



Seasons eatings

The Tablehopper says hello to The Greenwich and Solstice, and good-bye to Castagna. p. 8

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Thalia Farshchian reviews the holiday spices. p. 16



What to do

Check out our November calendar, from the San Francisco Opera to Union Square's tree lighting and more. p. 14

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Detail of Barbara Jones-Hogu's *Unite*, 1971. PHOTO: COURTESY OF LUSENHOP FINE ART; THE FINE ARTS MUSEUMS OF SAN FRANCISCO

'Soul of a Nation' comes to the de Young

BY SHARON ANDERSON

THE ACCLAIMED "SOUL OF A Nation: Art in the Age of Black Power" opens at the de Young on Nov. 9, 2019 and continues through March 15, 2020. Featuring more than 150 works by over 60 artists, key historical events

and cultural movements within the black community are brought to life through a diverse grouping of painting, sculpture, photography, and political publications.

A FIGHT FOR EQUALITY

Using 1963 as a starting point, marking the March on Washing-

ton and the height of the Civil Rights Movement, artists fighting for equality and justice created imagery promoting that solidarity and resistance to oppression. Images of political figures as beacons of leadership come to life in John Outterbridge's *About Martin* (1975)

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REYNOLDS RAP

Cirque du Soleil

With rambling diatribes on cultural appropriation, the *San Francisco Chronicle's* Soleil Ho makes a mockery of food criticism

BY SUSAN DYER REYNOLDS

WHEN THE *SAN FRANCISCO CHRONICLE* DECIDED to replace food critic Michael Bauer, I wasn't alone in thinking "It's about time." After all, the *New York Times* had six food critics during Bauer's 32-year reign. It was no secret that most restaurateurs knew what Bauer looked like, that he had become chummy with chefs like Thomas Keller, and that his boyfriend of three decades, Michael Murphy, used their relationship to cozy up to gastronomic luminaries for financial gain.

As the culinary world entered the #MeToo era, with prominent local chefs and restaurateurs accused of sexual harassment, it also became clear that Bauer was ill-equipped to deal with the new normal. He took heat from websites like Eater for even considering establishments of the accused for his famous Top 100 list ("Michael Bauer still not sure if he should review restaurants run by bad men"). Bauer also struggled to explain his position in the April 2018 *Chronicle* essay "Faded Luster," which felt like a set-up for the newspaper's politically correct

REYNOLDS RAP, continued on 4

HOLIDAY NOTES

True-ish facts about Thanksgiving

The holiday is about more than footballs, turkeys, and pie

BY JOHN ZIPPERER

LET'S JUST GET TO THE MOST IMPORTANT NEWS right away: If, for any reason, you have a turkey emergency this Thanksgiving, Butterball has more than 50 experts on call to help you through your cooking crisis. The Butterball Turkey Talk Line is available at — I'll wait while you get a pen and paper — 800-877-3456.

Now on to less dramatic but more interesting holiday news.

This year, San Franciscans will gather for Thanksgiving meals everywhere from the Fairmont hotel to the Telegraph Hill Neighborhood Center. Houses and condos and apartments and those weird shared micro apartments will be filled with the smell of roasting fowl or the Impossible version thereof.

Three different NFL games will be played throughout the day, though none of them will feature a California team. Therefore everyone at your holiday gathering will be looking for something else to amuse them until they're ready for pie, so why not entertain them with interesting facts about Thanksgiving?

HOLIDAY NOTES, continued on 6

NEWLY NOTABLE



Some of the dishes available at Wildseed. PHOTO: AUBRIE PICK

From burgers to kale: Plant-based Wildseed takes over Belga space on Union Street

BY JULIE MITCHELL

RESTAURATEUR ADRIANO PAGANINI definitely has the Midas touch when it comes to successfully opening and maintaining an expanding line of diverse, popular restaurants in a city where even hot new spots seem to have a lim-

ited shelf life. Paganini's restaurant group, Back of the House, is the force behind several of San Francisco's favorite neighborhood eateries: A Mano in Hayes Valley, Barvale on Divisadero Street; Lolinda in the Mission; Super Duper Burger in several locations; The Bird in SOMA; Delarosa on Chestnut

Street; Flores on Union Street, and several others.

A PERSONAL PASSION

Now, Paganini and his team have transformed Belga, his well-liked Belgian beer and sausage restaurant on Union Street, into a 100 percent plant-based destination called Wildseed. After opening in mid-September, Wildseed has been jammed every night.

Say what? From Belgian sausages to mushroom burgers? Paganini is nothing if not prescient, identifying and taking advantage of food trends. And the current movement toward eating a more plant-based diet is a particular passion of Paganini's.

"Most restaurants in San Francisco serve meat, and that's not a problem for me," says Paganini. "But I personally have been trying to eat more vegetables. I grew up in Italy, so I basically follow a Mediterranean diet that focuses more on greens and grains than on meat or fish. I'm not advocating that everyone try it. But in creating Wildseed, which I have been working on for years, I wanted to offer people a place where they can come and eat

NEWLY NOTABLE, continued on 9

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



Osso STEAKHOUSE is a romantic hideaway tucked in the landmark Gramercy Towers, near The Fairmont, Mark Hopkins and Huntington Hotels. The stylish Art Deco-inspired design provides an elegant yet relaxed ambiance. The Bone-In Filet Mignon is their signature steak and has a flavor that is nothing short of a revelation.

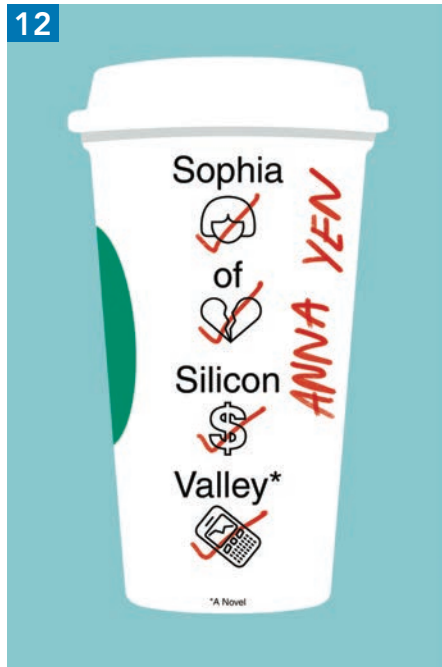
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November events

As the weather gets cooler and the rains start to fall, the jam-packed holiday season also approaches. From ice rinks to galas to Union Square's 30th Annual Tree Lighting Ceremony, there is a lot to take in so you can enjoy the season. And if all of that isn't enough, there's always the immortal Cher at Chase Center. **14**

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Coastal Commuter Michael Snyder explains why he likes a *Friends*-less Friendsgiving holiday; plus our expanded calendar listings, and more.

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NEWS BRIEFS : Lots of construction



The water storage system was built in October on the site of the new Francisco Park. PHOTO: NAOMI ROSE

New Northside parks underway

FRANCISCO PARK UPDATE

Construction on Francisco Park began in July and visitors to the site can already see major changes to the former Francisco Reservoir. In October, a massive water storage system was built, resembling huge orange cylinders before they were covered up.

The park is scheduled to be completed in 2020. The Francisco Park Conservancy has raised \$22 million to fund the design and building of the park. The organization is raising additional funds for ongoing maintenance and for various amenities and improvements. You can see updates at franciscopark.org.

PRESIDIO TUNNEL TOPS

Francisco Park isn't the only new public green space coming to San Francisco. The Presidio Tunnel Tops park will bridge the Presidio with Crissy Field. It will be a new 14-acre site with scenic overlooks, paths and gardens, a plaza with food and other services, picnic area, and a place for children to explore nature.

The project is being led by Lynne Benioff and Mark Buell. Tunnel Tops was designed by James Corner Field Operations, the urban design firm behind New York City's celebrated High Line elevated park and redesigning Chicago's famous Navy Pier. James Corner was selected for the project in 2014 after an international design competition.

The designs are scheduled to be unveiled Thursday, Nov. 7 in the Presidio.

PUBLIC SAFETY UPDATE

Auto burglaries are up on the Northside. For the week of Oct. 14-20, Northern Station reports that there were 92 auto burglaries, bringing the year-to-date total to 4,643, an increase of nearly 400 over the same time period in 2018. Burglaries are also up, reaching 723 year-to-date compared to the 2018 year-to-date total of 683.

Robberies, however, continued to be lower than the previous year. With seven new incidents added from Oct. 14-20, the year-to-date total was 275, down from 291 in the equivalent time period in 2018.

HISTORIC CYPRESS TREES TO BE REMOVED, REPLACED

This month, the National Park Service and the Presidio Trust will begin a three-year effort to remove and replace 25-30 of the 80 Monterey cypress trees on the bluffs at Fort Mason, which had been planted as a wind block 100 years ago. The trees have been in worsening condition due to age, environmental conditions, and tight spacing. Their

declining health also pose a risk to the 1 million visitors to the area each year; the trees are directly adjacent to the Bay Trail.

The trees will be chipped on-site, with the chips returned to the same location so seeds within the chips will sprout into new seedlings, which will then be thinned to provide the recommended 20-25 foot spacing between trees for their maximum health. Learn more at a community walk/talk on Nov. 15 at 10:15 a.m. Meet at the Great Meadow at the top of the stairs to Lower Fort Mason. RSVP to Amy_Brees@nps.gov.

\$16.3 MILLION JEFFERSON STREETScape PROJECT

In October, Mayor London Breed and District 3 Supervisor Aaron Peskin took part in a groundbreaking ceremony for the second phase of the Jefferson Streetscape Improvements Project.

Located in the busy Fisherman's Wharf area and spanning three blocks on Jefferson Street from Jones to Powell Streets, the \$16.3 million project will include wider sidewalks, new lighting, new landscaping, and increased seating and bicycle parking. The street itself will be narrower and will, according to the city, "include textured paving to help calm traffic."

Peskin said the project was "the culmination of over a decade of effort" to keep Fisherman's Wharf a popular destination for locals and visitors. He said the result will be "a model pedestrian promenade."

FACTS AND FIGURES

13 of 14: The number of Warriors players who have moved to San Francisco to be closer to the team's new Chase Center home . . . **\$15 million:** amount Warriors center Kevon Looney will earn over three years with the team; his father told him "You'd be nuts" to buy a house in San Francisco . . . **\$515,371 million:** amount you needed to earn in 2017, according to the IRS, to be in the top 1 percent . . . **21:** number of states that the city of San Francisco will now refuse to do business with due to their antiabortion policies . . . **10th Street:** in 2020, Market Street will become car-free east of 10th Street . . . **36 percent:** the amount below 1990 levels that San Francisco has reduced its greenhouse gas emissions, helping the city's CleanPowerSF renewable energy program win a C40 Cities Bloomberg Philanthropies Award . . . **\$35,000:** Cost of a VIP courtside ticket to the Golden State Warriors' home opener for sale on a ticket resale site.

News tips? Email john@marinatimes.com



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Reynolds Rap
continued from cover

management to dismiss him. So when that happened, it was no surprise the *Chronicle* wanted to replace Bauer with a millennial — preferably female, and not white. Enter Soleil Ho, called by the *Washington Post* “a young, queer woman of color” and a self-described “food, culture, and travel writer and the host of two podcasts . . . *Racist Sandwich* and *Popaganda*.”

