# MarinaTimes



#### Around the Northside

Restaurants open for takeout and delivery. p. 6 A pictorial report on Northside life. p. 9 Summer activities for kids during a pandemic. p. 11



#### More online

Garey De Martini's real estate report, the Coastal Commuter dances at home, and more. marinatimes.com

MARINATIMES.COM : CELEBRATING OUR 36TH YEAR : VOLUME 36 : ISSUE 6 : JUNE 2020



Golden Boy Pizza in North Beach is open for takeout. PHOTO: NAOMI ROSE

## Dinner is served and sometimes lunch too

get in the way of our desire for our favorite restaurant food, right? We San Franciscans are all about supporting our local businesses, and the restaurant industry has taken a severe blow in the last few months.

Golden Boy Pizza is just one of the many Northside restaurants that | frontline workers.

OT EVEN A PANDEMIC WILL | has adapted to shelter in place by transitioning to takeout and delivery solely. Many others have shuttered completely with no plans to reopen, while others have become creative by offering groceries and pantry items, meal kits and special menus, and donating meals to

We've updated our restaurant guide on pages 6-7 to reflect those restaurants operating in the Northside as of press time. If you're picking up your food, remember to confirm before you go, wear your mask, and wash your hands when

— L. Majer

#### **REYNOLDS RAP** : Opinion

# It's the drugs, stupid

It will take a literal village to get a handle on this crisis

BY SUSAN DYER REYNOLDS

T THE APRIL 8 MEETING OF THE BOARD OF Supervisors budget committee, City Controller Ben Rosenfield reported San Francisco hotels were providing 1,977 rooms to the homeless during the Covid-19 pandemic at an estimated cost of \$35 million for 90 days. District 9 Supervisor Hillary Ronen was an early, vocal supporter of the plan, saying in March, "If we have empty hotel rooms and someone doesn't have a home to shelter in place, we must lend them the room." I guess Ronen actually thought rooms would be lent. "We're paying \$197 per night?" she asked in disbelief. But Rosenfield had an even bigger bombshell — Mayor London Breed's plan to procure 7,000 total hotel units would set taxpayers back \$105 million for 90 days.

If those numbers aren't crazy enough, the San Francisco Department of Public Health is providing alcohol, marijuana, and tobacco "through private funding" to addicts in those \$197-a-night hotel rooms as a "harm reduction technique." Harm reduction, according to the Harm Reduction Coalition, is "a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use." Reduce negative consequences?

REYNOLDS RAP, continued on 4

#### DISTRICT 3 SUPERVISOR

# **Emerging from** the crisis

Economic recovery must be fueled by community, cut out corruption

BY AARON PESKIN

WAS RECENTLY APPOINTED TO THE CITY'S ECONOMIC Recovery Task Force to help chart a post-Covid path forward for San Francisco's industries, mom and pop businesses, workers, and consumers.

While Governor Newsom has issued a broad order that all retail and salons may open up in-shop operations across the state, here in densely populated San Francisco, we are taking a more cautious approach, particularly as we see our numbers continue to grow in congregate settings. Here are some of my thoughts about a necessary approach to the city's economic recovery.

#### **EQUITY AND PUBLIC HEALTH PRIORITIES**

A recent Curbed.com piece by Alissa Walker called out urban planners and YIMBY bloggers eager to use the pandemic as an opportunity to market prepandemic agendas that brushed over the systemic inequities that

SUPERVISOR, continued on 2

#### MICHAEL SNYDER ON ... FILM



Rob Brydon and Steve Coogan in Michael Winterbottom's The Trip to Greece, an IFC Films release. PHOTO: COURTESY OF IFC FILMS

# Of alien invasions and aliens abroad

BY MICHAEL SNYDER

ith indoor theaters shuttered, summer movie blockbusters may be on hold or bumped to later in the year. Don't despair. Exciting new releases are available to stream at home. Here are two that will take

you to other times and other places: a story to stretch your imagination and a mini-Hellenic odyssey to amuse you and pique your appetite.

#### THE VAST OF NIGHT

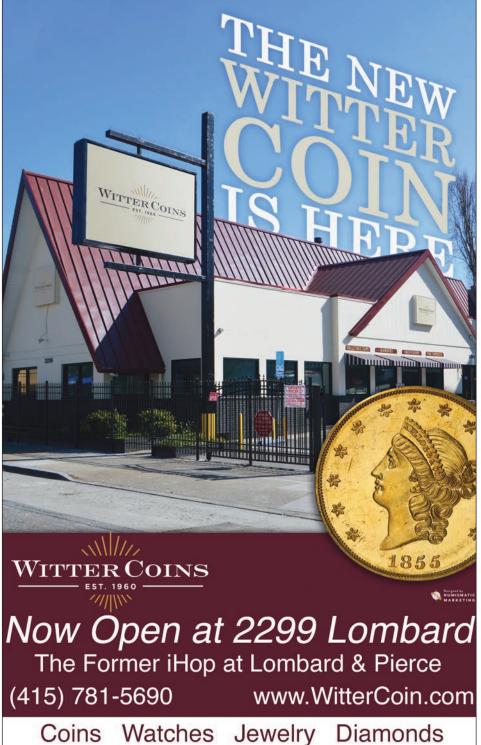
An elegant and minimalist take on the traditional 1950s sci-fi alien invasion movie, The Vast of Night comes along right when the U.S. government is declassifying files about the possible existence of UFOs. Coincidence? Maybe, but it's definitely fortuitous for this impressive debut feature from director and co-screenwriter Andrew Patterson, who has come up with some creative twists and uneasy moments that elevate the genre and bode well for his future in the movie industry.

Set in a small New Mexico town, The Vast of Night moves like a sleek cat from location to location — a gymnasium, the local switchboard, a bare-bones radio station, and so on — as the camera follows Everett, a young, ambitious local D.J. and his teen sidekick Fay, a science-minded high school girl who works a solo evening shift as the area's telephone operator.

Everett and Fay are ordinary people with dreams of bigger things. They feel constrained by being in the boondocks and both yearn to get out. But the world may be a lot more immense than they think. When a strange noise starts to interrupt telephone service and radio signals in the area at the same time that most of the locals are at a high school basketball game, Everett and Fay

SNYDER, continued on 8





#### **Supervisor**

continued from cover

have exacerbated the Covid-19 pandemic in the first place. I'm proud to represent a district with diverse strengths and needs, ranging from some of the city's most vulnerable communities in SRO hotels and vital essential workers to a tourism industry that has long been the golden goose fueling San Francisco's local economy.

I have tried to mediate the competing needs of different sectors by grounding policy discussions in public health rationales and equitable application of the law. One recent example? Many of you wrote me about the unequal treatment of Fadi Berbery, 34-year proprietor of Smoke Signals in Russian Hill, who was issued a citation by SFPD for operating his newsstand, which provides essential news in multiple languages, including Chinese, Russian, and Arabic, during the shelter in place. The chief health officer determined that the San Francisco Chronicle's news reporting and printing operation was essential business, but Fadi selling those same newspapers was not. It was a decision that prioritized consumers with online accounts over those who have traditionally relied on hard copies of the news, including the high concentration of seniors in my district. Meanwhile, drug dealers continue to operate in the Polk Street alleyways while police resources are wasted citing hardworking operators who thought they were operating essential businesses. As we reopen San Francisco, we must make sure that the city's public health orders are being equitably applied and that our emergency response is prioritizing our most vulnerable communities.

