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March events

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Mayor Mark Farrell; District 2 Supervisor Catherine Stefani.

FARRELL PHOTO: SUSAN DYER REYNOLDS; STEFANI PHOTO: COURTESY CATHERINE STEFANI



REYNOLDS RAP

Farrell's moment

How Mayor Mark Farrell plans to lead San Francisco into a new chapter

BY SUSAN DYER REYNOLDS

DURING THE 2010 CAMPAIGN TO ELECT A NEW District 2 supervisor, I invited the three major candidates to my house for interviews. The reason was a personal one: My pit bull, Jazzy, was recovering from cancer surgery. Kat Anderson, Janet Reilly, and Mark Farrell all accepted, and I hosted each of them over the course of a weekend. I'm a fan of the old adage "I don't trust anyone who doesn't like dogs," and all three candidates passed the test with flying colors — Janet even knelt on the floor in a very expensive suit and allowed Jazzy to give her a big kiss. Mark did that too, but he took it to the next level by bringing dog treats.

A political unknown, Mark Farrell was a native San Franciscan raised in the Marina. An attorney who worked in venture capital, he had boyish good looks, a lovely wife, two adorable children (now three), and he was refreshingly naïve about City Hall.

The campaign was grassroots — his parents went door-to-door passing out flyers and stumped for him in grocery store parking lots. The hard work paid off, and he won the election. Nearly two terms later, he is the 44th

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Northside political spotlight

ALITTLE MORE THAN A MONTH after the sudden death of Mayor Ed Lee, San Francisco politics took another surprising turn with the vote by the Board of Supervisors to oust Board President and acting Mayor London Breed.

The Northside was at the heart of pretty much everything that happened. The backroom negoti-

ations were widely credited to (or blamed on) District 3 Supervisor Aaron Peskin. Breed's replacement as mayor is the former supervisor of District 2, Mark Farrell. Farrell chose as his replacement longtime Cow Hollow resident Catherine Stefani.

In this issue, Mayor Farrell sits down with the *Marina Times* to talk about his priorities in office and how

he feels about being called a "caretaker" mayor (see interview at right). Meanwhile, Supervisor Stefani talked with the *Times* about her plans and what she brings to the Board of Supervisors (see below left); and Supervisor Peskin talks money and politics (see page 11).

—J. Zipperer

DISTRICT 2 SUPERVISOR

The Stefani era begins

Longtime City Hall insider Catherine Stefani talks about her new role as District 2 supervisor

BY JOHN ZIPPERER

ON JAN. 30, DISTRICT 2 GOT A NEW SUPERVISOR when Mayor Mark Farrell selected Cow Hollow resident Catherine Stefani to replace him. Insiders quickly praised the decision as savvy; she is generally described as a moderate, but one who is on good terms with the progressives in City Hall.

Stefani was a known quantity to Farrell, for whom she had worked as an aide; before that, she had been an aide to Farrell's predecessor, Michela Alioto-Pier for a total of nine years, and in 2016 she was appointed a county clerk. In Farrell's office, she served as his budget aid, and she told the *Marina Times* she will bring that knowledge of the budget and city priorities to her work as supervisor tackling tough issues such as homelessness and street crime. She recently spoke to the *Times* about her plans for her time in office.

In early press reports about your appointment to the Board of Supervisors, you were described as a moderate who has good relationships with the progressives on the board. Is that an accurate description?

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Last call for alcohol. PHOTO: GEORGERUDY

Nothing good after 2 a.m.

Assessing the impact and the reasoning of Senator Wiener's bid to extend bar closing times

BY KEVIN FRAZIER

MY FRIENDS AND I HAVE A saying that we stole from the title of a *How I Met Your Mother* episode: "Nothing Good Ever Happens After 2 a.m." We've tested this theory on a

couple occasions and found it to be spot-on. State Senator Scott Wiener (D-San Francisco) and other proponents of the Let Our Communities Adjust Late-night (LOCAL) Act apparently have had better post-2 a.m. experiences than I have. They aim to give California's largest cities

the opportunity to keep bars open until 4 a.m. Their advocacy persists despite qualitative and quantitative evidence that shows allowing bars to stay open until 4 a.m. will harm community well-being, increase crime, move California out of line with national norms, and deleteriously impact the state's economy.

Although I consider myself a relatively light drinker, apparently I have a habit of living near bars. Throughout college, I lived in an apartment above a dive called Fathoms. And in 2017 I moved to a studio perched above what I've learned is referred to by some as "The Triangle" of bars — Sabrosa, Balboa Cafe, and, until recently, Eastside West. From the vantage points offered by my apartment, I've yet to see the positive cultural contribution of late-night drinking.

It's true that bars, like any place where people gather, share stories, and break bread have the potential to be sources of social capital, places where neighbors grow closer and communities grow stronger. However, a bar's marginal return to a community's stock of social capital undoubtedly dwindles as the night goes on. Don't take my word for it. Instead, consider how the co-owner of Eastside West, the vertice of The Triangle, that recently shut its doors,

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TOP 10 STEAKS IN AMERICA

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- Bobo's - San Francisco, CA
- Peter Luger Steakhouse - Brooklyn, NY
- Bern's Steakhouse - Tampa, FL
- CUT - Beverly Hills, CA
- Emeril's Delmonico - Las Vegas, NV
- Mario Batali's Carnevino - Las Vegas, NV
- Chicago Cut - Chicago, IL
- The Precinct - Cincinnati, OH
- Elway's Cherry Creek - Denver, CO

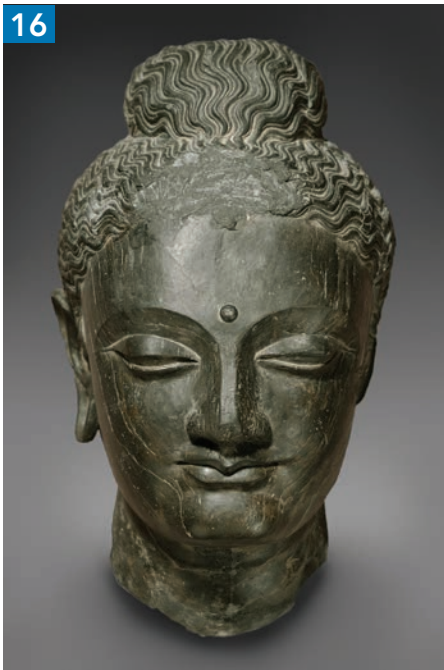
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News Briefs : Quality of life

City cleans up its streets and short-term rentals

BIG DROP IN SHORT-TERM HOME RENTALS

San Francisco's new regime of enforced registration of vacation or short-term rentals has resulted in a significant drop in the number of listings on major short-term rental sites such as Airbnb, HomeAway, and FlipKey. Vacation rental monitoring company Host Compliance worked with the *San Francisco Chronicle* to analyze the change in the services after a January deadline to drop rental hosts who were not registered with the city.

According to the *Chronicle's* Carolyn Said, there was a 55 percent decline overall in the city in the number of rentals on the services. For example, Airbnb's listings fell by more than half from 8,740 in August to 4,191 in January. HomeAway and FlipKey declined by even greater percentages. Said also reported that apartment rental site HotPads "saw an unprecedented surge in new ads for apartments to rent . . . just as the registration deadline kicked in," and that HotPads noted that the new listings "were existing buildings heavily concentrated in . . . popular Airbnb spots."

ARRESTS FOR NUISANCE HOMELESS

The city is beginning to get tough on the quality of life problems that have been plaguing many parts of the city, where homeless individuals have obstructed sidewalks, relieved themselves in public, or littered the sidewalks with needles.

At a late-January community meeting in the Mission, San Francisco Police Capt. Gaetano Caltagirone announced that police would work with the district attorney to address the problem of homeless people who have received numerous citations for nuisance actions and who refuse to receive services. They will now be subject to arrest, after which the city will try to find them the necessary services.

Mission Local reported there was some resistance to the plan, with



If a new state law passes, new housing developments around transit hubs, such as the Glen Park BART station, could get density bonuses.

PHOTO: DMOUNTAIN

homeless advocates questioning the ability of the police to match people with the needed services. But Henry Karnilowicz, president of the San Francisco Council of District Merchants Associations, praised the police initiative, noting the harm to businesses and the quality of life from leaving the antisocial behavior unchallenged.

FIRST VS. SECOND AMENDMENT

On Feb. 13, new District 2 Supervisor Catherine Stefani introduced the Free Speech Protection Act, which if passed by the full Board of Supervisors would ban firearms at public parks, public gatherings, and other First Amendment-related events in the city. The provision of city permits for the public events would be dependent upon the prohibition of firearms. Violators could face a \$1,000 fine and up to six months in jail.

"A public gathering at a public park is no place for firearms," said Stefani. Her law is based on the idea that firearms at a location where people are exercising their First Amendment rights can lead to intimidation and suppression of free speech.

"The Second Amendment doesn't trump the First Amendment," Stefani said. "Your right to free speech should not be endangered by people carrying guns."

WIENER PUSHES HOUSING INCREASE NEAR TRANSIT

State Senator Scott Wiener is pushing Senate Bill 827, which would give density

bonuses to new housing developments located within a half-mile of transit hubs, such as BART, Muni, and Caltrain stations.

According to Wiener, "If more people live near transit, more people can use it — meaning less driving, lower carbon emissions, less freeway congestion, and fewer crushing commutes."

Wiener responded to concerns about displacement by promising to add anti-displacement amendments to the bill to protect existing residents.

FACTS & FIGURES

153/96/41: the number of downtown San Francisco city blocks surveyed by NBC Bay Area, followed by the number of those blocks that were "sullied with piles of feces," followed by the number of those blocks with needles on them . . . **197:** number of storefronts on Union Street between Van Ness Ave. and Steiner St. . . . **20:** number of vacant storefronts on that stretch of Union Street . . . **775:** number of new train cars coming to BART, with 166 due by the end of 2018 . . . **\$1 million:** amount sought by District Attorney George Gascon to set up a task force to tackle auto break-ins . . . **30,000:** number of auto break-ins in San Francisco last year . . . **27 days:** length of dry spell in San Francisco during the "rainy season," lasting from Jan. 26 to Feb. 21 . . . **92 percent:** amount of the state now suffering drought conditions.

News tips? E-mail: john@marinatimes.com

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Reynolds Rap

continued from cover

mayor of San Francisco, voted in by his peers on the Board of Supervisors to serve until June when voters will choose someone to serve the rest of the late Ed Lee's second term. Recently I sat down with Mayor Farrell to ask him how life has changed, what he wants to accomplish, and what the future holds.

What is the biggest change that you weren't prepared for?

That's a great question. I think simply the awesome responsibility of being the mayor of San Francisco. It was an honor to represent District 2 for over seven years. As you know it's the neighborhood I was born and raised in, and Liz and I are raising our children in. There was nothing better. Being mayor of our city is something wholly different, but likewise, an honor.

Will the issues you worked on as supervisor, like homelessness, remain a focus?

Public safety and homelessness are the two issues I've heard the most about and spent the most time on as a supervisor, and without a doubt they will remain two areas of focus for me as mayor. In terms of public safety, the property crime epidemic, whether it's car break-ins or burglaries, is out of control. I've met with our new police Chief [Bill] Scott almost every day since taking office. I've asked him to put together an analysis of the true staffing needs of our police department to make people feel safer. We need to have an honest conversation about that. We are a city without walls or borders and always will be, so we are susceptible to people coming into San Francisco — as we discovered last week, an international crime ring was breaking into cars in our city — but that doesn't mean we don't have responsibility to crack down on what's happening. So public safety will be a huge focus for me as far as time and our budget.

I was recently downtown and for the first time I saw cops asking some drunk guys passed out on the sidewalk to move on. Is this something you've asked for?

It speaks to the quality of life for residents, the quality of experience for vis-

itors — the shock value of some of our street behavior is unbelievable. We need to address it. We cannot continue to ignore it. I am not afraid to be a mayor who says we have some of the best men and women protecting us — we need to thank them every single day for putting their lives on the line. But we also need more of it. That is something I am keenly focused on.

Another area you focused on is housing. Are you still looking to build more densely near transit corridors?

Absolutely. To do nothing about our housing crisis is tantamount to sticking our heads in the sand. Housing costs are out of control. Whether you're a renter or a homeowner, it's affecting everybody. We need to build more housing. It's a supply and demand issue. We have more people moving here, more people working here, more people driving here than ever before.

I'm the first to say the beauty of our city is in our neighborhoods. Whatever floats your boat, we have neighborhoods that are unique, globally unique. To massively change the character of the neighborhoods is not the right solution. San Francisco would truly lose its heart and soul, which many are talking about anyway. But, if we build smart, along transit corridors, where it isn't just one person with one car moving in ... that's the way we need to think about housing. If you think congestion is bad today, imagine what it would be like five years from now. It would take two hours to get across town.

We have to be smart and efficient about how we build, and as we invest in transit corridors like Van Ness and Geary, that's where we need to build more housing.

How do you feel about building on the waterfront?

Along the waterfront, San Franciscans are very protective. No one wants to become Miami Beach with high rises right smack on the water. How we're approaching it now and the projects we've approved are, I believe, what is right for San Francisco. Think about Pier 70 and the Giants' Lot A — those are a mix of housing for different income levels, retail, open space . . . we need that. Housing has to be our number-one priority, but it can't be only housing. It has to be better infrastructure, open

REYNOLDS RAP, continued next page

QUOTATIONS BY JAY DURET



"Blow wind, swell billow,
and swim bark!
The storm is up,
and all is on the hazard"

- From Julius Caesar

Shakespeare

space, commercial corridors, schools — we have more children now in San Francisco than we have had in so long, something I've fought for. And just today we announced we are dedicating \$330 million to children and family programs, thanks to something voters approved in 2014. That's exciting. What this city looks and feels like for the next generation is incredibly important.

Why have you decided not to run to fill the rest of Mayor Lee's term in November?

Mayor Lee's death shocked all of us, and affected us all in different ways. Whether you agreed or disagreed with his politics, he was an amazing human being, truly a dedicated public servant to San Francisco for over 30 years. I'd gotten to know him very well. We traveled together; we worked closely together. We had very different styles of being a politician, but his loss was real for me, for many people. The cascading effect of course was no longer having a mayoral election in 2019 when his term ended but a shotgun election culminating in June of this year.

Our three children are the most important thing to Liz and me. Period. And Liz — well, I definitely married up. The thought of spending the next six or seven months gone from the house, on the campaign trail, not being able to coach our son's baseball team . . . to not be there for their school plays, and their activities, and just be the present father that I am today would have killed me, because we're not getting these years back. And it wasn't just six or seven



Farrell rejects the notion of being only a "caretaker" mayor. PHOTO: SUSAN DYER REYNOLDS

months. Then it's turning around and running for the November 2019 election, and right back on the campaign trail. And you know what? That's not worth it. My family comes first.

When reporters over the past year or two started speculating about me running for mayor in 2019, I always told them it was a possibility, but that my first and last decision was going to be about my family. And no one really believed that. But we obviously held true to that and I wouldn't have it any other way.

Is this the last we'll see of Mark Farrell, public servant?

I have absolutely no plans to run for public office in the near future. I'm very lucky to have a successful career outside of City Hall, a job I love that I can't wait to return to. Who knows down the line? You never say never.