CHEZ PANISSE? PSHAW!

From her first review in February 2019, it was clear Ho wanted to be different. She dumped Bauer’s star ranking system and wrote scathingly of critical darling Chez Panisse, owned by Bauer pal Alice Waters (“I found the presentation of everything sort of thoughtless.”). But it was in Ho’s September 2019 review of Le Colonial where the difference between her culturally appropriate vision and Bauer’s purely critical viewpoint was most striking. Bauer’s last review of Le Colonial in February 2017 garnered 2.5 stars and featured descriptions of the dishes (“The green papaya salad in a sweet-and-sour dressing was spooned into a purple banana blossom, then garnished with a bouquet of basil and three skewers of tamarind-glazed prawns.”).

In Ho’s September 2019 review, it takes her 1,099 words to get to the food. In fact, only 142 words out of a rambling 1,983 talk about the meal. The rest of the article

is devoted to why the restaurant shouldn’t exist. She interviews local historian Erica J. Peters, who “has studied the impact of French colonization on Vietnamese foodways” but instead discusses stereotypes in films that “dramatize Franco-Vietnamese

relations in steamy scenes of love-making in sweaty, mahogany-framed environs.” Ho also veers off to “one of the country’s oldest Far East-theme restaurants,” Formosa Cafe in West Hollywood. There, she dines with author

Viet Thanh Nguyen, who delves into musicals like *Miss Saigon* that are “powered by white people at the most elite levels.” Throughout the tortured prose, Ho relentlessly swats at the chips on her shoulder, from her name (“I had trouble reconciling the France in my mother’s mind with the one that had transformed her country into Indochina”) to what her role might have been in the 1850s (“I don’t want to go back to that time and place, to presume that I would be the person served and not the one doing the serving.”).

HYPOCRITE HO

While Ho frets about cultural appropriation in nearly every column, she sometimes contradicts her mantra. Take, for example, Bauer’s buddy Thomas Keller. I’ve interviewed Keller a number of times, and I can confirm he’s white as can be. But Ho’s review wasn’t disdainful of that fact. The headline read, “Thomas Keller’s Mexican restaurant, La Calenda, is cultural appropriation done right,” and

Ho goes on to say, “Though this may shock some of you, I really like La Calenda . . . I think it is certainly an example of culinary appropriation. And I think that’s fine.”

For her 2019 Top 100 Restaurants, Ho considered sexual harassment allegations as well as “thoughtful leadership, above-and-beyond worker benefits and wage parity,” but she included The French Laundry, which is being sued by a former employee who claims she was denied a job transfer and ultimately let go because she was pregnant, and Benu, where chef/owner and French Laundry alum Corey Lee allegedly broke the nose of a cook in his kitchen. If Ho is really serious about ethics, she also needs to do her homework before reviewing those hole-in-the-wall Chinese restaurants and taquerias, where employees are often poorly treated. “Of the more than 1,700 restaurant

industry cases, the vast majority of victims involved immigrants, recruited from Mexico, Central America and East and Southeast Asia. Nearly one in five was a minor.

They included cooks, wait staff and bussers at restaurants, food trucks, buffets, and taquerias,” according to a 2017 report by Polaris, an organization that fights human trafficking. Yet Eater, which cheers Ho’s cultural correctness and skewers Bauer for being a #MeToo luddite, included perennial hipster favorite La Taqueria in its Fall 2019 “38 Essential San Francisco Restaurants” list, despite the fact owners were fined \$600,000 for labor violations and subsequently fired employees who filed the complaint.

THE PROPER WHINE

Recently the *Chronicle* debuted a new initiative called The Culture Desk, which editor Sarah Feldberg said would “give voice to common frustrations, identify shifting norms . . . and explore the ever-evolving ways that technology, family, wealth, identity and sex impact our lives.” Seems like the perfect place for Ho to preach, and indeed, she contributed 1,436 words titled, “Jackets required for gentlemen — but who’s a ‘gentleman?’” where she asked burning questions like, “what do you wear when you straddle the line — when you’re a masculine-of-center nonbinary person or a trans person who struggles with passing as your gender?” Based on the article’s 40 comments — only one which was positive — many readers are growing weary of her work. “Great, now we have a ‘woke’ food critic, where

in almost every article ‘she’ (not sure if I’m allowed to assign a gender) opines on a political stance of her own opinion instead of the restaurant food and services,” com-

plained Kid Waco. “Well she is master of pairing whatever is served with the proper whine,” said onkelbob. “I wasn’t a huge fan of Michael Bauer but after Soleil, I am praying for him to come back,” laments JOHN592. But perhaps rkentprice summed it up best: “In what section of the paper can we read about food?”

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Only 142 words talk about the meal. The rest is devoted to why the restaurant shouldn’t exist.

Ho frets about cultural appropriation in nearly every column.

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Reports of crimes in cars and homes

THIS MONTH'S CRIME ROUNDUP includes reports of burglars and other unwanted visitors. Northern Station Captain Joe Engler recently highlighted yellow signs from 25 MPC, part of the city's municipal police code regarding private trespass. It creates an area of safety around homes and businesses.

"The signs are to be posted in a conspicuous location . . . in plain view of would-be trespassers," Engler writes. "These posted signs, which are enforceable for 12 months from the date of posting, are used to issue both infractions and misdemeanor citations to persons remaining upon properties without the owner's consent." Repeat offenders can be jailed.

You can get a copy of the "no trespassing" document from the Northern Police Station at 1125 Fillmore Street.

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

HOME AND AUTO SPECIALIST

Sept. 23, 9:40 p.m.
2000 block of Sacramento Street

A building manager noticed the subject trying to gain access to an apartment building. The manager heard a banging noise from the subject and noticed that he appeared to be tampering with the door to gain access. The manager yelled at the subject, who fled on foot. The manager reported the incident to the police.

Soon thereafter, witnesses called 911 regarding an auto boost in progress. The description of the auto boost suspect matched the description of the attempted apartment burglar. Numerous officers responded, and after a search they located the subject a few blocks away at Octavia and California Streets and successfully detained him. Several positive "cold shows" with a witness, the auto boost victim, and the apartment burglary confirmed the suspect's role. He was arrested without incident.

NOT IN MY HOUSE

Sept. 28, 8:01 p.m.
1500 block of Chestnut Street

Officers responded to a call of a hot prowler burglary in progress. A woman said that when she arrived home, she noticed some items had been misplaced and her garage door was open, but she thought her husband had left their home in that manner. Once she was inside the home, she saw the subject sitting on her couch. She yelled at him to get out, and she told her son to leave the home and call for help.

She took photos of the subject and left the residence to wait for the police officers. Once they arrived, they conducted a walk-through of the residence and the backyard. When they opened a door in the rear of the house, using a flashlight they were able to locate the subject. They placed him under arrest without incident. The victim positively identified the subject as he was led from the home.

SERIAL ASSAILANT CAUGHT

Oct. 13, 2:47 a.m.
2900 Block of Laguna Street

A woman walked from a bar to her home; unable to unlock her door, she fell asleep on her doorstep. A male suspect approached and assaulted her, stealing her wallet before fleeing. The victim awoke and flagged down a passerby to call 911.

Three days later at about 4:30 a.m., a different female was walking on Fillmore Street near Lombard when she was approached from behind and assaulted. When she tried to call for help, her assailant covered her mouth. He was startled by a passing truck, and the victim was able to break free and find a passerby to call 911.

One day later, the police officer who wrote the initial report for the second incident found a suspicious vehicle with a subject sleeping inside on Steiner Street. The sleeper matched the physical and clothing description of the suspect from the assault. In addition, the vehicle was searched and found to contain the stolen wallet of the victim from the assault on Oct. 13. Special Victim Unit investigators responded to the scene and the subject was arrested.

OUT OF THE SUV

Oct. 16, 8:09 p.m.
Fillmore at California Streets

Plainclothes officers received a report that a red SUV with two suspects in it had

just been involved in a burglary of a gray Land Rover and was headed northbound on Fillmore Street. A few minutes later they spotted the SUV and attempted a felony stop. The occupants refused to follow commands to turn off the vehicle. The officers were able to approach the vehicle and remove the individuals — three in total. A witness identified the vehicle as the one used in the Land Rover burglary, and the SUV's license plate was found to have been stolen from a Sunnydale Toyota.

BRIEFLY NOTED

Oct. 17, 6:30 p.m., Waverly at Washington Streets: Several people surrounded and began assaulting the victim; one of the suspects took the victim's phone and wallet.

Oct. 17, 8 p.m., unit block of Windsor Street: A male victim discovered his front door was unlocked and several items were missing from his apartment.

Oct. 19, 1:35 a.m., Jackson at Columbus Streets: Some suspects were seen harassing women crossing the street. The victim told the suspects to stop; the suspects then assaulted the victim.

Oct. 19, 5 p.m., Pine at Montgomery Streets: Two people were surrounded by four males. One knife-wielding suspect demanded their property.

Oct. 21, midnight, unit block of Drumm Street: Someone asked the victim for change, but the victim replied "no." The suspect struck the victim with his skateboard, causing him to lose consciousness.

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Oh, pardon me: Not everyone is eager to be part of a Thanksgiving celebration.
PHOTO: ELLIJAY

Holiday Notes

continued from cover

IN THE BEGINNING

In October 1621, 90 Native Americans of the Wampanoag tribe gathered together with 53 European immigrants to celebrate survival through a harsh year. The feast was a decidedly nonvegan affair that included deer, fowl, and corn.

This combination of peoples was important, because a Native American named Squanto had helped the Pilgrims catch and grow food. Though the English and the Wampanoag would later fight a vicious war that included kidnappings, mass murders, and much destruction — including a head on a stick — the beginning of the relationship was at least hopeful.

That is generally cited as the first American Thanksgiving, but another story has some Virginia settlers celebrating one in 1619. *The Washingtonian* reports that they had to settle for a gluten-free meal of oysters and ham. But that probably didn't bother them much; first, they were English and weren't used to good food; second, Thanksgiving was primarily about prayer and, well, giving thanks, rather than stuffing oneself with deep-fried turducken.

Whichever date you use as your "first" turkey day, it should be noted that it did not become a regular occurrence for a long time. More than 150 years after those initial gatherings, the country's first president, George Washington, proclaimed a Thanksgiving to take place on Sept. 24, 1789. He did so again in 1795. His successor John Adams did so a couple times, but the third occupant of the White House, Thomas Jefferson, refused to do so because he was skeptical of the idea of deities intervening in the country's life.

The creation of Thanksgiving as an annual national holiday, however, would wait until President Abraham Lincoln decided it should take place in late November, beginning in 1863.

Lincoln was persuaded by Sarah Josepha Hale. Thanks to her parents' belief that girls deserved to be educated just as well as boys, she was well educated and grew up to be an accomplished writer and editor. She had begun to push for a national holiday back in 1846, but Presidents Zachary Taylor, Millard Fillmore, Franklin Pierce, and James Buchanan all failed her; only when Lincoln took up the cause did she finally get her national holiday.

True fact: Hale is also the author of "Mary Had a Little Lamb," which might be why we don't roast lambs on this holiday.