### REPURPOSING PUBLIC SPACE FOR PUBLIC GOOD

One of the first initiatives to flow out of the Economic Recovery Task Force is the Shared Spaces Program, which will allow businesses to apply for no-cost, expedited permits to cooperatively operate community-serving businesses in public spaces, including sidewalks, streets, and parking spots once they have a safe reopening plan in place.

My office has been working with the San Francisco Municipal Transportation Agency, Office of Economic and Workforce Development and — most important — community stakeholders to devise pilot programs on Grant Avenue in North Beach and eventually Jefferson Street at Fisherman's Wharf. These programs will balance the need for essential deliveries,

provide for egress according to Americans with Disabilities Act standards, and give small businesses the flexibility to roll out reopenings tailored to their capacity. Retailers will be permitted to operate outside to facilitate social distancing, restaurants and cafes will be able to set up outdoor tables or maintain space for curbside pick-up, and I will be introducing a fee relief program to ease the burden for operators. Applications should be live by mid-June.

By soliciting support and planning input from property owners, small business owners and neighborhood stakeholders (including those who might be dependent on essential deliveries of food and services), we are modeling a template for equitable and community-led repurposing of the public realm.

### OVERSIGHT OF GOVERNMENT RESOURCES

Recently political gadfly and Department of Public Works co-conspirator Nick Bovis pled guilty to corruption charges. We expect that this plea deal and ongoing investigations will continue to reveal areas where good government checks and balances could have staved off the corruption that is visible in everything from the lack of operational trash cans to a broken citywide street cleaning program that hinged on the whims of DPW's former director, Mohammed Nuru — or wherever the mayor's next press conference was being held. Any attempt at a successful economic recovery will hinge on addressing head-on the crises that have long plagued our streets — and it will mean holding departments accountable to their respective roles in implementing solutions.

The Department of Public Health has long delayed devising and implementing a behavioral and mental health plan, especially after the former director was ousted for giving her wife lucrative contracts. The Department of Homelessness and Supportive Housing has similarly struggled to implement a plan for a centralized system to move our unhoused population through a continuum of care that includes prioritizing permanent supportive housing placements — of which there are many available citywide. The Department of Public Works has covered up its failure to clean the streets with public relations schemes and awarded contracts for faulty public trash cans, toilets, and shelters to friends.

Our workers, residents, and tourists all have one thing in common: They want government to do its job so that they can do theirs.

**f** Like us on Facebook.com/MarinaTimes

E Follow us on Twitter.com/TheMarinaTimes

Sign up for our newsletters at MarinaTimes.com

# **Marina Times**

marinatimes.com | 3053 Fillmore Street #104, San Francisco, CA 94123

Contact: info@marinatimes.com | Letters to the Editor: letters@marinatimes.com

Advertising: (415) 815-8081 • advertising@marinatimes.com

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

MARINA TIMES IS A TRADE MARK OF JASMINE BLUE MEDIA LLC. COPYRIGHT ©2015 JASMINE BLUE MEDIA LLC. ALL RIGHTS RESERVED. THE VIEWS EXPRESSED HEREIN DO NOT NECESSARILY REFLECT THE VIEWS OF THE MARINA TIMES OR JASMINE BLUE MEDIA LLC. THE MARINA TIMES NAME AND LOGO AND VARIOUS TITLES AND HEADINGS HEREIN ARE TRADE MARKS OF JASMINE BLUE MEDIA LLC. NO PART OF THIS PERIODICAL JUNE BE REPRODUCED WITHOUT THE CONSENT OF THE MARINA TIMES. THE MARINA TIMES IS DISTRIBUTED FREE IN SAN FRANCISCO'S NORTHERN NEIGHBORHOODS (MARINA, COW HOLLOW, PACIFIC HEIGHTS, RUSSIAN HILL, NORTH BEACH AND NOB HILL). PLEASE SEND COMMENTS TO LETTERS@MARINATIMES. COM OR TO THE ADDRESS ABOVE. PLEASE INCLUDE YOUR NAME, ADDRESS, AND DAYTIME PHONE NUMBER. WE RESERVE THE RIGHT TO ABRIDGE FOR SPACE, CLARITY AND CIVILITY.

2 JUNE 2020 MARINA TIMES MARINATIMES.COM

#### **News Briefs** : Around the Northside



Firefighters work to extinguish a major fire at Pier 45 on May 23. PHOTO: NAOMI ROSE

# Pier dangers, closed streets

Plus possible lease relief for small businesses

BY JOHN ZIPPERER

#### **FOUR-ALARM FIRE AT PIER 45**

Around 4 a.m. on May 23, locals were awakened by multiple fire engines called to put out a large fire at a warehouse on Fisherman's Wharf's Pier 45. As many as 130 firefighters had the fire contained within a few hours, saving the U.S. liberty ship SS Jeremiah O'Brien in the process.

One firefighter reportedly suffered an injured hand, but no other injuries result ed from the fire. The warehouse, which held a few offices and fish processing equipment, was totally destroyed.

At press time, the cause of the fire had not yet been determined, but investigators were expected to look into reports that homeless people had been spending time in the warehouse at night.

### SLOW STREETS MOVEMENT PICKS UP SPEED

It started in Oakland — a move to close streets temporarily to vehicular traffic to allow pedestrians and cyclists more space to be physically distanced while getting exercise or shopping. San Francisco soon adopted it, and in mid-May the SFMTA announced that "phase two" of its Slow Streets program would expand to include:

- ► 20th Street (Valencia to Potrero)
- ► 23rd Avenue (Lake to Cabrillo)
- ► Chenery Street (Elk to Brompton)
- ► Excelsior Avenue (London to Prague)► Golden Gate Avenue (Masonic to Divisadero)
- ▶ Jarboe Avenue (Moultrie to Peralta)
- ► Lane Street (Third to Oakdale)
- ► Lombard Street (Jones to Stockton)
- ► Mariposa Street (Kansas to Texas) ► Sanchez Street (23rd to 30th)
- ► Shotwell Street (14th to Cesar Chavez)
- ► Somerset Street (Silver to Woolsey)
- ► Stockton Street (Bay to Lombard)

SFMTA said that many of the new clo-

sures were the result of more than 1,300 suggestions from city residents. They added 14 miles to the 9 miles that were implemented in the first phase of Slow Streets.

There have been suggestions from

There have been suggestions from Northside residents that a Slow Streets initiative on Steiner Street from Lombard to Chestnut Street would greatly benefit restaurants. As more establishments reopen under local and state reopening guidelines, additional space will be needed to space out shoppers and diners, as well as pedestrians, runners, and bicyclists.

