



Special Issue: Coronavirus impact
Julie Mitchell and Michael Snyder say people and restaurants are adapting. p. 5
Susan Dyer Reynolds offers recipes for the at-home cook. p. 6
Liz Farrell explains how to keep the family sane during shut-in. p. 13



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Tony Curtis, Jack Lemmon, and Marilyn Monroe from the trailer for the film *Some Like It Hot*. PHOTO: WIKIMEDIA COMMONS

The prescription is laughter: Vintage comedies

BY MICHAEL SNYDER

IN DIRE TIMES, COMEDY IS NEEDED more than ever. Absurdist playwright Eugene Ionesco had it right with his observation, “We laugh so as not to cry.” Even if laughter isn’t really the best medicine in a pandemic, it can’t hurt.

Public gatherings have been restricted and major movie releases are being postponed, so I thought I’d note some vintage, spirit-raising film comedies that should be accessible at home in the digital domain. A sense of humor is incredibly subjective. Still, it would be hard *not* to chuckle, chortle, or at least smile at

some point while watching any of the following.

Director-screenwriter Billy Wilder’s *Some Like It Hot* (1959) stars Jack Lemmon and Tony Curtis as two luckless musicians who need to disappear after witnessing a gangland hit. To escape murderous mob-

MICHAEL SNYDER, continued on 10

REYNOLDS RAP

You can’t fool Mother Nature

Our mistreatment of animals will be the end of us

BY SUSAN DYER REYNOLDS

“They were two human primates carrying another primate. One was the master of the earth, or at least believed himself to be, and the other was a nimble dweller in trees, a cousin of the master of the earth. Both species, the human and the monkey, were in the presence of another life form, which was older and more powerful than either of them, and was a dweller in blood.”

— Richard Preston, *The Hot Zone: The Terrifying True Story of the Origins of the Ebola Virus*, 1994

READING RICHARD PRESTON’S 1994 BOOK *The Hot Zone*, about the origins of the Ebola virus, it’s hard not to see it, like so many other pandemics throughout history, as a warning shot from Mother Nature.

Researchers believe fruit bats were the origin of Ebola, which by 2016 had killed 11,000 West Africans.

REYNOLD’S RAP, continued on 3

DISTRICT 3 SUPERVISOR

The city responds to coronavirus

Neighbors, activists, businesses, and city government step up

BY AARON PESKIN

ONLY A COUPLE OF WEEKS AGO, THE ISSUE MOST weighing on my mind was uncovering corruption and implementing structural policy changes across multiple departments after the FBI’s arrest and indictment of Public Works Director Mohammed Nuru. It was a scandal that rocked the city, and as I began to investigate everything from bogus trash can contracts to pay-to-play political favors, it seemed that this would consume the work of my office in the months ahead.

It couldn’t get worse — or so I thought.

IT GOT WORSE

Then the COVID-19 pandemic roared into our collective lives, exposing massive gaps in our national health care and social safety networks and tragic leadership failures of our federal government. As of this writing, the total number of global cases has surpassed 400,000, and the numbers grow exponentially every day. While one fourth of those patients have recovered,

SUPERVISOR, continued on 2

RESOURCES : COVID-19

Get your updates from reliable sources during the coronavirus pandemic

BY LYNETTE MAJER

WITH THE CURRENT SHELTER-in-place order throwing our lives into a tailspin seemingly overnight, it probably comes as no surprise that we’ve not published our calendar of events this month. Although most arts organizations have suspended or postponed events and performances, some are offering online content. Here are just a few; check individual websites or social media for updates.

The **Exploratorium** (exploratorium.edu) is offering online learning resources as does the **California Academy of Sciences** (calacademy.org), which also offers animal webcams. The **Asian Art Museum** is also providing educational content on their website, has a presence on Facebook and Instagram (#Museum-FromHome), their art collection on YouTube, and invites the public to let them know what kind of content they would like to see.

The **San Francisco Symphony** (sfsymphony.com) has launched its Digital Concert Series on Apple Music, and a season playlist on Apple Music and Spotify. Their *Keeping Score* television episodes is available on YouTube, and their weekly radio broadcasts on KDFC.

S.F. Jazz has started “Fridays at Five,” an online concert series with a \$5 monthly digital membership and has a YouTube channel with over 200 videos.

During this time, it’s vital we get our information from reliable sources (listed below) that are updated regularly. The World Health Organization site also includes “myth busters” about the disease; and the *San Francisco Chronicle* (sfchronicle.com) is providing a comprehensive listing of resources.

GOVERNMENT UPDATES

- The World Health Organization: who.int
- Centers for Disease Control: cdc.gov
- Journal of the American Medical Association: jamanetwork.com

- California Department of Public Health: cdph.ca.gov

CITY UPDATES

- San Francisco Government: sf.gov
- San Francisco Department of Public Health: sfph.org

NEIGHBORHOOD NEWSLETTERS

- Subscribe to District 2 Supervisor Catherine Stefani’s newsletter: sfbos.org/supervisor-stefani-newsletter, District 3 Supervisor Aaron Peskin’s newsletter: sfbos.org/supervisor-peskin-newsletter, and those from the Marina Community Association: sfmca.org, and the Russian Hill Neighbors: rhnsf.org

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FROM THE COVER

Supervisor continued *from cover*

most of the patients are still being treated, with over 18,000 fatalities reported worldwide. Here in San Francisco, we just reported our first death and are bracing for more.

San Francisco also has stepped up to lead in this dark time. Everyone from our mayor to the Board of Supervisors to the community at large has pulled together to make tough decisions and sacrifices that will ultimately save lives. We became the first city in the United States to declare a public health state of emergency, and joined with five other counties in the Bay Area to issue a shelter-in-place directive, which Governor Newsom soon followed with a California-wide shut-down of all nonessential businesses and travel.

Our Department of Emergency Management has quickly moved our Emergency Operations Center (EOC) from the 911 Center on Turk Street to the Moscone South Convention Center, where appropriate social distancing can be implemented. I and my office have been drafted to staff emergency response on behalf of the Board of Supervisors at the EOC, while still coordinating with community groups in District 3 to make sure that seniors and families are fed and critical information gets out to our constituents. I want to thank Sunny; Lee; Calvin; and our new administrative aide, Geri Koeppel, for coordinating and problem solving nonstop, and tracking information that often changes hour to hour.

Our neighborhood associations, small business owners, and nonprofit service providers are doing inspiring work to keep the community connected, fed, and safe.

A shout-out to Kathleen Courtney and her Russian Hill Community Association (RHCA) for their wellness checks on seniors. Her younger neighbors have stepped up in profound ways to protect the health of senior RHCA members. In fact, across the district, we've heard from younger residents offering to get groceries, run errands, and send packages to older neighbors. Throughout Lower and Middle Polk and Nob Hill, the Lower Polk Tenant Landlord Clinic has sprung into action, helping answer residential and commercial tenants' questions about evictions and rent. In North Beach, the Salesian Boys & Girls Club and Telegraph Hill Neighborhood Center are doing family assessments and offering emergency childcare. In Chinatown, Self-Help for the Elderly is delivering over 1,200



meals a day to seniors in need. The Rose Pak Democratic Club helped Chinatown family businesses establish gift cards and take-out systems, then blast out a to-go list to communities that might not normally frequent Chinatown. The Ning Young Family Association and other family associations who own properties are offering rent relief to tenants and urging other landlords in Chinatown to follow their example.

The mandate to stay home has hit workers incredibly hard. Few can weather the loss of income that's happening for many. While the city and state have enacted programs to help people get unemployment right away, contractors, restaurant staff, and arts and entertainment workers are struggling. For those who work in the nightlife industry, the incomparable Juanita More of District 3, a pillar of the LGBTQ community, organized the Queer Nightlife Fund to help service workers (sfqueernightlifefund.org). The San Francisco Flower Mart has also set up a GoFundMe, and I will be posting one or two of these types of relief funds every day through the crisis, and including them in my newsletter. Please send me any ideas you have! I want to personally thank those of you who are helping to set up these funds — and thank everyone who continues to pay their housekeepers, dog walkers, and nannies. This is how communities survive crises. We are going to get through this.

A CITY THAT CARES

At the city level, I'm working on increased cleaning and sanitation resources for congregate living situations, as well as public health orders that will ensure San Francisco is the model of how to track and treat COVID-19. I've been negotiating with our Class A hotels to lease up thousands of rooms for quarantine, isolation, and first-responder use, as well as working with city departments to identify bed capacity at dormant hospital and clinic sites. Our Department of Public Health has committed to hiring up to 170 nurses in mere weeks to meet the demands of the expected surge, and I want to thank the incredible health care workers who are working around the clock literally risking their lives to save others.

Information is changing every day in this evolving crisis, but to keep updated please sign up for my newsletter on the sfbos.org website, which we are sending out every other day. I am so incredibly proud to serve this city and the community of District 3. Your compassion and love for each other is what is fueling me everyday at the EOC.

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Calendar submissions due by the 15th of the month to calendar@marinatimes.com

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

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There is also a connection to “bushmeat” — wild, often endangered animals sold at markets. In parts of Africa it is viewed as cheap protein, while countries like Gabon have easier access to fish and poultry, making it a luxury.

Besides the threat of extinction, bushmeat is also a source of virus transmission. For example, outbreaks of the Ebola virus in the Congo Basin and in Gabon have been linked to the butchering and consumption of bonobos and chimpanzees (with which, let’s not forget, we share 99 percent of our DNA). Last July, the World Health Organization declared the Ebola outbreak in the Democratic Republic of Congo “a public health emergency of international concern.” With 180,000 pounds of bushmeat smuggled into the United States annually, Ebola could easily rear its ugly head here again.

Ebola is a zoonotic disease, meaning it jumps from animals to humans. Zoonotic diseases make up 75 percent of all emerging infectious diseases. They are also responsible for many of the world’s worst pandemics. HIV/AIDS began when African hunters ate the infected meat of Old World monkeys. In 2004, experts

confirmed the HIV virus has jumped from primates to people on at least seven separate occasions in recent history, not twice as commonly thought, suggesting that new strains of an HIV-like virus are circulating in wild animals and infecting people who eat them.