THE DAY TODAY

Now, we're not the only country to celebrate Thanksgiving. It turns out that Canadians, Liberians, Germans, Australians, British, Indians, Japanese, and others also celebrate it. However, they generally aren't all that worked up about celebrating a band of Pilgrims on America's East Coast; they do so for their own reasons, though most of them seem to be days of marking successful harvests.

Our modern Thanksgivings are typically a feast of turkeys (stuffed or not stuffed with ducks and chickens), cran-

berries, bread stuffing, potatoes, and pie. *Bon Appetit's* website also lists 65 vegetarian recipes for the holiday, ranging from mashed potatoes with "crispety chuncheties" to butternut squash steaks with brown butter-sage sauce. So whether you're a meat eater, vegetarian, or vegan, there are lots of food options out there, which makes it only more curious that so many millions of Americans stick to the relatively unimaginative turkeys, cranberries, etc. None of that was in either version of the original Thanksgiving.

In 1999, a new food was introduced into the Thanksgiving canon. It includes a layer of ladyfingers, jam, custard, raspberries, more ladyfingers, beef sauteed with peas and onions, bananas and whipped cream. That's an entire meal in one dish! OK, so it was invented by a woman named Rachel Green in a Thanksgiving episode of *Friends* when two pages of her cookbook got stuck together. But it's time Americans started innovating away from the same-old, same-old of turkey and the fixin's.

HORRORS!

Thanksgiving is still a month away at the time this article is being written. The holiday coming up first will be Halloween, so forgive me for wanting to cover some of the scary and dangerous things that can happen during Thanksgiving.

NBC News reports that nearly 3,000 homes have fires on Thanksgiving, making it the worst day of the year for such occurrences. So be careful! Remember: the deep-frying turkeys trend is over, so don't be the last person to die in that war, as John Kerry might have told us.

People also have lots of questions about what they can feed their dogs and cats. There's a lot of food on the typical turkey-day menu that animals can eat, but beware that much of it is very fatty and packed with calories. If you have any questions about a specific food and your pet, check with your vet. Your dog won't stop loving you just because you refuse her sad eyes while you put the leftovers into the refrigerator. One thing you definitely should never do is give your dog turkey or chicken bones to chew on; these can splinter in their mouths or digestive tracts.

If you're a worry wart and the above facts haven't given you enough satisfying worries, then you can wonder about food poisoning. How long has that food been sitting out on the table before it ended up on your plate?

TAKE IT TO THE BANK

Enough with the worries. Back to the Butterball hotline: *Reader's Digest* informs us that a woman in Colorado called the Butterball Turkey Talk Line with a problem that we won't have to worry about here in San Francisco. She wanted to know how to thaw her frozen turkey. It seems she had stored her bird in a snow bank outside her home. It snowed overnight, and the woman realized she had no idea which snow bank was the one with her turkey.

Bon appetit!

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Safety in our communities

BY CATHERINE STEFANI

AFTER A RASH OF RECENT CRIMES, I have heard from countless neighbors about how they and their children don't feel safe on the streets, on Muni, or even in their own homes. We've all seen the video of the Embarcadero attack, but — even in our neighborhoods — I've heard from people who have walked in to find a stranger in their home and whose child has been robbed at gunpoint.

We can't leave anything visible in our cars, we can't have packages delivered to our homes, and it's starting to feel like we can't even take our kids to the park without becoming victims of crime.

I have a 14-year-old son and a 10-year-old daughter, and I feel all of this. My car has been broken into, my home has been burglarized, and my daughter and I have been charged at in a parking lot by someone who was clearly in crisis.

It is absolutely unacceptable for any of this to happen to anyone. We can do better to keep our community safe, and this means investing in services for those in need while making sure that we have well-trained and well-resourced law enforcement in San Francisco.

During my time on the Board of Supervisors, I have been laser-focused on public safety. The San Francisco Charter mandates that we maintain a minimum staffing level of at least 1,971 sworn officers, but even if we meet that level — and by my calculation we're not there yet — it's not enough.

In last year's budget process, I successfully advocated for the addition of 250 police officers to our force. This year, when the Police Department's budget was on the chopping block, I protected academy classes and more than \$1 million to keep foot patrols on our streets. I also committed funding to bring increased public safety measures, such as surveillance cameras, to hotspots in our parks and merchant corridors.

Additionally, I'm actively exploring ways to expand the charter requirement and incentivize police hiring and retention, with the knowledge that even if we are successful in our fight to fund law enforcement, we must still work to train and maintain the best force possible.

But even when we are successful in securing the resources, too often we hear that different city departments don't coordinate with each other to solve these problems, pursue disjointed policies, and then blame each other when conditions deteriorate.

That's why I met with staff from the Department of Homelessness and Supportive Housing and police officers from Northern Station every week in September to walk our neighborhood merchant corridors, coordinate approaches to the public safety issues we are experiencing, and get to know those who are unhoused and in need of services.

We started on Chestnut Street, where I was joined by Northern Station Captain Joe Engler, Officer Steve Hom, as well as representatives from Homelessness and

Supportive Housing. That morning, we observed no fewer than five individuals who were clearly struggling, sleeping in doorways outside of homes and small businesses. Some were just in need of a warm place to sleep, while others were clearly suffering from serious addiction and mental health issues.

The following weeks, I walked Union Street, Fillmore Street, and Divisadero Street with the Police Department, the Homelessness and Supportive Housing Department, the Homeless Outreach Team, and merchants. As a result of these coordinated walks and discussions with law enforcement, the Homeless Outreach Team has added neighborhoods in our community, including the Chestnut Street corridor, to its regular outreach strategy.

I'm pleased that our community will start to see more Homeless Outreach Team members in our neighborhoods, but we need to make structural changes as well.

The walks informed my approach to a hearing I sponsored on the progress — or lack thereof — of San Francisco's Treatment on Demand program, which was passed by voters in 2008. The program was originally meant to ensure access to treatment and sober centers across the city, but the condition of our sidewalks and open spaces makes clear that it has not been working as planned.

In our merchant corridors, I met homeless individuals struggling with addiction and other health issues who wanted help but did not know where to turn. According

to the Department of Public Health's presentation at our hearing, overdose deaths are up, and over 3,000 people in need of treatment are not receiving it — including hundreds actively trying to receive care.

It is not acceptable that there are so many hurdles for those who need and want treatment, especially given the nature of addiction and that moment of opportunity when someone is finally willing to get help.

While I am glad that Gov. Gavin Newsom signed Senator Scott Wiener's bill SB 40, to again expand the city's ability to conserve and care for people suffering on our streets, we must continue to expand access to both voluntary services and compelled treatment.

Finally, I could not be happier with Mayor London Breed's decision to appoint Suzy Loftus as district attorney following George Gascón's resignation. The district attorney's office is far too important to our safety to leave without a strong leader, and we need someone in office who will work well with our Police Department.

Suzy is a mother to three young children and has had a long career in San Francisco law enforcement as a prosecutor, attorney in the sheriff's office, and former president of the Police Commission. As a mother and former prosecutor myself, I could not imagine a stronger district attorney to deal with the problems that we face. Suzy is ready to get to work on day one and I know she will work with our Police Department to provide the safety that is sorely lacking in our communities.



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The Tablehopper ∴ Return engagements



Check out the full brunch spread at Wayfare Tavern. PHOTO COURTESY OF WAYFARE TAVERN

Aziza reopens in the Outer Richmond, new eats in Cow Hollow

BY MARCIA GAGLIARDI

OWNER MOURAD LAHLOU REOPENS the city's beloved Aziza, some new casual bites in Cow Hollow, and new brunch in the FiDi.

COW HOLLOW/MARINA

Big Night Restaurant Group has finished their transformation of Cow Marlowe into **The Greenwich** (3154 Fillmore Street, 415-508-5898), now offering a "Hamptons-in-the-Marina" style and a lighter menu from chef Jennifer Puccio as well. *Open for pre- and post-game happy hour 4:30-6 p.m. and 10 p.m. to close, dinner Wednesday-Sunday 5:30 p.m.-close, brunch Saturday-Sunday 11 a.m.-3 p.m.*

The former Marengo on Union is now **Solstice** (415-829-8650, 1980 Union Street), from industry vets Johnny Love and Cory Moore. As they explain: "This restaurant and bar location was established 30 years ago. We wanted to keep it in the Union Street-Marina family and is currently brought to you by the owners of the Blue Light and family." They're serving cocktails, shared plates like Maryland crab cakes, lamb meatballs, "bang bang" shrimp, green chili queso, and sandwiches. And don't forget that amazing electronic roof that opens up. *Open for drinks and bites Wednesday-Thursday 5 p.m. and Friday 3 p.m., brunch Saturday-Sunday 11 a.m.*

Castagna (2015 Chestnut Street) is closing at the end of October after eight years in business. Owner Stéphane Meloni is returning to France, and the space is reportedly becoming a fast-casual restaurant.

FILLMORE

Apizza (415-796-2037, 2043 Fillmore Street) is now open in the former Boulange space from La Boulangerie partners Pascal Rigo and Nicolas Bernadi. They created a fast-casual pizza concept that they plan to roll out elsewhere (Belmont is next). They've been working for the last three years on how to offer a quick, inexpensive pizza — try \$2.75 for a nine-inch Margherita with organic dough and tomato sauce!

Other toppings include roasted seasonal vegetables (\$5.79); muffulatta (\$6.49); a cheeseburger pizza, La Royale with Cheese (ground beef, cheese, tomato, lettuce, red onion, cornichons, Thousand Island dressing, and sesame seeds, \$5.99, with an option to substitute Impossible meat). They appear to have a very thin crust. The pizzas don't come in a box — they fold them in on themselves (cut in half) and put them in a compostable container, so don't scream. Instead of wasting money on a pizza box, you get quality ingredients, from Mary's chicken to two kinds of organic crusts, plus a gluten-free one. There's also dessert from Loving Cup. *Open Sunday-Thursday 11:30 a.m.-8 p.m., Friday-Saturday 11 a.m.-10 p.m.*

FIDI

Looking for a new brunch spot? **Wayfare Tavern** (415-772-9060, 558 Sacramento Street) recently started offering weekend brunch. Executive chef Scott Quinn's menu includes challah French toast, bananas Foster pancakes, and, of course, their famed buttermilk fried chicken and waffles. You can also have some more healthful picks, like a three-egg omelet or a vitality bowl. There's a full bar, which means you can go for a Bloody Mary with house-infused bacon vodka or a peach spritzer and more. *Brunch Saturday-Sunday 11 a.m.-3 p.m.*

OUTER RICHMOND

In a surprise turnaround, Mourad Lahlou reopened his beloved **Aziza** (415-682-4196, 5800 Geary Boulevard) after closing it back in 2016 for a remodel. Aziza originally opened in 2001, an homage to Lahlou's mother, and was the first Moroccan restaurant in the United States to be awarded a Michelin star. Lahlou was planning to reopen it as Amara with chef Louis Maldonado, but that didn't pan out (Maldonado is now at Gibson in downtown San Francisco).

So the new Aziza. It's meant to be a comfortable gathering place, and both the menu and radically redesigned space reflect this new direction. The menu features shareable small plates and large-format entrées. Old faves like the chicken basteeya, beef cheek tagine, and hand-rolled couscous will return, with new dishes as well (Lahlou is working with Mike Daly, director of culinary operations, and chef de cuisine Frank Hanes).

