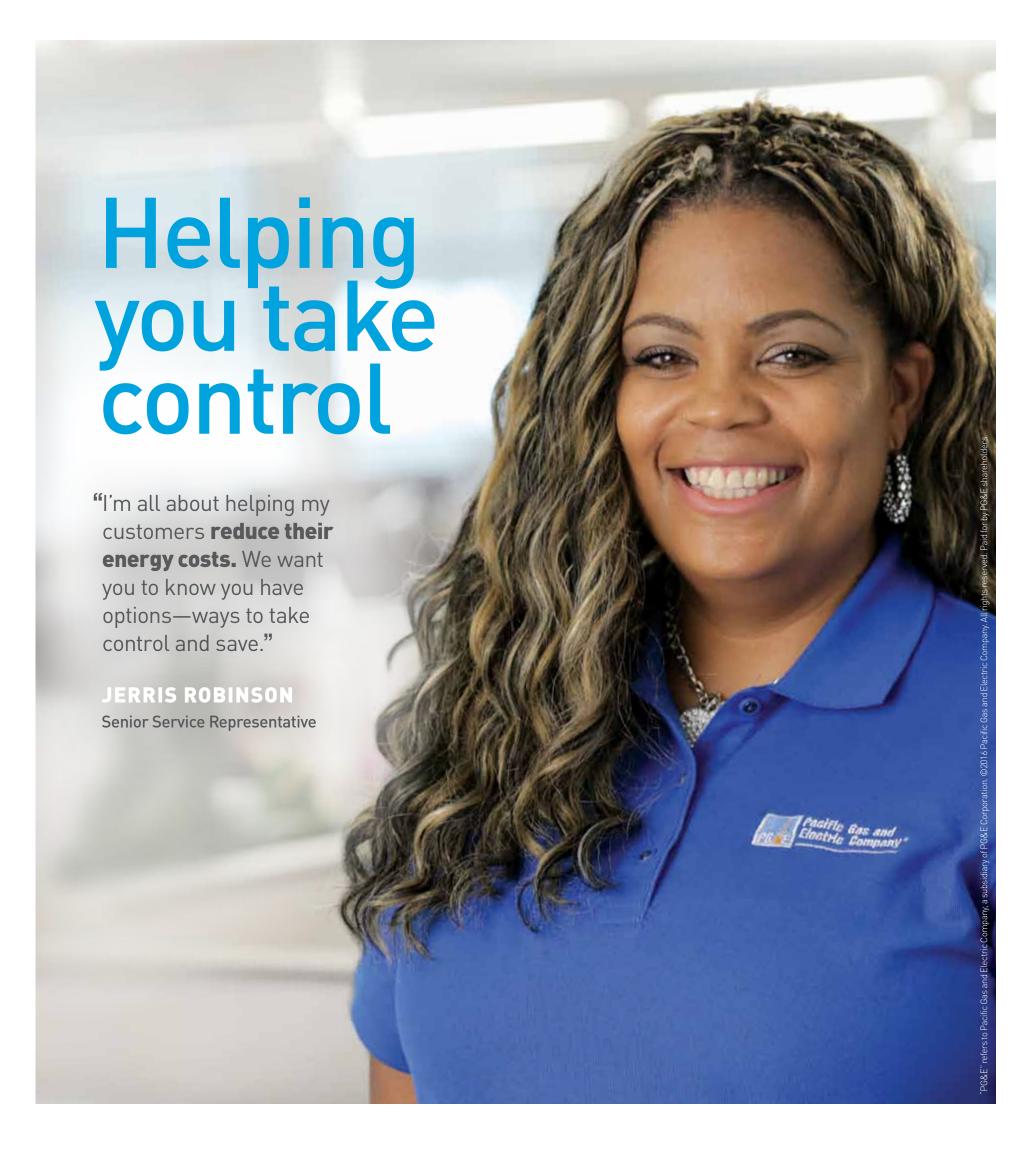
jodhpur boots. He was a fine travel writer, but if he wrote about leading an assault on Lei Yue Mun, I never saw the article.

Ernest Beyl is a San Francisco writer whose appreciation for the unusual dining experience knows few boundaries, but no thanks on the geoducks. E-mail: ernest@marinatimes.com.



was the Mother Author Ernest Beyl and his amazing wide tie in the Hong Kong Peninsula Hotel.

PHOTO: AUTHOR'S COLLECTION



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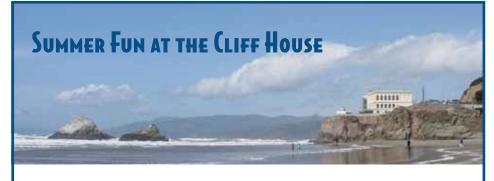
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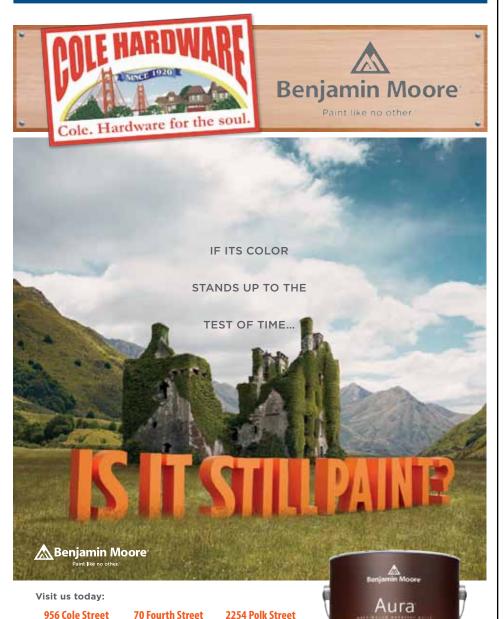
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Urban Home and Garden : Outdoor cooking



Cedar-planked salmon on a charcoal grill. PHOTO: DREAMSTIME.COM

Great grilling

BY JULIA STRZESIESKI

'n San Francisco, we often enjoy our warmest weather in September — the ideal time (though our mild climate really allows us to cook outdoors year-round) to host a backyard barbecue for friends and family. If you are in the market for a grill, you have the choice of a gas, charcoal, or ceramic grill, and each has its benefits. Choose the grill that best fits your lifestyle.

CHARCOAL GRILLS

Foods can be more flavorful when cooked over natural wood smoke from wood chips (see below) or from wood charcoal. Many natural wood charcoals, such as mesquite, are prevalent in the marketplace. These wood charcoals don't contain a lot of fillers and chemicals like some of the traditional briquettes, and they leave much less ash residue. Hot coals can be arranged to cook some foods over the hottest, direct heat, while other foods can be cooked longer over less di-

Charcoal grills are generally more affordable than gas grills. A basic charcoal grill can be found for less than \$30. But if you are in the market for a small grill, make sure you buy something sturdy that won't have collapsing legs when filled with hot coals.

GAS GRILLS

After a long day at work, after-school activities, and errands, turning a knob on a gas grill is quite convenient to get dinner started. It's easy to adjust the heat by just turning the dial. Clean-up is practically nonexistent: Just close the lid — there are no messy ashes to deal with. If you will be cooking over a long time period, such as at an all-day get together, a gas grill also allows you to do so easily without having to keep replenishing charcoal.

