


Make the summer shine

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More online

Coastal Commuter,
Evalyn Baron,
and full calendar

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Left: Edgar Degas, *The Millinery Shop*, 1879–1886; right: James Tissot, *The Shop Girl*, 1883–1885.

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Painters, Paris, and hats at the Legion of Honor

BY LYNETTE MAJER

WHILE DEGAS IS MOST often associated with his renderings of women as ballerinas, Degas, Impressionism, and the Paris Millinery Trade, presents a lesser well known, yet equally noteworthy, depiction of the female

form focused on the subject of women and hats.

Organized by the St. Louis Art Museum and the Fine Arts Museums of San Francisco, the exhibition features 40 works by Degas and his fellow Impressionists, along with 40 exquisite hats — including nine from the museum’s own collection — dis-

played along with oils, pastels, and prints created roughly between 1870 and 1914. Appropriately on view in the Palace of Legion of Honor, other artists represented are Pierre-August Renoir, Édouard Manet, Henri de Toulouse-Lautrec, and Degas’s close friend, American Mary Cassatt.

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REYNOLDS RAP

The Amazon in the room

BY SUSAN DYER REYNOLDS

Bezos: “Alexa, buy me something from Whole Foods”
Alexa: “Buying Whole Foods”
Bezos: S**t
— Jeff Lewis (@ChicagoPhotoSho) on Twitter

WHEN LOCAL SMALL-BUSINESS SUCCESS STORY Pet Food Express wanted to open in a blighted, long-vacant building on Lombard Street, pet stores as far away as Pacifica formed a coalition to stop them. At community meetings, owner after owner talked about the adverse effect a “chain” would have on their livelihood, but what struck me was that not one of them mentioned the elephant in the room — online sales — and in particular the biggest elephant of them all, Amazon.com.

In 1995, 31-year-old Jeff Bezos realized that a year after the first browser appeared, the Internet was growing at an annual rate of 2,300 percent. When Bezos launched Amazon, 16 million people were online. In 2017, that number is more than 3.6 billion. Bezos had one goal in mind: Grow fast and grow big. He almost arbitrarily settled on selling books. That year, Americans bought nearly \$20 billion worth of books, with Barnes & Noble and Borders Group claiming

REYNOLDS RAP, continued on 5

BELLINGHAM BY THE BAY

Christmas in July

BY BRUCE BELLINGHAM

DO YOU RECALL THAT SONG FROM **CHUBBY Checker** from the 1960s, “Let’s Twist Again (like we did last summer)”?

Well, I recall this. **Nancy Pelosi** and **Barbara Boxer** were dancing on a flatbed truck at the Black & White Ball with Chubby Checker at the Civic Center here in downtown San Francisco.

Gosh, that was quite a few years ago.

Twisting the night away — like any congressional minority leader should be.

Things get twisted over the years.

Twisted in a way we may have expected. But — hold on — it may get better.

Don’t worry. I’m used to getting yelled at. Why should it stop now? My brother, James, would say, “It never helps for you to be yelled at.”

Because there is a Christmas in July. Yes. It is right here at our feet under the dirty sidewalks, and under the broken hearts who have wished for better days. It is the promised land. But promises come and go.

This is San Francisco. A place to have fun. Yes, sometimes too much fun. It is a town without spellchecks.

But we have editors just to keep us in line. Good luck to them. Go ahead, beat me into submission.

I am grateful, as I submit.

After all, it is Christmas in July.

That means we have gifts to give.

It also means we have affection for people we care

BELLINGHAM, continued on 4

THE HUNGRY PALATE



Bruschetta at Calzone's Pizza Cucina. PHOTO: MISHA BRUK

Calzone’s Pizza Cucina: A scene out of a Fellini movie

BY ERNEST BEYL

AS READERS OF THE *MARINA Times* will know, I am a voracious diner in North Beach. Not only do I occasionally review restaurants, but also annually write a column, The Ernestos: Best of North

Beach Awards. And now I’m confessing in my North Beach wanderings I have frequently overlooked Calzone’s Pizza Cucina, the Columbus Avenue powerhouse whose sidewalk tables always seem to be filled with tourists.

Yes, I really do understand, tourism is good for the neighborhood,

but I’ve been a bit snooty, looking down my nose at Calzone’s and under what I now believe is a false impression that locals from the neighborhood don’t eat there. They are doing what the tourists do — enjoying the Calzone’s experience. So in the last couple of months I’ve mended my ways and checked it out — repeatedly. Smart!

First, without doubt, Calzone’s is the most attractive restaurant in North Beach. It looks like a set for the 1960 Fellini movie *La Dolce Vita*. One expects Marcello Mastroianni and Anita Ekberg to begin an affair there. But what is more important, I found the food to be surprisingly good. And in North Beach the bar is set high for restaurants.

By the way, the proprietor of Calzone’s isn’t a guy named Calzone. It’s a guy named Jerry Dal Bozzo, a North Beach native who opened the place in 1986. The executive chef for Calzone’s, who’s been there for more than 30 years, is David Barrett.

Although Dal Bozzo operates Calzone’s, he has a partner, Dante Serafini, in several other Bay Area restaurants. In San Francisco there’s The Stinking Rose, The Crab House at Pier 39, The Franciscan Crab

HUNGRY PALATE, continued on 11

TOP 10 STEAKS IN AMERICA

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Bobo's - San Francisco, CA

Peter Luger Steakhouse - Brooklyn, NY

Bern's Steakhouse - Tampa, FL

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News Briefs : City roundup



The Presidio Theatre will host live entertainment and other gatherings when its rehabilitation is completed in mid-2019. PHOTO: PRESIDIO TRUST

Investing in the present and for the future

PRESIDIO THEATRE TO GET MAKEOVER

It looks like the Northside is going to get one more performance space. This summer the Presidio Theatre, located on the Main Post, will begin a two-year rehabilitation that will result in what the Presidio Trust is calling a “high quality and affordable multipurpose space for live theatre, film, dance, music, lectures, educational programming, and special events.”

According to the Trust, the revived building will feature a 650-seat theatre, a new pavilion, and a new courtyard. A new non-profit organization will be set up expressly to support and operate the venue.

The rehab effort is being supported by a partnership between the Margaret E. Haas Fund and the Presidio Trust.

TING BOOSTS HOMELESS HOUSING

A bill designed to help San Francisco build shelters and transitional housing for the homeless sailed through the California Assembly on a 67-0 vote at the end of May and headed for Senate consideration. Other cities are also under consideration to be added to the bill, which was authored by Assemblymember Phil Ting of San Francisco.

AB 932 would create a 10-year window in which the processes for building shelters and supportive housing would be streamlined upon the declaration of a shelter crisis. The city could create simpler local standards for the housing, upon review by the state Department of Housing and Community Development.

“With the homeless crisis that’s facing San Francisco, we need to do everything that is

possible to expedite the building and production of supportive housing, shelters, and Navigation Centers,” said Gail Gilman, CEO of Community Housing Partnership. She said AB 932 could let San Francisco “bypass cumbersome laws ... to create its own regulations to expedite the production of homes for those who are without.”

CITY BUDGET PROTECTS AGAINST WASHINGTON UNCERTAINTY

Tackling the city’s homeless crisis will get an annual \$30 million boost in Mayor Ed Lee’s proposed \$10 billion budgets for fiscal years 2017-2018 and 2018-2019. That combined \$20 billion would be the envy of many cities (and states and small countries), but it comes with a cautionary note from the mayor about possible budget cuts from the Trump administration.

Lee’s office issued a budget statement that stated “the recently released draft of the federal budget calls for reductions to many of the services and programs that serve our most vulnerable populations. It has called for cuts in housing and social safety nets programs, and health care, while making significant increases in immigration enforcement resources.”

In addition to expanding services for the neediest residents, Lee’s proposed budget creates a \$50 million “Affordable Care Act reserve” and a \$10 million “State and Federal Impacts reserve” in the event of reductions in outside funds to the city.

According to the budget, San Francisco will increase by 150 percent the number of beds at its Navigation Centers serving the homeless;

\$6 million will be used to create another Navigation Center; \$4 million for homeless childcare; \$2 million for new shelter beds specifically targeting families experiencing homelessness. In addition, there will be a new 24/7 resource center and expanded services for homeless in need of mental health and addiction assistance.

Also receiving more money in the proposed budget will be the city’s roads, which will get an additional \$90 million; an 81-percent increase in money for the Recreation and Park Department; and \$3.5 million over two years for improving street cleaning. The budget promises to meet the mandated police staffing levels; but overall, the *San Francisco Examiner* reports, city hiring will remain roughly even after growing rapidly over the past six years.

FACTS AND FIGURES

Nearly **one in four**: Number of San Francisco and Marin residents who face the threat of hunger, according to the San Francisco Marin Food Bank ... **68,000**: Square footage in the Chronicle building that Facebook is in talks to lease ... **\$1.54 million**: Increase in city funding for services to support youth, especially those experiencing homelessness ... **4 a.m.**: New later closing time for bars and nightclubs under a bill passed by the state Senate ... **\$3.15 million**: Amount spent to renovate the Mountain Lake Park Playground ... **\$27 million**: Increase in city spending on providing alternatives to incarcerating low-level offenders and improving mental health and addiction services.

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Bellingham

continued from cover

about. Here in San Francisco — my adopted home town. That’s right, I am an orphan in the storm.

I thought about it. Forty-six years in this City by the Bay. Yes, you betcha — as Ian Whitcomb used to sing.

Am I sorry about living here in San Francisco? Not all the time. But it is like a bad marriage. One gets beaten up — but I always go back for more.

But there is kindness in the vicinity. And there is cruelty as well. One has to play the positives against the negatives. That reminds me. My doctor, **Samantha Bessega**, who is truly a great physician, said, “Thanks for the newspaper, Mr. Bellingham. Is my name in it?”

“Well, Dr. B. Not this time.”

“Then,” she shoots back, “Why would I want to read it?”

Point taken.

There are talented people in these parts. They are like racehorses. It would be unwise to restrict them. Out of the paddocks and straight into our hearts.

I refer to **Soledad O’Brien**, the great star at CNN — who retains a place in my heart. **Tom Newton**, who was a producer at KRON Channel 4, said to me, “When Soledad walked into the newsroom, we knew we had a thoroughbred on our hands.”

When I wrote a profile of Soledad for a magazine, the editor took out that phrase, “... a thoroughbred on our hands.” Spiked it as they say.

“Why?” I asked.

Her response: “You do not refer to women as horses.”

That could engender a dirty joke, but we are above that sort of thing. This is a family newspaper.

Oh, well, welcome to show business. One gets chewed up from time to time.

There may be room for Jell-O — but there is always room for forgiveness.

I confess: I never liked Jell-O. As for compassion, I’ll bite. Lots of sugar. Even the sweet things in life give us bitterness. Perhaps I should give Jell-O a second try. We need a second try. And, for sweet’s sake, we need the sugar. That’s what life is all about. ... That is the definition of compassion.

Have you ever looked at a racehorse closely? If the horse likes you, then its riveting eyes — usually brown — will freeze you in your tracks, so to speak. It happened to me. I recall the enormous nostrils. Nothing to snort at. Don’t get me wrong. Honest. Of course, I could not take the horse home. She’d be too hard on the carpets. ...

But things get twisted in the right way — well, sometimes.

Here’s an example. It’s **KJ Landis**. She works at the Urban Tavern in the San Francisco downtown Hilton hotel. But KJ has twisted her kindness in all the right direction. She has a new book out. She is a “Superior Self.” KJ is a relentless advocate for getting kids — even at my age — to take care of themselves. She’s a former professional model. Boy, she doesn’t show it? I also confess that I have affection for women who wear neckties. KJ is devoted to

the notion of wellness. KJ wants to make this world a better place. She’s going great guns in a world that has too many. ...

And you know the old blues song, KJ. You don’t miss your water until the wellness has gone dry ... Sorry about that. But — mark my words: KJ is a thoroughbred.

Oh, one more thing: Buy her book. Who knows? We may all get well together.

Maurice Kanbar likes to remind me, “Bellingham, I do the jokes around here.”

I know my place. Maurice has the floor. Actually, he has several of them. He is the Prince of Pacific Heights. And a very generous man. He loves young people who show some enthusiasm for creativity. For example, the San Francisco Girls Chorus. He built them a house so they could sing. And, boy, can they ever.

What’s that old **Benny Goodman** tune? “And the Angels Sing.” I’m not in a hurry to hear any angels sing to me. But it’s not so bad to contemplate. As long as they may let me chime in. I’ll bring my harmonica.

Do you think they’ll let me sing, “Let’s Twist Again”?

I’ll check with Nancy Pelosi about that.

But it is Christmas in July. And here, in San Francisco, the weather’s just fine. Let it snow, let it snow ... and gosh, let it snow ...

Bruce Bellingham is the author of Bellingham by the Bay. Send him a twisted message at bruce@marinatimes.com. Follow the Marina Times on Twitter @TheMarinaTimes and like us on Facebook @MarinaTimes.

Imagined Conversations

By Jay Duret



I was with this guy who fancies himself a political operative and he kept saying “that won’t pass mustard” until finally I said you mean ‘muster’? like in “won’t pass muster” and then he started calling me hot dog

Nickname

July 2017 (c) Jay Duret 2017 www.jayduret.com



Will an Amazonian Whole Foods take over the whole food market? PHOTO: ASPERSIONS

Reynold's Rap continued *from cover*

over a quarter of the market, followed by independent shops eking out a fifth of the sales, with supermarkets, book clubs, and others taking the crumbs.

