



## What to see & do this month

The Tablehopper has five restaurant projects not to miss p. 10  
Sharon Anderson: Japanese incarceration exhibitions at the Presidio p. 12  
Catch Michael Snyder's best movies of 2018 p. 13



## Eventful January

Start off the new year by trying something new, visiting someplace you've never been, and experiencing San Francisco like never before. p. 14

MARINATIMES.COM : CELEBRATING OUR 35TH YEAR : VOLUME 35 : ISSUE 01 : JANUARY 2019



President Lyndon B. Johnson meeting with King in the White House Cabinet Room, 1966. PHOTO: WIKIMEDIA COMMONS

## Martin Luther King Day 2019

*"We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly."*

— Dr. Martin Luther King, Jr., Letter from Birmingham Jail, April 16, 1963

WITH A THEME MORE RELEVANT than ever, and a goal to fight injustice and exclusion, the events planned for this year's Martin Luther King Jr. birthday observance span from Jan. 18 through Jan. 21. Yerba Buena Gardens and the Yerba Buena Center for the Arts on Monday, Jan. 21 will be a hub of activ-

ities, as the end point of a march from Cal Train Depot, followed by an interfaith commemoration to reflect on Dr. King's message. Additional activities include a TBD feature program, a health and wellness festival, music festival, and a liberation film festival. Visit [sfmlkday.org](http://sfmlkday.org) for full schedule.

— L. Majer

## REYNOLDS RAP

### My 2019 wish list for a cleaner, safer, saner San Francisco

BY SUSAN DYER REYNOLDS

FOR MORE THAN HALF A DECADE, I'VE WRITTEN about the problems plaguing San Francisco. Once considered the Bay Area's urban jewel, San Francisco now attracts media outlets like *The New York Times*, CNN, and the BBC, their reporters led by frustrated video vigilantes on tours of streets lined with human waste, used needles, passed out meth zombies, and million dollar homes. Sadly, many of my predictions proved prescient. I said coddling the homeless wouldn't work (it hasn't), Lyft and Uber would create more traffic than they helped (they have), and London Breed — though refreshing and charismatic — wasn't the right person to lead the city during such challenging times (she isn't). As we head into 2019, I've done some wishful thinking on how San Francisco can turn itself around, and maybe (just maybe) reclaim some of its former glory.

#### HOMELESS ACCOUNTABILITY FOR ALL

One of my broken records has been the lack of a universal tracking system for the homeless, something many other "less techie" cities implemented long ago.

REYNOLDS RAP, continued on 4

## REAL ESTATE REPORTER

### What to expect in 2019

There's a lot less optimism for economic and housing performance this year

BY JOHN ZIPPERER

YOU CAN GET DIZZY READING EVEN JUST A SAMPLING of the headlines on articles previewing the 2019 real estate market: "2019 real estate market forecast: Power shifts to buyers." "Forecasting housing in 2019: Not better for buyers, but not worse." "Spooky forecast for real estate." "U.S. housing market crash 2019 or 2020?" And "Tougher road ahead for home buyers and sellers in 2019."

Go beyond the headlines, however, and the writers who are trying to crystal-ball 2019 are putting emphasis on different factors. Some of them might be wrong, some might be right, and some might be right but not applicable to our local market. My rule of thumb in trying to forecast what will happen is to stick to the basics: the overall economy, housing supply-and-demand, and interest rates.

REAL ESTATE REPORTER, continued on 18

## DINING OUT : No cheap eats here



Mignardises at Coi restaurant. PHOTO: BONJWING LEE

### San Francisco's most exclusive restaurants

BY JULIE MITCHELL

THE RESTAURANT SCENE HAS long been a part of San Francisco's popularity. While some new restaurants have a flash-in-the-pan moment of fame, others

become buzzworthy and require reservations weeks, sometimes months in advance. And nearly 60 restaurants across the Bay Area were awarded one, two, or three coveted Michelin stars in the 2019 *Michelin Guide*. According to

a quote by Gwendal Poullennec, international director of the Michelin Guides, inspectors have been impressed with the quality, creativity, and focus on ingredients among the area's winners.

But these stars and accolades come at a price, literally. The city's top five most expensive restaurants offer mostly tasting prix fixe or tasting multicourse meals averaging between \$200–\$300 per person, most not inclusive of wine, gratuity, and tax. If you add in a ridesharing service, that makes for a crazy pricey evening — close to \$1,000 for two — which most of us can't afford, even for a special occasion.

So what makes these upscale spots so special and who are their clientele?

#### GUESS WHO'S COMING TO DINNER?

Certainly the up-and-coming tech execs, those who work here and in Silicon Valley and beyond, enjoy their fine dining. They often treat their families and out-of-town visitors, along with clients, to extravagant meals at the city's highest-rated restaurants. So nothing pleases them more when they

DINING OUT, continued on 8

## TOP 10 STEAKS IN AMERICA

Osso Steakhouse - San Francisco, CA  
 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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The Police Blotter notes we've got a new captain at Central Station, and Northern Station's captain has some good news on crime rates, plus we round up the latest crimes of note; Marination's Kevin Frazier asks what is the best way to ease commutes between downtown and the Marina; and District 3 Supervisor Aaron Peskin reviews all that was of note in the recently departed 2018. **5**

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#### January events

It's a whole new month kicking off a whole new year. Whether you're looking for an outlet for your New Years resolutions or are looking for someplace to take the kids this month — or just looking for a fun night on the town — check out our calendar for plenty of options. **14**

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Michael Snyder, our Coastal Commuter, has a droll take on New Year's resolutions; meanwhile, Weekend Traveler Patty Burness checks out San Francisco's delicious food tours, plus our complete calendar, archives, and more.

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 Editorial: (415) 931-0515 | Fax: (415) 931-0987 | Letters to the Editor: [letters@marinatimes.com](mailto:letters@marinatimes.com)  
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 Calendar submissions due by the 15th of the month to [calendar@marinatimes.com](mailto:calendar@marinatimes.com)

**Publisher** Earl Adkins [publisher@marinatimes.com](mailto:publisher@marinatimes.com)  
**Editor in Chief** Susan Dyer Reynolds [susan@marinatimes.com](mailto:susan@marinatimes.com)  
**Executive Editor** John Zipperer [john@marinatimes.com](mailto:john@marinatimes.com)  
**Managing Editor** Lynette Majer [lynette@marinatimes.com](mailto:lynette@marinatimes.com)  
**Design Director** Sara Brownell [sara@marinatimes.com](mailto:sara@marinatimes.com)

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NEWS BRIEFS : Housing, transit, and more

# Which way for S.F.?

## CENTRAL SUBWAY COMING TO THE MARINA?

The SFMTA is thinking about what's next after the launch of its Central Subway service to Chinatown late this year — it is considering extending subway service beyond Chinatown. The transit service notes "Possible destinations include North Beach, Fisherman's Wharf, the Marina District, and other neighborhoods in the northern portion of San Francisco."

In early December, a meeting was co-hosted by SFMTA and District 2 Supervisor Catherine Stefani to explore Central Subway extensions. Attendees shared complaints about the slow pace of buses serving the Marina.

SFMTA reports that tunnels already extend one mile north of the Chinatown Station, reaching Columbus and Powell Streets in North Beach, giving it a head start on further expansion if the city decides to go ahead.

Roger Rudick noted on [sfstreetsblog.com](http://sfstreetsblog.com) that any extension is not currently funded and that an SFMTA official told one attendee at the meeting that the project could well be 20 years or more in the future.

## APARTMENT GROWTH

It's not the increase in number of units that the city drastically needs, but San Francisco rentals housing is increasing in one important way: new units are bigger than in years past.

San Francisco apartments are the fifth smallest in the nation, according to Yardi's RentCafe; the average size here is 737 square feet. But the city's new units are bucking a national trend of shrinking square footage. San Francisco's developers "are building units 13 percent larger than the ones delivered 10 years ago," according to RentCafe. New apartments reaching completion in the city in 2018 were on average 840 square feet in size. "This increase in size, though, was accompanied by a steep hike in costs: rents surged here by 65 percent compared to 2008."

## LOMBARD STREET CONSTRUCTION UPDATE

Heads-up if you're traveling on Lombard Street in January. San Francisco Public Works' Lombard Street Vision Zero Project continues this month, with several things happening throughout January.

By the time you read this, construction will be underway on sewer main installation on the north side of Lombard from Scott Street to Divisadero Street; on Jan. 7, water main installation will begin on the north side of Lombard from Fillmore to Webster Streets.

Electrical work and traffic signal upgrades at the intersections on Richardson Avenue will occur from Jan. 3-7 at Lombard Street, Jan. 10-14 at Chestnut Street, and Jan. 17-21 at Francisco Street.

The Lombard project is scheduled to be completed by June 2020. One project that won't be completed until sometime in 2021 is the Van Ness Improve-

ment Project, which will give the city its first bus rapid transit corridor. Its weekly construction updates weren't ready for January at press time. For the latest, check [sfmta.com/projects/van-ness-improvement-project](http://sfmta.com/projects/van-ness-improvement-project). And to see the latest on the efforts to make Polk Street safer, visit [sfpublishworks.org/project/polk-streetscape-project](http://sfpublishworks.org/project/polk-streetscape-project).

## BREED, PESKIN PUSH AFFORDABLE HOUSING CONVERSION

In December, Mayor London Breed and District 3 Supervisor Aaron Peskin introduced a resolution that would authorize the issuance and appropriation of up to \$75 million in bond funding for the acquisition and rehabilitation of multifamily residential

buildings that are vulnerable to market pressures. It would protect tenants living in those properties by purchasing the buildings and converting them to permanent

affordable housing.

The funding would be made possible by unspent general obligation bond authority from 2016's Proposition C. Peskin, who authored Proposition C, said, "We are finally issuing the first series of bond funding for small site acquisition, out of a quarter of a billion dollars for acquisition and rehabilitation of some of our most at-risk rent-controlled buildings. I'm delighted that the city has identified small-site and single resident occupancy [SRO] acquisitions for immediate acquisition. This is a critical first step in preserving affordable housing stock that would otherwise be lost to an increasingly speculative market."

## 50-YEAR LOW IN S.F. MURDERS

The city's homicide rate last year neared a 50-year low as violent incidents continued their decline. Near the end of December, the city had experienced 44 homicides, a 21 percent drop from 2017's level, according to the *San Francisco Chronicle*. The paper also quoted Commander Greg McEachern, the head of the investigations unit who used to head up Northern Station, noting that the move to add more foot patrols to combat auto break-ins has also increased the level of expertise on the streets.

## FACTS AND FIGURES

**87:** The number of the state Assembly bill signed into law this fall that allows for the removal of autonomous vehicles operating without valid permits . . . **\$0:** the cost of a scoop of Humphry Slocombe ice cream on its recent 10th birthday . . . **988:** Address on Market Street of Spotify, which is giving up its payroll tax break to move elsewhere, due to safety concerns in the mid-Market area . . . **\$96,265:** income of the average San Franciscan, according to new Census data . . . **60,000:** number of new residents in San Francisco from 2012 to 2017.

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FRANCHISES AVAILABLE

**Reynolds Rap**  
continued from cover

For example, Salt Lake City, Utah, by recording every time a person receives services, reduced chronic homelessness by 91 percent in a single decade.

Finally, San Francisco has ONE (Online Navigation and Entry System), which will track the health, housing, jail time, and counseling history of every homeless individual (the old method spanned multiple databases across multiple agencies, none of which communicated, allowing people to easily fall through the cracks). Once a person registers at a shelter or walk-in center and answers a series of questions, outreach workers can log in to an app and view data in real time.

