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A month to savor

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'Tis the season for food, music, and fun. 16

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Wyatt Russell, Meredith Hagner, and Alex Karpovsky hit the road in *Folk Hero & Funny Girl*. PHOTO: GPOINTSTUDIO

Hollywood North kicks off in Napa

NAPA VALLEY HAS MANY WAYS to lure San Franciscans out of the city and over the bridge, but the main nonliquid reason is the highly anticipated annual visual treat of the Napa Valley Film Festival, which returns Nov. 9–13. More than 200 screenings will take place, including the road-trip film,

Folk Hero & Funny Girl, a rousing look at Cuba's music scene in *The Forbidden Shore*, the Nazi-Germany-to-Shanghai tale, *A Children's Song*, or the Viggo Mortensen unconventional family drama *Captain Fantastic*. Show up early for the sneak preview Tuesday, Nov. 8, including a

VIP reception with filmmakers. Take in a special tribute to Matthew McConaughey on Thursday, Nov. 10, or catch any of the other dinners, wine tastings (this is Napa, after all), short films, and more that make this such an enticing festival. The awards ceremony will take place in Yountville on Saturday, Nov. 12.

REYNOLDS RAP

The 'me-me-me millionaires' still not taking charitable chances

BY SUSAN DYER REYNOLDS

IN DECEMBER 2012, I WROTE AN EDITORIAL called “The Me-Me-Me Millionaires” in which I called out nouveau riche tech workers for their lack of interest in helping the communities where they do business. I had read an article in the *New York Times* titled “A Circle of Tech: Collect Payout, Do a Start-up,” about “the kids” who made it big in Silicon Valley and what they’re doing with all that money. Author Somini Sengupta wrote with starry-eyed glee about early Facebook employees throwing millions of dollars at each other to fund start-up ventures, despite the fact that more than 90 percent of start-ups fail. The story introduced Aydin Senkut, just 36 when Google went public, who took a month-long trip to Europe, bought a house in Atherton, and got a shiny new Lamborghini. Afterward he began investing in his friends’ budding businesses, knowing full well that he might never see a return on those investments. “Now that you have a windfall,” Senkut said, “why not take a big risk?” At the time, food banks in the Silicon Valley were talking

REYNOLDS RAP, continued on 4

BELLINGHAM BY THE BAY

The power of the pun

BY BRUCE BELLINGHAM

IT ALL LOOKED TOO EASY. IN A SPLIT MOMENT, we knew the truth. Some of us went to Sunday school. Some of us never left Sundays at all. Some of us drifted away from where we were supposed to be. So we thought. And some of us realized this is exactly where we are supposed to be. “I wish I were born in another time,” sighs Jessica Dale, who pours drinks at Lefty O’Doul’s. “I don’t belong in this era with all of this trouble, all of this upheaval.” “Yeah,” says I, pondering the 19th century, “just think about the plumbing.” “Well, Bruce,” she draws, “you gotta point.” At least she didn’t call me Brucie. ... Only three people called me Brucie. That’s Herb Caen ... Sharon Anderson ... and Alyssa Choo, the angel who works with San Francisco City Impact in the Tenderloin. Alyssa is a nurse there. She and the whole crew have the moxie to take care of people who otherwise would be forgotten. It’s not always a pretty sight. But they have the power to believe. The kind of faith that supersedes the horrors of human suffering. I really don’t know how they do it. They do it day after day. At least I get to slink away on Turk Street, safe from the nestle of kindness, and play the jukebox at Aunt Charlie’s, the oldest gay bar in San Francisco. ... This bar is so dark I put on my sunglasses so I can see. ... It has a great jukebox, a key ingredient to redemption. ... Where would we be without music? R&B, Schubert, BELLINGHAM, continued on 4

THE ART WORLD



Landscape for a Gold Digger by Françoise Gilot. PHOTO: COURTESY GREYSTONE BOOKS

Saying no to Picasso

Françoise Gilot's life in art

BY SHARON ANDERSON

AT 94, FRANCOIS GILOT PAINTS every morning. Throughout her life, she has been known for her relationships with 20th cen-

tury legends, including Pablo Picasso, Henri Matisse, and Jonas Salk, to whom she was married for 25 years. A graduate of the Sorbonne and Cambridge, Gilot was an accomplished painter from an early age.

Her first exhibition was in Paris in 1943; her 1,600 paintings and 5,000 drawings are in private collections and public museums worldwide. Picasso called Gilot “the woman who says no” because she was the first woman to defy him. After 10 turbulent years, Gilot left Picasso “to find her ‘I’ again.” In painting, she found the metaphors for a life well-lived where all things have their place, and light becomes more radiant in contrast to darkness. She likens a courageous life to a well-executed painting: both have joys, sorrows, and mistakes reworked into a new intentionality. Gilot remains true to herself through her philosophy of creation and reinvention. “[Y]ou must behave like the ocean. ... All life has movement, rhythm, a momentum you must seize like a dancer, and if you allow this movement to flow through you, then you become one with the rhythm of life.” The Woman Who Says No: Françoise Gilot on Her Life With and Without Picasso: Malte Herwig, Greystone Books, 2016, 176 pages, \$26.95 Sharon Anderson is an artist and writer in Southern California. She can be reached at mindtheimage.com



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marinatimes.com | 3053 Fillmore Street #104, San Francisco, CA 94123
Editorial: (415) 931-0515 | Fax: (415) 931-0987 | Letters to the Editor: letters@marinatimes.com
Advertising: (415) 815-8081 advertising@marinatimes.com
Calendar submissions due by the 15th of the month to calendar@marinatimes.com

Publisher
Earl Adkins
publisher@marinatimes.com

Editor in Chief
Susan Dyer Reynolds
susan@marinatimes.com

Executive Editor
John Zipperer
john@marinatimes.com

Managing Editor
Lynette Majer
lynette@marinatimes.com

Layout Designer
Sara Brownell
sara@marinatimes.com

Web Designer
Joe Bachman

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News Briefs : Retail, construction, politics, etc.

Changes underway

REAL FOOD LOSES LEASE BATTLE, CLOSES STORE ON FILLMORE

Despite pulling out the stops to fight the closure of its Fillmore Street location, the Real Food Company announced that it was closing that store for good (see News Briefs, Oct. 2016). Well-connected public relations executive Alex Tourk was drafted to raise awareness, and at midday on Oct. 12, a rally and press conference took place at the 3060 Fillmore Street store, which drew supporter Supervisor Mark Farrell. But in the end, it could not secure a new lease.

In a statement, the company expressed its gratitude to “Supervisor Farrell for his unending support and encouraging our landlords to come to the table for a discussion, to Leslie Leonhardt with the Union Street Association for rallying the business community behind us, and to our incredible employees, whose energy and passion for service continue to inspire me.” It also thanks “our loyal customers, who have shopped with us for years.”

On the positive side, Real Foods is expanding its operations at the nearby 2140 Polk Street location.

POLK, VAN NESS CONSTRUCTION UNDERWAY

The city has two major road reconstruction projects underway simultaneously, presenting some commute challenges for locals and visitors.

At the end of October, the San Francisco Municipal Transportation Agency (SFMTA) got underway with its Van Ness Avenue construction project that will have major impacts on commuters and nearby residents and businesses. Look for reduction in traffic to two lanes in each direction; most left turns will be removed; and much of the raised median of the street will be removed and paved.

Meanwhile, SFMTA says that Polk Street’s traffic lanes will remain open during construction there, which also began in October. But when finished, there will be new raised bicycle



Supervisor Mark Farrell joined Real Food representatives at an Oct. 12 rally to save the Fillmore St. store. PHOTO: EARL ADKINS

lanes, new pavement, corner bulbouts, and other changes.

FIGHT OVER POLITICAL MONEY

District 2 Supervisor Mark Farrell called for a federal investigation into a local nonprofit housing group’s political contributions. The Todco nonprofit housing group, active in the South of Market area, operates multifamily buildings with nearly 1,000 units. The *Chronicle’s* Matier and Ross report that the developer refinanced its “federally subsidized apartments for millions of dollars, then pumped \$370,000 of the extra cash into progressive campaign causes.

That didn’t sit well with Farrell, who on Oct. 19 issued a statement accusing Todco of “profiting from taxpayer subsidy and funneling those profits into local political campaigns.” He asked that the U.S. Department of Housing and Urban Development investigate to make sure that “public resources were not used for political purposes.”

Todco set up the Yerba Buena Neighborhood Consortium for political advocacy, and it has been active supporting causes of the city’s progressive wing, such as District 3 Supervisor Aaron Peskin’s Proposition M, Proposition C, and other ballot measures opposed by the Board of Supervisors’ moderates.

Farrell said “YBNC’s activity and spending clearly does not pass the smell test. Instead of reinvesting profits gained from public subsidy to affordable housing needs and tenant improvements, YBNC is acting as a shell entity to bankroll their pet political campaigns.”

Todco’s chief, John Elberling, told the *Chron-*

icle that his organization has done nothing wrong.

\$11 MILLION FROM FEDS FOR ANTI-CONGESTION PROJECTS

In mid-October, Mayor Ed Lee welcomed an award of \$11 million from the U.S. Department of Transportation to help the city try to deal with traffic congestion.

The funding will support six initiatives of the San Francisco Municipal Transportation Agency and the San Francisco County Transportation Authority. The projects create high-occupancy vehicle lanes for public transit and carpools, set aside streetside space for carpool and ridesharing drop-offs and pick-ups, change traffic signals to try to reduce congestion and increase safety, an electronic toll system for Treasure Island, and testing electronic autonomous shuttles on Treasure Island.

FARRELL FINE SLASHED

At its Oct. 17 meeting, the San Francisco Ethics Commission voted 3–2 to reduce its fine for Supervisor Mark Farrell’s 2010 campaign over allegations of campaign finance violations. Farrell, who says he was unaware of the alleged misconduct, will pay \$25,000 instead of the originally sought \$191,000.

CORRECTION

In Real Estate Round-up, “Market Report,” October 2016, homes were described as selling for “106.6 percent above asking.” It should have read “106.6 of asking.”

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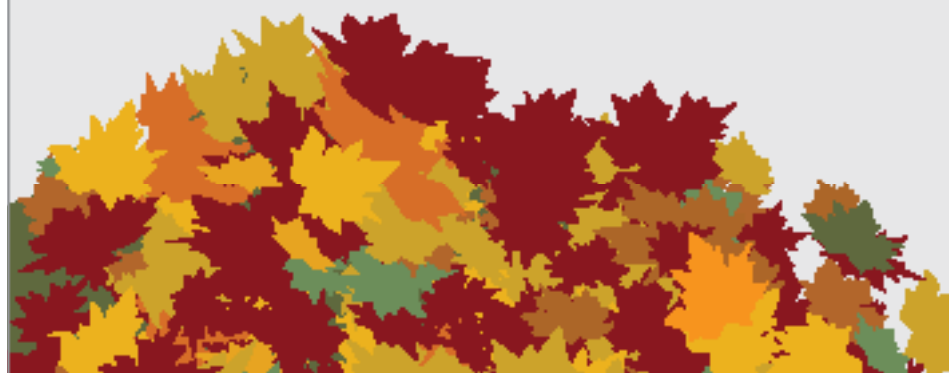
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Reynolds Rap
continued from page 1

to the media because, with just weeks before Christmas, their shelves were empty. I remember thinking, *Why don't the Aydin Senkuts of the world care more about their communities?* Five years later, I'm still wondering.

Many of the old tech guard signed on to the Bill Gates and Warren Buffet Giving Pledge, a promise from the wealthy to give at least half of their fortunes to good causes before their death. While guest hosting on KGO radio in 2012, I called out Facebook founder Mark Zuckerberg for not doing more with his fortune. Since then, Zuckerberg and his wife, Dr. Priscilla Chan, have pledged to donate 99 percent of their Facebook shares, valued at \$45 billion, to the Chan Zuckerberg Initiative, a philanthropic venture focused on health and education, including \$75 million to The San Francisco General Hospital Foundation (the largest single private donation from individuals to a public hospital in the United States).

Zuckerberg isn't the only generous tech titan. Salesforce founder and CEO Marc Benioff is a passionate philanthropist whose "1-1-1 model" contributes 1 percent of product, 1 percent of equity, and 1 percent of employee hours back to global communities it serves. More than 700 companies have embraced Benioff's concept through the "Pledge 1%" movement (pledge1percent.org). Benioff and his wife, Lynne, have dedicated their personal charitable ambitions to improving public education and children's health care (through UCSF Benioff Children's Hospital). This past September, the Benioffs also announced a \$20 million gift to USC to help build

a new cancer institute after Oracle chairman Larry Ellison said he would donate \$200 million in Oracle shares over time to the center, which will bear his name.

Benioff has been a vocal critic of the me-me-me millionaires. At the 2016 TechCrunch Disrupt conference, he called tech founders "stingy" for not taking

Marc Benioff has been a vocal critic of the me-me-me millionaires. He called tech founders "stingy" for not taking more personal action.

more personal action. "Founders have hoarded their wealth; they haven't cared about the communities we do business in," he said. "We can stay and do our code, focus on our own results. That's fine, but you're not really going to get the great feeling of life. The real pleasure to help other people ..."

I couldn't agree more. While Benioff, Zuckerberg, and some of the old guard are generous, they are the exceptions. The "tech bros" — young, mostly white men in their twenties — have a sense of entitlement and an attention span that barely lasts from one swipe of their iPhone screen to the next. I hear them in restaurants, on the street, and in stores bragging about their companies and all the money they're making, not a care in the world. I also hear them complaining about the homeless, the filth, the congestion. What I never hear them say is, "I'm going to make a difference" or "I'm going to do something to change that."

Recently the Alameda County Animal Shelter announced that it might have to close due to lack of funds. A few weeks before, the Palo Alto Animal Shelter offered the same dire news. The *Marina Times* was a social media late bloomer, but we're finally on board, and I

have been utilizing it to bring attention to situations like these. On Facebook, I asked Yelp founder and CEO Jeremy Stoppelman, who says he's a big animal lover, why his company doesn't "adopt," one of the shelters. The Yelp Alameda Animal Shelter has a nice ring to it, and the \$100,000 they need to stay afloat is pocket change in tech titan terms. I must have hit a nerve, because thousands of people shared my post and asked Stoppelman to step up. We got the typical tech elite silence from Yelp. I guess it really shouldn't be a surprise that, in the most affluent area

in the world, we have nonprofit organizations on the brink of shutting their doors.

In 2011 when Twitter promised to clean up San Francisco's Mid-Market neighborhood in exchange for a hefty tax break, I was more than a little skeptical. On a walk through the area six years later, I see minimal change to the two blocks surrounding Twitter headquarters and a growing sea of poverty, crime, homelessness, and mental illness everywhere else.

So what has Twitter done since receiving that tax break? They've spent \$3 million opening a community center called NeighborNest, where Twitter employees volunteer alongside social workers to help families look for housing and learn computer skills, and they've invested another \$3 million in grants to nonprofit groups serving underprivileged neighborhoods around the city. While that may sound substantial, consider that Twitter is valued at around \$10 billion (down from a 2013 high of \$40 billion), and its founder and CEO Jack Dorsey, even on a bad day, has a net worth of around \$1 billion.



Googlers in a snow globe during a holiday party at San Francisco's Exploratorium. PHOTO: INSTAGRAM, @DINOS_NOT_DJS

As the holidays approach, once again food banks have empty shelves and homeless shelters don't have enough beds to go around. Near the Google campus in Mountain View, the working poor live in makeshift RV "Googlevilles," their campers lined up along the streets of surrounding neighborhoods. A few residents are even tech workers, unable to afford the town's rising rents. Meanwhile,

As people took selfies in the dugouts and munched on falafel waffles with tahini aioli, I wondered why it hadn't dawned on Twitter, Google, and other tech companies to turn their holiday parties into what I call "charitable chances." Perhaps they could charge an entry fee of one frozen turkey per guest to help feed needy families, or a pair of warm socks to be delivered to the homeless, or toys to be

donated to local animal shelters. These are such small gestures to those fortunate enough to be attending such parties, but it would make a world of difference to the recipients. On Christmas night, when a child

As the holidays approach, once again food banks have empty shelves and homeless shelters don't have enough beds to go around.

the tech firms are planning their lavish annual employee parties. Google is infamous for its flashy festivities, from an Indiana Jones-themed bash in L.A. to a giant snow globe for revelers to climb in at the Exploratorium. Last year Twitter threw its event at AT&T Park, where centerfield became a dance floor and the hashtag #celebrate was plastered in neon.

goes to sleep with a full stomach, or a homeless person with warm, dry feet, or a shelter pet with a toy to comfort its loneliness, the return on investment will likely be far greater than throwing millions at a friend's start-up.