A new addition will be weekend brunch, with dishes like shakshuka with kefta meatball, poached egg yolks, sweet potato, and spicy tomato; and feather-light Moroccan pancakes with stone fruit compote and orange blossom butter, which is brushed on top of the pancake to settle into each of the bubble divots as it's on the griddle.

Aziza was always known for its culinary cocktails, and bar director Alex Okarka will be behind the new list. Tara Patrick, wine director of both Mourad and Aziza, is behind the wine list.

The space now has higher ceilings and natural light with dark wood floors; Moroccan tile; a 12-seat, communal, live-edge wooden table; and banquettes covered in black-and-white cowhide with a plum leather base. The bar is now in its own room, with 15 seats at a curved, poured concrete bar with teal tile. The back room offers a more private (and verdant) dining experience, with plush green banquettes and palm print wallpaper. *Open daily 5:30-10 p.m.; brunch Saturday-Sunday 11 a.m.-2:30 p.m.*

Marcia Gagliardi writes a popular insider weekly e-column, Tablehopper; subscribe for free at tablehopper.com. Follow @tablehopper on Twitter and Instagram.

Newly Notable

continued from cover

beautiful, healthful, plant-based food that not only delights but satisfies them.”

When asked about Little Gem that opened recently just down the street from Wildseed and has a mostly vegetarian and 100 percent gluten-free menu, Paganini said, “Wildseed is the first plant-based restaurant of full size and scale; we have a full bar and expect a bar scene every night.” Wildseed’s generous bar and its creative cocktail menus are also driven by Paganini’s philosophy of using fresh, sustainable, and seasonable ingredients. All of its wines are local, organic, biodynamic, and vegan.

A WINNING TEAM

Paganini is proud of the team he has assembled to run Wildseed. Executive chef Blair Warsham brings a true omnivore’s palate to the party. A veteran of several Michelin-starred restaurants, including The Restaurant at Meadowood in Napa, Warsham has concocted a menu that is as vibrant and colorful as it is fresh. Substituting the plant-based Beyond Spicy Italian sausage for pork sausage was a revelation for him, and he is enjoying experimenting with other vegetable dishes without sacrificing flavor or satisfaction.

Other team members are Lauren Fitzgerald, assistant manager and bar manager, a graduate of the California Culinary Academy; and owner Debo-

ra Blum, Paganini’s longtime business partner and the founder of Goatlandia, a nonprofit farm animal sanctuary and educational center in Santa Rosa. Fitzgerald and Blum are both vegans.

Back of the House turned to designer Hannah Collins of Roy, a San Francisco-based, hospitality design studio to transform the space that features turquoise-blue back bar tile, an abundance of plants, and gold-and-brass accents highlighted by a mixture of wood tones and a clean white palette to give Wildseed an updated, modern look.

YOU’LL NEVER BELIEVE IT’S NOT CHEESE

Of course, the real news here is the food. When I visited recently, the menu opened to a list of local, organic produce in season. Broken down into sections like snacks, to share, salads, bowls, sides, plates, and the sweet stuff, Wildseed

makes sharing dishes a fun, palate-pleasing experience.

The menu changes seasonally, and currently, snacks include nibbles like harissa-spiked vegetable chips with a

sour cream and onion dip, marinated olives, and shishito peppers with celery and preserved lemon dip, all priced \$5–\$6.

Shared plates range from beet and orange pâté with grilled sourdough, sherry pickled onions; and ceviche of king trumpet mushrooms with tiger’s milk, avocado, mango, and seeded chips. My friend and I shared the Mexican corn



Wildseed has an updated, modern look. PHOTO: AUBRIE PICK

cakes with cherry tomatoes, grilled corn, lime, and queso, and not only were they delightfully sweet and tender, but had we been blindfolded and told the queso was actually cheese, we would have totally agreed. Shared plates are \$8–\$19.

Salads and bowls, priced at \$13–\$15, include an ensalada Andalusia with butter lettuce, red chicories, Marcona almonds, coconut bacon, and black ash cheese with a smoked paprika, honey-sherry vinaigrette; and a donburi bowl with warm super grains, kimchi, avocado, roasted yam, wild mushrooms, chard, and roasted cauliflower.

Plates offer a warming spicy yellow curry with ginger, turmeric, Thai basil, root vegetables, and forbidden rice; a rigatoni Bolognese with ground Impossible sausage, spinach, and parmesan. Plates range \$15–\$17, excluding a super

grain paella for two at \$26. Desserts are \$8 and include a Meyer lemon agave cheesecake with a gluten-free graham-cracker crust and coconut whipped cream, and a warm chocolate cake made from beets and chaga mushrooms served with vegan chocolate gelato.

Maybe all of this plant-based cheese, coconut bacon, and other vegan items have you wondering if this stuff actually tastes good. Well, sometimes it doesn’t. But at Wildseed you can be assured of an affordable plant-based gourmet meal that’s healthful and absolutely delicious.

Wildseed: 2000 Union Street, 415-872-7350, wildseedsf.com, Tuesday–Thursday 11:30 a.m.–10 p.m., Friday, 11:30 a.m.–11 p.m., Saturday 5–11 p.m., Sunday, 5–10 p.m.

Email: Julie@marinatimes.com

Wildseed makes sharing dishes a fun, palate-pleasing experience.



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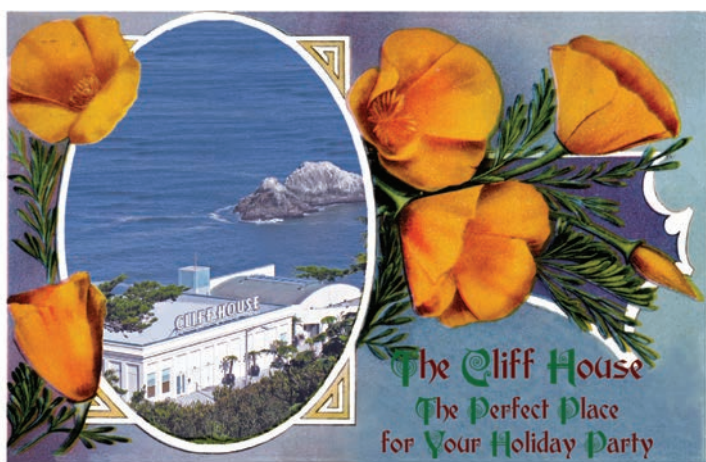
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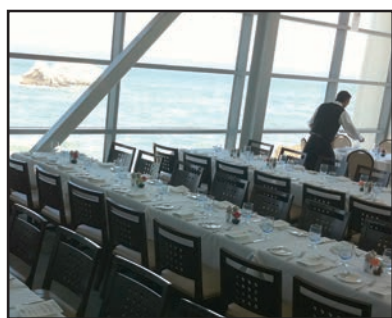
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La Vita Delizioso Recipe

Winter squash: Perfect for the holidays and beyond

BY SUSAN DYER REYNOLDS

I SAY THIS EVERY YEAR BUT I'LL SAY it again: Fall is my favorite time of year and one of my favorite fall ingredients is winter squash in all its bounty. These recipes will work as holiday side dishes or as main courses any night of the week. Each can be made vegan, vegetarian, or dairy free by simply removing a few ingredients. I've used three of my favorites — butternut, acorn and delicata — but any smooth-fleshed winter squash will work, such as kabocha or even pumpkin.

SPICE-ROASTED WINTER SQUASH SOUP

Serves 4–6

- 1 butternut squash
 - 1 acorn squash
 - 1 delicata squash
 - 1 tablespoon good quality extra virgin olive oil
 - 1 tablespoon ground cinnamon
 - 1 tablespoon ground ginger
 - 1/8 teaspoon nutmeg
 - 1 1/2 teaspoons light brown sugar
 - 1/2 teaspoon ground sage
 - 1 teaspoon coarse sea salt (I prefer Maldon sea salt flakes)
 - 2 tablespoons unsalted butter
 - 1 medium yellow onion, chopped
 - 6 cups low sodium chicken or vegetable broth
 - 1 large or 2 small bay leaves
 - 3- to 4-inch Parmesan rind (if available)
 - 1/8 teaspoon pure vanilla extract or maple syrup
 - 3 teaspoons kosher salt
 - 1 teaspoon freshly ground black pepper
 - 2 cups milk (for richer soup, use 1 cup half-and-half or 1/2 cup heavy cream)
 - 1 cup freshly grated Parmesan cheese
- Handful of fresh flat-leaf (Italian) parsley, roughly chopped

Preheat the oven to 350 degrees. Using a large, sharp knife, slice off the tops and bottoms of each squash. Cut the butternut squash crosswise, then cut each half lengthwise. Cut the solid pieces (without seeds) into quarters (otherwise they take too long to cook). Scoop out the seeds from the seeded pieces and discard or compost.

Place the acorn squash on its flat bottom and carefully slice in half. Scoop out the seeds and discard or compost. Cut and seed the delicata squash.

Arrange squash pieces flesh side up on a large baking sheet and drizzle with olive oil. In a small bowl, add the cinnamon, ginger, nutmeg, brown sugar, sage, and sea salt, and mix until well combined. Sprinkle the mixture liberally over the squash, and massage it into the olive oil-coated pieces. Bake for 45 minutes to an hour or until tender. Remove from oven and set aside to cool.

Heat the butter and oil in a large cast-iron enameled Dutch oven (or heavy stock pot) over medium heat. Add the onion and cook until soft and translucent, about 10 minutes. Scoop the flesh from the squash into the pot. Add stock,

bay leaf, Parmesan rind, vanilla extract or maple syrup, salt, and pepper. Cover and simmer over medium-low heat for 30 minutes.

Remove bay leaf and Parmesan rind. For creamy soup, turn off the heat, and use a stick blender to purée the mixture. If desired, add milk, half-and-half or cream, and freshly grated Parmesan cheese; stir until incorporated. Reheat until warmed through.

Ladle into soup bowls and (if desired) top with more Parmesan cheese, freshly chopped parsley, and a drizzle of maple syrup.

ROASTED DELICATA SQUASH STUFFED WITH QUINOA, DRIED CRANBERRIES, AND WALNUTS

Serves 6

- 2 delicata squash
 - 3 tablespoons extra virgin olive oil (divided)
 - 1 teaspoon ground sage
 - 1 teaspoon ground rosemary
 - 1 teaspoon ground thyme
- Kosher salt and freshly cracked black pepper

STUFFING

- 1 cup uncooked quinoa, rinsed
- 1 3/4 cups low-sodium vegetable or chicken stock
- 1 cup toasted walnuts, chopped
- 1 cup dried cranberries
- 1/4 cup fresh flat-leaf (Italian) parsley, chopped
- 1/2 cup freshly grated Parmesan cheese (optional)
- 4 fresh sage leaves (optional)

Preheat oven to 400 degrees. Using a large, sharp knife, cut squash in half lengthwise and again crosswise; scoop out the seeds and discard or compost.

Arrange squash pieces flesh side up on a large baking sheet and rub with 2 tablespoons of olive oil. In a small bowl, combine sage, rosemary, and thyme with kosher salt and pepper. Sprinkle the

mixture liberally over the squash and massage it into the olive oil-coated pieces. Bake for 45 minutes or until tender. Remove from oven and set aside to cool (leave the oven on).