While this is a great leap forward, the city still lacks two huge components to truly solve the homeless crisis: an audit of all city agencies and nonprofits that receive money as part of the multimillion-dollar Homeless Industrial Complex (District 2 Supervisor Catherine Stefani is spearheading that effort), and a crackdown on the sale and public use of drugs like heroin and meth. As the city holds itself accountable, it needs to also hold individuals accountable for criminal behavior. Currently, the police arrest dealers only to have judges quickly release them. With no fear of consequences, they're back on the same corner the next day. It's time to hold judges accountable, too.

**DIGITAL MEDALLIONS FOR LYFT AND UBER**

In November 2017, I wrote a column advocating for a limit on ride-hail vehicles via digital versions of taxi medallions, noting that almost every car I see has a sticker for Lyft, Uber, or both, and that traffic was out of control. One year later, the San Francisco County Transportation Authority released a study that found traffic congestion in the city has

indeed worsened from 2010 to 2016, and attributed half the slowdown to the rise of ride-hails. In August of 2018, New York City became the nation's first city to halt new vehicle licenses for ride-hail services and

cap the number of current for-hire vehicles (they also plan to set a minimum pay rate for drivers).

Back in Sacramento, the California Public Utilities Commission (CPUC), which regulates Uber and Lyft, remains silent, while policy wonk Senator Scott Wiener tweets that rogue scooter startups like Lime and Bird are the best way to cut down on car congestion (tell that to your grandmother). In fact, none of California's legislators has said a peep about the havoc Lyft and Uber are reeking on San Francisco traffic. Meanwhile, both companies are headed for Initial Public Offerings (IPOs) in 2019, where bankers say Uber could be worth as much as \$120 billion (despite slowing growth in the third quarter and a \$1.1 billion loss on revenue of \$2.95 billion. I smell dotcom bomb 2.0 coming, but that's a whole other column).

The pressure to make money as a public company is only going to force more ride-hail vehicles onto San Francisco streets. The city needs to stop kowtowing to Lyft, Uber, and the CPUC and implement digital medallions before those IPOs create an even bigger traffic nightmare.

**KICK @MRFILTHSF TO THE CURB**

When Mayor London Breed took office, she promised a cleaner city in 90 days, and recently she told the NBC Bay Area Investigative Unit that she fulfilled her promise. In November, the unit revisited 20 of the dirtiest blocks from their original January 2018 survey and found that the number of needles did decrease by 39 percent; however, the amount of human feces increased by 67 percent. Also, 311 data reflects a rise in complaints concerning trash, human waste, and used syringes in Breed's first three months as mayor. My recommendation: It's time to fire Mohammed Nuru, who has served as director of San Francisco Public Works since the late Mayor Ed Lee appointed him in 2011 (prior to that he spent 11 years as the deputy director). Nuru oversees more than 1,200 people (including the new "poop patrol") and a \$223 million annual operating budget to keep the city clean. His Twitter handle, @MrCleanSF, shows Nuru is either delusional or the most arrogant person holding office in San Francisco (and that's a long list). Nuru should change his Twitter handle to @MrFilthSF — and Breed should

make her first big move as mayor by kicking him to the curb.

**BREED'S BROTHER BLUNDER**

In June 2005, Napoleon Brown, brother of Mayor London Breed, pushed 25-year-old Lenties White from a getaway car on the Golden Gate Bridge after the armed robbery of Johnny Rockets on Chestnut Street, causing her to be struck and killed by an oncoming vehicle. Breed admits she testified as an alibi witness for her brother, telling investigators he was asleep on their grandmother's couch the night of the crimes. Brown was convicted of manslaughter, robbery, and other charges and sentenced to 42 years. He later received two years' extra time for heroin possession while incarcerated. Brown, who now expresses remorse, has served less than half his sentence. Recently Breed wrote a letter to Gov. Jerry Brown asking for her brother's release, blaming his criminal past on a rough childhood. The victim's family, needless to say, is incensed.

**Pressure to make money as a public company is going to force more ride-hail vehicles into S.F.**

The bottom line: plenty of people have rough childhoods and don't commit heinous criminal acts. If Mayor Breed thinks her brother deserves leniency, how can we trust her to get tough on other drugs users and dealers? With San Francisco at an unprecedented breaking point — in large part because of drugs — this blunder displays a level of tone deafness that calls her judgment and her ability to lead into question.

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**As the city holds itself accountable, it needs to hold people accountable for criminal behavior.**

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# Stealing the thunder of the car thieves

**T**HERE'S A NEW CAPTAIN at Central Station. Capt. Paul Yep, who ran the station for nearly two years, has been assigned to the SFPD's Staff Services Division. Taking over at Central is Capt. Robert Yick, who transferred over from the Taraval Police District. Yick has been in law enforcement since 1992 and is a fourth-generation San Franciscan.

Central Station serves Chinatown, the Financial District, Fisherman's Wharf, Nob Hill, North Beach, Russian Hill, and Telegraph Hill.

Meanwhile over at Northern Station (which serves Japantown, the Marina, Pacific Heights, Polk Gulch, Russian Hill, and Western Addition), Capt. Joseph Engler's end-of-year message included some good news: "Through a concerted effort using an expansion of the number of Northern officers assigned to foot beats and a citywide 'Park Smart' messaging campaign, auto break-ins were reduced by over 1,500 incidents, for a 23.3 percent reduction in the district." That's good news indeed, especially if that number continues to go downward.

Engler added that in 2019, there will be more work to be done on "homeless-related crime, blight, and addiction-related issues."

Here's a sampling of recent crimes in the districts covered by the Central and Northern SFPD stations.

**BOOSTERS BUSTED**

Nov. 24

*Location not provided*

Officers responding to a call about an auto boost in progress located four subjects attempting to hide from them. Once they realized the police had located them, they took off and a foot pursuit ensued. The officers eventually located three subjects hiding underneath a vehicle, and the fourth was hiding between two nearby buildings.

The subjects were placed in handcuffs. The female subject began to resist arrest and kicked an officer in the leg. The officer wasn't injured and was able to calm down the subject. A cold show of the subjects to witnesses resulted in the positive identification of three of the four subjects. Property from the victims' vehicles were also found with the subjects; three of them were cited and released, and the four was booked.

**THE OTHER RESISTANCE**

Dec. 2

*Francisco and Powell Streets*

A vandal had hit eight vehicles in the immediate area. The suspect had damaged side mirrors, windshield wipers, license plate frames, and license plates; he had also dented and scratched cars.

Officers located the suspect; despite his attempt to flee on foot, officers were able to grab him. He resisted arrest and kicked the arresting officers, but after a brief struggle, he was taken into custody and booked at County Jail for vandalism, battery on a police officer, and resisting police officers.

**MAIL PICKUP**

Dec. 9

*1000 Block of Washington Street*

A witness told police he saw two subjects in the area and heard a metal popping sound; the subjects walked away with mail. The officers located two subjects matching the witness' description, and the bag of one of the subjects contained mail belonging to victims on the 1000 block of Washington Street.

The suspects were booked at County Jail for burglary, vandalism, parole violation, possession of stolen property, possession of burglary tools, and conspiracy.

**BAGMEN**

Dec. 9

*300 Block of Beach Street*

Plainclothes officers conducting a vehicle burglary abatement operation in a parking garage noted two vehicles had been broken into; suspect number one was behind one of the vehicles, and the officers recognized him from prior arrests. The suspect then fled through a stairwell, but officers chased him and eventually took him into custody.

Officers saw suspect number two running out of the parking garage after suspect number one; officers detained the second suspect and found shards of glass in the suspect's hoodie pocket. Surveillance video from the garage showed the suspects enter the garage without bags in their hands, approach a vehicle, and then carry away two bags.

The suspects were booked at County Jail for burglary, conspiracy, possession of stolen property, and possession of burglary tools.

**LOCAL CALL**

Dec. 20

*Franklin and Clay Streets*

A male victim returned to his parked car, found it had been

burglarized, and his backpack was missing from the trunk. Walking around the immediate area, he spotted a suspect rifling through his backpack and confronted the man. The suspect became verbally and then physically aggressive, at one point attempting to stab the victim in the stomach with a knife.

Officers on patrol heard a woman yelling, "Call the police!" and saw the suspect and the victim struggling over the backpack. Upon seeing the uniformed officers, the suspect fled on foot. He was chased down by the officers and arrested; they were able to recover the knife where it had been dropped.

**SAME DAY, ANOTHER CAR, ANOTHER BACKPACK**

Dec. 20

*Franklin and Washington Streets*

Officers responded to a call about an auto burglary in progress. Armed with a description of the subject, the officers canvassed the area and located the subject, who was in possession of a bicycle, backpack, and bag that had been taken in the auto burglary. The officers located the victim and an independent witness.

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Should the F-line be extended to the Marina, or are better alternatives available?  
PHOTO: GOODSHOPE35110S

# A tunnel too far?

BY KEVIN FRAZIER

**M**Y FRIEND RECENTLY ASKED ME for the best way to get from the Ferry Building to the Marina; I didn't have a good answer. But there used to be an easy response: the E- or F-line. The E-Union and F-Stockton previously linked the Marina to the rest of the city via Union Street over Russian Hill and the Stockton tunnel, respectively. Now, 75 years since bus lines replaced the streetcars, District 2 residents are again asking how best to connect their community to the city at large. Transit activists have so far found that there's no clear answer.

The need for more connections to the Marina, Cow Hollow, and the Presidio is clear. With Fort Mason staking out an eastern boundary, Pacific Heights complicating travel to the south, and the Presidio serving as a hindrance to westward travel, few would question that District 2 occupies a geographical challenge to most modes of transit. You can walk — but only the hardest (or those most desperate to earn their scoops at Salt and Straw) hike up Fillmore Street to get to their destination. If you're in Tour de France shape, you can bike — but you should know that even motorized scooters like Scoot struggle to confront the hills and curves bordering the district. Some try to bus, but even the 22, 30, 41, and 45 bus lines occasionally stall on their way out of the area. In short, expediting travel to the Marina will require instituting novel ways to get around (or tunnel through) its barriers.

**TUNNEL VISION**

The tunnel approach underlies a multimodal transportation plan for the Aquatic Park and Fort Mason. This plan includes renovating the historic Fort Mason Tunnel to expand streetcar access to the Marina District. Presented at a recent meeting held by the Marina Community Association, planners highlighted that this idea isn't new: Muni first considered using the tunnel in 1979 and, as recently as 2013, the National Park Service (NPS) certified an Environmental Impact Statement related to the idea.

Even if everything went according to the ambitious plan, however, the tunnel upgrades and line extension are years away, due to a backlog of NPS capital projects and at least \$10 million worth of seismic retrofitting. Nevertheless, advocates highlight the need for and benefits from transit investments in the area. Consider that 12 million people a year visit Fisherman's Wharf and 1.5 million visit the Fort Mason Center alone. Estab-

lishing easier ways to get between these two points (besides the Everest-esque ascent up the current Fort Mason walkway) could be an economic and cultural boon.

**AUTONOMOUS VEHICLES AND WATERWAYS**

Those changes could also come by scaling up another approach, one that is already on the streets of District 2. You've likely seen Cruise cars autonomously navigating the hurly-burly on Chestnut and Union Streets. Autonomous Vehicle (AV) proponents posit that AVs have the potential to render the sort of capital-intensive projects like the Fort Mason Tunnel moot. Widespread adoption of AVs would lead to safer and more efficient transit on our preexisting roads. If San Franciscans embraced AVs with the fervor of cities like Las Vegas or Phoenix, then the most sensible path forward would direct resources toward an autonomous future. It follows that ardent AV fans offer transit planners an important consideration for any new investment: How does this plan account for the transit options and technological advances of the future?