E-mail: susan@marinatimes.com. Follow the *Marina Times* on Twitter @TheMarinaTimes and like us on Facebook @MarinaTimes.

Bellingham
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Buddy Holly — even rap, if you call that music. You know that all of Shakespeare's villains hated music. ... Doesn't surprise me that I thought I saw old Will at the end of the bar at Aunt Charlie's. In the words of **Ian Whitcomb**: "Shakespeare dead? Poor old Bill — I never thought the poor devil was ill!" ... Yes, it is November, and I feel like kicking up the leaves. Of course, it is time for Thanksgiving, and all of that sort of thing — when we are stuck with people we love — and others. Also it marks my birthday: Yes, I will be a senior citizen. Officially. An ebullient, vital, senior citizen, I hasten to add. I don't feel 65. How should I feel? I don't know. This is one of the many things they don't teach you in school. That's because the teachers are too terrified to talk about how old they're getting.

What's so bad about getting old? Perhaps I may pose this: What's so good about getting old?

David Gockley, who retired recently from the San Francisco Opera, which is one of the best things ever visited upon the cosmos — said to me, "I'll tell

you, when you get older, then everything hurts."

Gockley is a real hero. He elevated the opera beyond all expectation. It's also true about all the people who work at the opera. They love their craft. Each person at the opera, and at all the performing arts venues in town are all artists. They are in the industry of beauty. Dedicated to the things they love.

And, you bet, there are days when they wish they could just go home, and hide.

Welcome to show business.

A young person recently offered this: "When you're older, you have gained so much wisdom."

Right. But when one gets older, you seem to be The Invisible Man. No one notices you until you really start trouble.

I love that movie, *The Invisible Man*. We have all had days when we wanted to be invisible.

Good luck.

Let's start some trouble. Trouble in a good sense.

... Let me take you back to 1963 ... and take you back to a great girl — my mother. (**Maurice Kanbar** and I share this sentiment: We'll never forget our moms.) Funny thing about moms. We may argue

and misbehave, but in the end, they were always right. Dammit, anyway. Beguiling, no? ... **Diane Weissmuller** — that's right — daughter-in-law of Tarzan, and my dearest friend in San Francisco, would refer to my mum by her given name, Jemima. I could never call my mom by her first name. Herb Caen adored my mom. He got to call her Jemima. ... Mum was born in Scotland. She hated her name. She said so. She would sit at the kitchen table in Pacific Heights and tell me how she was picked on as a girl in Elizabeth, N.J. It was all about Aunt Jemima's Pancake Flour boxes with **Ethel Waters** on the cartons. You see, racism and bullying is nothing new. ...

"Then why don't you change your name, Mum?" I asked. "**Irving Berlin** (another immigrant) did." Sure, let's build a wall, and keep out the geniuses.

"What, are you crazy?" Mumsie barked. "People like us don't change our names."

Ah, the old British class system. It's still here, folks.

And so that brings us to the story of my birthday. It's Nov. 21. I was about to turn 12 that year of 1963. Mom said, "Tomorrow's your birthday. You can have anything you want for dinner."

"Anything, Mom?"

"Anything."

"I want champagne and spare ribs."

She gave it to me. This accounts for my self-indulgent nature.

And, boy, was I sick. I stayed home from school the next day. I watched TV in my parent's bedroom. ... My mom loved soap operas, especially *As The World Turns*. Then, out of WCBS in New York, **Walter Cronkite** broke in with the bulletin that **President Kennedy** had been shot. That was startling. But not as startling as to see Cronkite without a jacket.

All the same, at 12 years old, I sensed that the world had changed. It continues to change, of course. I may still love champagne and spare ribs, but I don't have the power to change much more than ordering things for my birthday.

So I will order this — with my limited power — a sweet, good-natured Thanksgiving to all who read.

Bruce Bellingham is the author of Bellingham by the Bay. You may empower him at bruce@marinatimes.com. Follow the Marina Times on Twitter @TheMarinaTimes and like us on Facebook @MarinaTimes.



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Marina-Cow Hollow Insider :: Neighbors

Babies and more new stuff

BY LYNETTE MAJER

UNION STREET UPDATE

Our friends at **The Dryansky Gallery** (2120 Union Street) are welcoming a new baby this fall, so the gallery is open by appointment only for the remainder of the year — but they’re doing some exciting things with the space. Currently, the pop-up **MM La Fleur** women’s clothing is there through Nov. 13, so you still have time to book your champagne-sipping appointment with a personal stylist to find some great new additions to your fall wardrobe.

In good London company, **Negarín London** (2163 Union Street) opened recently, next door to Maggie Malone. The boutique features womenswear designs from Iranian-born designer-artist Negarín, whose inspiration comes from her Persian upbringing and worldwide travels. The garments are constructed in Poland (experts in tailoring, a surprise to us) and Italy (well, you know, Italy), Lithuania, and Los Angeles. Drop in and say hello to Marie.

Morning Lavender (2150 Union Street) opened last month in Leo Van Galen’s former upholstery space after debuting last year with a pop-up shop (also on Union). With the tagline, “A feminine boutique,” the store features reasonably priced women’s wear accented with a few home decor items. We spied the very skirt we’d (unsuccessfully) scoured the earth for two years ago, so we’ll be back for some real-time shopping. The boutique started with an online store, and owner Kim believes their online presence and a brick and mortar location will be the best of both worlds. Kim said she’s received a warm welcome, and we’re thrilled she chose Union Street.

We trust you’ve found this luxury women’s designer consignment shop, **Sui Generis** (2147 Union Street), tucked into that charming little historic courtyard just a few doors down from Coffee Roastery. Combined with their men’s store (2231 Market Street) they’ve been in business for 10 years, so we wanted to offer congratulations and appreciation for gracing the street with some fine fashions. Last year, we



Morning Lavender. PHOTO: FACEBOOK.COM/MORNINGLAVENDER

took our Christmas bonus in an extremely cool coat from Italy, which was a real no-brainer, right? If you haven’t discovered them, make sure you do. You’re sure to find, a well, find, and a unique (which is what the store name translates to) one at that.

THE BERMUDA TRIANGLE IS REAL

In search of some baby blue tissue paper for a gift recently, we headed down to **Marina Cards & Stationery** (3128 Fillmore Street), our go-to for the Hallmark card side of our family, and were disappointed to see they had closed up shop. On our return trip, we were struck at how the “Bermuda Triangle” is living up to its name — an alarming number of businesses between Union and Lombard have been “swallowed up”: The months-long empty **Espresso Roma Cafe** (3130 Union Street); the short-lived Indian food restaurant **Lasan** (3145 Fillmore Street); **Work Happy** (3151 Fillmore Street), offering shared working space; the long-vacated **Caffe Dolci** (3101 Fillmore Street) at the cursed corner of Fillmore and Greenwich; the former **Cabana Home** (3024 Union Street); and **Insite Antiques & Design** (3001 Fillmore Street), where we once spied the adorable in the window — a shiba inu pup curled up snoozing in a wooden bowl. Also vacated is **Motion Wireless** (3048 Fillmore Street), which has just moved around the corner to 2117 Union Street, so that’s the best news of the bunch. Real Food (3060 Fillmore Street) is sadly the latest victim (see News Briefs, p. 3).

Landlords, are you listening? This is not a good look.

MO’ BEAUTY ON CHESTNUT

When we were told “a beauty supply” place was opening on Chestnut Street in the former G Star Raw space, we were just mildly curious until we discovered it will be **Blue Mercury** (2060 Chestnut Street). Now we’re interested. Earlier this year, they invited us to their debut in Macy’s Union Square, and we were duly impressed (particularly with the swag bag, but we digress).

We’d describe it as a more manageable version of that store on Union Street (which we also love, but sometimes are overwhelmed with choices), but with more personalized service from brand ambassadors. A recent return at another Blue Mercury store was enthusiastically made, no fuss, no muss, no paperwork, putting them at the top of our list, so we’re eager for them to grace our ’hood.

EAT AND GIVE BACK

We love it when businesses give back, so we’re especially excited about this one because it involves eating. Through Nov. 15, **Pacific Catch** (2027 Chestnut Street) is featuring seven menu items highlighting the flavors of coastal Mexico. For every order of White Sea-bass Veracruzano, Pacific Catch will donate \$1 to the Surfrider Foundation San Francisco, which shares in the restaurant’s desire to protect the coastline. The other six dishes sound pretty delicious, too, but we know you’ll want the seabass so you can feel like you did something good. Available at all six locations.

E-mail: lynette@marinatimes.com. Follow the Marina Times on Twitter @TheMarinaTimes and like us on Facebook @MarinaTimes.

Stopping the dark money game

Progressive campaigns bankrolled by taxpayer-funded affordable housing scam

BY MARK FARRELL

A RECENT ARTICLE FROM THE *SAN Francisco Chronicle* brought to light a local “affordable housing” developer who has been donating hundreds of thousands of dollars of dark money to ballot measure campaigns right here in our backyard. This local “affordable housing” developer, John Elberling, freely admitted to the *Chronicle* that he raked in millions in profits from refinancing his group’s “affordable housing” properties that were built with a mix of taxpayer subsidies. In the 2016 campaign season, Elberling’s organization has already spent more than \$385,000 on local political campaigns, all backed by supervisors Aaron Peskin and Jane Kim. What’s wrong with this picture? A ton.

HIDING BEHIND A FACADE

First of all, despite the outsized influence of private money in political campaigns, using taxpayer dollars for political purposes is flat-out illegal. Elberling and his organizations are currently being investigated by the California Fair Political Practices Commission, and a complaint was filed with the San Francisco Ethics Commission as well. More important, it’s reprehensible for a developer to hide behind a cloak of building “affordable housing,” only to strip

these affordable housing projects of sorely needed maintenance dollars to fund his pet political campaigns. Elberling’s “affordable housing” properties have multiple complaints on file with our Department of Building Inspection for poor maintenance, including complaints from low-income seniors who have not received hot water for *months* at a time. In addition, tenants in his buildings also claim that they fear coming forward with their complaints and issues because of threats and the fear of being evicted.

SHELL GAME

Second, Elberling is making all of his campaign contributions through a shell entity – the Yerba Buena Neighborhood Consortium LLC (YBNC), which currently escapes disclosure requirements for the source of funds. Until the U.S. Supreme Court reverses its *Citizens United* decision, our best tool is to require disclosure of all donors, and by funneling all political contributions through YBNC, Elberling has been attempting to skirt our

local disclosure laws.

THE PROP EFFECT

The bottom line? A local “affordable housing” developer is using taxpayer funds to refinance “affordable housing” properties funded by taxpayers, and using the proceeds to fund local political campaigns, which he is funding through a shell LLC to avoid disclosure requirements. His dark money is supporting Propositions C, D, H, L, M, and X and is opposing Propositions U and P.

I will be promptly introducing legislation to close these current loopholes for good, and I have called for an immediate investigation of Elberling’s activities by the United States Department of Housing and Urban Development (HUD). Whether his “affordable housing” projects were funded through local, state, or federal HUD dollars, as taxpayers we all have an interest in making sure our taxpayer funds are spent effectively and for their proper purpose — not siphoned off for political campaigns. **CHANGE IS COMING**

Moving forward, any affordable housing project funded with local dollars in San Francisco will be restricted from using refinancing proceeds for anything other than capital improvements to existing affordable housing buildings, or the purchase of additional affordable housing projects. Affordable housing developers should be in the business of acquiring, building, and maintaining affordable housing, not bankrolling political campaigns. In addition, LLCs will be forced to disclose the sources of their own political funding. I will not stand by and let this type of questionable activity continue. As chair of our city’s Budget and Finance Committee, I take my fiduciary responsibility extremely seriously. With finite and limited taxpayer dollars, it’s our responsibility as elected officials to ensure taxpayer resources are being spent efficiently and wisely, and especially not on political purposes. There will be more to come on this topic, but in the interim, please join me in opposing all of the campaigns which Elberling is attempting to influence through his affordable housing scam. Please vote no on Propositions X, D, H, L, and M and vote yes on Propositions U and P. San Francisco deserves better.



Supervisor Mark Farrell



“It is neither humane or compassionate to let homeless San Franciscans live in tents on the streets. We must do better. Join me and Vote Yes on Prop Q this November.”

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E-mail: ernest@marinatimes.com. Follow the Marina Times daily on Twitter @TheMarinaTimes and like us on Facebook @MarinaTimes.

Who's units? Our units. Protecting the city's housing assets

BY AARON PESKIN

IPUT PROPOSITION C, THE Affordable Housing Preservation Bond, on this November's ballot because creating new housing isn't enough. San Francisco has allowed thousands of existing units to be lost to illegal conversions, speculative real estate schemes, and illegal hotelization, aided by corporations like Airbnb.

It's been more than two years since former supervisor David Chiu passed a law supported by Airbnb to legalize short-term rentals (STRs) in the city, which many of us decried as a corporate giveaway and unenforceable. Earlier this year, Supervisor David Campos and I went back to the drawing board to strengthen it, and Airbnb hit back hard with a lawsuit. Board President London Breed and I have now introduced a measure to further strengthen our existing short-term rental law by capping them at 60 days for those who register after Oct. 11, 2016. Good actors

would be grandfathered in to the existing model of a 90-day limit for unhosted and 365 days for hosted. What would *not change* is that Airbnb (and corporations like it) would still be required to do business with legally registered rentals only.

This is common-sense legal enforcement that would ensure we are not turning valuable San Francisco housing into 24/7 hotels. A recent study has confirmed that 72 percent of listings (whether legal or not) rent for 60 days or less, and the impact would be squarely shouldered by bad actors who have been renting entire buildings or turning housing into “tech dorms,” as seen in

and Santa Monica are all feeling the wrath of Airbnb after sticking up for residents. Hours after New York's Gov. Andrew Cuomo signed a law that would fine Airbnb hosts who break the law, Airbnb filed a federal lawsuit. It has also created an \$11 million super PAC that is targeting New York state lawmakers who supported the bill. Here in San Francisco, Airbnb has flexed its political muscle by dumping almost \$10 million into local races this past year, making it San Francisco's number-one political spender.

The bottom line is that Airbnb can't have it both ways: It must either stop aiding and abetting illegal activity, or the city must take action to protect San Franciscans. It's time for Airbnb to start acting like a good corporate citizen and not like a schoolyard bully. As

one constituent recently pointed out to me: Airbnb suing its city because it's being asked to follow the law is like a city supervisor

suing his city after being assessed a \$191,000 ethics fine. It's just not right. We *all* have to follow the law, and it's frankly designed to protect our most vulnerable

no oversight, while managing hundreds of millions of dollars of public funds. It would force them to implement a strategic plan for housing and development

citywide and hold the departments accountable for how dollars are spent and what development deals are cut. Finally, please vote no on Propositions P and U, the real estate agents' disingenuous

antihousing measures designed to halt and eliminate affordable housing. The national, state, and San Francisco real estate agents' associations are dumping millions of dollars of dirty money into races across the country. Whether they're funding teabagger Republicans in Nevada or funneling money into efforts to stop passage of affordable housing laws in California, they have made it clear how little regard they have for our communities.

Take a stand this Nov. 8 and vote the Housing Forward Slate for affordability and accountability — and to show the real estate agents that San Francisco can't be bought!

See you at the polls — and
around the neighborhood.

Proposition M would create a commission to oversee those city departments currently operating with little or no oversight.


residents, many of whom have nowhere to go if displaced from their homes.