Small gas grills start at about \$50 for a travel-ready grill, which is convenient for a camping trip or an afternoon at the beach. If you have a large outdoor entertaining area, you'll find a large selection of gas grills in all sizes. Grills can be built into cabinetry creating a beautiful outdoor kitchen, and can be hooked up to your gas line so you don't have to deal with refilling propane tanks.

CERAMIC GRILLS

The darling of the barbecue world these days, ceramic grills have become popular due in large part to their versatility. Basically anything that you can do inside in your oven can be done on a ceramic grill: bake, grill, roast, or smoke. The technology behind these grills is not exactly new; they are based on the kamado-style ovens found for thousands of years in Japan, China, and India.

Temperature control is a great benefit for ceramic grills with a wide range of varying degrees, including up to 700 degrees or more. The ceramic bases also offer excellent heat retention. Natural lump hardwood charcoal is generally recommended for these grills, which is ideal for cooking meats.

Though these grills come in a variety of sizes, they are heavy and not easily transported. They are not inexpensive, but a ceramic grill is a great investment for a barbecue aficionado and will last for years when cared for properly.

GO FISHING

While just about any food can be cooked on a barbecue, steaks, burgers, and chicken are probably the foods most synonymous with grilling. For a change, try cooking up a whole fish — red snapper, sea bass, and trout — or a half salmon are excellent choices. Serve on a platter over a bed of rice and lemon slices for a stunning picnic table centerpiece.

If you're cooking the fish directly on the grill (without a basket), be sure to rub olive oil on the fish to minimize sticking. Fish cooks quickly. To test for doneness, insert a metal skewer into the thickest part of the fish. It should come out warm with no resistance.

Here are a few items to help make your fish barbecue successful:

Cedar plank: Cooking on a cedar plank gives food a sweet, spicy smokiness and can be used for both fish and vegetables. Just soak in water for 20 minutes and place on a preheated grill. Foods baste in their own juices to create a subtle smoky

Wood chip soaker: Place wood pieces in the container, replace the lid, add water, beer, or wine. Soak for two hours and then pour out the liquid, and add soaked wood pieces to coals. A soaker container for gas grills can be put directly on the

Fish basket: This fish basket with a pine handle allows you to easily cook a whole fish, making flipping simple. It also eliminates any sticking to the grill.

Fish spatula: A wide spatula allows you to easily turn fish without it falling apart.

Turner tongs: The extended length and width of these tongs allow you to easily turn fish or asparagus.

Enjoy your summer grilling!

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

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Real Estate Investor continued from page 1

fornia Department of Housing and Community Development, "remove regulatory barriers and streamline development timeframes by granting multifamily attached housing to be approved through a by-right ministerial process." Any proposed developments that would be granted this relief would need to include affordable housing (at least 20 percent, but with exceptions), be located on appropriately zoned infill and transit-rich areas, and "must be consistent with the general plan, local zoning and any design review ordinances."

Which, in nongovernment language, means the projects could go forward without being killed by a death of a thousand cuts of hearings and lawsuits and reviews as long as they complied with existing local planning laws and some additional requirements. The expectation of the governor is that this would quicken and increase the development of housing, in particular affordable housing, across the state. Not everyone agreed.

"I don't think it would," said District 3 Supervisor Aaron Peskin. "It may in communities like Palo Alto, but I don't think in San Francisco - it would only result in more market-rate [housing]."

But San Francisco, with its infamous local delays and referenda and activist culture target-

ing almost any development, is so much of the poster child for the NIMBY town that it is easy to imagine that Governor Brown had the city by the bay in mind when crafting his proposal. Carson Bruno, a research fellow at the Hoover Institution who focuses on California policy and politics, said the proposal's biggest impact would be in "San Francisco for sure and many SF Bay Area peninsula communities, but also many Los Angeles coastal communities and, more generally, California's coast. This would force many of them to increase their development permitting activity, which would help to shock their housing markets, which would temper housing affordability [problems] over time."

In August, the plan was rejected. But its rejection might pave the way for an even more effective plan in the future.

COULD IT WORK?

Would Brown's proposal have had much impact had it passed in its current form? The governor's plan required projects to meet local planning and zoning rules. Therefore, local governments could just adapt "their land-use regulations to a degree so strict that the by-right becomes meaningless and no development plan could ever conform, thus requiring administrative and political review," said Bruno. "And you can easily predict that some — if not many — localities would do just that, the Bay Area likely being ground zero for such changes."

People had raised that possibility, but Peskin downplayed it, saying, "If it ain't broke, who wants to embark on a multi-year project to thwart state law by rewriting our entire planning code?"

The governor tried to sweeten the deal for legislators by offering to dole out \$400 million for affordable housing assistance, but that was an element that apparently pleased no one. Legislators had been seeking \$1.3 billion. "The governor's big promise here is, 'if you pass this bill, I will release \$400 million for affordable housing in the state of California," said Peskin. "That's a drop in the bucket."

Affordable housing is usually very difficult to build — in any region or community and at any time - because it not only has to deal with all of the same land, labor, and materials costs as market-rate housing, but it has additional challenges of layered financing from tax credits, bonds, government subsidies, and other sources, each of which comes with its own stipulations and complications. Lawyers were made for these deals. And then there's the NIMBY aspect; as much as many places are in desperate need of more housing that is affordable (however broadly defined), it is rarely welcomed into a neighborhood.

The federal government's role in affordable housing has decreased dramatically from the postwar years; today, it is largely minor and on the margins, offering tax credits and other incentives, but leaving the real cost and effort to the private world. Governor Brown does not see it as a state priority, either; with or without that \$400 million, Brown made clear in June that it is primarily a supply-and-demand problem and that state subsidies are practically an exercise in throwing away

PROPOSAL 2.0

Just because the proposal died in Sacramento this year doesn't mean that it won't return, and it could do so in a more effective form that addresses critics on the left and the right.

In its analysis of the proposal, the Legislative Analyst's Office suggested that the legislature continue to look for ways "to encourage more home building in California's coastal communities." In particular, it addressed the matter of local governments reacting to the plan by just changing their planning laws to return to the status quo ante. The LAO recommended "changes to guard against possible actions some communities may take to hinder the use of streamlined approval."

Peskin also suggested changing the plan to prevent developers from receiving the plan's regulatory relief for a project and then selling it on to another developer. "You ... don't want it to be a tool for entitlement speculation," he said. "One thing the mayor of Los Angeles suggested to the governor

and that [the San Francisco Board of Supervisors] suggested to the governor ... [is] that these byright entitlements would expire if not used within a certain time."

The Legislative Analyst's Office had recommended that "serious consideration" be given to the governor's proposal. The proposal ultimately died, but the problems it was seeking to address are still with us, and future proposals will be needed to deal with them. (Peskin noted that San Francisco "just got rid of conditional-use authorization for 100 percent affordable housing projects.") So the governor's proposal might yet spur the creation of other proposals, either a version 2.0 of Brown's recent plan or an entirely new one. If those new plans are better designed and with fewer loopholes, then the delay could be worth it.