And if Americans think something similar can’t start here, they need only look to the skeleton crew at the USDA allowing factory farmers to act as foxes in their own hen houses. Just the fact they are considering allowing “high-speed slaughter” of pigs is a sign our own mistreatment of animals is ripe to come back to haunt us. There are petitions circulating online to stop high-speed slaughter, but the inhumane conditions at factory farms, from battery-caged chicken eggs to cattle slaughtered for “cheap” ground beef, is already responsible for the majority of E. coli and salmonella outbreaks in America.

COVID-19 AND THE LINK TO WET MARKETS

The pandemic of 2020, COVID-19, is a coronavirus, and once again scientists have traced its origins to animals, with a genetic sequence nearly 80 percent similar to that of SARS (also a coronavirus). In 2003, Hong Kong researchers identified the masked palm civet, a small wild cat, as the cause of the SARS outbreak. Civet is one of the main ingredients in the exotic wildlife soup “dragon-tiger-phoenix,” a favorite of wealthy Chinese in Guangdong province. One of China’s first confirmed SARS patients, Huang Xingchu, worked as a cook in a Shenzhen restaurant that specialized in the soup.

Chinese officials traced the latest coronavirus to Huanan Seafood Market, a “wet market” in the central city of Wuhan, China. In December 2019, nearly 70 percent of the first people hospitalized passed through the market, which sold more than 112 kinds of animals, many of them live — including wolf pups, foxes, rats, crocodiles, giant salamanders, snakes, porcupines, and peacocks — as food. Also included on the list for a vendor called “Wild

Game Animal Husbandry for the Masses” (“Freshly slaughtered, frozen, and delivered to your door”) was camel meat, to which the MERS coronavirus was traced.

With COVID-19, researchers from the South China Agricultural University found a genetic sequence from the virus in pangolins, considered the world’s most trafficked mammal, is 99 percent identical. They believe it may have passed from bats to humans using the pangolin as an “intermediary animal.” As a result, bushmeat sellers in Gabon’s markets have lost some of their Chinese buyers. The scales, used in Chinese medicine, are sold to illegal dealers in China at prices rivaling those of ivory. The shy creatures make easy targets, rolling up like balls when approached. It is estimated up to 2.7 million pangolins are killed and trafficked annually.

REMEMBER THE PAST

Researching this column has given me nightmares. A search for “wet markets” brought up disturbing videos (a dog being cooked alive in a large wok as it struggled to escape) and descriptions from those who have seen it firsthand.

In an open letter to “China, Indonesia, South Korea and other countries allow-

ing the legal operation of live animal markets (wet markets),” filmmakers at Orange Planet Pictures said, “We have personally walked among these markets and been overwhelmed by

their hellish nature. They are, quite simply, places of torture as dogs and cats are blowtorched to death. Children watch as bats are roasted over open flames, rats are impaled on sticks and pangolins are descaled to order. Piles of eviscerated remains pile up as pools of fresh blood form below live dismemberment.”

They also point out that the live animal markets are an anathema. “China has a most robust and devoted animal welfare movement . . . their non-wet markets are spectacular: a rainbow of colours adorn every table from fresh and delicious fruits to the most wonderful crafts.”

Despite the fact that the vast majority of Chinese nationals oppose wet markets, there have been ignorant and troubling attacks on Chinese Americans. *South China Morning Post* reporter Laurie Chen addressed it in a recent episode of the *Fiction/Non/Fiction* podcast. She also said the latest crisis “started a really vital debate on Chinese social media about the need to close these wildlife markets. And people are questioning why they’re still running, after SARS was found to have originated in one of these wildlife markets in southern China.”

The wet markets were shuttered after SARS but reopened when the crisis left the headlines. The Wuhan market at the center of COVID-19 is currently closed.

For the sake of all animals, including humans, we must push to permanently close it — and all wet markets across the world — with an unrelenting combination of enforcement and education. In 1905, the American philosopher George Santayana said, “Those who cannot remember the past are condemned to repeat it.” As we focus on the present, we must not forget the past — and take lessons from both into the future.

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Zoonotic diseases are responsible for many of the world's worst pandemics.



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Northsider : Strategies

Coping in the age of coronavirus

What happens to people and businesses when a city of 880,000 shuts down?

BY JOHN ZIPPERER

TWO EMAILS TELL THE STORY. ON March 12, a company called Homebase, which tracks employee hours and business operations, emailed journalists with a short report that their data showed “1.5% of San Francisco businesses have closed due to COVID-19.” Just seven days later, on March 19, the company’s new email was headlined “50% of San Francisco businesses have closed due to COVID-19.” Things got real really fast.

On March 11, San Francisco issued a public health order banning group events of at least 1,000 people; two days later the limit was reduced to 100 people. And on March 16, the city ordered people to stay at home, “shelter in place,” except for essential needs. Only businesses, activities, and government functions deemed to be “essential” were permitted to continue. And like that a city of people used to gathering in bars and restaurants, going to concerts and stores, and chatting at dog runs or children’s play dates became a city of people working from home and binge-watching TV.

DOING BUSINESS

With the city largely shut down, restaurants have either been forced to close or only serve take-out and delivery orders. One popular suggestion for people who want to help out their favorite local establishment is to buy gift cards from restaurants; you can use them in the future after the crisis is over, and in the meantime, it allows the restaurants to get a bit of revenue and continue to pay some bills.

Eddie Savino, owner of The Brazen Head Restaurant (3166 Buchanan Street), said his establishment has added curbside pickup and delivery daily from 5–10 p.m. Delivery is handled through UberEats, DoorDash, Grubhub, and PostMates. Plus, “alcohol is now allowed to be sold with a food order through the curbside service,” he told the *Marina Times*. Daily specials will also be available. “The response from customers has been very supportive and encouraging,” Savino added. “We appreciate the generosity of so many of the customers toward the staff at this time.”

One business that quickly reopened after the initial shutdown order is the Apothecarium (2414 Lombard Street). Cannabis dispensaries were not on the original list of essential businesses allowed to continue operation, but an outcry from customers and patients who rely on cannabis as medicine resulted in the city relenting. “Within 24 hours they added dispensaries to the essential businesses list, and 24 hours after that we were able to reopen our Marina and Castro stores,” said Eliot Dobirs, chief marketing officer for The Apothecarium. He said an additional store in SOMA remained closed.

Dobirs said his company has also made changes due to the circumstances. For example, it is only accepting online orders for in-store pickup, and the store’s staff is limiting the number of customers allowed inside the store at any one time and also monitoring the social distancing inside

and outside the stores. And, of course, they are constantly sanitizing the store’s surfaces and are carefully monitoring their own health.

Ike’s Sandwiches launched a promotion giving away a free roll of toilet paper with the purchase of a sandwich. Palm House (2032 Union Street) began offering a virtual happy house, sharing recipes and live streamed togetherness.

Meanwhile, organizations ranging from churches to yoga studios to The Commonwealth Club have adapted by offering their programming online. The city and state governments are considering how to conduct business if legislators cannot meet. And organizations that have always provided their services virtually, such as radio and television stations, are having to change their operations because of employees working at home. KQED’s senior editor for politics and government, Scott Shafer, recently shared a photo of himself at home, hosting his radio program from a makeshift “studio” consisting of some portable sound equipment atop a bed with pillows as sound insulation.

It’s a time for ingenuity.

ON THE HOME FRONT

The Internet has been filled with people joking about how they are natural

introverts anyway, so being shut inside their homes and forced to keep their distance from others is something they’ve been practicing for years. But for an extrovert, “almost everything about this shelter-

When things do return to 'normal,' there will be a lot of happy businesses and parents.

in-place order is deeply frustrating to my need to connect with people, professionally and personally,” said Sonya Abrams, a local editor and single mother of three. The inability to make plans for the near future and the overall uncertainty about when things will return to normal have been hard on her, but she is also navigating the world of home schooling now that her three children can no longer attend schools.

“Trying to settle a 5-, 6-, and 8-year-old into a home school routine has been all but impossible, as they all seem to need me simultaneously and are resistant to the assignments their schools have suggested,” Abrams said. “I’ve backed off the idea that we’ll get any meaningful academic instruction accomplished during this time and am instead just requiring about a half-hour daily of paper learning — worksheets, handwriting practice — supplemented by a small amount of online academic games, which have proven to be bug-ridden and crash-prone.” There are some upsides and brighter moments, though. “We have been spending a couple hours outside each day, exploring nature and learning about local history, and that’s been a nice treat and an important reset when tensions get too high and patience dissolves inside the house.”

When things do return to “normal” and the city’s children head back to school, there will be a lot of happy businesses and employees, and more than a few exhausted parents who are glad they can have alcohol delivered.

Send feedback to letters@marinatimes.com.
Email the author: john@marinatimes.com

Had it with home cooking?

Restaurant pickup and delivery services to the rescue

BY JULIE MITCHELL

SAN FRANCISCO IS FAMOUS FOR ITS fine restaurants, and urban dwellers, travelers, and other Bay Area residents love to dine out in the city. Everything from the food trucks at Off the Grid to Michelin-starred, high-end establishments draw crowds, and even getting a reservation can sometimes be dicey.

But now, with a shelter-in-place edict from the government due to COVID-19 spanning the state, it is impossible, even illegal to go out for a meal. For many of us stuck inside — some with cranky, bored kids and others feeling alone and isolated — cooking every single meal at home gets old fast.

Thankfully, between a choice of several established food delivery services and quite a few plucky restaurants that have stayed open, San Franciscans can opt for a delicious meal from their favorite eateries to break up the monotony.

NO TOUCHY-FEELY

DoorDash, Caviar (owned by DoorDash), Grubhub, UberEats, and Postmates are at the ready. Postmates was the first to offer “no-contact” delivery where customers can leave a note under the “delivery instructions” part of the app, instructing drivers to meet custom-

ers outside or deliver orders outside the door. DoorDash offers a similar option. Their customers can leave a note on the app asking for food to be delivered outside and can even text the driver a photo of exactly where they want the meal to be placed. Grubhub, which owns Seamless, even allows customers to personalize order instructions by encouraging them to call or text drivers to discuss delivery arrangements. Postmate customers can also choose no-contact deliveries.