**Each can be made
vegan, vegetarian, or dairy
free by simply removing
a few ingredients.**

While the squash is roasting, heat 1 tablespoon of olive oil in a medium saucepan over medium heat. Add quinoa and stir for 3 to 4 minutes until lightly toasted. Add vegetable stock and bring to a boil over medium-high heat, stirring occasionally, then cover pan, and reduce heat. Simmer for 15 to 20 minutes until liquid is absorbed. Remove from heat and let sit, covered, for 10 to 12 minutes. Add walnuts, cranberries, and parsley, and fluff with a fork.

Stuff each squash quarter with quinoa mixture and drizzle with olive oil; top with Parmesan cheese and fresh sage leaves if desired. Return to oven and bake for 5 to 10 minutes. If you want a browner, crunchier topping, broil for 1 to 2 minutes (watch carefully so the stuffing doesn't burn).

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Art World

continued from cover

depicting Dr. Martin Luther King Jr. and Wadsworth Jarrell's *Black Prince* (1971), which presents Malcolm X, his head, shoulders, and hands composed of brightly colored words from his speeches and writings. Melvin Edwards, *Curtain for William and Peter* (1969/2012) evokes the violence and subjugation of slavery and racial violence. On the other side of the spectrum is Barkley L. Hendricks's *What's Going On* (1974) — named after the Marvin Gaye album — which is a striking, stylized portrait from one of the finest figure painters of his generation. The monumental elegance and clean lines of his figures never speak of protest or a race in crisis.

'A BROADER PURPOSE'

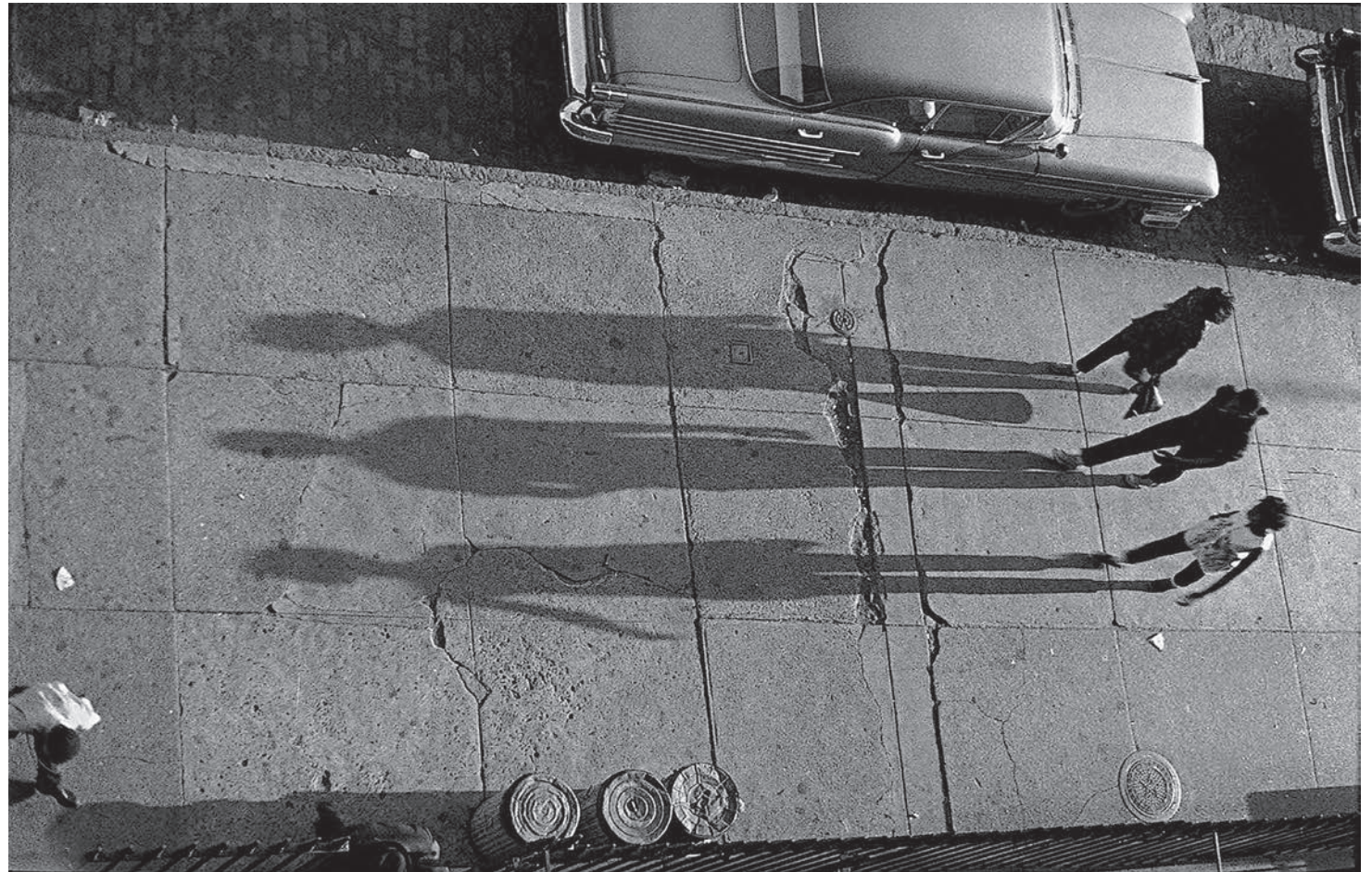
Artists of color, having a difficult time finding gallery representation, formed their own galleries and group shows in public spaces. The Spiral Group, spearheaded in 1963 by Romare Bearden, Charles Alston, Norman Lewis, and Hale Woodruff, mounted a group exhibition in 1965 committed to works in black and white only. Lewis said, "Our group should always point to a broader purpose and never be led down an alley of frustration. Political and social aspects should not be the primary concern; esthetic ideas should have preferences. Is there a Negro Image?" From 1967 to 1971, the Visual Arts Workshop of the Chicago artists collective Organization of Black

American Culture painted The Wall of Respect, a celebratory mural on the city's south side featuring images of black heroes and icons and inspired similar murals across the country.

'Soul of a Nation' provokes the viewer to consider how far we have come as a culture.

USE OF FOUND OBJECTS

The Black Power and Black Arts movements are represented by several works highlighting inequality and injustice. The activist Stokely Carmichael first pronounced the rallying cry of "Black



Adger Cowans's *Shadows*, New York, 1961, silver gelatin print. PHOTO: ADGER COWANS; COURTESY THE FINE ARTS MUSEUMS OF SAN FRANCISCO

Power!" during a 1966 speech at the Mississippi March Against Fear. The phrase became a call to arms and a declaration of refusal to continue to tolerate racial violence. Part of this exhibition is dedicated to the responses to the Watts riots in 1965.

Afterward, artists cooperated to restore their community, using found objects in their work. Additional works include Betye Saar's found-object collages such as *Ten Mojo Secrets* (1972), Melvin Edwards's twisted metal Lynch Fragment sculptures (1960s), and Jae Jarrell's *Revolutionary Suit* (1969/2010) in which colored pigments take the place of shotgun cartridges on the jacket of a woman's tweed suit.

Dana C. Chandler Jr.'s *Fred Hampton's Door 2* (1975) commemorates the murder of Black Panther Fred Hampton with a bright green and orange painted door riddled with bullets. Using an actual door, the sculpture recreates the revolutionary activist's death by gunfire when the Chicago Police Department raided his home, a raid legitimized with a warrant for illegal weapons though the motive to remove a powerful Black Panther Party leader was believed to be the more plausible cause for his assassination.

ART THAT EMPOWERS

"The powerful and provocative artworks on view in 'Soul of a Nation' offer eloquent testimony regarding the singular power of art to confront might with right, to empower individuals and communities, and to inspire cultural pride and solidarity," said Timothy Anglin Burgard, curator in charge of

American art at the Fine Arts Museums of San Francisco. "The core messages and meanings of these historical works retain their contemporary relevance and resonance, showing how far the nation has progressed, but also how many important issues still remain unresolved," he said.

The themes in "Soul of a Nation" provoke reflection in the viewer to consider how far we have come as a culture, the ground both lost and gained in the ongoing battle for equality, and the work that still needs to be done.

"Soul of a Nation: Art in the Age of Black Power": Tue.-Sun., 9:30 a.m.-5:15 p.m. through March 15, \$28 (visit website for Saturday free admission dates), de Young Museum, 50 Hagiwara Tea Garden Drive, Golden Gate Park, 415-750-3600, famsf.org

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

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

The Marina Books Inc. best-seller list

COMPILED BY BRIAN PETTUS

1. **Sophia of Silicon Valley: A Novel**, by Anna Yen (paperback)
2. **She Said: Breaking the Sexual Harassment Story That Helped Ignite a Movement**, by Jodi Kantor and Megan Twohey (hardcover)
3. **Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead**, by Tara Mohr (paperback)
4. **Beneath the Tamarind Tree: A Story of Courage, Family, and the Lost Schoolgirls of Boko Haram**, by Isha Sesay (hardcover)
5. **Guts**, by Raina Telgemeier (hardcover)
6. **Talking to Strangers: What We Should Know About the People We Don't Know**, by Malcolm Gladwell (hardcover)

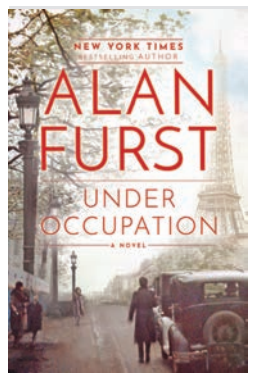
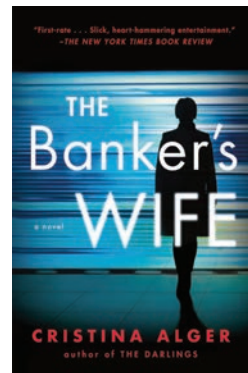
7. **A Gentleman in Moscow: A Novel**, by Amor Towles (paperback)
8. **Glute Lab: The Art and Science of Strength and Physique Training**, by Bret Contreras and Glen Cordoza (hardcover)
9. **Blowout: Corrupted Democracy, Rogue State Russia, and the Richest, Most Destructive Industry on Earth**, by Rachel Maddow (hardcover)
10. **The Bankers Wife**, by Christina Alge (paperback)

NEW RELEASES IN NOVEMBER

The Starless Sea: A Novel, by Erin Morgenstern (Nov. 5): Zachary Rawlins is a student in Vermont when he discovers a mysterious book hidden in the stacks. As he turns the pages, entranced by tales of lovelorn prisoners, key collectors, and nameless acolytes, he reads something strange: a

story from his own childhood. Bewildered by this inexplicable book and desperate to make sense of how his own life came to be recorded, Zachary uncovers a series of clues — a bee, a key, and a sword — which lead him to a masquerade party in New York, to a secret club, and through a doorway to an ancient library hidden far below the surface of the earth.