"There should always be the fear," said Bruno, "that either this proposal doesn't pass and future state leaders determine, based on its failure, that any reform is a political nonstarter and just give up on the issue, or this proposal does pass, doesn't do much to truly shock the market and alleviate the affordability pressures, and opponents use it to stop future actions to encourage development."

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

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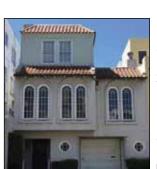
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The Marina Times Real Estate Market Report: July 2016

By Hill & Co

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SINGLE FAI	MILY HOME S		l		
NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS (
Cow Hollow	2600 Lyon Street 2800 Green Street	5BD/5.5BA 6BD/5.5BA	\$9,625,088 \$4,550,000	Below Below	55 62
	2843 Octavia Street	3BD/2.5BA	\$3,405,000	Below	26
	2961 Broderick Street	3BD/2.5BA	\$3,275,000	Below	32
Lake	3921 California Street	4BD/3.5BA	\$1,925,000	Above	10
Laurel Heights	184 Palm Avenue 555 Laurel Street	4BD/3.5BA 3BD/3.5BA	\$2,450,000 \$2,350,000	Below Below	99 25
Lone Mountain (no sales)	333 Eduler Street	300/3.30K	72,550,000	Below	23
· · · · ·					
Marina	2415 Bay Street 3737 Broderick Street	4BD/4BA 4BD/2.5BA	\$5,801,250 \$3,400,000	Below Above	54 43
	3600 Lyon Street 2222 Bay Street	3BD/3.5BA 3BD/3BA	\$3,150,000 \$2,950,000	Below Below	72 16
Nob Hill (no sales)			, -,,		
· · ·					
North Beach (no sales)					
Pacific Heights	2755 Fillmore Street 2610 Scott Street	4BD/4.5BA 4BD/3.5BA	\$13,250,000 \$10,000,000	At Above	53 17
	2204 Steiner Street	4BD/2.5BA	\$3,689,000	Above	0
Presidio Heights	3800-3810 Washington St.	14BD/11BA	\$15,750,000	Below	442
Russian Hill (no sales)					
Sea Cliff (no sales)					
Telegraph Hill (no sales)					
CONDOS					
CONDOS		BEDROOMS/		ABOVE/AT/BELOW	DAYS
NEIGHBORHOOD	ADDRESS	BATHROOMS	SALE PRICE	ASKING PRICE	MARI
Cow Hollow	2920 Buchanan Street #1 2701 Van Ness Ave #702	2BD/2BA 1BD/1BA	\$1,400,000 \$935,000	Below Below	124 25
Lake	183 7th Avenue	2BD/1.5BA	\$1,035,000	Above	35
	1307 Lake Street 237 Arguello Blvd. #10	1BD/1BA 0BD/1BA	\$880,000 \$630,000	Above Below	32 47
Laurel Heights (no sales)					
Lone Mountain	67 Beaumont Avenue	3BD/2BA	\$1,550,000	Above	26
	656 Arguello Blvd. #2	2BD/2BA	\$1,050,000	Above	27
Marina	3307 Broderick Street	4BD/3.5BA	\$4,000,000	Below	21
	3456 Pierce 143 Alhambra Street	2BD/2BA 2BD/2.5BA	\$1,725,000 \$1,672,500	Above Below	36 28
	1626 North Point #101 1734 Bay Street #101	2BD/2BA 2BD/2BA	\$1,500,000 \$1,048,000	Above At	30 74
	1680 Lombard Street #3 1734 Bay Street #301	2BD/1BA 2BD/2BA	\$990,000 \$925,000	Above Below	23 39
	1485 Chestnut Street	1BD/1BA	\$877,500	Below	43
	1500 Francisco Street #3	1BD/1BA	\$850,000	Above	14
Nob Hill	1200 California #12A 1308 Taylor Street	1BD/2BA 3BD/2.5BA	\$2,350,000 \$2,245,000	At Above	0 47
	1333 Jones Street #401 1650 Jackson Street #708	1BD/2BA 2BD/2BA	\$1,357,000 \$1,300,000	Above Above	45 16
	1635 California Street #63	3BD/2BA	\$1,100,000	Above	31
	1446 Sacramento Street #A 1650 Jackson Street #807	3BD/2BA 1BD/1BA	\$965,000 \$850,000	Below Above	68 13
North Beach	600 Chestnut Street #203	2BD/2BA	\$1,250,000	At	69
	520 Chestnut Street #405 424 Francisco Street	2BD/2BA 3BD/2BA	\$1,110,000 \$975,000	Above Below	41 48
Pacific Heights	2930 Washington Street	3BD/2BA	\$2,375,000	Above	18
	2205 Sacramento St. #303	2BD/1.5BA	\$1,495,000	At Above	28
	1650 Broadway #203 3051-3055 California Street	2BD/2BA 4BD/4BA	\$1,445,000 \$1,375,000	Below	128
	1800 Washington St. #811 1800 Washington St. #611	2BD/2BA 2BD/2BA	\$1,200,000 \$1,150,000	Above Below	11 23
	2172 Pacific Avenue #3 2121 Laguna Street #26	1BD/1BA 2BD/2BA	\$1,100,000 \$1,015,000	Above Above	4 20
	1835 Franklin Street #403	2BD/2BA	\$850,000	Below	114
D., J.B. 11. 1	1856 Franklin Street #8	1BD/1BA	\$750,000	Above	23
Presidio Heights	3233 Jackson Street #1	4BD/4BA	\$6,250,000	At	16
Russian Hill	1080 Chestnut Street #17B 1020 Vallejo Street #4	2BD/2.5BA 2BD/2.5BA	\$5,875,000 \$5,600,000	Below Below	21 26
	1841 Taylor Street	2BD/2BA	\$1,525,000	Above	69
	815 Lombard 1265 Green Street	2BD/1BA 3BD/2BA	\$1,350,000 \$1,295,000	Above At	12 9
	1125 Francisco Street #3 2125 Leavenworth	2BD/1BA 1BD/1.5BA	\$1,191,000 \$1,152,000	Below Above	25 10
	1465 Green Street	3BD/1.5BA	\$1,043,000 \$715,000	Below Above	39 26
		1BD/1RA			
	1310-1314 Greenwich #1314 1050 North Point St. #205	1BD/1BA 0BD/1BA	\$475,000	At	59
Sea Cliff (no sales)	1310-1314 Greenwich #1314			At	59
Sea Cliff (no sales) Telegraph Hill	1310-1314 Greenwich #1314			At Below Above	59 50 67

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 Property news

That sinking feeling

of buyers

could afford a

median-priced

home in San

Francisco.

BY JOHN ZIPPERER

MILLENNIUM TOWER LAWSUIT

You knew Millennium Tower residents would end up in court before they ended up in the landfill. A group calling itself the Millennium Towers

Litigation Group has filed a class action lawsuit against Millennium Partners, Transbay, and others it holds responsible for losses residents might incur as a result of the by-now-well-reported news that the high-priced residential tower is tilting and sinking. The group writes, "The only potential sales

transactions that are likely to occur will be all cash by aggressive speculators at deeply discounted prices. Once one or two such sales occur, a new set of comparable prices will have been established at the Millennium Towers, dropping the value of all owners' units." The 58-floor, \$350 million Millennium Tower was built in 2008.