Perhaps Bezos's smartest move was his ability to use to his great advantage a 1992 Supreme Court ruling (Quill Corp. v. North Dakota), which exempted retailers from charging sales tax in states without a physical presence. For years, he avoided collecting hundreds

Perhaps Jeff Bezos's smartest move was his use of the exemption of online retailers from charging sales tax.

of millions of dollars, which helped Amazon put a large nail in the book business coffin. Two decades ago there were 4,000 independent bookstores in the United States; today, fewer than half of those remain. Like the cartoon where the small fish is eaten by the medium fish and the medium fish is swallowed by a shark, the two chains responsible in part for the demise of independents saw Amazon take a near-lethal bite: Borders declared bankruptcy in 2011 and Barnes & Noble has closed thousands of stores.

Today, Amazon sells everything on the planet, usually cheaper than brick and mortar stores and, if you're a Prime member, with free shipping. I'd love to say I always support the small local business, but I can't because, like most Americans, I have an Amazon addiction. Sometimes the stores are at fault, like when I went to a local hardware store to buy an arbor for my garden and the clerk stared blankly at me and said, "We get those in March and they're sold out." I was startled. "Isn't that a summer item?" She shrugged her shoulders.

"We get them in March..." So I logged on to AmazonSmile (a site where Amazon makes a donation to your favorite charity for every purchase) and found about 50 different arbors to choose from, with free delivery to my door, of course.

Then there's the convenience factor. When I wanted to make mashed potatoes the next day for a recipe I was testing, I realized my peeler was too dull to do the job. It was 100 degrees and I didn't feel like braving the outdoors, so I ordered one on Amazon for \$5.95 and it was delivered free the next morning.

The only thing I don't order on Amazon is groceries — they have them, but I

like to pick out my own produce. Bezos, realizing this chink in the armor of his world domination plan, announced in June that Amazon would buy Whole Foods for \$13.7 billion. Turns out just 1.4 percent of groceries are purchased online, according to Yahoo Finance. If approved, it would be Amazon's largest acquisition ever and give it a huge offline footprint — something that should scare the bejesus out of mom and pop grocers and large chains like Safeway alike. One of the strongest weapons in Amazon's arsenal is

that they don't care if they lose money, because they have it to lose. Until recently, Amazon had never shown a profit, yet analysts believed in Bezos so much the stock hit \$1,000 per

share, making Bezos the second-richest person in the world after Bill Gates, with a net worth in the \$75 billion range.

Now California congressman Ro Khanna says the deal deserves closer examination. "The main problem is it is going to hurt local grocery stores," Khanna, whose district includes much of Silicon Valley, said on CNBC's *Squawk on the Street*, because they can "engage in low-cost pricing and it is also going to put pressure on wages."

He pointed to Walmart, which has a 22 percent share of the American grocery business, and the negative impact it's had on regional stores. Amazon and Whole Foods could force them to reduce wages to keep up, which could stifle the battle for a \$15 minimum wage. Perhaps even more frightening is Amazon's ability to replace cashiers with hundreds of surveillance sensors that can identify items

and bill a customer's account, something they're already doing at an Amazon-owned grocery store in Seattle.

While Khanna's desire to scrutinize the Amazon-Whole Foods deal looks good on paper, it may be too little too late. Amazon has been allowed to grow unfettered for years, taking out brick-and-mortar retailers with broad strokes of its mammoth trunk. The harsh reality is that you can't push the elephant out of the room when it's already too big to fit through the door.

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Police Blotter :: Crimes and occasional punishment

Smash-and-grabs and death: Perils in the city

THE NORTHSIDE ENDED SPRING having experienced two murders. Early on May 20 on the 100 block of Alhambra Street, a man believed to be homeless was found to have suffered a gunshot wound. Northern Station Captain John Jaimerena says, "All efforts were made to save this male's life, but he passed away a day later." He asks that anyone with information should contact Sgt. Scott Warnke at 415-553-9249.

In the early hours of June 2 on the 2500 block of Van Ness Avenue, there was a second homicide. Jaimerena reports that that was followed quickly with an arrest by Northern Station's officers.

There was another death on June 22 that was not a murder, but was perhaps all the more tragic for it. A teenage girl hiking at Land's End with two friends fell to her death. Rescuers had trouble reaching her because of the dangerous location, but they finally did get her; however, she died while in the ambulance.

According to the United States Park Police, investigation by its Criminal Investigations Unit showed that the girl "and two other juveniles had parked a vehicle along El Camino Del Mar. All three juveniles walked down to a fence that has a sign indicating "Danger Area Closed." All three juveniles disregarded this sign and made their way through this fence and walked to the Painted Rock cliffs' edge. ... At some point, one of the juveniles fell approximately 150 to 200 feet and landed on a large rock.

"We ask the public to adhere to all signage in the park and even in approved hiking areas, the public should keep a safe distance from all cliff edges."

In less deadly but still troubling crime news, Jaimerena reports that auto burglaries continue to plague the Northside and that "we have made it the highest priority to apprehend the individuals involved." He notes that in each of the situations described below, arrests were made in cases that all resulted from people calling the police to alert them to the crimes. The lesson here: Do not leave valuables in your vehicle.

The crimes below are just a small selection of the occurrences in the Northside. For more info, visit the SFPD website, select "compstat" to find a link to crime maps.

STREET CHASE ON FOOT

June 3, 3:01 p.m.

Cleary at Laguna Street

Two male juveniles were reported to be peering into the window of a light-blue sedan. Both were wearing black hoodies. Uniformed officers arrived on the scene, and when the subjects saw the officers, they began running away. The officers took off after them, catching up and taking them into custody without incident.

The officers then retraced the suspects' path and found a backpack, which was positively identified by the owner of the vehicle as his. The rear window of the car had also been broken. Both subjects were transported to Northern Station.

WEARING BLACK MAKES YOU LOOK THINNER

June 4, 11:59 a.m.

Franklin at Golden Gate Avenue

Officers were told that a suspect—wearing a black hat, black jacket, jeans, and gloves, and carrying a black backpack—was casing vehicles. He had been

spotted on a BMX bike, trying to look into a Jeep Compass.

A plainclothes officer arrived and watched the suspect burglarize a vehicle and then leave on his bike. The officer alerted other officers, who moved in and detained the suspect without incident. The suspect was searched and found to have a lot of U.S. currency and suspected narcotics, possibly methamphetamine, in his pockets. He also had an open wound on his leg, so he was taken to the hospital and, once medically cleared to leave, was booked at County Jail.

IF ONLY WE'D TRIED UBER

June 5, 8:08 p.m.

Hickory at Franklin Street

A crime-committing duo were reported to be boosting an auto. They were described as a male and female pair, and officers quickly recognized them from previous contacts.

The two were frantically trying to get into a cab to leave the area. The officers stopped and detained both suspects. They found that the suspects had a stolen duffle bag, as well as a screwdriver and a glass pipe used for smoking meth. A computer check on the suspects showed that they were on court probation for burglary with a warrantless search condition. They were booked at County Jail.

ISN'T EVERYBODY ON PROBATION THESE DAYS?

June 5, 2:51 a.m.

1400 block of Sutter Street

Officers responded to a report of an auto burglary. They were informed that the male suspect, about 35-42 years old and wearing the de rigueur auto-booster's uniform of dark jacket and dark hat, was using a flashlight to look through a vehicle.

The officers arrived and detained the suspect. A neighbor came out to meet the officers and confirmed "That is the guy I saw break into the vehicle." The rear window of the vehicle was shattered, and the suspect was carrying a bag containing burglary tools and the victim's personal property, including identification and credit cards.

A computer check revealed that this suspect was also on active probation for burglary. He was booked at County Jail.

YOU'D THINK A MERCEDES DRIVER WOULDN'T NEED TO STEAL PURSES

June 5, 2:30 p.m.

2000 block of Bay Street

The owner of a vehicle told the police that he had locked his vehicle and left for a few hours, only to return to find the rear driver's-side window smashed and a purse missing from inside the vehicle.

Then a witness told the officers that he had seen a Mercedes pull up alongside the victim's vehicle, an unknown male got out, broke the window, and took the purse. The officers got a description of the suspect and his Benz and broadcast it to other police units. Within minutes, officers conducted a traffic stop on a vehicle that matched the description and saw that there was a beige purse in the backseat of the vehicle. The victim was brought to the scene and identified the purse.

Officers also located a large quantity of what they suspected was marijuana in the vehicle. County Jail chalked up another booking that day.

The rebirth of Mountain Lake Park Playground: The three amazing women who made it happen

BY MARK FARRELL

PARKS AND OPEN SPACES are San Francisco’s great equalizer. They are free to anyone, from any age and neighborhood, to use and enjoy as they wish. They enhance our quality of life, generate significant economic benefits, and improve our environment. On top of having three young children, it’s why I have made parks and open spaces one of my top priorities inside of City Hall.

In dense urban areas like San Francisco, I believe it is crucial to not only maintain our parks and open spaces, but to upgrade and add new parks and open spaces wherever possible. It is why I fought to purchase the Francisco Reservoir to create a brand-new, 4.1-acre park in the middle of Russian Hill, and why I have supported similar projects in other San Francisco neighborhoods.

As our San Francisco population continues to grow, our parks and open spaces should grow right alongside. In District 2, we have recently completed the total renovation of

Lafayette Park, finalized the improvements soon to come at Moscone Recreation Center, and most recently reopened Mountain Lake Park Playground after years of work.

All across San Francisco, we are blessed to have neighborhood leaders and park advocates who are willing to roll up their sleeves and join hand-in-hand with the city to work to make their neighborhood parks better.

Thankfully, Mountain Lake Park Playground is no different. One of the crown jewels of District 2, the playground was initially built more than 30 years ago and was in desperate need of attention. Unfortunately, it had barely been touched since I used to barrel down the cement slide as a kid growing up while visiting friends in the neighborhood.

Back in 2010, three amazing women — Kate Green, Claire Myers, and Jen Fetner — took it upon themselves to create and organize the Friends of Mountain Lake Park. I originally met them in City Hall early in my first term, when they came to advocate for renovations to

the Mountain Lake Park Playground and offered their unrestricted support. Jen Fetner’s background in architecture, Kate Green’s professional project management experience, and Claire Myers’s deep relationships in the neighborhood served as a perfect trifecta of backgrounds and experience to lead the community and the project.

Make no mistake: This was their vision, their advocacy, and the Mountain Lake Park Playground that we all can enjoy now with our families would never have happened without their incredible efforts.

When we first met, everyone agreed it was past time to make improvements in Mountain Lake Park, but the project scale was daunting. In City Hall, we placed Mountain Lake Park Playground into the 2014 Parks Bond, and I was able to add additional funds through the Board of Supervisors. However, it was not enough to make all the needed improvements and upgrades the neighborhood deserved.

So for the past five years, the Friends of Mountain Lake

Park worked with neighbors and the public to host community meetings, issue surveys, and to develop a design for all of the park improvements. Perhaps most important, through the leadership of Kate, Claire, and Jen, the Friends of Mountain Lake Park was able to raise more than \$300,000 in private funds and secure more than \$400,000 worth of pro-bono architectural design work from BCJ architects to complete the park renovations.

After a significant construction process, we finally reopened Mountain Lake Park Playground in early June. My wife and I have been there every week since with our children, and early reports are traffic to the neighborhood has doubled (a future issue my office will have to tackle).

As for the playground itself, in case you haven’t visited yet, the renovations did an amazing job respecting the park and playground’s history, while also becoming more modern. For example, the beloved concrete slide is still in place with a new scrambling wall alongside it.

For those of us with little children, separate play areas were created for toddlers and older children, so everyone, regardless of age, would have a safe and fun place to play. The renovations also included a terrace picnic area and a larger open space between the playground for parents to park their strollers and congregate.

Everyone in my family has a different “favorite” part of the new Mountain Lake Park Playground — there is so much to love. This project is the epitome of what is possible when we all work together to improve our neighborhood, and a testament to true neighborhood leadership.

No matter where you find yourself hanging out on the playground, no matter what age or demographic you represent, know that the new Mountain Lake Park Playground would not exist without the determined effort of Kate, Claire and Jen — three amazing women, three amazing moms — who had the vision and followed it up with years of action to make it happen.

MARINA BRO CHECKLIST:

- ☒ Button down shirt with Patagonia vest
- ☒ Boat shoes
- ☒ Tech job
- ☒ Jeep Grand Cherokee
- ☒ Play spikeball at Fort Mason
- ☐ Purchase one bedroom condo with roof deck to keep the party going after 2AM



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Proposals will be received through the Airport’s RFP Web Portal from 2:00 p.m. on Monday, July 3, 2017 until 2:00 p.m. on Friday, July 7, 2017. Small, local and disadvantaged businesses are encouraged to participate.

For more information visit www.flysfo.com/business-at-sfo/current-opportunities or contact Revenue Development and Management at 650-821-4500.

CONCESSION OPPORTUNITIES AT SFO

SFO is accepting proposals for the International Terminal Boarding Areas A and G Newsstand and Specialty Retail Concession Leases. The Request for Proposals includes 3 Newsstand Leases and 2 Specialty Retail Leases.

The proposed minimum annual financial offers range from \$210,000.00 to \$1,200,000.00. Terms are seven years. Rent shall be the higher of the Minimum Annual Guarantee or the sum of the percentage rent structured as follows: 12% of Gross Revenues achieved up to and including \$500,000.00; plus 14% of Gross Revenues achieved from \$500,000.01 up to and including \$1,000,000.00; plus 16% of Gross Revenues achieved over \$1,000,000.00. Small, local and disadvantaged businesses are encouraged to participate.

Proposals will be received through the Airport’s RFP Web Portal from 2:00 p.m. on Monday, July 3, 2017 until 2:00 p.m. on Friday, July 7, 2017.

For more information, visit www.flysfo.com/business-at-sfo/current-opportunities or contact Clarissa Mamaril at 650.821.4500 or via e-mail at clarissa.mamaril@flysf.com.

The Assessment Appeals Board resolves legal and value assessment issues between the Assessor’s office and property owners. We have three vacancies on Board 1, which oversees all downtown properties – high rise residential, office, commercial, hotels. Board 1 also oversees all properties over \$50 million in assessed value throughout the City.