Companies that provide fresh produce boxes and meal kit deliveries like Good Eggs and Eatwell Farms are also still operating and have no-contact delivery options.

PULLING TOGETHER

DoorDash is providing financial assistance to their couriers who are diagnosed with COVID-19, and it is shipping free hand sanitizers and gloves to DoorDash and Caviar couriers. Along with Postmates, it is offering commission relief for small businesses (many restaurants) that can help them generate sales. DoorDash is also adding more than 100,000 independent restaurant partners nationally to its subscription program that offers \$0 delivery for consumers for free.

Even OpenTable, which specializes in restaurant reservations, has shifted its focus to partner with Caviar, UberEats,

and Postmates to facilitate delivery and takeout at restaurants on its network. Users can click on the “Get it delivered” section on the OpenTable app to see a display of all of the restaurants near them that offer delivery.

Many of these services are offering free delivery.

DECISIONS, DECISIONS

Walking through the neighborhood, it's easy to see which restaurants are open during this fraught time, and offering takeout and delivery. Orders placed at Le Marais (lemaraisbakery-2066.square.site/s/order) can be picked up or delivered for free between the hours of 8 a.m. and 5 p.m. Coffee, sandwiches on fresh-baked bread, salads, rotisserie chicken, and vegetarian options are all available. Cultivar (cultivarsf.com) is offering pickup of many of its most popular dishes as well as wine by the bottle or the case; and brunch options on the weekends. Boho (cafebohosp.com) on Steiner Street is offering a new "comfort menu" with all-day takeout (Tuesday through Sunday, 11 a.m. to 8:30 p.m.) as well as delivery.

Wildseed (wildseedsf.com) and Flores (floressf.com) on Union Street are taking phone and walk in orders, while Causwells (causwells.com) on Chestnut Street is offering preorder, pick up week-

end brunch (including Bloody Mary and mimosa kits).

Gary Tan, proprietor and manager of Dragonwell (dragonwell.com) which has been serving ingredient-driven Chinese food on Chestnut Street since 1998, is offering the restaurant's complete menu via Caviar and takeout. “We're even offering customers the ability to pick up [an order] through our wide-open French window if needed. We're really trying to make a go of it. We may have to cut our staff a little as sales have been dropping since February, but we'd like to keep serving the neighborhood.”

WE'RE ALL IN THIS TOGETHER

Both Eater (sf.eater.com) and the *San Francisco Chronicle* (sfchronicle.com/restaurant-database) offer lists of which restaurants are open. But bear in mind that things are changing constantly right now, so it's a good idea to call or check restaurant websites before placing an order.

So get out that good china and silverware and treat yourself to a delicious meal prepared by a professional chef. And take note: Restaurants and delivery services are all offering gift certificates, which is another great way to keep these businesses afloat and employees' jobs safe.

Email: julie@marinatimes.com

The Coastal Commuter : At home

No time to be going viral

A people person's lament

BY MICHAEL SNYDER

REMEMBER WHEN “GOING VIRAL” was a good thing? These days, it's a phrase that suggests something much less desired than it did a few months ago when it was the fondest wish of every fledgling YouTube musician and would-be Instagram influencer. Going viral is nothing to sneeze at, and if there's a cough going on, check the Centers for Disease Control website.

As I write this from my fortress of solitude in an undisclosed location, I am trying my best to adjust to the New Abnormal. I am, by nature, a social animal. Those who know me personally or on social media and even readers who stumble across my columns are probably aware that I go out way more than I stay in: screenings, concerts, gallery openings, dance clubs, and house parties. And I seldom dine or drink at home, so I do have my favorite restaurants and brew pubs. Mikey's gotta eat — and drink a bit.

Well, all that has changed, whether I like it or not. I've been a shut-in for a few weeks, leading to a state of what I can only call “quaran-teen angst” — rather appropriate for an aging guy who happens to suffer from Peter Pan Syndrome.

Like many since the COVID-19 hit the fan, the only human interaction I experience, other than careful visits to the grocery store to keep the larder stocked, is through phone, text, and Skype. Not that sojourns to the super-

market aren't treacherous for a guy who lives off and loves the salad bar. When you wonder who's been using the tongs to grab the arugula, you've got a problem. And I'm not crazy about what I see when I look at the list of questionable ingredients and nutritional facts on the frozen entrees I now have in my freezer to tide me over if necessary.

BREAKING AND MAKING CONTACT

Those of us who are coupled and were already intimate when the outbreak broke continue to have the luxury of body contact. Those of us who are single and on lockdown can't even high-five anybody, let alone hug it out, without the potential for infection.

I would say that mutual physical expressions of affection are generally healthy for people, and I don't think I need to quote any scientific studies to back up that assertion. Good feeling makes you feel good. A lack of it can be debilitating.

The situation has had an impact on more than just civilized human behavior in an active society. As noted above, language is being affected. New coinages have been popping up, starting with the now omnipresent “social distancing.” That used to be what aristocrats did to avoid those they deemed beneath them. Now it could very well be a boon for someone at risk in a life-or-death situation. Then, there's “sheltering,” which is no longer about someone protecting another, but about an individual



When the restaurants and bars have all emptied, what's a social animal to do?

choosing isolation in the interest of self-protection.

ARGOT A-GO-GO

Traditional phrases denoting the current state of protective affairs (“cocooning,” “holing up,” “hiding out,” “hunkering down,” “laying low,” even “going off the grid” if you can't stand to hear the seemingly endless stream of bad news from the media) are getting a workout — just not the kind you do in the local gym's spinning class. That reminds me. The city got this one right: Stay out of the health club. It's bad for your health. All of that sweat splashing around from the exertions of fellow fitness fanatics would've amounted to some dangerous condensation. If you have a stationary bike, a treadmill, free weights or something comparable at

home, go at it. You don't want to ossify. But you know that, unless you've been off living in a cave somewhere.

Now that I think about it, cave-dwelling would probably be a good thing for the duration of the crisis, considering that I'd be at much less risk than what most urbanites are undergoing. Of course, I'd need a generator and a WiFi connection to keep up with all those viral videos still somehow being cranked out. It's a disease, I tell ya!

Michael Snyder is a print and broadcast journalist who covers pop culture on Michael Snyder's Culture Blast, via GABnet.net, Roku, Spotify, and YouTube, and The Mark Thompson Show on KGO radio. You can follow Michael on Twitter: @cultureblaster

Happy eggs come from happy chickens

Why now, more than ever, it's important to know where your eggs come from

BY SUSAN DYER REYNOLDS

IN MARCH, WHEN MY STEPSISTER SARA in Idaho asked me what I wanted for my birthday, I told her eggs. Three days later, I received two dozen rainbow-hued chicken eggs and a dozen duck eggs, all from her farm (eaglesdell.com). I've visited Sara and met her chickens, ducks, and geese — they're pets with a purpose. She sells the eggs at a local market, has a regular network of neighborhood customers, and, of course, cooks with them.

CAGE FREE IS BUZZWORTHY

I've been writing for years about the many reasons to buy eggs from pasture-raised chickens — not “cage free,” which means only that each bird gets 1-to-2 square feet of space and don't necessarily have access to the outdoors. Cage free is still better than battery-raised, where several chickens are kept in wire cages piled atop each other in warehouses the length of several football fields. While cage-free hens are able to walk a bit, spread their wings and lay their eggs in nests, battery hens spend their entire lives like New Yorkers on a subway train in a space the size of a letter-sized sheet of paper. They can't flap their wings or roost, and because of the unnatural setting, they turn on each other, causing factory farmers to snip off their beaks.

Battery cages are used by 90 percent of egg producers in America, which means those “buy one get one free” cartons of eggs at supermarkets are cheap, but the method used to raise the chickens is cruel. It's also unsanitary: Every breakout of salmonella where eggs have been the source came from factory-farmed battery cage operations. As we're seeing with the latest coronavirus and every pandemic before it, the way we humans treat our fellow animals eventually catches up with us.

PASTURE-RAISED IS BEST

That's the main reason I buy eggs from pasture-raised, happy chickens like Sara's, allowed to forage in grassy green fields, pecking the earth and eating a natural diet, supplemented with high-quality, organic feed. Even at farmers' markets, it's important to ask whether the chickens are pastured because sometimes they're not.

Besides producing a clear conscience, eggs from pasture-raised chickens taste better. You'll find orange-hued yolks with rich, grassy notes and firm, creamy whites. They're also better for your health, with one-third less cholesterol, one-fourth less saturated fat, two times more omega-3 fatty acids, and more vitamin A, E, and D.

Lest you think city dwellers can't have chickens, it is legal in San Francisco to keep up to four. “People can have four pets, and three of any one species,” says Deb Campbell of San Francisco Animal Care and Control. “So for instance, you could have a dog and three chickens.” Campbell also says that chickens are available for adoption at most shelters, including San Francisco's (1200 15th Street at Harrison, 415-554-6364, ACC@sfgov.org, sfgov.org/acc). They screen potential adoptive homes carefully and there's a small fee per chicken.



Left to right: Heritage breed chickens foraging at Eagle's Dell Farm in Cocalalla, Idaho; eggs laid in the pasture at Eagle's Dell Farm; soft-boiled pastured egg topped with coarse sea salt. PHOTOS: SARA A. MARSHALL

Note: During the stay-at-home order, shelters are closed, but they're still looking for adopters and foster homes (even short term). If you're stuck at home, fostering is a rewarding way to get homeless animals out of the stressful shelter environment while staving off your own loneliness (and if you foster a dog, you'll also have an exercise buddy).

WHAT TO DO WITH THOSE EGGS

In the spring, when chickens are producing at their maximum, I like to make deviled eggs. I've run several recipes in the past for more exotic varieties, including smoked salmon and candied bacon deviled eggs (search “eggs” at marinatimes.com for those), but my go-to deviled eggs are the ones my friends have dubbed “the best deviled eggs in the world.” These are smooth, creamy, no-nonsense deviled eggs, tending toward the classic version with a few twists. The ingredient measurements are a starting point — taste as you go, adding as much or as little of each ingredient as you like. If you're one of those people who fears peeling eggs, watch my easy-to-follow video of tips and tricks (again, at marinatimes.com).