MACY'S PROPERTY

Macy's department store chain announced it is closing nearly 15 percent of its stores - about 100 locations — in 2017, despite the fact that they are almost all profitable. Some of those stores represent valuable real estate. In the words of Motley Fool's analyst Adam Levine-Weinberg, "In addition to underperforming stores, Macy's also expects to close a handful of stores that sit on valuable real estate. In some cases, it makes more sense to sell a store building to someone who wants to redevelop it rather than continue to operate it as a retail store." One of those valuable properties that will close and be sold is the Men's Store in San Francisco's Union Square.

HOUSING CHALLENGE INCREASES

Despite lower interest rates, affordability is becoming a bigger housing

challenge for California residents, according to an early August report from the California Association of Realtors. Between the first and second quarter of this year, the percentage of buyers who could afford to purchase a medianpriced home fell from 34 to 31; it was still up slightly from 30 percent in the second quarter of 2015.

The association defines a medianpriced home as one priced at \$516,220, and it says that an income of at least \$101,217 is needed to make the monthly payments of \$2,530.

Affordability is more within reach if the buyers opt for a condominium or townhome, where the median price is \$411,390 and a minimum income of \$80,663 is needed to make monthly payments of \$2,017.

Those are the statewide numbers. Only 13 percent of buyers could afford a median-priced home in San Francisco, 14 percent in San Mateo, and 17 percent in Santa Cruz, which the association said were the three least affordable areas in the state.

Only 13 percent HOME PRICES STABLE The median

The median price for a single-family home in the city of San Francisco was \$1.37 million at the end of July, basically unchanged from February, according to a market report by real estate firm Pacific Union. It notes that homes are still typi-

cally selling for more than the asking prices — currently about 105.9 percent of asking — but "overbids are substantially smaller than they were last summer." The speed of sales was steady in the first couple months of the summer at an average of 32 days on market.

Meanwhile, condominium prices have dipped slightly to an average of \$1.08 million in July, Pacific Union reports. This is a continuation of a trend affected at least in part by expanding inventory of available condos on the market, especially in the luxury category (see "Property market shifts gear," *Marina Times*, August 2016). Overbids have also dropped a bit here, with an average of about 102.7 percent of asking prices paid. The number of days on market was unchanged.

HILL HITS 60

Our friends over at Hill & Co. Real Estate are celebrating the company's 60th anniversary. We wish their agents — including *Marina Times* columnist Stephanie Saunders Ahlberg — a very happy 60th.

QUOTE UNQUOTE

One of those

valuable Macy's

properties that

will be sold is the

Men's Store in

Union Square.

"Japan has experienced the same return to the city wave as other nations. In Minato ward — a desirable 20 square kilometer slice of central Tokyo — the population is up

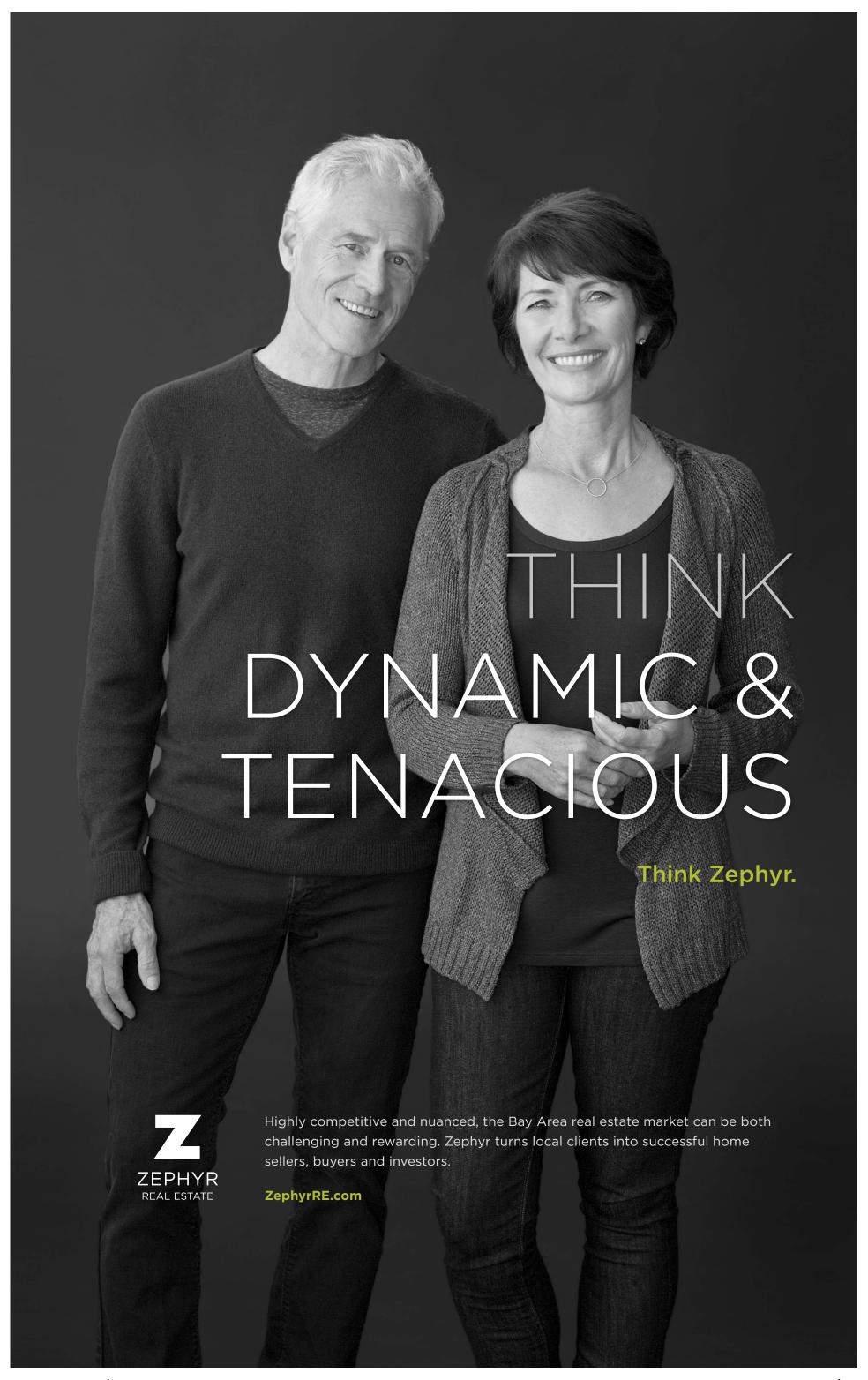
66 percent over the past 20 years, from 145,000 to 241,000, an increase of about 100,000 residents. In the 121 square kilometers of San Francisco, the population grew by about the same number over 20 years, from 746,000 to 865,000 — a rise of 16 per cent. Yet whereas the price of a home in San Fran-

cisco and London has increased 231 percent and 441 percent respectively, Minato ward has absorbed its population boom with price rises of just 45 percent, much of which came after the Bank of Japan launched its big monetary stimulus in 2013."