One such future option comes in the form of increased water taxi service. Subscribers to aquatic transit claim it eases congestion while simultaneously reducing emissions. They additionally point to cities around the world such as Venice that demonstrate the potential for waterways to drastically reshape the movement of people and their method of travel. And, though some ferries and water taxis do exist around San Francisco, there are calls for drastic increases. As recently as September 2018, Assemblyman David Chiu was among those calling for the Bay Area to drastically invest in water transportation. He specifically advocated for increased ferry service to improve travel between San Francisco and Oakland, but there's no reason ferry service couldn't also facilitate greater intra-city travel.

Whether on land or sea, currently there's no good way to get to the Marina. Uber, Muni, and nonvehicular travel all require substantial time, energy, money, or a combination of the three. There's also no clear path to alleviate this issue.

Finding the right path forward will be an arduous process. At each step, though, activists ought to ask themselves these key questions: Will this mode of transit soon be obsolete? Is there a cheaper option? And, how will it change our climate, communities, and culture?

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**PROPERTY OWNERS: Turn In Your Required ABE Form TODAY!**

The Department of Building Inspection (DBI) is reminding property owners to comply with the Accessible Business Entrance (ABE) program, which requires existing buildings with a place of "public accommodation" to have all primary entrances from the public way accessible for people with disabilities. If you own commercial storefront(s), this applies to you.

**TAKE THIS IMPORTANT STEP!**

To comply by the first deadline of January 1, 2019, property owners are required to submit one of the following: Pre-Screening, Waiver or Category Checklist Compliance form to DBI.

To read about the Program's requirements and your next steps, visit [sfdbi.org/businessentrance](http://sfdbi.org/businessentrance).

Tier	Category Description	Submit form or compliance checklist and specify compliance option
1	In Compliance	1/1/19
2	No Steps but barriers	1/1/19
3	One Step with other barriers	6/1/19
4	1+ Steps with other barriers	12/1/19

# Remembering 2018: The year that was

BY AARON PESKIN

**W**HETHER IT WAS HELPING shape the local ballot in the two 2018 elections or passing every conceivable manner of legislation, 2018 was a busy time for the District 3 office.

## ETHICS AND CAMPAIGN FINANCE REFORM

After back-to-back elections fueled with nasty political attacks ads, I passed the Anti-Corruption and Accountability Ordinance to help expose the coordination between independent expenditure committees and campaigns. Residents deserve to know who is trying to buy their votes, and this legislation went a long way toward ensuring transparency in elections.

My “Commissioners Without Conflicts” ballot measure also passed, eliminating the potential conflict when appointed commissioners run for elected office and use their influential position to raise money from the very people with business before their commission or board. With the passage of June’s Proposition B charter amendment, these commissioners now must resign their posts when they run for elected office.

## PUBLIC TRANSPORTATION

After I co-chaired the Transportation Task Force 2045 through a six-month process with Mayor Lee, the task force released its final recommendations on revenue strategies to address the city’s \$22 billion funding gap through 2045 for public trans-

portation infrastructure and operations. One recommendation was an increased transportation sustainability fee (TSF). My subsequent legislation to increase the TSF for large commercial high-rises to address the citywide transit impacts of a booming downtown finally passed, and is expected to bring in \$12 million annually.

Another recommendation was to pass a ride-share tax to help mitigate the congestion caused by the thousands of Uber and Lyft vehicles. Working with Assemblyman Phil Ting, we passed AB 1184, which reinforces the city’s authority to adopt a per-ride surcharge. San Franciscans will vote on this measure (which is expected to raise \$30 million a year for public transit operations, street paving, and pedestrian and cyclist safety improvements) in November 2019.

## TENANT PROTECTIONS AND AFFORDABLE HOUSING

After being approached by many tenants struggling with onerous, costly pass-throughs on top of their legal rent increases, I partnered with Supervisor Sandra Fewer to eliminate certain types of pass-throughs to protect tenants from debilitating rent increases that undermine the spirit of rent control and potentially lead to displacement.

After passing my Affordable Housing Preservation and Acquisition Bond in 2016, the city is finally ready to start issuing a quarter of a billion dollars in low-interest loan money for city agencies, nonprofits and for-profits to rehabilitate and/or

acquire affordable housing stock. This past month, we provided the first of the funding to acquire a large low-income apartment building in Chinatown that was at risk of being purchased by speculators. Thankfully, it is now permanently affordable housing for seniors and families.

Last month I introduced the Housing Preservation and Expansion Reform Act. The time of illegally gutting and demolishing rent-controlled and historic housing to build mega-mansions is at last drawing to a close.

Finally, I am pushing to make my Accessory Dwelling Unit program as accessible and easy as possible. One of the top concerns of small property owners was access to financing and technical support. In a new relationship with the San Francisco Federal Credit Union, affordable loan products for mom-and-pop applicants are now available.

## CALIFORNIA COASTAL COMMISSION

It is my honor to continue to serve on the oversight body of this critical state-wide agency that has protected our coast since 1972. The commission accomplished some remarkable things in the past year, including finally taking on public access to the 8.5-mile stretch of coastline at Hollister Ranch in Santa Barbara County, fighting for public access to Martin’s Beach in San Mateo County, and adopting new regulations for adapting to sea-level rise along Ocean Beach in San Francisco.

On this past November’s ballot, I also sponsored a bond measure to reinforce our

aging seawall in the face of sea-level rise and seismic vulnerability.

## DISTRICT 3 AND BEYOND

My incredible team and I want to thank everyone who has made the past year of work meaningful and worth celebrating. In the Middle Polk neighborhood, we finally pushed through the Discover Polk Community Benefit District, which will ensure increased services to the entire neighborhood. Congratulations to Suzanne Markel-Fox and her amazing team. In North Beach, we finally secured Big Belly trash cans by working with the Telegraph Hill Dwellers, North Beach Citizens, North Beach Business Association, and North Beach Neighbors. It was your persistence that paid off — in Lower Polk, we funded a tenant landlord clinic to address housing instability and help navigate new laws, as well as fund alleyway improvements that are thriving. I want to thank my District 3 Youth Commissioner Maggie Dong; my SFCTA CAC representative, Rachel Zack; my SFMTA CAC rep, Queena Chen; and all of you who truly give so much of yourselves to serving this community. A grateful thank you and farewell to our Central Station captain, Paul Yep — and a heartfelt welcome to Bobby Yick, who will be taking his place. Last but not least, congratulations to District 2 Supervisor Catherine Stefani for being elected in her own right. I’ve known and respected her for more than a decade and look forward to working together as friends and colleagues in 2019.



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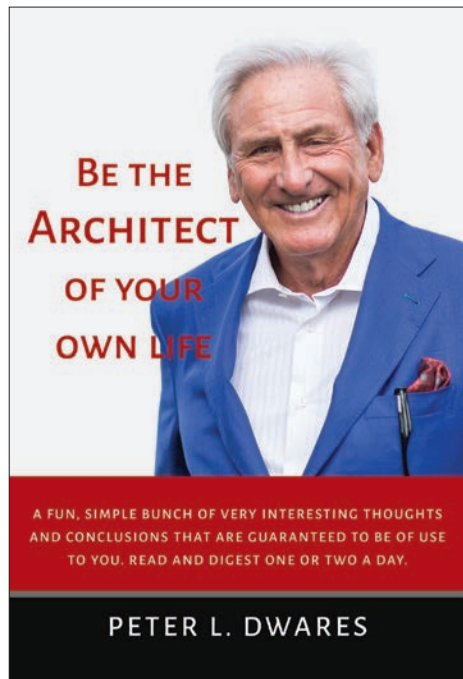
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An interior glimpse of Saison restaurant in SOMA. PHOTO: SAISON HOSPITALITY

### Dining Out continued from cover

are wine and dined at the best. Beyond the world of technology, other residents and travelers with deep pockets also read reviews along with Zagat and the Michelin Guide, so they make it a point to reserve a table at the city's most well-regarded restaurants.

As with fashion, home design, and music, there are also fine dining trends. And San Francisco's most elite restaurants are at the forefront of the culinary world. Vegetable-centric, healthful menus; locally sourced food; ethnic, global, and unexpected flavors — the top culinary trends — are all represented at the city's most exclusive spots.

#### SO MANY COURSES, SO MUCH TO SPEND

Coï in North Beach offers one tasting menu nightly, with wine pairings available, along with an extensive wine list. Chef Erik Anderson took over from Matthew Kirkley and is only the second chef to run the kitchen since chef/owner Daniel Patterson stepped down to focus on his growing restaurant group. A sample menu includes canapés, raw fish, foie gras tart, sun gold tomatoes, lobster, lamb, pigeon, and two desserts. The cost is \$275 excluding ingredient surcharges per guest with a cancellation fee of \$275 if not made within 48 hours. With wine pairing, the menu is \$295; a "grand adventure wine pairing" is \$600. Reservations are accepted up to two months in advance on Open Table (373 Broadway Street, 415-393-9000, [coirestaurant.com](http://coirestaurant.com)).

Three-Michelin-starred Saison located in the city's South Beach district offers a changing multicourse menu that revolves around its open wood fire. Chef-owner Joshua Skenes creates dishes using ingredients from a small group of local "fishermen, hunters, gatherers, ranchers, and farmers." The meal, served in Saison's open kitchen or the restaurant's I Salon, is \$298 (plus gratuity) per person, and a deposit of \$148 (applied to your bill) will secure your reservation. Reservations cannot be canceled or rescheduled, but may be transferred to other guests. For \$148 (plus gratuity) per person with a deposit of \$58, you can also enjoy a five-course meal at Saison's bar. A sample menu includes reserve caviar, abalone, brassicas (vegetables with toasted grains), cod, wood pigeon, trout, a white sesame soufflé with black sesame gelato, and a sundae with popcorn ice cream, kumquat, and caramel (178 Townsend Street, 415-828-7990, [saisonsf.com](http://saisonsf.com)).

#### STARRING IN OUR 'HOOD

At Atelier Crenn in Cow Hollow, chef and proprietor, Dominique Crenn offers an elaborate multicourse dinner in a luxurious dining room that pays homage to her father, painter Allain Crenn. Instead of menus, guests are greeted with a poem written by Crenn herself,

each line guiding them through the meal — a mention of the sea will likely result in a dish featuring shellfish or fish. The tasting course starts at \$335 (inclusive of gratuity) per person, and a wine pairing is offered at \$200. The kitchen is happy to accommodate dietary restrictions with three days' notice.

The menu changes constantly here but focuses on seafood and vegetables, with a nod to Crenn's mother's garden in Brittany. Sample dishes include caviar topped with turbot gelée, poached sea bass with black truffles, a cheese course, and pastry chef and partner Juan Contreras's treats like a faux coconut shell coated in dark chocolate and filled with pineapple and coconut cream. Reservations for this three-Michelin-starred restaurant can be made on its website (3127 Fillmore Street, 415-440-0460, [ateliercrenn.com](http://ateliercrenn.com)).

#### FRESH FROM THE FARM

Located in the city's historic Jackson Square, Michelin three-starred Quince offers nightly changing, seasonal tasting menus featuring the restaurant's partnership with Fresh Run Farm near Bolinas. Celebrated chef and owner Michael Tusk, who was named "Best Chef: Pacific" by the James Beard Foundation in 2011, and his wife, Lindsay, also own Cotagna, another celebrated spot known for its unique, modern take on Italian food. Quince takes its cue from both French and Italian regional cuisine, highlighting produce from their farm that grows more than 40 varieties of heirloom fruit, vegetables, and flowers. Fresh Run Farms is operated by third-generation farmer Peter Martinelli, and was one of the first certified-organic farms on the West Coast.