Assessment appeal hearings are quasi-judicial, conducted in a manner similar to a court setting, with evidence and testimony presented by the parties. The Board then evaluates the evidence and testimony, and renders its decision.

To be eligible, you must have a minimum of five years professional experience in California as either a: (1) public accountant; (2) real estate broker; (3) attorney; or (4) property appraiser accredited by a nationally recognized organization, or certified by either the Office of Real Estate Appraiser or the State Board of Equalization.

For more information regarding the Assessment Appeals Board call (415) 554-6778.

Over 100 sites throughout San Francisco are serving free lunches and snacks to anyone age 18 and under every weekday through August 18. No registration or proof of need is required: show up at a site during designated serving times and you will be served a free lunch and/or snack. Find a site near you at www.dcvf.org!

Everyone is invited to join the Department of Elections and the Public Library in celebration of National Disability Voter Registration Week and the exhibit “Patient No More: People with disabilities securing civil rights.” July 18 beginning at 5:00 pm at the Main Library 100 Larkin Street.

CNS-3022987#

Sketches from a North Beach Journal

The Cellar, legacy businesses, and Elvis Christ has left the neighborhood

BY ERNEST BEYL

POETRY AND JAZZ

In the spring of 1957, poetry and jazz co-min-gled as an art form in the Cellar, a basement night-club in North Beach. The Cellar, 576 Green Street, is long gone and so is the

& Tony’s, in Mt. Shasta. This is a two-part story. Part one: Gigi’s son fired him because he served too many drinks on the house. Part two: Gigi, a prodi-gious restaurateur, is open-ing another restaurant, Piedmonte, in Mt. Shas-ta. It will be Gigi’s 14th

(1971), Sodini’s Green Valley Restaurant (1906), Columbus Cutlery (1964), Graffeo Coffee Roasting Company (1932), Liguria Bakery (1911), Little City Market (1940), and Cafe Jacqueline (1979).

HOT DOG HOMAGE

As readers will recall, I am a hot dog connoisseur. So the other day I dropped by the mother ship — Costco — to do a bit of on-the-spot research. I was not disappointed. I worked tirelessly at the chopped onion machine, one of the great inventions of the 21st century. Two things make Costco’s hot dogs special: chopped raw onion (hence the onion machine) and neon green sweet pickle relish. For me there are only two places in San Francisco for hot dogs: Buster’s in North Beach and Costco at 10th and Harrison.

POET ELVIS CHRIST

No, I don’t usually do obits in my Sketches col-umn. But in this case let me make an exception. My friend, the street artist Elvis Christ, a wonderful madman whose real name was Kevin Arnold, died recently.

Elvis Christ was a side-walk poet. He used the North Beach sidewalks to communicate his poet-ic — frequently political — social concepts. When

What were my qualifications for being in such august company? I look like Lawrence Ferlinghetti — catching up with him in age.

experiment of combining jazz and poetry. Howev-er, a few days ago Sam’s Grill, which has a pleasing habit of calling attention to days gone by, featured a program called “The Beat Goes on at Sam’s Grill.” It recreated the jazz with poetry experiment in North Beach undertaken by Kenneth Rexroth and Lawrence Ferlinghetti. In the Sam’s Grill recreation, Robert Hass, former poet laureate of the United States, now a distinguished professor at UC Berkeley, played the role of Rexroth. Other readers were Bren-da Hillman, prize-win-ning poet from Berkeley, and poet-attorney John Briscoe. I played Ferling-hetti. The jazz accompani-ment was handled by Noah Griffin, press secretary for former mayor Frank Jordan, and talented, in-de-mand vocalist, whose scat singing provided the prop-er tone for the evening.

What were my qualifi-cations for being in such august company? I look like Lawrence Ferlinghetti, seem to be catching up with him in age.

Rexroth scholar Ken Knabb dropped this one on me after the event: On one occasion before read-ing his poetry, Rexroth said, “Well, what would you like tonight, sex, mys-ticism, or revolution?” A woman in the audience replied, “What’s the dif-ference?”

GIGI STRIKES AGAIN

I ran into Gigi Fiorucci recently and asked what he was up to these days since he sold his seminal North Beach seafood restaurant, Gigi’s Sotto Mare, to Richie Azzolino back in 2014. For a while Gigi had been working as bartender in his son’s restaurant, Mike

restaurant: Among them — Montclair, Mayes Oys-ter House, Caesar’s, and Sotto Mare. Let’s charter a bus and go up there for the opening.

NORTH BEACH LEGACIES

My favorite North Beach saloon, Gino and Carlo on Green Street, has been named a San Francisco legacy business. Do you know about San Francis-co’s legacy business pro-gram? It’s available to long-standing stores, restau-rants, bars, and galleries at risk of being priced out of the market. The businesses must be at least 30 years old, have contributed to the neighborhood’s histo-ry, and agree to maintain their identity. The city has a fund to benefit both the

Elvis Christ was a guy who wore his heart on his sleeve and taped his brains to the sidewalk. Elvis, we need you now.

property owner and the establishment. Financial incentives include rent sta-bilization grants.

Among other North Beach legacy businesses are Specs’ Twelve Adler Muse-um Cafe (1968), Macchia-rini Creative Design and Metalworks (1948), Caffè Trieste (1956), and City Lights Booksellers and Publishers (1953).

And standing in the wings waiting for leg-acy business approval are these North Beach establishments: Canes-sa Gallery (1966), Tom-maso’s Ristorante Italia-no (1935), Vesuvio Café (1948), Mario’s Bohemi-an Cigar Store and Cafe

he got a brilliant idea, he scrawled it on masking tape and stuck it on the sidewalk. Try this:

Fame is nothing but an ego trip for those with enor-mous inferiority complexes. While the best men wrestle with the enormous com-plexities, the worst yearn for power and prominence.

Elvis Christ was a guy who wore his heart on his sleeve and taped his brains to the sidewalk.

Elvis, we need you now.

A CLOSER FROM MILES

“Don’t fear mis-takes. There are none.” — *Attributed to Miles Davis*

E-mail: ernest@marinatimes.com

Education for all requires investment from all

BY AARON PESKIN

MY FRIEND ANDY RECENTLY celebrated a milestone graduation. There was a cap and gown, a crisp diploma, a clip-on tie — and plenty of cake. Andy graduated from kindergarten at Gordon J. Lau Elementary, and I could not be prouder of Andy and of the great things that he is destined to do.

At 5 years old, he already has more energy than an entire kindergarten classroom and carries himself with a sense of invincibility that only the very young possess. He is mischievous, clever, and loves to laugh. You will often find him zipping around Joe DiMaggio Playground in a little yellow Corvette (a Christmas gift from my wife Nancy and me) or marching through Chinatown, proudly singing whatever new nursery song he learned in school. To be around Andy is to know joy — a little tornado of joy.

Andy’s mother, Huina, is the wife of the late Kwong Choy, a very active Community Tenants Association (CTA) member who became a tenant leader after fighting off the family’s Ellis Act eviction on Grant Avenue. Huina is now active with Unite Here! Local 2 as a hotel worker, and it’s clear that both parents have passed down the tenacity of an organizer to their offspring.

Thanks to the hard work of Supervisor Jane Kim and a broad-based coa-

lition of labor, students, and faculty, Andy can now receive a good education at San Francisco City College free of charge. We fought early on at the Board of Supervisors to secure commitments that Proposition W revenue would go to making City College free before we won the ballot measure in November 2016, and since that time, it’s been a focused slog to implement the will of the voters.

Last month I wrote about the challenges of a gig economy that not only impacts the quality of life and public safety of San Francisco residents, but devalues our local economy with a “race to the bottom” ethos. Ultimately, cities are now planning for a future that will prioritize the convenience of automated labor over workers altogether. As we grapple with how to address these challenges in San Francisco, I am reminded of why we fought so hard for free City College: to offer a future for San Franciscans like Andy that values their development as human beings and acknowledges that public education is a fundamental right.

I remember when a debate simmered across San Francisco about whether the city should help fund afterschool and summer school classes that would ensure our SFUSD juniors and seniors graduated college-ready. Arguments poured in across the city — and even from within our own city government — that City Hall should not subsidize

public schools because they already received money from the state and federal government. Naysayers also argued that not everyone had a child in any school, let alone in a public school — so why should they have to help subsidize other people’s children?

The lesson we learned is that every child is our responsibility — and our future neighbor, future co-worker, and future contributor to our community. In an era when our president wants to fund more weapons of mass destruction by cutting funding to education, we must fight for the future of our children. In an increasingly hostile workplace, not only young people but older workers who are unable to retire or who must come back to school to refresh their skill sets deserve our highest prioritization. This is the workforce that ultimately makes our community the vibrant home for the innovation we are so proud of.

City College has launched an aggressive campaign to recruit students. State funding is tied to enrollment numbers, and we have to get the word out about the amazing opportunities available to every San Franciscan to ensure long-term ongoing funding. City College can once again be synonymous with having the world be your oyster.

I love the thought that someday Andy will be able to take a construction management course, improve his Chinese and English, learn how to code, learn



City College San Francisco. PHOTO: UMI

how to start up his own small business — or just discuss the intersectionality of comics, power, and society — for free. And it will be an education that he can be proud of and that will value the limitless potential he has to offer our community.

Please enroll yourself and help spread the word about the opportunities at City College — our public institution, by and for the people. It is our responsibility to maintain and keep alive.

And who knows? Maybe Andy will go to Harvard or overseas to pursue his dreams. But a City College education is an option that he can be proud to claim as his birthright — and something to fight for, just like his parents taught him.

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*Some restrictions apply. Promotions are not valid on holidays.

The Lands End Lookout

Be sure to visit the Lookout Cafe at the Lands End visitor center. Operated by the Cliff House team, the cafe serves a delicious selection of locally sourced grab-and-go items including the famous *It's It* originally for sale at *Playland at the Beach*.
The center, under the direction of the Golden Gate National Parks Conservancy, offers educational and interactive exhibits, a museum store, stunning views, and the amazing Lands End Trails.

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Alfred's Steakhouse reopens. PHOTO: FLICKR.COM/JEREMYBROOKS

Alfred's reopens, upper Fillmore gets some action, and a summer beer garden

BY MARCIA GAGLIARDI

FINANCIAL DISTRICT

Great news, buckaroos. Alfred's (659 Merchant Street, 415-781-7058, alfredssf.com) has finally reopened after that nasty fire in the basement back in April. You just can't keep an almost 90-year-old restaurant down! The space is sparkling clean, and the vintage crystal chandeliers got quite the cleaning.

The menu also got a bit of a revamp. Chef Daniel Patterson has put a modern interpretation of a classic San Francisco dish on the menu, celery Victor, plus some other additions to the bar bites menu, like mushrooms stuffed with oxtail, marrow, and smoky crumbs, and you can now get their onion rings and fried shishito peppers to share as well.

An addition that harks back to Alfred's Italian roots is the debut of house-made pasta on the menu. There are now three kinds: clam linguine with Manila clams, hand-cut noodles, garlic, and parsley; gnocchetti with summer vegetables and green olive oil; and strozzapreti with spicy tomato-vodka sauce. And for those who don't want to partake in Alfred's glorious mesquite-grilled, dry-aged Flannery Beef steaks, you'll find some new options, like lamb chops and petrale sole. It's summertime, so grilled peach melba with raspberry sorbet has made its way onto the dessert menu.

Dinner Monday–Thursday 5:30–9 p.m., Friday–Saturday 5:30–10 p.m.; happy hour Monday–Friday 4–6 p.m.; Thursday lunch 11:30 a.m.–2:30 p.m.

FILLMORE

Pacific Heights is gaining a new bar and hangout, The Snug (2301 Fillmore Street), open-

ing in the former Mehfil space (but it will always be the Alta Plaza in my heart, RIP). Owners Zack Schwab and Shane Matthews have a strong craft beer background (Mikkeller and Monk's Kettle), and are partnering with chef Brian Shin (Alinea, Corton, Benu, In Situ) and Jacob Racusin (recently head of the bar program at The Alembic). So basically, it will have a rocking beer selection (20 taps), craft cocktails with seasonal and house-made components, and inventive takes on classic bar food. Other highlights: There will be a cask engine serving real ale and a selection of bottled beers focused around sours, stouts, and strong ales. Local ciders and wines will also be available on draft, plus a cellar of rare and vintage bottles.

As for the name, it's inspired by all the cozy nooks (snugs) in the room, which will have a living room vibe. Britt Hull of Tide Design Co. is behind the interior and graphic design. Hours will be Sunday–Thursday 4 p.m.–midnight and until 2 a.m. Friday–Saturday. Brunch and outdoor seating are also in the works. Look for an opening this fall.

Just up the street, Blue Bottle (2455 Fillmore Street, 510-653-3394, bluebottlecoffee.com) has opened its latest location in the former Tully's and Juicy News spaces, previously Shumate's Pharmacy, and you'll see the original tiles spelling Shumate. The airy location was designed by Wade Design Architects and Blue Bottle's store design manager, Dana Nishimura Bryan. The space features '70s modernism design references, with vintage Pioneer speakers, cork wood floors, and a textured onyx stone counter. Daily 7 a.m.–7 p.m.

FISHERMAN'S WHARF

Just in time for the gorgeous weather, Ghirardelli Square has opened an outdoor beer garden with San Francisco Brewing Co. in the West Plaza (although don't worry, there are heat lamps as well — you know how things go here). You'll find five of San Francisco Brewing Co.'s craft beers, along with two Bluxome Street wines and two local ciders. Hungry? You can order food from nearby Waxman's and The Pub to bring back to the space and dine at the communal tables. The Stu Tails will perform daily from 1–3 p.m. and 4–6 p.m., plus there's ping-pong, corn hole, Jenga, and a life-size Connect Four. Thursday–Saturday 11 a.m.–10 p.m. and Sunday 11 a.m.–6 p.m.