By the way, the myth about older eggs being easier to peel than fresher eggs is just that: a myth. I hard boil and peel Sara's eggs, gathered a few days before, without any problem. The white, or albumen, in a farm-fresh egg has a low pH level that causes it to bond strongly to the inner shell membrane when cooked, making it difficult to peel. But after a few days the pH increases, making peeling easier. Most supermarket eggs are already three to five days old when they hit the shelves. My research has shown that the ideal egg for peeling is between 5 and 10 days old. Anything older than 10 days becomes harder to peel because the chemical composition deteriorates so that when the egg is boiled you get a rubbery white that adheres to the shell and, even worse, unappealing gummy bits throughout the yoke.

Making eggs any style involves technique (see the next part of this column for my fool-proof methods). But once you

learn the basics, eggs are a great centerpiece for a variety of quick and easy meals.

WORLD'S BEST DEVILED EGGS

(serves 2–3)

- 6 hard-boiled eggs (see method below)
- 2 heaping tablespoons mayonnaise
- 1 teaspoon Worcestershire sauce
- 1 teaspoon sriracha, gochujang, or other chili sauce
- ½ teaspoon spicy brown mustard
- 1 teaspoon fresh-squeezed lemon juice (preferably Meyer)
- 1 teaspoon ponzu (citrus soy) or regular soy sauce (preferably low sodium)
- ½ teaspoon white pepper
- Paprika for garnish (plain, smoked, or spicy, depending on preference)

Slice hard-boiled eggs in half lengthwise and gently scoop yolks into a medium bowl. Place whites on a deviled egg tray.

Using a fork, mash the yolks until smooth (for even smoother yolks, put them through a sieve or ricer). Add the mayonnaise and whip until combined. Add remaining ingredients (except for paprika) and whisk until well mixed.

Using a teaspoon (or a pastry bag for a fancier “restaurant quality” look), put an even mound of yolk mixture into each white, sprinkle with a generous amount of paprika, and serve.

PERFECT HARD-BOILED EGGS

Gently lower desired number of eggs into a medium-sized saucepan and add just enough water to completely cover. Bring water to a strong simmer and then turn off heat. Leave pan on burner and cover. Set timer for 11 minutes for just-done hard-boiled eggs (best for eating right away), 15 minutes for harder-boiled eggs (best for deviled eggs, which you want cooked thoroughly because they may sit at room temperature).

PERFECT SOFT-BOILED EGGS

Add one inch of water to a medium-sized saucepan and bring to a simmer over medium-low heat. Carefully place desired number of eggs into the water and cover the pan. Cook for exactly 7 minutes. Remove from heat and run under cold water for 30 seconds. I prefer medium soft-boiled eggs, so that the whites are fully cooked and the yolks are slightly runny.

For softer boiled eggs (slightly soft whites, very runny yolks) cook 5–6 minutes.

PERFECT POACHED EGGS

Fill a low-walled, wide saucepan with water and set over medium-low heat. Crack desired number of eggs into individual ramekins or small bowls. When the water is gently simmering, add a splash of vinegar (this helps the whites to stay together). Using a slotted spoon, stir the water to create a whirlpool (this winds the egg whites around the yolk) and gently slide the eggs in one at a time. Set the timer for 4 minutes. Using the slotted spoon, remove each egg gently from the water and set on a plate lined with a kitchen towel or paper towel to drain.

PERFECT SCRAMBLED EGGS

Crack two eggs per person into a medium-sized bowl. Whip the eggs with a wire whisk until thoroughly combined and frothy. Meanwhile, heat a medium-sized nonstick skillet over low heat. Add two tablespoons of butter and swirl it around to evenly coat the surface. Pour the beaten eggs into the pan and watch closely. As soon as curds begin to form, crank the heat to high, and stir gently but consistently with a wooden spoon. (For larger curds, fold the eggs rather than stirring them.) Remove the eggs from the heat just before they are done (if they look done in the pan, they will be overdone on the plate) and serve immediately.

PERFECT FRIED EGGS

Heat a frying pan over low heat for five minutes. Crack eggs into individual ramekins or small bowls. Add 2 tablespoons vegetable oil to the pan and swirl to coat. Working quickly, pour eggs into separate sides of pan. Cover the pan, increase heat to medium-high, and cook for exactly 1 minute. Remove pan completely from heat and let stand covered 1 minute for slightly runny yolks and opaque whites, and about 2 minutes for medium-set yolks. For over easy eggs, gently wiggle the spatula under the egg and carefully flip it over without lifting it off the pan's surface. Wiggle the spatula back under the turned egg, bringing the white out until it lays flat in the pan. Slide the egg onto a plate and serve immediately.

E-mail: recipes@marinatimes.com

Every breakout of salmonella where eggs have been the source came from factory farms.

Meat(less) classics

From ricotta meatballs to stuffed bell peppers, plant-based meats make a delicious alternative

BY SUSAN DYER REYNOLDS

IT’S NO SECRET THAT REDUCING YOUR intake of red meat is better for your health. I spent four years as a vegetarian a decade ago, and I’m heading more in that direction again. With the influx of high-quality plant-based meat substitutes, it’s easier than ever to satisfy your taste buds, so lately I’ve been recreating some of my favorite family recipes with Beyond Meat “ground beef.” To be clear, I prefer the product of their competitor Impossible Foods, because it resembles meat more closely in texture and flavor (you can even cook their burgers medium rare because the plant heme “bleeds”), but it’s not available in markets yet. Still, Beyond Meat is much better than any other beef substitute I’ve tried.

MEATY MUSHROOMS

To make my Grandpa Lorenzo’s ricotta meatballs even meatier, I add mushroom duxelles (recipe follows), but you can also use finely chopped mushrooms. I prefer portobello or shiitake for their meaty texture and earthy flavor. If you’re not a fan of meatless meat, just double the mushrooms or make them with grilled eggplant (the meaty texture and smokiness also makes for great meatballs). You’ll find my recipe for eggplant meatballs below. I also make delicious stuffed bell peppers with Beyond Meat or Beyond Sausage. Again, mushrooms or eggplant also work well. Just use a classic stuffed bell pepper recipe (like the one I’ve provided below) and substitute the meat for a plant-based alternative or vegetables.

THE SECRET SAUCE

When you’re making a meatless version of a classic recipe, a great sauce is key and homemade is best. Grandpa Lorenzo served his meatballs with a quick-and-easy marinara sauce, using fresh tomatoes when in season and canned San Marzano tomatoes when not. Non-Italians often think a red sauce must cook for hours, but that’s only true with Sunday gravy. Grandpa Lorenzo’s Easy Marinara Sauce is perfect for a quick weeknight meal, and it’s my go-to red sauce for a wide array of dishes (I’ve included the recipe below). During the summer when our home-grown tomatoes are plump, ripe, and plentiful, I like canning them for future use. I also make extra marinara sauce to keep in the freezer for up to a month. If you don’t want to make meat(less) balls, simply sauté chopped veggies or crumble up the Beyond ground meat, brown it in a skillet with some olive oil, and add it to the marinara sauce for a meatless Bolognese. I served Beyond Meat Bolognese to an unabashed carnivore who said he couldn’t tell the difference, and to a vegetarian friend who declared it was the closest thing to meat she could remember (granted, it’s been several decades since she had it). For vegan versions of these classic dishes, substitute the dairy and eggs for vegan alternatives.

RICOTTA MEAT(LESS)BALLS

- 2 pounds Beyond Meat ground “beef” mushroom duxelles (recipe follows)
- 1 cup fresh spinach, cooked, pressed dry, and chopped
- 1 cup whole milk ricotta cheese
- 2 large eggs
- 1 cup unseasoned breadcrumbs



Meat(less)balls get added texture from a mushroom duxelles. PHOTO: SUSAN DYER REYNOLDS

- ¼ cup fresh Italian (flat leaf), chopped
- 2 teaspoons dried Italian oregano
- 1 teaspoon coarse sea salt, preferably Sicilian
- ¼ teaspoon crushed red pepper
- ½ teaspoon ground fennel
- 2 tablespoons olive oil

Preheat oven to 450 degrees. Put ground “meat,” duxelles (recipe follows), cooked spinach, ricotta, eggs, breadcrumbs, parsley, oregano, salt, red pepper flakes, and fennel in a large bowl.

Drizzle olive oil into a 9-by-13-inch baking dish and use your hands to evenly coat entire surface. Leave olive oil on your hands, and gently mix together the meatball mixture until fully incorporated. The meatballs should be firmly packed, but don’t overwork the mixture or they will become tough. Roll into balls, about 1½ to 2 inches in diameter (I use a cookie scoop). Place meatballs in oiled baking dish so they are tucked closely together. Bake until golden brown, about 20 minutes. Remove from oven and set aside.

MUSHROOM DUXELLES

- 2 tablespoons unsalted butter
- ¼ cup finely chopped shallot or onion
- 1 garlic clove, minced
- 1 pound shiitake or portobello mushrooms, pulsed in a food processor or very finely chopped
- ½ teaspoon coarse salt
- 1 tablespoon fresh parsley, finely chopped
- ⅓ teaspoon coarse salt

Melt butter in a large skillet over medium heat. Add shallot (or onion) and garlic; cook, stirring, until softened, about 3 minutes. Add mushrooms and salt; cook, stirring, until mushrooms have softened and released their liquid, about 7 minutes. Raise heat to medium-high; cook until liquid has evaporated, 4-5 minutes. Stir in parsley, a pinch more salt to taste, and the pepper. Let cool completely.

GRANDPA LORENZO’S EASY MARINARA SAUCE

- 4 tablespoons extra-virgin olive oil
- 1 cup onion, minced

- 1 large carrot, finely chopped
- 3 large whole garlic cloves, minced
- 1 28-ounce can San Marzano crushed tomatoes
- 1 28-ounce can San Marzano tomato purée
- ¼ teaspoon dried Italian oregano
- 2 bay leaves
- ¼ teaspoon coarse sea salt
- 3 large fresh basil leaves, chopped
- 2 tablespoos sfresh Italian parsley leaves, chopped

Heat olive oil in a large Dutch oven or heavy stockpot over medium heat. Add the onions and carrots and sauté until softened, about 10 minutes. Add the garlic, stirring for one minute to release oils. Add the tomatoes and purée, oregano, bay leaves, and salt. Simmer over medium-low heat stirring occasionally until sauce thickens, about 30 minutes. If sauce looks too thick, add a little pasta water. Turn off heat, remove bay leaves, and stir in basil and parsley.