**VOTE HOUSING FORWARD
SF FOR AFFORDABILITY AND
ACCOUNTABILITY**

I want to reiterate my support for the Housing Forward SF slate that I wrote about in last month's column. Please remember to vote yes on Proposition C (Affordable Housing Preservation Bond) so property owners can fund critical safety upgrades to at-risk buildings and the city can buy multiunit buildings for affordable housing. Vote yes on Proposition M, which would create a Housing and Development Commission to oversee those city departments currently operating with little or

Airbnb has flexed its political muscle by dumping almost \$10 million into local races this past year, making it San Francisco's number-one political spender.



NBC Bay Area's ongoing investigations. And we're not alone in having to stand up for our constituents. Amsterdam, Barcelona,



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The Tablehopper :: New and updated



The muffaletta chopped salad at The Elite Cafe. PHOTO: TABLEHOPPER.COM

‘Wellington Wednesdays,’ new openings will have you well fed

BY MARCIA GAGLIARDI

COW HOLLOW/MARINA

The short-lived Gipsy Darling will be replaced by a casual Filipino pop-up called **Elena Una** (3347 Fillmore Street) from chef Janice Lazaga and her wife, Kaye Otbo. Look for some updated Filipino dishes. By the time you read this, they should be open. Tuesday–Saturday 8:30 a.m.–2 p.m. and 4:30–9 p.m.

In the former **Betelnut** (2030 Union Street), Adriano Paganini’s restaurant group, Back of the House, which is taking over the space, has revealed it will be a **contemporary Mexican restaurant**. The menu will feature traditional dishes from Mexican states spanning the Gulf to the Pacific (so, um, that’s a lot of ground, but we’ll see what they focus on). Family recipes, masa ground on-site (by hand!), and roasted meats by the pound (carnitas) are mentioned, plus small plates like sopas and crab tostadas, as well as other starters, salads, mains (whole-roasted fish), and more. Chef-partner Luis Flores (Uno Dos Tacos) is playing a big part in the concept, taking several trips to Mexico with Paganini. There will also be traditional and craft cocktails, with a focus on mezcal and tequila (of course), and pitchers. Always dangerous. Stand by for more on timing and the name.

Fans of beef Wellington will want to check out **Wellington Wednesdays** at the newly named (former Spaghetti Bros.) **Maybeck’s** (3213 Scott Street, 415-400-8500). A whole beef tenderloin (prime, dry-aged) from Flannery Beef will be sliced and served until sold out. Price is \$24 per person with a side of creamed spinach and black truffle jus. Starts at 7 p.m.

GHIRARDELLI SQUARE

Waxman’s Pizzeria (900 North Point Street, Ste. B-201B, 415-226-1244), opened recently next to **Waxman’s** restaurant. The menu includes fried appetizers and main-dish salads, sandwiches like the JW chicken salad sandwich (with Jonathan Waxman’s famous chicken), a meatball sandwich, and pizzas like chicken, corn, cherry tomato, Fontina; shrimp, Grana, salsa verde, chili; and Nueske’s bacon, potato, Grana, aioli. There’s also a kid’s menu and wine for mom and dad, plus a patio to enjoy it on. Tuesday–Saturday noon–9 p.m. and Sunday noon–5 p.m.

RUSSIAN HILL

There’s a new place to check out: **Dakshin** (2127 Polk Street, 415-400-4906), a fast-casual South Indian spot in the former Batter Bakery space. The menu includes a thali plate, dosas, uttapam, and curries, like a prawn curry, Mangalore chicken, and more. The owner is Pradeep Paniyadi of Sangeetha in Sunnyvale. Wednesday–Monday 11 a.m.–10 p.m.

FILLMORE

Last month, I gave you a preview of what to expect with the reopening of the updated **The Elite Cafe** (2049 Fillmore Street, 415-346-8400), and let’s just say you should be pretty pleased they are now open! The 78-seat space is all spiffed up, with fresh gray-blue paint on the historic mahogany booths (which were extremely weathered), lots of Carrara marble tabletops (reminiscent of classic New Orleans eateries), a new penny tile floor (which is more like the original in the 1920s), and plenty of shiny brass. Everything has a crisper

look instead of the previous brown tones.

The menu from chef Chris Borges, a New Orleans native, is full of flavor and fun touches, like vadouvan with the lightly fried okra, and there’s a muffaletta chopped salad with ham, mortadella, salami, smoked provolone (pictured), Gruyère, giardiniera/house-pickled vegetables, and Little Gems. There are plenty of classics, like a crawfish étouffée made with plump Louisiana crawfish and uni butter, and a duck gumbo with a pleasing thickness and house-smoked duck sausage. Stewed okra makes for a great vegetarian dish, and meat lovers will like the house-pickled pork and grilled andouille in the red beans and rice. And there’s Southern fried chicken, oh yes (it’s buttermilk-soaked Mary’s chicken).

The bar program got a nice update from Kevin Diedrich (Pacific Cocktail Haven [PCH]), with a spirituous spin on a Sazerac (made with Cognac). You’ll be tempted to walk out the front door with the frozen Irish coffees and Hurricanes in their plastic to-go cups, but don’t do that, you’re in San Francisco.

Hours are Monday–Friday 5–10 p.m., with the bar menu served to midnight; the bar is open until last call (or 2 a.m., if the party doesn’t want to stop). Weekend brunch starts at 9 a.m. and continues into dinner. Welcome back to the Fillmore!

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.

King Estate Oregon Pinot Noir 2014 (\$29). Pinot is praised as “the” Thanksgiving wine, so this blend of organically grown estate grapes from the southern tip of the Willamette Valley with others from sustainably farmed vineyards throughout

Spicy Vines California Spiced Red Wine (\$24). I tasted this wine years ago at an event when they were first starting out and deemed it delicious. Though they never sent me a promised bottle, it's a fun — and unusual — pour and a gold-medal




Titus Vineyards Napa Valley Merlot 2013 (\$38). Yes, the maligned Merlot, the poor varietal that was unduly snubbed in *Sideways*. True, there are bad Merlots out there, but this isn't one them, in fact, there are no bad wines from Titus. This Merlot is a wonderful example of how good this varietal really is — dark, fruity (but not too), and full.

E-mail: lynette@marinatimes.com

The image is a promotional advertisement for Calzone's restaurant. At the top, the brand name "Calzone's" is written in a large, red, cursive script. To the right of the logo, the text "in the heart of North Beach" is displayed in a smaller, red, sans-serif font. Below the logo, the restaurant's address "430 Columbus Avenue", phone number "415.397.3600", and website "calzonesf.com" are listed in a white, sans-serif font, separated by vertical bars. The bottom half of the image is a photograph of the restaurant's exterior at night. The building features a prominent arched awning with the word "RESTAURANT" in white capital letters. The entrance is brightly lit, showing a bar area with shelves of bottles and a "RED brick oven" sign. Numerous patrons are seated at small, round outdoor tables, and a waiter in a white shirt and dark vest is visible on the left. The overall atmosphere is warm and inviting.

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Appetites and Afterthoughts

My Father's Pot Roast

He may have been cranky, but he sure knew how to make pot roast

BY ERNEST BEYL

MY FATHER WAS A retired San Francisco chef. When he was 90, we moved him into our large apartment on Telegraph Hill in San Francisco from his home in Oakland, where he had lived with my mother before she died. It would prove to be a difficult time for us — my wife, my daughter, and me. But it was the most difficult for my father. Compelled to use a walker by that time, he remained in the apartment throughout what must have been long days. My wife and I both worked. Our daughter, a teenager then, was in high school. But having my father with us could also be pleasant and rewarding when we shared a glass of wine in the evening and he rambled.

He had a lot of stories from his days in the kitchen. My father emigrated to the United States from Alsace in 1912 when he was 15. He talked his father, a baker in the Alsatian storybook town of Obernai, into letting him make the big move with the stipulation that he return when he had worked the wanderlust out of his system. My father never returned to Alsace. He made his way west to San Francisco and became a kitchen helper at the St. Francis hotel under famed chef Victor Hirtzler, who was also an Alsatian. Hirtzler turned my father into a cook and finally a chef. And that's how my father wound up in San Francisco where this story takes place. He worked in various kitchens in and around San Francisco throughout most of his life.

My father knew good food and he knew how to prepare it. Yet his dining requirements were not elaborate, as seems to be the case with many chefs. What my father liked to eat was what he called "simple food." For example, he liked a good pot roast.

When my mother was alive, she prepared pot roast, and just about everything else we ate at home, according to my father's specifications. She cooked, even when he was home from his job in a kitchen somewhere — which was seldom, by the way. My father gave the orders.

One evening shortly after we agreed that it was bad for him to continue to live

alone and had moved him into our place on Telegraph Hill, I arrived home about 6 p.m. I unlocked the front door and opened it. There he stood just inside the threshold, leaning on his walker. Apparently no one else was home yet.

"Where have you been?" he asked. He was obviously annoyed.

"Shopping for our dinner." At least that was a positive, I thought.

"This late?"

"I wasn't aware that it was late." I looked at my watch. "My God it's only six."

"What are we having for dinner?"

"Pot roast."

My father sucked in his breath through his teeth, shook his head from side to side, and walked off slowly into his room.

I went into the kitchen, poured myself two fingers of vodka, put on an apron, and got ready to make dinner. I took out a pot with a lid, put it on the stove, and chopped an onion. I put the onion in the pot, lowered the hunk of chuck I had picked up at the butcher's, and poured a can of beef broth and a splash of red wine over it.

Just at that moment my father came into the kitchen. Before I could put dinner in the oven he looked in the pot and said "What's that?"

"I told you, it's pot roast."

"It is not pot roast. It's pot meat."

Well, it was a hell of an evening. We finally ate about 10 o'clock. The so-called pot meat, was pale and tasteless, no matter how much salt and pepper was applied. Actually catsup fixed it up and made it taste O.K. Mostly, we just sat in silence and chewed on what had to be the toughest piece of meat in the world.

Two or three days passed. Then, I found a two-page note from my father sitting in the middle of my desk. In a shaky hand with his fountain pen he had written the following:

Dear Son:

I love you, but you don't know how to make pot roast. Here's how you make pot roast.

Pot Roast

Serves 6

Ingredients:

- 1 4 to 5 lb pot roast (bottom or top round)
- 2 carrots (peeled and sliced)

- 1 sliced yellow onion
- 2 strips of celery (sliced thin)
- 1 leek white part only (cut in thin circles)
- 1 bay leaf
- 6 cloves
- 3 garlic cloves (chopped fine)
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 1 teaspoon ground thyme
- 1 teaspoon rosemary needles
- 2 tablespoons flour
- 2 tablespoons olive oil (or bacon fat)
- 3 cups beef broth
- 1 cup red wine
- ½ cup tomato sauce

Method:

Preheat oven to 300 degrees.

With the oil, brown chuck roast on all sides in large pot at medium-high heat on top of stove.

Place browned roast in oven and roast for 1 and ½ hours. Turn the meat every 20 minutes.

Place uncovered pot on stove top burner and add the aromatics (carrots, onion, celery, leek, bay leaf, cloves, garlic, pepper, thyme, rosemary) and return all to oven until aromatics are brown (approximately 20 minutes).

Remove pot from oven and remove meat from pot and set aside on warm platter.

Turn heat under pot to medium. Add flour and stir with aromatics to make a roux. Be careful not to burn.

Turn heat to low and add beef broth, tomato sauce, and red wine to pot and stir. Bring to low boil.

Add roast to pot, pouring sauce over the top, and return to oven.

Roast for approximately 1 hour.

Test roast for doneness by inserting the tip of the blade from a small knife. If blade slides easily through the meat the roast is done.

That's how you make Pot Roast, he concluded.

I looked at the next page. There he had written:

P.S. Your spaghetti's not so good, either. Here's how to make spaghetti sauce. When you make pot roast you will have some brown sauce left over. Use that brown sauce in your spaghetti sauce.

The spaghetti sauce recipe followed, but that's for another story.

My father died in 1989 at 93.

E-mail: ernest@marinatimes.com



Easy popovers. PHOTO: SUSAN DYER REYNOLDS

Impress your holiday guests with these easy popover recipes

BY SUSAN DYER REYNOLDS

MOST PEOPLE FALL INTO A RUT when it comes to holiday bread options (think Pillsbury Crescent Rolls), but I have a couple of deceptively simple recipes that will impress your guests and tickle their tastebuds. If you've ever been to Nieman Marcus and had their popovers with strawberry butter, now you'll know how they can afford to give them away. Not only are popovers cost effective, they're also a breeze to make as long as you follow a few simple rules: make sure the pan is hot before pouring in the batter, don't fill the cups more than half full, and no opening the oven while they're baking.

I have a special popover pan — I got mine for \$12 at Home Goods, but they're readily available online and in the neighborhood. I promise that once you have homemade popovers, you'll want one of these pans. If you don't have a popover pan, use a large muffin tin or make one large popover in a skillet (as I do in the second recipe).

The first recipe is for plain popovers, but you can dress them up with a variety of spices, cheeses, veggies, and meats. I am including two of my favorite versions — margherita and cinnamon sugar — as well as a simple recipe for strawberry butter that can be made using any of your favorite preserves.

The second recipe for asparagus and Fontina cheese popovers can be made using any melty cheese (Gruyère, cheddar-jack) and a veggie of your choice (Brussels sprouts, roasted squash), though they're pretty great with Fontina and asparagus. You can serve these as a side, perhaps in place of that green bean casserole. (You're welcome.)

EASY POPOVERS

Serves 4 to 6

- 1 tablespoon butter
- 2 eggs
- ¾ cup milk
- ½ teaspoon salt
- ¾ cup all-purpose flour

Preheat oven to 425 degrees with popover pan in oven to warm. Melt butter in microwave and let cool. Whisk eggs and milk in mixing bowl. Add salt. Whisk in flour. Add butter. Using oven mitts, remove warm pan from oven and spray with nonstick spray. Ladle pan half full. Bake on parchment-lined baking sheet

for 28 to 30 minutes, or until puffed up and golden brown. Serve hot with strawberry butter.

To make strawberry butter: Place ½ cup unsalted butter in bowl and beat until smooth. Add ½ cup preserves and beat until fluffy. Scoop into small ramekins, smooth top with dull edge of knife. Refrigerate for at least two hours before serving.

To make margherita popovers: Gently press a 1-inch piece of mozzarella cheese, a few pieces of chopped tomato, and one fresh basil leaf into each popover before baking.

To make cinnamon sugar popovers: Mix ⅓ cup cinnamon sugar (or equal parts cinnamon and sugar) and ⅓ cup unsalted butter in a bowl and beat until smooth. Tuck 1 teaspoon of mixture into each popover before baking.

ASPARAGUS-FONTINA CHEESE POPOVERS

Serves 4 to 6

- 1 cup fresh asparagus, trimmed and sliced diagonally
- 1 cup coarsely shredded Fontina cheese (divided; preferably Italian)
- Popover batter (see recipe above)
- 2 tablespoons butter
- ½ cup grated Parmesan cheese

Preheat oven to 425 degrees. Place a 10-inch cast-iron or other oven-safe skillet in oven to heat. Prepare an ice bath in a large bowl and line a plate with paper towels.

Bring a pan of salted water to a boil, add asparagus, and cook until just tender (3 to 4 minutes). Drain, submerge into ice bath, and dry on paper towel-lined plate.

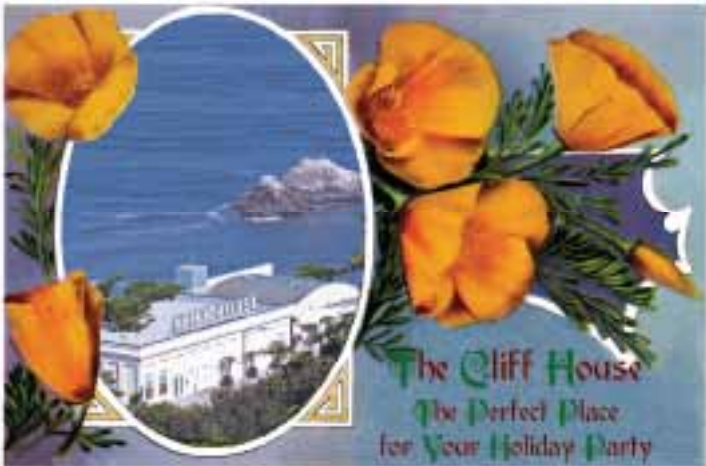
Mix ½ cup Fontina cheese into popover batter. Using oven mitts, carefully remove heated pan from oven. Add butter to hot pan and stir until melted. Arrange asparagus on pan bottom. Season with salt and pepper. Pour popover and cheese mixture over top.