NOB HILL

Last year, I mentioned the former Fly Bar was getting new owners and would become Miller's Rest (1085 Sutter Street, 415-441-4232, millersrest.com), and here are details on the opening. Mark and Terry Miller have given the space some cabin design touches (it was inspired by Mark Miller's childhood lake cabin, called Miller's Rest). The bar menu has five specialty cocktails (\$10), and bites include smoked trout brandade, a trio of flatbreads, lake house chili, and fried chicken. There's also a parlor room you can reserve for private parties. Open daily 11 a.m. onward.

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!

Restaurant, Osso’s Steakhouse, and The Old Clam House. In Sausalito there’s Salito’s Crab House and Prime Rib, and in Crockett there’s The Dead Fish. An impressive empire.

But back to Calzone’s: Just what then is a calzone? It’s a small pizza folded in a half-moon, and stuffed with this or that. I’ve tried several here and found them to be a good lunchtime meal if you add a glass of wine. My favorite is the calzone with steak and peppers (\$19). Inside is diced filet mignon with caramelized onions, cherry peppers, and a bit of white cheddar cheese.

I’m told the word calzone means trouser in Italian and this steak-stuffed “trouser” is easy to like and easy to eat. Unlike the typical pizza, which droops and drips when you pick it up, the folded calzone is both chewy and flaky at the edges.

Another good choice for me is the crostini with Dungeness crab (\$12 for two, \$5 for each additional). It’s piled high with fresh crab. Another is the tomato bruschetta (\$12 for four, \$4 for each additional).

Both bruschetta and crostini are listed together on the menu. I’m not enough of a dedicated foodie to distinguish between the two, but I’m advised there is a clear difference. Both are toasted bread topped with a variety of flavorful offerings. Bruschetta is frequently presented as thinly sliced, toasted bread doused with olive oil, rubbed with garlic, and sprinkled with chopped Roma tomatoes and a bit of sweet basil. Crostini, also thinly sliced toasted bread, is the more elaborate of the two, and toppings can include sun-dried

tomatoes, prosciutto, chicken livers, tuna, and at Calzone’s, my favorite Dungeness crab. The bread, delivered twice daily from Acme Bread Company, is excellent.

One day I made a fine meal of the Caesar salad — again with the addition of Dungeness crab (\$14). It’s also available with sliced beef steak or chicken (\$14). If the basic Caesar salad is your choice (\$12), you will be happy. The romaine lettuce is crisp, with just the right amount of dressing.

There’s an heirloom tomato salad (\$13) served with red onions, avocado, croutons, and balsamic vinegar. The tomatoes are organic from San Francisco Specialty Produce. I had them one evening with an order of calamari (\$18) with a spicy chipotle remoulade that enhanced them nicely. Another surprisingly fine meal was the seared scallops (\$17) wrapped in prosciutto and napped with wasabi aioli.

All pastas are house made. Good choices are fettuccini with Dungeness crab and cherry tomatoes (\$25), and Lasagna Al Forno (\$25). The lasagna is done with a deeply flavored sugo with pork and beef.

Desserts are \$10 and include a competent Tiramisu.

Calzone’s has a full-service bar and lists a variety of the fancy craft drinks so popular these days, as well as the simpler cocktails and highballs. There’s also a wine list with both Italian and California offerings by the bottle, decanter, or glass, and one Malbec from Argentina. Add to these beverages the usual draft and bottled beers, and soft drinks, and you have a more than adequate selection to accompany your meal. Then to round it off you can stay and people-watch a while longer over an espresso, cappuccino, or latte.



Calzone's Pizza Cucina's heirloom tomato salad. PHOTO: PHOTO: MISHA BRUK

I should also note that all prices listed here and on the official menu include sales tax. Gratuities, though, are extra.

Calzone’s Pizza Cucina: 430 Columbus Avenue, daily 11:30 a.m.–1 a.m., 415-397-3600, calzonesf.com.

◆◆◆

AMBIENCE

Most attractive restaurant in North Beach: You could be in an Italian movie.

SOUND LEVEL

Dining on the sidewalk means street noise, but that’s all part of it, isn’t it? Inside can get loud in the evening when they crank up Italian music on the sound system.

NOT TO MISS DISHES

Calzones, crostini, and bruschetta. The lasagna is outstanding.

WHAT THE DIAMONDS MEAN

Ratings range from zero to four diamonds and reflect food, atmosphere, and service, taking price range and type of restaurant into consideration. In the case of Calzone’s, I give it four diamonds for ambience and three for food. It’s a terrific place to hang out — especially at those sidewalk tables. And as I said above, the food is surprisingly good.

OUR REVIEW POLICY

We conduct multiple visits anonymously and pay our own tab.

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Art World

Missing by Sophie Calle at the San Francisco waterfront this summer

BY SHARON ANDERSON

THROUGH AUG. 20, FRENCH CONCEPTUAL artist Sophie Calle brings her installation *Missing* to San Francisco. This exhibition, presented by the Fort Mason Center for the Arts & Culture (FMCAC), will be her most extensive to date in the United States.

Missing follows the themes running through Calle's career, erasing the lines between art and experience, past and present, artist and viewer. Calle's narrative style invites participants to an informal space to tell stories in a manner that creates a shared experience with participants.

In a sense, *Missing* is a retrospective. Five of Calle's major projects are merged into a site-responsive presentation on the scenic FMCAC campus located on the San Francisco waterfront. Emphasizing the analogy of mother and sea, *Missing* reflects on the universal experience of loss, disappearance, and absence. *Rachel Monique* (2007), installed in the former U.S. Army Chapel, is an intimate multimedia exploration of the personality and final moments of Sophie Calle's mother. *True Stories* (1988), located in the historic General's Residence, is a presentation of the artist's personal belongings combined with autobiographical anecdotes

as to their meaning. *Take Care of Yourself* (2007), located in Gallery 308 and originally created for the French Pavilion of the 2007 Venice Biennale, documents 107 women interpreting a break-up letter the artist received from a former lover. Located in the Firehouse with dazzling views of the San Francisco Bay, *Voir la mer* (2011) is a film installation in which residents of Istanbul view the ocean for the first time. *The Last Image* (2010), also located in the Firehouse, is

a collection of photographs and text depicting the last visual memory of blind people.

Related events include a conversation with Calle at FMCAC and a screening of film and video works at UC Berkeley

Art Museum and Pacific Film Archive, which includes a conversation with the artist. Calle will also have a book signing at City Lights, and a film anthology at the Roxie Theater.

Missing and its related programming brings Calle back to where her art career began — in the San Francisco Bay Area. Her career started in the Bolinas cemetery in the late 1970s where she photographed the words "Mother" and "Father" engraved on various headstones. Curator Evelynne Jouanno adds: "Calle's work continues to be extremely impactful. Especially today, when in the



Top: Sophie Calle, *Voir la mer* (detail), 2011; Bottom left to right: *Couldn't Capture Death*, 2007; *Take Care of Yourself*, 2007. IMAGES: COURTESY SOPHIE CALLE/ADAGP, PARIS, 2017, COURTESY PAULA COOPER GALLERY, FRAENKEL GALLERY, AND GALERIE PERROTIN

midst of rapid change and global crisis, our search for meaning and permanence has never been so obvious." Calle's installations and performances merge to form a single creative statement connected by the anecdotes, which together

present an artist's life, and through her stories we recognize our own.

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

Degas

continued from cover

In the late 19th century through the early 20th century, no one, men nor women, would consider venturing into public without a chapeau. Degas and his contemporaries were fascinated with the art and activity of hat making, including the women who bought the hats. Women not only designed hats — and Degas respected them as artists in their own right — but they also owned and operated their own millinery shops, and employed a staff of mostly women to construct the hats. The Impressionist artists depicted women designing hats, wearing hats, and delivering hats.

Paris, already recognized as the fashion capital of the world, had about 1,000 milliners at this time. The millinery trade, along with the first modern department store, Au Bon Marché, gave birth to modern consumerism and changed gender roles with women in the workforce — all of which is depicted in the works on display in addition to the art and industry of hat making.

The exhibition has received acclaim by the *Wall Street Journal* and the *New York Times*, respectively referring to it as "groundbreaking" and "innovative." We agree this is a not-to-miss exhibition.

Degas, Impressionism, and the Paris Millinery Trade: Tue.-Sun., through Sept. 24, 9:30 a.m.-5:15 p.m., Lincoln Park (100 34th Ave.), \$28, 415-750-3600, famsf.org

E-mail: lynette@marinatimes.com



Left: Madame Pouyanne, designer, Woman's bonnet, ca. 1885, wool felt, silk velvet, silk embroidery in satin stitches, and bird of paradise, cock, and other feathers; right: Maison Viot, Woman's hat, ca. 1900 with alterations. Plaited straw over wire frame; silk velvet and meline; silk roses, leaves, and ferns. IMAGES COURTESY OF THE FINE ARTS MUSEUMS OF SAN FRANCISCO

Michael Snyder on ... Film

Historically cinematic

BY MICHAEL SNYDER

SOME ASTUTE FELLOW FROM BACK in the day said, “Those who cannot remember the past are condemned to repeat it.” If only I could recall who that was. Just kidding. The quote comes from philosopher and writer George Santayana who died in 1952 and had quite a way with aphorisms. Santayana made a good point about mankind’s tendency to metaphorically trip over the same rock twice. But I like to say, “Those who cannot remember the past can just watch a movie about it, and if it’s a good one, they can watch it repeatedly.” And that brings us to two new feature films that each take a different approach to recreating or examining significant historical events, and largely achieve their respective goals.

THE JOURNEY

Consider the daring of those who made *The Journey*. It’s a fictionalized account of the first one-on-one interaction between two sworn enemies on either side of the long and bloody conflict in Northern Ireland at the point when the factions were on the verge of finally brokering peace. This was and still is a volatile topic. Accordingly, there have been quibbles from pundits

across the pond (Ireland and Great Britain) about the value and validity of presuming what may have happened during a private moment in October 2006 when Ian Paisley, a Protestant minister and leader of the pro-British Democratic Unionist Party, met Martin McGuinness, a Catholic politician and spokesperson for the IRA-backed Sinn Fein party. Despite decades of struggle between their parties and adherents, these two men had never been face-to-face until representatives of the British and Irish governments, including U.K. Prime Minister Tony Blair, brought the opposing groups together in St. Andrews, Scotland, to begin the peace process.

Things were not going well at the summit until a personal matter and safety protocols led Paisley and McGuinness to share a plane trip to Northern Ireland. Their conversation on the flight would dispel years of enmity and have a major impact on finally ending the ongoing struggle. But no one knows specifically what was said. *The Journey*, written by Colin Bateman and directed by Nick Hamm, lets us join Paisley and McGuinness in the back seat of a town car as they’re driven to an airport some miles from St. Andrews. The situation forces the ideologues to truly get to know one another



Colm Meaney as Martin McGuinness in Nick Hamm’s *The Journey*. PHOTO: AIDAN MONAGHAN, COURTESY OF IFC FILMS

as human beings, and though the conversation is imagined by the screenwriter, the dialogue is entirely plausible. More significantly, the actors playing these two pivotal characters — Timothy Spall as the tightly wound, God-fearing true believer Paisley and Colm Meaney as the earthier, more genial and pragmatic McGuinness — are a pair of film and TV vets at the top of their games. (Spall is known for his sterling work in a number of director Mike Leigh’s movies and the *Harry Potter* films; and Meaney has co-starred in *The Commitments*, *Layer Cake*, and two of TV’s *Star Trek* series.)

The claustrophobic nature of the two-some stuck next to one another for the duration of the ride pays off with fireworks. And a few stops on the way open up the movie beyond the confines of the car. *The Journey* is further enhanced by solid performances from the late John Hurt (in one of his final roles) as MI5 head Harry Patterson, Toby Stephens as Blair, and Freddie Highmore as the driver assigned to shepherd Paisley and McGuinness to the airport. Intimate yet geopolitically significant, this is an excursion that pays off handsomely, regardless of any caveats about absolute historical accuracy.

The Journey is currently playing at the Clay Theater, 2261 Fillmore Street, 415-561-9921, landmarktheatres.com.

13 MINUTES

Director Oliver Hirschbiegel made some serious noise with *Downfall*, his powerful, internationally acclaimed look at the last days of Adolph Hitler. Now, he investigates

another crucial moment during Germany’s infamous Third Reich and the life of its notorious dictator via the award-winning docudrama *13 Minutes*. This tense, dark, and revealing movie covers the preparation, execution, and aftermath of a failed attempt by one decent German man to assassinate Hitler in November 1939.

Georg Elser was eventually arrested for trying to kill Hitler, and was subjected to painful interrogation and coercion by his Nazi captors. That all plays out onscreen in *13 Minutes*, using flashbacks and Elser’s confessional narration to show why he chose to undertake his deadly plot, how he designed and implemented it, what went wrong, and how he was caught. The title of the movie refers to a specific amount of time that passed on the night Elser tried to achieve his objective. Christian Friedel as Elser makes for an effective and quietly noble everyman. And though *13 Minutes* is straightforward in its morality and depicts Elser in obviously heroic terms, it is never less than sincere in its point of view and its affection for its central figure. He was a man who deserves to be remembered by history, and *13 Minutes* makes it so.