A sample tasting menu at Quince includes a canapé, winter vegetables, Russian caviar with Dungeness crab or golden caviar panna cotta; black cod, Monterey bay squid, Maine lobster, guinea hen, and a passion fruit soufflé. This dining room menu is \$275 per person. An abbreviated tasting menu is available in the restaurant's salon with "cocktail seating" for \$180 per person with a wine pairing option of \$150 per person. Prices do not include gratuity. Dietary restrictions must be requested upon making a reservation on Open Table or by calling the restaurant; however, not all can be accommodated. Cancellations must be made 48 hours prior to reservation to avoid a \$275 (plus tax) per person cancellation charge (470 Pacific Avenue, 415-775-8500, [quincerestaurant.com](http://quincerestaurant.com)).

Clearly dining at these restaurants is meant to be a luxurious, extravagant experience, and perhaps something to look forward to for an unforgettable evening on the town.

*Editor's note: For a complete list of San Francisco's most exclusive restaurants, visit [marinatimes.com](http://marinatimes.com)*

Email: [julie@marinatimes.com](mailto:julie@marinatimes.com)



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## The Tablehopper ∴ Something new



French pastries galore will fill the shelves at the upcoming One65. PHOTO: COURTESY CHRISTIAN ANDRADE

## Five restaurant projects to look forward to in 2019

BY MARCIA GAGLIARDI

**T**HE RESTAURANT BUSINESS MAY BE harder than ever to succeed at in San Francisco, but it's not stopping these new projects. (And we're not just talking fast-casual places, although Souvla opening in the Marina will certainly be welcome.) Here are five additional projects to look forward to.

### NOOSH

This is the Eastern Mediterranean restaurant opening in Fillmore Street's former Thai Stick from Laura and Sayat Ozyilmaz, who have made quite a name for themselves with their Istanbul Modern pop-up series on Feasty. With a fine-dining background in East Coast Michelin-starred restaurants like Eleven Madison Park and Le Bernardin, and in San Francisco at Saison and Mourad, they are steeped in technique, but will be keeping things casual at Noosh. Look for Turkish flavors, inspiration from Israel, Greece, and Armenia, house-made pita bread, and more. Cocktails from Andrew Meltzer will be top-notch. They have been hosting private events in December, and January is looking likely for opening (2001 Fillmore Street).

### ONE65

Francophiles are excited for this 25,000-square-foot, six-story project envisioned by James Beard Award-winning, Michelin-starred chef and partner Claude Le Tohic. Look for French fine-dining restaurant on the fifth floor O' (a play on the O'Farrell address); One65 Patisserie (serving breakfast and lunch); One65 Bistrot (serving Cal-French comfort food, with an open kitchen and a Josper charcoal grill from Spain); and One65 Lounge and Bar (with a whiskey library and views of Union Square from the fourth floor). San Francisco-based D-Scheme Studio is overseeing the design, with a focus on sustainability: Recycled and sustainable materials dictate much of the bistro's design, from the recycled cork flooring to recycled porcelain paneling. The patisserie is due to open first, with the remaining floors to follow (165 O'Farrell Street).

### VERJUS

Quince and Cotogna's Michael and Lindsay Tusk plan to open a stylish and casual wine bar in the former Chiaroscuro space (which also housed Daniel Patterson's first restaurant, Elisabeth Daniel, and George Morrone's Tartare). According to a job listing, the concept "[i]s a ... Cave à Manger ... [b]orn out of archaic Parisian licensing laws that forbade wine retailers to open and serve bottles of wine in their own stores without offering food to patrons ... [t]he Cave à Manger typically marries simply pre-

pared, high-quality ingredients with wines sourced from a diverse array of wine regions with an emphasis on lesser-encountered appellations, responsibly farmed terroir and vigneron on the vanguard of natural wine making." Look for a retail component as well, with wine, housewares, and more. It's looking close, and January is likely (550 Washington Street).

### IL CASARO

Fans of the Neapolitan pizzas at Il Casaro in North Beach will have a second location to visit in January, which will be getting some excellent pizza. Opening in the former Chilango space, co-owner Francesco Covucci (with Peter Fazio) will mostly be offering the same delicious and affordable pizza and antipasti menu, but with the full kitchen here, a few more antipasti and pastas will be added. There will be a little more seating — they are developing a patio in the back. They also filed to serve full liquor, so I'm looking forward to Negronis here (235 Church Street).

### AMARA

Timing on this one is hazy, but Mourad Lahlou will be opening Amara in his former Aziza space, spanning the cuisine of Northern Morocco and Moorish influences on Mexico (the name refers to the Moors in Spanish). Lahlou is bringing back Aziza's former chef de cuisine, Louis Maldonado (The French Laundry), and this will be the first restaurant of its kind in the United States. Anyone who knows the history of tacos al pastor is familiar with the many Middle Eastern influences in Mexican cuisine, from cooking techniques to ingredients and spices.

The menu will be inspired by abundant family gatherings with dishes to share, like cumin- and chili-braised lamb shanks with smoked lamb and tomato, and wilted greens; and roasted chicken legs with caramelized bone and ancho chili glaze, yam, mint, and toum (garlic paste). Pastry chef Annemarie Catrambone will take inspiration from Mexican paleta and ice cream shops and the French influence on pastries in Morocco for her desserts.

The space is undergoing a massive renovation, but Aziza's good bone structure will still be felt. Look for some textures, colors, and patterns of Moroccan marketplaces and contemporary touches. Dinner will be served nightly, and weekend brunch will also be on offer (5800 Geary Boulevard).

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](http://tablehopper.com). Follow @tablehopper on Twitter and Instagram for more culinary finds.



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Art World :: History

# Presidio exhibitions reflect Japanese American incarceration during World War II

BY SHARON ANDERSON

## 'THEN THEY CAME FOR ME'

*First They Came* is a poem written by the German Lutheran pastor and theologian Martin Niemöller about cowardice in the face of the rise of the Nazi party leading up to World War II. The United States Holocaust Memorial Museum quotes this portion of the text:

*First they came for the socialists, and I did not speak out —*

*Because I was not a socialist.*

*Then they came for the trade unionists, and I did not speak out —*

*Because I was not a trade unionist.*

*Then they came for the Jews, and I did not speak out —*

*Because I was not a Jew.*

*Then they came for me — and there was no one left to speak for me.*

From Jan. 18 through May 27, 2019, the Jonathan Logan Family foundation partners with the National Japanese American Historical Society and J-Sei to present "Then They Came for Me: Incarceration of Japanese Americans During WW II and the Demise of Civil Liberties." This multimedia exhibition will feature notable photographers including Dorothea Lange, Clem Albers, and Ansel Adams along with the U.S. government's War Relocation Authority's commissioned photographers.

This story began with Executive Order 9066, issued on Feb. 19, 1942. Franklin D.

Roosevelt's order authorized the Secretary of War to assign areas as military zones "... from which any or all persons may be excluded." Exclusion came to mean Japanese Americans who were then moved to internment camps out of racially motivated fear instead of a justifiable military necessity.

The exhibition tells the stories of the forced removal of 120,000 Japanese American citizens from their homes without due process or constitutional protections. Photos documenting Japanese American citizens being evicted from their homes and their subsequent lives in the camps are taken from the images discovered in the National Archives for the book *Un-American: The Incarceration of Japanese Americans During World War II* by Chicago-based photographers Richard Cahan and Michael Williams. Included are artifacts made by incarcerated, historical documents, and images of daily life in the camps by artists and inmates Toyo Miyatake and Mine Okubo. One of the dominant themes of this exhibition is the

state-sanctioned racism that encouraged anti-Japanese sentiments at the end of the 19th century. The condition of the camps and the irreparable harm done to Japanese American citizens included loss

of personal properties, businesses, and a stripping of identity because the dark message was received and understood that they were outcasts.

"Then They Came for Me" will host a series of programs featuring author Duncan Williams with musician scholars No No Boy, Kambara & Dancers, and a talk



Detail of Clem Albers, *Arcadia, California*, April 5, 1942. PHOTO: NATIONAL ARCHIVES

about tracing the subjects of Dorothea Lange's photographs with photo historians Richard Cahan and Michael Williams along with Lange's official biographer, Elizabeth Partridge. Additional events will include conversations on the current state of U.S. immigrant detention camps, the Muslim ban, and rise of Islamophobic hate crimes, film screenings, music, family activities, and more.

"Then They Came for Me:" Wednesday-Sunday 10 a.m.-6 p.m. Jan. 18 through May 27, free, *Futures Without Violence*, 100 Montgomery St., [thentheycame.org](http://thentheycame.org). Public reception Friday, Jan. 18, 7-9 p.m.

## 'EXCLUSION'

Extended through Spring 2019, this special exhibition, "Exclusion: The Presidio's Role in World War II Japanese American Incarceration," examines the Presidio's role in the unjust incarceration of Japanese Americans for the purpose of "national security." The Presidio, as headquarters of the Western Defense Command, was a source of 108 civilian exclusion orders. These actions forced the evacuation of Japanese Americans for the duration of

the war. "The Presidio of San Francisco played a pivotal role in the mass incarceration of Japanese Americans during World War II," explains Presidio Trust curator Liz Melicker. "This exhibition encourages reflection and invites visitors to investigate the issues and decisions that led to this dark chapter in American history. How did leaders arrive at the decision to incarcerate Japanese Americans, two-thirds of whom were U.S. citizens? How did Japanese Americans and others respond to the violation of their civil liberties? And what, as a nation, have we learned that can help us address present-day issues such as mass incarceration, immigration reform, and racial profiling?" The Presidio hopes the exhibition will start a meaningful dialogue to use the lessons of the past to transform injustice into tolerance and acceptance.

"Exclusion:" Tuesday-Sunday 10 a.m.-5 p.m. through spring 2019, free, *Presidio Officers' Club*, 50 Moraga Ave., 415-561-5300, [presidio.gov](http://presidio.gov)

Sharon Anderson is an artist and writer in Southern California. She can be reached at [mindtheimage.com](http://mindtheimage.com).

## This exhibition invites you to investigate what led to this dark chapter in American history.

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

# The Marina Books Inc. best-seller list

COMPILED BY BRIAN PETTUS

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7. **The Fifth Risk**, by Michael Lewis (hardcover)
8. **There, There: A Novel**, by Tommy Orange (hardcover)
9. **Less**, by Andrew Sean Greer (paperback)

10. **Frederick Douglass: Prophet of Freedom**, by David W. Blight (hardcover)

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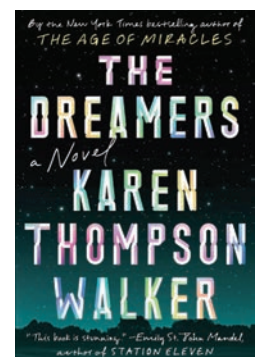
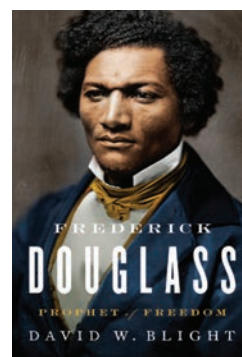
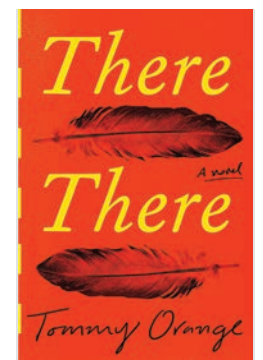
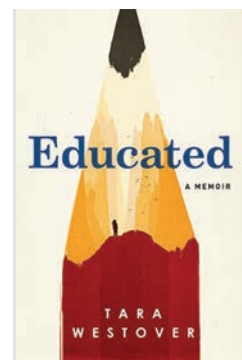
**Truths We Hold**, by Kamala Harris

From one of America's most inspiring political leaders is a book about the core truths that unite us, and the long struggle to discern what those truths are and

how best to act upon them, in her own life and across the life of our country. By reckoning with the big challenges we face together, drawing on the hard-won wisdom and insight from her own career and the work of those who have most inspired her, Kamala Harris offers in *The Truths We Hold* a master class in problem solving, in crisis management, and leadership in challenging times.