Bake for 10 to 15 minutes, or until puffed up and golden brown.

Using oven mitts, carefully remove pan from oven. Sprinkle remaining Fontina and Parmesan cheese on top, and return to oven until cheese is bubbly and golden brown.

Cool for 10 minutes, cut into individual slices, and serve.

E-mail: recipes@marinatimes.com



Recreated from an original Cliff House postcard c. early 1900s.

Holiday Parties at the Cliff House



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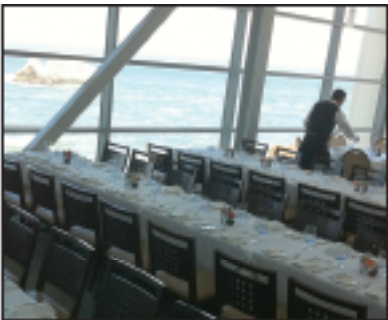
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Michael Snyder on ... Pop Culture :: Your holiday mix tape

Eat to the beat

BY MICHAEL SNYDER

IF MUSIC BE THE FOOD of love, play on.” Thus wrote good Will Shakespeare in his fanciful comedy *Twelfth Night*. If it’s clever and pithy and insightful about the human experience and condition, Shakespeare probably said it. For the record, he didn’t say, “If music about food doth inspire the love of eating, listen up and chow down.” But that didn’t stop generations of musicians and composers from writing and playing and singing about food and drink.

Singing for (and about) your supper has been going on for centuries. There are so many songs that have been written on the subject of gustatory delight that you can compile an entire meal from them. For that matter, you can create a musical menu for three squares a day, plus a little snacking, if you so desire. There are songs about the very act of eating, about sweet and savory, about main courses and desserts, and about libations, alcoholic (lots of them) and otherwise. They come in all styles and genres, with lyrics ranging from the metaphorical to the literal — sometimes humorous, sometimes passionate. Occasionally, they’re simply instrumentals meant to evoke various culinary delights.

This time of year, the table is set for annual communal feasts that become social and culinary focal points. Overeating is a hazard, and

comestibles in general are everywhere — from turkey stuffing to Christmas cookies to a glass of New Year’s Eve champagne. We need little impetus to gobble up the goodies. But just in case a sonic appetizer is in order, consider the following for your holiday mix-tape/CD or MP3 file.

BREAKFAST

Begin with “Breakfast in Bed,” a sexy, loping pop-reggae number by singer Lorna Bennett. You wouldn’t want the “Orange Juice Blues” (Bob Dylan & the Band), so have a glass of sweet citrus. A balanced “Breakfast in America” (Supertramp) might include “Eggs & Sausage” (Tom Waits), and “Bread & Butter” (The Newbeats) with a little “Guava Jelly” (Bob Marley). There’s the pleasure of “Buttermilk Biscuits” (Sir Mix-A-Lot), too. Perhaps you’ll opt for “Hotcakes” (Carly Simon) or something fancier like “Banana Pancakes” (Jack Johnson).

Nothing polishes off a nice breakfast like a cup of “Java” (Al Hirt) with “Cream” (Prince), or perhaps “Black Coffee” (Peggy Lee), possibly followed by “One More Cup of Coffee” (Bob Dylan). Of course, you may prefer to “Have a Cuppa Tea” (The Kinks) or do “Tea for Two” (Fred Waring). Or live dangerously with “Cigarettes & Chocolate Milk” (Rufus Wainwright).

LUNCH

You’re “Gettin’ Hungry” (The Beach Boys) again

around midday. You may say, “I Wish Lunch Could Last Forever” (Jimmy Bufett) once you see the “Pork Chop Sandwich” (ZZ Top), the “Hot Pastrami” (Joey Dee & the Starlighters), the “Pork and Beans” (Weezer), and the “Hot Dogs & Hamburgers” (John Mellencamp) at the musical buffet. On the combo plate, it could come down to a “Burger & Fries” (Charlie Pride) or a “Hot Dog and a Shake” (David Lee Roth) with “Cheese & Onions” (The Rutles) on your sandwich or perhaps a little something spicy from “Mean Mr. Mustard” (The Beatles).

For lighter fare, dig into a bowl of “Chicken Soup with Rice” (Carole King). Looking for something with a splash of “Hot Sauce” (Thomas Dolby)? If you go Tex-Mex, I recommend the “Hot Burrito #1” (The Flying Burrito Brothers) with “Guacamole” (Texas Tornados). Or hit the Chinese takeout and grab some “Chop Suey, Chow Mein” (Louis Prima & Keely Smith) or “Sukiyaki” (Kyu Sakamoto).

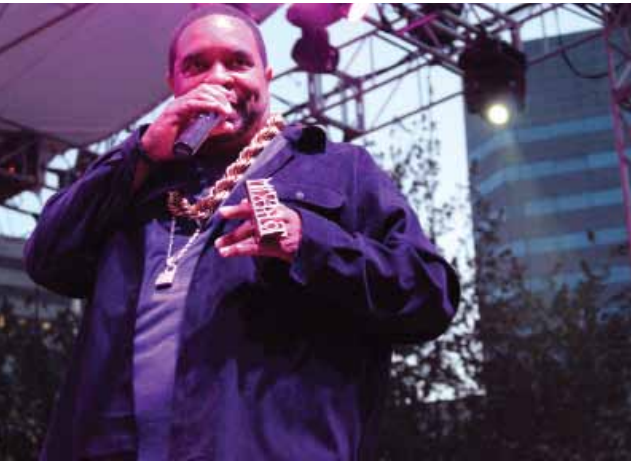
Wash it all down with a “Milkshake” (Kelis), “Ice Cold Lemonade” (Death by Chocolate), or an “RC Cola & a Moon Pie” (NRBQ). And tote along a box of “Animal Crackers” (Melanie), a bag of “Salt Peanuts” (Dizzy Gillespie) and some “Beef Jerky” (Cibo Matto) in case you get “Hungry” (Paul Revere & the Raiders) in an hour.

DINNER

Sooner or later, we hear the sound of the “Dinner Bell” (They Might Be Giants). When “Supper’s Ready” (Genesis), the choice cuts are numerous. Be you a “Meat & Potato Man” (Alan Jackson) or a “Seafood Mama” (The Andrews Sisters), you can find something tasty. The “Saturday Night Fish Fry” (Louis Jordan) sounds promising, though the “Rock Lobster” (B-52s) is usually a little pricey. You could find yourself “Pulling Mussels from a Shell” (Squeeze). In any event, I’d pass on the “Fish Heads” (Barnes & Barnes).

Like it meatier? Start with “One Meat Ball” (Ry Cooder) or the “Canned Ham” (Norman Greenbaum). And it’s hard to beat that “Rump Steak Serenade” (Fats Waller) with “Mashed Potato” (Dee Dee Sharp) and “Home Grown Tomatoes” (Guy Clark) on the side.

In a Southern mood? Try the “Jambalaya” (Hank Williams), maybe with “Alligator Meat” (Johnny Otis Band), or a bowl of “Gris Gris Gumbo Ya-Ya” (Dr. John) with “Crawfish” (Elvis Presley). Have the “Red Beans and Rice” (Booker T & the MGs), then go “Struttin’ with Some Barbeque” (Louis Armstrong). When it comes to fowl play, you can’t go wrong with “Dixie Chicken” (Little Feat) or “Fried Chicken” (Southern Culture on the Skids).



Try inviting Sir Mix-a-lot for breakfast with his “Buttermilk Biscuits.” PHOTO: NEW MILLENNIUM MUSIC

DESSERT

Dessert calls for anything from good ol’ “Cherry Pie” (Warrant) to “Sweet Potato Pie” (James Taylor) to “Chocolate Cake” (Crowded House) to the more upscale delight of the “Savoy Truffle” (The Beatles) garnished with “Brown Sugar” (The Rolling Stones), “Whipped Cream” (Herb Alpert & the Tijuana Brass), and “Coconut” (Nilsson). There’s always room for “Ice Cream” (Sarah McLachlan) topped by a spoonful of “Tupelo Honey” (Van Morrison). Fruit lovers can content themselves with “Raspberries, Strawberries” (The Kingston Trio), “Little Green Apples” (O.C. Smith), “Mangos” (Rosemary Clooney), and “Peaches and Cream” (Beck).

For the more decadent among us, “Candy” (The Manhattan Transfer) does the trick, though “Candy by the Pound” (Elton John) is wretched excess.

APÉRITIF

After dinner, slake your thirst with an assortment of booze. The bar is stocked with “Red Red Wine” (UB40), “Apricot Brandy” (Rhinoceros), “Tequila” (The Champs), “Gin and Juice” (Snoop Dogg), etc.

Personally, I prefer an “Egg Cream” (Lou Reed). Despite the allure of “99 Bottles of Beer on the Wall,” the annoying traditional ditty is a non-starter.

As should be apparent, “I Like Food” (Descendents). We all do. Even if it’s “Fast Food” (Richard Thompson) or “Junk Food” (Patty Larkin) like the requisite “Happy Meal” (The Cardigans), we’re ready to “Eat It” (“Weird” Al Yankovic) upon suffering a “Snack Attack” (Godley & Crème). But if you’re going to live “Life in the Foodchain” (Tonio K), you’re better off eating well.

And whether you “Eat at Home” (Paul & Linda McCartney), or eat at “Smokey Joe’s Café” (The Robins), “Alice’s Restaurant” (Arlo Guthrie), or the “Sushi Bar” (Shonen Knife), it’s extra fun to “Eat to the Beat” (Blondie). Just don’t “Eat the Music” (Kate Bush).

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

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

The Marina Books Inc. best-seller list

COMPILED BY BRIAN PETTUS

1. **Born to Run**, by Bruce Springsteen (hardcover)
2. **City of Thieves: A Novel**, by David Benioff (paperback)
3. **The Sympathizer: A Novel**, by Viet Thanh Nguyen (paperback)
4. **The Trespasser: A Novel**, by Tana French (hardcover)
5. **The Illustrated Compendium of Amazing Animal Facts**, by Maja Säfström (hardcover)
6. **Amaro: The Spirited World of Bittersweet, Herbal Liqueurs, with Cocktails, Recipes, and Formulas**, by Brad Thomas Parsons (hardcover)
7. **Odd and the Frost Giants**, by Neil Gaiman (hardcover)
8. **The Improbability of Love: A Novel**, by Hannah Rothschild (paperback)

9. **The Narrow Corner**, by W. Somerset Maugham (paperback)
10. **The Narrow Road to the Deep North**, by Richard Flanagan (paperback)

NEW RELEASES IN NOVEMBER

Mister Monkey: A Novel, by Francine Prose

The acclaimed *New York Times* best-selling author weaves an ingenious, darkly humorous, and brilliantly observant story that follows the exploits and intrigue of a constellation of characters affiliated with an off-off-off-off Broadway children’s musical. With her trademark wit and verve, Prose delves into humanity’s most profound mysteries: art, ambition, childhood, aging, and love. A startling and captivating

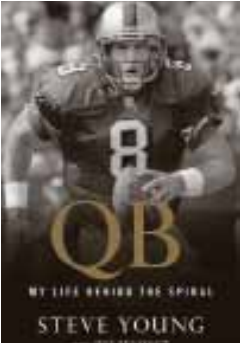
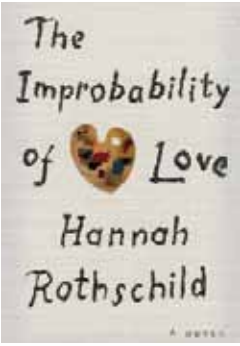
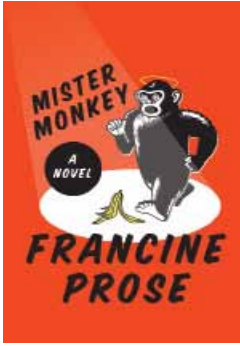
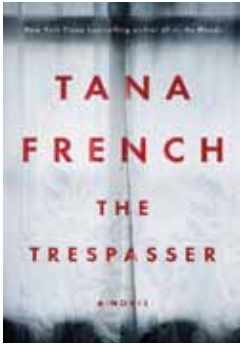
novel from a writer at the height of her craft.

The Hike: A Novel, by Drew Magary

At once bitingly funny and emotionally absorbing, Magary’s novel is a remarkably unique addition to the contemporary fantasy genre, one that draws as easily from the world of classic folk tales as it does from video games. In *The Hike*, Magary takes readers on a daring odyssey away from our day-to-day grind and transports them into an enthralling world propelled by heart, imagination, and survival.

QB: My Life Behind the Spiral, by Steve Young and Jeff Benedict

QB is a remarkably revealing memoir of an athletically gifted Mormon boy with a 4.0 GPA, a photographic memory, and a



severe case of childhood separation anxiety. At the same time, Young was absolutely fearless and unstoppable — whenever he had a ball in his hands. In the most candid and compelling sports memoir since Andre Agassi’s riveting best seller *Open*, former San Francisco 49er, Super

Bowl champion, NFL MVP, and Hall of Famer Steve Young gives readers an unprecedented and stunning inside look at what it takes to become a super-elite professional quarterback.

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

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Soledad "Sally" Marquez
GRANDMA'S DELI AND CAFE
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INTERNATIONAL INFORMATION
FOR THE 1990S



RESEARCHER'S WARNING: STAY OFF THE PHONE
WHEN YOU'RE IN THE ZONE



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**DRAFT FORMS TO VOTE ON ELECTION DAY
TUESDAY, NOVEMBER 8!**

ENOUGH IS ENOUGH: Don't Tax Our Groceries.
VOTE NO on PROP. V Do the research yourself at:
SFGroceryTaxFacts.org

Do the research yourself at:
SFGroceryTaxFacts.org

NOVEMBER EVENTS

WHAT NOT TO MISS THIS MONTH

MAJOR EVENTS

Napa Valley Film Festival
Daily, Nov. 9–13
Multiple Napa Valley venues
The festival features over 120 new independent films, 300 filmmakers, 150 wineries, 50 chefs, wine pavilions, and multiple special events. See [website for pricing, nvff.org](#)



Burt Bacharach

Friday, Nov. 11, 8 p.m.
Davies Symphony Hall
Don't miss the eight-time Grammy and three-time Oscar winner performing a cross-section of his most beloved music, accompanied by a crack eight-piece band. \$35–\$125, 866-920-5299, [sfjazz.org](#)

59th Annual International Auto Show
Daily, Nov. 19–27, 10 a.m.
Moscone Center
See 2017 model cars, trucks, and vans from 38 of the world's major manufacturers. \$10, 415-331-4406, [sfautoshow.com](#)

HOLIDAY HAPPENINGS

Holiday Ice Rink at Embarcadero Center
Daily, Nov. 2–Jan. 8, 10 a.m.
Justin Herman Plaza
Enjoy nine weeks of ice-skating fun during the holiday season at the largest outdoor rink in the city with sessions starting every 90 minutes every even hour. Skate rental \$5, admission \$11, 415-837-1931, [embarcaderocenter.com](#)

Holiday Ice Rink in Union Square
Daily, Nov. 2–Jan. 16, 10 a.m.–11:30 p.m.
Union Square
Ring in the holiday season at this outdoor rink with sessions starting every 90 minutes every even hour. Skate rental \$6, admission \$12, 415-781-2688, [unionsquareicerink.com](#)



Veteran's Day Commemoration

Friday, Nov. 11, 9:30 a.m.–4 p.m.
Palace of Legion of Honor
The museum will screen *Eleven*, a documentary comprised of interviews by eleven WWII veterans from Carrier Air Group 11 recounting their Naval aviation tours off Guadalcanal Island and aboard the USS Hornet in the Pacific Theater. The screening will be followed by Q. & A. with the film's director. Free (veterans/active military)–\$10, 415-750-3600, [famsf.org](#)

Veteran's Day Service
Friday, Nov. 11, 11 a.m.–1 p.m.
Presidio Chapel (130 Fisher Loop)
The Interfaith Center will host a service to honor American veterans of all wars with prayer, meditation, and music. Free, 415-561-3930, [interfaith-presidio.org](#).