13 Minutes opens July 7 at the Opera Plaza Cinema, 601 Van Ness Avenue, 415-771-0183, landmarktheatres.com.

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



Christian Friedel as Georg Elser in *13 Minutes*. PHOTO: BERND SCHULLER, COURTESY OF SONY PICTURES CLASSICS

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

The Marina Books Inc. best-seller list

COMPILED BY BRIAN PETTUS

1. **Man of the Year: A Memoir**, by Lou Cove (hardcover)
2. **A Really Big Lunch: Meditations on Food and Life from the Roving Gourmand**, by Jim Harrison (hardcover)
3. **Red Notice: A True Story of High Finance, Murder, and One Man’s Fight for Justice**, by Bill Browder (paperback)
4. **In a Dark, Dark Wood**, by Ruth Ware (paperback)
5. **The Happiness of Pursuit: Finding the Quest That Will Bring Purpose to Your Life**, by Chris Guillebeau (paperback)
6. **Season of the Witch: Enchantment, Terror, and Deliverance in the**

- City of Love**, by David Talbot (paperback)
7. **Gentleman in Moscow: A Novel**, by Amor Towles (hardcover)
 8. **Hillbilly Elegy: A Memoir of a Family and Culture in Crisis**, by J.D. Vance (hardcover)
 9. **Milk and Honey**, by Rupi Kaur (paperback)
 10. **Into the Water: A Novel**, by Paula Hawkins (hardcover)

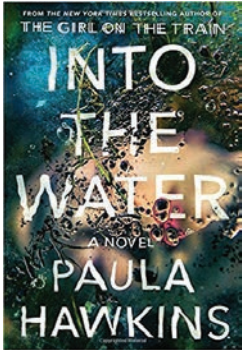
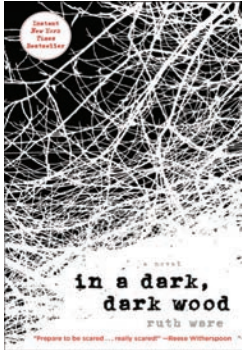
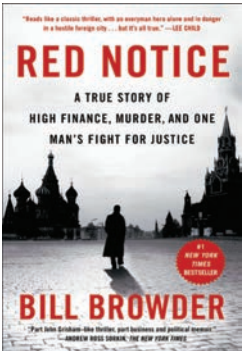
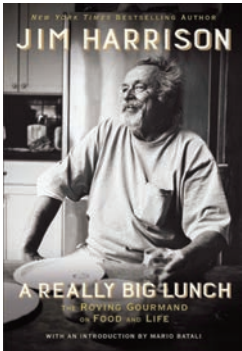
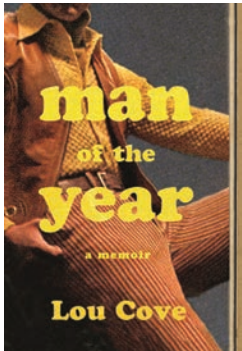
NEW RELEASES

French Wedding, by Hannah Tunnicliffe: Six college friends reunite on the Brittany coast to celebrate one’s 40th birthday. With sumptuous food and plenty of wine, the table is set for tricky romantic entanglements, fiery outbursts, and a range of secrets. Readers who loved *The Vacationers* and *The*

Little Paris Bookshop will love this as well.

Wolf on a String, by Benjamin Black: An ambitious young scholar and alchemist arrives in Prague in the winter of 1599 intent on making his fortune at the court of the Holy Roman Emperor. After stumbling upon the body of a young woman, he quickly finds himself entangled in the machinations of the court. This historical crime novel delivers both a mesmerizing portrait of a lost world and a riveting tale of intrigue and suspense.

Illustrated Art of Manliness: The Essential How-To Guide, by Brett McKay: An indispensable, hands-on guide dedicated to the lost art of being a man with more than 100 practical skills every modern man needs to know in an entertaining, easy-to-follow visual format.



The World’s Greatest Chocolate-Covered Pork Chops, by Ryan Sager: Chef Zoey Kate is a 12-year-old on a mission to start her own restaurant, but quickly learns that the restaurant industry is competitive ... and dangerous.

This cooking story is sure to appeal to young foodies and fans of shows like *MasterChef Junior* and *Rachael vs. Guy: Kids Cook-Off*.

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

JULY EVENTS

WHAT NOT TO MISS THIS MONTH

MAJOR EVENTS

Yerba Buena Gardens Festival

Various days through Oct. 29
Yerba Buena Gardens
Programs include classical, world, and jazz music; contemporary and traditional dance; theater; children’s and family programs; and cultural events reflecting the rich cultures and creativity of the region. See website for schedule. *Free, 415-543-1718, ybgfestival.org*

4th of July Celebration

Tuesday, July 4, 11 a.m.
Pier 39
Celebrate with varied activities and live entertainment by WJM (1:30–2:15) followed by Tainted Love (5–8 p.m.) and closing with spectacular fireworks (9:30 p.m.) *Free, 415-705-5500, pier39.com*

4th of July Golden Gate Park Band Concert

Tuesday, July 4, 1 p.m.
Spreckels Temple of Music
Bring the family and a picnic and enjoy a free musical tradition with patriotic and American music to celebrate the country’s birthday. *Free, 415-831-5500, goldengateparkband.org*

S.F. Marathon & Expo

Expo: Fri.–Sat., July 21–23
Festival Pavilion, Fort Mason Center
Race: Sunday, July 23
Starts: Embarcadero & Mission St.
The expo features the best in running, health, and nutrition. The sold-out course winds through the city and across the Golden Gate to finish at Justin Herman Plaza. *Free (expo), 888-958-6668, thesfmarathon.com*

NOT TO MISS

Surrealistic Summer Solstice

Daily through Oct. 21, sundown to midnight
Conservatory of Flowers, Golden Gate Park
The conservatory becomes the canvas for a spectacular light art installation to honor San Francisco’s city-wide celebration of the 50th Anniversary of the Summer of Love. *Free, conservatoryofflowers.org*



Flower Piano

Daily, July 13–24, 9 a.m.–6 p.m.
S.F. Botanical Garden (1199 Ninth Ave.)
Twelve pianos are placed at dramatic, picturesque locations throughout the garden’s 55 acres for anyone to play except during performances. Visit website for performance schedule. *Free (S.F. residents)–\$8, 415-368-5406, sfbotanicalgarden.org*
PHOTO: NATALIE N PHOTOGRAPHY

Summer of Love Dance

Saturday, July 15, 7–10 p.m.
Presidio Officers’ Club (50 Moraga Ave.)
Cruise back to the days of Flower Power and the Haight/Ashbury scene with Electric Headband playing your favorite 1960s tunes from San Francisco’s most popular bands: The Grateful Dead, Jefferson Airplane, Big Brother & the Holding Company, Carlos Santana, and more. Get your groove on with a henna tattoo or face painting, choose 1960s-themed props and get your photo snapped in a classic Glass Coat Photo Booth. *Free, register at Eventbrite.com, 415-561-4400, presidio.gov*

COMMUNITY CORNER

Lotus Live

Saturday, July 15, 1–3 p.m.
Asian Art Museum (200 Larkin St.)
Be part of history to form a lotus that can be seen from the sky in this effort to earn the Guinness World Records title for the largest human flower. Participants will receive free museum admission, a souvenir event poster, a chance to win raffle prizes, and more. *415-581-3500, asianart.org*

Sunday Streets: Mission

Sunday, July 16, 11 a.m.–4 p.m.
Valencia St. (Duboce to 26th St.)
Bike, skate, run, roll, or walk along this car-free route while exploring the neighborhood, and enjoying activities offered by local merchants. *Free, sundaystreetssf.com*

WHAT YOU CAN DO

Avon 39: The Walk to End Breast Cancer

Sat.–Sun., July 8–9
Golden Gate Park, City College, Marina Green
Walk through S.F. neighborhoods and across the Gate and back to help those affected by breast cancer worldwide and to raise funds for research. See website for daily routes. *\$50 (individual), 888-540-9255, avon39.org*

AIDS Walk San Francisco

Sunday, July 16, 9:15 a.m.–1 p.m.
Starts/Ends: Golden Gate Park
Walk this 10K to remember those lost, help those affected, and continue the fight to end AIDS. Benefits Bay Area HIV/AIDS organizations. *Free, 415-615-9255, sf.aidswalk.net*

ARTS & CULTURE

Make a Wish for Tanabata

Daily, July 5–12
SFPL Western Addition (1550 Scott St.)
Tanabata, a Japanese festival held annually on July 7, celebrates the yearly meeting of two star-crossed lovers separated by the Milky Way the remainder of the year. Celebrate by writing down wishes on small strips of paper and hanging them from decorated bamboo branches. *Free, 415-355-5727, sfpl.org*

40th Annual Playwright’s Festival

Fri.–Sun., July 13–23
Custom Made Theatre (533 Sutter St.)
Enjoy two weekends of outstanding readings of new plays from some of the most talented emerging playwrights in the country. *Visit website for pricing, 415-626-2176, playwrightsfoundation.org*

Annual National Queer Arts Festival

Most days through July 22
Various S.F. venues
This festival features music, dance, visual art, spoken word, comedy, theater, and film. *qcc2.org*

MUSEUMS & GALLERIES

Flower Power

Tue.–Sun. through Sept. 14, 10 a.m.–5 p.m.
Asian Art Museum (200 Larkin St.)
During this Summer of Love celebration, discover hidden meanings of six significant blooms in Asian art through screens, porcelains, sculptures, pop art, and more. *\$20–\$25, 415-581-3500, asianart.org*

Edward Munch: Between the Clock and the Bed

Thu.–Tue. through Oct. 9
SFMOMA (151 Third St.)
Featuring 44 landmark compositions about art, love, mortality, and the ravages of time, this exhibition uses the artist’s last significant self-portrait as a starting point to reassess a lifetime of painting. *\$31, 415-357-4000, sfmoma.org*

Revelations: Art from the African American South

Tue.–Sun., through April 1, 2018, 9:30–5:15 p.m.
M. H. de Young Museum (Golden Gate Park)
View paintings, sculptures, drawings, and quilts by 22 acclaimed artists. The cultural origins of these artworks can be traced back to the African Diaspora, slavery, and the Jim Crow era of institutionalized racism. *\$15, 415-750-3600, famsf.org*

North Beach First Fridays

Friday, July 7, 6–9 p.m.
Various venues
Explore and appreciate the ever-growing collections of art and entertainment in this collaborative community effort. *Free, northbeachfirstfridays.com*

PERFORMANCES

SHN: The Curious Incident of the Dog in the Night-Time

Tue.–Sun. through July 23
Golden Gate Theatre (1 Taylor St.)
A highly intelligent yet behaviorally challenged 15-year-old falls under suspicion for killing his neighbor’s dog, and sets out to identify the true culprit in this Tony Award-winning production. *\$55–\$275, 888-747-1799, shnsf.com*

ACT: A Night with Janis Joplin

Wed.–Sun. through July 9
405 Geary St.
With its remarkable cast and breakout performances, this rock ‘n’ roll show commemorates both Janis and icons like Aretha Franklin, Etta James, Odetta, Nina Simone, and Bessie Smith. *\$25–\$130, 415-749-2228, act-sf.org*

We Players: Midsummer of Love

Thu.–Sun., July 6–9 & 27–30
Strawberry Hill, Golden Gate Park
Journey into a forest of fairies and lovers with this six-person adaptation of Shakespeare’s all-time favorite, A Midsummer’s Night Dream. Follow this dark and hilarious exploration of the complexities of love, our complicated human relationships, and the boundaries between reality and imagination. *\$35–\$75, 800-901-7173, weplayers.org*

S.F. Playhouse: La Cage Aux Folles

Tue.–Sun., July 12–Sept. 16
Kensington Park Hotel (450 Post St.)
Winner of six Tony Awards, including Best Musical, this show glimmers with French flair and celebrates love, romance, and being true to who you really are. *\$30–\$125, 415-677-9596, sfplayhouse.org*

DANCE

39th Annual San Francisco Ethnic Dance Festival

Sat.–Sun., July 8–16
War Memorial Opera House
The festival makes its debut at the Opera House with two weekends of performances featuring 24 extraordinary Bay Area dance and music ensembles. *\$25–\$45, 415-474-3914, worldartswest.org*



Sketch 7: Wandering

Fri.–Sun., July 21–23, 8–9 p.m.

Cowell Theater (Fort Mason Center)
Former Smuin Ballet’s choreographer Amy Seiwert and her innovative contemporary ballet company, Imagery, perform a program based on Franz Schubert’s Winterreise, Wandering, sure to impress audiences and challenge the dancers. *\$25–50, asimagery.org*
PHOTO: DAVID DESILVA

ODC: Summer Sampler 2017

Thu.–Sun., July 27–29, 8 p.m.
ODC Theater (3153 17th St.)
Delight in the exuberance of summer with three spirited ODC/Dance repertory works, including a world premier and a new work. *\$30–\$35, 415-863-9834, odcdance.org*

MUSIC

80th Annual Stern Grove Festival

Sundays through Aug. 21, 2 p.m.
Stern Grove (19th Ave. & Sloat Blvd.)
July performances include the S.F. Symphony, S.F. Ballet, Eric Burdon and the Animals/The Stone Foxes, and more at the beautiful Sigmund Stern Grove outdoor amphitheater. *Free, 415-252-6252, sterngrove.org*

Sarah Cahill

Friday, July 7, 8 p.m.
Old First Church (1751 Sacramento St.)
The pianist performs a concert by Luciano Chessa, Ricky Crews, Lou Harrison, Kyle Hovatter, and Ann Southam. *\$23, 415-474-1608, oldfirstconcerts.org*

Duran Duran

Saturday, July 8, 8 p.m.
The Masonic (1111 California St.)
This English new wave/synthpop band has been making music and winning awards since the 1980s and recorded their 14th album in 2015. *\$149 & up, sfmasonic.com, 415-776-7457*

S.F. Symphony Free Concert on the Waterfront

Sunday, July 23, noon
Pier 27
Enjoy a program of Bernstein, Copland, Debussy, Dvořák, and Holst. *Free, 415-864-6000, sfsymphony.org*

Sponsored



Alfredo Imparato: Neapolitan Songs

Sunday, July 23, 4:30 p.m.
Thursday, July 27, 7 p.m.
Museo Italo Americano, Fort Mason Center, Bldg. C
One of the last minstrels, or posteggiatori, of Naples will return to the Museo to perform enthralling versions of Neapolitan songs, just as he regularly does for the admiring locals in the streets and piazze of Naples. A reception will follow both performances. *\$5–\$20, RSVP to 415-673- 2200, info@sfmuseo.org*

NIGHTLIFE

Paula West

Thu.–Sun. through July, 8 p.m.
Feinstein’s at the Nikko (222 Mason St.)
Enjoy a Bay Area favorite and her rich, powerful contralto voice for an evening featuring interpretations of songs by artists as diverse as Bob Dylan, Glen Campbell, Pearl Bailey, Ethel Waters, and more. *\$40–\$60, 866-663-1063, feinsteinsathenikko.com*

TechnoClam 01

Saturday, July 15, 9:30 p.m.
Public Works (161 Erie St.)
Catch Lily Ackerman, DpeshMo, and Eugenia in a techno night. *\$5–\$10, ticketfly.com*

Motor City Drum Ensemble

Friday, July 21, 10 p.m.
1015 Folsom (1015 Folsom St.)
Motor City is a one-man ensemble, made up by German House music pioneer Danilo Plessow. Dam Funk will also perform. *\$20, eventbrite.com*

FILMS & LECTURES

Is Sloppy Science Killing Us?