I've had plenty of people come up saying, "We're going to start a write-in campaign for you," or "You need to run in 2019." No thanks. I have a unique opportunity being in this job and not

campaigning or compromising positions to win an election. I get to just do what I think is best for San Francisco and our residents. Wow, is that a unique opportunity.

I'm taking the job incredibly seriously, carrying on a lot of legacies of Mayor Ed Lee, putting my own stamp on it, but also setting our city on a path for the future.

How do you feel about the term "caretaker mayor"?

I wholly reject the notion of a "caretaker mayor." Sit in this seat for a day and anybody will realize what a misnomer that is.

We have so much to do, like putting the budget together. As someone who was the longest-serving budget chair in the city's history, I feel particularly well equipped to lead that charge. I plan to be as active if not more active than mayors before me. It's going to be a sprint to the finish. But I absolutely want to leave my mark on the city.

What is the funniest thing one of your kids said since you became mayor?

Just this morning my 5-year-old son woke me up at 6 o'clock and said "Daddy, you have to come with me!" And he pulled me over to our Alexa machine and asked, "Alexa, who is Mark Farrell?"

And Alexa said something to the effect of, "Mark Farrell is a lawyer and a politician and the 44th mayor of San Francisco."

He thought that was the bomb.

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

Facts That Are Not *NOT* Fake News

Did you know in the 94123:

- Dog owners only feed their dogs Kale and Impossible Burger Meat.
- The best time to go shopping at the Marina Safeway is on Sunday between 3 and 7pm.
- Green text bubbles do not work north of Lombard Street.
- Only Yacht Week in Croatia has more boat shoes in a one-mile radius.
- Cow Hollow and the Marina are in collusion to secede from the rest of SF.

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City at Large : A role for everyone

Gun control to Major Tom

BY JOHN ZIPPERER

WILL THE SHOOTING deaths of 17 students at a Florida high school ever result in changes in American gun policy?

That was the question I was asked by a KFOG radio host in late February. I responded I was glad she said “ever” in her question, because no, I didn’t think anything would change in the near future; but eternity is a very long time, so who knows?

Was I too pessimistic?

You all know the facts. The horrific Parkland, Fla., killings is just the latest mass shooting in this country in recent years. Though many people became activists in the wake of the slaughter of grade-school students at Newtown, Conn., it did not change the national legal situation. Following the Parkland killings, Hillary Clinton wrote on Twitter that since the Newtown shooting, “438 people have been shot and 138 killed in over 230 school shootings. That’s 5 school shootings every month, 16 of which classify as ‘mass shootings.’”

This has resulted in nothing being done to control guns on a national level. On a local and state level, on the other hand, much has been done, and San Francisco (and District 2) are at the forefront of such efforts.

When Mayor Mark Farrell was District 2 supervisor, he pushed through bills to tighten loopholes and increase data collection by police on gun sales. In January 2017, then-Supervisor Farrell noted the closing of the city’s last gun store and said, “We should be unapologetic about prioritizing the public safety of our residents first. If the last remaining gun store chooses to shut down as a result of my legislation, so be it — I would much rather see a preschool, coffee shop, or other neighborhood-serving business that contributes to the vitality of our city in its place.”

Farrell’s successor as the Marina’s supervisor is Catherine Stefani, a gun control advocate who as one of her first pieces of legislation introduced a bill to restrict weapons at large public gatherings in the city.

California also has statewide gun restrictions; in late February, the U.S. Supreme Court refused to hear a challenge to the



Mill Valley students held a vigil for the students slain in the recent Parkland, Fla., school shooting.

PHOTO: FABRICE FLORIN/WIKIMEDIA COMMONS

state’s 10-day waiting period for purchases of firearms.

So California and San Francisco in particular should be gun-free utopias, right? Well, of course not. Unless we convince Mexico to pay to build a wall around the state, guns will continue to be purchased elsewhere with laxer standards and cross the border into the Golden State.

That’s the Chicago tragedy. That city has some of the toughest gun control measures in the country, but Indiana is just a short drive away, and the Hoosiers have very light regulation. A 2014 report by the Chicago Police Department noted, “Between 2009 and 2013, almost 60 percent of guns used to commit crimes in Chicago were first purchased outside of Illinois.” Nearly 20 percent of the illegal guns on Chicago’s streets came from Indiana.

So a national policy is required if anything serious is going to be done to rein in the country’s rampant gun violence. In a democracy, that should be pretty easy to bring about. After all, fantastically large majorities of Americans — of both political parties — support what are called common-sense gun reforms, such as expanded background checks.

None of those have been enacted in Washington. Despite Americans telling pollsters that they support these gun restrictions, they don’t vote on it. A majority of Republicans support these restrictions, but it’s not a deciding factor in their voting behavior, so pro-gun legislators continue to listen to the National Rifle Association, even as the NRA issues increasingly unhinged statements. (Just recently, the leader of the NRA announced that the right to own weapons is granted to Americans not by the Constitution but by God.)

This is both a local story and a national story. There is nothing more local than when you or someone you know has been shot. Nothing. It is a life-changing or life-ending experience, and it is far too often experienced in this country. In other countries — and, it must be noted, in *every other country* — it is experienced less often. (When you learn that the country with the second-highest level of gun ownership in the world after the United States is civil war-torn Yemen, it should worry you.)

I’ll be honest. I don’t know if the Parkland slaughter has fundamentally changed American attitudes toward weapons of mass killing in private hands. But in the end, the most hellish calculus will come into effect as more and more people have to deal with the moral horror of their children or spouse or pastor or aunt or U.S. representative killed or grievously injured by a gunman.

We know there are NRA members who read the *Marina Times*. And you often are characterized unfairly in this city. People treat you as if you agree with the fringe statements of Wayne La Pierre and other NRA functionaries. But you are just as sickened by the killings of young people — and all people — as are the 225 million Americans who are not NRA members.

So you can help fix this.

You can contact your NRA officers. You can run for internal positions within the NRA. You can at the very least e-mail your NRA officers to let them know you want them to oppose policies that let crazy people get their hands on weapons of mass killing. And you can contact Republican members of Congress and let them know that on this issue, the NRA is not speaking for you.

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Inside the Marina

continued from cover

reacted to closing shop. “I think [the closure] will be a good thing for the city,” Rob Lam told Eater San Francisco, “I’ll be honest: Eastside West never contributed anything to the social fabric of San Francisco. In fact, we were a detriment.” Unsurprisingly, Eastside West made The Thrillist’s list of 14 “Bad Decision Bars” in San Francisco, places “where you’re pretty much guaranteed to make a bad (best?) decision or two seven.” Lam does not speak for every owner, and not every bar intends for its patrons to make bad decisions, but surely these pieces of evidence weaken Wiener’s position that the LOCAL Act will improve the culture of California cities.

As anyone who has had too much to drink knows, bad individual decisions can lead to poor public safety outcomes. A study of assault and robbery cases in Chicago found that late-hour bars and liquor stores produce disproportionately high reports of criminal activity, especially between the hours of 2 and 6 a.m. This isn’t just a Windy City phenomenon. Research on crime in Albuquerque likewise revealed U.S. Census “block groups that contain bars, alcohol serving establishments, and restaurants that serve beer and wine are expected to report significantly more violent crime incidents than block groups without those types of places.”

The Northern District of the San Francisco Police Department, which includes the Western Addition, Pacific Heights, Japantown, Polk Gulch, Russian Hill, and the Marina, is no exception to crime trends seen throughout urban areas. Data collected by the SFPD reinforces that from 2010 to 2017 crimes regarding auto theft and sexual assault occurred at a higher rate later at night and on week-end evenings — when most visits to bars occur, according to a review of Google’s “Popular Times” feature. When analyzing crimes reported during the seven-year window, Thursday, Friday, and Saturday accounted for:

- 44.8 percent of all incidents
- 45.9 percent of cases related to auto theft
- 46.1 percent of cases related to sexual assault and rape

What’s more, of the sexual assault cases reported on Thursdays, Fridays, and Saturdays, 23.6 percent took place between midnight and 2 a.m. Looking at Fridays alone produces an even more startling stat with 28.5 percent of sexual assault cases taking place in the two-hour timespan.

These findings are not surprising or new. Studies dating back as far as the early 1990s found that up to 50 percent of police service calls originate from bars and the surrounding areas. Amid skyrocketing reports of auto burglaries and the near doubling of annual reports of rape in San Francisco from 2010 to 2016, it’s hard to understand why Senator Wiener, a member of the Public Safety Committee, is continuing to push the legislation forward. The uptick in DUIs reported across California during the 2017 holiday season makes Senator Wiener’s position even harder to justify.

Other leaders have rebuked arguments for extended hours couched in language

of local control. Politicians in Colorado also tried to extend the state’s bar closing time. Like officials in California, they lacked sufficient evidence to justify a decision with such negative potential. California officials should follow the course of Colorado Gov. John Hickenlooper, who responded to the threat of extension with a letter which, in part, read, “legislation with potential impacts on safety merits the highest scrutiny, and should be backed by clear and supportive data and analysis.” National data confirms now is not the time officials purportedly dedicated to public safety should make drinking more prevalent.

The prevalence of drinking and the costs of treating its ails have become increasingly noticeable. Nationwide, emergency room visits due to alcohol are up, reports of excessive drink-

ing among college students are up, and binge drinking among females, older Americans, and minorities is up.

Economic data builds on the case made by public safety statistics to rebuke Wiener’s legislation. A quick Google Maps search of San Francisco bars shows scads of drinking establishments that close down before the 2 a.m. limit. If demand for a drink was as high as is claimed by advocates of the bill, wouldn’t every bar stay open as late as possible? Instead, the invisible hand appears to be guiding people home rather than toward yet another drink.

Even bar owners are far from monolithically in support of the proposal. A representative of Amelie Wine Bar, a small business with one San Francisco location, was unequivocal in opposition to the LOCAL Act. The representative went as far as to call the bill “a joke” and speculated it “will only help huge restaurants, chains [and] nightclubs but [is] never going to help 99 percent of restaurants and bars in the city.”

If passed, the legislation could also dampen property values. Cities that champion crime reduction record increases in property value. In contrast, where crime becomes more prevalent, property values fall and more public resources are dedicated to reactive, rather than proactive, responses to community safety. While I personally am in favor of making California a more affordable place to live, I like to think our legislators can find better ways of lowering the prices of homes than through increasing crime. If the main focus of the LOCAL Act is increased economic activity, then advocates should redirect their attention to the economically stimulating effects of crime reduction.

Senator Wiener, when announcing his renewed effort to pass this legislation, claimed “people wonder why

they are in a major metro area but can’t find alcohol after 2 a.m.” The easy answer is that communities have prioritized safety over spirits.

Let’s hope Senator Wiener and others in support of the LOCAL Act will do the same.

Kevin Frazier, a Portland, Ore., native, moved to the Marina in late September to start a job at Google. He previously served as Oregon Gov. Kate Brown’s executive assistant and president of the College Democrats of Oregon. His partner, Dalton, and pup, Ty, live in a studio on Fillmore Street.

If demand for drinks was as high as claimed, wouldn't every bar stay open as late as possible?

Up to 50 percent of police service calls originate from bars and the surrounding areas.

Yes, I have good relationships with a lot of people. I think it's the type of person I am. I said at my swearing-in I'm a person who comes from a place of empathy and respect for others. I believe in trying to collaborate with people and looking for consensus on difficult issues.

What do you bring to the board that is unique, that wouldn't have been provided by another appointee?

Unique? Well, I bring nine years of experience as a legislative aide. Before that I was also on my neighborhood association, the Cow Hollow Association. I also spent the last two years as a department head in City Hall, as county clerk, which was invaluable in being on the executive side.

What are your priorities as supervisor?

I'm definitely focused on public safety. I hear all the time that people just don't feel safe. They can't leave anything visible in their cars. They can't have packages delivered to their homes. Many people can't walk in their neighborhood or take their kids to the park.

[I am looking into property crime.] As a former prosecutor, I understand the challenges around prosecuting auto burglary crimes and am very supportive of Senator [Scott] Wiener's bill about

changing the threshold for prosecuting auto break-ins.

I've already met with the new captain of Northern Station, Capt. Joe Engler, to understand his needs, and I will be prioritizing police resources in our budget. I want to understand what they need to do their job and take a look at that. Police are not the only factors in this equation. I'll be meeting with [District Attorney] George Gascon to get his [input, too].

Your predecessor, now mayor, Mark Farrell, passed some significant gun control legislation. That is also an area of concern for you. Is there more that can be done, or have the local policy options been exhausted for gun control?

We do a lot in San Francisco, and we do a lot in California. But San Francisco continues to lead the way on this issue and do what we can.

That's why I introduced the concealed carry legislation [which would ban concealed weapons within 500 feet of public gatherings such as protests and parades], based on what happened last year, [which highlighted] the need for people to feel safe at protests and marches. The idea of concealed carry at protests . . . everyone was concerned by that. We need to lead the way in San Francisco to show we're serious about keeping people safe from gun violence.

This is one law, but we need to keep talking about it.

Homelessness touches every district in the city. What do you think San Francisco should do about it?

I know the Marina and District 2 has seen such an increase in homeless people and quite frankly frightening street behavior. We have to take a step back and understand how we got there. Our federal funding for homeless services has been declining for decades. San Francisco dedicates a lot of money for homeless populations. . . . San Francisco has been able to stabilize ours.

We have done a lot to stabilize family homelessness, which means the populations on our streets are the truly hard to reach and are suffering from mental illness and addiction. I support Wiener's [proposed legislation Senate Bill 1045, which expands the state's conservatorship law to give cities more power to take over care for people who are unable to do so for themselves, due to mental illness or other reasons].

Last year in District 2 we had this homeless individual who was put on short-term psychiatric [watch] multiple times. Some residents in the neighborhood even found his family [so he could be reunited with them, but he stayed on the street].

Retail establishments in District 2 — and across the city — have been hit hard by online competition and huge rent increases. There are

many vacant storefronts on all of the city's shopping streets. What if anything should be done about this?

Definitely we should be doing something about it. I feel so fortunate in District 2; I love our commercial corridors. We have some of the strongest, most vital commercial corridors in the city. We do have some vacancies.

Now, some people meet their needs online — groceries definitely, a lot of consumer goods. So I think it's important that we rethink what our commercial corridors can be, get together with merchants and the Planning Department and rethink zoning so our merchants can be successful in them.

I'm also looking at the vacancies. It's not just saying that there are 20 vacancies on Union Street; we need to look at each and every one and see why they are vacant.

Many are vacant because they have leases and they're waiting for approvals from city departments. Some do have landlords actively looking to lease them. Some are awaiting seismic issues. And some have landlords who don't care. I think we need to take a hard look at when someone chooses to leave a storefront vacant; it's a detriment to the neighborhood and it's not acceptable.

I'm very passionate on this issue. I love our merchants. I'll be working with our Department of Workforce Development . . . to look for ways for small businesses to open and [adapt] to our changing economy.

I really understand the conditional use process. Nothing is new to me here. . . . People in the [city government] departments are not new to me. I'm excited because I can really hit the ground running on a lot of these issues.

Car break-ins are an epidemic in San Francisco. What should the city be doing to reduce them?

That's what [will be explored in a hearing I will be holding]. What should we be doing and what does the police department need from us to [deal] with this issue, and what does the DA need from us?

I believe it's an issue that can be resolved. I won't take no for an answer.

When I talked to Captain Engler yesterday, he told me that when they had a police officer at the Palace of Fine Arts, parked in the parking lot, keeping watch, they didn't have any break-ins. So we know that police presence works.