Fisherman's Wharf Veteran's Day Parade
Sunday, Nov. 13, 11 a.m.–1 p.m.
Jefferson St. (North Point to Leavenworth Sts.)
Show your support for all who have served our country in this parade along the wharf. Visit [website to confirm location](#). Free, [visitfishermanswharf.com](#)

30th Annual Embarcadero Center Lighting Ceremony & Carnival
Friday, Nov. 18, 4–7 p.m.
Embarcadero Center
Don't miss the annual dramatic illumination of Embarcadero Center and the S.F. skyline, featuring 15,000 lights throughout the holiday season. A winter carnival (4 p.m.) precedes lighting (6 p.m.) Free, 415-772-0700, [embarcaderocenter.com](#)

Tree Lighting Celebration
Saturday, Nov. 19, 6 p.m. (approx.)
Pier 39
Welcome the season with holly-jolly magic and merriment featuring live entertainment performing seasonal favorites, culminating with the lighting ceremony. The tree is illuminated nightly at 6 p.m. throughout the holiday season. [pier39.com](#)

52nd Annual Ghirardelli Square Tree Lighting Ceremony
Friday, Nov. 25, 5–8 p.m.
Ghirardelli Square
Festivities include Santa, snow, live music, and various vendors offering tasty treats and gifts for purchase as well as the 50-foot tree lighting. Free, 415-775-5500, [ghirardellisq.com](#).



27th Annual Tree Lighting Ceremony

Friday, Nov. 25, 6 p.m.
Union Square
Arrive early for the best viewing; music by Aloe Blacc, S.F. Boys Chorus, Oakland Interfaith Gospel Choir, and the cast of *She Loves Me* from the S.F. Playhouse production precede the 6:40 p.m. lighting. [unionsquashop.com](#)

COMMUNITY CORNER

S.F. Green Festival
Fri.–Sun., Nov. 11–13
Pier 35 (1454 The Embarcadero)
The largest and longest-running sustainability event in the country features food, fashion, health, energy, and design products and services from hundreds of eco-friendly businesses. Enjoy vegan and vegetarian cooking demonstrations, educational activities for kids and families, inspirational speakers, live music, and more. \$10 (daily), \$20 (festival pass), discounts available, 828-254-4287, [greenfestivals.org](#)

Small Business Saturday
Saturday, Nov. 26
Nationwide
Shop the city's small local businesses on this day between Black Friday and Cyber Monday. Shopping local sustains our neighborhoods and keeps tax dollars in the community.

GALAS & BENEFITS

Project Glimmer 5th Annual Luncheon
Wednesday, Nov. 9, 11:30 a.m.–2 p.m.
Gallery 308, Fort Mason Center
Celebrate the many ways Project Glimmer continues to inspire at-risk teenage girls and women to believe in themselves by letting them know their community cares. \$250 & up, [projectglimmer.org](#)

Simply the Best XI Dinner & Gala
Saturday, Nov. 12, 5:30 p.m.–midnight
Fairmont Hotel (950 Mason St.)
ABC's Cheryl Jennings emcees this event that raises awareness and funding for early detection and lung cancer research, honors survivors, and top physicians and clinicians working to fight lung cancer. \$500, 415-821-9693, [abreathawayfromthecure.org](#)

Glide Annual Holiday Jam: Walk That Walk
Wednesday, Nov. 30, 6 p.m.
The Masonic (1111 California St.)
The festival includes live entertainment, a reception with hors d'oeuvres and libations, and more, with proceeds benefiting Glide's programs. \$65–\$250, 888-929-7849, [glide.org](#)

MUSEUMS & GALLERIES

Skin Deep: The Art of Tattoo
Opening event: Wednesday, Nov. 2, 6–9 p.m.
Exhibition: Daily through Jan. 20, 8 a.m.
Katz Snyder Gallery, JCCSF (3200 California St.)
This exhibition explores the ancient art and cultural traditions of tattoos, featuring tattoo-making traditions from ancient cultures through today. Opening event features food, music, tattoo demonstrations, live art installation, film screening of *Ed Hardy: Tattoo the World*, a conversation with the authors of *Knives & Ink: Chefs and the Stories Behind Their Tattoos*, and more. Free, RSVP to [arts@jccsf.org](#) or 415.292.1233, [jccsf.org](#)

Frank Stella: A Retrospective
Tue.–Sun., Nov. 5–Feb. 26, 9:30 a.m.–5:15 p.m.
de Young Museum, (Golden Gate Park)
This the first comprehensive U.S. exhibition of the artist's complex and dynamic abstract-minimalist work since 1970, and features 50 large-scale works of paintings, reliefs, and three-dimensional sculptures. \$25, 415-750-3600, [famsf.org](#)

29th Annual Stillwell Student Exhibition
Reception: Wednesday, Nov. 9, 4–6 p.m.
Wed.–Sat., Nov. 9–30, 11 a.m.–4 p.m.
(closed Nov. 23–26)
Fine Arts Gallery, SFSU
This peer-juried exhibition features work by artists in the second year of the School of Art's three-year MFA program, and a selection of work by the late Leo D. Stillwell. Free, 415-338-6535, [gallery.sfsu.edu](#)

THEATER

Hard Problem
Wed.–Sun. through Nov. 13
ACT Geary Theater (405 Geary St.)
Don't miss Tom Stoppard's first new play in almost a decade, a provocative drama of sex, science, and supercomputing. \$10–\$110, 415-749-2228, [act-sf.org](#)

42nd St. Moon: Baker Street
Wed.–Sun., Nov. 2–20
Eureka Theatre (215 Jackson St.)
All your favorite Sherlock Holmes's characters appear in this musical based on Sir Arthur Conan Doyle's stories about the iconic detective. Visit [website for ticket info](#), 415-225-8207, [42ndstreetmoon.org](#)

SHN: The Lion King
Daily, Nov. 2–Dec. 31
SHN Orpheum Theatre
The entire Serengeti comes to life as never before in this multiple Tony Award-winning production featuring Broadway's most recognizable music created by Elton John and Time Rice. \$55–\$228, 888-746-1799, [shnsf.com](#)



S.F. Playhouse: She Loves Me

Tue.–Sun. Nov. 23–Jan. 14
450 Post St. (in the Kensington Park Hotel)
This multiple Tony Award-nominated show follows Amalia and Georg, two sparring perfume shop clerks who can't find common ground until they respond to a "lonely hearts" advertisement and start falling for their anonymous pen pals. \$30–\$125, 415-677-9596, [sfplayhouse.org](#)
PHOTO: KEN LEVIN / SFPLAYHOUSE.ORG

MUSIC: CLASSICAL



S.F. Opera: Madame Butterfly

Select days, Nov. 5–Dec. 4
War Memorial Opera House
Cultures clash when a trusting young woman marries an American naval officer stationed in Nagasaki. Puccini's gut-wrenching music takes the audience on an emotionally charged journey through innocence, betrayal, and sacrifice toward a heartbreaking finale. \$26–\$397, 415-864-3330, [sfopera.com](#)
PHOTO: CORY WEAVER / SFOPERA.COM

Old First: Farallon Quintet
Friday, Nov. 11, 8 p.m.
Old First Church (1751 Sacramento St.)
This dynamic Bay Area ensemble and the only professional chamber music group focused exclusively on the clarinet quintet — string quartet plus clarinet — repertoire. The program features Prokofiev, Copland, Hsieh, and von Weber. \$18, 415-474-1608, [oldfirstconcerts.org](#)

S.F. Early Music Society: Musica Pacifica
Sunday, Nov. 13, 4 p.m.
St. Mark's Lutheran Church (1111 O'Farrell St.)
Grammy-nominated countertenor Ryland Angel joins Musica Pacifica in a program highlighting the connections between the sacred and the secular during the Italian Middle Baroque and featuring sacred motets of Scarlatti, Stradella, and more. Visit [website for pricing](#), 510-528-1725, [sfems.org](#)

Noontime Concerts: William Wellborn, piano
Tuesday, Nov. 15, 12:30 p.m.
Old St. Mary's Cathedral (660 California St.)
The program features Beethoven's Sonata in F minor, *Elector*, WoO 47, No.2 and Sonata in D Major, Op. 10, No. 3, Free, 415-777-3211, [noontimeconcerts.org](#)

MUSIC: CONTEMPORARY

Yuja Wang Plays Chopin
Wed.–Fri., Nov. 2–4, 8 p.m.
Davies Symphony Hall
The program includes Michael Tilson Thomas's *Agnegram*, written for the Symphony's longtime patron and friend Agnes Albert and Bruckner's expansive Seventh Symphony. \$39–\$169, 415-864-6000, [sfsymphony.org](#)



Il Divo: Amor & Pasion

Sunday, Nov. 13, 8 p.m.
Masonic Auditorium
The record-breaking classical crossover group that has sold more than 30 million albums worldwide will bring their tour to North America in support of their upcoming album of the same name due for release the same day. \$39.50–\$125, 877-598-8497, [sfmasonic.com](#)

Erykah Badu
Tuesday, Nov. 15, 8 p.m.
The Warfield
Best known for her eccentric style and cerebral music, the four-time Grammy award-winning American soul singer and songwriter's concoction of soul, hip-hop and jazz cannot be contained to a single genre. \$62.50–\$102.50, 888-929-7849, [thewarfieldtheatre.com](#)

Patti Austin Sings Ella Fitzgerald
Wed., Nov. 30, 7:30 p.m.
Davies Symphony Hall
The Grammy Award-winning jazz singer joins the S.F. Symphony to perform her extraordinary renditions of Ella’s legendary hits. \$25–\$95, 415-864-6000, [sfsymphony.org](#)

DANCE

Alonzo King Lines Ballet: Fall Home Season
Wed.–Sun., Nov. 2–6
Lam Research Theater, YBCA (701 Mission St.)
The program features two works: a world premiere ballet featuring mezzo-soprano, Maya Lahyan-; and Meyer, King’s collaboration with Grammy Award winning composer, Edgar Meyer. \$35–\$80, 415-863-3040, [linesballet.org](#)

Rotunda Dance Series: Muscle Rock Cloggers
Friday, Nov. 4, noon
City Hall
This performance will tell the early stories of S.F.’s Barbary Coast through traditional routines incorporating square dance as well as modern stories of immigration and industry through more contemporary clogging techniques. *Free*, 415-920-9181, [dancersgroup.org](#)



18th Annual S.F. International Hip Hop DanceFest

Fri.–Sun., Nov.11–13
Palace of Fine Arts Theatre
Cutting-edge hip-hop performances from international dance companies celebrate this rich and exciting dance form with Bay Area roots. \$39.99 & \$75, 415-392-4400, [sfhiphophdancefest.com](#)
PHOTO: SFHIPHOPDANCEFEST.COM

Lily Cai Dance Company Home Season Concert
Sat.–Sun., Nov. 12–13
Cowell Theater, Fort Mason Center
The company presents their home season concert showcasing three works of virtuosity, dazzling theatrics, stunning visual presentations, and classical inspiration: *Dynasties*, *Bamboo Girls*, and *Silk Cascade*. \$28 & \$38, 415-474-4829, [lilycaidance.org](#)

NIGHTLIFE

Kiara
Saturday, Nov. 5, 9 p.m.
Rickshaw Stop (1555 Fell St.)
Hear Kiara Saulters’s “moody, minimal, sharp electro-pop,” on the heels of the release of her debut EP, *Low Kii Savage*. \$25, 415-861-2011, [rickshawstop.com](#)

Coco Montoya
Wednesday, Nov. 9, 7:30 & 9:30 p.m.
Biscuits & Blues (401 Mason St.)
Get ready for the “hot, blistering soul” of guitarist/vocalist Coco Montoya. \$30, 415-292-2583, [biscuitsandblues.com](#)

Fringe Indie Dance Party
Saturday, Nov. 19, 9 p.m.–2 a.m.
Madrone Art Bar (500 Divisadero St.)
Indie, electro, and alternative dance music videos to keep you moving all night. \$5, 415-241-0202, [fringesf.com](#)

FILMS & LECTURES

Doc Stories
Thu.–Sun., Nov. 3–6
Various S.F. venues
Bold new documentary features and shorts make up this second annual collections of films, including the much-heralded *Bright Lights*, featuring mother-daughter team Debbie Reynolds and Carrie Fisher. \$10–\$20 individual films, \$120–\$140 10-pack combo, [sffs.org](#)

41st Annual American Indian Film Festival
Daily, Nov. 4–11
AMC Van Ness 14
The American Indian Film Festival is the world’s longest-running showcase of independent films from U.S. American Indians and First Nations peoples of Canada. \$5–\$15, [aifisf.com](#)

Leland Faust: A Capitalist’s Lament
Wednesday, Nov. 9, 6 p.m.
The Commonwealth Club (555 Post St.)
Leland Faust, an outspoken financial services insider and investment advisor, believes our great free enterprise system has been hijacked by Wall Street for its own gains, and claims “you are being fleeced and exposed to risks you know nothing about.” He talks with Roy Eisenhardt about his ideas for dealing with the system. \$20, 415-597-6715, [commonwealthclub.org](#)

Company Town
Fri. Oct. 28–Tues. Nov. 1
Roxie Theater
Directed and produced by the Berkeley-based team of Alan Snitow and Deborah Kaufman, Company Town is about the effect of the District 3 supervisor race of 2015 on the fate of the city at the epicenter of the digital revolution. \$12 (\$8 seniors), [roxie.com](#)

SCIENCE & ENVIRONMENT

Coral Kit Training
Saturday, Nov. 5, 8:30 a.m.–12:30 p.m.
California Academy of Sciences
Dive into the world of the coral reef ecosystem through a variety of engaging, hands-on activities and games. Learn about coral anatomy, the ecological importance of reefs, and the critical environmental conditions necessary for coral to survive. *Grades 3–7, \$20, calacademy.org*

A Courageous Brain: Not Manipulated by Needless Fear
Thursday, Nov. 10, 6 p.m.
The Commonwealth Club (555 Post St.)
Unnecessary and unwarranted fear can make it harder to speak from the heart, dream big dreams, and stand up to the manipulations of advertisers and demagogues. Psychologist Dr. Rick Hanson will explore the practical neuroscience of courage in ourselves, our homes, offices, and politics. \$20, 415-597-6715, [commonwealthclub.org](#)

The Mega Low Tide Expedition Tour
Sunday, Nov. 13, 2 p.m.
Half Moon Bay
Learn about intertidal hunting and gathering in this one-of-a-kind walking tour with eel master and former DFG fisheries observer Kirk Lombard. \$60, [seaforager.com](#)

After Dark: Cinema Arts and Everything Matters
Thursday, Nov. 17, 6–10 p.m.
The Exploratorium
Hungry urban neighborhoods and the control of research and education at a prestigious university are explored in *Occupy the Farm*; also enjoy food and drinks, and explore the history and makeup of sulfur. \$15, [exploratorium.edu](#)

POTABLES & EDIBLES

Signature Chef’s Event
Thursday, Nov. 3, 6 p.m.
Ritz-Carlton (600 Stockton St.)
Enjoy a lively party atmosphere and exciting entertainment with cuisine prepared by S.F.’s top culinary masters; beverages from winemakers, distillers, and brewers; and enticing auction packages to raise funds for the March of Dimes campaign to end premature birth, birth defects, and infant mortality. \$250, 415-217-6384, [signaturechefs.marchofdimes.org](#)



Taste San Francisco

Friday, Nov. 4, 5:30 p.m.
InterContinental S.F. (888 Howard St.)
Enjoy tastings and a four-course dinner by top chefs Charles Phan, Belinda Leong, Daniel Corey, and more. Benefits the James Beard Foundation. \$375 & up, 415-781-5700, [jbfteasteamerica.org](#)
PHOTO: GAMMA NINE / JBFTEASTEAMERICA.ORG