Thursday, July 13, 6:30 p.m.
The Commonwealth Club (555 Post St.)
NPR correspondent Richard Harris and popular science writer Mary Roach explore the mixed-up ways in which scientific research is delivering bad results — or delivering good results too slowly. *\$7–\$55, 415-597-6705, commonwealthclub.org*

10th Annual S.F. Frozen Film Festival
Fri.–Mon., July 21–23
Roxie Theatre (3117 16th St.)
This festival focuses on independent filmmakers, youth, filmmakers of conscience, and artists from underserved communities. *Contact for films and prices, frozenfilmfestival.com*

S. F. Jewish Film Festival 36
Daily, July 21–Aug. 7
Castro Theatre & various Bay Area venues
This festival features over 100 screenings and other events that celebrate Jewish cinema and explores its frontiers. *Contact for films and prices (including festival passes), 415-621-0523, sfjff.org*

SCIENCE & ENVIRONMENT



Wildcard: Where the Unpredictable Worlds of Cardboard & Imagination Collide

Daily through Sept. 4
Exploratorium (Pier 15)
Artists from the Cardboard Institute of Technology bring a cardboard cosmos to life. Visit a village in a vortex, a crashed steamboat, lush forests, fiery volcanoes, a cardboard cafe, and more. \$19.95–\$29.95, 415-528-444, exploratorium.edu

Golden Gate Audubon Society Centennial Exhibit
Daily, July 10–Sept. 29, 9 a.m.–5 p.m.
Tides Thoreau Center Gallery (1012 Torney Ave., the Presidio)
This traveling educational exhibit is focused on Bay Area birds and the Audubon Society's achievements on their behalf. *Free, 415-561-4323, thoreau.org*

Why? What Makes Us Curious
Monday, July 17, 7:30 p.m.
California Academy of Sciences Planetarium
Astrophysicist and best-selling author Mario Livio describes cutting-edge research in psychology and neuroscience in an exploration of the origin and operation of human curiosity. \$12–\$15, 877-227-1831, calacademy.org

Jupiter and Its Moons: Recent Discoveries
Tuesday, July 18, 7:30–9 p.m.
Presidio Officers' Club (50 Moraga Ave.)
Despite the fact that Jupiter has been observed for decades from the ground and in situ by spacecraft, we still do not know its bulk composition nor do we understand its global atmospheric dynamics well. Join world-renowned planetary scientist and UC Berkeley astronomy professor Imke de Pater to find out more. *Free, registration preferred, 415-561-5300, presidio.gov*

Act on Climate: The California Cool Effect
Friday, July 21, 8:30–10:30 a.m.
Golden Gate Club (135 Fisher Loop, the Presidio)
This forum will bring together thought leaders in policy (including Congressman Jared Huffman), climate, nonprofit, and sustainable storytelling to discuss reducing carbon emissions. *Free, eventbrite.com*

POTABLES & EDIBLES

European Vacation: Best Cheese & Wine of Summer
Monday, July 10, 6:30–8:30 p.m.
The Cheese School (2124 Folsom St.)
Sample wine and cheese from the great cheese-making regions while learning how the art spread throughout Europe. \$79, 415-346-7530, thecheeseschool.com

Bastille Day Celebration
Friday, July 14 (6 p.m.–midnight)
Le Colonial (20 Cosmo Place)
Vive la révolution! Celebrate with swing dancing to French gypsy jazz performed by Le Jazz Hot/The Hot Club while enjoying a plate of French cheeses, a baguette, pâté, and a glass of wine. \$25, tickets required, 415-931-3600, lecolonialsf.com/bd2017

Calistoga Uncorked
Thursday, July 20, 5:30–7:30 p.m.
Golden Gate Club (135 Fisher Loop, the Presidio)
Taste and purchase wines from 30 Calistoga AVA wineries, most not open to the public. Includes light bites. \$55–\$75, eventbrite.com

SPORTS & HEALTH

Yoga in Golden Gate Park
Saturdays, 11:30 a.m.
Grove next to Queen Wilhelmina Garden, Golden Gate Park
Take yourself outside and into the beauty of the city's heart and soul. Practice yoga under the trees and let the ocean air sooth and invigorate you. *Free (donations welcome), 415-668-9642, purushayoga.org*

Nutrition & Healthy Choices
Monday, July 3, 17, 24 & Aug. 7, 14, 10–11:30 a.m.
Main Floor Learning Studio, SFPL Main Branch
Learn how to live a healthy life through making better choices. Topics: Colors of Fruits and Vegetables, Lean Protein Options, Whole Grains and Healthy Starches, Bone Health, and Portion Size. *Free, 415-557-4388, sfpl.org*

CHILD'S PLAY

Story Time & Family Walk
First & third Sunday, 10:30 a.m.
Helen Crocker Russell Library, S.F. Botanical Garden
Visit the cozy children's book nook for lively readings of nature-themed stories. Afterward, families can enjoy a special docent-led family garden walk that brings the stories to life. Be sure to bring a picnic lunch and enjoy the beautiful surroundings. *Ages 4–8. Free, 415-368-5406, sfbotanicalgarden.org*

Creative Family Fun: Flower Power Pendants
Sat.–Sun., July 15–16, 11 a.m.–4 p.m.
Presidio Officers' Club (50 Moraga Ave.)
Come celebrate the spirit of the 1960s by making your own necklaces with super groovy pendants. *Free, registration on Eventbrite preferred, 415-561-4400, presidio.gov*



The Unique Derique
Friday, July 28, 11 a.m. & 12:15 p.m.
Children's Garden, Yerba Buena Gardens
This beloved Bay Area internationally esteemed performer has honed a singular blend of physical comedy and hambone body percussion in his wildly imaginative skits. *Free, 415-543-1718, ybgfestival.org*
PHOTO: CRISTINA IBARRA

JUST FOR FUN

Renegade Craft Fair
Sat.–Sun., July 15–16, 11 a.m.–6 p.m.
Festival Pavilion, Fort Mason Center
This festive marketplace celebrates DIY with maker-designed goods, inspired surroundings, artisan food and drink, lively music, and good vibes. *Free, 312-226-8654, renegadecraft.com*

E-mail: calendar@marinatimes.com

Calendar listings

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- Haydn** Sonata No. 38 in F Major
- Liszt** Transcendental Étude No. 12 in B-flat minor [*Chasse Neige*]
- Medner** Skazki (Fairy Tales), Op. 51
- Say** Summertime Variations, Paganini Variations
- Wieniawski** Caprice No. 2
- Bach** Partita No. 3 in E Major
- Schumann** Violin Sonata No. 1, Op. 105
- Sarasate** Introduction and Tarantella, Op. 43



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Sample the Silverado Trail

BY PATTY BURNESS

Sprawling Napa Valley offers acres of verdant land, popular wineries, restaurants, and hotels — a lot to take on for a quick visit. Recently I spent time along the Silverado Trail in just a six-mile stretch from Napa to Yountville. I tasted my way from one end to the other, including an indulgent food and wine pairing and resort pampering.

Beginning as a trail in 1852, Silverado was used as a route for mining traffic and later became the first important road from Napa to Calistoga.



Silverado Resort and Spa is a great place to settle in.
PHOTO: SILVERADO RESORT AND SPA

STAY

Silverado Resort and Spa is set on 120 acres just east of the Silverado Trail on Atlas Peak Road. Land grants date back to 1850, with the original mansion completed in the 1870s. Nestled among towering trees, adjacent to two championship golf courses, and near residential and guest properties, the stately mansion today houses public gathering places (including the lobby, bar and dining areas, pro shop, and more).

I stayed in a junior suite with indoor and outdoor seating areas, fireplace, kitchenette, and

a good-sized shower and dressing/bathroom area. The room is designed with clean modern lines and provides easy access to the resort's many amenities (800-532-0500, silveradoresort.com).

PLAY & SHOP

The Silverado Trail is known for the many wineries that line its path. I started in the southern-most end (across the trail from the resort) at **Luna Vineyards** in the Oak Knoll AVA. Built 20 years ago, it was the first winery on the trail. The Tuscan atmosphere and décor and intimacy of the tasting salon add to a European feel. The larger tasting room has an expansive wood bar and exposed beams, and a striking tile floor.

Since my visit, the winery has begun an alfresco lunch consisting of a five-course food and wine pairing, a barrel tasting, and a tasting in the Reserve Room accompanied by an anti-pasti platter. Favorites among the wines I tasted are these black labels: The 2013 “Bubbles,” the 2014 Sangiovese Riserva, and the Club member-only Canto Super Tuscan blend (707-255-2474, lunavineyards.com).



Take in the Luna scene with “Bubbles.” PHOTO: PATTY BURNESS





The certified organic and biodynamic **Robert Sinskey Vineyards (RSV)** is just up the Silverado Trail. They offer several food and wine experiences meant to enhance your visit to a property full of fruit trees, bee hives, vegetable gardens, sheep, and of course, vines. I chose the “Eat Drink RSV,”

joining other guests around a communal table on the patio to indulge in seasonal bites from the chef paired with the perfect wine.

We started tasting the 2013 Los Carneros Pinot Blanc and the 2014 Abraxas (Vin de Terrior, Scintilla Sonoma Vine-

TRAVELER, continued next page

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Weekend Traveler
continued from 16

yard, Los Carneros) paired with a fava bean, mint, and ricotta salad and pâté served with Abraxas mustard. The second course included smoked duck crostini with foraged mushrooms; baby beets with crème fraîche and dukkah; and a rice, beans, and garden kale pot with house pancetta paired with these Pinot Noirs: a 2103 Los Carneros and 2012 Three Amigos Vineyards, Los Carneros, Napa. The final course matched the 2012 POV Los Carneros with several lamb servings and a Spanish tortilla (707-944-9090, robertsinskey.com).

At **Pine Ridge**, south on Silverado, it's possible to tour the caves and taste their wines in the company of other visitors. Start in the vineyard, then walk through the production facilities, and end with a cheese and wine pairing in an expansive cave. I tasted these 2013 Cabernet Sauvignons: Rutherford paired with Manchego and Stags Leap paired with St. André. The 2014 Oakville Cab was paired with the French Agour Petit Brebis (800-575-9777, pineridgevineyards.com).

The **Spa** at the Silverado Resort is a welcome oasis any

time. Enjoy the sauna, steam, and Jacuzzi as part of your pampering. I chose the Silverado massage that combines aromatherapy with deep tissue work. Needless to say, it's heaven. If more is better, choose from mani/pedis, facials, haircuts, or a rose mud wrap, among other treatments. (800-532-0500, silveradoresort.com/spa).

The 120-acre Silverado Resort also includes two golf courses, multiple tennis courts, bocce ball courts, a swimming pool, and numerous bike and hiking trails.

EAT

Even while traveling, it's often nice to stay at the hotel

At Pine Ridge, it's possible to tour the caves and taste their wines in the company of other visitors.

for meals. That's where the **Silverado Market & Bakery** at the resort fits the bill. Open from first thing in the morning until early evening, it features casual outdoor seating around a fire pit. The market is full of sandwiches, salads, cheese, and other items, often with gluten-free options avail-



Left: Visit the vineyards at Pine Ridge; Right: Eat, drink RSV. PHOTOS: PATTY BURNES



able. Savor scones, muffins, bread, cookies, and more from several Napa bakeries, including the Pastry Kitchen at Silverado. You'll also find gourmet groceries and lots of options for wine and beer, as well as Starbucks coffee (800-532-0500, silveradoresort.com/dining/silverado-market-bakery).

OTHER ESSENTIALS:

Visit Napa Valley: Find a schedule of cooking classes, market tours, summer concerts, and more at visitnapavalley.com

Silverado Trail Wineries Association: silveradotrail.com
Napa Valley Vintners: napavintners.com

Patty Burness can be found on Twitter: @pattygb, Instagram: @pburness or reached by e-mail at patty@marinatimes.com.

Farther up the Trail and Beyond

DISCOVER TITUS VINEYARDS (2971 Silverado Trail North, St. Helena, 707-963-3235, titusvineyards.com). Brothers Eric and Phillip have recently opened their new tasting room, an open-air building in the middle of their estate vineyards. Eric is the managing partner overseeing the overall operation and Phillip is the renowned master winemaker serving as mentor to his Titus' vintner team.

Titus serves a crisp Sauvignon Blanc, a zesty Zinfandel, plus a variety of other outstanding Bordeaux varietals: Merlot, Reserve and Napa Cabernets, Cabernet Franc, Petit Verdot, and Malbec. The not-to-miss taste is the 2013 Reserve Cabernet.

Another new destination is **Maxville Lake Winery** (4105 Chiles Pope Valley Road, St. Helena, 707-965-9376, maxvillelakewines.com). Located in the Chiles Valley, surrounded by 1,000 acres of protected land by the Napa Valley Land Trust, this winery is off the beaten track, but worth the effort. An open-air tasting room features sweeping views of the winery's lake.