Final question: Will you be endorsing in the mayoral election this June? If so, who?

Right now, I'm just laser-focused on representing District 2. All of the mayoral candidates have long records of public service.

Catherine Stefani's appointment is to serve out the rest of Farrell's term, which ends in November 2019.

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Sketches from a North Beach Journal

Only in North Beach: Assets in the old neighborhood

BY ERNEST BEYL

READERS OF THESE SKETCHES COLUMNS may remember I'm bullish on San Francisco — optimistic about its future. And, while I acknowledge the city has problems, I believe they are solvable and we will solve them.

I sparkle when I hear or read “only in San Francisco — good stuff.” And I bristle when I'm faced with “only in San Francisco — bad stuff.” I want to be part of the solution, not part of the problem. I believe frequently we tend to overlook the good stuff and dwell on the bad stuff.

In this column, I'm putting forth some good stuff — not just about San Francisco, but especially about North Beach, my neighborhood, one of the city's oldest and most unusual.

THE LITTLE FREE ROCK BOX

I suppose any San Francisco neighborhood can have a Little Free Library tied to a tree or a telephone pole. But only in North Beach are you apt to find a Little Free Rock Box. There's one on Grant Avenue between Greenwich and Filbert. A few wooden shelves display some interesting rock specimens. At the top is printed “Take a Rock, Leave a Rock.” Beneath is this: “The closer you get to real matter, rock, air, fire, wood, the more spiritual the world is.” It's signed Jack Kerouac. I took a rock and left a rock and communed with the spirit of the great Beat in the sky.

PARROTS OF TELEGRAPH HILL

There's a fleet of green parrots (red-headed conures) that have been hanging around Telegraph Hill since 1995 when a few birds escaped their cages, or were let loose. Now there are more than 200 of them. They've been spotted elsewhere in the city, but they prefer the North Beach area, just as I do.

LAWRENCE FERLINGHETTI

Lawrence Ferlinghetti, soon to be 99-years-old (March 24), is still writing poetry and fighting the ills of his city and his neighborhood. Publisher New Directions just came out with his latest book — *Ferlinghetti's Greatest Poems*. You can still spot him stalking around North Beach as though he owns it. He does. He's written about it so much I deem it his turf. In the iconic “A Coney Island of the Mind” he writes, “I am perpetually awaiting a rebirth of wonder.” So are we all.

CITY LIGHTS BOOKSELLERS AND PUBLISHERS

Founded in 1953, City Lights is probably the best-known bookstore in the United States. It is known worldwide for publishing the Beats. It was the publisher that brought out Allen Ginsberg's Beat anthem, “Howl.” It's open from 10 a.m. to midnight. Isn't that sensible?

GREEN STREET MORTUARY MARCHING BAND

San Francisco's tourism gurus may not realize it, but here in North Beach, the Green Street Mortuary Marching Band ranks right up there with the most col-

orful attractions in the city. It is certainly one of the strangest — a profoundly religious and symbolic piece of street theater.

The band's brisk marches along the streets of North Beach and Chinatown at the head of a Chinese funeral cortege not only stop traffic but turn the heads of locals and tourists alike. The effect is awesome, a dramatic epiphany, evocative of the mysterious passage to the next world.

While other cities with large Chinese-American communities have on occasion organized funeral bands on a one-off basis, the custom has largely died out. But here in San Francisco it's become a colorful and meaningful fixture keeping this cultural high note alive.

THE BEAT MUSEUM

An intrepid student of Beat culture, Jerry Cimino operates the Beat Museum on Broadway. Visiting is a trip down nostalgia alley. Jerry's museum also sells books, photographs, and curios with Beat Generation connections.

SOTTO MARE

Sotto Mare is the funky North Beach seafood restaurant where Tony Bennett likes to have his birthday parties. These days when he leaves his heart in San Francisco it's usually on Green Street between Stockton and Grant at the restaurant with the great Italian name that means “under the sea.”

CAFFE TRIESTE

This classic coffeehouse has been a part of the unique fabric of North Beach for more than 50 years. It was the first espresso

house on the West Coast. Francis Ford Coppola wrote much of *The Godfather* while sitting at a back table. Lawrence Ferlinghetti still drops by occasionally. Jack Hirschman, former San Francisco

Lawrence Ferlinghetti is ‘perpetually awaiting a rebirth of wonder.’ So are we all.

Poet Laureate, is a regular. Paul Kantner, rhythm guitarist-vocalist for the counterculture rock 'n' roll group Jefferson Airplane, hung out there. So did most of the Beats who made North Beach famous.

EIGHT TABLES

This Chinese restaurant called Eight Tables is so exclusive you enter through a locked alley behind a North Beach Italian delicatessen. And, yes, it has only eight tables.

SALOON CULTURE

North Beach has the strongest saloon culture in San Francisco, where the idea is to get out of your studio apartment and into one of these intellectual social clubs. Joints like Gino and Carlo, La Rocca's Corner, Tony Niks, Original Joe's, Bar Nua, Chief Sullivan's, The Saloon, Grant & Green Saloon, Maggie McGarry's Irish Pub, Rogue Ale, Specs, and Tupelo, give North Beach its impressive saloon credentials.

These are just a few “only in North Beach” assets that come to mind as I write this. Sometimes I think I'm living in a time warp in this old neighborhood.

E-mail: ernest@marinatimes.com.

Empower public process, not a political economy: ethics reforms we need now

BY AARON PESKIN

CAMPAIGN FINANCE RE-formers and government accountability advocates have long organized under the mantle “Money Out of Politics” — and for good reason. In a world where corporations invest billions of dollars to compete for the public’s limited attention, whoever can afford to control the medium can control the message. Special interests have made no secret of the returns they expect on their political investments. Donald Trump spoke candidly on the 2016 campaign trail about giving large donations to politicians to get them to “do whatever the hell you want them to do.” (Which is probably why the National Rifle Association dumped \$35 million into Trump’s campaign ...)

The past decade has seen hundreds of millions of dollars dumped into local and national elections after the Citizens United Supreme Court decision opened the floodgates to unlim-

ited amounts of political spending by corporations. In the war games of politics, super PACs are the new mercenaries, fake news stories are the weapons of mass destruction, and members of the public are the ultimate victims.

Here in San Francisco, you may have read about the Anti-Corruption and Accountability Ordinance the Ethics Commission has been contemplating for the past two years.

more urgent for transparency and accountability. The public deserves to know in real time who is bundling prime media buys, funding nasty attack ads, and manipulating our personal information for influence, including social media accounts.

My legislation will also provide the public with the ability to connect the dots between major donors’ political investments and their business interests.

After two years of stasis, there is no reason we cannot pass this legislation in advance of the mayoral election.

I have introduced amendments to strengthen and expedite this massive reform package, which could also move forward as emergency stand-alone legislation. As we speed toward an unprecedented June 5 election, which will determine the leadership of our city for the next decade, the need has never been

As an elected official, I have to file Form 700 public disclosures, which list everything from my real property holdings to my business interests and gifts I’ve received. Commissioners and department heads submit these public documents, as well. If you are prepared to pony up \$10,000 or more for a seat at a candidate’s kitchen cabinet, the public deserves to know what other special interests you are bringing to the table with you. Whether you’re an angel investor investing in multiple tech companies or the National Rifle Association, you’re expecting



Can San Francisco change the rules for money in politics?
PHOTO: CMFG804

a return on your investment. Big-spender bravado means big-spender disclosures.

I have called for a historic joint meeting of the Board of Supervisors and the Ethics Commission on April 3 to take up this anti-corruption reform package and finally pass it. After two years of stasis, there is *absolutely no reason* we cannot pass this legislation in advance of an unprecedented and historic mayoral election. This will be the most sweeping campaign reform in over a decade and our first solid effort to address the damage wrought by Citizens United.

We can send a powerful message to dark money corporados saturating our public discourse with vitriolic distractions and

fake news — *now*. We can incentivize small grassroots donors, regulate super PACs, and restore some modicum of trust in government’s ability to weed out corruption — *now*. Please join me; let’s repudiate the political economy and re-anchor our democracy in a public process.

NEW COLLEAGUE

On a separate note, a heartfelt welcome to my newest colleague in District 2, Supervisor Catherine Stefani. She is smart, she is compassionate and, most of all, she is extremely dedicated to the communities of District 2. I’m looking forward to tackling some initiatives together, including illegal demolitions and speculator serial permitting.



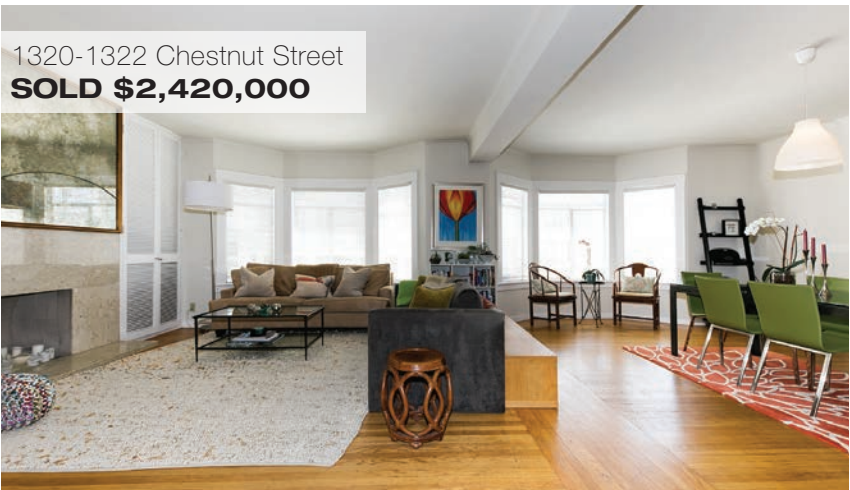
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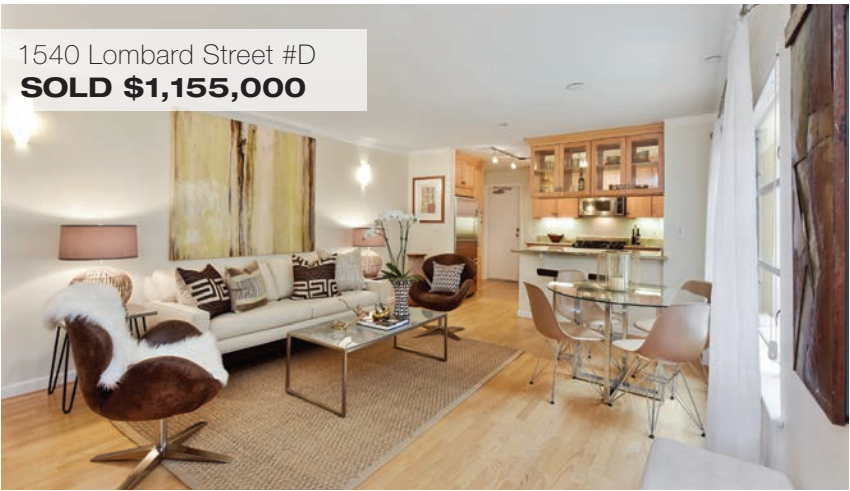
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The Tablehopper



Release the mochi doughnut holes (coming soon from B. Patisserie).
PHOTO: © TABLEHOPPER.COM

It's smelling meaty in the Marina, and sweet at B. Patisserie

BY MARCIA GAGLIARDI

MARINA

Those in the Marina will soon be able to get their lamb salad and frozen Greek yogurt on with the upcoming opening of the fourth location of **Souvla** in the former David's Tea space (2272 Chestnut St.). They are targeting mid-2018 for the opening, and it will mimic the Hayes Valley size and layout, with some outdoor seating. The full Souvla menu will be available from 11 a.m.–10 p.m. daily.

COW HOLLOW

Potentially exciting for the neighborhood: If it makes it through planning and approvals, New York's **Shake Shack** could be taking over half of the vacant Real Food Company space (3060 Fillmore Street). The other half will be a boxing gym, handy for working off your anger at binge eating a double Shack-Burger. Stand by on this one.

LOWER PACIFIC HEIGHTS

I (luckily) attended the fifth birthday party of San Francisco pastry and viennoiserie favorite **B. Patisserie** (2821 California St.), and business partners Belinda Leong and Michel Suas had so much news to announce, it made me wonder when they sleep. First up, they are **expanding to Seoul**, Korea, and opening in late April. We got to taste some of their Korea-bound creations (which sadly are only going to be available there), like gochujang cheese sablé; hodo, or kinako, or golden sesame and red bean kouign-amann; and a gorgeous barley tea tart.

Next up, Leong is launching a new brand, a completely different concept called **Mochi Mochi**, based on mochi doughnut holes (and some are stuffed with pastry cream) in flavors like baklava, horchata, and Boston cream. She will also be serving flavored milks (iced or hot) in flavors like chocolate, strawberry, green tea, and cookies and cream. Like B., it's going to start as a pop-up at venues around town while she looks for a permanent location.

And then (I know!), they are also launching a new "**happy time**" and dessert bar at B. Patisserie. The plan is to open once a month, Friday–Saturday

6–10 p.m., and offer some savory bites and snacks that are happy-hour-meets-teatime, like cured trout crostini with lemon ricotta. Another bite we had was the banh meatball, a play on a banh mi sandwich, with char siu pork belly that was confited, breaded, and fried, topped with a Kewpie remoulade with pickled vegetables used in banh mi, plus jalapeño and cilantro. (You and I both already know you want this.) And don't forget, they have a beer and wine license! They will also offer a trio of desserts, like citrus cheesecake and an apple tart with vanilla Chantilly — it ends up Leong missed plating desserts in the restaurant world, so this is her way to get back to that. Looking forward to all of this.

FAREWELL, FRIEND

Well folks, it's the end of an era of Hospitality and Hossy Hugs: Our dear **Hoss Zaré** has headed back to his native Iran and is starting a new chapter in his life back home. He has been such a big part of our local culinary scene for years. He started as a dishwasher at The Fly Trap back in 1988, which he later bought and took over. He's had some really rough times (his parents were tragically and horrifically murdered in Iran, and he suffered a heart attack back in 2010, scaring us all), but he has always kept his big heart open and full of love.

He included this in a farewell piece he sent to me: "I spent three decades of my life waking up to dazzling sunshines, soothing breezes, and calming sea waves of San Francisco filled with love of the sun, delight of the beach, and generosity of the ocean overpowered by warmheartedness and thoughtfulness of its people. You supported me during my days of gloom and glory, success and failure, and health and hurt. In return to all your kindness and hospitality, I brought you the sweetness of Baklava, colorfulness of Koofteh, and richness of the bone marrow, and my genuine Hospitality!" Indeed.

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!

Winning wine bars whet San Franciscans’ whistles

BY JULIE MITCHELL

LOCATED SO CLOSE TO THE wine country, we San Franciscans love our vino. We buy it in bulk at Costco and BevMo; we buy it at Trader Joe’s and Safeway, and we like to drink varietals at home, in restaurants, and often, at wine bars. The city sports a wealth of wine bars old and new. These welcoming spots offer an opportunity to try and share wines from around the world while enjoying bar bites, small plates, and even full meals.

IN THE ‘HOOD

Nectar Wine Lounge (3330 Steiner St., 415-345-1377, nectarwinelounge.com) was the first of its kind in the Marina when it opened in 2004. Its old school, candle-lit ambience makes it a great place to taste wine along with salads, flatbread, and burrata. If you discover a favorite, most of Nectar’s wines are available for retail. This is a growing trend among wine bars; selling wine onsite is an easy way to offer patrons to purchase wine by the bottle.