S.F. International Tea Festival
Sunday, Nov. 6, 10:30 a.m.
Gallery 308, Fort Mason Center
Sample fine tea from more than 30 vendors from around the world and discover the wonderful world of tea brewing, tasting, and blending with lectures, workshops, and demonstrations by international tea experts. \$20 (workshops extra), [sfttf.com](#)



Flavorful Fall Soups

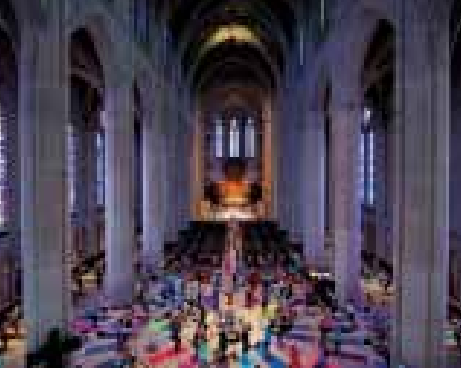
Sun., Nov. 6; Fri., Nov. 11; & Thu., Nov. 17
Sur La Table (2224 Union St.)
In this hands-on class, you’ll learn to transform seasonal ingredients into a variety of favorites, from classic French onion to a flavorful twist on chicken and dumplings. \$69, 800-243-0852, [surlatable.com](#)
PHOTO: SURLATABLE.COM

Annual Fall Holiday Chocolate Salon
Sunday, Nov. 20, 10 a.m.–5 p.m.
Hotel Kabuki Ballroom (1625 Post St.)
Discover, savor, and taste the finest artisan, gourmet, and premium chocolates and other delights from over 30 chocolatiers, wineries, and other culinary artisans. Highlights include chef and author talks, tastings, and more. \$20–\$25, [fallchocolatesalon.com](#)

SPORTS & HEALTH

SnowBomb Ski & Snowboard Festival
Sat.–Sun, Nov. 5–6
Festival Pavilion, Fort Mason Center
Sip your favorite wine or beer (with VIP admission) and get your on-sale gear for the winter season. Enjoy a BMX/skate ramp show and more, like complimentary lift tickets. *Free–\$50, 530-581-0553, snowbomb.com*

Nutrition and Healthy Choices
Mondays through December, 11 a.m.–noon
Learning Studio, SFPL, Main Branch (100 Larkin St.)
Weekly topics: Where Our Food Comes From (Nov. 4); Flavoring and Preserving Food (Nov. 14); How We Choose What Food to Buy (Nov. 21); and Diet and Exercise (Nov. 28). Visit website for December topics. *Free*, 415-557-4400, [sfpl.org](#)



Yoga for Change!

Thursday, Nov. 17, 7–8:30 p.m.
Grace Cathedral (1100 California St.)
Come practice candlelight yoga with live music in the sanctuary and support the cathedral’s Community Preschool and children from at-risk neighborhoods. Registration begins at 6:30, reception follows at 8:30. \$15–\$20, 415-749-6352, [yogaforchangesf.org](#)

Thanksgiving Day 5K
Thursday, Nov. 24, 8 a.m.
Start: China Basin Park
Earn your day’s indulgence! Join family, friends, and your community on Thanksgiving morning for a quick run, jog, or walk along the Embarcadero and under the Bay Bridge. Best of all, proceeds benefit the S.F. Food Bank. \$35, [runthanksgivingday.com](#)

CHILD’S PLAY

Creative Family Fun: Picturing the Presidio
Sunday, Nov. 6, 11 a.m.–4 p.m.
Presidio Officers’ Club (50 Moraga Ave.)
George Alexander Grant was the first chief photographer for the National Park Service, capturing 30,000 images of our national parks. Drop in to celebrate the Presidio and create your own pictures of the park’s natural landscapes. *Free, registration preferred, 415-561-5300, presidioofficersclub.com*

S.F. Birth and Baby Fair
Sunday, Nov. 13, 10 a.m.–4 p.m.
Golden Gate Club (135 Fisher Loop, the Presidio)
This event features workshops, demonstrations, a tot play space, spa lounge, local resources, and innovative products for a one-stop shopping experience. \$10 & \$15, 415-967-0223, [birthandbabyfair.com](#)



Tissue Paper Stained Glass

Thursday, Nov. 17, 3–4:30 p.m.
Marina Branch Library (1890 Chestnut St.)
Create your very own tissue paper stained-glass piece of art inspired by iconic San Francisco images. All materials provided. *Free*, 415-355-2823, [sfpl.org](#)
PHOTO: SFPL.ORG

ODC: The Velveteen Rabbit
Fri.–Sun., Nov. 25–27
Thu.–Sun., Dec. 1–11
YBCA Theater (701 Mission St.)
Told though music, dance, and a powerful narrative, this play celebrates the unique relationship between a little boy and his stuffed rabbit and the enduring power of love. \$15–\$66, 415-978-2700, [odcdance.org](#)

JUST FOR FUN



West Coast Craft Winter

Sat.–Sun., Nov. 12–13, 10 a.m.–6 p.m.
Festival Pavilion, Fort Mason Center
This design show features craftspeople living and working on the West Coast, who create items that exemplify the mood and aesthetics of their West Coast lifestyle through a variety of media, including wood, metal, leather, and paper. *Free*, [westcoastcraft.com](#)


Holiday Renegade Craft Fair
Fri.–Sat., Nov. 19–20, 11 a.m.–6 p.m.
Festival Pavilion, Fort Mason Center
This curated indie-craft marketplace showcases over 300 of the brightest talents in contemporary craft and design for a celebration of all things handmade from ceramics to leather goods to paper, and more. *Free*, 312-226-8654, [renegadecraftfair.com](#)

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.

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www.colehardware.com

Urban Home and Garden : Brrrr



Make sure your beautiful fireplace isn't undercutting your energy-saving efforts when it's not in use. PHOTO: SPIDERSTOCK

Winter is on the way

SAN FRANCISCANS LOVE THE CHARACTER of their old homes: high ceilings, hardwood floors, and large picture windows. Unfortunately older flats and homes that haven't been updated can also translate into drafty, cold apartments in the winter months. Winterizing the inside of your home can save both money and energy.

In the winter, a large portion of household energy budgets is consumed by heating costs. That's why it's important to check your home to make sure your heating dollars are not being wasted. Many of these tasks are do-it-yourselfers that you should have no problem undertaking, but if you aren't sure about anything, contact a qualified tradesperson to assist you.

HEATING SYSTEMS

Get a routine maintenance and inspection of your heating system each autumn to make sure it is in good working order. Changing your filters at least every 90 days can help save money and energy. Homes with pets or smokers might require more frequent changes. Regularly replacing indoor air filters can also reduce allergy reaction-causing particles that might lead to chronic health problems. A dirty filter can slow down air flow and make the system work harder. This causes unnecessary strain on the equipment, potentially shortening the life of the unit.

Check heating ducts for leaks. Think of the ductwork as huge hoses, bringing hot air instead of water into a building. Mostly out-of-sight, ducts can leak for years without anyone knowing. They can become torn or crushed and flattened. Old duct tape will dry up and fall away over time, allowing junctions and splices to open, wasting heated air into an attic or under the house. (Metal-reinforced or foil-backed tape should be used instead of duct tape.) Roughly 10 percent of a heating bill can be saved by preventing leaky ducts.

WEATHERSTRIPPING AND CAULKING

These are probably the least expensive, simplest, and most effective ways to cut down on energy waste in the winter. Improperly sealed homes can waste 10 to 15 percent of their heat.

Check around doors and windows for leaks and drafts. Add weatherstripping and caulk any holes you see that allow heat to escape. Make sure that doors seal properly. If your windows leak badly, consider replacing them with more efficient ones. New windows also provide other benefits, though, such as improved appearance and comfort. Electric wall plugs and switches can allow cold air to sneak in. Install pre-cut foam gaskets that fit behind the switch plates and effectively prevent leaks.

WINDOW INSULATION FILMS

Window insulation kits allow you to easily install a clear film to seal out air

drafts. Just use a hair dryer to heat the film to shrink it to fit your window.

FIREPLACES

The fireplace damper needs to be open if a fire is burning, of course, but if it's open when you're not using the fireplace, the chimney is functioning as a large open window that draws warm air out of the room and creates a draft.

When wood is burned in a fireplace, tar and creosote are formed. Creosote is unburned wood particles and condensed flue gases. With each fire, these highly flammable substances build up on the inside of the chimney and must be removed to prevent a fire. A Creosote Sweeping Log contains a mixture of minerals that is dispersed during burning to coat and adhere to the creosote. The creosote then becomes brittle and breaks away over the next two weeks. The log is an alternative to mechanical cleaning and is one of the fastest, easiest, and most cost-efficient ways to clean your chimney.

PROGRAMMABLE THERMOSTATS

With the onset of winter and cold weather, a programmable thermostat, capable of dividing the days into multiple time zones, allows you to adjust the temperature level accordingly. For example, at night you can turn it down, program it to have the house warmed when you wake up, and the temperature set during the day to an appropriate level depending on the weather and the season. These thermostats are easy to install and save energy and money on your electric bill.

FALL TIME-CHANGE REMINDER

Clocks are changed one hour back this year on Sunday, Nov. 6 at 2 a.m. Though this means we gain a precious hour of sleep, it also means that it gets darker much earlier. Well-lighted entryways help prevent accidents, as well as discourage would-be burglars.

An energy-efficient way to make sure entryways are lit when arriving home during dark hours is to install an automatic light sensor that will turn on at dusk and off at dawn. You'll find many weather-resistant options these days that are also easy to install.

Motion-activated lighting, which turns on when movement is sensed, is another alternative that can welcome guests, secure your home, and save energy. Both decorative and floodlight styles are available, and many models feature a sensitivity control to adjust the range of distance for sensing motion and to select the length of time light stays on after motion has been detected.

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

More with less

Closetbox modernizes self-storage with tech, convenience — and less cost

BY SUSAN DYER REYNOLDS

WHEN I SOLD MY HOUSE a few years ago, I needed to store my stuff until I decided what I was going to do (buy another house, rent, live in two places?). I booked two storage units through my real estate agent at Vanguard — they had a deal with Security Public Storage (SPS) in Daly City. Of course, traditional self-storage is antiquated and clunky, so I also had to hire a moving company to bring everything to the facility. I had too much to fit into one space, so I had to rent two. I started off with a discounted rate (thanks to Vanguard) but as the months wore on, I got regular notices in the mail from SPS stating that my rent was going up. Again. And again — I could have rented an apartment in some cities for what I was paying. Then I got an e-mail from a company called Closetbox with an intriguing concept.

At Closetbox, “storage concierges” review your inventory to determine the size unit you will

need, which in turn determines your exact monthly storage rent. Even more impressive, the concierge comes to you: Once you box up smaller items and estimate how much total space you’ll need, give them a call or reserve a unit online to schedule a pick-up time. Licensed, professional storage handlers will pick up, transport, and store your items in one of the company’s storage units. I was worried about security and climate control, because I have some valuable paintings, furniture, and antiques, but all Closetbox storage units are indoors and maintained at temperatures ranging from 65 to 85 degrees. (With traditional self-storage, not all units are indoors or climate controlled, and if you want those features you pay a premium.)

If you have large items like furniture, Closetbox provides shrink-wrap, breathable bags, and moving blankets free of charge. You don’t have to pay movers, rent a moving truck, pay administrative fees, or buy mandatory insurance, because it’s all

included in your monthly rent. And when you need your items? Just give Closetbox a call and they’ll deliver them to you.

“Traditional storage options aren’t cut out for today’s fast-paced culture; there’s a tremendous need for time-saving and convenience,” says Closetbox founder and CEO Marcus Mollmann. “Our unique business model offers both at competitive prices, with no rent increases. We make the process of storing belongings painless, giving our customers more time to do the things they care about most.”

Closetbox guarantees 24/7 monitoring, rigorous background checks and employee standards, online account management and dashboard; work is bonded and insured and valuables coverage is available. (If you have homeowners or renters insurance, make sure they cover storage. My agent at State Farm confirmed my policy does, so I didn’t need to purchase extra coverage.)

My situation was a little different because I was moving from storage to storage, but the experi-



Pick-up and delivery are part of the door-to-door services from Closetbox. PHOTO: COURTESY CLOSETBOX

ence was seamless. The movers showed up on time, took great care with my things, and had everything packed up in one day (I have a lot of stuff). The next day my storage concierge called me with the digital inventory, which I can access any time, and let me know that I had overestimated my space needs so my bill was going to be considerably less than I had expected. I feel comfortable knowing that Closetbox has everything stored safely and securely in their indoor, climate-controlled facility, and I love that I can call them and ask for my items to be delivered whenever I need them.

I always thought that self-storage was an area in desperate need of disruption, and this company is definitely doing that with a modern, high-tech, streamlined process that takes much of the

work off of your plate at comparable prices to storage companies that do nothing but rent you a unit. Every time I got one of those notices from SPS telling me that my rent was rising *again*, I felt my anxiety creeping up. With traditional storage, you’re trapped — and they know it. Closetbox changes that.

Closetbox currently serves 45 metropolitan areas throughout the United States. If you’re at one of those “in between times” like I am, or even if you just want to clear out a room to use as a home office (which can be done for as little as \$12 a month), give Closetbox a call.

To view prices and storage options or for more information, visit closetbox.me, call 877-433-9636, or e-mail customersupport@closetbox.me.

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John Dallas 415.921.5764



Hopewell Valley
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Exquisite Queen Anne Revival. Historic 1800/7000 four level home with an pair unit. Period details blend seamlessly with a twist of modern to create the one of a kind home.
HillHomes.com
Michelle Leung 415.921.4327



Sureka Valley
Offered at \$3,750,000
Incredibly Well Located Spectacular Home. This 3800/3500 home boasts exterior views and both interior and outdoor living. Delightful floor plan, garden sanctuary and garden. Garage with 2 car parking.
775Hill.com
Chloe Myers 415.921.4326



Marina
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Not Your Typical Marina Flat! This spacious and elegant 3800/2300 condo offers a fantastic floor plan that is perfect for both entertaining and everyday living. An upper floor unit in a handsome corner building. It is detached on 3 sides and has parking for one car.
7307649-2.com
Barbara Stein Friedman 415.921.4246



Russian Hill
Offered at \$1,795,000
This Gracious 3800/3800 Edwardian Flat was Completely Remodeled Using the Finest Materials and Craftsmanship. Vintage architecture and modern finishes throughout. SF living at its finest!
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William Shabel 415.692.3549



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Marcus Miller, M.A. 415.516.5760



Marina Bay
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Sophisticated and Spacious Condominiums. Bright 3800/2300 condo complete with wood floors, one car parking, storage and in-unit laundry. Wonderful city overlook.
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The Marina Times Real Estate Market Report: September 2016

By Hill & Co.