The French-born executive winemaker Camille Benitah boasts quality by focusing on fermenting and aging in French oak barrels to produce a Sauvignon Blanc, Cabernet Franc, Cabernet Sauvignon, and Petite Sirah.

— K. Majer

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Urban Home and Garden : A new coat

Painting won't look good or last long without preparation. PHOTO: ISTOCKPHOTO.COM

Paint for a new perspective

BY JULIA STRZESIESKI

SUMMER IS A GREAT TIME FOR A HOME improvement painting project. This is a project that even novices can take on, and painting a room is one of the quickest ways to get a lot of bang for your buck.

Proper preparation is the key to a successful paint job. Contrary to popular belief, primers are not cure-alls. If the existing surface is in poor condition (peeling, chalking, cracking, and so forth) you have some work to do prior to priming.

CAREFUL SURFACE PREPARATION

Remove all loose plaster, wood, or peeling paint with a scraper or putty knife. (Be certain it's not lead-based paint. If it is, call the Childhood Lead Prevention Program at 415-252-3956.) Patch the area and any other surface cracks with spackle, paintable caulk, or a wood-patching product (depending on the type of surface). Let the filler dry thoroughly, sand, and feather sand to hide the edges of the patch. Remember: Surface irregularities will be more pronounced after painting; especially if you are using a semigloss or high-gloss paint.

The surface you plan to paint needs to be both clean and dull. If you're not sure it's free of dirt, stains, soap, and grease, wash it with TSP (trisodium phosphate): Mix with water as directed and wipe the area with a sponge from the bottom up; then wipe off with a clean cloth, turning the cloth frequently. TSP cleans and deglosses the surface in just one step. Use a sponge that is solvent-resistant.

Walls or ceilings with mildew need special preparation. Painting directly over mildew just encourages it to grow. Mildew might be indistinguishable from dirt, so first swab a small area with bleach and wait — dirt will be unaffected but mildew will disappear. If some of the discoloration disappears and some stays, you've got mildew and dirt — treat it as follows, and then clean with TSP. To kill the mildew, saturate the surface with a solution of one part bleach to three parts water. (Wear safety glasses and gloves, and *never* use bleach with ammonia or any detergent containing ammonia — the resulting fumes are poisonous.) Paint within a day or two, and add mildewcide to the paint. Increase ventilation in the room; this will diminish the chances the mildew will reappear. If the surface is glossy but definitely clean, you have two options:

One: Apply a water-based primer sealer directly to the glossy surface. Use one with a stain killer, too, if possible.

Two: Rough up the surface with a poll-sander, vacuum up the sanding dust or wipe it up with a tack cloth, and then apply a high-quality primer.

WHAT MAKES A PRIMER DIFFERENT?

One of the most often overlooked jobs in painting is priming the surface. Priming is not simply applying any type of paint prior to the final coat of paint; using the correct primer for the job will result in a more uniform topcoat and help adhesion. Primers are quite different than regular finish coat paint: They are specially formulated for sealing surfaces and increasing adhesion, and they are manufactured to have a high percentage of resins or binders to seal a surface properly.

WHAT DOES A PRIMER DO?

Primer is specially formulated to do two things. Primer provides a level, smooth surface for the finish coat of paint to bond to. Paint contains a high percentage of pigment to cover better, but may not contain enough binder to adhere effectively to a porous, uneven surface. A good primer contains a high percentage of binders (has a higher binder-to-pigment ratio than paint), so primer ensures the top coat of paint will adhere to or "bite into" the surface beneath it. Also, primer seals the surface so the finish coat of paint has a uniform appearance. This is especially important if the topcoat is going to be a satin, semigloss, or gloss paint.

WHEN DO YOU NEED A PRIMER?

High-quality paint can be used to seal a surface, but it generally takes two or more coats. A high-quality primer can do the job in one coat. So save yourself some time and money and use the correct primer from the start.

New, unpainted surfaces like bare metal, wood, plaster, and sheetrock should always be primed before they are painted. Primer should also be applied anytime the existing paint surface is of low quality. Primer seals porous paints, such as low-grade "contractor" paints. Low-quality paints can actually be more porous than a bare surface. If you don't seal down low-grade paint, the new coat of paint might not adhere well to the old paint, resulting in peeling paint at a later date — or you may experience "flashing," a series of high and low spots that look like blotches on the paint film.

You'll be glad that you took these extra steps to prepare your room for painting.

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

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MARINA TIMES MARINATIMES.COM

City changing neighborhood by neighborhood

BY JOHN ZIPPERER

YOU MUST PAY THE RENT

The good folks at Zumper have released their Summer 2017 edition of their map showing rental rates across San Francisco's many neighborhoods. Despite all of the talk — and we've covered it here in the *Marina Times*, too — of plateauing or even slightly declining rents, the numbers still look very good for landlords and very challenging for mid- or low-income tenants.

On the Northside, Pacific Heights and Russian Hill come in with a tie for the most expensive rents, as if that would shock anyone. Pac Heights renters pay a median rent of \$3,600 for a one-bedroom unit. At that size, it's unlikely you'll be able to split the rent with very many roommates, unless they're of the very cuddly kind.

But Pacific Heights isn't the most expensive place to be a tenant in the city; Mission Dolores (\$3,650) and South Beach (\$3,720) were both higher.

Zumper does echo other reports by noting rents for one- and two-bedroom units have both declined more than 6 percent since last summer.

YEAH, RIGHT

But others are saying similar things about falling rents. RentCafe reports as of May 2017, San Francisco leads the country in the size of its rent *decreases*. On a year-to-year basis, local rents dropped 3.3 percent. Manhattan — which RentCafe calls the most expensive market, with average rent of \$4,094 a month compared to San Francisco's \$3,369 — declined 2.9 percent over that same time period.

San Francisco's relatively high density has contributed to its housing shortage and price rises, but even less-dense areas such as San Jose (#10 on RentCafe's list of priciest U.S. rental markets) and San Mateo (#4) feel the pain, with only minor (.2 percent in San Jose) or no decrease (San Mateo) in rents over the past year.

MAKING THE EAST CUT

We weren't aware that Rincon Hill was no longer a cool name. But recently we learned that the area has been renamed the **East Cut**. The new neighborhood name will cover South Beach, Rincon Hill, and a portion of the Transbay District.

Not everyone is thrilled. Jay Barmann wrote in SFist, "Next time you hear anyone say they live in the East Cut, just laugh at them

and berate them. That may work to kill this thing."

PARKING NO PARKING

One of the criticisms of what housing construction there has been in the city is there is insufficient parking connected with the units, which makes more residents compete for a shrinking number of street parking spaces. So why did neighbors want *less* parking in a \$400 million residential tower that got approved last month?

HOMELESS GANG-UP, PART 2?

The big effort last year by media across the city — including the *Marina Times* — to highlight the city's homelessness problem is being run again this month, but we expect less to come of it than last time. First, as you've noticed, the city's homeless have not all been housed since all of the television, newspaper, magazine, online, and radio reports of the first go-around. Second, nobody seems to have come up with a sure-fire solution. The city is spending more on the problem — Mayor Ed Lee recently announced yet more money for the crusade — but take a walk up from the Powell BART station or through the Tenderloin, and you would need rose-colored glasses



Look for another round of widespread media coverage of homelessness in San Francisco this summer.

to think things have gotten better for the souls surviving on the streets.

And third: As one perhaps cynical critic noted, the first effort didn't land a Pulitzer in the lap of the *San Francisco Chronicle*, which initiated the project. Perhaps the second time's the charm.

THE QUOTABLE WEINER

Following the State Senate's passage of his bill designed to speed up construction of new housing in California, Senator **Scott Wiener** stated, "Our housing shortage — and the rents, home prices, and displacement that come with it — is at a breaking point in our state. Young people aren't able to afford to live in the communities where they grew up, and workers are being forced into back-breaking commutes because they can't live near their jobs. This is bad for our economy, our environment,

and our quality of life. Housing is no longer a city-by-city issue — we need a statewide approach."

NOT-SO-SECRET AGENTS

Local Zephyr real estate agent **Tanya Dzhibrailova** is moving up — specifically from number 158 to 120 on the *Wall Street Journal* and REAL Trends' nationwide ranking of real estate professionals. "We congratulate Tanya, once again, for her achievements, dedication and determination to remain at the top of her game," said Kevin Koerner, Zephyr sales manager in West Portal. "Her commitment to excellence is extraordinary."

Koerner is probably getting sick of saying such things about her, because she has a list of designations and memberships and achievements a mile long.

E-mail: john@marinatimes.com

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Rachel Swann
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Stunning Modern 4BD/4.5BA Home. Two blocks from Fillmore Street shopping and dining, this 3 level home has been completely remodeled to exacting standards. High ceilings and elegant finishes. Landscaped garden. 2 car garage. 2323BushStreet.com
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Offered at \$4,350,000
2 Level Penthouse with Stunning Views. Situated atop a charming 3 unit building, this 3BD/3BA home features a living room and master bedroom with unobstructed views of the Bay, Golden Gate Bridge and Alcatraz. Extensively remodeled. 1 car parking. A+ location. 2066GreenStreet.com
Annie Williams
415.819.2663



Russian Hill
Offered at \$4,285,000
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Lucy Yeung
415.793.6859



Corona Heights
Offered at \$3,600,000
Nestled on Coveted Ord Street, this Pristine Four Level 4BD/4BA Property Unfolds Dramatically. High ceilings and an airy feel throughout. Stunning master bedroom suite with views to the bay, private sitting area and fireplace. Open floor plan. 2 car garage. 510Ord.com
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Donna Cooper
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The Marina Times Real Estate Market Report: May 2017

By Hill & Co. Real Estate

SINGLE FAMILY HOME SALES

NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow	2750 Lyon Street 2572 Greenwich Street	4BD/3.5BA 4BD/4BA	\$4,990,000 \$4,998,000	Below Below	3 66
Lake	136 27th Avenue 148 16th Avenue	5BD/1BA 6BD/4.5BA	\$2,250,000 \$3,775,000	At Below	63 37
Laurel Heights (no sales)					
Lone Mountain	21 Atalaya Terrace	4BD/3.5BA	\$2,350,000	Above	13
Marina	3107 Franklin Street 3742 Divisadero Street 3258 Lyon Street 235 Mallorca Way 3518 Webster Street 3724 Divisadero Street 290 Avila Street	3BD/2BA 3BD/2BA 3BD/3BA 3BD/3BA 3BD/3BA 3BD/2BA 5BA/4.5BA	\$2,180,000 \$2,625,000 \$2,910,000 \$3,000,000 \$3,610,000 \$3,700,000 \$5,800,000	Below Above Above At Above Above Above	10 11 23 0 16 0 0
Nob Hill	1217 Clay Street	4BD/3.5BA	\$2,595,000	Below	61
North Beach (no sales)					
Pacific Heights	2684 Sacramento Street 2411 Broadway	5BD/3.5BA 5BD/4.5BA	\$6,300,000 \$9,200,000	Above Below	4 92
Presidio Heights	3540 Jackson Street	7BD/7BA	\$15,000,000	At	0
Russian Hill	909 Bay Street	2BD/1BA	\$2,100,000	Above	22
Sea Cliff (no sales)					
Telegraph Hill	15 Napier Lane	2BD/2BA	\$1,800,000	At	4

CONDOS

NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow	1649 Greenwich Street 129 Pixley Street 31 Moulton Street	1BD/1BA 2BD/1BA 2BD/1BA	\$860,000 \$1,318,000 \$1,340,000	Above Above Above	11 7 12
Lake	184 5th Avenue 195 25th Avenue #101 175 17th Avenue	2BD/2BA 2BD/2BA 3BD/2BA	\$1,080,000 \$1,100,000 \$1,625,000	Above Above Above	3 34 3
Laurel Heights (no sales)					
Lone Mountain (no sales)					
Marina	1435 Bay Street #2 1468 Francisco Street #4 2522 Chestnut Street 220 Mallorca Way 3542 Broderick Street 1431 Jefferson Street 1962 Jefferson Street	1BD/1BA 1BD/1BA 2BD/1BA 2BD/2BA 3BD/2BA 2BD/2BA 4BD/3.5BA	\$950,000 \$1,134,500 \$1,645,000 \$1,800,000 \$1,840,000 \$2,080,000 \$3,220,000	Above Above Above Above Above Below Above	12 15 14 13 0 22 0
Nob Hill	1177 California Street #702 1201 California Street #606 1250 Clay Street #207 1868 Van Ness Avenue #205 1440 Broadway #303 1601 Pacific Avenue #205 1788 Clay Street #508 1250 Jones Street #1103 1200 California Street #4C 1314 Taylor Street 30 Miller Place #1 1645 Pacific Avenue #4G	0BD/1BA 0BD/1BA 1BD/1BA 1BD/1BA 2BD/2BA 3BD/2BA 2BD/2BA 1BD/1BA 3BD/3BA 3BD/3.5BA 2BD/2BA 2BD/2BA	\$635,000 \$700,000 \$776,000 \$804,500 \$1,356,000 \$1,435,000 \$1,559,000 \$1,570,000 \$1,900,000 \$1,995,000 \$2,550,000 \$2,750,000	Below Above Above Above Above Above Above Below Below At Above Below	63 33 15 18 3 19 54 116 176 71 8 0
North Beach	2230 Mason Street #M302 650 Chestnut Street #405	2BD/2BA 3BD/2BA	\$1,300,000 \$1,610,000	Above Above	5 13
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Real Estate Investor : The devil's details

Ending a housing crisis

BY JOHN ZIPPERER

Seemingly everybody in this city talks about the housing crisis. Now, some state lawmakers are trying to do something about it. I recently discussed this with my political roundtable panel at The Commonwealth Club.

JOHN ZIPPERER: Last summer, Gov. Jerry Brown tried to get the legislature to speed up the development — and of course *increase* the development — of housing units in the state, to address the affordability crisis as well as the *availability* crisis; they’re connected, obviously. There have been two San Francisco legislators who have been pushing this, Scott Weiner and David Chiu.