**Woman Inside**, by E.G. Scott

An impossible-to-put-down domestic thriller about secrets and revenge, told from the perspectives of a husband and wife who are the most perfect, and the most dangerous, match for each other. What follows is an unpredictable and stylish game of cat and mouse — a shocking tale of unfaithfulness and unreliability that will keep you racing until the final twist and make you wonder how well you really know your spouse.



**The Dreamers**, by Karen Thompson Walker

An ordinary town is transformed by a mysterious illness that triggers perpetual sleep in this mesmerizing novel from the *New York Times* best-selling author of *The Age of Miracles*. Written in luminous prose, *The Dreamers* is a breathtaking and

beautiful novel, startling and provocative, about the possibilities contained within a human life — if only we are awakened to them.

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

## Playing favorites with 2018's best movies

BY MICHAEL SNYDER

**T**HE START OF A NEW YEAR is an ideal time to reflect on the previous 12 months. For someone who reviews movies, that means assembling a best-of-the-previous-year list. So without further ado, here are my top choices for live-action nondocumentary feature films for 2018, in alphabetical order. For a complete listing, including my favorite documentaries, animated features, genre films, and overlooked gems, visit [marinatimes.com](http://marinatimes.com).)

### 'BLACKKKLANSMAN'

It's not strictly a comeback. Still, director Spike Lee has given us his most impactful release in a few years: a feature inspired by the true story of an African-American cop in 1970s Colorado who infiltrates a local chapter of the Ku Klux Klan by using his white fellow detective as a front. Taut, witty, and chillingly relevant today, it's up there with Lee's finest work.

### 'BURNING'

This tale of a twisted love triangle, arson, and duplicity from South Korean director Chang-dong Lee is a perfectly strange and thoroughly compelling

thriller. Though actor Steven Yuen is best-known as the noble Glenn on TV's *The Walking Dead*, he totally nails the manipulative, enigmatic bad boy he plays here.

### 'CAN YOU EVER FORGIVE ME?'

In a major stretch from her broad slapstick comedy parts, Melissa McCarthy gives what might be the most impressive and thoroughly realized performance of her career in a dramedy based on the actual scam perpetrated by down-on-her-luck celebrity biographer Lee Israel, who learns she can make money by forging autographs of famous people.

### 'EIGHTH GRADE'

As coming-of-age movies go, this one — concerning a thoughtful plain-Jane 13-year-old girl trying to endure the turmoil of suburban adolescence in the perilous age of social media — is a vivid, honest, sometimes painful, sometimes charming, small-scale slice of humanity.

### 'THE FAVOURITE'

Brilliantly acted, lushly appointed, and incredibly relevant in its treatment of governmental power plays, class conflict, and gender issues, this 18th-cen-

tury period piece involves a rivalry for the favor of England's sickly Queen Anne (Olivia Colman), pitting her closest friend and advisor Lady Sarah (Rachel Weisz) against ambitious servant girl Abigail (Emma Stone).

### 'GREEN BOOK'

In the early 1960s, a working-class Italian-American tough guy (Viggo Mortensen) agrees to drive the erudite, uptight, African-American chamber jazz pianist Dr. Don Shirley (Mahershala Ali) on a concert tour that heads into the segregated Deep South with all the challenges it will entail. Director and co-screenwriter Peter Farrelly's uplifting, heartfelt, and amusing movie dramatizes the journey, with sterling performances by his two lead actors.

### 'THE GUILTY'

There's tension galore in this brutally effective Danish crime drama set at an emergency call center where a cop awaiting an internal affairs ruling has been temporarily assigned. When a woman phones in, says she's being kidnapped, and is suddenly disconnected, the cop — who may be her only hope — launches a harrowing investigation from the confines of his desk.



Rachel Weisz in the film *The Favourite*. PHOTO BY YORGOS LANTHIMOS; © 2018 TWENTIETH CENTURY FOX FILM CORPORATION ALL RIGHTS RESERVED PHOTO:

### 'HEREDITARY'

When the matriarch of a seemingly ordinary family dies, her daughter, brilliantly played by Toni Collette, begins to realize some truly freaky things about her ancestry that will impact her own teenage son and daughter. The result is an extremely effective horror movie that's scary in unexpected ways and downright unnerving in its depiction of the occult.

### 'LEAVE NO TRACE'

Ben Foster is fierce and loving as the father in a provocative yet poignant drama about a resourceful, off-the-grid single dad — a veteran of the Middle East conflict — and his pubescent daughter on an odyssey of survival in the unforgiving wilds (backwoods and urban) of contemporary America.

### 'ROMA'

A true auteur, Alfonso Cuarón (*Y Tu Mama Tambien*, *Gravity*) delivers his most elegant and accomplished movie to date — a somewhat autobiographical drama he wrote, directed, and edited. Set during the early 1970s in Mexico City and meticulously shot in glistening, high-resolution black-and-white, it focuses on the members of a well-off family and their domestic help, particularly devoted housekeeper Cleo, as they grapple with personal tragedy, class distinctions, and the era's revolutionary fervor.

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

# JANUARY EVENTS

## NOT TO MISS THIS MONTH

### MAJOR EVENTS

#### Shen Yun Performing Arts

Daily, Jan. 1–7

#### War Memorial Opera House

Enjoy a spectacular, colorful, and exhilarating performance of classical Chinese dance and music. \$80–\$400, 888-974-3698, shenyun.com



#### 18th Annual S.F. Sketchfest

Tue.–Sun., Jan. 10–27

#### Various S.F. venues

Tributes feature Carol Burnett, Margaret Cho, and W. Kamau Bell in the 2019 iteration of this nationally recognized comedy festival that mixes national headliners, local favorites, and the best up-and-coming groups for sketch, improv, stand-up, and alternative comedy. Visit [website](http://website.com) for schedule/tickets.sfsketchfest.com

PHOTO: BIG TERRIFIC WITH JENNY SLATE, GABE LIEDMAN & MAX SILVESTRI; SFSKETCHFEST.COM

#### 6th Annual FOG Design & Art Fair

Preview Gala: Wednesday, Jan. 16, 4–10 p.m.

Fair: Thu.–Sun., Jan. 17–20, 11 a.m.

#### Festival Pavilion, Fort Mason Center

This fair celebrates today's most significant creatives and leading contributors to the worlds of design and visual arts by assembling 45 leading international galleries, including some of the most prominent dealers of 20th-century and contemporary art and design, including 21POP, a special installation by designer Stanlee Gatti. Preview the show at the gala and enjoy live entertainment, fine food, and cocktails. Proceeds benefit SFMOMA. \$25 (fair), \$175 & up (gala); 415-745-3315, fogfair.com

#### 29th Anniversary of the Sea Lions' Arrival

Saturday, Jan. 19, 10:30 a.m.–3:30 p.m.

#### K-Dock, Pier 39 and Sea Lion Center

Celebrate with free Sea Lion Encounter Walking Tours given by Aquarium of the Bay naturalists. Tour participants also receive a complimentary beverage and special discounts at select Pier 39 businesses. Visit [website](http://website.com) for updates. Free, 415-262-4734, pier39.com

#### S.F. Ballet 2019 Opening Night Gala

Wednesday, Jan. 23, 5 p.m.

#### City Hall & War Memorial Opera House

Start with an elegant cocktail reception and dinner at City Hall, then head to the Opera House for free prosecco followed by the performance, then head back to City Hall for an after party and mingle with ballet dancers while enjoying live music, dancing, complimentary cocktails, refreshments, and desserts. Visit [website](http://website.com) for packages and pricing options, 415-865-2000, sfballet.org

#### S.F. Restaurant Week

Daily, Jan. 23–31

#### Various S.F. restaurants

Dine at nearly 130 of your favorite restaurants offering two-course lunches for \$15 and \$25 and three-course dinners for \$40 and \$65. Visit [website](http://website.com) for participating restaurants. 415-781-5348, sfreastaurantweek.com

#### 19th Annual Edwardian Ball & World's Faire

Faire: Friday, Jan. 25, 8 p.m.–2 a.m.

Ball: Saturday, Jan. 26, 8 p.m.–2 a.m.

#### Regency Ballroom (1300 Van Ness Ave.)

This description-defying, high camp, whimsical, and surrealistic two-day festival is a living interpretation and celebration of the stories of the late macabre cult author, comic artist, illustrator, and cartoonist Edward Gorey. \$65 (faire), \$85 (ball); visit [website](http://website.com) for packages, edwardianball.com

### COMMUNITY CORNER

#### Omochitsuki! Mochi-Pounding Ceremony

Saturday, Jan. 12, 11 a.m.–2 p.m.

#### Loggia & Samsung Hall, Asian Art Museum

Celebrate the Japanese New Year with Kagami Kai, an acclaimed mochi group, as it presents the colorful and exciting new year tradition of mochi pounding to make delectably sweet rice cakes, with music, dance, and traditional costumes. As part of the day, paint a Year of the Boar netsuke (charm) and make a wish for the new year. Free with admission (\$15), 415-581-3500, asianart.org

#### MLK 2019: We Are in This Together

Fri.–Mon., Jan. 18–21

#### Various S.F. locations

Celebrate Martin Luther King Jr. Day with lectures; an interfaith evensong, community breakfast; film, comic arts, wellness, and music festivals; a march/parade; and more. Visit [website](http://website.com) for schedule. Free, 415-857-0595, sfmlkday.org

#### Women's March Bay Area

Saturday, Jan. 19, 11:30 a.m.–3 p.m.

#### Civic Center

Reaffirm your commitment to building a positive and just future for all, and to celebrate the spirit of resistance efforts over the past year. The marches are designed to engage and empower all people to support women's rights, human rights, social and environmental justice. Free (donations appreciated), register at [womensmarchbayarea.org](http://website.com)

#### Martin Luther King Jr. Day of Service

Monday, Jan. 21

#### Golden Gate National Park locations

Commemorate MLK day in family-friendly events to help grow and restore cherished natural parklands. Registration required; visit [website](http://website.com) for projects/locations. Free, 415-561-3077, volunteer@parksconservancy.org, parksconservancy.org

#### Homeless Point in Time Count

Thursday, Jan. 24

#### Volunteer training: 7–8 p.m.

#### Street count: 8 p.m.–midnight

The Department of Homeless and Supportive Housing (HSH) is looking to recruit at least 500 volunteers to join them for the HUD-mandated census of the homeless population. Free, 669-247-7085, surveymonkey.com/r/2019SFPitCount

### GALAS AND BENEFITS



#### Japanese New Year Celebration with Osechi Ryori

Thursday, Jan. 10, 6–9 p.m.