—Robin Harding Financial Times, Aug. 3, 2016

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

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Brexit and the San Francisco home market

BY CAROLE ISAACS

UST WHEN I THOUGHT I was going to write about how to take advantage of the latesummer real estate market in San Francisco, the United Kingdom voted to leave the European Union. There is never a dull moment in

estate market. Recently, we were concerned about layoffs China, now that is trumped by the U.K. voting to leave the E.U. This is an event with worldwide conse-

quences, but in San Francisco, it is of particular interest to home buyers and sellers. San Francisco real estate sales often involve people who live outside of this country. In fact San Francisco along with New York and London — is one of the most popular locations for foreigners to buy a home.

I happened to have a bird's-eye view of the vote, because I was visiting my daughter, her new baby, and her Dutch husband in Liverpool at the time of the vote. My | for further negotiations |

daughter, who grew up in San Francisco, is very much an example of the new normal, in which young people move across the world for the best job and adventure.

The consensus there is that it may be

several years and many political moves and counter moves before England actually leaves the EU. There have been immediate repercussions with currencies and stock markets fluctuating wildly. The question here is: Will England leaving the EU make any real difference in your life and your plan to buy a home?

In my life, real estate never sleeps, and I found while I was on vacation it seems to be the same for many people. A few days before the Brexit vote, I had a buyer have his offer countered by the seller, who was

in the Philippines. At the time my buyer, who lives in San Francisco, was in New York City; the seller's agent was in the East Bay; and I was in Liverpool. My client, who works in finance, became anxious about accepting a counteroffer the day after the UK's Brexit vote, because our international real | NASDAQ had dropped | buy a home, there are so

San Francisco — along

with New York and London

— is one of the most

popular locations for

foeigners to buy a home.

that day. What if it con-

tinued to go down in the

He had been looking

for a home for more than

a year and had found

an almost perfect condo

within walking distance

to his office at a price he

felt was fair. He decid-

ed to accept the seller's

counteroffer, because

his offer included a con-

tractor's inspection as

a contingency. He felt

this would give him the

psychological cushion

he needed for the next

week plus the potential

next week?

these buyers are waiting, there might be an opportunity to make an offer that does not become part of a multiple offer situation. This is especially true if you are looking for a condominium, because the condo market has softened a bit.

When you set out to

many choices and things to be afraid There is no perfect solution and no sure way to time the market. It is always important to keep in that mind "almost per-

fect" has many benefits. The uncertainty in the real estate market could be short-lived because international will rethink their investments in the U.K. and Europe. New York and San Francisco could be logical cities to move their money.

Once you become a homeowner, there will be no more Sunday open houses to plan your weekend around. You will be free to go on a bike ride, a picnic, or a hike on the weekend, or just lounge around your

home with friends having an afternoon barbecue. You can adopt that dog or cat you always wanted but couldn't have in an apartment. You can stop worrying if now is a good time to buy a home.

The uncertainty in the real estate market could be short-lived, because international buyers will rethink their investments in the U.K. and Europe.

if the stock market continued to go down.

August is one of the slowest months in San Francisco real estate, and last month inventory continued to be extremely low. The good news is interest rates are low, too. Unless you are facing the possibility of a job loss or job relocation or all of your savings are tied up in the stock market, this actually might be an excellent time to buy a home. Some buyers will be in "wait and see" mode, letting their anxiety get the upper hand. While | 415-608-1267.

I hope you will allow yourself the pleasure of being a homeowner and not spend time worrying if the value of your home will go down if there is volatility in the housing market. Remind yourself that no matter what political changes are taking place around the world, you still need a place to live.

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

Real Estate Update Where the buffalo roam

So many reasons to love San Francisco

BY STEPHANIE SAUNDERS AHLBERG

San Francisco was recently ranked number two among topperforming real estate markets in the country. In fact, California dominated the top 20 list, with 11 markets in our state being named. It actually surprised me to see that Vallejo was ranked the number one market, ahead of San Francisco — but that city has been making quite a comeback from the recession.

Other top real estate markets in California include Stockton, San Diego, Santa Rosa, Sacramento, Modesto, San Jose, Santa Cruz, Eureka, and Los Angeles. Other cities on the list from elsewhere around the country are Dallas, Denver, Fort Wayne, Columbus, Detroit, Kennewick, Ann Arbor, Grand Rapids, and Boston. Quite an eclectic bunch of cities.

What defines a top performer? Well, Realtor.com (the National Association of Realtors website) identified the hottest markets by factoring in which ones had the most views per listing and the quickest inventory movement. In these markets, homes are selling 20-38 days faster than they are in the rest of the nation

That said, the number of homes sold in San Francisco tends to tail off a bit in August. We are not as seasonal as other markets: Terribly cold snowstorms in winter and stifling hot summers in other parts of the country put a damper on sales. However, some seasonal differences do exist for us in terms of sales volume. Sales tend to taper off a bit in July and August, and then again in December, January, and February.

What's more, in midsummer we saw slower sales in part because of some economic uncertainty. Perhaps due to stock market volatility, wealthy buyers aren't quite as eager to purchase San Francisco's more high-end homes. Foreign buyers appear to be pulling back a bit as well because of reduced purchasing power caused by the U.K.'s Brexit vote and new regulations instituted by China. Finally, the technology sector, while still doing well, has softened: Venture capital has become less available, the IPO market has stalled, and some smaller startups are beginning to lay off workers.

Even so, while our local real estate market is maybe not as hot as it once was, it continues to rank among the hottest markets in the country — thanks in large measure to still-red-hot sales of single family homes in the \$1-\$2 million range. Of course, there's more to love about the city than its strong real estate market.

San Francisco also made the top 10 green cities list in the United States. Yes, we are green not only because we recycle, but primarily because 19 percent of San Francisco is covered with parks. This makes our beautiful city even more

beautiful and a paradise for nature lovers. I really enjoy seeing people walking, biking, jogging, wind surfing, kite surfing, and of course traditional surfing in our nature-filled — and nature-surrounded — city.

Let's look at Golden Gate Park, specifically. A herd of buffaloes lives there! How rare and unbelievably great is that? The famous Bay to Breakers annual race

While our local real estate

market is maybe not as hot

as it once was, it continues

to rank among the hottest

markets in the country.

runs through the park on its way from the bay to Ocean Beach. Golden Gate Park also offers world-class museums, the California Academy of Sciences, the

Japanese Tea Garden, the Arboretum, formal botanical gardens, and much, much more.

More than 80 percent of America's population now lives in cities. Why? Mainly because that is where the bulk of the jobs are. The CBS news program 60 Minutes recently aired a report about the surge in the creation of city parks across the country. One example they showcased is the High Line in New York City. It's an old elevated rail line turned into a park and walking path. People are clamoring for all that urban

life has to offer, yet they want nature at their doorstep. Fortunately for us, San Francisco provides us with the best of both worlds.

We have world-class restaurants (including an abundance of farm-to-table choices), theater, ballet, symphony, music venues, beauty, world-renowned destinations, and our beautiful bay and parks. San Francisco's real estate market con-

tinues to rank among the best performing markets in the country, but the economy will inevitably have its ups and downs. Our city's amenities and attractions are

more constant, contribute immeasurably to the popularity of our city, and add to the value of our real estate.