SINGLE FAMILY HOME SALES

NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow (no sales)					
Lake	822 Lake Street	3BD/3.5BA	\$3,200,000	Above	13
Laurel Heights	147 Parker Avenue	4BD/3.5BA	\$3,400,000	Above	8
Lone Mountain (no sales)					
Marina	2425 Francisco Street	3BD/2BA	\$2,100,000	Below	41
Nob Hill (no sales)					
North Beach (no sales)					
Pacific Heights	2741 Vallejo Street	5BD/6BA	\$8,800,000	Below	14
	2707 Laguna street	5BD/5.5BA	\$4,600,000	Above	9
Presidio Heights	308 Laurel Street	5BD/5.5BA	\$6,300,000	Below	11
	115 Walnut Street	3BD/3.5BA	\$3,800,000	Above	12
Russian Hill (no sales)					
Sea Cliff	2 27th Avenue	4BD/3.5BA	\$4,125,000	Below	137
	239 28th Avenue	4BD/2BA	\$2,228,600	Below	26
Telegraph Hill (no sales)					

CONDOS

NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow	2655 Greenwich Street	3BD/3BA	\$3,140,000	Above	4
	2937 Webster Street	3BD/2BA	\$1,500,000	Below	48
	1541 Filbert Street #3	3BD/2BA	\$1,435,000	Below	57
	3138 Scott Street	2BD/1BA	\$1,250,000	Above	31
Lake	124 9th Avenue	4BD/4BA	\$2,550,000	Below	98
	135 12th Avenue	3BD/2BA	\$1,695,000	At	33
Laurel Heights	64 Parker Avenue	5BD/3.5BA	\$3,600,000	At	0
Lone Mountain	137 Cook Street #3	2BD/2BA	\$1,020,000	Above	30
Marina	1242 Franciso Street #2	2BD/2BA	\$1,875,000	Below	11
	1111 Bay Street #307	2BD/2BA	\$1,000,000	Below	98
	3701 Divisadero St. #205	1BD/1BA	\$905,000	At	23
	2200 Beach Street #103	1BD/1BA	\$882,500	Below	69
	1920 Jefferson Street #1	1BD/1BA	\$865,000	At	103
Nob Hill	850 Powell Street #902	2BD/2.5BA	\$2,200,000	Below	141
	1200 California Street #19D	2BD/2BA	\$2,150,000	Above	20
	30 Miller Place #11	3BD/2BA	\$1,922,000	Above	42
	1788 Clay Street #803	2BD/2BA	\$1,716,000	Below	21
	1510 Jackson Street #2	2BD/1BA	\$679,000	At	148
North Beach	807 Columbus Ave. #301	1BD/1BA	\$955,000	Above	6
	460 Francisco Street #102	1BD/1BA	\$730,000	Above	13
Pacific Heights	2121 Webster Street #PH5	0BD/0BA	\$11,750,000	At	92
	2121 Webster Street #506	3BD/3BA	\$6,200,000	Above	0
	2401 Jackson Street #7	2BD/1.5BA	\$1,450,000	At	40
	1650 Broadway Street #303	2BD/2BA	\$2,550,000	Below	37
	2040 Franklin Street #1103	2BD/2BA	\$1,350,000	Above	12
	2200 Sacramento St. #501	2BD/2BA	\$1,244,000	At	0
	1998 Broadway #507	2BD/2BA	\$1,200,000	Above	39
	2299 Sacramento Street #2	2BD/1.5BA	\$882,000	Above	18
	2410 Pacific Avenue #4	1BD/1BA	\$841,000	Above	21
	2786 Jackson Street #A	0BD/0BA	\$505,000	Above	34
Presidio Heights	3441 Clay Street	4BD/2.5BA	\$1,900,000	Below	75
	3334 Clay Street	3BD/2BA	\$1,499,000	At	45
Russian Hill	1070 Green Street #1601	2BD/2BA	\$5,700,000	At	0
	1080 Chestnut #7A	2BD/2BA	\$3,600,000	Above	0
	1438 Green street #2D	2BD/2BA	\$1,750,000	At	23
	1380 Greenwich St. #109	2BD/2BA	\$1,265,000	Above	19
	1050 North Point St. #503	1BD/1BA	\$707,000	Below	62
	66 Macondray Lane	1BD/1BA	\$700,000	Above	0
Sea Cliff (no sales)					
Telegraph Hill	479 Greenwich Street	2BD/1BA	\$750,000	Above	0

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 briefs

Still strong, but ...

San Francisco still grappling with production, pricing

BY JOHN ZIPPERER

BUBBLE, BUBBLE ...

Now’s the time to buy that condo you have always wanted — in Chicago. Housing in that large city is under-valued, according to the UBS Global Real Estate Bubble Index. You might not have been planning to invest half-way across the country, but you might consider it after learning that UBS rates San Francisco as a city with *overvalued* real estate.

In San Francisco, “real prices have increased by more than 50 percent since 2011, and the market seems — despite the fast growth of the local economy — on a path towards bubble risk,” according to the UBS report. Nationally, prices have increased only 15 percent during that same time span. UBS notes that the local price increases have even “surpassed the previous peak in 2006 by 5 percent. Even though income growth rates have been above the national rate, the imbalances in the city’s real estate market have increased.”

PROMISES, PROMISES

San Francisco civic and business leaders have talked up increasing the amount of new housing in the city since 2000, but it has fallen short. That’s the view in a new report from real estate site Zillow’s research team, “Is Your City Building Enough Housing? Weighing Today’s Housing Promises Versus Past Housing Delivery.”

“Both Seattle and San Francisco pushed hard to deliver new housing in the 2000s and currently have aggressive plans. But compared with Seattle, it seems as though San Francisco is currently dreaming bigger — but with a weaker track record of execution,” according to Zillow. “It’s hard enough to build in the land-scarce, notoriously regulation-rich city of San Francisco, but it remains a very desirable place to live and its population growth is rapid and expected to continue.”

By comparison, Zillow notes that Dallas “is currently setting the most aggressive promise, but also has the best record of delivery.”

That’s not to say San Francisco isn’t building new units. No city resident or visitor needs to look hard to find newly opened and under-construction housing. Zillow took into account previous residential construction, but added that “unless San Francisco and Dallas really ramp up construction in the next few years, it may be difficult for them to follow through with their plans.”

FARRELL WANTS GUARANTEED INTERNET ACCESS

Tenants of multiunit residential buildings in San Francisco would be guaranteed the right to select their own Internet service provider (ISP) under a new pro-

posal by District 2 Supervisor Mark Farrell. If passed by the Board of Supervisors, the bill would prevent owners and managers of multifamily buildings from interfering with or limiting the choice of Internet service provided.

“We all have a vested interest in local laws which increase competition and ultimately deliver the highest quality Internet service at the lowest cost,” said Farrell. “Limiting consumer choice is plain and simply bad for San Francisco.”

Though federal law prohibits owners and managers from entering into exclusive agreements with ISPs, limitations are placed on an estimated 50,000 units “that effectively deny them the opportunity to provide Internet access,” according to Farrell’s office.

MARKET CHECK-IN

In San Francisco, 60.6 percent of homes sold for more than their listing price in September, according to real estate website Redfin. That compares with nearby Oakland and San Jose, where 56.4 percent and 55 percent of the homes sold above listing, respectively.

Inventory (the number of available homes for sale) has continued to increase in the city. Redfin reports that San Francisco had the third-largest increase in its nationwide survey in the number of homes for sale, up 22.3 percent. (St. Louis and Provo, Utah, were ahead, with 29.9 percent and 29.7 percent, respectively.)

A CAUTION FOR OFFICE LANDLORDS?

Venture capital firms have grown more cautious about investments in tech companies, and that is expected to have a knock-on effect on the office real estate market in San Francisco, putting a break on leasing. Real estate researchers at Jones Lang LaSalle expect that “competition in certain segments will result

in retrenchment for cash-limited companies, further increasing sublease supply.”

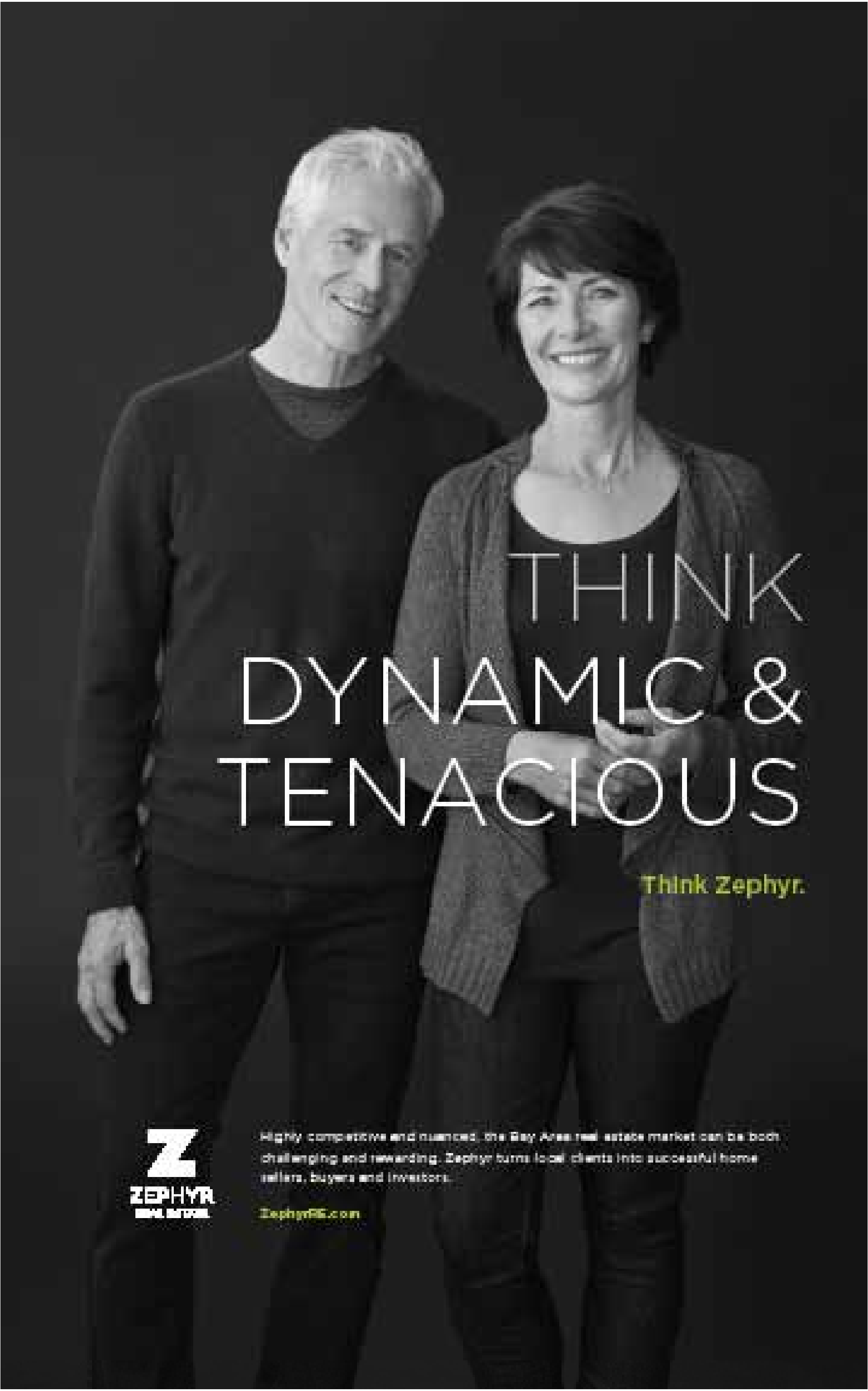
Nonetheless, the firm says that San Francisco continues to be a leading market for technology business, helped by “access to talent, funding, and valued amenities” that fuel growth.

QUOTE UNQUOTE

“A lot of people have wanted to move but get frustrated because they can’t find anything, so it makes more sense to remodel. ... People feel good about things. They feel their jobs are stable, incomes are rising. They’re not concerned about being able to pay back [the loan] or getting in too deep.”

—Dwight Johnston, California Credit Union League chief economist, discussing recent record high home equity lines of credit taken out by Bay Area borrowers; *San Francisco Business Times*

Real estate news tips?



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Real Estate Update :: Getting prepped

Home improvement value and preparing to sell

BY STEPHANIE SAUNDERS AHLBERG

REAL ESTATE AGENTS ARE OFTEN asked BY homeowners what, if anything, they should do to improve their home's value prior to putting it on the market. It is smart to consult with a professional, because he or she can tell you what improvements are desired at that point in time and which are not. Things go in and out of fashion.

Generally, you most often don't get back the cost of the improvements — much less, added profit. On the other hand, some improvements might be necessary to get the property sold. Many buyers today don't want to take on work. Important things like fresh paint inside and out, roof in good condition, siding in good condition, and

no water issues are important. Resolving issues with a home is number one. Most buyers don't care how nice the kitchen is if there is a musty smell and water in the basement or a leaky roof. So I would suggest a seller get a professional home inspection done in advance (your real estate agent can suggest a respected company) and see if there are some of these items that should be addressed first.

Next on the list is curb appeal. Often buyers do a drive-by first before they come inside. You want to convey a sense of welcome. So be sure your exterior paint is new or in good shape (perhaps it just needs a good power washing), make sure your trees are trimmed and flowerbeds fresh and colorful. Go across the street and look at your home from a buyer's perspective. Do you need to plant a tree? Low-maintenance landscaping is very popular right now because of our water shortage. Do you need to swap out some of your plants to the low-water and low-maintenance native variety? If your siding is not in good shape, seriously consider getting a bid on replacing what is needed. This is one of the higher items on the cost-versus-value ranking.

If you are not planning to sell, then you should do the improvements you want to make the home more inviting and desirable to *you*. Your kitchen might be just fine but outdated. If you are planning to stay, then do the kitchen you want and you will enjoy it every day. Same for bathrooms and additions. These will make a home more appealing when selling, but won't necessarily add dollar-for-dollar value. Some quick, low-cost improvements might be to replace an outdated bathroom vanity or a kitchen countertop if you don't want to do a full remodel. Updating fixtures and knobs can make a big difference, too. Take a look at your kitchen appliances. Are they older and would the kitchen be better looking if those were replaced? This is a cost-effective way to update your kitchen without a full remodel.

I recently had a great friend and client ask about adding a hot tub to her view deck. My advice was to do it if she

wanted it and would enjoy it, but don't count on it adding value or even getting her money back. Hot tubs are a very personal choice. I have had some clients excited to see hot tubs on a property and others say it is going to be the first thing they remove. It is one of those things that goes in and out of style and should be installed if you want it, but not to count on added value. The same is currently true about outdoor kitchens and home movie theaters. They were all the rage a few years ago and now seem to have gone a bit out of style. So do it if you are going to use and enjoy it, but not if you think it will increase the price of your home.

Generally, you don't get back the cost of the improvements.

If you are planning to sell, my advice would be to first consult a real estate agent about what, if anything, you should do. Then

ask your agent to suggest a good designer if he or she thinks that is a good move. My rule of thumb is that paint is one of the least expensive things you can do to get your home ready to sell, and it gives you excellent bang for your buck. The designer or stager, if you will be using one, can do a color consultation to suggest the best, most up-to-date colors for your home. Stagers can sometimes work with some of your furnishings, but they will bring in contemporary furniture, art work, knick knacks, linens, etc., to make your home look magazine- and buyer-ready. They are trained at making your spaces appear as large as possible and at eliminating clutter. Buyers love to walk into a home and feel like they can move right in.

In addition to painting and staging, take a good look at your flooring. Is it older, stained, or does it have an odor? If so, new carpet might also be a reasonable expense that will greatly improve the appeal of your home. Or you might want to change out carpet to a hardwood flooring to give it a more modern look.

Something else inexpensive is to have your local energy company come do a free energy audit. It might be able

Have your local energy company come do a free energy audit.

to suggest some easy improvements to maximize the energy efficiency of your home. This is a good marketing tool and one to which buyers are

very attuned. They know it will save them money for years to come.

Last but not least, cleanliness counts. Just before you put your home on the market, make sure your windows are washed inside and out and your home has been cleaned top to bottom. Let a cleaning service do the dirty work and get into those nooks and crannies that can be overlooked in ordinary house cleaning. You want your home to look and smell clean and fresh when a buyer walks in. If you are not planning to sell, you may want to do these things to treat yourself!

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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TICs are different. The question is, how different?

BY CAROLE ISAACS

SAN FRANCISCO BUYERS ARE smart. Successful buyers are not only smart but are willing to take a financial risk to buy a home that feels outrageously expensive. Most buyers ask, “Am I crazy to pay this much for this home?” Recently when one of my clients asked me the “Am I crazy” question, I laughed and said if you aren’t asking this question you aren’t buying a home in San Francisco. All buyers are hoping for a less expensive route to success.

The next questions buyers often ask are, “What is a Tenancy in Common (TIC)? Is this a way to get a better deal?” It is true that you get more for your money with a TIC. In fact, as a rule of thumb 20–25 percent more is a number to keep in mind.

The next question is, “Why does a TIC cost less compared to a condo?” Here are the reasons:

First, 30-year fixed-rate loans are not available for TICs. The maximum length of a TIC loan is seven years.

Second, there are only a few lenders who will loan on TICs.

Third, you can get an individual loan on a TIC, but the interest rate is higher. This can be as much as a point or more, depending on the buyer’s credit

Some are on the city’s list to convert to condos, some are in two-unit buildings and are eligible for fast-track condo conversion, and others will be TICs for the foreseeable future.