SFMTA reports that the Slow Streets that have been approved for inclusion are "lower-traffic residential streets that connect neighbors to essential services in the absence of Muni service. They have been vetted for feasibility and exclude Muni routes and major emergency traffic corridors. The identified streets are in neighborhoods that are especially affected by Muni service reductions, are designated bike routes that already serve as key connections, and lack conflicts with commercial streets or Muni routes."

To learn more about the program and to suggest future additions to Slow Streets, visit sfmta.com/slowstreets.

#### LEASE AND EVICTION RELIEF PROPOSED FOR SMALL BUSINESSES AND NONPROFITS

If a new bill proposed in Sacramento is adopted, small businesses and commercial landlords would be able to modify leases in light of the economic devastation wrought by Covid-19. SB 939, introduced in mid-May by Senators Scott Wiener (D-San Francisco) and Lena Gonzalez (D-Long Beach) would let small businesses renegotiate their leases if they have lost more than 40 percent of their revenue due to pandemic restrictions and if they continue to operate at reduced capacity as a result of the social distancing requirements. If the tenant and landlord fail to agree on a new lease, the tenant can terminate the lease without penalty.

#### **CRIME UPDATE**

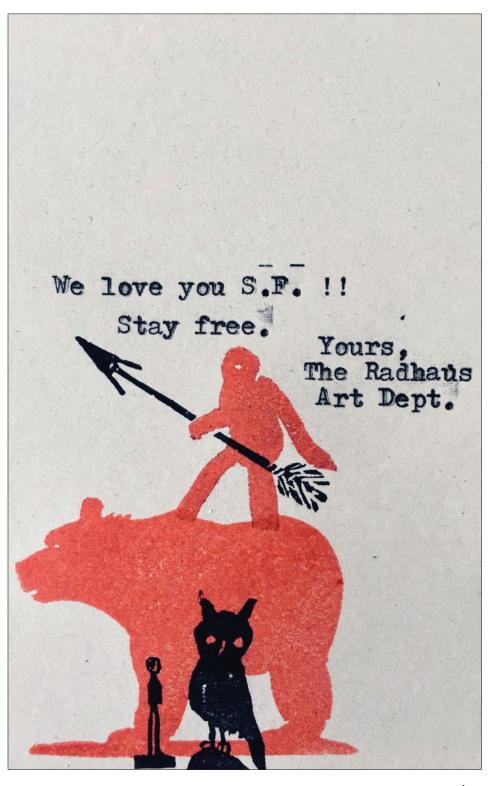
For the week of May 11–17, there were five robberies reported by Northern Police Station, bringing the year-to-date total to 127, the exact same number as the 2019 year-to-date total. There were 20 burglaries, bringing the year-to-date total to 378, up from last year's 356; and 29 auto burglaries, for a year-to-date total of 1,421, down significantly from 1,912 in 2019.

#### **FACTS AND FIGURES**

**1.16:** percentage increase in available job listings in California since May 8, according to TOP data . . . 3.65: percentage increase in available job listings nationwide since May 8 . . . 92,000: number of jobs lost in the Bay Area in first two months of the pandemic shutdown ... 31,800: number of those jobs that were in San Francisco, according to the Chronicle . . . 53.97: percent of women surveyed by Fishbowl who said they have completely stopped wearing makeup while sheltering at home . . . 29.78: percentage of male respondents who said they have stopped shaving during this time . . . 10: percent of people who told Fishbowl that during video conference calls, they only wear underwear below their waists.

Send feedback to letters@marinatimes.com. News tips? Email: john@marinatimes.com













Previous encampment behind Marina Safeway, May 2020. PHOTO: RACHEL PODLISHEVSKY

**Enforce the law,** 

then give them two

choices: Go to jail or

go to the village.

#### Reynolds Rap

continued from cover

That's a poster statement for the way San Francisco handles its drug crisis, and not just during a pandemic.

#### WHO CALLS THE SHOTS?

When I was a kid, my mom put a plate of halibut and fennel in front of me for dinner. "I don't like fennel," I said. "Beggars can't be choosers," my mom responded. "When you're buying your own food, you can eat what you want." My mom would have made an excellent homeless czar. While Jennifer Friedenbach and the Coalition on Homelessness, the city's de facto homeless marketing agency, are fond of saying "the unhoused have no choice," in reality, they have too many choices, leading to a contemptuous relationship with angry residents fed up with the human waste, open drug use, and crime overtaking their neighborhoods.

When word got out about the free hotels and city-sanctioned pot and booze room service, transients made the trek hoping to find Meth Mecca. According to the "Tenderloin Neighborhood Safety Assessment Plan for Covid-19," the number of tents ballooned 285 percent between January and early May. It's gotten so bad UC Hastings College of the Law and others filed a lawsuit seeking to prevent San Francisco from continuing to use the Tenderloin as a containment zone for open-air drug dealing and homeless encampments by selectively enforc-

ing the law. San Francisco

Fire Chief Jeanine Nicholson, whose department and paramedics frequently interact with the homeless, confirmed the majority they

meet now are new to the city. "The initial site by the Asian Art Museum, at least 70 to 75 percent of those folks were very recently from out of town," Nicholson told KRON 4 News. "What they're telling us is 'I just came here from Lake County. 'I just got out of jail' or 'I'm here from Stockton and I heard I could get X, Y, and Z.' We've had people walk up to our members and say, 'Hey, where do I get a tent? How do I get a hotel room?"

#### TAKING BACK CONTROL

Last summer I visited Community First Village in Austin, Tex., ("Dignity through accountability," August 2019), a successful 51-acre master-planned community providing affordable, permanent housing and support for around 50 percent of Austin's homeless population, all privately funded. It was a 30-minute drive outside the city, and that makes perfect sense, particularly for those with substance issues. "If I was downtown Austin where I used to get my drugs, I'd be right back using again," one young man told me. Frankly, the mayor and every member of the Board of Supervisors should make a trip to Austin, because the village model is the only way to get a handle on

It starts with a large piece of property outside the city — not too far, but far enough away from the temptations of the Tenderloin. Let's say the Cow Palace, which sits on 68 acres. Far-fetched you say? Not at all. In 2019, Senator Scott Wiener and Assemblymember Phil Ting introduced SB281, banning gun shows and transferring control of the Cow Palace from a state-appointed board to a local joint powers authority with a plan to build affordable housing. The gun show ban passed in January, but they dropped the development issue. Time to rethink that.

What would a village at the Cow Palace look like? A lot like Community First, where people live in RVs and tiny homes with access to a medical facility, counseling, and rehab. They also have organic farming, an auto shop, a culinary program, art studios, and blacksmithing — micro enterprises that have produced over a million dollars of "dignified income" for residents. While there's no sobriety requirement, founder Alan Graham (who lives on the property in a tiny home) says they see an 80 percent drop in drugs and a 60 percent drop in alcohol once people set-

tle in, which likely has something to do with his deal breaker: "If you don't make it to work and pay your rent, you're gone."

Graham says he serves the chronically homeless.

"like the Tenderloin." And if you think creating structure and having rules doesn't work, you'd be wrong: Community First Village has a retention rate of nearly 90 percent.