Transfer to a large sauté pan and toss with cooked pasta and warm meat(less) balls over low heat until well incorporated, adding a little of the pasta water to loosen sauce. Transfer to pasta bowls and garnish with parsley. Serve with freshly grated Parmesan cheese and freshly cracked black pepper.

EGGPLANT MEAT(LESS)BALLS IN MARINARA SAUCE

- 1 large eggplant, peeled and chopped
- 2 tablespoons olive oil
- 2 slices stale bread, crust removed
- 1 cup whole milk
- 2 eggs
- 1 cup freshly grated Pecorino cheese
- 1 cup freshly grated Parmigiano cheese
- ½ cup plain breadcrumbs
- ½ cup flour, plus extra for dredging
- A few pinches of salt

Heat marinara sauce in a large skillet and keep warm. In a large pot, boil salted water to cook pasta per package directions (if serving). In another large skillet, sauté the peeled, chopped eggplant in olive oil until moisture is removed and it begins to brown. Remove to a baking sheet lined with paper towels; drain well

and let cool completely. Using a kitchen towel, squeeze excess moisture from the eggplant.

In a bowl, add the bread and milk and allow the bread to absorb the milk (about 4 minutes). Squeeze out as much of the milk from the bread as possible, tear into small pieces, and wrap in the towel with eggplant.

Wipe the bowl dry and add the eggplant, bread, eggs, cheese, and a pinch of salt; mix with your hands. Incorporate the breadcrumbs and flour. (If the mixture is too wet, add more breadcrumbs.) Mix well until all the ingredients are combined.

Shape into 2-inch balls (about golf ball sized) and dredge in flour. Add the eggplant balls to the sauce and allow to cook for approximately 15 minutes. If you’re serving with pasta, cook according to directions and add to sauce and eggplant balls, tossing gently to combine. Turn off heat, add more grated cheese, and serve immediately.

MEATLESS STUFFED BELL PEPPERS

- 1 pound Beyond Meat crumbles, ground beef, or sausage (or mushroom duxelles, chopped mushrooms, or chopped eggplant)
- 2 tablespoons olive oil
- Cooking spray to coat pan
- 4 medium bell peppers (any color or a mix)
- ½ cup onion, minced
- 3 garlic cloves, minced
- 1 cup fresh marinara sauce
- 1-12 ounce can diced tomatoes, drained
- 1 cup cooked rice (I use wild rice)
- 1 tablespoon tomato paste
- 1 tablespoon fresh parsley leaves, chopped
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup freshly grated parmesan cheese
- ½ cup shredded mozzarella or other soft cheese

Preheat oven to 450 degrees. Cut tops off bell peppers and discard to compost. Using a spoon, carefully scrape out and remove membranes and seeds from peppers; arrange in a 9-by-9-inch baking dish lightly coated with cooking spray. Cover with aluminum foil and bake until peppers are slightly tender (about 15 minutes). Remove from oven and allow to cool.

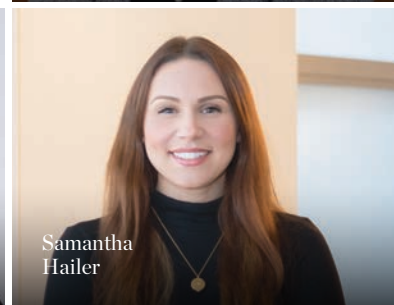
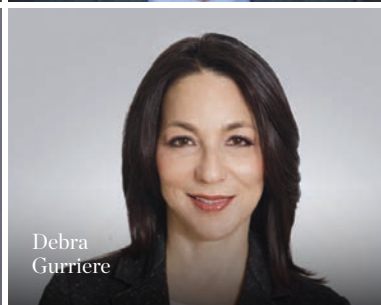
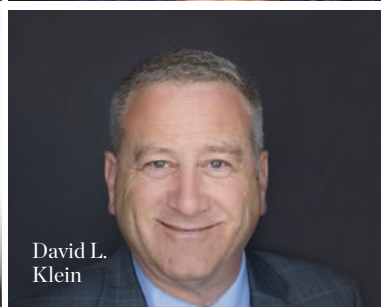
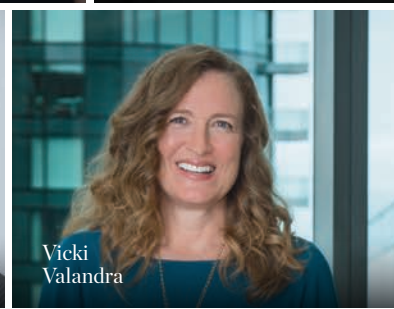
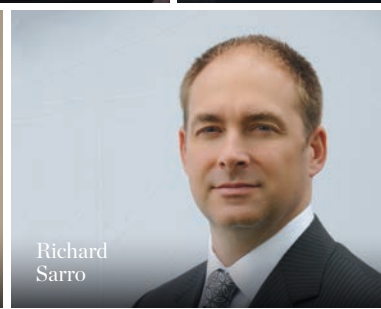
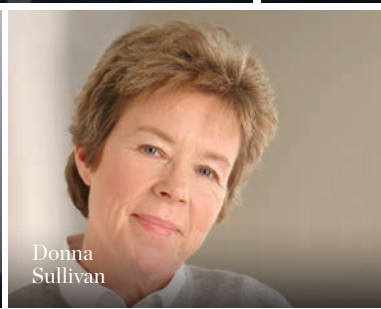
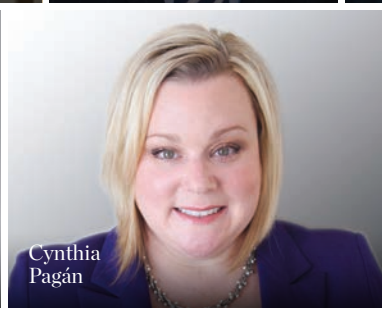
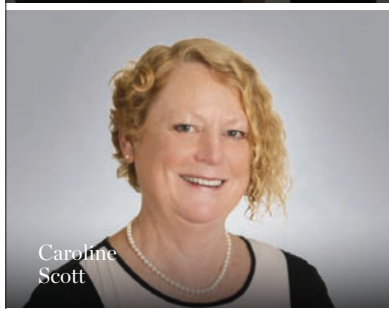
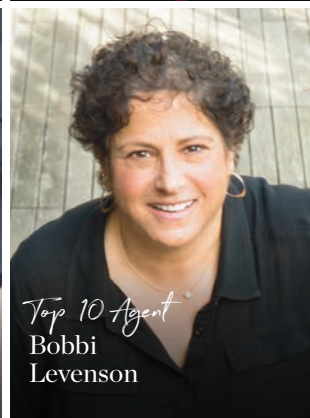
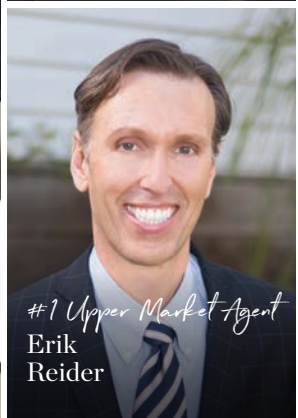
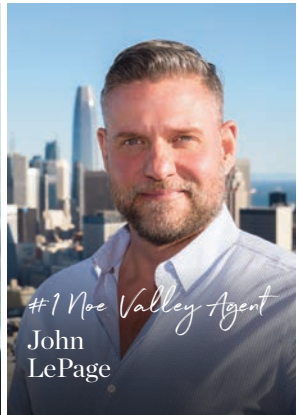
Meanwhile, heat olive oil in a large nonstick skillet over medium heat. Add onions and cook until translucent (about 5 minutes). Add garlic and stir until fragrant (1-2 minutes). Add tomato paste and Beyond Meat (or mushrooms duxelles, or eggplant) and cook until brown, stirring frequently. Mix in cooked rice and diced tomatoes, then gradually stir in tomato sauce until just combined. Be careful not to add too much sauce — you don’t want the mixture to be watery. Remove from heat and stir in Parmesan cheese, parsley, salt and pepper.

Divide mixture evenly among peppers. Top each pepper with shredded cheese; bake at 450 degrees for 30-45 minutes until cheese is bubbly and brown and peppers are soft enough to cut with a knife and fork. Garnish with extra parsley and serve immediately.

Email: recipes@marinatimes.com

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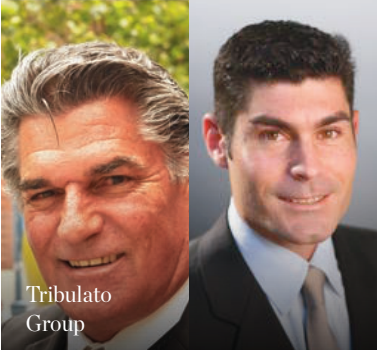
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CORCORAN GLOBAL LIVING* CONGRATULATES

2019 Top Producer Teams



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The return to 'battleship grey'

Inside the renovation of the David Ireland House that returns it to its roots

BY SHARON ANDERSON

YOU CAN'T MAKE ART by making art" is one of assemblage artist David Ireland's best-known quotes used to describe his practices during his career. Ireland is known internationally for his diverse work, which focused on the innate beauty in everyday things and making art as a part of daily life.

THE ARTIST

Ireland's home at 500 Capp Street became not just a dwelling but also an idiosyncratic assemblage of his creative vision. He became a full-time artist at age 40 after earning an art degree from California College of the Arts, serving in the military, raising a family while working in insurance, carpentry, and even traveling the world as a safari guide and importer of artifacts. He was a part of the Bay Area Conceptual movement, which included artists Terry Fox, Howard Fried, Paul Kos, Tony Labat, and Jim Melchert. The group helped establish San Francisco as a key location in conceptual art through video, performance, and installation art. Ireland died in 2009 at the age of 78.