Under Occupation: A Novel, by Alan Furst (Nov. 26): Occupied Paris, 1942. Just before he dies, a man being chased by the Gestapo hands off a strange-looking document to the unsuspecting novelist Paul Ricard. It looks like a blueprint of a part for a military weapon, one that might have important information for the Allied forces. Ricard realizes he must try to get it into the hands of members of the resistance network. As Ricard finds himself drawn deeper and deeper into anti-Nazi efforts,



and into increasingly dangerous espionage assignments, he travels to Germany and along the escape routes of underground resistance safe houses to spy on Nazi maneuvers. When he meets the mysterious and beautiful Leila, a professional spy, they begin to work together to get crucial information out of

France and into the hands of the Allied forces in London.

For additional new releases in November, visit marinatimes.com.

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

Don't fear the subtitles

BY MICHAEL SNYDER

DESPITE HOLLYWOOD'S CONTINUING global prominence, more of the best movies are coming from other countries and in languages other than English. Reading subtitles while watching on-screen action is off-putting for some, but it's only a little tougher than walking and chewing gum at the same time, and can be so much more rewarding. If you are a true cinephile, you don't care where a movie originated, just that it's worth watching. And as far as I'm concerned, the three movies discussed below — are among the finest I've seen this year.

PARASITE

Parasite is the latest movie from the lauded Korean director-screenwriter Bong Joon Ho. It will definitely be in the conversation for recognition during award season, especially because it already scored the coveted Palme d'Or at the Cannes Film Festival. Examining the interactive fortunes of two modern Korean families (with a few wild cards thrown in), this crazily brilliant combination of farcical comedy; social satire; fateful tragedy; and dark, tension-laced thrills deals with class war, familial dysfunction, and the potential for crime and chaos when a massive gap exists between the wealthy and the impoverished.

The Kims are impoverished scam artists — a father, mother, brother, and sister — who, starting with the college-aged son, wheedle into the lives of the well-to-

do, borderline arrogant Park clan whose finances are on the rise and whose lifestyle is everything the Kims don't have and would do most anything to possess.

Bong has always shown affection for genre movies, with a stellar filmography that includes the dystopian, sociopolitical sci-fi adventure *Snowpiercer*, the cool anti-military monster movie *The Host*, and the sweetly subversive boy-and-his-mythical-creature feature *Okja*. He's also established some serious dramatic bona fides with *Mother* — a devastating look at the power and breadth of maternal love when one woman on the margins must defend her disabled offspring from criminal charges. But the dynamic, multilayered *Parasite* is the height of his career to date. Anger, desperation, and frustration fuel the Kims who envy the Parks' material goods and cushy home. All of the Kims' planning and implementing of their plots aside, *Parasite* poses questions that have no easy answers. Who among these people is really entitled to the good life? Is success about luck, hard work, or cunning? When is punishment a crime? Even if he doesn't take sides, Bong elegantly and entertainingly examines the wages of economic inequity in *Parasite*, and in the process, strengthens his case for being one of the premier filmmakers working today.

LORO

A mix of biography and drama, *Loro* concerns the rise, corruption, and personal excesses of scandalous and now-disgraced

prime minister of Italy Silvio Berlusconi. It's clearly the product of the visually extravagant Italian director Paolo Sorrentino in every beautifully composed frame.

Sorrentino's 2013 movie *The Great Beauty* — a glorious look at contemporary Roman society, high and low, through the eyes of an aging journalist — won the Oscar for best foreign film, and maintains a lofty spot on my best-of-all-time list. I think of Sorrentino, who also created and directed the HBO series *The Young Pope*, as a true heir to Federico Fellini, owing a debt to the master's visual flair and wit. Still, Sorrentino blazes his own trail. With *Loro*, which he co-authored with Umberto Contarello, he takes on the heedlessly hedonistic Berlusconi, as played by the great character actor Toni Servillo. Berlusconi came to prominence as an Italian media tycoon and entered politics, evidently to advance his own profligate lifestyle — a seemingly endless, drug-and-booze-fueled party packed with glamorous, willing women for the pleasure of certain predatory, power-mad men. The parallels with the avaricious, self-serving denizen now in the Oval Office were not lost on me, and they make *Loro* a topical and even more provocative movie. And as an added bonus, *Loro* looks as spectacular as Sorrentino's earlier work, and that's saying something.

PAIN AND GLORY

Finally, we have *Pain and Glory*. It's a drama that might be as close to genu-

ine autobiography as the critically lauded Spanish filmmaker Pedro Almodóvar has made, mixing his memories of romantic and carnal love and his working-class childhood with his passion for the cinema. Antonio Banderas is perfectly cast as Salvador Mallo, the lightly fictionalized stand-in for Almodóvar. Mallo is a director dealing with physical and emotional problems that have taken a toll on his ability to make movies. Now, on the eve of a tribute to one of his early masterpieces, he finds himself reflecting on his youth, his first great love, and his elevating embrace of movies. Besides Banderas, whose piercing performance is the beating heart of *Pain and Glory*, the other familiar face here is Penelope Cruz, letter-perfect as Mallo's mother in flashbacks.

Paralleling Sorrentino's most notable influence, *Pain and Glory* is somewhat reminiscent of Fellini's *8½* in its theme of a director in crisis who's plagued by a lost past and unfinished business. Almodóvar's best movies have a sort of careening energy and wit about them. Here, the driving force is passion, fueling a mature, heartfelt, personal drama from another leading light in world cinema.

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. You can follow Michael on Twitter: @cultureblaster



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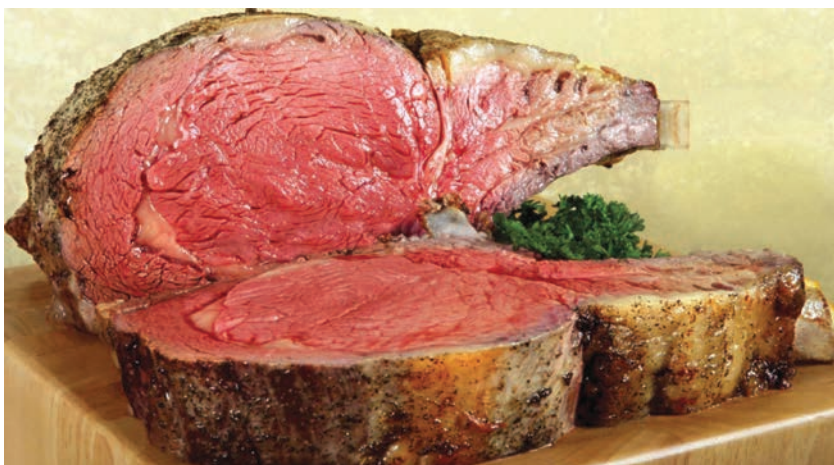
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NOVEMBER EVENTS

NOT TO MISS THIS MONTH

MAJOR EVENTS

19th Annual Napa Valley Film Festival
Wed.–Sun., Nov. 13–17

Multiple Napa Valley venues
This festival features over 75 new independent films, 100 wineries, featured chefs and culinary demos, wine intermissions, and multiple special events. See website for pricing, nvff.org

Cher: Here We Go Again

Thursday, Nov. 14, 8:30 p.m.

Chase Center

The 73-year-old pop star's seventh solo concert tour celebrates her *Dancing Queen* album, and is a tribute to her iconic fashion through the ages. \$50–\$2,800, 800-653-8000, ticketmaster.com

HOLIDAY HAPPENINGS

The Moscow Ballet's Great Russian Nutcracker

Tuesday, Nov. 5, 7 p.m.

Palace of Fine Arts Theatre

With world-class artists, over 200 dazzling costumes, stunning sets, towering puppets and soaring birds, don't miss your chance to ring in the holidays with this acclaimed Christmas extravaganza. \$29–\$175, 415-563-6104, palaceoffinearts.org

Holiday Ice Rink at Embarcadero Center

Daily, Nov. 6–Jan. 5, 10 a.m.

Embarcadero Plaza

Enjoy nine weeks of ice-skating fun during the holiday season at the largest outdoor rink in the city with 90-minute sessions starting every even hour. Skate rental \$5, admission \$7–\$12, 415-837-1931, embarcaderocenter.com

Holiday Ice Rink in Union Square

Daily, Nov. 7–Jan. 20, 10 a.m.–11:30 p.m.

Union Square

Ring in the holiday season at this outdoor rink with 90-minute sessions starting every even hour. \$13–\$18 (includes skate rental), 415-781-2688, unionsquareicerink.com

Annual Holiday Artisan Market

Friday, Nov. 22, 10 a.m.–6 p.m.

Asian Art Museum (200 Larkin St.)

Get all of your holiday shopping done early at this event featuring one-of-a-kind handmade goods by local makers. Free, 415-581-3500, asianart.org

32nd Annual Embarcadero Center Lighting Ceremony & Carnival

Friday, Nov. 22, 4–7 p.m.

Embarcadero Center

Don't miss this annual tradition of the dramatic illumination of Embarcadero Center with 17,000 lights. A family-fun carnival (4 p.m.) is followed by the lighting (6 p.m.). Free, 415-772-0700, embarcaderocenter.com

Happier Holidays at Pier 39

Daily, Nov. 26–Jan. 5, 5–10 p.m.

Pier 39

See this nightly tree-lighting show synchronized to holiday music that comes to life every half hour on the pier's 60-foot Christmas tree. Free, 415-705-5500, pier39.com

30th Annual Tree Lighting Ceremony

Friday, Nov. 29, 6–7:30 p.m.

Union Square

The 83-foot-plus tree will be illuminated with 33,000 twinkling energy-efficient LED lights and 1,100 shining ornaments throughout the holidays. Limited tickets available at the box office; advance tickets recommended. eventbrite.com

COMMUNITY CORNER

Fisherman's Wharf Veteran's Day Parade
Sunday, Nov. 10, 11 a.m.–1 p.m.

Jefferson St. (North Point to Leavenworth Sts.)

Show your support for all who have served our country in this parade along the wharf. Free.

GALAS & BENEFITS

Signature Chef's Auction 2019

Thursday, Nov. 7, 6 p.m.

City Hall

Enjoy cuisine prepared by S.F.'s top culinary masters accompanied with an array of wine and spirits, enticing auction packages, and more to raise funds for the March of Dimes campaign to end premature birth, birth defects, and infant mortality. \$250 & up, 408-490-2945, signaturechefs.marchofdimes.org



Glide's Annual Holiday Jam: Dare to Love

Thursday, Nov. 14, 7 p.m.

The Masonic (1111 California St.)

This annual event raises much-needed funds for Glide's programs and will feature special performances by 12-time Grammy Award-nominated Ledisi, Grammy Award-winner Lisa Fischer, the Glide Ensemble and The Change Band, and more. \$50–\$100, 415-674-6145, glide.org/daretolove

PHOTO: ALAIN MCLAUGHLIN

MUSEUMS & GALLERIES

James Tissot: Fashion & Faith

Tue.–Sun. through Feb. 9, 9:30 a.m.–5:15 p.m.

Legion of Honor (Lincoln Park, 100 34th Ave.)

James Tissot was one of the most celebrated artists of his time, yet less is known about him than his contemporaries, the Impressionists. This first major reassessment of Tissot's career offers a rare glimpse at the fascinating life and dazzling art of a man who captured an era. \$28, 415-750-3600, famsf.org

SFAI Concentrate: Student Art Sale and Open Studios

Sat.–Sun., Nov. 16–17, 11 a.m.–5 p.m.