#### **BUILD IT AND THEY WILL COME**

So how do you get people there? Start by enforcing the law, then give them two choices: Go to jail or go to the village. Who will run the village? Nonprofit organizations. In fiscal year 2014-15 (the last time San Francisco had a homeless audit) more than \$175 million went to 61 community groups. Shockingly, there's no system for tracking their performance, but with 8,000 people living on the street and a city in disarray because of it, I think it's fair to say it's not very good. At the village, these groups would be onsite using their expertise to set residents up for success. The central location would also make it easier to

REYNOLDS RAP, continued on next page

#### Reynolds Rap

continued from page 4

monitor their track record. And if they fail? No more money, because at the village, city grants would be performance based.

And what about the severely mentally ill who are unable to make it at the village? We need to put them somewhere safe, where they won't be victimized and can't do harm to themselves or others.

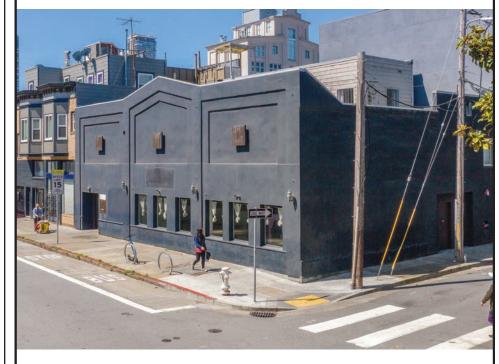
What if someone says they'd rather go to jail than to the village, and when they get out of jail they go back to their old ways? You buy them a bus ticket home. When they get there, instead of telling friends that San Francisco is Meth Mecca with free hotels providing weed and alcohol room service, they'll say, "You can go to the village and get your life together or go to jail and get a bus ticket back here." I bet the number of drug users coming to San Francisco would dwindle in no time — and with fewer buyers, so would the drug dealers.

I can already hear homeless advocates saying how mean I am. How dare I expect people to make something of themselves - get counseling, go to rehab, learn a trade, get a job. But I would say the same about their lack of expectations, which has led to thousands of people living in filthy tents and dying with needles full of fentanyl stuck in their necks.

Truth be told, San Francisco has declared open season on itself. The mayor, able to command an entire city to shelter in place, can't stem the tide of tents. Frustrated police are told to leave tent dwellers alone. Even when they arrest serial drug dealers, lenient judges release them the same day. Supervisors ignore the cries of their constituents while bowing to the beneficiaries of a multimillion-dollar homeless industry they helped to create. And voters made it worse by electing Chesa Boudin, a known criminal sympathizer, as district

The only way to take back the city is to get tough, an unfamiliar concept at City Hall. I'm not sure they have it in them, but I hope they do. Otherwise San Francisco will be doomed, not because of the Covid-19 pandemic but because of the drug pandemic. In the words of the young man at Community First Village, "Is it hard? Hell yeah. But if I hadn't come here, I'd be dead."

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



#### Another Good One — Done!

We know your buildings are part of a legacy that you've built with great care. When it comes to helping you sell these properties, our dedication should match yours. Our singular focus is San Francisco commercial real estate, which means you'll receive a deeper level of expertise to help guide you to the best possible outcome from your investment.

- 8 Offers Received
- · 3 Level Commercial Building
- · Open Floor Plan
- Flex-Use Opportunity
- \$581 Price per Sq. Ft. | 60 x 52 Ft. Lot

You've Taken The Risk Now Comes the Rewarding Part

Newmark Knight Frank

**MATTHEW C. SHERIDAN** 415.273.2179 License 01390209

matthew.sheridan@ngkf.com



# How a vocal community and a supervisor who listened sent an encampment packing

BY SUSAN DYER REYNOLDS

N MAY, I RECEIVED DOZENS OF emails from neighbors of the Mari-Ina Safeway about open air drug use and sales, stolen goods, fights, and assaults at an encampment that popped up behind the store after the Covid-19 outbreak. One person had someone from the encampment enter his house and another was held up at knifepoint. The police said they, too, were frustrated, but their hands were tied by the city. In fact, in an email obtained by the Marina Times, and sent to all SFPD officers by Capt. Steven Mannina, commanding officer of the Healthy Streets Operation Center, guidelines on handling encampments was contradictory, stating, "Do not take or remove tents" at point 1, and "Do not allow large encampments (over 5 tents) to form" at point 6.

Neighbor Rachel Podlishevsky began taking pictures of the criminal activity. "This woman who is always getting stolen goods out of her car was trying to intimidate me, swearing and screaming, and she threw a bottle at me." She sent the story and pictures to District 2 supervisor Catherine Stefani and to Capt. Joe Engler of the Northern Police Station. And she wasn't alone. Neighbors of a nearby apartment complex — many of them seniors who have lived in the rent-controlled building for three decades — reached out to Stefani, Engler, police Chief Bill Scott, the mayor's office, and Safeway. They made numerous calls to 311, and they contacted the media, from KRON-TV to the Marina Times.

Brandon Deno lives in that apartment building. His wife and son felt threatened, and he heard campers call people in his building "rats who call the pigs" through his window, which he no longer kept open. "This is all a direct result of the city's policy of allowing tents so that homeless can shelter in place, which they're not doing," Deno

In a statement to the Marina Times, Supervisor Stefani said she was extremely concerned. "For weeks, I have been going out to this location every day to monitor what's going on and communicate to our departments that allowing camping, drug use, and threats of violence to persist does not serve our public health goals. I will not let up until we reach a solution that ensures that neighbors, Safeway customers, and those living outside

Then, over the Memorial Day weekend, residents noticed law enforcement and the Department of Public Works at the encampment, and by Tuesday it was gone. Deno credits his neighbors, especially the brave seniors, for coming together and speaking out, but they also had strong advocates in Captain Engler and Supervisor Stefani.

Residents in districts with more tolerant supervisors such as Matt Haney (District 6), Hillary Ronan (District 9), Dean Preston (District 5), and Rafael Mandelman (District 8), find similar campaigns fall on deaf ears. "It's tough to get encampments removed when your supervisor cares more about the rights of drug addicts than yours," one District 6 resident said to me on Twitter. Clearly, because they won their elections, these supervisors feel they are carrying out the will of the voters. And therein lies the rub. The only way to make a change is to change your supervisor at the ballot box — and so far, that hasn't happened in 90 percent of San Francisco.

E-mail: susan@marinatimes.com







# got you

I protect you. You protect me.

Covering your face is now required to prevent the spread of COVID-19.



City & County of San Francisco

MARINATIMES.COM MARINA TIMES JUNE 2020 : 5 **Modern Eating** : Where to find your favorite food

# Where to get it

## Northside restaurants open for pickup or takeout

COMPILED BY MARINA TIMES STAFF

Because the pandemic situation continues to be in flux, it is strongly recommended to confirm restaurant delivery and takeout/pickup hours by phone, website, or social media, which is often updated more frequently than websites.