His work has been presented in more than 40 solo exhibitions at venues including the Smithsonian Institution, Washington D.C.; the Museum of Modern Art, New York; and the Museum of Contemporary Art, New York. The Oakland Museum organized the first full-scale traveling retrospective of his work, which included key pieces related to 500 Capp Street.

500 CAPP STREET BEGINNINGS

Ireland's experiences informed his site-specific installation pieces, which consist of everyday

objects that explore ideas of place and transformation utilizing everything from phone books to cement to discarded furniture. When he bought the Mission District Italianate-style home on 500 Capp Street in 1975, now considered the centerpiece of his prolific career, he applied his sense of minimalism and absurdity to transform the space. By exploring the beauty of everyday things, he became an accessible conceptual artist for audiences that wouldn't normally have the patience for the medium.

Ireland liked to play with the idea of a functional space, personal possessions that double as family heirlooms, and art in an exhibition simultaneously, and the humor that comes from that shifting meaning and adaption. He also emphasized the transformation that occurs in structural objects, for example, cement that changes from liquid to solid.

Twentieth century art has a rich history of artists wanting to become a part of their own work, artists like Joseph Beuys, whose conceptual installation *I Like America and America Likes Me* (1974) consisted of the artist living in a performance space for three days with a coyote. Marcel Duchamp, whose art and wry humor influenced Ireland's methodologies, also believed in merging art with life and said, "Anything is art if the artist says it is."

RESTORATION

A thorough restoration and conservation campaign began in January 2016 to create public access to Ireland's home and improve the conditions for his art without altering the original spaces. Some additions were made, and the house now utilizes the full footprint of the property, including new exhibition spaces



The interior of the David Ireland house. PHOTO: COURTESY 500CAPPSTREET.COM

and archive space to highlight changing selections from a 3,000-piece collection of Ireland's work. Also added were a terrace and spaces to accommodate public events. The exterior paint of the house was restored to its original "battleship grey" color, and the iconic gold leaf signage on the front window and "500" address number were returned to their original condition.

EXHIBITIONS

The exhibitions are located on the two main floors of the house — Ireland's living quarters, which include the area used for his studio, the Accordion Shop, and the garage, a white-walled space located where Ireland's original garage once stood.

Special exhibitions from visiting artists are also planned at the

house. The first is "There is no such thing as a perfect circle," by Havana-based artist Felipe Dulzaides, who met Ireland while he was a student at the San Francisco Art Institute, where he later taught after earning his MFA. The exhibition explores subjects relating to the circle as an image, the circle as a subject of cultural displacement, and the social meaning of circularity, dislocation, and relocation. It reflects on Dulzaides's friendship with Ireland and includes mixed media work documenting his creation of *Centro Bahia*, an architectural interdisciplinary art space in Cuba.

The Capp Street Foundation, charged with overseeing the house as a venue for preserving and studying Ireland's work, will

also present additional programs celebrating his artistic legacy and hosting collaborative events to strengthen San Francisco's cultural community by bringing together artists, scholars, teachers, students, and the public — just as Ireland's home did during his lifetime.

David Ireland House: Guided tours Wednesday–Friday 2 p.m. and 4 p.m., and self-guided tours Saturday noon–5 p.m., 500 Capp Street (at 20th). Free, 415-872-9240, free, 500cappstreet.org

Note: The David Ireland House is temporarily closed. Please visit 500cappstreet.org for updates.

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

Snyder on Film continued from cover

sters on their tail, the guys cross-dress to infiltrate an all-woman band and fall under the spell of one of the gals in the group, played by the bubbly, voluptuous Marilyn Monroe. From silly to sizzling, *Some Like It Hot* is the real deal when it comes to frantically funny fake femmes.

ALL'S FUNNY IN LOVE AND WAR

The Palm Beach Story (1942) is one of a series of immortal comedies by Preston Sturges. This intricate turn-on-a-dime masterwork of mischief, misapprehensions, and madcap fun actually starts where most screwball comedies end, as we see what happens to a pair of lovebirds (Joel McCrea and Claudette Colbert) in the wake of "happily ever after." When their money runs out, the wife decides to find a way to finance her devoted husband's dream project, even if it requires that they divorce and she marry a rich benefactor.

Although *Duck Soup* (1933) might not be the greatest antiwar movie of all

time, it's definitely the wittiest and a pinnacle of the Marx Brothers' mix of hilarity and anarchy. Glib con artist and womanizer Rufus T. Firefly (Groucho Marx) finds himself appointed the president of the country of Freedonia, thanks to romancing a wealthy widow who is financing the national treasury. Meanwhile, the devious ambassador from neighboring Sylvania wants to annex Freedonia and sends two wacky spies (Chico Marx and Harpo Marx) and a Mata Hari-type seductress to find dirt on Firefly, swiftly stoking a perfectly ridiculous, slapstick war between the nations.

Mel Brooks — actor, director, and screenwriter — is a comic genius, and his movies hold up pretty well, years after they were first released. His stellar string of hits in the 1970s found him parodying the western genre (1974's

Blazing Saddles), Gothic horror (1974's *Young Frankenstein*), and psychological mystery (1977's *High Anxiety*). And his first shot at screenwriting and directing a movie after years of television work was an inside-show-biz lampoon called *The Producers* (1967) with Gene Wilder and

Zero Mostel as a pair of scam artists who want to bilk investors by mounting a sure bomb of a Broadway musical entitled "Springtime for Hitler." *The Producers* was so clever and outrageous that, decades later, it spawned a genuine hit musical of the same name on the Great White Way.

FROM BRITAIN WITH LAUGHS

The British have a reputation for being stiff and staid. Nonetheless, some of the funniest antics to ever appear on screen come from Britain, in particular, the movies of the Monty Python's Fly-

ing Circus troupe. They include 1979's *Monty Python's Life of Brian* (a delightfully blasphemous take on the story of Christ) and 1975's *Monty Python and the Holy Grail* (an Arthurian knights-in-tarnished-armor romp), timeless in their canny, cockeyed humor. The solo work of Python mainstay John Cleese in the cast of the fine 1988 crime farce *A Fish Called Wanda* also deserves mention.

It would be irresponsible to forget the wealth of gut-busting movie comedies since the 1970s that feature *Saturday Night Live* alumni such as Bill Murray (*Caddyshack*), John Belushi (*Animal House*), Will Ferrell (*Anchorman*), and Kristen Wiig (*Bridesmaids*), not to forget the fantastic team-up of Eddie Murphy and Dan Ackroyd in *Trading Places*.

That's just an overview. Do a little research. Ask an algorithm for some help. The laughs are out there.

Michael Snyder is a print and broadcast journalist who covers pop culture. Follow him on Twitter @cultureblaster.

SIGNS OF THE TIMES

Send us your shelter-in-place stories and photos to editor@marinatimes.com. We'll publish selected content next month in print and online.



Mauna Loa. PHOTO: NAOMI ROSE



Social distancing at Crissy Field. PHOTO: CHRIS TRAYHORN



Social distancing at Trader Joes. PHOTO: LIZ FARRELL



Dragon Well. PHOTO: NAOMI ROSE



Dad walking baby. PHOTO: NAOMI ROSE



Americana. PHOTO: PAX VIA INSTAGRAM



Social distancing. PHOTO: RUE DANIEL



Walgreen's bath tissue aisle. PHOTO: NAOMI ROSE



Dog walking. PHOTO: NAOMI ROSE



Delarosa takeout. PHOTO: NAOMI ROSE



Sunski's window message. PHOTO: RUE DANIEL

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The Healthful Life :: Staying well

The lifestyle of a healthier immune system

Help your body help you

BY THALIA FARSHCHIAN

AS THE GLOBAL EFFECTS OF THE COVID-19 pandemic continue, many are searching for ways to support one's immune system. Amidst the panic, it is important to be reminded that on his deathbed, the pioneer of germ theory, Louis Pasteur, admitted, "The microbe is nothing. The terrain is everything."

What this translates to is your foundational actions for a healthy lifestyle simultaneously support a healthy immune response. These actions include prioritizing hygiene; getting adequate sleep; eating a diet low in sugar, additives, and processed foods; exercising regularly; and managing stress appropriately.

Although these suggestions might not appear ground-breaking, they are the most challenging to maintain amidst a fast-paced lifestyle. If we look at our body's capacity to handle stressors like a bucket with a spicket at the bottom, the overall goal is to reduce stressors going into the bucket and ensure the spicket is fully open. Healthy lifestyle choices both keep the spicket open and reduce how much the bucket fills up to avoid overflow.

With mandatory isolation, many are feeling thrown off of their normal routines, but new routines can be strategized. And, on the flip side, this period of time may also afford us the time to reevaluate our priorities for overall well-being.

REPAIR AND RESTORE WHILE YOU SLEEP

One third of your time on this planet is spent sleeping. It may seem like downtime, but your body is hard at work repairing and restoring its systems. Sufficient quality sleep is an important regulator of your immune system, so ensure you are getting adequate sleep.

To improve sleep quality, consider shutting down electronics at least two hours prior to bedtime to reduce blue light stimulation. Blue light stimulation from devices inappropriately signals the brain that it is daytime and affects neurotransmitters and hormones that support healthy sleep. Upon awaking in the morning, exposure to sunlight as soon as possible will signal cortisol to kick in to support healthy energy levels.

KEEP DIET NATURALLY COLORFUL

There are a multitude of reasons to maintain a healthy, natural-based diet, including preventing both acute and chronic conditions. Focus on vegetables at the core with sources of protein, healthy fats, complex carbohydrates, and fruit as elements to add flavor and additional nutritional value. Foods rich in natural color provide an array of phytonutrients and antioxidants, which support our bodies in warding off unwanted offenders.

Often with serious infections, it is the inflammation involved that causes a major portion of the damage on our bodies. A large body of evidence shows that diets consisting of processed foods, high carbohydrates, and poor-quality fats

result in higher inflammatory markers, thus weakening your immune system. Minimizing and eliminating these choices also reduces what is going into your toxic bucket.

MAINTAIN A REGULAR EXERCISE ROUTINE

Exercise has numerous physiologic effects that promote a healthy immune system. With muscle contraction, our blood flow and lymphatic system are stimulated, and markers associated with chronic inflammation are lowered. A study published in March 2018 on 60 sedentary people between the ages of 61 and 66 found that both aerobic and resistance exercise reduced inflammation and modulated the immune system. The group that did consistent aerobic exercise seemed to benefit the most, which means that simply taking a brisk walk outdoors is supportive.