The **California Wine Merchant** (2113 Chestnut St., 415-567-0646, californiawinemerchant.com) draws wine aficionados along with those who just want to enjoy the bar’s open window seats in the afternoon or its casual atmosphere in the evening. Owner Greg O’Flynn has been in the wine-selling business since 1974, and opened the wine bar the same year as Nectar. The wine list changes daily, and while the majority of the wines are from California, there is typically an ample selection of international wines as well. It offers about 45–50 wines by the glass or half glass and custom-created wine flights.

Almost five years old, the upscale yet unpretentious **West Coast Wine + Cheese** (2165 Union Street, 415-376-9720, westcoastssf.com), has found its neighborhood niche, focusing on wines from California, Oregon, and Washington. It also serves beers, cheese, and charcuterie, and small plates like grilled cheese, crostini, and daily specials, and hosts periodic winemaker evenings.

Chic and sleek wine bars **Cultivar** (2379 Chestnut St., 415-

962-4200, cultivarsf.com) and **Parigo** (3232 Scott St., 415-580-7080, parigosf.com) opened last year. Cultivar is a unique combination of wine bar, tasting room, and retail shop, offering a small but distinctive menu of wines by the glass and bottle and excellent small and large plates. Parigo features an unconventional twist on the classic wine bar by creating dishes to pair with the wines rather than vice versa, resulting in a wine bar with a food-forward focus.

And the newest offering by chef Dominique Crenn, **Bar Crenn** (3131 Fillmore St., 415-440-0460, barcrenn.com), an intimate wine bar adjacent to her two-Michelin-starred Atelier Crenn, is set to open this month. Dedicated to enjoying the great wines of France, low-proof craft cocktails and French-inspired bites will also be available.

YOUR NEW LIVING ROOM

Just up the hill from the Marina in Pacific Heights is **Scopo DiVino** (2800 California St., 415-928-3728, scopodivino.com), a wonderful gem that offers a truly convivial, comfortable spot



Find great wine and food at Scopo DiVino. PHOTO: SCOPODIVINO.COM

to relish great wine and food. Tim Schuyler Hayman, founder and self-proclaimed “wine therapist,” believes there is a strong emotional connection between enjoying wines paired with good food. Scopo DiVino offers wine from around the word, a full brunch and dinner menu, live music five nights a week, and a wine-club-like membership program.

MOVING ON UP

In Russian Hill is **Amelie** (1754 Polk St., 415-292-6916, ameliewinebar.com) and **Union Larder** (1945 Hyde St., 415-323-4845, unionlarder.com). Amelie, which has two other locations in New York City, is a modern wine lounge with a distinctly Parisian flair, perfect both for a romantic date or a casual happy hour. Its wine list is comprised of high-quality vintages with a heavy emphasis on France but also includes California, New Zealand, Chile, and more. The

menu features French cheese and charcuterie along with salads, mains, and luscious desserts.

Union Larder is the newest kid on the block — a wine bar, restaurant, and specialty food store. Its light, airy vibe and selection of more than 50 wines by the glass, mostly from California but also France, Slovenia, and Hungary, make it an easy choice for a glass of wine after work or a place to stop and grab an unusual bottle for a dinner party. In addition to cheese and cured meats, the menu ranges from duck liver mousse to hummus to house-made meatballs and a winter root vegetable salad.

As you can see, there is no shortage of wine bars in the neighborhood whether you are a connoisseur or just want a place for wine and a light meal. So elevate your palate and sip away.

E-mail: julie@marinatimes.com



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San Francisco's network of neighborhood newspapers is threatened by Trump's tariff on the major suppliers of newsprint. The Commerce Department slapped an overall tariff of 6.53%, beginning February on newsprint, but it's "pretty much a guarantee" that the U.S. will impose preliminary countervailing duties of 15 to 25% adding as much as 50% to the cost of our newspapers, according to *Forbes Magazine*.

In a letter to Commerce Secretary Wilbur Ross, both Democratic and Republican Representatives urged denial of the tariff on Canadian newsprint which "could accelerate the decline for an entire industry and may put small-market newspapers out of business."

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Appetites and Afterthoughts

Debunking the bunk about food and dining

BY ERNEST BEYL

IN CASE YOU HAVEN'T NOTICED, I love writing about food. I love eating it, too. This column is about debunking the bunk about food and dining. For some time now I've been keeping notes on gross gustatory inaccuracies and misapprehensions — call them fake food news.

WORCESTERSHIRE SAUCE

There are those philistines out there in loopy land who can't stand Worcestershire sauce. They think it tastes fishy, and they may be right. But I say there's no food that cannot be improved by a dash of this stuff. Bloody Marys of course — also beef stew, steak tartar, short ribs, turkey gravy, vegetable soup, and Caesar salad.

But what is Worcestershire Sauce? In 1837 two chemists, John Wheeley Lea and William Perrins, made the first Worcestershire sauce. They were asked by Lord Sandys, who had been governor of Bengal, to reproduce a sauce from India that he favored. It missed the mark and the chemists stored it in a cellar. Several months later, they dragged it out and tasted it gingerly. It was terrific. The fish had fermented and that's what provided the tang that Worcestershire sauce still has today. Although the exact recipe is a secret, ingredients besides the fermented fish essence are vinegar, molasses, soy sauce, onion juice, and tamarind paste.

THE CHEESEBURGER IS SUBLIME

The American cheeseburger is the most sublime food ever created. For me it has the six basic food groups necessary for good living. Yes, I said six, not five. Protein (burger), vegetables (lettuce), fruit (tomato), grain (bun), dairy (cheese) — and grease. Without grease a cheeseburger is not a cheeseburger.

SAUERKRAUT IS NOT SOUR

I love sauerkraut. Sauerkraut is not sour when it is prepared correctly. The trick is to rinse it thoroughly in several water baths before you cook it. The sauerkraut will mellow out. The only time it's permissible for sauerkraut to be sour (so the gods decree) is when an uncooked forkful is added to a hot dog in its bun. Hot dogs should be slathered with mustard, topped with a squeeze of catsup, chopped raw onion, pickle relish and, of course, some sour sauerkraut.

ROASTING A CHICKEN

You don't have to baste a roasting chicken. The chicken is perfectly capable of basting itself — if you teach it how. I got this from food maven Ruth Reichl. Cut a few slivers of fat from your chicken and with your finger insert them between the skin and the breast meat

before you put the bird in the oven. The fat will soon melt and baste the chicken for you.

ALLEN GINSBERG'S BORSCHT

Common knowledge has the Beats dining on cheap Chinese food and also Italian stuff at the Old Spaghetti Factory on Green Street. But Allen Ginsberg favored Russian borscht. Here's how he made it: Take a dozen or so beets, peel them, and chop into bite-size pieces along with their stems and leaves. Salt lightly and boil in about 8 to 10 cups of water until you have a thick, red soup. Add a bit of sugar and the juice of a lemon. Add a few small boiled potatoes. Serve with a dollop of sour cream on top.

I say there's no food that cannot be improved by a dash of Worcestershire sauce.

ALICE WATERS ON SEASONAL DINING

Alice Waters did not invent dining on seasonal foods. She picked up the idea on a visit to France, and on reading the cookbooks of expatriate Richard Olney. Our own San Francisco food guru Narsai David preceded her on the seasonal stuff, too.

A MICHELIN STAR FOR COSTCO

Michelin Stars don't necessarily mean you're going to enjoy your meal. If a Costco hot dog makes you happy, go for it. Come to think about it, the Costco food counter deserves one Michelin Star — for its chopped onion machine.

PIZZA INEQUALITY

Not all pizzas are created equal. Some are mushy and doughy. Others are too oregano-ish. There are more than 20 joints that serve pizza in North Beach. All are good. Shop around and find a pizza parlor that pleases you. I like 'em thin-crust and crispy.

THE POWER LUNCH

Just what is a power lunch? The term originated in New York (of course) in 1979 by Lee Eisenberg's *Esquire* magazine article — "America's Most Powerful Lunch." Eisenberg was referring to the famous Four Seasons, the iconic restaurant in the Seagram Building. He said the Four Seasons was the place where deals were made. Do we

have power lunch restaurants in San Francisco? Of course! Three come to mind — Le Central, Sam's Grill and Seafood Restaurant, and Original Joe's. But do you have to eat there to do a deal? No way! In this city deals are also done in pizza joints, coffeehouses, and on the sidewalks in front of take-out delis. San Francisco is more egalitarian than New York. Let's keep it that way.

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

You don't have to baste a roasting chicken. The chicken is perfectly capable of basting itself.



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Asian Art Museum asks life’s biggest questions in Divine Bodies



Left to right: The Esoteric Buddhist king of passion Ragaraja, Japan, Edo period (1615–1868); The bodhisattva Avalokiteshvara, (1800–1900); Head of a Buddha image, (approx. 300–500), Pakistan. PHOTOS: ASIAN ART MUSEUM

BY SHARON ANDERSON

THE ASIAN ART MUSEUM’S EXHIBITION *Divine Bodies* (March 9–July 29) will feature Buddhist and Hindu figurative sculpture from 1,500 years ago. Seventy large-scale historical sculptures and paintings will be on display, including contemporary photo-based work.

The deities in human form — goddesses, gods, Buddhas, and bodhisattvas — are meant to inspire introspection and connection to the human condition and its connection to the divine. Through history, these statues encourage devotees to look at devotional images that then turn thoughts inward, reminding each person of one’s own spiritual path to enlightenment.

Avalokiteshvara, or the bodhisattva of compassion, is represented in traditional Tibetan colors on cotton from 1800–1900. *The Cosmic Buddha* from China’s Tang dynasty is a limestone sculpture dating from 618–907. *Head of a Buddha*, carved in greenish stone from Pakistan dating from 300–500, shows the deity with eyes closed in serene meditation and appears as though it could be from the Art Nouveau era, circa the 1890s. Themes of transformation and transcendence take on frightening forms in *Vajrabhairava*, a wrathful Buddhist deity, wild eyed, open mouthed and with many arms, rendered in bronze with gilding from Tibet, circa 1700–1800. *The Esoteric Buddhist king of passion Ragaraja* transforms worldly lust into spiritual awakening. Scowling eyes made of crystal look out from this painted

wooden sculpture from Japan’s Edo period, circa 1615–1868.

Beyond traditional representations of the sacred, *Divine Bodies* includes four photo series from contemporary Indian photographers Gauri Gill, Dayanita Singh, Pamela Singh, and Vivian Sundaram as well as video work from the American-Korean duo David and Hi-Jin Hodge. This extensive presentation of photography addresses an issue central to the exhibition: How can we discover meaning in an ever-changing, impermanent world?

Photographer Dayanita Singh presents the life of a eunuch named Mona in Delhi’s hijra community. As someone born male and self-identified as female, hijra are considered a third sex in India and are simultaneously shunned and considered close to the divine because they, like

many Hindu deities, possess both male and female forces. Karin G. Oen, assistant curator of Contemporary art, reflects “... [L]ike a religious experience, Mona’s difficult life offers us a glimpse of transcendence within self-transformation, a parable for what happens when we embrace what lies beyond the material world as it is given to us.”

Divine Bodies: 10 a.m.–5 p.m. Tuesday–Sunday, March 9–July 29, \$20–\$25, Asian Art Museum, 200 Larkin St., 415-581-3500, asianart.org

Editor’s note: View this story online at marinatimes.com for March programming associated with the exhibition.

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

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

The Marina Books Inc. best-seller list

COMPILED BY BRIAN PETTUS

- 1. **Harlem**, by Walter Dean Myers (paperback)
- 2. **How to Turn Down a Billion Dollars: The Snapchat Story**, by Billy Gallagher (hardcover)
- 3. **North Water: A Novel**, by Ian McGuire (paperback)
- 4. **Pachinko**, by Min Jin Lee (paperback)
- 5. **In the Light of What We Know: A Novel**, by Zia Rahman (paperback)
- 6. **Wrinkle in Time**, by Madeleine L’Engle (paperback)
- 7. **12 Rules for Life: An Antidote to Chaos**, by Jordan Peterson (hardcover)
- 8. **But What If We’re Wrong: Thinking About the Present as If It Were the Past**, by Chuck Klosterman (paperback)
- 9. **Dog Man #4: Cat Kid**, by Dave Pilkey (hardcover)
- 10. **Underground Railroad: A Novel**, by Colson Whitehead (paperback)

NEW RELEASES

Food: What the Heck Should I Eat?, by Mark Hyman (Feb. 27)

Even the most health conscious among us have a hard time figuring out what to eat to lose weight, stay fit, and improve our health. In Dr. Hyman’s most comprehensive book yet, he takes a close look at every food group and explains what we’ve gotten wrong, revealing which foods nurture our health and which pose a threat. From grains to legumes, meat to dairy, fats to artificial sweeteners, and beyond, Hyman debunks misconceptions and breaks down the fascinating science in his signature accessible style.

Skin in the Game: Hidden Asymmetries in Daily Life, by Nassim Nicholas Taleb (Feb. 27)

In his most provocative and practical book yet, one of the foremost thinkers of our time redefines what it means to understand the world, succeed

in a profession, contribute to a fair and just society, detect nonsense, and influence others. Citing examples ranging from Hammurabi to Seneca, Antaeus the Giant to Donald Trump, Taleb shows how the willingness to accept one’s own risks is an essential attribute of heroes, saints, and flourishing people in all walks of life.

The Escape Artist, by Brad Meltzer (March 6)

Nola’s body was found on a plane that mysteriously fell from the sky as it left a secret military base in the Alaskan wilderness. Her commanding officer verifies she’s dead. The U.S. government confirms it. But Jim “Zig” Zigarowski has just found out the truth: Nola is still alive. And on the run.

Zig works at Dover Air Force Base, helping put to rest the bodies of those who die on top-secret missions. Nola was a childhood friend of Zig’s daughter and someone who once saved his daughter’s life. So when Zig



realizes Nola is still alive, he’s determined to find her. Yet as he digs into her past, he learns that trouble follows Nola everywhere she goes.

To Die But Once: A Maisie Dobbs Novel, by Jacqueline Winspear (March 27)

During the months following Britain’s declaration of war on Germany, Maisie Dobbs investigates the disappearance of a young apprentice working on a

hush-hush government contract. As news of the plight of thousands of soldiers stranded on the beaches of France is gradually revealed to the general public, and the threat of invasion rises, another young man beloved by Maisie makes a terrible decision that will change his life forever.

Brian Pettus is the manager of Books Inc. in the Marina (2251 Chestnut Street, 415-931-3633, booksinc.net/sfmarina).

Panther power and subversion

BY MICHAEL SNYDER

IT'S BEEN A FEW WEEKS since the release of the incredibly enjoyable, wildly kinetic, and unquestionably groundbreaking superhero movie *Black Panther*, the latest addition to what's become known as the Marvel Cinematic Universe — a sprawling, interconnected series of movies based on Marvel Comics' wealth of characters.

For the uninitiated, *Black Panther*, played with a quiet air of power and nobility by Chadwick Boseman, is T'Challa, who has the strength and agility of his namesake and a cool, indestructible costume. A member of the valiant superteam the Avengers, T'Challa is also heir to the throne of the fictional African kingdom of Wakanda — secretly, the most technologically advanced nation in the world, thanks to a cache of Vibranium (an otherworldly element that has helped to fuel the country's scientific achievements and prosperity). Preposterous? No. Comic books!