#### **MARINA**

#### **AMERICAN**

**Café Boho**: 3321 Steiner Street, 415-602-1182, cafebohosf.com. Takeout, curbside pick-up, and delivery, including wine, three-course daily special menu, and à la carte items. Tuesday–Saturday 11:30 a.m.–8 p.m.

**Causwells**: 2346 Chestnut Street, 415-447-6081, causwells.com. Pickup and delivery, including wine and beer. Sunday–Wednesday 5–8 p.m., Thursday–Saturday 5–9 p.m.

**Cultivar**: 2379 Chestnut Street, 415-962-4200, cultivarsf.com. Takeout, curbside pickup, and delivery, including wine. Monday–Friday 4–8 p.m., Saturday–Sunday noon–8 p.m.

**The Dorian**: 2001 Chestnut Street, 415-400-4355, doriansf.com. Takeout and delivery, including wine, beer, cocktails, and grocery items. Daily specials available by phone. Wednesday–Friday 11:30 a.m.–9 p.m., Saturday 10:30–9 p.m., and Sunday

10:30 a.m.–8 p.m. (delivery); pickup until 7:30 p.m.

**Izzy's**: 3345 Steiner Street, 415-563-0487, izzyssteaks.com. Curbside pickup and delivery. Daily 4–9 p.m.

**Jake's Steaks**: 3301 Buchanan Street, 415-918-5220, jakessteaks.net. Takeout and delivery. Daily 10 a.m.–10 p.m.

Marina Deli: 2299 Chestnut Street, 415-346-7800, no website. Delivery. Monday–Saturday 7 a.m.–9 p.m., Sunday 7 a.m.–5 p.m.

Maybeck's: 3213 Scott Street, 415-400-8500, maybecks.com. Curbside pickup, including special menu, cocktails, wine, and beer. Thursday–Saturday 5–7:30 p.m.

Mels Drive-In: 2165 Lombard Street, 415-921-2867, melsdrive-in.com. Takeout, delivery, and carhop service. Kids eat free and half off milkshakes (with adult entrée purchase). Daily 8 a.m.–10 p.m.

**Squat and Gobble**: 2263 Chestnut Street, 415-441-2200, squatandgobble. com. Pickup and delivery, including wine and beer. Daily 8 a.m.–9 p.m.

**Super Duper Burger**: 2201 Chestnut Street, 415-931-6258, superduperburgers. com. Takeout, pickup, and delivery. Daily 10:30 a.m.–8:30 p.m.

#### **ASIAN**

Ace Wasabi: 3339 Steiner Street, 415-567-4903, acewasabisf.com. Takeout and curbside pickup. Limited sushi menu and made-fresh sushi boxes. Daily 5–9 p.m.

**Asian Box**: 2031 Chestnut Street, 415-288-3688, asianbox.com. Pickup and delivery; every box donated will be

matched for frontline workers. Daily 11 a.m.-8 p.m.

**Blackwood**: 2150 Chestnut Street, 415-931–9663, blackwoodsf.com. Pickup and delivery, including cocktails. Daily 11 a.m.–3 p.m., 4–8 p.m.

**Chubby Noodle:** 2030 Lombard Street, 415-395-0939, chubbynoodle.com. Pickup and delivery, including wine, beer, and cocktail party kit. Daily 5–10 p.m.

**Dragonwell:** 2142 Chestnut Street, 415-474-6888, dragonwell.com. Pickup and delivery. Wednesday–Monday 11:30 a.m.–3 p.m. and 5–10 p.m.

Glaze Teriyaki: 2095 Chestnut Street, 415-590-3193, glaze.com. Takeout and delivery. Daily 11:30 a.m.–10 p.m.

Karaweik Burmese Cuisine: 3317 Steiner Street, 415 -922-1892, karaweik burmesecuisine.com. Pickup and delivery. Tuesday–Friday 4–9 p.m., Saturday–Sunday noon–3 p.m. and 4:30–9 p.m.,

**Saiwalks**: 3348 Steiner Street, 415-549-7932, saiwalks.com. Pickup and delivery. Daily 11:30 a.m.–9:30 p.m.

#### **FRENCH**

**Castagna**: 2015 Chestnut Street, 415-440-4290, castagnasf.com. Takeout and delivery. Wednesday–Sunday 4–8 p.m.

Le Marais: 2066 Chestnut Street, 415-359-9801, lemaraisbakery.com. Curbside pickup and delivery, including dinner, bakery kits, breakfast, brunch boxes, and more. Daily 8 a.m.–5 p.m.

#### **INDIAN**

**Via Goa**: 2420 Lombard Street, 415-440-2600, vivagoaca.com. Delivery only. Tuesday–Saturday 11 a.m.–3 p.m. and 5–10 p.m., Sunday noon–2:30 p.m.

#### ITALIAN/PIZZA

**A16**: 2355 Chestnut Street, 415-771-2216, a16pizza.com. Takeout and delivery, including wine, beer, and nonalcoholic drinks from Urban Remedy, Star Route Farms CSA box, and more. Daily 4–8 p.m.

Amici's East Coast Pizza: 2200 Lombard Street, 415-885-4500, amicis.com. Curbside pickup and no-contact delivery, including wine, beer, and specials. Sunday–Thursday 11:30 a.m.–10 p.m., Friday–Saturday 11:30 a.m.–11 p.m.

**Delarosa**: 2175 Chestnut Street, 415-673-7100, delarosasf.com. Takeout, pick-up, and delivery, including wine, beer, and cocktails. Sunday–Thursday noon– 8 p.m., Friday–Saturday noon–10 p.m.

**Hole in the Wall Pizza**: 3244 Scott Street, 415-775-2583, sfholeinthewallpizza.com,

Pickup and delivery, including lunch special 11 a.m.–3 p.m. 15 percent off nonalcoholic menu items. Daily 11 a.m.–9:30 p.m.

Lucca Delicatessen: 2120 Chestnut Street, 415-921-7873, luccadeli.com. Pickup and delivery, including sandwiches, salads, sausage, cheese, pastas, and pantry items. Daily 9:15 a.m.–3:45 p.m.

**Paxti's Pizza**: 3318 Fillmore Street, 415-345-3995, paxtispizza.com. Takeout and delivery. Daily noon–8 p.m.

**Ristorante Parma**: 3314 Steiner Street, 415-567-0500, sfparma.com. Takeout only. Monday–Saturday 5:30–10:30 p.m.

**Roma Antica**: 3242 Scott Street, 415–896-4281, romasf.com. Takeout, curbside pickup, and delivery. Daily 11 a.m.–10 p.m.

#### **MEXICAN**

**Bonito Taqueria & Rotisserie**: 2257 Chestnut Street, 415-801-5599, sfbonito. com. Pickup and delivery. Daily 11 a.m.–10 p.m.

**Don Pistos:** 2030 Lombard Street, 415-395-0939, donpistos.com. Pickup and delivery, including wine, beer, and cocktail party kit. Daily 5–10 p.m.

**Los Hermanos**: 2026 Chestnut Street, 415-921-5790, loshermanosmexicanfood. com. Takeout and delivery. Monday–Saturday 10:30 a.m.–9:30 p.m.