#### Hotel Kabuki (1625 Post St.)

Experience traditional Japanese New Year's cuisine, "osechi ryori," an elaborate preparation of dishes with special significance for the new year. Proceeds benefit the Japantown Foundation. \$200 & up, 714-768-8202, japantownfoundation.org

PHOTO: FLICKR.COM/TREEVILLAGE

### MUSEUMS & GALLERIES

#### SFMOMA Artists Gallery: Small Works Show

Daily through Jan. 20

#### Bldg. C, Suite 260, Fort Mason Center

This survey of artists who work at the gallery features drawing, mixed media, painting, photography, wood sculpture, and more from local artists. Exhibiting artists include John Bucklin, Lutz Hornischer, Beryl Landau, Gloria Matuszewski, Paul Oikawa, Sarupa Sidaarth, and Marie Van Elder, among others. Free, 415-447-4777, sfmoma.org

#### Gauguin: A Spiritual Journey

Tue.–Sun. through April 7,

9:30 a.m.–5:15 p.m.

#### de Young Museum

(50 Hagiwara Tea Garden Dr.)

Through paintings, wood carvings, ceramics, this exhibition explores Gauguin's inner quests and imaginings — his spiritual journey — and how his intimate relationships with his wife, other artists, and people he encountered during his sojourns shaped his experiences, his work, and his development as an artist. \$28, 415-750-3600, famsf.org



#### The Sea Ranch: Architecture, Environment, and Idealism

Thu.–Tue. through April 28, 10 a.m.

#### SFMOMA (151 Third St.)

North of San Francisco 150 miles, and perched on the edge of 10 miles of rugged, wind-swept coast, is a touchstone of 20th-century architectural history — The Sea Ranch. Conceived in 1964 by developer Al Boeke and a group of Bay Area architects, landscape architects and graphic designers including Charles Moore, Joseph Esherick, William Turnbull, Lawrence Halprin, and Barbara Stauffacher Solomon, this development was founded as the antithesis of suburban sprawl. With the open-minded optimism of 1960s California as a jumping-off point, The Sea Ranch was designed as a modern model community combining affordable living with exemplary architecture and a shared commitment to "live lightly on the land."

This exhibition explores the early concepts and plans of this seminal Northern California Modern development, and features archival and contemporary photographs, original drawings and sketches from the project's designers and a full-scale architectural replica.

"In mid-20th century California, Modern architecture represented social progress. It signaled a shirking of tradition and bold new models for living. The Sea Ranch was envisioned as a place to embrace the land, a particularly moody and memorable land, that could expand California's existing indoor-outdoor lifestyle beyond cloudless skies and manicured golf courses," said Jennifer Dunlop Fletcher, Helen Hilton Raiser Curator of Architecture and Design. "The exhibition at SFMOMA revisits the earliest designs and concepts for The Sea Ranch, which embodied the progressive ideals of the initial team who designed for higher environmental standards and architectural excellence." \$25, 415-357-4172, sfmoma.org

### THEATRE

#### SHNSF: Come From Away

Tue.–Sun., Jan. 8–Feb. 3

#### Golden Gate Theatre (1 Taylor St.)

Don't miss this acclaimed Broadway hit about the remarkable true story of the 7,000 stranded passengers from 38 diverted planes after 9/11 and the small town in Newfoundland that welcomed them. \$56–\$256, 888-746-1799, shnsf.com

#### S.F. Playhouse: King of the Yees

Tue.–Sun., Jan. 22–March 20

#### 450 Post St. (Kensington Park Hotel)

Lauren Yee's father has been a driving force in the Yee Family Association, a Chinese American men's club formed 150 years ago. But when her father goes missing, Lauren must plunge into the rabbit hole of San Francisco Chinatown and confront a world both foreign and familiar. \$20–\$125, 415-677-9596, sfplayhouse.org

#### 34th Annual Fog City Magic Fest

Wed.–Sat., Jan. 23–26

#### Exit Theatre (156 Eddy St.)

Don't miss seven shows and events by some of the Bay Area's best and most acclaimed magicians. \$20–\$30 (individual shows), \$100 (festival pass), 415-931-1094, theexit.org

#### ACT: Seascape

Tue.–Sun., Jan. 23–Feb. 17

#### 405 Geary St.

In Edward Albee's wildly imaginative and satirical comedy, a newly retired couple picnics on a beach and squabbles about their life together when they are interrupted by two human-sized, English-speaking lizards. As the two pairs begin to communicate, they come uneasily together, discovering how transitions in life can spark terror and restlessness in any creature of habit in this sparkling fantasy of growing up and growing old, fear and adventure, love, and laughter. \$15–\$125, 415-749-2228, act-sf.org

#### The Dos and Don'ts of Time Travel

Fri.–Sun., Jan. 11–13

Thu.–Sun., Jan. 17–20

Thu.–Sat., Jan. 24–26

#### Phoenix Theatre (414 Mason St.)

Zoey is a time traveler, reliving the same two years of her life over and over again — the two years leading up to her girlfriends' death. But in a universe of endless possibilities, it's impossible to have the same relationship twice, even if all the players are the same. Will Zoey be able to change the past? Does she even really want to? \$15–\$50, quantumdragon.org

### DANCE

#### Fresh Festival 2019

Fri.–Sat. through January

#### Joe Goode Annex (401 Alabama St.)

Performances feature radical and risk-taking dance, music and performance makers each weekend, utilizing the stage as a platform for embodied research and new material. Visit [website](http://website.com) for themes. \$25–\$35, dancersgroup.org

### MUSIC

#### Chris Botti

Tue.–Sun., Jan. 8–13

#### SFJazz (201 Franklin St.)

The best-selling melodious jazz trumpeter, who has recorded with Sting, Paul Simon, Joni Mitchell, Frank Sinatra, Yo-Yo Ma, John Mayer, Steven Tyler, and the Boston Pops, performs. \$55–\$150, 866-920-5299, sfjazz.org

#### Esa-Pekka Salonen & the S.F. Symphony

Fri.–Sun., Jan. 18–20

#### Davies Symphony Hall

Be among the first to experience the much-anticipated new director of the symphony in a multifaceted program featuring Sibelius, Strauss, and Anna Thorvaldsdottir. \$45–\$225, 415-864-6000, sfsymphony.org



Paula West

Friday, Jan. 25, 7:30 p.m.

#### Herbst Theatre

Don't miss S.F.'s beloved jazz artist singing a full program of Bob Dylan songs. \$40, 415-392-2545, sfperformances.org

### NIGHTLIFE

#### Tia Carroll

Sunday, Jan. 6, 7 p.m. & 9 p.m.

#### Biscuits & Blues (401 Mason St.)

Over the past decade, Tia Carroll's star has been rising on the West Coast. She has shared the stage with Ray Charles, Jimmy McCracklin, and Sugar Pie DeSanto. Hear her at the top of her form. \$20, 415-292-2583, biscuitsandblues.com

#### La Piñata: Free Latin EDM Party

Thursday, Jan. 24, 9 p.m.–2 a.m.

#### Pop's Bar (2800 24th St.)

It's been a long week; just have fun with D.J. Clave's offerings of classic Latin electronic dance music. Free, facebook.com

## Foreverland

Friday, Jan. 25, 9 p.m.

Bimbo's 365 Club (1025 Columbus Ave.)

Since 2009, Foreverland has been bringing life to Michael Jackson hits. Also appearing is the notorious dance band called Notorious. Ages 21 & up. \$22, 415-474-0365, [bimbos365club.com](http://bimbos365club.com)

## FILMS & LECTURES



Mary Poppins

Sat.–Sun., Jan 5–6

Davies Symphony Hall

It's not cheap, but it's also not a cheap knock-off of the original Julie-Andrews-starring classic. It's the real deal, accompanied by the San Francisco Symphony under the direction of Ted Sperling. \$95–\$225, [sfsymphony.org](http://sfsymphony.org)

## Dr. Dean Ornish and Anne Ornish: How Lifestyle Changes Can Reverse Most Chronic Diseases

Wednesday, Jan 16, 6:30 p.m.

The Commonwealth Club (110 The Embarcadero)

Can lifestyle medicine actually change your health and well-being? The Orinishes will explain what is needed to make this lifestyle change to make a radical health change. \$60, 415-597-6715, [commonwealthclub.org](http://commonwealthclub.org)

## 17th Annual San Francisco Film Noir Festival

Daily, Jan. 25–Feb. 3

Castro Theatre (429 Castro St.)

The largest noir film festival in the world returns for a 10-night feast of danger, desire, and despair. \$125 (passport), \$13 (individual programs), [noircity.com](http://noircity.com)

## SCIENCE & ENVIRONMENT

### Sketchfest Nightlife

Thursday, Jan. 17, 6 p.m.

California Academy of Sciences

Humor and science — what could be more natural? Join talent from the Sketchfest Comedy Festival, along with podcast personalities, literary terribleness, and more for a nerdy night of fun. Ages 21 & up, \$12–15, 415-379-8000, [calacademy.org](http://calacademy.org)

### After Dark: Radioactive

Thursday, Jan. 24., 6–10 p.m.

The Exploratorium (Pier 15)

Oh, no! Radiation! Learn about unstable atoms, how to master them, and their effects on the human body. \$15–\$20, 415-528-4444, [exploratorium.edu](http://exploratorium.edu)

### Can California Go Carbon Neutral?

Thursday, Jan. 31, 6:30 p.m.

The Commonwealth Club (110 The Embarcadero)

Experts ranging from the former president of Shell Oil to the chair of the California Air Resources Board will talk about the possibility of the entire state of California running on zero-carbon electricity. \$20, 415-597-6715, [commonwealthclub.org](http://commonwealthclub.org)

## POTABLES & EDIBLES

### Good Food Awards Marketplace

Sunday, Jan. 13, 9 a.m.–2 p.m.

Fort Mason Center

Meet the 2019 Good Food Award winners and sample and purchase food and drink created by artisans from 40 U.S. states in five U.S. regions representing 16 culinary categories. \$5–\$20, [goodfoodfdn.org](http://goodfoodfdn.org)

### Zinfandel Experience

Thu.–Sun., Jan. 17–20

2 New Montgomery

Enjoy a winemaker dinner, auction, and grand tasting at the most comprehensive showing of Zinfandels and blends in the world. Visit website for schedule and pricing options. 530-274-4900, [zinfandelextperience.com](http://zinfandelextperience.com)

## The Secrets to Food & Wine Pairing

Sunday, Jan. 27, 1–4 p.m.

Naked Kitchen (945 Valencia St.)

Enjoy wines by Kristie Tacey of Tessier Wines paired with five courses prepared by chef Lamont Perriman with a discussion on food pairing ideas and learning about winemaking and why each wine was chosen for a specific dish. \$85, [eventbrite.com](http://eventbrite.com)

## CHILD'S PLAY

### Breakfast with Enzo

Thursdays & Fridays, 11 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 2–4. Free, (donations welcome), 415-437-0100, [sportsbasement.com](http://sportsbasement.com)

### YBike Learn to Ride Program

Sunday, Jan. 6, 11 a.m.–2 p.m.

Main Post, corner of Anza & Owen Sts., the Presidio

Get your kids riding on two wheels with free, safe, and friendly instruction from the Presidio Community Y. Bikes and equipment provided. All ages, registration suggested. 415-447-9622, [presidio.gov](http://presidio.gov)

### Snow White & The Seven Dwarfs

Saturdays, Jan. 27–March 16

Cowell Theater, Fort Mason Center

This new production of a much-loved fairy tale features catchy songs, whimsical characters, magical adventures, and an enchanted mirror. Following the performances, children of all ages can meet and be photographed with the characters and get autographs. Ages 4–8. \$15–\$18, 415-248-2677, [ctasf.org](http://ctasf.org)

## SPORTS & WELLNESS



### Yoga on the Labyrinth

Tuesday, Jan. 8 & 15, 6:15–7:30 p.m.