With all this, what is not to love about San Francisco? It is a wonderful place to live, relax, and enjoy homeownership.

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 realtyinsanfrancisco.com.



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San Francisco International Airport is accepting proposals for the Terminal 3 Boarding Area F and Terminal 1 Boarding Area C Food and Beverage Concession Leases. The Request For Proposals includes 6 Quick Serve Restaurant Leases and 2 Sit-Down Restaurant and Bar Leases. The terms are six years with two one-year options for the Quick Serve Restaurants, and seven years with two one-year options for the Sit Down Restaurants. The minimum annual guaranteed rents for the first year of the Leases are between \$250,000.00 to \$1,000,000.00. The Airport intends to award the Leases to the highest-ranked, most responsive and responsible proposers. Each proposer must submit a proposal deposit in an amount between \$35,000.00 and \$125,000.00 as a guarantee that the proposer will execute a Lease if awarded. The Lease terms have been revised since the original release. Interested parties should review and make note of the changes. Small, local and disadvantaged businesses are encouraged to

Proposals must be received by 2:00 p.m. on Wednesday, September 14, 2016.

The RFP document is available online at http://www.flysfo.com/business-at-sfo/currentopportunities. For additional information, please contact Matthew McCormick at (650) 821-4500.

COUNT ON WIC FOR HEALTHY FAMILIES

WIC is a federally funded nutrition program for Women, Infants, and Children. You may qualify if you are pregnant, breastfeeding, or just had a baby; or have a child under age 5; and have a low to medium income; and live in California. Newly pregnant women, migrant workers, and working families are encouraged to apply.

WIC provides Nutrition Education and Health information, breastfeeding support, checks for healthy foods (like fruits and vegetables), and referrals to medical providers and community services.

You may qualify for WIC if you receive Medi-Cal, CalFresh (Food Stamps), or CalWORKS (TANF) benefits. A family of four can earn up to \$3,747 before tax per month and qualify.

Enroll early! Call today to see if you qualify and to make an appointment. Call San Francisco WIC Program at 415-575-5788.

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Notice is hereby given of 11 vacancies on the AAB. Applicants must have at least 5 years of experience as one of the following: Certified Public Accountant or Public Accountant; licensed Real Estate Broker; Property Appraiser accredited by a nationally recognized organization, or Property Appraiser certified by the California Office of Real Estate Appraisers. For additional information or to obtain an application, please call

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Beauty Slimming



Relax in the SenSpa warming room before and after your treatment. PHOTO: SENSPA

Cheating Mother Nature: Noninvasive beauty treatments that slim and sculpt

BY MOANALANI JEFFREY AND VALERIE DEMICHEVA

HEN STUBBORN FAT LUMPS won't disappear with exercise, what's a girl gonna do? Many fit women are familiar with this dilemma: You finally reach your target weight but have lost weight in all of the wrong places and have "the sunken-face syndrome." In extreme cases like in the Biggest Loser, you can see the dramatic side-by-side effect at the final reveal. Sure, the contestants fit into a smaller pair of jeans, but a drawback to losing weight is looking older with a sunken-in face. This is why spot treatments have become the talk of the beauty world.

With cosmetic procedures making debuts on reality shows, people have become aware that not all hourglass figures come naturally. Procedures like Coolsculpting, a method to target fat in specific areas by freezing and killing off fat cells, have received a lot of attention lately. Reality TV has taken the secrecy out of cosmetic procedures and made them a household topic. Also, the advances in these types of aesthetic-enhancing techniques have helped make noninvasive body contouring a procedure you can get on your lunch

Having it all might sound like an unattainable cliché, but that's really what body contouring fans aim to achieve with treatments that promise slimming in all the right places. We wanted to see what all of the hype was about, so we scoured the city for the best professionals in their craft.

DETOX WRAPPING

We started our beautification journey with a good old-fashioned body wrap at SenSpa (1161 Gorgas Avenue, 415-441-1777, senspa.com). While not as high tech as the other treatments here, it deserves attention because the slimming benefits of a warm wrap can help flush out toxins and eliminate unwanted water weight. You can ask the staff to tighten the wrap around the waist or thighs so that the sweating and detox are more concentrated in those areas. After our delicious Green Tea Mandarin Detox wrap at SenSpa, we felt lighter on our feet and ready to explore our remaining destinations.

COOLSCULPTING

We then checked out CoolSculpting because so many friends swear that it eliminates unwanted bulges from virtually every major body area The noninvasive fat reduction procedure is available through the lauded Dr. Kathleen Welsh of Bay Area Body (2299 Post Street, 415-292-7950, bayareabody.co), who has the number one CoolSculpting office in the area and the latest applicator, CoolAdvantage.

Its improved design is said to produce colder fat-freezing temperatures, less discomfort, and faster sessions. The number of treatments needed to completely fix an area will vary depending on your goals, but each session will diminish about 20 percent of fat cells in the treated area. Our clothes fit better after one treatment, and we've been told that the cells will continue to die off over the next 12 weeks. Immediately following the procedure, we felt some minor discomfort around the treatment area, but it was resolved with ibuprofen.

VELASHAPE

After that cool solution, we opted to heat up with VelaShape, a cellulite solution that helps you keep your curves while smoothing away the lumps. At LaserAway (1878 Union Street, 415-563-7300, laseraway. com) the staff promises to prepare you for the sheerest white pants and tiniest bikini bottoms. The machine works by warming the target treatment area while a combination of radio frequency, infrared light, suction, and massage simultaneously stimulate fat for the body's lymphatic system to naturally eliminate it. The more water you drink before and after, the better. Weekly follow-up sessions are suggested for optimal results.

KYBELLA

Last, we tried Kybella — a must for those with lifelong profile envy. Since childhood, we both carried a moderate amount of fat under the chin. Even at our healthiest weights, it's always been a source of contention in photographs. So the introduction of an injectable nonsurgical contouring treatment was music to our ears. A friend recommended Dr. Usha Rajagopal at the San Francisco Plastic Surgery & Laser Center (490 Post Street, 415-392-3333, sfcosmeticsurgery.com). Kybella also requires several visits, but takes just 15 to 20 minutes. The only downside is that the swelling in the area increases for a few days after treatment, so make sure to clear your weekend and have your scarves ready. But keep your chin up; the reveal is worth it.

It's comforting to know that if your figure imperfections have always bothered you that with the help of these noninvasive treatments you can cheat Mother Nature — just in time for bathing suit season in San Francisco's September Indian

Moanalani Jeffrey is the founder of her eponymous photography agency, writes a fashion and lifestyle blog, CliqueMJ, and can be reached through moanalanijeffrey.com. Valerie Demicheva is a branding strategist and culture journalist. Her work can be seen in the San Francisco Chronicle, WWD, and SF Weekly. Follow her beauty adventures on Instagram @vanitymonger.

The Healthful Life In balance

Weight gain may be due to thyroid imbalance

BY THALIA FARSHCHIAN

ARIOUS CELEBRITIES HAVE often shared their challenges with low energy and weight maintenance due to thyroid imbalances. While most associate thyroid issues only with weight gain, the thyroid gland manages more than just our metabolism. It helps our bodies combat stress, create and utilize energy, balance body temperature, modulate heart rhythm, regulate digestion, and more. According to the American Thyroid Association, about 20 million Americans are affected by some form of thyroid disease, and 60 percent of them are unaware of it.