**Tacolicious**: 2250 Chestnut Street, 415-649-6077, tacolicious.com. Pickup and delivery, including Margaritas. Daily 11 a.m.–2 p.m. and 5–8 p.m.

**Toma**: 3318 Steiner Street, 415-921-8662, tomasf.com. Pickup and delivery. Will match donated meals. Tuesday–Friday:11 a.m.–2 p.m. and 4–7 p.m., Saturday–Sunday 10 a.m.–8 p.m.

#### **COW HOLLOW**

#### **AMERICAN**

**Balboa Cafe**: 3199 Fillmore Street, 415-921-3944, balboacafesf.com. Pickup and delivery, including daily specials, wine, beer, and cocktails. Wednesday–Friday 11:30 a.m.–7 p.m., Saturday–Sunday 11:30 a.m.–6 p.m.

The Blue Light: 1979 Union Street, 415-922-5510, bluelightsf.com. Takeout and delivery, including daily specials, wine, beer, and cocktails. Monday–Friday, 4 p.m.–2 a.m., Saturday–Sunday 11 a.m.–2 a.m.

**The Brixton**: 2140 Union Street, 415-409-1114, brixtonsf.com. Pickup and delivery. Tuesday–Saturday 11:30 a.m.–10 p.m., Saturday–Sunday 11 a.m.–10 p.m.

The Brazen Head: 3166 Buchannan Street, 415-921-7600, brazenheadsf.com. Curbside pickup and delivery. Daily 5–10 p.m.

Mixt: 3130 Fillmore Street, 415-296-8009, mixt.com. Takeaway, touch-free pickup, and delivery. Monday–Friday 10:30 a.m.–9 p.m., Saturday–Sunday 11 a.m.–9 p.m.

**Perry's:** 1944 Union Street, 415-922-9022, perryssf.com. Takeout and delivery, including family-style dinners, beer, wine, and cocktails. Daily 4–8 p.m.

**Roam**: 1785 Union Street, 415-440 7626, roamburgers.com. Takeout, delivery, and pickup. Daily 11 a.m.–10 p.m.

West Coast Wine and Cheese: 2165 Union Street, 415-376-9720, westcoastsf. com. Delivery, including charcuterie and rotating selection of wine. Monday–Friday, contact for hours.

**Wildseed**: 2000 Union Street, 415-872-7350, wildseedsf.com. Pickup and delivery, including wine, beer, and cocktails. Daily noon–8 p.m.

#### ASIAN

**Hunan Empire**: 2001 Union Street, 415-775-4735, hunanempirerestaurant.com. Pickup and delivery. Monday–Saturday 11 a.m.–10 p.m.











Rooster and Rice: 2211 Filbert Street, 415-776-3647, roosterandrice.com. Pick-up and delivery. Monday–Saturday 11 a.m.–8 p.m., Sunday 11 a.m.–7 p.m.

**Tamashisoul Sushi Bar:** 1849 Union Street, 415-346-1849, tamashisf.com. Takeout, pickup, and delivery with proceeds to support staff. Contact for hours.

#### **CARIBBEAN**

**Palm House**: 2032 Union Street, 415-400-4355, palmhousesf.com. Pickup and delivery, including wine, beer, cocktails, and grocery items. Wednesday–Friday 11:30 a.m.–9 p.m., Saturday 10:30–9 p.m., and Sunday 10:30 a.m.–8 p.m. (delivery); pickup hours until 7:30 p.m.

#### FRENCH

Atelier Crenn: 3127 Fillmore Street, 415-440-0460, ateliercrenn.com. Pickup only of Crenn Kits Luxe. Tuesday–Saturday 4:30–6:30 p.m.

#### ITALIAN

The Italian Homemade Company: 1919 Union Street, 415-655-9325, italianhomemade.com. Takeout and delivery, including meal boxes, wine, and beer. Daily 11 a.m.–8:30 p.m.

Pane e Vino: 1715 Union Street, 415-346–2111, paneevinotrattoria.com. Pickup only. Daily 5–8 p.m.

#### MEXICAN

**Flores**: 2030 Union Street, 415-796-2926, floressf.com. Takeout and delivery, including family plates, wine, beer, and Margaritas. Daily noon–8 p.m.

**La Canasta**: 3006 Buchanan Street, 415-474-2627, 415-921-3003, lacanastasf.com. Takeout and delivery. Monday–Saturday 11 a.m.–9 p.m.

**Tacko**: 3115 Fillmore Street, 415-796-3534, tackosf.com. Takeout and delivery. Happy hour specials Monday, Wednesday, Friday 4–6 p.m., Tuesday and Thursday all day. Daily 11:30 a.m.–9:15 p.m.

#### **RUSSIAN HILL**

#### AMERICAN

**Bell Tower**: 1900 Polk Street, 415-567-9596, find them on Facebook and Restaurantji. Takeout and delivery, including daily food and drink specials. Daily noon–8 p.m.

Lord Stanley: 2065 Polk Street, 415-872-5512, 415-613-9198 (text only), lord-stanleysf.com. Pickup (delivery Sunday for roast kits only); daily specials, including cocktails, wine, and beer. Tuesday–Saturday 5–6:30 p.m. (order by 3 p.m.)

**Split**: 2300 Polk Street, 415-296-8009, spliteats.com. Pickup and delivery. Daily 9 a.m.–9 p.m.





#### **ASIAN**

Lemongrass Thai Cuisine: 2348 Polk Street, 415-346-1818, lemongrasssf.com. Takeout and delivery. Daily 11 a.m.–10:30 p.m.

**Okoze Sushi**: 1207 Union Street, 415-567-3397, okozesushi.com. Takeout and delivery, including limited special Copper River king salmon. Tuesday–Sunday 5–8 p.m.

#### ITALIAN/PIZZA

Amarena: 2162 Larkin Street, 415-447-0441, amarenarestaurant.com. Takeout and delivery. Sunday–Thursday 5:30–10 p.m., Saturday–Sunday 5:30–10:30 p.m.

**Fiorella**: 2238 Polk Street, 415-829-7097, fiorella-sf.com. Takeout and delivery, including pizza kits, cocktails, wine, and beer. Sunday–Thursday 4:30–9 p.m., Friday–Saturday 4:30–9:30 p.m.

**Frascati**: 1901 Hyde Street, 415-928-1406, frascatisf.com. Takeout only, including house-made ice cream. Wednesday–Saturday 5:30–8:30 p.m.

**Ristorante Milano**: 1448 Pacific Avenue, 415-673-2961, milanosf.com. Pickup and delivery, including wine and pantry items. Daily 4:30–7:30 p.m.

**Seven Hills**: 1896 Hyde Street, 415–775-1550, sevenhillssf.com. Takeout only, including daily specials and pantry items. Monday–Tuesday noon–3 p.m., Wednesday–Sunday noon–3 p.m. and 5–8 p.m.

**Za Pizza**: 1919 Hyde Street, 415-771-3100, zapizzasf.com. Pickup and delivery. Daily noon–8 p.m.

#### MEXICAN

Mezcalito: 2323 Polk Street, 415-441-2323, mezcalitosf.com. Pickup and delivery, including meal kits, cocktails, wine, and beer. Monday–Saturday noon–8 p.m.