Grace Cathedral

Join teacher and author Darren Main for this gentle and nurturing yoga practice. All ages and abilities welcome. Bring a yoga mat and other props you like, and dress in layers; the cathedral can be cool. \$10–\$20 suggested donation, 415-749-6300, [gracecathedral.org](http://gracecathedral.org)

PHOTO: GRACECATHEDRAL.ORG

### Allstate Hot Chocolate 15K/5K

Sunday, Jan. 13, 7:20 & 8:10 a.m.

Golden Gate Park

This USATF-certified course that runs along the Great Highway has been certified for distance accuracy and will have sweet stations with marshmallows, chocolate chips, and M&Ms to enjoy along your way. \$49 & \$69, [hotchocolate15k.com](http://hotchocolate15k.com)

### Psychedelic Breath Meditation

Wednesday, Jan. 16, 6:30–8:30 p.m.

Morrison Planetarium, Cal Academy of Sciences

This 90-minute state-shifting practice delivers deep self-exploration that harnesses the power of your body to clear out mental, emotional, and physical blockages. \$30, [eventbrite.com](http://eventbrite.com)

E-mail: [calendar@marinatimes.com](mailto:calendar@marinatimes.com)

### Calendar listings

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

Visit [marinatimes.com](http://marinatimes.com) for additional calendar listings. For sponsored listings, call 415-815-8081.

# Snow White and the Seven Dwarfs

Children's Theatre Association of San Francisco Presents



Sunday January 27 - 2pm

Saturdays Feb 9, 23 & March 2

10:30 am & 1 pm

Saturday March 16 - 10:30 am

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

Tickets  
\$15 children  
\$18 adults

For tickets and information  
visit [www.ctasf.org](http://www.ctasf.org)  
or call (415) 248-2677  
or [Facebook.com/CTASF](https://www.facebook.com/CTASF)

Director: Bill Starr  
Musical Director: Bill Keck  
Producers:  
Debi Curley  
Nancy Leavens



Produced by special arrangement with The Dramatic Publishing Company of Woodstock, Illinois

## January Outreach 2019

### Community Input Needed for New Arts Initiatives

With the passage of Proposition E, the Restoration of Hotel Tax for Arts and Cultural Purposes, the San Francisco Arts Commission and Grants for the Arts will receive new funding to help support a variety of arts initiatives throughout the city! During the month of January, we will hold a series of public meetings as well as a town hall on Wednesday, February 6 at the Herbst Theater (401 Van Ness) at 5 p.m. To gather community feedback on how the new funds would best support the arts and culture sector in San Francisco. Information on how to get involved can be found at [startscommission.org](http://startscommission.org).

**Help Improve Future Muni bus service** in San Francisco's Southeastern Neighborhoods – Bayview, Hunters Point, and Visitacion Valley

Help the SFMTA Expand and Improve future Muni bus service in Southeast San Francisco by completing this 10-minute survey.

Please visit [SFMTA.com/semuniexpansion](http://SFMTA.com/semuniexpansion) to take the survey online and learn more about the project.

**Tax season is here!** Find free tax preparation sites and learn how to apply for tax credit programs that may help you earn more money back.

- San Francisco Working Families Credit (up to \$500)
- California State Earned Income Tax Credit (up to \$2,900)
- Federal Earned Income Tax Credit (up to \$6,400)
- Child Tax Credit (up to \$2,000)

Learn more at [freetaxhelpsf.org](http://freetaxhelpsf.org)

Call 211 to make an appointment at a site near you.

Free tax services are available to households with a 2018 income of \$55,000 or less. Tax deadline is April 15, 2019.

### Get out and play in the new year!

Registration for SF Recreation and Park winter classes is going on now. From art and early education classes for tots to Zumba lessons for adults and seniors, we have something for everyone in the family.

At SF Recreation and Parks, everyone can get out and play! We offer full or partial scholarships for low-income families, ensuring that everyone can enjoy our wide selection of classes and programs.

Log on to [sfrecpark.org](http://sfrecpark.org) today to browse our catalog or to find information on how to register—online or at 14 locations throughout the city.

Child support matters can be complicated, stressful, and confusing. The Department of Child Support Services helps parents understand the process so they know their rights and options for making and receiving support payments. Call us today at (866) 901-3212 or visit our office at 617 Mission Street to learn how we can help you. Information is also available online at [www.sfgov.org/dcsc](http://www.sfgov.org/dcsc).

### Come see your local government at work!

**The Board of Supervisors hold weekly meetings most Tuesdays at 2:00 p.m. in Rm. 250 of San Francisco City Hall.**

### Share Your Best Thinking

Attend public comment during the full Board of Supervisors meetings, or a Committee meeting held weekly in the Legislative Chamber or the Committee Room (Rm. 263 of San Francisco City Hall)

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## The Healthful Life :: Weight control



Are you really hungry, or just in the mood to raid the refrigerator? PHOTO: ANDREY POPOV

## Determining the difference between hunger and appetite

BY CATHERINE BENTON

AS A NUTRITIONIST AND HEALTH coach, one of the most common questions I am asked is the difference between hunger and appetite. It is important to know they are two very different things. Understanding that difference can help you notice your eating habits so you can become healthier in 2019.

### HUNGER OR APPETITE?

Hunger is a physical sensation to eat — your stomach growls, you get hunger pangs, it is a physical drive to eat. If you are truly hungry, any food you eat will cure hunger.

Appetite is often psychological. If you crave a specific food type, and only that specific food will satisfy your craving, that is appetite. For example, we have all experienced wanting something sweet after dinner, even though we aren't hungry because we just ate a meal. We don't need the sweets; however, we want the dessert. That is appetite.

Appetite occurs for a number of reasons. Eating in response to emotions rather than physical hunger results in cravings for comfort foods, which are usually caloric, sweet, salty, and fatty. Cravings come from something other than hunger, and can be associated with sadness, fear, anxiety, avoidance, trauma, boredom, nostalgia, rewards, negative thinking, or happiness.

So the next time you get a craving, stop and ask yourself why you want this particular food, and try to get to the root cause of your craving.

### EMOTIONAL EATING

Eating is necessary for survival, but it is also social — try to think of a social situation that doesn't involve food. Emotional attachment to food can be traced to when we were babies — we cried and we were soothed with mother's milk. Getting food as a reward creates an emotional connection to food, either positive or negative. We all have an emotional connection to food that has nothing to do with true hunger.

You can recognize emotional eating by using a food journal. For one week, record everything you eat along with your emotions when eating. Put the journal away for one week, retrieve it, then reflect on your eating and feelings to determine any patterns. I had a client who ate ice cream alone at night. After discussing her food journal and recognizing her pattern,

I asked if anything had changed in her life, and learned her partner had moved out. She was eating ice cream to comfort herself — engaging in emotional eating because she was lonely.

Here are a few tips to prevent emotional eating. If you are craving a specific food, take a walk, try deep breathing or meditation, or eat something healthy to keep yourself from indulging. Also, make sure you are getting enough sleep. A lack of sleep can increase your appetite by almost 25 percent.

### IS IT HUNGER?

Most people feel hungry at specific times each day. If you usually eat breakfast, lunch, and dinner, you would expect to experience physical hunger during these times. Your stomach may growl and you have a strong desire to eat. If you get hungry in between meals, make sure you are not just thirsty. Dehydration often feels like hunger, so if you are hungry at times that are not traditional meal times for you, try drinking some water.

As you eat, be sure to eat slowly and mindfully, tasting and thoroughly chewing each bite. It takes 20 minutes to feel full because the hormonal signals that you ate need to be generated and reach your brain so you stop eating when you are full. If you eat too fast, you eat past this signal and when the hormones catch up to your brain, you are left feeling overfull and bloated. Use a hunger scale from 0-4 to determine if you are really hungry:

0: You are hangry, irritable, and may need to lie down.

1: You need to eat, you have physical hunger, your stomach is growling.

2: You are 100 percent satisfied, you are "good."

3: You are a bit too good, you are starting to feel uncomfortable, and you shouldn't have had that last bite.

4: You are stuffed, tired, bloated, and you need to unbutton your pants.

I hope you will be able to use all of these tools to help you determine if you are truly hungry or if your appetite is in the driver's seat. By being aware of your hunger and appetite, you will feel more in control and be able to make mindful decisions about your eating in the new year.

Catherine Benton is a nutritionist and life coach who lives in San Francisco. She is the co-founder and co-owner of Personalized Nutrition Solutions. Email: [catherine@personalizednutritionolutions.org](mailto:catherine@personalizednutritionolutions.org).



# Fun and simple resolutions for kids

BY LIZ FARRELL

**L**AST YEAR MY SON ASKED about New Year's resolutions and why people have them. I kept it light and positive and refrained from telling him how many people make them but don't actually follow through. My answer was more about the new year being a time to check in with yourself and reevaluate your priorities or goals for the year. This seemed reasonable to him, and he decided he was going to jump in on this tradition. It is actually a good time, several months after the start of the school year, to check in and reset behaviors for adults and children alike.

Here are a few ideas children young and older can adopt.

### START SIMPLE

Keeping resolutions small and simple will make them easier to attain. It will also ensure your children feel successful by sticking to their resolutions. My 6-year-old's resolution was to unpack his own backpack every day. This is small and simple but a huge help to me and gives him a sense of responsibility and independence. It also takes all of three minutes, so it is attainable and age appropriate.

Other ideas would be matching socks when folding laundry, bringing in the garbage cans on garbage day, and picking up toys. For older children, it may be eating more healthful snacks, packing their own lunch, or waking up five minutes earlier to ensure they are on time. The key is that the resolution be specific to each child and to encourage them to come up with their own. This helps them recognize a behavior they want to change and is a way for them to have more ownership over their responsibilities in the family.

### FOCUS ON OTHERS

Not all resolutions have to be about self-improvement. They can be about making a difference or trying to make the world a better place. Those are big, daunting, and may not be entirely attainable, but we can help break them down to simple, small gestures that can help achieve those same notions. Some ideas might be to smile or say hello to one person every day or holding a door open for someone else. These are common courtesies but seem to have gotten lost, so they feel more like small acts of kindness. For older children, they may be interested in volunteering or becoming

a pen pal with someone at a retirement home. In our home, homelessness is a topic of a lot of conversations, because unfortunately it has become such a part of our everyday life in San Francisco. Helping your child make bag lunches or toiletry bags they can bring to a shelter or give to people are simple ideas that won't solve the problem, but can teach children that we all need to be part of the solution.

### SOMETHING NEW

Another great way to ring in the new year is to commit to trying something new. This can be a little scary, but it forces us out of our comfort zone and teaches resiliency — skills that are beneficial throughout life. For older children this could be a new hobby or learning a foreign language or a musical instrument. Last year, both my older children started playing new instruments, and watching them struggle, work through frustrations, practice, and ultimately really enjoy it has been exciting both for them and for us as parents. For younger children, it could be having a new friend over, trying a new food, learning how to ride a bike, or brushing their own teeth. All of these require patience and



Resolve to learn a musical instrument. PHOTO: ANTONIO DIAZ

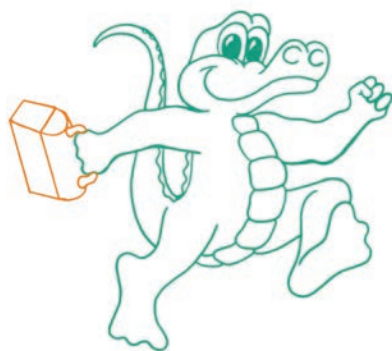
practice, but they also provide the most satisfying feeling when they discover they like a new food or can do something all by themselves.