S.F. Art Institute (Fort Mason Center)

See and buy new works from the next generation of artists at this salon-style art sale. Enjoy lively conversation, local food and drink, film screenings, special performances, talks, and more. Free with RSVP, 415-771-7020, sfai.edu

THEATER

BATS Improv: The California Noir Off

Fri.–Sat., Nov. 8–9, 8 p.m.

Presidio Theatre (99 Moraga Ave., the Presidio)

L.A.'s Impro Theatre reunites with the company that spawned it for this Dashiell-Hammett-Raymond-Chandler-inspired noir festival that pits one company against the other on Friday and features a joint improv musical on Saturday. \$30, 415-392-4400, presidiotheatre.org

Magic Theatre: Nassim

Tue.–Sat., Nov. 12–16

Magic Theatre (Bldg. D, Fort Mason Center)

Direct from worldwide sold-out performances, this wondrous consideration of live theater, language, and the transcendent power of friendship is performed with no rehearsal and a new actor in each performance. \$20–\$75, 415-441-8822, magictheatre.org

MUSIC: CLASSICAL

S.F. Opera: Manon Lescaut

Select days, Nov. 8–26

War Memorial Opera House

She gave up true love for luxury. Now she wants it back. Relive the unmatched feeling of dawning love in the opera that skyrocketed Puccini to success. Nicola Luisotti returns to conduct this luxurious production. \$26–\$408, 415-864-3330, sfopera.com

Chick Corea: From Mozart to Monk

Sunday, Nov. 10

Davies Symphony Hall

Multiple Grammy winner Chick Corea, an iconic keyboardist and composer with an eclectic range of styles, performs the music of his piano heroes, including Mozart, Bill Evans, Thelonious Monk, and many others in this piano recital. \$30-\$110, 415-864-6000, sfsymphony.org

MUSIC: CONTEMPORARY

The Brook & The Bluff

Friday, Nov. 8, 9 p.m.

Hotel Utah (500 Fourth St.)

This Birmingham-born, Nashville-based band has quickly become characterized by its evocative blend of vocal harmony, soulful air, and "groovitational" pull. \$10, 415-546-6300, hotelutah.com

Sérgio Mendes

Fri.-Sun., Nov. 29-Dec. 1

S.F. Jazz (201 Franklin St.)

Pianist, composer, and triple Grammy winner Sérgio Mendes returns to celebrate the 60th anniversary of bossa nova, the intoxicating mix of jazz and Brazilian pop he helped define. \$40-\$95, 866-920-5299, sfjazz.org

DANCE

Rotunda Dance Series: Nava Dance Theatre

Friday, Nov. 8, noon

Rotunda, City Hall

This bharatanatyam dance company based in San Francisco uses the classical south Indian dance form to explore and understand place, identity, and politics. Free, 415-920-9181, dancersgroup.org/rotunda

Dance Mission Theater: ¡Adelante!

Friday, Nov. 8, 7:30 p.m.

Herbst Theatre (401 Van Ness Ave.)

Join Dance Mission Theater in its 20th anniversary celebration of the cultural arts centers' past and future, featuring performances by Dance Brigade, Grrrl Brigade, Arenas Dance Company, and others. \$10-\$50, 800-838-3006, dancemissiontheater.org

NIGHTLIFE

Cobb's Comedy Showcase

Thursday, Nov. 7, 8 p.m.

Cobb's Comedy Club (915 Columbus Ave.)

San Francisco is known for hatching some of the country's top comedic talent. Come see a hand-picked line-up of today's rising stars. \$15-21, 415-928-4320, cobbcomedy.com

Mandy Patinkin in Concert: Diaries

Friday, Nov. 22, 8 p.m.

Sydney Goldstein Theater (275 Hayes St.)

With Adam Ben-David on piano, the acclaimed actor-singer-storyteller performs his favorite Broadway and classic American tunes, along with selections from his newest recordings. \$50-\$175, 415-392-4400, cityboxoffice.com

FILMS & LECTURES

17th Annual International South Asian Film Festival

Thursday-Sunday, Nov. 7-10

New People Cinema and Castro Theatre

This showcase for films from India, Pakistan, Sri Lanka, Canada, Australia, and the United States focuses on young voices and humor this year. Free-\$11 (individual films), \$35-\$110 (festival pass), thirdi.org

Chris Hughes

Wednesday, Nov. 31, 8 p.m.

Sydney Goldstein Theater (275 Hayes St.)

In conversation with Courtney E. Martin, the co-founder of Facebook believes it's time to break up the company, that it should be government regulated, and has moved in a troubling direction. \$29, 415-392-4400, citiarts.net

SCIENCE & ENVIRONMENT

After Dark: From the Farm

Thursday, Nov. 14, 6-10 p.m.

The Exploratorium

From livestock to grapes, come learn some of the science involved in growing the world's food. Ages 18 and up, \$20, 415-528-4444, exploratorium.edu

California Wildfires: Community and Water Supply Protection

Tuesday, Nov. 26, 6 p.m.

The Commonwealth Club (110 The Embarcadero)

Learn what a large Bay Area water utility is doing to protect the green and to build a water delivery infrastructure, hear about the state's forest health, and what communities are doing to protect homes and water. \$20, 415-597-6705, commonwealthclub.org

POTABLES & EDIBLES

Truffle Shuffle & Whiskey Dinner

Thursday, Nov. 14, 6 p.m.

The Dorian Restaurant (2001 Chestnut St.)

Enjoy cocktails and canapes followed by a four-course truffle-focused, whiskey-infused dinner with optional whiskey pairing (\$20) and additional truffle shavings from a truffle cart. \$75, eventbrite.com

S.F. Vintners Estate

Saturday, Nov. 16, 11 a.m.-2 p.m. & 3-6 p.m.

Sunday, Nov. 17, 1-4 p.m.

Golden Gate Club (135 Fisher Loop, the Presidio)

Try and buy fine wines from up to 100 boutique and family-owned winemakers. Explore three rooms showcasing specialty foods, wines, music, art, and more. \$100-\$150, 415-596-1191, sfvintnersmarket.com

10th Annual Fall Holiday Chocolate Salon

Sunday, Nov. 24, 10 a.m.-5 p.m.

County Fair Bldg. (1199 9th Ave.), Golden Gate Park

Enjoy a curated selection of premium and award-winning chocolatiers, confectioners, and other culinary artisans with chef and author talks, tastings, and more. \$20 (advance) & \$25 (door), fallchocolatesalon.com

SPORTS & HEALTH

7th Annual Yoga for Change

Saturday, Nov. 9, 12:30-3 p.m.

Grace Cathedral

Unroll your mat to benefit the students of the cathedral's socioeconomically diverse Community Preschool and enjoy yoga and live music.

All ages/abilities welcome. \$20, 415-749-6300, eventbrite.com

Living Well, Aging Well Symposium

Tuesday, Nov. 12, 10 a.m.-1 p.m.

The Sequoias (1400 Geary Blvd.)

Join best-selling author and UCSF geriatrician Louise Aronson, who will discuss her book, *Elderhood*, and Emmy Award-winner Allie Light, who will present her film, *Any Wednesday*, about an octogenarian with dementia followed by discussion and lunch. \$10, RSVP to fritchell@sequoialiving.org or 415-923-4485

CHILD'S PLAY

ODC: The Velveteen Rabbit

Fri.-Sun., Nov. 29-Dec. 1

Thu.-Sun., Dec. 5-8

YBCA Theater (700 Howard St.)

Told through music, dance, and a powerful narrative, this play celebrates the unique relationship between a little boy and his stuffed rabbit and the enduring power of love. \$15-\$100, 415-978-2700, odcdance.org

S.F. Birth and Baby Fair

Sunday, Dec. 1, 10 a.m.-4 p.m.

Golden Gate Club (135 Fisher Loop, the Presidio)

This event features workshops, demonstrations, local resources, innovative products, and more for a one-stop shopping experience. \$10 (advance) & \$15 (door), 415-967-0223, birthandbabyfair.com

JUST FOR FUN

Veterans Day USO-Style Dance

Saturday, Nov. 9, 6:30-10 p.m.

Presidio Officers' Club (50 Moraga Ave.)

Travel back in time to a USO-style dance at the Officers' Club in its World War II heyday. Swing to the 1940s rhythms of The Royal Society Jazz Orchestra. Military/vintage dress encouraged. Free with registration, 415-561-4323, presidio.gov

E-mail: calendar@marinatimes.com

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When: Sunday, November 24, 2019. Registration is open from 9:30 am - 12:30 pm. No appointment needed!

Where: Chinatown YMCA, 855 Sacramento Street, San Francisco, CA 94108

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Every 10 years, the U.S. Census Bureau is responsible for conducting the nationwide census. The Census Bureau is recruiting now to fill important temporary positions with great pay (\$30/hour) and flexible hours for Spring 2020. Be a Census Taker and make a difference in your community! Apply online NOW at 2020census.gov/jobs.

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Board of Supervisors Regularly Scheduled Board Meetings
November and December Meetings

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

• Nov. 5 • Nov. 12 • Nov. 19 • Dec. 10 • Dec. 17

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The Healthful Life :: The spice of life



Learn which spices are the best for your body. PHOTO: SILVIA JANSEN

Health benefits of the holiday season

BY THALIA FARSHCHIAN

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

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

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

CINNAMON

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

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

CLOVES

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

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

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

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

NUTMEG

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

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

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

PEPPERMINT

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

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

GINGER

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

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

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

Thalia Farshchian is a naturopathic doctor specializing in chronic complex diseases including Lyme disease and mold illness. For more information, visit medicaloptionsforwellness.net.



On Veterans Day, help your children appreciate the sacrifice and service of others.
PHOTO: QINGWA

Honoring veterans

BY LIZ FARRELL

During November, we have two holidays we celebrate that remind us of the importance of gratitude and thanksgiving. Around Thanksgiving we often ask our children what they are grateful for or maybe even to actively do something to help those less fortunate. For some this could be serving a meal in a soup kitchen or buying a turkey dinner for a family.

The other holiday in November that often doesn't get the same attention is Veterans Day. In the United States this is the day our country celebrates those who have served in the military. Always held on Nov. 11, it is a wonderful opportunity to teach our children that this day is about a lot more than just a day off of school. It is about sacrifice, honor, and gratitude. Here are some ideas to help teach your child the importance of this holiday and some creative ways to celebrate:

TEACH YOUR CHILDREN

Chances are we all have someone in our family, a friend, or a neighbor who has served in the military. For older children, a great way for them to learn and appreciate the significance of this holiday is to interview a veteran they know. This is a

great family history project, or more formal interviews can be submitted to the Library of Congress through the Veteran's History Project. For younger children, the subjects of war, bombs, and guns may be too much and could frighten them, so keep the focus on patriotism and the flag. Have them hang a flag in the yard or learn about how to properly hold and fold a flag. Make sure they know who in their family is a veteran and what that means.

Children of all ages love a parade. We have a great Veterans Day parade in San Francisco at Fisherman's Wharf. In our family, this has been a tradition for many years. We attend with my father-in-law, who proudly wears his Air Force uniform. We have found it to be a memorable way to truly honor the significance of the day.