FIND MOMENTS OF ZEN

The panic and uncertainty around this pandemic have caused stress to soar among the general public. Stress is of the utmost concern as it often fuels a perpetual state of fight or flight leading to an impaired immune response, poor sleep, stress eating, reduced physical activity, or increased risk of injury.

It is crucial for both mental and physical health that stress management is supported. Ideas include:

- Gathering your community virtually via video conferencing or video messaging;
- Self-care home routines like gardening, Epsom salt baths, regular walks, time with pets, reading books;
- Cooking and experimenting with new recipes;
- Learning a new language;
- Getting out in nature (keeping social distance for now);
- Engaging in prayer, meditation, breathing exercises, restorative yoga (many local studios are now online); and
- If working, consider continuing to work virtually.

NUTRITIONAL AND HERBAL SUPPLEMENTATION

There are a multitude of nutrients and herbs that can support immune balance and inflammation reduction, but these are best individualized to each person's needs. Like medications, mismanagement of nutritional supplements and herbs may have undesired side effects and a doctor should be consulted on appropriate usage.

If you are experiencing symptoms that are outside of your comfort zone or concerning, consult your doctor for next steps.

For references consulted in this article, visit marinatimes.com.

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



Facetime visits connect people without endangering them. PHOTO: FIZKES

Staying sane during COVID-19

Taking care of yourself and others

BY LIZ FARRELL

OUR DAILY LIFE HAS BEEN TURNED upside down due to COVID-19. We are all sheltering in place for the foreseeable future — our kids are remote learning from home, our partners are working from home. This is a lot to process for everyone, including our kids who are no longer at school, seeing friends, playing sports, or doing the activities they love. Adults are trying to keep up with work, while balancing a household where the dishwasher runs constantly, and we are conducting “school” from home. So how do we keep our kids and ourselves sane, healthy, and safe during these unprecedented times?

STAY CONNECTED

A difficult part of adjusting to this new normal is the lack of connection to extended family, friends, and the outside world. You quickly realize how much you miss those everyday interactions — the school drop off, exercise class, or running into a friend at the grocery store or coffee shop or dropping by a friend’s house for dinner. This shelter in place has forced us to find other ways to connect, and thanks to technology that is made easier with Zoom, Group Facetime, Houseparty, and Google Hangout. These video conferencing tools are now being used for virtual playdates, happy hours, and family dinners.

I have loosened my restrictions for the kids around technology and social media realizing that they need this sense of connection to their friends. My oldest got Snapchat, my son is playing video games with friends, and my youngest is organizing get-togethers with classmates through Houseparty. I have found a new appreciation for these tools, so I’m adjusting screen-time limits. For all the downfalls of social media, it has been a place to find inspirations, uplifting quotes, and funny memes.

Whether a FaceTime call, a phone call, or a text checking on parents, those living alone, and friends who may be having a hard time with the uncertainty, it is part of our new routine.

STAY HEALTHY

We are a city that likes to stay fit. One of my hardest moments has been when my gym closed. Exercising is as much about my physical health as it is my mental health, and now walks or runs outside must be with social distancing.

It has been amazing how businesses are selling or renting equipment for home workouts, posting online workouts, or offering live-streaming classes. However, nothing beats fresh air, so planning time for walks or runs to get everyone moving is important, and walks can spark conversations. No recess, no P.E., and no sports means a lot of pent up energy that needs to find an outlet. We have also had fun with Just Dance 2020, an Xbox game that gets everybody up moving, dancing, and even breaking a sweat.

More time at home means more time to plan meals and eat as a family. The first week for me was hard — there was a lot of stress eating and a lot of wine. With each day as we settle into a new normal, I have cut back on both. When you need to mix it up, many local restaurants are providing takeout, which is a great way to support them and switch up dinner options.

TAKE IT ONE DAY AT A TIME

The uncertainty of when this will end and what life will look like is enough to make anyone anxious. When Governor Newsom announced it was unlikely students would return to school this school year, I know for many parents this felt like the shot heard around the state. Schools have been telling us two to three weeks, but we’re hearing this could go on for an extended period.

The uncertainty of not knowing exactly when it will end is scary when you look at the statistics around the virus.

So my new approach for myself and my kids is one day at a time.

I say, “We made

it through Wednesday and tomorrow is Thursday.” We try to stay in the present, stay positive and hopeful. We started a gratitude jar, so now everyday each of us puts something we are grateful for in the jar. This is a simple way to focus on what we have and not what we are no longer able to do.

The data and science are showing us that these next few weeks are critical to “flattening the curve.” I encourage everyone during this difficult time to look for new ways to connect, stay healthy, and stay positive. These tips will help us and our kids navigate this new normal.

Remember to hug the ones you can, pray for the ones on the front lines, and wash your hands!

Email: liz@marinatimes.com



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Outreach April 2020

Board of Supervisors Public Access and Remote Participation

In accordance with Governor Newsom’s statewide order for all residents to “Stay at Home,” the Office of the Clerk of the Board of Supervisors will begin to provide services remotely Monday through Friday 8:00 a.m. - 5:00 p.m. Employees will be checking their emails and voicemails frequently to answer your questions. Members of the public are highly encouraged to utilize the many resources provided by the Office of the Clerk of the Board to access information, remain updated, and participate remotely. For information on how to participate in the legislative process remotely, including providing public comment, please visit www.sfbos.org. Your answers matter. Your immigration status does not.

The 2020 Census is for everyone—even if you’re not a citizen. The government cannot legally share your answers with any person or agency. And, there is no question about your citizenship status. When you do the Census, you help everyone, especially immigrant communities, get the social services they need and deserve. Count yourself in before May. Visit my2020census.gov or call 844-330-2020 to get started. Find a Census Help Center that speaks your language at sfcounts.org.

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The Marina Times Real Estate Market Report: February 2020

By Compass

SINGLE FAMILY HOME SALES

NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow (no sales)					
Lake St.	152 12th Avenue	3BR/2BA	\$2,160,000	Above	12
	443 Lake Street	4BR/2+BA	\$2,900,000	Below	0
	130 11th Avenue	3BR/1+BA	\$3,075,000	Above	7
	63 7th Avenue	5BR/4+BA	\$4,920,000	Below	18
Laurel Heights (no sales)					
Lone Mountain	30 Rossi Avenue	3BR/2+BA	\$2,350,000	Above	0
	449 Parker Street	6BR/6BA	\$4,400,000	At	151
Marina	2450 Francisco Street	5BR/4+BA	\$4,575,000	Below	22
Nob Hill (no sales)					
North Beach	7 August Alley	1BR/1BA	\$1,010,000	Above	21
Pacific Heights	2611 California Street	5BR/5+BA	\$4,175,000	Below	0
	2331 Jackson Street	4BR/4+BA	\$6,900,000	Above	0
Presidio Heights (no sales)					
Russian Hill (no sales)					
Sea Cliff	110 El Camino del Mar	3BR/3BA	\$3,500,000	Below	20
Telegraph Hill (no sales)					

CONDOS

NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS ON MARKET
Cow Hollow	1624 Filbert Street #4	1BR/1BA	\$1,000,000	Above	0
	2386 Union Street	1BR/1+BA	\$1,200,000	At	0
	1755 Filbert Street #2	1BR/1BA	\$1,350,000	Above	13
	1843 Filbert Street	2BR/1BA	\$1,405,555	Above	11
Lake St. (no sales)					
Laurel Heights (no sales)					
Lone Mountain (no sales)					
Marina	3120 Franklin Street #2	1BR/1BA	\$986,000	Above	25
	3540 Broderick Street	3BR/2+BA	\$2,760,000	Above	0
Nob Hill	1177 California St. #1211	0BR/1BA	\$585,000	At	79
	1230 Clay Street #302	1BR/1BA	\$1,090,000	Above	19
	1101 Pacific Avenue #203	1BR/2BA	\$1,149,000	At	52
	1317 Hyde Street #3	2BR/1BA	\$1,600,000	Above	9
North Beach	2230 Mason Street #M202	2BR/2BA	\$1,230,000	Above	14
Pacific Heights	2040 Franklin Street #906	0BR/1BA	\$715,000	Above	1
	256 Presidio Avenue #5	2BR/1BA	\$1,260,000	Above	9
	2299 Sacramento St. #19	2BR/1BA	\$1,375,000	Above	28
	3065 Clay Street #11	1BR/1BA	\$1,385,000	Above	13
	1869 California Street #1	2BR/2BA	\$1,700,000	Above	137
	1880 Jackson Street #104	2BR/2BA	\$1,900,000	At	64
	2200 Pacific Avenue #10F	2BR/2BA	\$1,920,000	Below	9
	1760 Pacific Avenue #9	2BR/2BA	\$2,100,000	Above	10
	1999 Broadway #52	3BR/2+BA	\$2,225,000	At	19
	2531 Gough Street	3BR/2BA	\$2,395,000	At	16
	2427 Franklin Street	4BR/2+BA	\$2,410,000	Above	15
	1812 Pacific Avenue	3BR/2+BA	\$2,450,000	Above	78
	2139 Green Street #G	2BR/2BA	\$2,500,000	Above	12
	2957 Jackson Street	3BR/2+BA	\$2,550,000	At	0
	1935 California Street	3BR/3BA	\$2,550,000	Above	8
	2255 Franklin Street	3BR/3BA	\$2,651,000	Above	6
	2106 Jackson Street #3	4BR/2+BA	\$2,850,000	Below	124
Presidio Heights (no sales)					
Russian Hill	2831 Polk Street #3	1BR/1BA	\$1,070,000	Above	10
	875 Greenwich Street	2BR/2BA	\$1,575,000	Above	6
	1101 Green Street #1403	1BR/1+BA	\$1,900,000	Above	11
	1050 North Point St. #1201	2BR/2BA	\$2,200,000	At	14
	1364 Union Street #A	3BR/2BA	\$2,425,000	Below	31
	999 Green Street #2001	2BR/2BA	\$2,440,000	Below	13
	900 Green Street #400	3BR/2+BA	\$2,495,000	At	30
	1269 Lombard Street #B	3BR/2BA	\$2,500,000	At	20
	2384 Hyde Street	3BR/2+BA	\$3,000,000	Above	14
Sea Cliff (no sales)					
Telegraph Hill	235 Francisco Street	2BR/3+BA	\$2,625,000	Below	5

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

Real Estate Reporter ∴ The new reality



These might become must-haves when you go to an open house. PHOTO: TAI'S CAPTURES ON UNSPLASH

Your home is your castle

Or maybe it's your jail

BY JOHN ZIPPERER

QUESTION FOR THE HIVE MIND: Does sheltering in place make you aware of everything you dislike about your home and remind you of how much you want to leave it? Or does it comfort you and rekindle your love with your house, apartment, or condo?