Even disregarding its near-unanimous positive reviews and stratospheric box-office numbers, *Black Panther* is notable and praiseworthy as a stand-alone entertainment in addition to being a sterling continuation of Marvel's cinematic chronicle. The films in the MCU can vary greatly in tone. For example, the *Captain America* movies are earnest adventures with military and espionage elements, the misfit *Guardians of the Galaxy* are wacky space operas, and the recent *Thor: Ragnarok* is a frequently hilarious combination of family saga, gladiator epic, and buddy comedy. But *Black Panther* is unlike any of the numerous installments that preceded it, because it's the first to spotlight a black superhero, and it wholeheartedly embraces the sociocultural aspects of such an endeavor.

OAKLAND NATIVE DIRECTS

Nitpickers will note that Marvel released three films about Blade, an African American vampire hunter, in the late 1990s and early 2000s. Those were outliers with substantial budgets and impressive profits for their time. *Black Panther* differs in its predominantly black cast and African set-



Winston Duke stars in the Marvel release, *Black Panther*. PHOTO: COURTESY MARVEL STUDIOS

ting. And, significantly, it was directed and co-written by Ryan Coogler, a 31-year-old Oakland, Calif.-born African American filmmaker whose award-winning indie debut movie, 2013's *Fruitvale Station*, was based on a real-life tragedy involving a young black man in the wrong

in the proceedings. And there's even an introductory segment set in Coogler's East Bay hometown that's crucial to the story. When his father (the King and the previous *Black Panther*) dies, T'Challa leaves his colleagues in the Avengers and goes home to be anointed king. There, he faces challenges to his coronation from representatives of the five tribes who co-exist in Wakanda. Meanwhile, a super-villain named Klaw (Andy Serkis of *The Lord of the Rings* and *War for the Planet of the Apes*) wants to get his hands on

Vibranium for mercenary reasons. And T'Challa has a rival who he had heretofore never known: Killmonger (Michael B. Jordan of *Creed* and *Fruitvale Station*), who believes he's the rightful ruler of Wakanda and wants to spread Vibranium weaponry to the poor and disenfranchised around the world, then rule them after they overthrow their masters.

Rather than overwhelming the story, myriad special effects bring the glory of Wakanda to life, while rendering the feats of the Panther, his allies, and his enemies in vivid fashion. The actors' characterizations are rich and striking, down to the most minor roles. His physical skills notwithstanding, T'Challa has a core of humanity and warmth that Boseman brings out when appropriate. Boseman's co-stars and supporting players are a joy to watch. You get Forest Whitaker as T'Challa's mentor, Angela Bassett as the Queen Mother, Lupita Nyong'o as T'Challa's romantic interest, Daniel Kaluuya as T'Challa's best friend, Martin Freeman as

CIA agent Everett Ross, and Danai Gurira of TV's *The Walking Dead* as the leader of Wakanda's all-woman warrior squad. Special mention has to go to Letitia Wright who steals every scene she's in as T'Challa's playful little sister Shuri, a tech genius and a charmer.

In spots, *Black Panther* echoes James Bond-style spy flicks, plus mixes in martial arts, African tribal intrigue, and international political drama. That notwithstanding, Coogler never abandons *Black Panther*'s comic book roots nor fails to fit into the grand tapestry of the multimovie Marvel epic as it soars forward from release to release. In fact, *Black Panther* references events in prior movies such as *Captain America: Civil War* and includes elements that push the studio's trans-media narrative forward

toward *Avengers: Infinity War*, reaching theaters on May 4. Yet, you needn't see any of the other Marvel movies to get or appreciate this one, making Coogler's unapologetic but inclusive view of a black superhero, his utopian milieu, and its rightful place in the world at large that much more of a triumph.

***Black Panther*: currently playing at all AMC theaters in San Francisco: Van Ness 14 (1000 Van Ness Ave.), Kabuki 8 (1881 Post St), and Metreon (135 Fourth St.); amctheatres.com**

SUBVERSIVE SCREENINGS AT THE ROXIE

Elliot Lavine has carved out a valuable niche as a programmer with his ongoing series of rare or forgotten movies — with a particular emphasis on noir

— at local venues. Now, he's teaming with fellow film buff Don Malcolm to bring a remarkably timely selection of 12 vintage features to the Roxie Theater (March 23–26): “The Dark Side of the Dream: Subversive Cinema for Subversive Times 1933–1964.”

Screenings include such notables as 1937's *Black Legion*, a taut, long-neglected drama starring a young Humphrey Bogart as an alienated worker who's convinced to join a whites-only terror organization that bears a resemblance to the KKK; and blacklisted director Joseph Losey's 1951 remake of the Fritz Lang classic *M* about a community in crisis due to a child killer on the loose. Lavine and Malcolm also toss in a couple of better-known but equally relevant offerings that look at media manipulation in the name of politics: Elia Kazan's *A Face in the Crowd* (1957) and Frank Capra's *Meet John Doe* (1941).

***The Dark Side of the Dream: Subversive Cinema for Subversive Times 1933–1964*: March 23–26, The Roxie, 3117 16th St., 415-863-1087, roxie.com**

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



Publicity still from 1937's *Black Legion*. PHOTO: WIKIMEDIACOMMONS

MARCH EVENTS

NOT TO MISS THIS MONTH

MAJOR EVENTS

12th Annual S.F. International Chocolate Salon
Sunday, March 11, 10 a.m.–5:30 p.m.
S.F. County Fair Bldg. (1199 Ninth Ave.), Golden Gate Park
Indulge in chocolatey concoctions from dozens of chocolatiers and attend demos and lectures on everything from chocolate pairings to craft chocolates. This year’s salon honors Women in Chocolate. \$20 (advance)–\$30 (door), 415-345-7575, sfchocolatesalon.com



Bouquets to Art

Daily, March 13–18, 9:30 a.m.–5:15 p.m.
de Young Museum
Now in its 34th year, this highly anticipated event features a dazzling display of floral arrangements inspired by the museum’s diverse collection of paintings, objects, and sculptures, as well as the building’s architecture. Visit website for additional programming. \$28, 888-901-6645, famsf.org
IMAGE COURTESY OF THE FINE ARTS MUSEUMS OF SAN FRANCISCO

167th Annual St. Patrick’s Day Parade & Festival
Saturday, March 17, 10 a.m.–5 p.m.
Market Street (at Second) to Civic Center Plaza
Find a hub of Irish culture at the Civic Center Plaza with corned beef sandwiches, Irish bands and dancers, kids’ activities, arts and crafts booths, and community and cultural information. Parade begins at 11:30 a.m. Free, 800-310-6563, sresproductions.com

Macy’s 72nd Annual Flower Show: Once Upon a Springtime
Daily, March 28–April 8
Macy’s Union Square
Take time to smell the flowers at Macy’s iconic spring flower show. Visit website for special event information. 415-397-3333, social.macys.com/flower-show/

COMMUNITY CORNER

S.F. History Days
Sat.–Sun., March 3–4, 11 a.m.
Old U.S. Mint (88 Fifth St.)
In continuous programming throughout the weekend, join dozens of organizations celebrating and telling the stories of the city’s unique past. Meet community historians, archivists, genealogists, archaeologists, researchers, educators, re-enactors, and other history enthusiasts, and more, including art exhibitions and film screenings. Follow @sfhistorydays for up-to-date programming. Free, sfhistorydays.org

GALAS & BENEFITS

International Women’s Day in the Bay
Thursday, March 8, 9 p.m.
1015 Folsom (1015 Folsom St.)
This event will showcase the richness of the local dance music culture by featuring Bay Area women D.J.s and producers playing an array of styles including hip-hop, funk, world, bass, house, and techno. Proceeds benefit migrant farmworker women. 21 & up. \$10–\$20, eventbrite.com

YMCA 7th Annual Y for Youth Luncheon
Friday, March 9, 11 a.m.–1:30 p.m.
Yerba Buena Center for the Arts
Celebrate your support of youth empowerment and the future leaders of the Bay Area. This year’s program features U.S. Senator Kamala Harris. See website for pricing or contact Jenna Chen, 415-281-6780, ymcasf.org/yforyouth

24th Annual Art Inspiring Hope Gala
Saturday, March 10, 5 p.m.
Festival Pavilion, Fort Mason Center
Support Camp Okizu, a summer program for Bay Area children with cancer and their families at their annual black-tie gala featuring gourmet food, specialty cocktails, headline entertainment, and more. \$300 & up, 415-382-1503, okizu.org

ARTS & CULTURE

15th Annual Crossroads Irish-American Festival
Various days, March 3–April 15
Various Bay Area venues
Exploring and celebrating the history of the Irish diaspora, this cultural and literary event includes creative performance, music, readings, storytelling, films, and more. Free–\$36, 415-810-3774, irishamericancrossroads.org

Sponsored —



Italian Language Courses

March 5–April 28
Museo Italo Americano
Bldg. C, Fort Mason Center
The Museo Italo Americano, founded in 1978, has been offering classes in San Francisco for numerous years with the best teachers and the lowest tuition at all class levels, from beginning to advanced. Call, e-mail, or visit website for schedule and additional information. \$175–\$225, 415-673-2200, info@sfmuseo.org, sfmuseo.org

MUSEUMS & GALLERIES

Fernando Reyes: An Artist’s Evolution 1991-2017
Thu.–Sun. through March 11, noon–4 p.m.
The Mexican Museum, Fort Mason Center
The Oakland-based artist creates compelling works (figurative and abstract drawings, oil paintings, paper cut-out collages, and prints) depicting the human form with strength and passion. Free, 415-202-9700, mexicanmuseum.org

Make Believe: The World of Glen Keane
Thu.–Tue., March 8–Sept. 3, 10 a.m.–6 p.m.
Walt Disney Family Museum
This exhibition will highlight the work of Disney animator Glen Keane, who created unforgettable characters like Ariel (*The Little Mermaid*), Rapunzel (*Tangled*), and Pocahontas, and will also feature some of his other projects including a recent collaboration with retired NBA player Kobe Bryant. \$25, 415-345-6800, wdfmuseum.org

THEATER

ACT: Vietgone
Tue.–Sun. through April 22
The Strand Theater (1127 Market St.)
In this contemporary twist on the classic story of boy meets girl, three young Vietnamese immigrants leave their war-torn country for an eye-opening road trip across the bewildering and foreign landscape of 1970s America. \$30–\$95, 415-749-2228, act-sf.org

Breach Once More: Rabbit Hole
Thu.–Sat., March 1–24, 8 p.m.–10 p.m.
Young Performers Theater, Fort Mason Center
This Pulitzer Prize-winning play charts a grieving family’s journey through an empathic search for comfort after a life-shattering accident turns their world upside down. \$25–\$28, 415-346-5550, breachoncemore.org

Custom Made Theatre: Hooded
Wed.–Sat., March 8–31
533 Sutter Street
The lives of two black teenagers (one from the inner city and one affluent) overlap in a holding cell. One decides the other has lost his “blackness,” and assumes the role of professor, navigating a world of cheerleaders, Black Lives Matter, 2Pac, Nietzsche, Apollo, and Dionysus. \$25–\$45, 415-798-2682, custommade.org

S.F. Playhouse: The Effect
Tue.–Sun. March 20–April 28
Kensington Park Hotel (450 Post St.)
Two volunteers in a clinical trial for an antidepressant fall madly in love and wonder if it’s truly their feelings or the drug, causing the doctors to consider the ethical considerations of their work. \$20–\$125, 415-677-9596, sfplayhouse.org

MUSIC

The Fab Four: Ultimate Beatles Tribute
Saturday, March 10, 8 p.m.
Palace of Fine Arts Theatre
The Emmy Award-winning Fab Four has amazed audiences in countries around the world and is elevated above every other Beatles tribute due to their precise attention to detail including three costume changes representing every era of the Beatles ever-changing career. \$39.50–\$62.50, palaceoffinearts.org

Lavay Smith & Her Red Hot Skillet Lickers: Satch & Fats
Thursday, March 16, 7 & 8:30 p.m.
SFJazz
Celebrating Women’s History Month, Lavay Smith and her diamond-sharp band interpret the joyous songs of two of the great jazz pioneers and innovators: Fats Waller and Louis Armstrong. \$35, 866-920-5299, sfjazz.org

MTT Conducts Mahler’s Fifth
Thu.–Sun., March 22–25
Davies Symphony Hall
Experience Mahler’s glorious Fifth Symphony, regarded as one of his crowning achievements. Opening with a dramatic trumpet solo and featuring the hauntingly beautiful Adagietto for strings and harp, the symphony moves from mourning to triumph, reflecting a joyful period in the composer’s life. \$45–\$159, 415-864-6000, sfsymphony.org



Harmony Sweepstakes A Capella Festival

Saturday, March 31, 8 p.m.
Palace of Fine Arts Theatre
From vocal jazz to doo wop, gospel to pop and all styles in between, you will be amazed at the versatility of the human voice on display in this most exhilarating evening of vocal harmony singing. This event always sells out, so get your tickets early. \$34.50 & \$39.50, 415-392-4400, harmony-sweepstakes.com
PHOTO: FACEBOOK.COM/BCVOCALS

DANCE

Rotunda Dance Series: Dance Generators
Friday, March 2, noon
Rotunda, City Hall
Kicking off the series’ eighth season, the group will perform its latest playful dance-theater work Base Ten, revealing how numeric systems evolved because of our two hands and 10 fingers, and considers the linguistic, mathematical, historical and social ramifications of this noncoincidence. Free, 415-920-9181, dancersgroup.org/rotunda

S.F. Ballet: Frankenstein
Tue.–Sun. March 6–11
War Memorial Opera House
A sold-out hit in 2017, inspired by Mary Shelley’s Gothic masterpiece, and set to Lowell Liebermann’s powerful score, this production features sumptuous costumes, and sets that will astonish. \$40–\$398, 415-865-2000, sfballet.org



Company Wayne McGregor: Autobiography

Thu.–Sat., March 8–10, 7:30 p.m.
YBCA Theater (700 Howard St.)
British choreographer McGregor fuses dance, art, philosophy, science, technology, and current events for a deeper look at how movement embodies much more than movement. The piece is inspired in part by McGregor’s own DNA. \$40–\$65, sfperformances.org
PHOTO: SFPERFORMANCES.ORG

ODC: Dance Around Town
Thu.–Sat., March 15–17
YBCA Theater (700 Howard St.)
News of the World culminates the company’s 47th season with a bracing response to a turbulent world and features a reprise of last season, What we carry, what we keep. \$44.50–\$154.50, 415-863-9834, odcdance.org

NIGHTLIFE

Danny Avila
Saturday, March 10, 10 p.m.–Sunday, March 11, 3 a.m.
Temple Nightclub (540 Howard St.)
Get in the mood for dance music superstar Danny Avila, D.J. and producer of house and electro house music. Ages 21 & up, \$20, 415-312-3668, templesf.com

Startup Mingle Party and Fashion Show
Friday, March 16, 9 p.m.–1:30 a.m.
Hue Lounge and Nightclub (447 Broadway)
Hosted by fashion industry professionals and Startup Mingle’s Angelica Janice of Cake Angel, this is a fun evening of networking, intriguing fashion apparel, models, and music. \$10–\$15, startupmingle-hue.eventbrite.com