THYROID GLAND 101

The thyroid gland coordinates multiple body systems and essentially governs how fast or slow they should move. It is a butterfly-shaped gland situated in the lower part of your throat.

Its process actually starts in the brain when a hormone called Thyroid Stimulating Hormone (TSH) is released to signal the thyroid to produce its own hormones. This is the hormone that is most commonly tested by doctors as a screening for thyroid issues.

TSH stimulates the thyroid to produce the hormones T4 and T3. Sixty percent of our thyroid hormone is in the form of T4, and with the help of enzymes, it is converted to the super-active T3 hormone. With this activation, your body is better able to turn blood sugar and fat into usable energy by various organ systems.

By having multiple hormones in play, your body is better able to regulate the actions of these hormones. When T3 and T4 levels are high, they will signal the brain to stop producing TSH. When T3 and T4 levels are low, they will signal the brain to secrete more TSH.

With an excess or deficiency of any of these hormones, the signaling mechanisms are imbalanced. Many are easily confused because a *high TSH* value is correlated with a *low or underactive* thyroid function (hypothyroidism), and a *low TSH* is correlated with a *high or overactive* thyroid function (hyperthyroidism).

LOW THYROID (HYPOTHYROIDISM) SYMPTOMS

- Constipation
- Fatigue
- Hair loss and dry skin
- Blood pressure problems
- Trouble with concentration (brain fog)

- Muscle weakness
- Weight gain
- Anxiety and/or depression
- Poor memory
- Elevated cholesterol
- Menstrual irregularities
- Infertility
- Heart palpitations

HIGH THYROID (HYPERTHYROIDISM) SYMPTOMS

- High blood pressure
- Heart palpitations
- Nervousness
- Fatigue
- Muscle weakness
- Menstrual irregularities
- Infertility
- Osteoporosis

TESTING YOUR THYROID

When testing the thyroid, it is important to look beyond the TSH to the T4 and T3 levels because this gives a more holistic picture of your thyroid function. A simple blood test can evaluate thyroid function, but laboratories give an estimated range and not necessarily an optimal range. This information should be considered along with health history, symptoms, and physical exam.

SUPPORTIVE THERAPIES

The most common treatment for underactive thyroid is hor-

mone replacement therapy. This simply gives your body the hormones it may not be building on its own. Most often with hormone replacement therapy, T4 is given alone, but studies show that 5–15 percent of people do not improve on T4 alone. For many patients, I find they do better on a combination of T4 and T3. Even with hormone replacement, there are other natural approaches to supporting healthy thyroid function.

ELEVATE YOUR NUTRITION

The enzymes that help your thyroid to produce the necessary hormones are all nutrient dependent. If your nutrient levels are not optimal, it can stop the enzymes from doing their job. These enzymes work best with minerals like zinc, chromium, selenium, and B vitamins like B12 and folate.

Soy, in part, consists of isoflavones, and this compound can mimic the effects of estrogen. Consuming soy milk, tofu, and tempeh in high quantities can negatively affect thyroid function.

REVISIT YOUR MEDICATIONS

Thyroid health can be affected by medications, including beta-blockers (those that end in *-olol*),

birth control pills, and estrogen replacement therapies.

BLOOD SUGAR BALANCE

If you have elevated insulin levels, prediabetes, or diabetes, you may be at a higher risk of thyroid imbalance. As mentioned, your thyroid gland helps your cells to burn sugar. With elevated insulin levels, your body is more inclined to store sugar as fat rather than appropriately burn it. A low-sugar diet with chromium, an excellent mineral that supports healthy blood sugar balance, can be supportive on many levels.

MANAGE YOUR STRESS

The thyroid, adrenal glands, and ovaries/testes all work in concert. They support each other to combat stress, and when they are optimally functioning, they support metabolism, fertility, mood, digestion, cardiovascular function, and more. It is best to look at hormones as an entire system instead of compartmentalizing these issues. Working with your health care professional can help you put the seemingly unrelated pieces of the puzzle together.

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

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成人 "M" 月票 (只適用於Muni) • Pase mensual "M" para Adulto (Muni únicamente) • 大人用「M」マンスリーパス(Muniのみ) • 성인 "M" 패스트 패스 (Muni 전용) • Adult "M" na Buwanang Pases (Muni Lamang) • Взрослый месячный проездной билет категории "М" (только транспорт Muni,) • Titre mensuel pour adulte « М » (Muni seulement) • Thẻ Tháng Người lớn "M" (Chỉ Muni mà thôi) • บัตรผานสำหรับผู้ใหญ " М" แบบราย เดือน ผาน (เฉพาะ นักบวช เทานั้น) • เอื่อน ผาน (เฉพาะ นักบวช เทานั้น) • เอื่อน ผาน (เฉพาะ นักบวช เทานั้น) • เอื่อน ผาน (เฉพาะ หักบวช เทานั้น) • เอื่อน พนท์ เอล่อน คานการคาย เดือน พาน (เฉพาะ หักบวช เทานั้น) • เอล่อน คานการคาย เดือน คานการคาย คานการคา



DISCOUNT MONTHLY PASS

YOUTH/SENIOR/PEOPLE WITH DISABILITIES

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LIFELINE MONTHLY PASS

LOW INCOME ADULT

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Redding Elementary School 1421 Pine St., San Francisco, CA 94109 Saturday, Sept. 10 from 11 am to 1 pm

Sherman Elementary School 1651 Union St., San Francisco, CA 94123 Saturday, Sept. 24 from 11 am to 1 pm

www.SFSharedSchoolyard.org



Join us for games, food, and kids' activities to celebrate opening Redding and Sherman Elementary Schools as neighborhood playgrounds on the weekends.

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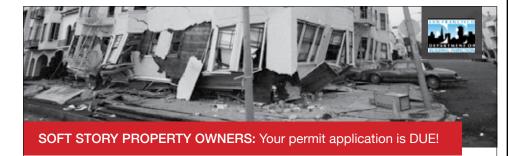


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MomSense : Ride sharing



Using a ride-sharing company for kids, like HopSkipDrive, can help you save time and manage busy schedules. PHOTO: COURTESY HOPSKIPDRIVE

Easing carpool craziness: Ride sharing options for kids

BY LIZ FARRELL

NE OF THE MOST stressful parts of heading back to school is managing schedules. Last August, I actually created an Excel spreadsheet to map out who needed to be where and how each one was going to get there. Whether both parents work outside the home or you have multiple children, our kids are busier than ever after school, and it can be very stressful on a family.

Over the past year, I have been intrigued by some new companies that claim to be "Uber for kids." I was interested but could never get over the anxiety of putting my kids in a car with someone they didn't know. That all changed when I had the chance to talk to three moms, all of whom are CEOs of various ride-sharing companies for kids — two of which are based right here in the Bay Area. Each company is unique in its own way.

KANGO

This company offers rides and childcare. They are able to accommodate children of any age and provide car seats and/or booster seats. Sara Schaer, a mother of two, started the Bay Areabased Kango. The app can be downloaded to a smartphone and is easy to set up and navigate.