#### SPANISH/MEDITERRANEAN

**Abrazo:** 2000 Hyde Street, 415-872-9239, abrazosf.com. Pickup and delivery, including house-made ice cream. Daily 5:30–8:30 p.m.

#### NORTH BEACH

#### AMERICAN

Betty Lou's Seafood & Grill: 318 Columbus Avenue, 415-757-0569, betty-loussf.com. Takeout only. Monday–Sunday 4–8 p.m.

Le Sandwich: 752 Columbus Avenue, 415-269-2098, find them on Facebook. Delivery only. Tuesday and Thursday nights. Contact Elias via Facebook messenger or email at ebikahi@gmail.com.

#### **ASIAN**

**Brandy Ho's**: 217 Broadway, 415-788-7527, brandyhos.com. No-contact pickup and delivery. Daily 11:45–9:30 p.m.

China Live: 644 Broadway, 415-788-8188, chinalivesf.com. White zone curbside pickup and delivery, including wine, beer, sake, cocktails, and pantry items. Daily 4–8 p.m.

**Chubby Noodle:** 570 Green Street, 415-296-9600, chubbynoodle.com. Pickup and delivery, including wine, beer, and cocktails. Daily 5–10 p.m.

Sushi on North Beach: 745 Columbus Avenue, 415-788-8050, northbeachsushi. com. Takeout, curbside pickup, and delivery, including cocktails, beer, sake; happy hour menu available for lunch and dinner takeout. Monday–Friday 11:30–2 p.m. and 5–9 p.m., Saturday 3–9 p.m.

Yuet Lee Seafood Restaurant: 1300 Stockton Street, 415-982-6020, sanfran ciscoyuetlee.com. Pickup and delivery. Wednesday–Monday 11–1 a.m.

#### INDIAN

**Urban Curry**: 523 Broadway, 415-677-9744, urbancurrysf.com. Pickup and delivery. Monday–Thursday 10 a.m.–10 p.m., Friday–Sunday 10:30 a.m.–10:30 p.m.

#### ITALIAN/PIZZA

**Acquolina**: 1600 Stockton Street, 415-781-0331, acquolina.us. Takeout and delivery. Daily noon–9 p.m.

Cafe Zoetrope: 916 Kearny Street, 415-291-1700, cafezoetrope.com. Takeout and delivery, including daily specials, family-style dinners, wine, and beer. Monday–Friday 1–7 p.m.

**Da Flora**: 701 Columbus Avenue, 415-981-4664, daflora.com. Takeout and limited delivery, including wine. Tuesday–Saturday 4–8 p.m.

**Golden Boy Pizza:** 542 Green Street, 415-982-9738, goldenboypizza.com. Takeout and pickup. Daily noon–8 p.m.

The Italian Homemade Company: 716 Columbus Avenue, 415-712-8874, italianhomemade.com. Pickup and delivery. Daily 11 a.m.-9 p.m.

Molinari Delicatessen: 373 Columbus Avenue, 415-421-2337, molinaridelisf.com. Takeout and delivery, including take-and-bake pastas. Monday–Tuesday and Thursday–Saturday 10 a.m.–4 p.m.

**Original Joe's**: 601 Union Street, 415-775-4877, originaljoes.com. Takeout, curbside pickup, and delivery, including grocery and pantry items, beer, wine, and cocktails. Daily 11:30 a.m.–9 p.m.

**Piccolo Forno**: 725 Columbus Avenue, 415-757-0087, find the menu on several online platforms and delivery apps. Pickup and delivery. Wednesday–Monday 11 a.m.–9 p.m.

Tomasso's Ristorante Italiano: 1042 Kearny Street, 415-398-9696 tommasos. com. Takeout and no-contact delivery, including special menu and wine. Tuesday–Sunday 4–8:30 p.m.

Tosca Cafe: 242 Columbus Avenue, 415-986-9651, toscacafesf.com. Pickup and delivery, including wine and weekly menu items with 100 percent of proceeds to staff. Thursday–Friday 4–6:30 p.m.

#### PERSIAN

Maykadeh: 470 Green Street, 415-362-8286, maykadehrestaurant.com. Pickup and free delivery to most neighborhoods. Monday–Thursday 11:45 a.m.–10:30 p.m., Friday–Saturday 11:45 a.m.–11 p.m., Sunday 11:45 a.m.–10 p.m.

MARINATIMES.COM MARINA TIMES

#### **ARTS & ENTERTAINMENT**

#### Michael Snyder

continued from cover

are the first to experience the anomaly. They try to figure out what's what, and find themselves caught up in something potentially massive. Is the noise the result of a natural phenomenon, a secret government project, or reflecting the era's Cold War paranoia, a Soviet attack? Or is it . . . extra-terrestrial?

Jake Horowitz as Everett and Sierra McCormick as Fay are relative unknowns who handle the heavy and light moments with equal aplomb, like a couple old pros. It doesn't take long to be invested in what happens to them, and uneasy as it plays out. One of the clever aspects of the movie is that it's situated as an episode of a fictional late 1950s Twilight Zone-ish TV show, Paradox Theater. I can unequivocally say that Paradox Theater is a series I'd be happy to binge.

The Vast of Night is available for streaming on Amazon Prime Video.

#### THE TRIP TO GREECE

With The Trip to Greece, actors Steve Coogan and Rob Brydon — both popular performers — embark on what might be their last comedy-fused culinary journey in the series of travelogues that started a decade ago. Coogan and Brydon, longtime friends in real life, bring great rapport to these chronicles of eating, sightseeing, and bantering through England, Italy, Spain, and now Greece. The concept of 2010's The Trip was that two somewhat fictionalized versions of the entertainers were on a weeklong excursion to investigate the growth of gourmet eateries in the sylvan British countryside, because Coogan had been tapped to write a travel-and-dining piece about his adventures on the road. Brydon was along as a companion and fellow celebrity connoisseur.

The Trip was so well received that it merited three sequels in different locales. Each trip was shot and edited



Steve Coogan and Rob Brydon in Michael Winterbottom's The Trip to Greece, an IFC Films release. PHOTO: COURTESY OF IFC FILMS

into six half-hour TV episodes, then edited down even more to feature film length by director Michael Winterbottom for theatrical and, in the case of The Trip to Greece, streaming release. Although I prefer the more languid nature of the multiepisode format with more attention paid to gustatory and scenic treats, the movie versions have plenty to offer. All of the restaurants and meals are legit, while Coogan and Brydon channel past and present day pop culture, with plenty of references to their actual career landmarks. Ultimately, the joy of these excursions comes from keeping company with Coogan and Brydon as they spout witty takes on the tourist attractions they encounter, revel in the food and drink they consume, and play an ongoing game of "Can You Top This?" with pointed put-downs of one another. Their string of dueling impressions is a genuine delight, with *The Trip to Greece* including a face-off of Mick Jaggers and Brydon's Marlon Brando countered by Coogan's Robert De Niro.