Lepracon: St. Patrick’s Day San Francisco Pub Crawl
Saturday, Mar 17, 11 a.m.–10 p.m.
Maye’s Oyster House (1233 Polk St.)
Enjoy drink specials and no cover at a long list of bars. Ages 21 & up, \$5–\$25, lepraconsf.com

Pile: A Space Odyssey
Saturday, March 24, 9:30 p.m.
Monarch (101 Sixth St.)
A night of music featuring Pile Palace, Justin Campbell, and Iwata. Ages 21 & up, \$15–\$20, monarchsf.ticketfly.com

FILMS & LECTURES

Ryan Holiday: Peter Thiel and the Gawker Conspiracy
Monday, March 26, 6:30 p.m.
The Commonwealth Club (110 The Embarcadero)
Author Ryan Holiday delves into the giant legal battle between Silicon Valley gossip site Gawker Media and local billionaire Peter Thiel. \$8–\$50, 415-597-6705, commonwealthclub.org

15th Annual International Ocean Film Festival
Thu.–Sun., March 8–11
Cowell Theater, Fort Mason Center
This festival features ocean-themed independent film screenings, filmmaker Q. & A. sessions, panel discussions, and the Seventh Annual SFIOFF Student Film Competition for middle and high school students. Visit website for schedule. \$8–\$18 (individual films), \$180 (festival pass), 415-561-6251, oceanfilmfest.org

David Mamet
Wednesday, March 21, 7 p.m.
JCCSF (3200 California St.)
The Pulitzer Prize-winning playwright, best known for rapid-fire dialogue and explorations of power relationships, masculinity, and corporate corruption, discusses *Chicago*, his new, big-shouldered thriller set in mobbed-up 1920s Chicago. \$28–\$38, 415-292-1233, jccsf.org

Wild & Scenic Film Festival
Friday, March 30, 7:30–10 p.m.
Cowell Theater, Fort Mason Center
For one night only, the Wild & Scenic festival features films drawing attention to the climate, pollution, and environmental activism. \$20–\$25, 530-265-5961, wildandscenicfilmfestival.org

SCIENCE & ENVIRONMENT

Magnificent Magnolias
Daily through March, 7:30 a.m.–7 p.m.
S.F. Botanical Garden
Celebrate spring with the sights and scents of this spectacular annual bloom of nearly 100 trees, whose branches burst into a profusion of saucer-sized pink, white, and magenta flowers. Free–\$8, 415-661-1316, sfbotanicalgarden.org

Curious Creatures NightLife
Thursday, March 8, 6 p.m.
California Academy of Sciences
Enjoy drinks, food and education as you learn about tentacled, slimy, and lumpy lifeforms, including a screening of *Spider Seduction*. \$12–\$15, 415-379-8000, calacademy.org

31st Annual Pi Day
Wednesday, March 14, 1–3:30 p.m.
Exploratorium
Enjoy Pi-themed activities, rituals, and antics. And pie. If you can't enjoy in person, visit Exploratorium Island in Second Life where you can play with Pi exhibits. Free (entry subject to capacity; admission not guaranteed), 415-528-4444, exploratorium.edu

Solar Energy Project: Kenyan Youth Innovation Centers
Thursday, March 15, 6 p.m.
The Commonwealth Club (110 The Embarcadero)
Learn about a pilot project that seeks to help the 84 percent of Kenyans in rural communities without access to grid electricity. It's a program utilizing youth involvement, entrepreneurial skills, and the teaching of self-sufficiency. Free–\$20, 415-597-6705, commonwealthclub.org

POTABLES & EDIBLES



A Week of Women in Food
Mon.–Sun., March 5–11
Various Bay Area locations
This seven-day dining experience of inspiring meals celebrates the voices, talent, and food of nine La Cocina-born Bay Area women chefs. Participants include A-16, State Bird Provisions, Jardinière, and others. Visit website for details and pricing. 415-824-2729 ext. 309, womeninfood.org
PHOTO: FACEBOOK.COM/LACOCINASFORG

Off the Grid
Fridays, 5–10 p.m., March 2 through Oct. 26
Fort Mason Center
This roaming mobile food extravaganza, the largest food truck gathering of its kind in the country, brings delicious food to the public with free sides of music, craft, and soul. New this year are more dining areas, a craft beer garden, and VIP tasting tickets. Free–\$25, offthegridsf.com

Irish Bread Shop
Saturday, March 17, 10 a.m.–noon
Sur la Table (2224 Union St.)
Fresh-from-the-oven Irish bread with homemade butter? Yes, please! Learn essential techniques for mixing, kneading and rolling two types of dough, one with yeast and one without. Plus, you'll practice shaping, baking and icing hot cross buns. \$75, 800-243-0852, surlatable.com

19th Annual Whiskies of the World Expo
Saturday, March 24, 5–9 p.m.
Hornblower yacht S.F. Belle (Pier 3)
Sample over 250 whiskies and meet the distillers who make them in this event featuring pairings, seminars, dinner, live music, and more. Proceeds benefit Casa Circulo Cultural. \$140, whiskiesoftheworld.com

WELLNESS



Silent Beach Yoga: Full Moon
Thursday, March 1, 4:30–5:40 p.m.
Baker Beach
Join Julie Aiello of Outdoor Yoga SF for some moon salutations to recharge and restore in this fully active practice. Headphones provided. \$26, eventbrite.com

6th Annual Nutrition & Wellness Fair
Thursday, March 22, 11 a.m.–2 p.m.
Lobby, CPMC (2100 Webster St.)
Celebrate National Nutrition Month and enjoy food demos, healthful recipes, health screenings, games, raffle prizes, and more. Free, 415-923-3155, cpmc.org

Candlelight Labyrinth Walk
Friday, March 9, 6–8 p.m.
Grace Cathedral
Walk the labyrinth by candlelight and music and pray for peace. Visit website for labyrinth information and guidelines. Free, 415-749-6300, gracecathedral.org

CHILD'S PLAY

Breakfast with Enzo
Thursdays & Fridays, 10 a.m.–noon
Sports Basement Presidio
Drop in for two different sets (10 a.m. and 11 a.m.) of voice, accordion, guitar, banjo, jaw harp, ocarina, percussion and musical saw sing along fun for all — big and small, young and old, with one of the best-rated musical artists for children ages 2 to 4. Free, (donations welcome), 415-437-0100, sportsbasement.com

Creative Family Fun: Im-PRESS-ive Herbs
Saturday, March 10, 11 a.m.–3 p.m.
Presidio Officers' Club (50 Moraga Ave.)
Celebrate Juana Briones, a legendary woman of the Presidio's past, who was a curandero, or healer, who used herbs and other natural ingredients to help the sick. Create your own work of art from plants and herbs. Free (reservations encouraged), 415-561-4323, presidio.org

Family Film Night: 'Coco'
Friday, March 16, 5:30–9 p.m.
Presidio Community YMCA (1152 Gorgas Ave.)
Bring a blanket and enjoy a movie night sponsored by Mayor Mark Farrell, in partnership with the Presidio Trust and the Presidio Community Y. Enjoy food trucks, bubbles, and face painting (5:30 p.m.), cartoon shorts (6:30 p.m.), and film (7 p.m.). Free, 415-561-4323, presidio.gov

CREATURE FEATURES

Coyotes: Beyond the Howl
Daily (hours vary) through March 10
Sausalito Public Library (420 Litho St.)
View photographs and video clips of coyote family interactions and their less-seen behaviors in this educational exhibition by Janet Kessler. Free, 415-289-4121, sausalitolibrary.org, coyoteyipps.com

E-mail: calendar@marinatimes.com

Calendar listings
Send your event listings to calendar@marinatimes.com with succinct specifics about your event, location, dates, times, prices, and contact information (telephone and Internet).
Visit marinatimes.com for additional calendar listings. For sponsored listings, call 415-815-8081.

27th Annual

Union Street Easter Parade & Spring Celebration

Sunday, April 1st 10am - 5pm
Union Street Gough to Fillmore

Easter Bonnet Contest
11:15-1:30pm

Parade at 2 pm

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ALICE IN WONDERLAND

SATURDAYS
February 3, 10, 24, March 3
10:30 am & 1 pm

Musical theater for children
Presented at the Cowell Theater
Fort Mason Center
Marina Blvd. at Buchanan
San Francisco

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For tickets and information visit
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or call (415) 248-2677
or Facebook.com/CTASF

Director: Bill Starr
Musical Director: Bill Keck
Producers:
Debbie Mitchell
Valerie Raskin

CTA

Alice In Wonderland - Prince Street Players Version™ is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. www.MTIShows.com

Delicious crab cakes and more in beautiful Bodega Bay

BY PATTY BURNES

Once you're off Highway 101 and headed west to Bodega Bay, the drive is through open farm and ranch land filled with orchards and vineyards. Then it's over the hills to the coast. When there's no fog, you can see the harbor and the Pacific Ocean shimmering just beyond. If you have more time, consider taking Highway 1 up the coast for a stunning drive.

Bodega Bay is a picturesque enclave in Western Sonoma County filled with sea lovers and family-owned restaurants and shops. Beaches, hiking trails, and an abundance of wildlife and bird watching prevail. This small town was the site of the first Russian construction in California in 1809. And if you're a fan of Alfred Hitchcock, you know *The Birds* was filmed here. Bodega Bay is easily accessible for an overnight stay.

STAY

At the **Bodega Bay Lodge** find dramatic views and luxe accommodations set among seven lush acres. Gardens explode with drought-resistant plants. Set atop a bluff, the rooms and the restaurants face Bodega Head (a peninsula that protects the bay from the ocean), Bodega Bay, and the Pacific.

My husband and I stayed in the Great Blue Heron, a spacious oceanfront suite. Just across the way was the Long-Billed Curlew (the names celebrate the popularity of bird watching). The modern rooms have vaulted ceilings, private patios, top-notch amenities, and wood-burning fireplaces. Join other guests for complimentary wine and cheese in the lobby at 5 p.m. (707-875-3525, bodegabaylodge.com).

PLAY & SHOP

A short walk from the lodge, **Doran Park** has two beautiful miles of beach as well as hiking, biking, and horse trails. The lodge even offers complimentary Electra cruiser bikes to its guests. Have a picnic, fly a kite, fish, surf, or just relax. There's also a boat launch and campgrounds (707-875-3540, parks.sonomacounty.ca.gov/Get_Outdoors/Parks/Doran_Regional_Park.aspx).



Top to bottom: Don't miss Spud Point Crab Co.; Relax at the Bodega Bay Lodge; Bottom left: Tranquil Bodega Bay. PHOTOS: BO LINKS

Bodega Head, part of the Sonoma Coast State Park, is a marine reserve and conservation area. It's also a feeding ground for great white sharks and the place to watch whales migrate (707-875-3483, parks.ca.gov/?page_id=451).

Golfers of all abilities will feel right at home at **The Links at Bodega Harbour**, a championship course that can also be enjoyed by duffers. Remodeled by famed architect Robert Trent Jones II, the course offers fabulous coastal vistas, daring

approach shots, rolling greens, and a memorable trip from tee to green on every hole. Depending on the distance you choose, the course stretches from 4,801 yards (gold tees) to 6,290 yards (black tees). Don't be fooled by the shorter play: With substantial elevation changes and undulating fairways, it's a challenge for everyone (707-875-3538, bodegabayharbourgolf.com).

After an active day (or not doing much of anything!), there's nothing more soothing than a visit to the **Spa** at the lodge. Choose from massages, body treatments, and facials such as the Sonoma Coast Massage, guaranteed to help ease those aching muscles. There's also a heated pool, hot tub, and sauna (707-875-3525, bodegabaylodge.com/spa).

Adjacent to the bay, find surf shops, galleries, markets, gift shops, and a candy and kite store. If you're looking for a unique place to hold a special event, check out the

Secret Gardens (406-581-4814, bodegabaysecretgardens.com/).

DINE

Everything you've heard about the **Spud Point Crab Company** is absolutely true — they are simply the best. There is even a sign posted

The menu has a variety of offerings, but we opted for a crab sandwich, the crab cakes (we were lucky enough to score them), and clam chowder. We enjoyed the bounty at the picnic tables in front of the tiny 360-square-foot shop as we watched the comings and goings of the fishing boats in the marina (707-875-9472, spudpointcrab.com).

Drakes Sonoma Kitchen is located bayside at the **Bodega Bay Lodge**. It shares the same fantastic views as the lodge and offers a casual place to savor breakfast and dinner. The stone fireplace warms up the room morning and evening. Not only do the ingredients and the wines celebrate Sonoma, but they only serve fish that are on the Seafood Watch list (compiled by the Monterey Bay Aquarium to educate consumers about the importance of sustainable seafood).

Generous portions are the rule at the restaurant, and the Rancho Bodega omelet is no exception. Eggs, avocado, chorizo, pepper jack cheese, and roasted tomato salsa are served with home-style potatoes. With piping hot Taylor Made Farms Organic Goat Rock blend coffee, you are fueled and ready for the day's adventures.

In the evening, the restaurant is the perfect location to watch the sun set and enjoy local fare. Choose from starters like oysters and Dungeness crab cakes or New England-style clam chowder and roasted beet salad. Entrées include pan-roasted wild king salmon with an array of vegetables (peas, carrots, criminis, and more); dry-rubbed grilled Angus rib-eye steak with a sun-dried tomato Cabernet jus; and ricotta, arugula, and sun-dried tomato ravioli. Our Sonoma wine picks included two 2014s: The Radio-Coteau Russian River "Laguna" Pinot Noir and the County Line Russian River Zinfandel. A word of caution: Try not to get filled up on the incredible seeded sourdough bread from Sebastopol's Village Bakery. For dessert we had the most luscious butter-scotch crème brûlée, then strolled back to our room.

Drakes Fireside Lounge serves both casual fare and dining room entrées inside by the fire or outside on the patio by fire pits. Use the

binoculars to track the seaside action (707-875-3525, bodegabaylodge.com/dining).

OTHER ESSENTIALS:

Bodega Bay Tourism: bodegabay.com; visitbodegabay.com
Sonoma County Tourism: sonomacounty.com

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

Their popular crab cakes are sold out in one hour. Only 50 orders are made, so get in line before 1 p.m.

that states: "Caution: Our clam chowder can be addictive!" Located right across the street from the bay and a marina, this family-owned business is a gathering spot for locals, fishermen, and visitors alike. Their popular crab cakes are sold out in one hour. Every Sunday, only 50 orders are made, so you better plan on getting in line before they're available at 1 p.m.

After the devastating fires, wine country is open for business

Part 2: The Mendocino Coast to Marshall

BY SUSAN DYER REYNOLDS

REJUVENATE AT THE STANFORD INN BY THE SEA

Just up the road from the spectacular Little River Inn is the Stanford Inn Eco-Resort (44850 Comptche Ukiah Rd., Mendocino, 800-331-8884, stanfordinn.com). Owners Joan and Jeff Stanford have created a haven for rejuvenation that includes the Mendocino Center for Living Well (massage and spa treatments, Chinese medicine, cooking and gardening classes, meditation, yoga and tai chi, and more), as well as one of the country’s most acclaimed vegan restaurants, The Ravens.