For the past several weeks, we have all been hunkering down in our abodes. For many of us, that has meant working from home, something at least made easier with computers, the Internet, and video conferencing technology. Then in our off hours, we make use of video streaming services, books, newspapers, and magazines to fill our time. Families might dive into their hoard of board games. But except for those trips to the grocery store, lonely walks down the street, or trips to your place of employment if you have an essential job, we're spending day after day after day within the same four walls.

Personally, I have gained a new appreciation for being in my condo. I've always liked it, but a couple years ago when doing an unplanned kitchen-living room remodel — courtesy of a dishwasher that had been leaking for years, unbeknownst to us — I had to spend frequent days working from my home office so I could be there for various contractors. I got very sick of it, and it was made worse by our rooms being jam-packed with all the furniture from the living room and dining room. Imagine if you could only move about in your home through endless corridors of boxes and stacked furniture, accompanied by the sounds of workers smashing drywall?

But now, with that far behind me, I am enjoying our private home space. A coworker, on the other hand, noted on a recent conference call that working from home isn't a delight when three roommates are all trying to do it in one apartment. I'll enjoy being back in the office one day because of the interaction and excitement of a buzzing business environment. She'll enjoy being there because she'll have less incentive to kill her roommates.

REAL ESTATE AND CORONAVIRUS

Though it remains to be seen what the exact impact will be on the real estate market from the coronavirus crisis, the general impact is pretty clear: It'll be bad.

Dima Williams of *Forbes* recently wrote about how luxury real estate in particular is a mixed bag. In some places across the country, there's no change in interest. In others, things are grinding to a halt. She cites one San Francisco broker who had a series of showings for high-end properties, but over one weekend, "activity in the uber luxury segment ceased."

The collapse of the stock market — down at least a third from its high — certainly has to be affecting people counting on either investment income or worried about their company's performance. It remains to be seen what effect federal efforts at stimulus and stabilization have on this and other sectors of the economy.

The National Association of Realtors (NAR) released a report in March of a survey they conducted with their members. It showed that sellers were rapidly ramping up efforts to protect themselves from

More than a quarter of home sellers required home buyers to clean their hands before entering the house.

COVID-19 that might be delivered to their homes by potential home buyers. On March 9, 77 percent of respondents across the country said there had been no changes in home seller behavior in their local markets; by March 16, that had dropped to 40 percent.

On that latter date, real estate agents nationwide reported that 27 percent of the sellers required buyers to use hand sanitizer or wash hands upon entering their home; and 14 percent would not allow buyers in with their shoes on, or they required them to wear footies. A much smaller percentage required potential buyers to wear gloves — 6 percent nationally, only slightly higher at 8 percent in areas with confirmed or presumed COVID-19 cases.

In another announcement, NAR reported that nearly half of their members said that homebuyer interest declined as a result of the coronavirus outbreak, three times higher than the number who reported declining interest just a week earlier.

So it's affecting us individually and as an economic sector. There has been a slight drop in for-sale inventory, but NAR's chief economist, Lawrence Yun, predicted that fewer homes on the market would prevent a drop in home prices. He predicted "a strong rebound once the economic quarantine is lifted."

Send feedback to letters@marinatimes.com. Real estate news tips? Email: john@marinatimes.com



Early promotional photos of Hill & Co. PHOTOS: COURTESY GAREY DE MARTINI

Disappearing San Francisco brands

There’s a whole lot of consolidation going on

BY GAREY DE MARTINI

EARLIER THIS YEAR ZEPHYR REAL Estate became an affiliate of Corcoran Global Living. You’ll still find Zephyr if you search for it online, but click on a link and you’ll see the name has been changed. And yes, it’s *that* Corcoran — out of New York, founded by Barbara Corcoran, one of the Shark Tank stars.

Zephyr Real Estate was a San Francisco brand with San Francisco roots. As was Hill & Co. Real Estate, a firm acquired by the South Bay’s Alain Pinel Realtors in September 2018, and which itself was acquired six months later by Compass based out of New York.

Yes, there is quite a bit of consolidation going on in the real estate industry.

BRANDS COME AND GO

Local real estate companies have a hard time competing with larger companies. Back office functions like marketing, advertising, technology support, and statistical analysis cost a lot of money. What’s more, larger companies aggressively recruit agents from other smaller brokers, promising better financial arrangements, more support, and greater exposure. Whether true or not, agents have a hard time resisting these enticements.

For real estate companies, real estate agents are the lifeblood. The axiom, “Our assets walk out the door every evening,” is particularly true in this industry — though these days, agents find there are no “off” hours, and they rarely visit their offices as most work remotely in the field.

Brands come and go, even those you would think are rock solid. Pan Am airlines comes to mind, for example. In case you are too young to remember, Pan Am was the most well-regarded airline of its time, offering extraordinary comfort and services, with a cuisine inspired by Maxim’s de Paris. Founded in 1927, it ceased operations in 1991.

Want more examples? Think Radio Shack, Blockbuster, Sharper Image, Circuit City, Tower Records, Borders, Grants, Woolworths, and the City of Paris — once the chicest department store imaginable, an only-in-San-Francisco institution located in the heart of Union Square where Neiman Marcus is today.

All of these companies were likely the brainchild of some enterprising individuals — presumably risk-takers with a singular vision. Now these businesses are reduced to just names included on a list.

LOCAL LEADERS

I can tell you that the founders of Zephyr Real Estate and Hill & Co. Real Estate — Bill Drypolcher and Joe Costello respec-

tively — were both risk-takers with a singular vision, because I was lucky enough to work beside both of them at different times, serving as marketing director first at Zephyr, and later at Hill.

When I knew them, both men were military veterans, and proud of their service. Both men had a genuine interest in people and loved making deals. Each could command a room like few I have known. Both started small, grew their businesses into remarkably robust organizations with multiple offices throughout the city, and were fiercely independent.

Bill is still very much alive and remains active at Corcoran Global Living. Joe, or “Mr. C.” as everyone called him, sadly passed away in May of 2015.

Bill is not a native San Franciscan, but like so many others, he saw the city and has chosen never to leave. He is a regular supporter of the disadvantaged and disenfranchised, including support for Swords to Ploughshares and Project Open Hand. A graduate of Kent State University, Bill served in Vietnam as an Army Ranger. He founded Zephyr Real Estate in 1978.

Bill was an early supporter of the LGBTQ community, and served on Mayor Art Agnos’s commission for improving city housing. He has been an active participant in the real estate community, serving on multiple committees and boards, including the position of President of the San Francisco Association of Realtors.

Mr. C. was a native of San Francisco. He went to UC Berkeley and the University of San Francisco School of Law. After serving in the U.S. Marine Corps during World War II he worked briefly in Washington, D.C., for the CIA. He returned to San Francisco and in 1956 founded Hill & Co. Real Estate.

Mr. C. was a member of the Bohemian Club, the Olympic Club, the Pacific-Union Club, the St. Francis Yacht Club, and the San Francisco Golf Club. He was old-school San Francisco in the best way imaginable — he hobnobbed with the city’s elite, but he always had time for everyone he met, and he was extremely generous, giving to charitable organizations and individuals throughout San Francisco.

You may never see the names Zephyr Real Estate and Hill & Co. again. These once omnipresent San Francisco brands will fade over time, as have other once famous San Francisco brands. But it’s worth remembering Zephyr and Hill one last time. After all, for decades they were much a part of the community, employed hundreds of real estate agents, and likely once had a hand in the sale of the home in which you currently live.

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Super Duper	3259 Pierce St.
Lucky Brand Jeans	3273 Scott St.
Walgreens.....	3201 Divisadero St.
Books Inc. (Inside).....	2251 Chestnut St.
Marina Library (Inside).....	1890 Chestnut St.

Cow Hollow

Bus Stop	2837 Laguna St.
Geo Gelati.....	1996 Union St.
See Eyewear	2100 Union St.
Michaelis Wine & Spirits	2198 Union St.
Coffee Roastery.....	2191 Union St.
Comerica Bank.....	2001 Union St.
Wells Fargo Bank.....	1901 Union St.
Octagonal House.....	2643 Gough St
Postal Chase (Inside).....	3053 Fillmore St.
Golden Gate Valley Library (Inside).....	1801 Green St.

Pacific Heights

Glaze	1946 Fillmore St.
Wells Fargo Bank.....	2100 Fillmore St.
Peets Coffee	2195 Fillmore St.
Pets Unlimited (Inside).....	2343 Fillmore St.
Mayflower Market (Inside).....	2498 Fillmore St.

Russian Hill/Nob Hill

Crepes House	1755 Polk St.
Corner at Polk.....	1600 Jackson St.
Peets Coffee	2139 Polk St.
Starbucks Coffee	1505 Vallejo St.
Beauty Supply	1409 Green St.
Corner at Polk.....	1485 Vallejo St.
1760 Restaurant	1687 Washington St.
Nob Hill Grocery (Inside).....	1600 Hyde St.

North Beach/Embarcadero

Mama’s Restaurant.....	604 Filbert St.
North Beach Pizza	501 Union St.
Family Hat Makers	1612 Stockton St.
Mario’s	662 Union St.
The Board Room.....	693 Green St.
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Ferry Building Plaza.....	Ferry Building Plaza
Alcatraz Landing	Pier 31

Other

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Bank of America	1291 - 9th Ave.
Books Inc. (Inside).....	3515 California St.

*Check individual business hours for inside locations.



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