MARISA LAGOS (KQED reporter): This is sort of this tension we have seen for a lot of time in California between local control and NIMBYism, and questions over whether locals have gone too far to prevent building housing. So one of the bills that they got out of the Senate, for example, was by Scott Weiner, a Democrat from San Francisco, who is basically saying that if counties and cities don’t keep up with their stated goals under these housing plans that every community in the state has to do, that the building process can be streamlined.

A lot of what lawmakers are trying to do, if you talk to the people doing this, what they would say is they are trying to bring some sort of balance to this issue of: Of course, neighbors and people on the local level should be able to object if there’s something going on, but you also can’t just stop all housing development.

I think it’s interesting that the governor dangled out \$400 million last year, which sounds like a lot of money but is really a tiny fraction of what we would need to build. But there’s a lot happening here. We’re talking about in-laws [units], were talking about building more, we’re talking about this level-of-control issue, we’re also talking about just whether we should give more money to local communities.

ZIPPERER: When we talk about the affordability and the cost of housing, every delay in the construction of the project also increases the price. Everyone involved is putting more money into it, they’re paying more insurance, etc. etc. So it could have a number of effects.

LAGOS: One of the bills that [David] Chiu is sponsoring would take away the mortgage deduction on second-homes, so you couldn’t take a deduction on your vacation home. Tony Atkins, former speaker and now senator, has another bill that would essentially add a 1-percent or less fee onto real estate transfers, and that money would go toward affordable housing.

So a lot is happening. the question is, Will it matter?

C.W. NEVIUS (Santa Rosa Press Democrat columnist; San Francisco Chronicle former columnist): John Rahaim is the head of the [San Francisco] Planning Department, and he came from Seattle. What he said happened in Seattle is you go to a certain neighbor-

hood and someone wants to put up a five-story condominium. That is very carefully vetted. “We’re going to look at that, we’re going to see what the effect is on this neighborhood, what the effect is on this block. We’re going to see if it fits in.”

But once that happens, and once it is approved, then other people can build similar housing in that area. That’s not what happens in San Francisco. Every single one is a debate ...

LAGOS: Every unit.

NEVIUS: Every unit. We have CEQA. There is also conditional review.

These are extreme examples, but there are people in San Francisco who, if someone wants to put a deck on the back of their unit, the neighbor says, “Are you going to be barbecuing on that deck?”

Well, we might barbecue.

“Well, I think the smoke might be a problem. I’m going to file a conditional review.”

It is possible to hold up housing.

However, we don’t want to push people out. We don’t want to make it gen-

trification. But a reasonable idea would be to say, let’s take a good close look at this; let’s say what you want to do and as long as you stick to the restrictions that we’ve applied here, that’s fine and that’s enough.

But as it stands now in San Francisco and other places, even as you’re building, even as you finish it up, someone can file conditional review and we’ve got to start all over; you go back to City Hall.

Scott Weiner has been on this for years, and the number of people who said supply and demand doesn’t work in San Francisco — I’m sorry. I know they say, “It’s just a theory.” Like gravity, just a theory, but I think it’s pretty well been proved. The more supply, the lower the rents, the lower the prices. That’s true.

San Francisco needs to build. It needs to build smart. It needs to build up, not out. There’s a lot of things that can be done, and we’re ready and willing and eager to help people stay in San Francisco. We have to have that opportunity, and I think Scott Wiener’s got the right idea. The devil’s in the details with them.

RANDY SHANDOBIL (host of This Golden State Podcast; communications consultant; KTVU former political editor): Streamlining is like, “We’ll cut tax loopholes.” It sounds good, but what does it mean?

I agree with you. It sounds like a good idea, and when you talk about it in the abstract: “We need more housing in San Francisco, we need more housing in Oakland, we need more housing in the Bay Area.” But when it’s down the block from you, suddenly ...

We all make fun of Donald Trump, “America first.” A lot of us are guilty — probably me, too — of “My neighborhood first,” “My house first.” I’m worried about my traffic. I’m worried about my school being overcrowded. I’m worried about my kid getting to school. I’m worried about losing my view.

So it’s really difficult, and if [Scott Wiener] could pull it off? Gosh, hats off to him.

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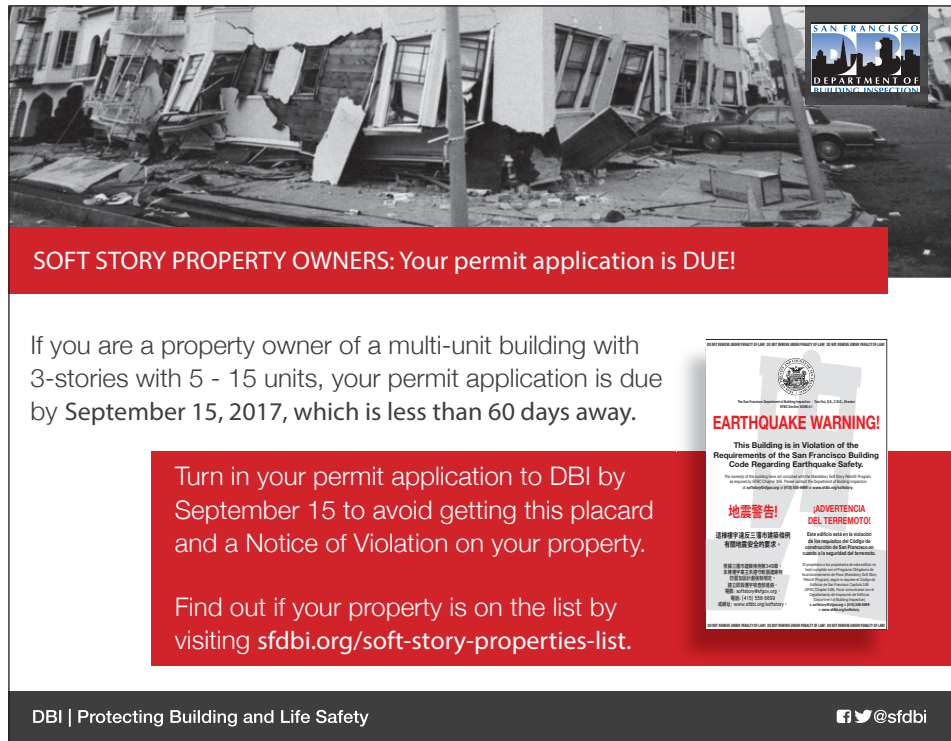
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Find out if your property is on the list by visiting sfdbi.org/soft-story-properties-list.

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The Healthful Life :: How to keep it off



What's the right weight for you? PHOTO: ISTOCKPHOTO.COM

Weight loss strategies

BY THALIA FARSHCHIAN

AMERICA'S WEIGHT-LOSS INDUSTRY is a \$60 billion industry while our country continues to struggle with a heart disease and diabetes epidemic. Aside from chronic conditions that can be associated with weight gain, people just want to look and feel good.

It has been long understood that fat was literally dead weight, but we are learning it is not — it is incredibly active tissue. Unfortunately, in excess it is not beneficial to our health. Fat has the ability to create inflammatory chemicals, store toxins, and create hormones that throw us off balance to increase fat and hunger. All of this activity can greatly affect our energy and mood.

Once committed to weight loss, the next step is to properly understand the cause of weight gain. For some, it may be hormonal, emotional and/or digestive issues, for others it may be lack of exercise and poor diet.

HORMONE IMBALANCE

Our metabolism is regulated by hormones that try to maintain balance in energy, heat generation, fuel, and stress. Both deficiency and excess can cause imbalances that can lead to weight gain and other deleterious side effects.

The adrenal glands are considered the central gland. Sitting on top of the kidneys, they work with the thyroid, gonads (ovaries/testes), kidneys, and pancreas to modulate metabolism, blood sugar, blood pressure, sleep, and stress. They release the hormone cortisol in response to stress. If chronically stressed, this hormone can make people stuck in a state called “fight or flight.” When in fight or flight, the body holds onto fat. This state can lead to imbalances across the other associated organs.

Chronic blood sugar instability can be the likely cause of reduced fat loss, because the body is simply keeping busy trying to balance energy intake and expenditure. Blood sugar instability can look like fatigue shortly after meals, irritability if not eating regularly, poor sleep quality, and energy fluctuations throughout the day.

PROPER NUTRITION

Chronic stress can also affect digestion, because it halts your body's capacity to break down food into nutrients. When in a state of fight or flight, digestion takes a backseat to getting out of harm's way (even if “harm” is simply your day-to-day concerns). We are what we eat, but more so we are what we absorb. If our bodies have an impaired ability to absorb nutrition from our food, we will get hunger signals. This is common in my elevated appetite patients.

EMOTIONAL STATUS

We are emotional creatures. When we are happy, we celebrate with food. When we are sad, we grieve with food. We could have the best lifestyle program in the world, but if our emotions take a hold of us, the program becomes extremely difficult to adhere to. This is where a holistic approach involving practices like meditation, exercise, and eating psychology coaching is helpful.

Depression can be associated with having low amounts of our happy neurotransmitter, serotonin. Typically, patients with low serotonin are more inclined to evening sugar cravings. Many do not even consider themselves depressed — some have chronic pain or sleep issues as their signs of being low. The body wants serotonin to relax and rest at night, so the sugar cravings are its short-term compensations for the low serotonin level.

DISCIPLINE AND STRUCTURE

It's a red flag when I ask patients what they typically eat each day and the response is “it varies.” This is typically code for “I don't really know what I eat.” As humans, we do really well with habit and structure. Our bodies depend on us to provide them proper fuel regularly throughout the day, and they actually do better with a certain amount of monotony. Tracking tools like the app My Fitness Pal can be helpful in monitoring diet, nutrition, hydration, and exercise.

FOCUS SHIFT

As patients begin to lose weight and are on the endorphin high of the results, I frequently check-in about other measurements of progress, including energy, athletic performance, pain, sleep, skin, digestion, and mood. We work to help understand how food affects them mentally, emotionally, and physically. People will actually notice changes in their internal state before noticing a weight change on the scale. By becoming connected with our internal states, we are far more likely to maintain the external representation of how we feel.

The single most important thing a successful weight loss regimen should offer you is the ability to understand where you veered off track. There is definitely more than one path to weight loss, and finding an approach that addresses your underlying needs is important.

Thalia Farshchian is a naturopathic doctor at Discover Health. Her background includes both conventional and alternative modalities, and her practice is primarily focused on weight management, hormone imbalances, and gastrointestinal conditions. E-mail: drthalia@discoverhealthmd.com



Make reading fun for your kids during the summer. PHOTO: ISTOCKPHOTO.COM

How to encourage summer reading

BY LIZ FARRELL

ONE OF THE BEST things about summer for me is a break from the constant nagging about homework and having to stick to a rigid nightly routine. However, research shows that our children greatly benefit from reading and practicing math during the summer. So how do we as parents respect our children's need to "let loose" but also keep their skills sharp? Here are some tips to help find this balance and to make summer reading fun and interesting:

HAVE BOOKS ON HAND

One of the simplest and easiest ways to keep summer reading fun is to always have books available for your children to read. Summer days are a perfect time to head to the library and check out books. Neighborhood libraries also have summer reading programs where you can read for prizes, which works for some children who may need that extra push. If they are excited about a book or an author, it will be easier to get them to read — my son recently discovered David Walliams's books, and now is begging me to buy more.

While on vacation, look for a local bookstore to peruse, and for long plane or car rides, try audio books. Our whole family enjoyed a set of Roald Dahl's most popular books to the point they didn't want to get out of the car without hearing the end of the story.

MAKE IT FUN

Now that you have the books, how do you make it fun? Encourage your children to book swap with their friends or relatives. This summer my children decided to do a

book club with their cousins, and they all paired up and picked books for their reading level and then planned a fun day to meet up and chat about the book.

Another idea is to create a family reading challenge. If everyone decides on the challenge, whether it be number of books, hours read, or chapters read, you can all do something fun together to celebrate.

Last, find books that have become movies. Some of our favorites include *Charlotte's Web*, *Hugo*, and *The Tale of Desperaux*. This fall one of my favorite children's books, *Wonder*, is becoming a movie. Our rule is you must read the book before you can watch

books they are interested in so I can help them to be always looking for their next book.

MAKE THE TIME

Try to keep up some of the same routines you have during the year when it comes to reading. If your children read for a certain amount of time during the year, help them find the time to keep that up. Carving out reading time will help prevent them from falling into bad habits and patterns — like reaching for a device instead of a book. If your days are full of camps and activities, try to make time before bed for them to read. Or maybe your days start later in the summer and it is easier for your children to read in the morning when they are fresh. Varying the routine also helps, so some days maybe they read quietly to themselves and some days you read a book together as a family. The most important thing is making the time to read.

One of the best gifts we can give our kids is time and attention. What better way to do that than to read with them or to them every day?

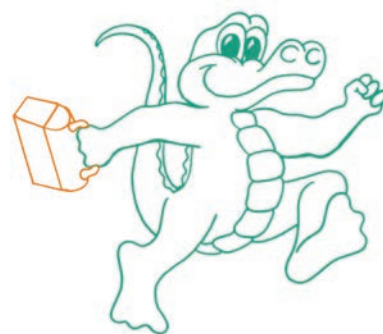
the movie, so this is great motivation.

BE AN EXAMPLE

Make sure your children see you reading and preferably not on your phone or a tablet. Show your kids you really enjoy a good book — and not just at bedtime, but as leisure time by the beach or curled up on a blanket on a nice summer day. I recently realized that usually the only time I can find time to read is right before bed, which is great, but my kids never see that.

One of the best gifts we can give our kids is time and attention. What better way to do that than to read with them or to them every day? I love reading my kids' books with them or to them because it provides great opportunities for discussion. It also helps to know what kind of

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



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