SAY THANK YOU TO VETERANS

We should be grateful to our veterans every day of the year, but Veterans Day serves as an excellent learning opportunity for our kids. This can be as simple as teaching them to say thank you to someone they see in uniform. This simple act will help teach them about small acts of kindness, the importance of service, and will no

doubt bring a smile to someone's face.

Another way kids can say thank you is by making a sign that they can bring to a parade or to just hang on a garage or a tree for the day. There are also more formal ways they can show their appreciation through organizations such as Operation Gratitude that sends letters and care packages to veterans, wounded veterans, and active service members. Kids can also make cookies and cards and bring them to our local VA hospital.

These are all small but profound ways to help teach children the importance of gratitude, especially during the month of November.

ENGAGE IN ACTS OF SERVICE

Another way to honor those who have served is through your own acts of service. It is important to show our children that although they may be too young to serve in our military, they are never too young to learn the importance of serving our country and serving others. They can do this by volunteering at a shelter for homeless veterans or at a food bank.

Serving can also be as simple as cleaning up trash in your neighborhood or at a local park. One idea a veterans' organization gave me was to host a care package-packing party. We would ask people to bring dona-

tions of leftover Halloween candy, books, beef jerky, and magazines and put packages together with a note for those currently serving overseas. I can't think of a better way to get rid of all that extra Hal-

loween candy. It could also be donating toys or clothes to organizations that support military families.

For many years, this holiday was a welcome break between the craziness of Halloween and the rush of the Thanksgiving and Christmas holidays. However, it wasn't until we started attending the Veterans Parade every year, and I saw my father-in-law in his uniform, that I truly understood and have tried to instill in our children the difference between observing a holiday and honoring it. This year try to find even the smallest, simplest way to truly honor the holiday and all those that have and are currently serving our country.

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 healthful conversations around social media and technology. Email: liz@marinatimes.com

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*Check individual business hours for inside locations.

For a complete list of locations please visit marinatimes.com.

The Marina Times Real Estate Market Report: September 2019

By Compass

SINGLE FAMILY HOME SALES

NEIGHBORHOOD	ADDRESS	BEDROOMS/BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow	2781 Filbert Street	2BR/1BA	\$1,550,000	Below	45
	2821 Franklin Street	3BR/2BA	\$1,851,000	Below	31
	77 Pixley Street	3BR/2+BA	\$3,100,000	Above	11
	2816 Laguna Street	4BR.3+BA	\$3,800,000	Below	78
	2781 Union Street	3BR/3+BA	\$5,250,000	At	0
Lake St.	178 18th Avenue	2BR/1+BA	\$1,250,000	Above	33
Laurel Heights (no sales)					
Lone Mountain (no sales)					
Marina	3107 Franklin Street	3BR/5BA	\$3,480,000	Below	72
Nob Hill (no sales)					
North Beach (no sales)					
Pacific Heights	2814 Clay Street	6BR/4+BA	\$3,200,000	Below	114
	2414 Webster Street	3BR/3+BA	\$4,400,000	Below	33
	2940 Jackson Street	4BR/3+BA	\$4,999,999	Above	0
	2411 Green Street	3BR/3+BA	\$5,100,000	Above	0
	2561 Washington Street	5BR/3+BA	\$9,150,000	Above	3
Presidio Heights	3990 Washington Street	6BR/6+BA	\$9,100,000	Above	188
Russian Hill					
Sea Cliff	251 32nd Avenue	4BR/3BA	\$4,925,000	At	0
Telegraph Hill	1249 Kearny Street	2BR/1BA	\$805,000	Above	8

CONDOS

NEIGHBORHOOD	ADDRESS	BEDROOMS/BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow	2823 Pierce Street	1BR/1BA	\$1,030,000	Above	7
	2326 Union Street	3BR/2BA	\$3,200,000	Above	18
Lake St.	195 25th Avenue #101	2BR/2BA	\$1,300,000	At	0
	173 10th Avenue	4BR/2BA	\$1,975,000	Below	21
Laurel Heights	68 Heather Street	1BR/1BA	\$1,075,000	Above	10
Lone Mountain (no sales)					
Marina	3501 Laguna street #306	0BR/1BA	\$705,000	Above	24
	1529-A Beach Street	1BR/1BA	\$945,000	At	52
	1921 Jefferson Street #105	2BR/2BA	\$1,380,000	Above	6
	1572 Chestnut Street	2BR/1BA	\$1,685,000	At	0
Nob Hill	1177 California Street #506	0BR/1BA	\$537,500	Below	159
	1177 California Street #1023	1BR/1BA	\$749,000	At	87
	1201 California Street #205	2BR/1BA	\$830,000	Below	151
	1868 Van Ness Avenue #202	2BR/2BA	\$1,328,000	Below	78
	1567 Clay Street	3BR/2BA	\$2,530,000	Above	6
	1333 Jones Street #810	2BR/2BA	\$3,200,000	Above	164
North Beach	520 Chestnut Street #401	2BR/2+BA	\$1,540,000	Below	43
Pacific Heights	2999 California Street #404	1BR/1BA	\$750,000	Above	17
	2040 Franklin Street #1202	1BR/1+BA	\$957,500	Above	13
	2164 Pacific Avenue	2BR/2BA	\$1,150,000	Above	21
	1701 Jackson Street #406	2BR/2BA	\$1,355,000	Above	32
	3100 Washington Street #1	2BR/2BA	\$1,485,000	Above	34
	2200 Sacramento St. #602	2BR/2BA	\$1,700,000	At	0
	2200 Sacramento St. #308	2BR/2BA	\$1,810,000	Above	8
	3228 Clay Street	4BR/2BA	\$2,625,000	At	0
	2855 Jackson Street #102	4BR/3BA	\$2,725,000	Above	0
	2863 Washington Street	3BR/2+BA	\$2,910,000	Above	10
	2179 Pacific Avenue	4BR/2+BA	\$3,050,000	Below	21
	2190 Broadway #3W	2BR/3+BA	\$4,023,956	Below	26
	1635 Green Street	3BR/3BA	\$5,340,000	Below	12
	Presidio Heights	3439 Sacramento St. #301	3BR/2BA	\$2,700,000	Below
Russian Hill	3934 Clay Street	4BR/2+BA	\$2,943,000	Below	0
	3993 Washington Street	3BR/2+BA	\$3,000,000	Below	0
Sea Cliff (no sales)					
Telegraph Hill (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, Compass Real Estate, 1880 Lombard Street, 415.321.4274, jay.costello@compass.com, www.compass.com



City plans could return us to the good old days of 1864, when Market Street was totally clear of automobiles. PHOTO: LIBRARY OF CONGRESS

Limits to the market

BY JOHN ZIPPERER

STATEWIDE RENT CAP

In early October, Gov. Gavin Newsom signed AB 1482, which limits increases in rent to 5 percent annually plus inflation. The bill also requires landlords to provide a “just cause” for evictions from buildings that are at least 15 years old for tenants who have been in their units for 12 months or more.

Los Angeles’s City Council voted unanimously in mid-October to invalidate all evictions in process at rental buildings that the new rent law will cover. The council made the move to punish landlords who looked to get the evictions (and presumably rent increases) out of the way before AB 1482 becomes law. The law will be in force as of Jan. 1, 2020.

Newsom at least didn’t appear to have succumbed to the supply-and-demand ignorance of many people seeking to reign in landlords and developers and real estate agents. “We need to build more damn housing,” he said before signing AB 1482. Let’s see if he finds a pro-housing bill that he’s willing to fight for and sign.

A WORD OF CAUTION

San Francisco is finally going to do it: It will close part of Market Street to automobile traffic, from 10th Street eastward, starting in 2020. The city promises utopian results with pedestrians dancing in the streets and unicorns escorting people across the barren street while the humans never take their eyes off their smartphones.

That’s a slight exaggeration, but nonetheless. It bears reminding that seven years ago, I wrote about this plan (“Car wars: The phantom menace,” Oct. 2012, *Marina Times*) and noted that a number of cities have been undoing their pedestrian malls for years. Most notably, Chicago closed its famous State Street to traffic in 1979. The promised unicorns and street dancers never materialized. Instead, store closings and empty buildings became the trademark of “that great street,” before Chicago finally undid its mistake in the 1990s and reopened the street to cars. State Street quickly became a thriving and busy urban street once again.

Apparently, God doesn’t answer the prayers of bankers, because I also quoted a vice president at Chicago’s La Salle Bank, who told the *Chronicle’s* Carl Nolte about the State Street auto-closure experiment: “We walked into it with our eyes wide open and it was just a mistake, an absolute mistake. God, don’t let them do that in San Francisco.”

BACK AND FORTH

Well, Google tried to copy Facebook with its ill-fated Google+ social media

platform, so it’s only fair that Facebook is copying Google by promising \$1 billion to address housing issues. According to *San Francisco Business Times* reporter Blanca Torres, the commitment would be split up to fund \$250 million for mixed-income housing on excess state-owned land, \$150 million for affordable housing production in the Bay Area, \$225 million in land in the company’s hometown of Menlo Park for affordable housing, \$350 million in reserve funds for other commitments across the nation, and \$25 million for teacher and “essential worker” housing on public land for San Mateo and Santa Clara County school districts.

UP AND DOWN

Rents in San Francisco grew 2.6 percent on an annual basis, but they dropped slightly (by 0.1 percent) in August. Overall, rents in the Bay Area decreased half a percentage point between August and September. The cities in the Bay Area that had the most dramatic increase in rents over the past year include Oakland (which grew 9.5 percent), Foster City (7 percent), and Redwood City (6.9 percent).

QUOTE UNQUOTE

“While the legislature was very proud to bandy about the term, ‘Produce, Protect and Preserve,’ we would like to note that there was not a single substantive bill passed this year that addressed the ‘Produce’ portion of this mantra. . . . AB 1482 will add even more stress to small mom-and-pop rental property owners to keep their businesses afloat, will discourage further investment, and encourage annual rent increases.”

—Sid Lakireddy, president of the California Rental Housing Association, quoted in the *San Francisco Business Times*

CONFIDENTIAL TO SOME SNEAKY LANDLORD

A young man of our acquaintance recently moved into a new apartment with his girlfriend. He’s in a nice location near the beach, within easy walking distance to Muni trains and stores and bars. Best of all, between the two of them, they could afford the monthly rent.

But in talking to someone who used to live in the multiunit building, he recently heard that his landlord typically started tenants with one-year leases, then went to month-to-month leases and jacked up the prices dramatically. My friend’s first year lease is nearing its completion, and maybe AB 1482 (see item above) will protect him.

But if not, let’s just say this: He knows some lawyers.

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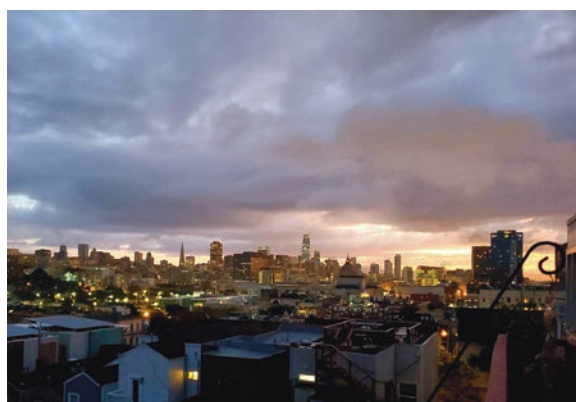
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