On our last visit to Mendocino, Steve and I took the dogs on a beautiful canoe ride at the inn’s “Catch a Canoe & Bicycles, too!” but the weather didn’t cooperate this time. Instead, we took Skylar and Blue on leisurely strolls between fits of rain through the orange, red, and yellow tinged grounds. We introduced the dogs to their first llamas (though it was obvious these weren’t the llamas’ first dogs) and wandered the organic gardens to see what would be on our dinner plates later. The dramatic atrium-enclosed pool had us wishing we remembered swimsuits, but we were just as happy settling into the sofa in the lobby, festively decorated for Christmas, where we found glasses of

wine, a roaring fire, and a very sweet black cat curled up beside us.

We stayed in one of the Forest Rooms, cozy and charming with a sophisticated touch, paneled in wood to mimic the views from the private deck, replete with a wood-burning fireplace ideal on a cold, rainy night. The dogs were greeted with house-made sweet potato treats (Skylar loved them, Blue not so much) while we got warm chocolate-chip cookies — some of the best I’ve had, vegan or otherwise.

I’m not a huge meat eater, so I was excited to have dinner at The Ravens (Steve not so much). We started with a salad of massaged kale, which sounds pretentious, but is actually an important technique to bring raw kale to an edible texture. It was stunningly presented in a tower mixed with raisins and avocado verjus (pressed juice) vinaigrette, topped with cauliflower ceviche and avocado tartare. Anyone who knows me well knows I love sushi, and the evening’s selection satisfied my craving with carrots, maple-glazed tofu, red bell peppers, avocado, and cucumber wrapped in brown rice and drizzled with a silken tofu/Sriracha “Dynamite” sauce. My favorite dish was the creamy carrot soup thickened with coconut creamer, cauliflower, and potatoes. The carrots are steamed with tomatoes, roasted with garlic and onion, and puréed until velvety. By the end of our meal, Steve said, “I think I’m coming around on the vegan thing.”

The next morning, we had our complimentary organic breakfast in the dog-friendly dining room, a large, open space by the lobby overlooking the lush grounds. I enjoyed the Benedict topped with meaty Portobello mushrooms, tomatoes, spinach, and spicy silken tofu Hollandaise served on a house-baked whole wheat English muffin. Steve had the light, crispy oat and buckwheat waffle with organic maple syrup and fruit compote.

NICK’S COVE: SANTA CLAUS IS BOATING TO TOWN

After breakfast, we headed for the quaint oyster-centric town of Marshall and a stay at one of my all-time favorite dog-exuberant spots, Nick’s Cove (23240 Highway 1, Marshall, 415-663-1033, nickscove.com), where we arrived in the nick of time to see Santa ride up in a boat. Locals and visitors alike gathered on the dock for hot cider and a toy drive for local kids. It set the tone for a relaxing stay at Al’s (our favorite waterfront cottage) where I took advantage of the claw-foot soaking tub while Steve snoozed with the pit bulls in front of the wood-burning stove and sunset bay views. We dined at the restaurant later that evening on succulent local oysters two ways: BBQ (house-made BBQ sauce, garlic-parsley butter) and baked mornay (Point Reyes Toma cheese, Parmesan, breadcrumbs).



Skylar meets a llama at Stanford Inn.
PHOTO: SUSAN DYER REYNOLDS

OVER THE HILL TO RUTHERFORD

When we wound through the hills above Rutherford, we saw dramatic evidence of the ravaging wildfires — charred trees, skeletal grapevines, blackened ground, and crews still working to clean it up. But when we arrived at one of my go-to lunch spots, the Rutherford Grill (1180 Rutherford Rd., Rutherford, 707-963-1792, rutherfordgrill.com), it was teeming with locals, and we faced the usual hour wait (worth it for the best French dip sandwich in Wine Country). When I asked the hostess if the tourist business had returned, she shook her head. “We wish the media would stop talking about the fires,” she said, a refrain we heard often during our weeklong trip. “Please let people know we would love for them to come back.”

E-mail: susan@marinatimes.com

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

CALL STEVE RUSSELL: 415.373.2610

REQUEST FOR PROPOSALS FOR AIRPORT CONCIERGE SERVICE LEASE

The Airport Commission has commenced the RFP process for Airport Concierge Service Lease. This Lease is for the operation of VIP and concierge-style services at San Francisco International Airport. The Minimum Annual Guarantee (MAG) for this Lease is \$10,000.00.

The term is three years with one two-year option to extend exercisable at the Airport Commission's discretion. Annual Rent shall be the higher of the Minimum Annual Guarantee or 8% of Gross Revenues.

An Informational Conference will be held on February 14, 2018, at 10:30 a.m. PST at the SFO Business Center, 575 N. McDonnell Road, Third Floor, Suite 3-313, Aviation Management's Conf. Room, at SFO. Small, local and disadvantaged businesses are encouraged to participate.

Please see website <http://www.flysfo.com/business-at-sfo/current-opportunities> for additional information or call John M. Reeb, Sr. Principal Property Manager, (650) 821-4512.

The Youth Commission is a body of 17 San Franciscans between the ages of 12 and 23. Created by the voters in 1995 through a charter amendment, the commission is responsible for advising the Mayor and Board of Supervisors on policies and budgets related to youth. The commission is also charged with providing comment, recommendation, and feedback on all proposed laws that affect youth before the Board takes final action.

Commissioners work diligently to connect young people with one another, develop leadership skills and understanding of government, and make positive policy changes.

The commission meets on the first and third Monday of every month at 5:15pm in room 416 of City Hall. Their standing issue-based committees meet regularly in the Youth Commission office, City Hall Room 345.

Visit our website www.sfgov.org/yc, email YouthCom@sfgov.org, or call (415) 554-6446

The annual San Francisco Summer Resource Fair will take place Saturday, March 10 11am-3pm at the County Fair Building in Golden Gate Park. The Summer Resource Fair will feature 150 summer programs, camps, classes and other services for children and youth from age 3 to 18. Many of the programs are free or low cost, and may enroll participants on the spot. The Fair is an excellent resource for families to start planning their summer, and it is a lot of fun: the Rec & Park Department will set up a KidZone with games, arts and crafts, a climbing wall, and other fun activities, Play-Well TEKnologies will host a massive Lego building project, and the SF Public Library will bring their Bookmobile and host a book giveaway.

Did you know that there is a daily pill to prevent HIV?

Find out about PrEP, a daily pill to prevent HIV, through an automated mobile texting conversation. You can learn about PrEP, have concerns addressed, and even find out where you can get PrEP! You can also refer friends to find out about PrEP through the texting service.

Text "CITYPREP" to 213-33 (messaging and data rates apply).

Email prephelp@sfdph.org or visit <http://sfcityclinic.org/services/prep/asp> for more information.

This program is sponsored by the Population Health Division of San Francisco Department of Public Health (SFDPH).

CNS-3100129#

The Healthful Life : Use it or lose it

Memory: The key to keeping with it

BY THALIA FARSHCHIAN

IT IS ESTIMATED THAT 24 MILLION people around the world suffer from dementia, and this number is predicted to double every 20 years until at least 2040. Brain conditions are not limited to older adults, and early signs can affect all ages. Optimizing brain function increases our ability to sustain attention, learn with greater ease, get quality sleep, and maintain a good mood.

While our brain function is imperative to the rest of our body, maintaining its health is often not addressed until it's too late. Neurologic degeneration is difficult to identify in oneself, making it easy to allow it to gradually decline. Once the diagnosis of dementia is made, there is little one can do to turn back the clock. Healthy brain function begins with proper fuel — oxygen and sugar.

IMPAIRED CIRCULATION

If our body goes more than five minutes without oxygen, our brain suffers permanent damage. While this is one extreme, when our brain does not receive adequate oxygen, its performance is reduced.

Signs of reduced circulation include high or low blood pressure; anemia; cold hands, feet, and tip of the nose; brittle nails; and fungal overgrowth on toes. Ginkgo biloba and gotu kola are two herbs that greatly enhance circulation and reduce high blood pressure. Exercise is also key — heart-pumping cardio for 15 minutes upon waking can be extremely helpful. Good posture and not hunching at a computer ensures that blood is free to flow to the brain.

BLOOD SUGAR IMBALANCES

Alzheimer's disease is also considered Type 3 diabetes. Individuals affected by diabetes are actually twice as likely to develop Alzheimer's disease. Our brain uses 30 percent of our glucose supply, making glucose a primary fuel source for proper brain function. When glucose and the regulating hormone, insulin, are too high or low, performance is affected.

Elevated glucose levels, or hyperglycemia, cause degeneration and inflammation that disrupt normal functions, like clearing the amyloid plaques in the brain that are associated with Alzheimer's disease. Signs of high blood sugar include fatigue after meals, craving sweets after a meal, constant hunger, and difficulty losing weight.

Conversely, low blood sugar, hypoglycemia, can equally affect performance. Individuals with hypoglycemia must eat regularly, and if a meal is missed, they become irritable, fatigued, and/or experience brain fog. Low blood sugar levels can be greatly affected by stress and poor diet.

Both of these conditions can be appropriately managed by a balanced diet.

First, it is important to determine if you have any food sensitivities because those foods trigger both stress and inflammation. For both hyperglycemia and hypoglycemia, one should adopt a low-carbohydrate diet, have a breakfast of high-quality protein and fat, and eat something every two to three hours.

INFLAMMATION

The primary immune cells in the brain are the microglia cells, which assist in sending messages between neurons and removing dead neurons and plaques.

With persistent inflammation from diet, trauma, lack of oxygen, environmental toxins, autoimmune disease, and blood sugar abnormalities, the immune system becomes taxed with an overwhelming amount of work, and neuroinflammation ensues.

Chronic inflammation speeds neuron cell death rates and reduces the response of existing neurons, causing symptoms like brain fog and depression. By regulating inflammation, microglia cells have the ability to properly clear degenerated tissue to support existing healthy tissue.

Compounds like curcumin derived from turmeric and resveratrol derived from grapes can be powerful in reducing inflammation in combination with an anti-inflammatory diet.

In terms of diet, one of the most inflammatory proteins from food is gluten in wheat products. We are no longer eating the wheat our parents and grandparents consumed and the processing of the wheat has made it incredibly inflammatory. Many people with neurologic imbalances and autoimmune conditions benefit from a gluten-free diet.

STIMULATION

The saying, "use it or lose it," has never rung more true. As we age, we are continuously losing brain cells called neurons. While we want to be healthy and maintain the neurons we have, our brain

is very efficient by creating webs between neurons. The more we engage, the more webs we create, allowing us to continually learn and grow throughout life. My patients who remain engaged in studies, games, athletics, and other activities live happier and healthier lives.

Alzheimer's disease, other forms of dementia, mood disorders, and learning disabilities are not conditions we have to endure. Proactive health measures affecting circulation, blood sugar balance, and inflammation can be incorporated to improve and prevent neurodegeneration.

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

Many people with neurologic imbalances and autoimmune conditions benefit from a gluten-free diet.

Navigating kindergarten decision time

BY LIZ FARRELL

FOR MANY, MARCH MEANS the start of spring, college basketball, and this year, a few more inches of snow in Tahoe. But for parents with children hoping to enter kindergarten in the fall, March, specifically mid-March, has a whole different meaning. The public-school lottery is held and acceptance letters for the independent schools are sent. This can be an anxious time for parents, especially if they have spent last fall touring, attending open houses, parent coffees, interviews, and assessments. Deciding where our children will spend the next nine years is one of the biggest decisions we have to make as parents. It can be overwhelming trying to determine the best fit for your child and your family in addition to the stress of hoping your child gets into one of your top-choice schools. Here are some tips on how to deal with this exciting yet anxious time:

DON'T STRESS

There are many wonderful schools in our area. If you don't get your first-choice acceptance letter or lottery pick, be

prepared to get on a wait-list and keep trying.

It's most important not to let your child see your anxiety. This is still a bit confusing and overwhelming for children, so keep the discussions and decisions between you and your spouse.

Also, be open to "blessings in disguise." Things may not turn out exactly as you had hoped, but that may not be the worst thing in the long run. Ultimately,

Share your excitement with family, and when it comes to dealing with other families, be discrete and humble.

remember there has never been a case of a child not getting into *any* school, and I can promise you, your child won't be the first. Everyone will find a home in the fall.

SOCIAL GRACES

Every year I see this — in the excitement or misery of the moment, parents forget their social graces — blasting how many places your child was accepted on every social media platform to calling around to

get "the scoop" on who got into where. Parents, the same way we teach our children to be kind and considerate, we must remember these virtues ourselves, especially during this time when tensions can run high.

Realize that some parents are going to be excited, but there will also be many who are disappointed or frustrated. It can be difficult not to take a rejection or wait-list letter personally, but try to think of it as one of those blessings in disguise — maybe the right fit would not have been right anyway.

Some preschools have instituted a "quiet time," where students are not allowed to say where they got in for a week.

This gives families time to make decisions if they are deciding between two schools or time to get on a wait-list. My best advice is that you share your excitement with family, and when it comes to dealing with other families, be discrete and humble. It would be a shame to lose a friendship over this process.

TELLING YOUR CHILD

When you've made the decision, put down a deposit, or signed on the dotted line, now



Your first choice might not end up being the only or best option.

comes the fun part of sharing the exciting news with your child. This can be tricky and confusing so best to keep it simple and age appropriate. You may choose to drive by the new school and share a moment out front as you tell your child the news or provide a special treat and then share the news. Our youngest has spent many years watching his brother and sister head to school in uniform, so we bought him his first uniform as our way of telling him.

No matter how you decide to share the news, it's most important to do it with excitement. Your child will feel that and in turn be excited also. Kids don't have a great sense of timing at this age, so it is important to reinforce that this will happen in a few months — they still have lots to learn and much fun to have with their preschool friends. Make sure to also talk to your preschool director or teachers about how they will

be dealing with this at school. For us, the school downplays it for the children because the idea of all that change can be overwhelming for some children.

It may be a long next few weeks for many of you, but I hope through the process you learn something new about your child and maybe even yourselves. For us, my husband and I were grateful for the process and the discernment as we learned a lot about each other and what is important to us in an education and a community. Trust your instincts and try to enjoy this time of preparing your child for the wonderful experience that awaits over the next several years.