Setting New Year's resolutions can be a fun family bonding experience. Having everyone make a resolution is a great way to model for our children that we all have things we want to improve on. As parents, we can help set a positive tone by focusing on the things they learned how to do or did well in the past year, then focus on this year. Once they come up with some ideas, have them write down one to two resolutions, then decorate it and hang it somewhere as a reminder. My daughter put hers

on her closet door, so she can see them first thing in the morning when getting her clothes.

Resolutions are personal and should be self-reflective, so as hard as it may be, we have to avoid micromanaging their process. We can do this by listening, guiding, and suggesting so their resolutions are attainable and age appropriate. And don't forget to talk about what the reward will be for keeping the resolution(s) — that is always the best part.

*Liz Farrell is the mother of three young children and the founder of TechTalks, a consulting group to help schools and families have productive and healthy conversations around social media and technology. Email: liz@marinatimes.com*



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# The Marina Times Real Estate Market Report: December 2018

By Alain Pinel Realtors

## SINGLE FAMILY HOME SALES

NEIGHBORHOOD	ADDRESS	BEDROOMS/BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
<b>Cow Hollow</b> (no sales)					
<b>Lake St.</b>	162 20th Avenue	2BR/1BA	\$1,670,000	Below	49
	108 11th Avenue	3BR/1+BA	\$1,870,000	Above	15
	2509 Lake Street	4BR/2BA	\$1,975,000	Above	79
	4924 California Street	5BR/4+BA	\$3,200,000	Below	47
<b>Laurel Heights</b> (no sales)					
<b>Lone Mountain</b> (no sales)					
<b>Marina</b>	152 Cervantes Blvd.	4BR/3+BA	\$3,550,000	Below	74
<b>Nob Hill</b>	1476 Pacific Avenue	3BR/3BA	\$2,300,000	Below	85
<b>North Beach</b> (no sales)					
<b>Pacific Heights</b>	1819 Baker Street	2BR/1BA	\$1,600,000	Below	51
	2588 California Street	3BR/3BA	\$2,550,000	Above	19
	2637 Broderick Street	5BR/3BA	\$6,650,000	Below	0
<b>Presidio Heights</b>	3577 Pacific Avenue	5BR/4BA	\$8,750,000	At	0
<b>Russian Hill</b>	2500 Leavenworth Street	4BR/2+BA	\$2,920,000	Below	46
<b>Sea Cliff</b>	224 32nd Avenue	4BR/2BA	\$3,800,000	At	0
<b>Telegraph Hill</b>	29 Alta Street	2BR/1BA	\$1,300,000	At	6

## CONDOS

NEIGHBORHOOD	ADDRESS	BEDROOMS/BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
<b>Cow Hollow</b>	2701 Van Ness Avenue #202	1BR/1BA	\$895,000	Above	24
	284 Pixley Street	1BR/1BA	\$1,230,000	Above	25
	1501 Filbert Street	2BR/2BA	\$1,360,000	Below	28
	282 Pixley Street	2BR/2BA	\$2,000,000	Above	22
	3036 Pierce Street	2BR/2BA	\$2,000,000	Above	13
<b>Lake St.</b>	5532 California Street	3BR/1BA	\$1,210,000	Above	11
	1510 Lake Street	3BR/2BA	\$1,608,560	Above	0
	182 12th Avenue	3BR/2BA	\$1,810,000	Above	7
<b>Laurel Heights</b> (no sales)					
<b>Lone Mountain</b> (no sales)					
<b>Marina</b>	1487 Chestnut Street	1BR/1BA	\$1,176,000	Above	12
	3627 Webster Street	2BR/1+BA	\$1,750,000	Below	16
	55 Capra Way	3BR/2BA	\$2,425,000	Below	57
<b>Nob Hill</b>	1260 Clay Street #303	1BR/1BA	\$750,000	Above	39
	1177 California Street #709	1BR/1BA	\$1,050,000	Below	32
	939 Jackson Street #303	1BR/1+BA	\$1,050,000	Above	68
	1725 Washington Street #5	2BR/2BA	\$1,230,000	Above	32
	1776 Sacramento St. #410	2BR/2BA	\$1,325,000	Above	59
	1788 Clay Street #511	2BR/2BA	\$1,480,000	Below	87
	1046 Jackson Street	3BR/2BA	\$1,500,000	Above	89
<b>North Beach</b>	445 Francisco Street #502	3BR/2BA	\$2,000,000	Above	14
	1731 Powell Street #404	2BR/2+BA	\$2,550,000	At	1
<b>Pacific Heights</b>	2364 Pacific Avenue	1BR/1BA	\$803,900	Above	163
	2090 Pacific Avenue	1BR/1BA	\$1,165,000	Below	95
	3033 California Street	3BR/3BA	\$1,550,000	Above	52
	2902 Washington Street	3BR/2BA	\$2,150,000	At	11
	2515 Sacramento Street	3BR/2BA	\$2,725,000	Below	45
	1980 Vallejo Street #2	4BR/3BA	\$3,200,000	Below	61
	2121 Webster Street #501	3BR/2+BA	\$4,900,000	Below	91
<b>Presidio Heights</b>	3479 Sacramento Street	2BR/1+BA	\$1,530,000	Above	12
	100 Walnut Street	4BR/3+BA	\$2,700,000	Below	80
<b>Russian Hill</b>	1000 North Point St. #804	0BR/1BA	\$635,000	Below	12
	1725 Jones Street #A	1BR/1BA	\$750,000	Above	40
	15 Bret Harte Terrace	1BR/1BA	\$1,000,000	Below	48
	2131 Leavenworth	1BR/1+BA	\$1,160,000	Above	13
	1000 North Point St. #1402	2BR/1BA	\$1,305,000	Above	9
	1166 Green Street	2BR/1BA	\$1,400,000	Above	84
	748 North Point Street #2	3BR/2BA	\$1,700,000	Above	36
	17 Bret Harte Terrace	3BR/2BA	\$2,000,000	Below	48
	1070 Green Street #701	2BR/2BA	\$3,200,000	At	37
	2555 Larkin Street #2	2BR/2+BA	\$3,400,000	Below	0
<b>Sea Cliff</b> (no sales)					
<b>Telegraph Hill</b> (no sales)					

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, Manager, Alain Pinel. Real Estate, 1880 Lombard Street, 415.321.4274, jcostello@apr.com. www.apr.com

## Real Estate Reporter

continued from cover

### MARKET DRIVERS

The overall economy is, as of this writing, strong. We're technically in what is considered full employment, with the unemployment rate around 3.7 percent. Some predictions have that inching up to about 4 percent by year's end. Even more important for purchasers of homes, the stock market was quite strong for much of 2018. However, in December the markets began gyrating wildly. The Dow Jones followed its worst Christmas Eve drop ever two days later with its best one-day point gain

— followed by more ups and downs. And on and on. I am the last person to try to predict the stock market, but I do know that instability is not good for business.

Will buyers hold off until they're sure their investments will remain solvent long enough to provide a nice down payment (or, this being San Francisco, provide the entire purchase price)? Or have they socked away enough during the fat years that even if the market crashes or enters a sustained bear market that they can snatch up a home when it becomes available? Most likely, there won't be any dramatic change unless there's a market (and economic) collapse. We are overdue for a recession, and this one might be intensified by large debt loads carried by companies and individuals, as well as limited options available from the Federal Reserve and from the federal government, which is running massive deficits. Generally during the good economic years, governments should be paying down debt; but especially since the big tax cuts of last year, the U.S. government has gone on a spending spree unsupported by revenue. It doesn't automatically mean we're headed for a crash, but again it could intensify any downturn that comes.

There are not a lot of high hopes for the year over at Fannie Mae, one of the large government-sponsored entities fueling the mortgage markets (see "Party over at Freddie and Fannie's," Real Estate Reporter, *Marina Times*, July 2018). In its forecast for 2019, Fannie's Economic and Strategic Research Group expects economic growth to slow (and to be followed by even more slowdown in 2020). "We expect full-year 2018 economic growth to come in at 3.1 percent — an expansion high — before slowing markedly to 2.3 percent in 2019

and 1.6 percent in 2020," said Doug Duncan, Fannie Mae's chief economist. "Fading fiscal policy, worsening net exports, and moderating business investment all contribute to our projection that GDP growth will begin to slow in 2019."

Meanwhile, mortgage interest rates are expected to reach 5.5 percent in late 2019. For buyers and sellers in California, the forecast is cautious. "While home prices are predicted to temper next year, interest rates will likely rise and compound housing affordability issues," said Steve White, president of the California Association of Realtors. "Would-be buyers who are concerned that home prices may have peaked will wait on the sidelines until they have more clarity on where the housing market is headed. This could hold back housing demand and hamper home sales in 2019."

The national outlook is mixed. With rising interest rates, "monthly mortgage payments will rise 8 percent, putting home ownership more out of reach, especially for younger Gen-Z, Millennial and other first-time homebuyers," notes realtor.com's preview of 2019 housing markets. "Upscale homes in high-growth markets, however, will provide more opportunities for buyers."

Ah, yes, there's the rub for buyers. San Francisco is a high-growth economy. However, it's a low-inventory market, so those first-time buyers (or any-time buyers who aren't deep-pocketed) will still find it difficult to buy anything in the

city that isn't a shed on wheels in someone's backyard. Realtor.com predicts that nationally there will be only moderate increases in inventory, but "high-priced markets will buck the trend, with double-digit inventory gains." Yeah — don't expect to see that in San Francisco.

### RENTS

The folks at Rentcafe report that "cheap apartments" and "studios" were the most-searched rental terms in 2018, "showing that the interest in rentals was driven by a cost-conscious mindset this past year." The company reported that average rent in San Francisco was \$3,609, up 5 percent from a year earlier. (Nearby San Jose's rents were an average of \$2,723, up 4.5 percent.)

What will happen in 2019? Why do you even have to ask? Have tens of thousands of new units flooded the market and brought down lease rates? Then no, rents won't be dropping appreciably any time soon.

### COMMERCIAL

Commercial real estate — which includes multifamily (for sale and rental), industrial, office, and retail — is a more diverse collection of subcategories than typical for-sale single-family housing. An informal survey of industry predictions for 2019 shows quite a bit more optimism than in the general housing sector. Put differently, the headlines are a lot less schizophrenic.

You've probably seen the headlines about how the craze for online shopping, which is hurting retail establishments and landlords, is making industrial a hot business to be in as warehouse space is snapped up by shippers.

What about office real estate? Along with news that office transactions tanked in the third quarter of 2018 is the possibly related news that landlords and developers will be putting more money into nontraditional workspaces such as coworking environments.

And, finally, commercial real estate financing could be in for a shake-up, according to a report from the CCIM Institute, "Commercial Real Estate Finance Disruption: Deja Vu or Something New?" The institute's chief economist, K.C. Conway, said, "It is not a matter of when, but how. We're going to see a disruption in liquidity for commercial real estate lending as a result of accounting, regulatory, technological, and financial product shake-ups — many of which are not on anyone's radar." Visit [ccim.com/insights](http://ccim.com/insights) to learn more.

Real estate news tips?

Email: [john@marinatimes.com](mailto:john@marinatimes.com)

**It doesn't mean a crash is imminent, but it could intensify any downturn that comes.**

**Interest rates could be 5.5 percent in late 2019. For buyers and sellers, the forecast is cautious.**



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