Because there are limited loan choices and additional risks, why buy a TIC?

Many TIC’s today are freshly remodeled and move-in ready. This is appealing to buyers who work long hours and don’t want to deal with fixing up their homes. They want to move in their furniture, unpack their suitcases, and get back to work.

Buyers get more for their money, and for some people this feels like the “deal” they have in their dreams.

If you plan on living in the TIC for less than seven years, owning a TIC is a way to get into the market and build equity. Many buyers in San Francisco are young and expect to be moving on to a better job in a few years.

In a two-unit building with a clean eviction record, it is possible to apply for a fast-track

condo conversion with the city. There is a bump in value once a TIC is converted to a condo, but keep in mind that there is an increase in the sale price built into two-unit buildings. Still this is an opportunity for friends to get together, buy a building, work through the fast-track condo conversion process, and come out with two condos of greater value than two TICs. Remember “fast-track” conversions take two to three years.

Many TICs have less restrictive rental requirements than condos. As more condo associations are limiting the rental requirements to six months or

market, it might be worth the extra risk involved in ownership of a TIC.

If you are a cash buyer, a TIC is an opportunity to get more for less money. A cash buyer does not have to worry about paying a higher interest rate or the shorter term of a TIC loan. A TIC might be especially appealing to a pied-à-terre buyer who wants to rent the apartment part-time.

THE FINAL QUESTION: IS A TIC FOR YOU?

The only way you will know is to go out and look at similar TICs and condos, talk to lenders, and evaluate your financial situation. Also, it is never too soon to ask for help from an agent who knows the market well. The more information you have, the better you will be prepared to make the best decision.

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 415-608-1267.

On a down market, a TIC will be more difficult to sell than a condo or a single-family home.

and the terms of the loan.

Fourth, when there is a change of ownership or when an owner refinances his or her loan, an amendment to the TIC agreement must be signed by all owners. This can slow down the sale of a property if a co-owner is not available to sign the amendment.

Fifth, in a down market, a TIC will be more difficult to sell than a condo or a single-family home. Anything that is a bit different will make an anxious buyer more anxious and can cause the buyer to pass on the property.

And sixth, it is important to know that all TICs are not alike.

Many TICs have less-restrictive rental requirements than condos. This is appealing to buyers.

more, TICs often have only the restrictions required by the city. This is appealing to buyers hoping to rent on Airbnb.

If a TIC has a special location, view, or something else that will make it less vulnerable to the ups and downs of the real estate

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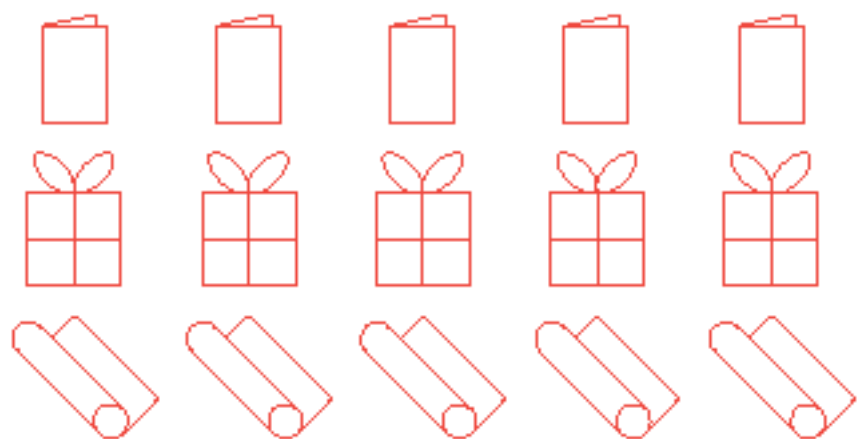
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Stock up on some tasty natural health help. PHOTO: GORDANA JOVANOVIĆ

Health benefits of the holiday

BY THALIA FARSHCHIAN

AS WE ENTER THE HOLIDAY SEASON, we say goodbye to summer's fresh berries, watermelons, and heirloom tomatoes only to say hello to pumpkins, sweet potatoes, pomegranates, and a handful of herbs and spices. By allowing our diet to change with the seasons, we create a natural diversity in our nutrition that supports us for the time of year. A 2001 study done in Japan found a three-fold difference in the vitamin C content of spinach harvested in the summer versus the winter.

Climate changes the resources given to the plant and in turn affects the nutrient content of food. In our modern times, we have access to just about any kind of food at any time of the year. Unfortunately, this access is a disadvantage to the health of our bodies — and to the environment.

Spices and herbs like cinnamon, cloves, nutmeg, peppermint, and more not only evoke nostalgia via our senses, but also can be used to support our health during one of the busiest times of the year. The incredible thing about herbs over pharmaceutical medications is they approach health issues holistically by having a wide range of physiologic effects.

CINNAMON

Cinnamon not only makes pumpkin pie hit the spot, but it is also a powerhouse spice that exerts its benefits with as little as one-half teaspoon per day. This spice is best known for its ability to balance blood sugar to combat diabetes, but is also helpful for the immune, cardiovascular, and digestive system. It contains antioxidant compounds that rival exotic superfood berries, wine, and dark chocolate to remove toxins from our bodies.

These antioxidants reduce inflammation and swelling to support pain management in muscle soreness, PMS pain, severity of allergic reactions, and other age-related pains. Higher doses that can be taken via supplementation have an even larger impact on age-related pains, memory loss, diabetes, heart disease, and cancer.

CLOVES

Cloves are a versatile spice that can be used both in sweet and savory dishes. The dried flower buds from a tropical tree, cloves originate from Indonesia, and are used often in Ayurvedic medicine. They are helpful as a home remedy to fight both fungal and bacterial infections and to reduce pain.

Clove oil on a cotton ball can help to reduce pain in a toothache or inflammation of the gums. It simultaneously can draw out an infection that could be causing the toothache.

A tea of loosened cloves can be helpful when affected by a respiratory infection. It

not only has antimicrobial properties, but can also loosen chest mucus and reduce sore throat pain.

NUTMEG

A little bit of nutmeg can help in a number of ways — and a dusting of this spice goes a long way with mood, memory, appetite and digestion, and skin health. Nutmeg can reduce anxiety and improve sleep. The essential oil can be safely used on the temples to support mood and sleep.

Two compounds in nutmeg, myristicin and macelignan, have been shown in research to improve memory and protect against age-related neurodegeneration.

As mentioned, a small amount really goes a long way. Unlike cinnamon, excess amounts of nutmeg can have deleterious effects like heart palpitations, sweating, hallucinations, and other side effects, so exercise caution when using this spice.

PEPPERMINT

Peppermint is best known for its ability to support healthy digestion. Research has continued to support this age-old remedy to improve the symptoms of irritable bowel syndrome (IBS). Peppermint helps to relax the muscles of the digestive system to relieve indigestion and gas.

In addition to digestive support via tea or oil, topical peppermint essential oil can help muscle pain and headaches.

GINGER

As with many of the herbs and spices of fall and winter, ginger is sure to warm you from the inside out. This spice is readily accessible in many different forms, including raw, powdered, tea, and essential oil. Ginger is best known for its ability to soothe nausea, but it casts a wide net of beneficence from heart disease to infections.

Like garlic and onions, ginger helps to prevent our blood from easily clotting to impact heart disease and stroke. For a more day-to-day use, ginger also helps relax the smooth muscles of the intestines to reduce bloating and improve your body's ability to utilize food nutrients. With its warming properties, it is able to stoke the metabolism and is a great addition to a green smoothie or soup during the colder seasons.

In many countries around the world, spices and herbs are not only used to add dynamic flavors but also to heal common conditions. This holiday season, use your herbs and spices to get into the spirit of the season knowing that their benefits go far beyond delighting your senses.

Thalia Farshchian is a naturopathic doctor at Discover Health. Her background includes both conventional and alternative modalities. E-mail: drthalia@discoverhealthmd.com

Teaching our children gratitude

BY LIZ FARRELL

AS WE EMBARK ON THE Thanksgiving season when we can spend time with family and friends, it's important to take a moment not to just eat turkey and mashed potatoes, but to be truly grateful for all that we have. Ideally, this is something we do not just on the holidays but throughout the year. As a parent, one of my biggest goals is hoping that I can raise our children to be grateful for what they have and to help those who aren't as fortunate. We live in a beautiful city, we have a home, and we have food to eat. These are the basics, but if your children are like mine, they have far more than just the basics, so I want to teach them to be grateful — but how do we do that? I am not an expert, and this is a work in progress in our house, but I have found a few simple things we can do as a family to instill gratitude in our children.

PRACTICE

Gratitude is not something that comes overnight; it takes practice — everyday practice.

We can model this for our children simply by using the words “please” and “thank you” when we talk to our children and others and insist they use the same words. I try to remind my chil-

Gratitude is not something that comes overnight; it takes practice — everyday practice.

dren thank-yous aren't just for material things but for simple acts such as the crossing guard who helps you cross a street, every coach at the end of practice and a game, and in restaurants when someone serves your food or takes away your plate.

Another way we can model gratitude for our children is by teaching them the importance of writing or drawing thank-you notes. In a world of emojis and chat abbreviations, there is nothing better than the sentiments of a handwritten note. I am a bit of a stickler about this, so in our house, if thank-you notes aren't written in a timely manner, the gifts are taken away until the notes

are completed, and if the gift is money, it cannot be spent until the note is written. These notes can be great lessons in practicing how to express gratitude.

We can also practice gratitude daily by acknowledging the things we are grateful for. Some families may choose to do this at bedtime around prayers or a quiet moment. In our house, we try to do it every night around the dinner table. We all take turns sharing two things — something good that happened that day and an example of how we were kind to others.

DON'T GIVE IN

As parents, we want our children to be happy, and sometimes we get that confused with giving them everything they want, so we have to practice saying no. This is easier said than done, especially when your 3-year-old is having a meltdown in the toy aisle at Target. It can be difficult to teach gratitude if your children never have to want for anything. Whatever it is they

want, have them keep a list and wait for a birthday, holiday, or special occasion.

Another great way to model not giving in to every want is by asking your children to pitch in above and beyond their “normal” chores to earn what they want. It's a tough lesson, but one that will last a lifetime — the harder we have to work for something or wait for it, the more grateful we are when we get it.

TEACH THEM TO GIVE BACK

This can be something as small and simple as baking

stand the importance of giving to others, you can talk about how it makes them feel to do something kind for someone else.

As we head into the holiday season, there are many opportunities for families to give back — from serving a meal at a shelter to adopting a family for Christmas or visiting shut-ins.

In conclusion, teaching gratitude takes time and practice, so remember to be patient. Especially during the holiday season when kids are constantly bombarded with messages about things they “must have.” Look for teachable moments and keep reinforcing how important it is to be grateful for what we have. I believe there is truly nothing better than a grateful child who realizes what he or she has been given, and then turns around and wants to help others.

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

Be patient, especially during the holidays when kids are bombarded with messages about things they must have.

cookies for the mail carrier or bringing in the garbage cans for a neighbor. Teach your children that it feels good to give back and make someone else happy. The old saying “it is better to give than to receive” is a tough concept for young children to grasp, but as long as they under-

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Montreal breed ban; Bay Area Pet Fair; Rocket Dog Rescue, Oakland shelter on new Cesar Millan series

BY SUSAN DYER REYNOLDS

Baby Girl Killed by Family Dog

A 6-week-old girl died Saturday night after she was mauled by the family's dog, according to the Los Angeles County Sheriff's Department ...

AS YOU READ THE FIRST PARAGRAPH of this *Los Angeles Times* (Oct. 9, 2000) article, you likely might be thinking, “a pit bull did it,” but you would be wrong:

An uncle babysitting the newborn left the child on a bed unattended while he went to the kitchen to prepare a bottle for her ... When he returned, he found the family's Pomeranian dog on the bed attacking the baby.

That's right — a Pomeranian.

The main reasons for dog attacks are lack of supervision and bad dog owners. That doesn't stop cities from reacting hysterically and enacting breed bans. The most recent is Montreal, where a "pit bull" ban has stirred controversy and anger.

Christiane Vadnais was killed this June by a dog registered as a boxer. As **Bronwen Dickey**, author of *Pit Bull: The Battle Over an American Icon*, states in her Oct. 22, 2016 *Los Angeles Times* op-ed, just a few days before, a child was killed by a “husky mix” in rural Canada, but no one shouted for a ban. Dickey also notes that of the roughly 60 dog-bite deaths reported in Canada since 1964, “pit bulls” have been involved in only two, with “sled dogs” and “huskies” responsible for more than 25.

Montreal's law prohibits ownership of all pit bull breeds and any mixed-breed dog that has physical characteristics of those breeds. This is a dangerous, slippery slope. What are these physical characteristics? Muscular frames? Count Rottweilers, mastiffs, English and French bulldogs, and Boston terriers among breeds with that characteristic. In other places with breed bans, dogs resembling "pit bulls" were dragged from their owners' arms and destroyed, and, in frightening displays of breedism, neighbors turn in neighbors when disagreements arise not even related to dogs. It happened in Denver, Colo. after the city enacted a pit bull ban in 1989. In one case, a woman visiting a friend came home to find her dog had escaped the yard. It was later discovered the dog had been taken to a shelter and killed.

As I've written many times, breed bans don't work. After Denver's ban, the rate of dog-bite-related hospitalizations went up, with another large breed, Labrador retrievers, the most common culprit. The rate of dog-bite injuries is now significantly higher in Denver than in surrounding areas without bans. Similarly, the United Kingdom banned pit bulls in 1991 and Ontario in 2005, and dog-bite injuries have risen in both places.

According to Dickey, Multnomah County, Ore., which includes Portland, established a program aimed at reducing dog bites without targeting specific breeds. “By imposing strict regulations on nuisance dogs *before* serious injuries occurred, the county decreased recidivism by 60 percent,” she says. Calgary has also had success with a similar program geared toward responsible pet ownership. Dickey cites a 2013 survey of 36 Canadian



Rocket Dog Rescue founder Pali Boucher and Cesar Millan filming the new National Geographic series *Dog Nation*. PHOTO: ROCKETDOGRESCUE.ORG

municipalities that found “increased enforcement of breed-neutral regulations (such as leash and containment laws) led to the most noticeable drop in dog-bite injuries.” As a result, a Quebec Superior Court judge has put Montreal’s ban on hold, but only temporarily.

As a responsible pit bull guardian, it angers me to see fellow media create “pit bull hype” to bring eyeballs to their (perhaps failing) newspapers, radio stations, and television outlets. The fact remains that human death by dogs is exceedingly rare. As I wrote in a 2011 Editor’s Note for *Northside San Francisco*, with nearly 80 million dogs in the United States, there are fewer than 30 fatalities on average annually. By comparison, the human population, just four times higher than the dog population, averages 17,000 murders annually — more than 500 times the number of dog-related deaths. While humans by a wide margin rank as the number one animal that kills, number two is the bee, with more than 50 stinging deaths annually. ...

Despite a huge storm, the **Pet Food Express Bay Area Pet Fair** was a huge success, with 700-plus pets adopted, which will increase once applications are finalized. Kudos to all the rescue groups who braved the rain to find homes for dogs, cats, pigeons, rabbits, rats, and more. ...

Rocket Dog Rescue and **Oakland Animal Services** will be featured on **Cesar Millan's** new television series, *Dog Nation*. Two dogs were saved from Oakland's shelter during filming, and Rocket Dog has saved nearly 8,000 dogs — but 4 to 5 million dogs die every year in America.

"We have a platform. Let me put a spotlight on [organizations like Rocket Dog Rescue], so more people can know about them, so they can inspire people, not only to rescue dogs, but to change their lives," said Millan. "It's paying it forward. It happened to me. That's the only way you can make a difference. You have to help others."

You can meet some Rocket Dogs Nov. 6 at the **Pawtrero Hill BathHouse & Feed Co.** 10th anniversary.

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- November 1
- November 15
- November 29

There will be no scheduled meetings on November 8th and 22nd.

- December 6
- December 13

There will be no scheduled meetings on December 20th and 27th.

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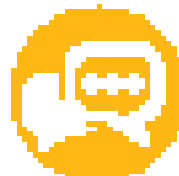
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