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

2019-2020 BUDGET

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03/02/2018, 1 - 4 PM

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03/06/2018, 1 PM
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The Marina Times Real Estate
Market Report: January 2018
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	3218 Buchanan Street	3BD/3BA	\$4,400,000	Above	42
	2739 Broderick Street	5BD/3.5BA	\$6,040,000	Above	18
Lake (no sales)					
Laurel Heights (no sales)					
Lone Mountain (no sales)					
Marina	1256 Francisco Street	9BD/3.75BA	\$3,688,000	Below	27
Nob Hill (no sales)					
North Beach (no sales)					
Pacific Heights	2614 Sacramento Street	4BD/4BA	\$2,992,500	Below	0
	1785-1787 Broadway St.	6BD/5.5BA	\$3,700,000	Above	168
Presidio Heights	215 Cherry Street	6BD/6.5BA	\$8,250,000	Above	76
Russian Hill	44 Montclair Terrace	3BD/3.5BA	\$3,480,000	Below	69
Sea Cliff (no sales)					
Telegraph Hill (no sales)					

CONDOS

NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow	2060 Union Street #7	2BD/1BA	\$1,651,000	Above	14
	3038 Steiner Street	3BD/2BA	\$2,600,000	Below	90
Lake	3900 California Street #3	2BD/2BA	\$1,100,000	Below	95
	87 6th Avenue	3BD/2BA	\$1,650,000	Above	48
Laurel Heights (no sales)					
Lone Mountain (no sales)					
Marina	240 Mallorca Way #A	1BD/1BA	\$785,000	Above	12
	1531 Beach Street	2BD/2BA	\$1,970,000	Below	40
	2235 Beach Street #301	3BD/2BA	\$2,000,000	Above	0
	3425 Divisadero Street	3BD/2BA	\$3,150,000	Below	05
Nob Hill	1177 California St. #422	0BD/1BA	\$580,000	Below	98
	850 Powell Street #101	2BD/1BA	\$995,000	Below	128
	1461 Broadway St. #406	2BD/2BA	\$1,095,000	At	95
	1440 Broadway St. #103	2BD/2BA	\$1,180,000	Above	72
	1333 Jones Street #703	1BD/2BA	\$1,400,000	Below	210
	1333 Jones Street #510	3BD/2BA	\$1,875,000	Below	127
	1200 California Street #4d	2BD/2BA	\$2,250,000	Below	89
	1100 Sacramento St. #204	3BD/3BA	\$2,725,000	At	116
North Beach (no sales)					
Pacific Heights	2121 Laguna Street #36	2BD/2BA	\$1,015,000	Above	102
	256 Presidio Avenue #2	2BD/2BA	\$1,095,000	At	37
	2200 Pacific Avenue #7B	1BD/1.5BA	\$1,500,000	At	0
	2133 Vallejo Street	2BD/2BA	\$1,825,000	Below	34
	2100 Green Street #404	2BD/2BA	\$2,750,000	Below	71
	2300 Divisadero Street	3BD/2BA	\$3,050,000	Below	11
	1940 Vallejo Street #4	3BD/3.5BA	\$4,700,000	Below	62
	2100 Green Street #800	2BD/2.5BA	\$4,800,000	Below	101
Presidio Heights	3975 Clay Street	5BD/2BA	\$2,395,000	Below	77
	3439 Sacramento Street	3BD/2BA	\$2,800,000	Above	0
Russian Hill	1050 North Point St. #607	1BD/1BA	\$800,000	Above	03
	1070 Green Street #203	1BD/1BA	\$1,249,000	At	0
	1090 Chestnut Street #2	4BD/4.5BA	\$5,700,000	Below	121
Sea Cliff (no sales)					
Telegraph Hill	455 Vallejo Street #212	1BD/1BA	\$995,000	Above	29
	347 Lombard Street	3BD/2.5BA	\$3,115,000	Above	09

The data presented in this report is based on the San Francisco Multiple Listing Service and is accurate to the best of our knowledge, but cannot be guaranteed as such. For additional information, contact Jay Costello, President, Hill & Co. Real Estate, 1880 Lombard Street, 415.321.4274, jcostello@hill-co.com, www.hill-co.com.

The off-market sales option

BY JOHN ZIPPERER

IS AN OFF-MARKET
DEAL RIGHT FOR YOU?

We’ve all heard the stories from recent years about homes selling within days or even hours of going on the market. That might sound like a seller’s dream. But there is another option — selling or buying a property off the market, without it even getting listed on a multiple listing service. It’s an option that could be attractive to some people, but it all has to do with the seller’s appetite for risk, according to Paragon Real Estate’s Alexander Mulder (bridgesf.com).

“Some people will say, ‘I know I will get a good offer,’ and someone makes them a good offer, ‘but I want to put it on the market,’ and that buyer walks away,” said Mulder. “Or sometimes that buyer comes back and sees it didn’t sell on the market and now says it’s not worth that much. It really depends on the risk tolerance of the seller. Some people are risk averse, some people like risk.”

An off-market sale makes the most sense if the sellers have a good idea of the market value of the property, or if they want a more rarified target buyer.

For a recent off-market sale Mulder made on a home on Chestnut Street, the seller had a unit that had not been updated, and he didn’t want to move out so it could be staged, but he had a pretty good idea of what his unit would fetch in a sale, so he chose to go with an off-market sale. His instincts were correct, and Mulder closed the deal for the amount the seller expected.

If you go off-market, your broker could choose to just share it with the top 1 percent of agents. “You reach out and call the brokers in the Marina,” said Mulder. “It doesn’t go out to everyone; there’s a good chance you’re going to get your offer from one of these people.”

Not only that, but if you’re not going to go to the expense and trouble of moving, updating your home, and staging it, do you really want photos of the subpar presentation living forever online? “If you put something on MLS, there’s a record of it,” said Mulder.

Obviously, it’s something sellers should discuss with their agent if they’re con-



Homeowners have been eclipsed by renters in the decade since the Great Recession started.

templating an off-market sale to see if it fits their situation.

97 PERCENT FAILURE
RATE

With the Regional Housing Needs Allocation, the state of California sets the number of housing units (of all income levels) for each

any discretionary processes or appeals. “Starting today, we will see more housing approved more quickly all across our state, particularly affordable housing which is so badly needed in our communities.”

The 27.5 percent of the cities that only failed in the BMR category will only have to streamline their affordable housing, making projects that are at least 50 percent low-income units eligible for streamlining but not projects that are market-rate or with lower levels of affordability.

DATA DUMP

Some cities, such as San Francisco, are already known as being renter-majority towns. In the aftermath of the Great Recession, other cities moved from owner-majority to renter-majority cities. Overall, renters have become a bigger portion of the population than in previous years.

Between 2006 and 2016 — an era that included the popping of one of the worst housing bubbles in American history and a resulting foreclosure crisis — Rent-

Cafe reports that the U.S. population grew by about 23.7 million people; during that decade, the number of renters increased by 23 million and the number of homeowners grew by fewer than 700,000.

QUOTE UNQUOTE

In light of a Paragon Real Estate report that a household income of \$303,000 is necessary to buy a median-priced home in San Francisco, *Seattle Times* real estate reporter Mike Rosenberg tweeted, “You’d need to avoid eating 33,600 avocado toasts a year to generate \$303,000.”

E-mail: john@marinatimes.com

Renters increased by
23 million; the number
of homeowners grew by
fewer than 700,000.

their goals for both categories of housing.

State senator and housing warrior Scott Wiener issued a statement saying, “When 97% of cities are failing to meet their housing goals, it’s clear we need to change how we approach housing in California.” He cited the passage of Senate Bill 35 this past year, which will require cities failing their RHNA goals to streamline the approval of any housing project that fits within zoning without



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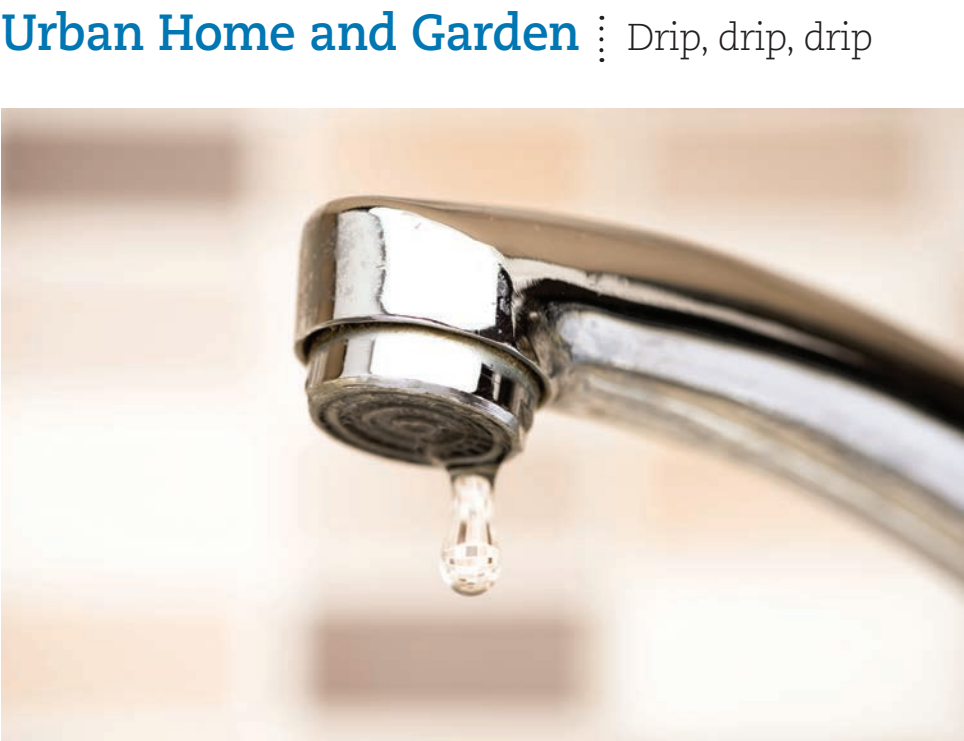
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Learn how to fix a leaking kitchen faucet. PHOTO: TURK_STOCK_PHOTOGRAPHER

That leaky kitchen faucet

BY JULIA STRZESIESKI

PROBABLY NOTHING IN YOUR kitchen gets as much use as your kitchen faucet — arguably the most functional and utilitarian piece of equipment in the house. A leaky faucet is probably one of the most common household problems and one of the simplest to fix. While one drip of water doesn't seem like a lot, 4,000 drips can equal a liter of water.

The first step to fixing your leak is to determine the type of faucet you have. Kitchen faucets come in a variety of styles: *Cartridge* faucets are found in both single- and double-handled models and are quite common on kitchen sinks; *ball-type* faucets are single-handled and have a dome-shaped cap or faucet knob; *ceramic disc* faucets are like ball faucets in that they can have single handles, and under the cap, the workings of the disc faucet are contained inside a cylinder (unlike the many individual internal parts within a ball-type faucet); *stem* faucets always have two handles and can be distinguished from other types of faucets by the way they turn off (you should feel the pressure of a rubber washer being squeezed inside the faucet as it turns); and *single handle pullout* styles allow the spray to be directly pointed, and the spray wand docks in the faucet neck.

Once you've identified the type of faucet, the next task is to know what part, in the midst of many, is causing trouble. First and foremost, you must *turn off the water supply*. The shutoff valves will probably be located under the sink, but some older homes might require that the water supply to the entire building be turned off. For two-handle faucets, turn off water to either the hot or cold side first to isolate which side might be leaking. Be sure to include padding like cloth, tape, or gauze between every tool and the faucet to protect against scratching or marring the surface.

BALL-TYPE FAUCETS

Remove the cap and check the valve springs for wear. They might appear compressed or have lost tension. While the faucet is disassembled is a good time to replace the springs. The rubber seat surrounding the springs might

also be causing the leak. Again, it's a good idea to replace this part now rather than coming back to it later. Repair kits are available that include both springs and the accompanying seat. Next, check that the ball valve isn't worn or damaged — a pitted or eroded ball slot is a dead giveaway. Also, the ball slot should fit snugly around and attach to the faucet body's pin.

DISC FAUCETS

With faucets of this type, usually the culprit is a dirty cylinder. Remove the cylinder from the faucet body and clean the openings with a pad designed for nonstick cooling surfaces. Next, rinse the cylinder under fresh water. If the leaking doesn't stop after reassembling the faucet, the entire faucet will most likely need to be replaced.

SINGLE- AND DOUBLE-CARTRIDGE FAUCETS

Leaks here are usually caused by weathered O-rings. These are typically black rubber or Teflon circular seals found within the cartridge. To replace an O-ring, bring both the cartridge and retaining nut when shopping for a replacement, as these parts need to be perfectly matched. Remove the old ring and clean any deposits on the stem.

Spread a thin layer of petroleum jelly or heat-proof grease on the rings and the stem itself before sliding the new ring into its groove.

STEM FAUCETS

Faulty O-rings are also a common cause for leaks with this type of faucet. If your faucet uses packing string, remove the old string from the stem along with any buildup before replacing the string. Feel for wear on the top of the faucet's valve seat. If it's not completely smooth, it should be replaced or resurfaced.

Another cause of a leak on a stem faucet can be a worn out washer on the end of the stem. Replacing the washer will correct the problem, but because these washers come in different sizes, you should bring the stem into a hardware store to ensure a proper fit.

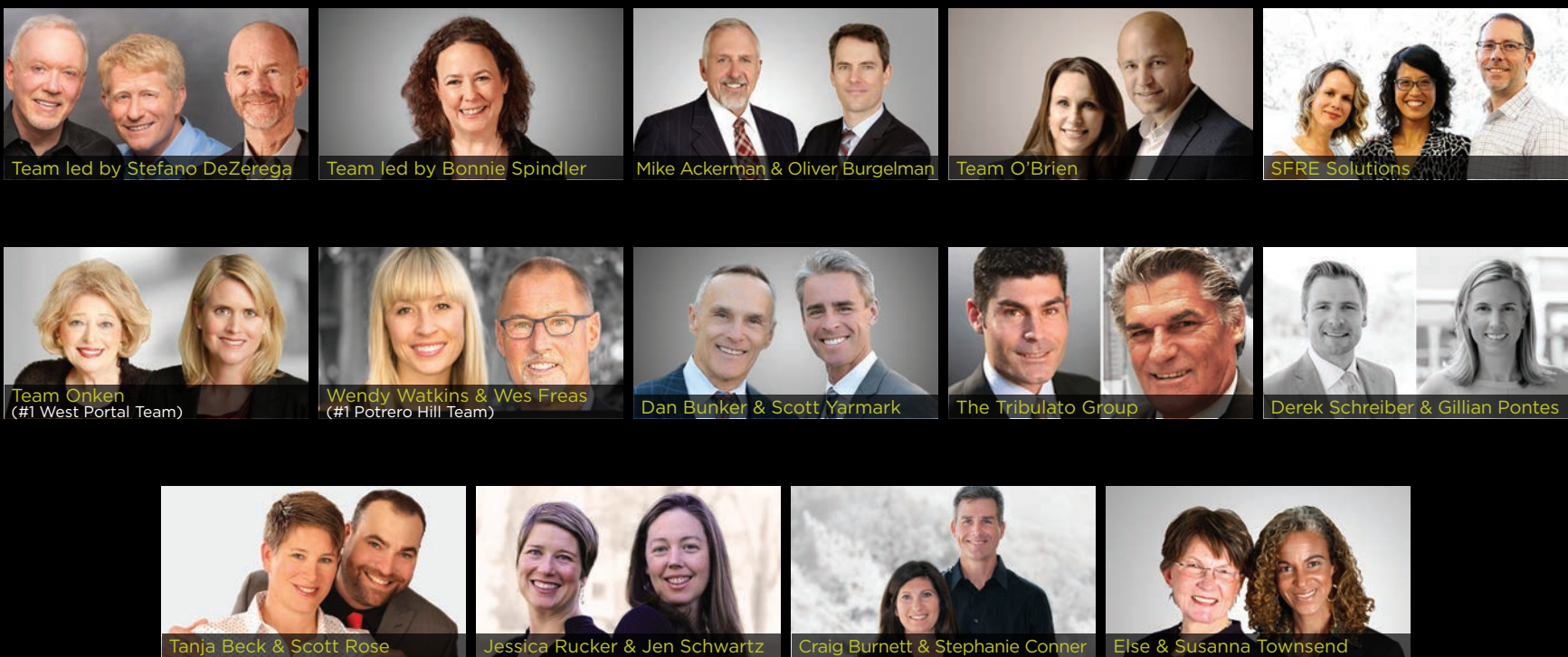
Julia Strzesieski is the marketing coordinator for Cole Hardware and can be reached at julia@colehardware.com.

A new faucet can even give your kitchen a new aesthetic with new designs and finishes.

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