There are several things I like about this app, including that you can book for the same day, which is helpful if something last-minute comes up. You can also meet your driver beforehand to quell any uneasy feelings about sending your child off with a stranger. Also, drivers are available to babysit.

I recently booked a sameday ride for my two children. Within minutes of inputting my request, I received a text with the driver's picture, vehicle information, and a short bio. All drivers undergo extensive background checks and must have at least two to three years of childcare experience; most have more, as they tend to be teachers, nannies, or even moms themselves. Our driver was very personable and friendly and immediately put my children at ease. I was able to track their ride in real time through the app and received a text from the driver upon their arrival. Payment is handled through the app similar to Uber and is based on time and distance with a minimum fare of \$16. Kango currently has a monthly subscription of \$9/month. Childcare rates range from \$15-\$20 per hour for one child.

HOPSKIPDRIVE

Based in Los Angeles, HopSkipDrive has been operating in the Bay Area since May. They are similar to Kango in how extensively they screen their drivers and their vehicles; however, riders need to be at least 6 years old and you need to book by 7 p.m. the night before. There are no membership fees; you pay by the ride. You can also book a recurring ride.

Another feature I really like is the "carpool option," where families can book a carpool, split the fare, and either pick up or drop off at multiple locations. I also had my children try this service. The driver arrived in an orange t-shirt with decal flags on the car. When inputting information about your child on the app, it asks for a "code word" for each child. This is an extra safety measure if your child is being picked up somewhere. For example, the driver tells your son his code word so he knows that the driver is the right person. The company was started by three moms, including Joanna McFarland, who is the CEO.

KIDZJET

This company is slightly different: They don't offer on-demand service but contract directly with schools

to provide rides. They are essentially a smaller, safer private school bus. They take students on field trips and after school to sports practices and games. The hourly rate is \$95-\$115 depending on mileage. A minimum of 10 riders pencils out to \$8-\$10 per ride, which is very reasonable.

The company has been operating for three years and shows no sign of leaving the market anytime soon. The CEO and founder, Benny Shaikh, started the company after the birth of her twin sons, and was looking for safe, reliable way to balance work and her children's busy schedules.

The staff all undergo extensive background checks both preemployment and after hiring. The vans are all monitored with a GPS tracking system. Kidzjet is also able to monitor a driver's behavior, including cell phone, use to make sure the children are getting the safest ride possible. The vans are all professionally serviced and cleaned regularly. Kidzjet works with schools across the city, including Katherine Delmar Burke, Live Oak, Chinese American International, and the AltSchools.

Could these companies be the answer to easing afterschool carpool craziness? For many, ves. These services won't be for everyone; part of my fear in writing this was realizing I was going to have to give these companies a try. I had great experiences and would absolutely try them again. Whether you are looking for a onetime ride to get you out of a jam or setting up a recurring ride for the whole school year, it is nice to know there are safe and reliable options.

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

Political Animal : Speaking for the voiceless

Another PetSmart grooming death; rent increase forces out kitten rescue; dog dies with sitter from DogVacay; pit bull saves woman

BY SUSAN DYER REYNOLDS

received an e-mail from a Pet Page reader regarding yet another Lagrooming death at a chain pet store, this time a PetSmart in Mountain View. As with all of these stories, the dog - arescue named Bogie — was brought by his owner for a routine grooming.

The vast majority of these cases arise at PetSmart and Petco, where most of the "groomers" are transitory kids working part-time or after-school jobs. The only current requirement in California to become a groomer is a business license. Petco and PetSmart, which operate the majority of "salons" in what has become a multibillion-dollar industry, claim to require minimal training (Petco a 12-week course and PetSmart 400 hours), but that's a bit like the fox watching the henhouse because there's no outside oversight. The sheer size of these companies tells me there's little onsite or corporate supervision, and the alarming number of injuries and deaths corroborates my suspicions.

It boggles my mind that not a single legislator in Sacramento has shown an interest in reviving California Senate Bill 969, also known as Lucy's Law, which would require vocational licenses for pet groomers (it was defeated in 2012 after fierce opposition from the grooming lobby). I realize Senator Mark Leno is a lame duck busy looking for his next political meal ticket after he's termed out this November, but I hope his successor (Scott Wiener or Jane Kim) will consider reviving Lucy's Law once he or she has settled in. ...

Speaking of a need for regulation, an Oakland couple, Emily and Christian Pelipada, told NBC Bay Area that their 6-year-old dog, Pippen, died after being left with another dog in a hot car outside a dog park by pet sitters they found

using the app **Dog**-Vacay. The pet sitters, who may face charges, declined to comment to the reporter. DogVacay offered condolences and said the pet sitters have been banned from the app, but that's little

comfort for the Pelipadas. If you're planning a trip, find your pet sitter through word of mouth, not on an app that, according to its website, allows applicants to complete their profile "in just a few minutes." DogVacay also claims each host is "hand-approved" by their "specially trained Host Community team." I have an e-mail in to their press contact to find out what that means. ...

According to the San Francisco Chronicle, Saving Grace cat rescue, which focuses on special needs felines, is being forced out due to another rent hike, this time to \$3,500. Founder Amber Holly told the Chronicle that she doesn't want to leave, but she doesn't have a choice. The Bay Area is so expensive that Holly is looking as far away as Oregon.

For six years from a building in Balboa Park, Holly, who graduated from U.C. Santa Barbara with a degree in zoology,



Hero, a stray pit bull, was stabbed five times while saving a woman from an attacker. PHOTO: FIGHTINGFORTHEBULLYS.ORG

has helped find homes for over 3,000 cats and kittens — some blind, one-eyed, tripod, or abandoned at birth with the umbilical cord still attached. Most Bay Area shelters are aware of Saving Grace, and when they send photos of kittens soon to be put down, they know Holly will take them. If Holly leaves San Francisco, it will take away the safety net for cats and kittens that otherwise wouldn't stand a chance. If you'd like to help Saving Grace or inquire about adopting, call Amber Holly at 415-407-8021 or e-mail totemra@gmail.com. For more information or to make a donation online, visit savinggracerescue.com. ...

Another Pet Page reader sent me the story of **Hero**, a stray pit bull that saved a

If you're planning

a trip, find your pet

sitter through word of

mouth, not on an app.

woman from a knife attack in Baldwin, Ga., on July 22. In an interview, police officer Timothy Clay told Tennessee news station WATE that, after separating the woman from her attacker, the dog lunged toward the

male suspect, at which point the suspect stabbed the brave pit bull five times. "I couldn't let that dog suffer and die," Clay said. "We felt like we needed to get that dog some help after what it had been through." The officer and his partner took the dog to a local veterinarian, who saved his life.

Carla Welch, who runs Fighting for the Bullys Pit Bull Rescue in Knoxville, Tenn., told WATE that Hero (named for his courageous act) has had a rough life. "He has a bum back leg and a bum front leg, but he gets around fine and he's looking for a good friend," she said. Welch's rescue group raised money to pay for the veterinary treatment and is currently caring for Hero while they search for his forever home. If you'd like more information on Hero, visit fightingforthebullys.org.

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