Most of the trips seem improvised, but there are definitely arcs about personal growth, professional issues, and family matters alongside the usual hedonistic pursuits. *The Trip to Greece* — wherein the duo's itinerary is intended to parallel the classical Troy-to-Ithaca journey of the Greek hero Odysseus — hits so many beats and rhythms familiar to the series that it might be prudent for Coogan and Brydon to end the run. The fact

that it's more concerned with aging and loss than any previous installment and ends on a somber note suggests that all involved know that the trips have run their course. Still, they've been a lot of fun — and, true to the old adage, more about the journeys than the destinations

The Trip to Greece is available for streaming on Amazon Prime Video, Apple TV, YouTube, Google Play, Direct TV, Vudu, and others.

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.

#### **Art World** : Farewell



Michael McClure in San Francisco in 1971. PHOTO: HAROLD ADLER

# Remembering Michael McClure

BY SHARON ANDERSON

I smile to myself. I know all that there is to know. I see all there is to feel. I am friendly with the ache in my belly. The answer to love is my voice. There is no Time! No answers. The answer to feeling is my feeling.

— *Peyote Poem* by Michael McClure

"Without McClure's roar there would have been no sixties."

— Dennis Hopper

heard Michael McClure read *Peyote Poem* at Beyond Baroque Literary Arts Center several years ago. In the cool quiet of the room, I drifted into a trance and thought I heard a bird singing. Some poets have the ability to transport us to rare places, and McClure was one of them.

As a member of the Beat Generation, McClure was one of five poets — Allen Ginsberg, Phillip Lamantia, Gary Snyder, and Phillip Whalen — to participate in the legendary Six Gallery reading on Oct. 7, 1955. This was the time and place where Allen Ginsberg first read his poem "Howl," and the Beat poet movement caught fire on the West Coast.

McClure, as a poet, playwright, journalist, novelist, songwriter, and college instructor, intersected with major cultural events of our time. He read at the 1967 Human Be-In in Golden Gate Park, and encouraged a young writer named Jim Morrison to pursue poetry. McClure made waves with his controversial play *The Beard* and appears reading Chaucer in the concert film *The Last Waltz*. He published many books of poetry, several plays,

novels, and essays, and his journalism appeared in *Rolling Stone*, *Vanity Fair* and the *San Francisco Chronicle*. A native of Kansas, his poetry was informed by his interest in Buddhism, nature, and consciousness

The last time I saw Michael McClure was on March 24, 2019 at City Lights bookstore during the celebration of Lawrence Ferlinghetti's 100th birthday. Shoulder to shoulder with the other attendees in the bookstore, I wondered where I should position myself for the poetry reading that was due to begin. I turned around and directly behind me was Michael McClure. He seemed smaller, and was using a walker. He sat down in front of a microphone. Everything else about him seemed the same, the power of his voice and that distinctive cadence while reading matched with the attentive silence of hundreds of people pressed together in that small space. The Beats clearly brought poetry into the mainstream more than any group of writers in the 20th century. On that day — and at that moment during McClure's reading — I had a conscious sense of appreciation for the fact that poetry and the love of the written word could still draw a crowd, and a reverent one at that. In my treasure trove of priceless memories, that day looms large. The day we stood together listening to the poets. Thank you, Michael McClure.

Michael McClure died May 4, 2020 at his home in the Oakland hills after complications from a stroke last spring. He was 87.

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

# SIGNS OF THE TIMES

CONTENT AND PHOTOGRAPHY BY DEANNA ANDERSON





Jest Jewels in Cow Hollow is open for curbside pickup. Friends and family enjoy Washington Square Park inside their socially distanced circles.



Friends enjoy a socially distanced hangout while eating gelato in North Beach.



Original Joe's serves socially distanced outdoor tables of patrons at their popular North Beach location.



The Cow Hollow Coffee Roastery opens its doors to customers after implementing plastic shielding to protect from the virus.



The class of 2020.



A cabdriver loads groceries from the Marina Supermarket into his trunk.



A couple wearing face masks takes a walk through North Beach.

JUNE 2020 : 9 MARINATIMES.COM MARINA TIMES

# Phil's Electric Co.

SINCE 1941 SALES SERVICE PARTS

Phil's wishes you and yours health and well being during this difficult time.



# Expert LAMP REPAIR

ELECTRIC SHAVERS: BRAUN • NORELCO • REMINGTON

Fred's: a cleaning product for every surface in your home



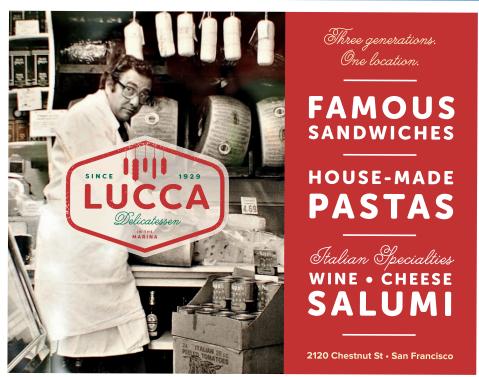
2701 Lombard Street @ Baker • (415) 921-3776 HOURS: Monday-Saturday 10am-4pm • philselectric.com

SAN FRANCISCO TRADITION for generations! **ALIOTO-LAZIO FISH COMPANY** 440 Jefferson St San Francisco, CA 94109





Monday—Fridays 6 am to 2 pm Saturdays 6 am to 12 noon 415.673.5868 www.crabonline.com



#### **Community**: Support



Rarely does someone needing help with mental health bring it up themselves often it's a loved one who notices unhealthy behaviors. PHOTO: ARTBYKLEITON

# Mental health checkup

### Attention to mental health needs to continue postpandemic

BY KEVIN FRAZIER

S STATES BEGIN TO OPEN UP, more and more folks will require mental health support. How do I know? As a "former" anorexic, I've experienced life under strict, somewhat arbitrary rules. Though anorexics follow self-imposed rules, those rules feel just as uncontrollable as the restrictions we're experiencing today. And while those rules may seem frustrating at times, they can paradoxically become a source of comfort. When the rules disappear, newfound freedom can become paralyzing rather than emancipating.

Before we return to normal, we ought to consider three critical factors to maintaining our mental health: support networks, expert guidance, and individual perseverance, in that order.

#### **HELPING HANDS**

People experiencing mental health difficulties rarely raises their hand to signal their struggles. Instead, it's often a loved one who notices unhealthy behaviors. In my case, though I knew there was something wrong about being 65 pounds in the fourth grade, my parents were the ones who helped me realize that my mental woes were bigger than we could handle alone. I will never forget the day my dad confronted me about my weight. He told me that he thought I could die. He told me that he didn't know what to do. *He told me* that he loved me. In that difficult moment, we made the decision to seek expert guidance on how I could return to a healthier mental space and physical weight.

Access to expert guidance is a critical step to establishing mental health. Though my parents did their best to help me gain weight — my mom was a magician when it came to sneaking avocados and eggs into anything I consumed adding pounds was only half the battle. We needed expert guidance to address the roots of my overwhelming desire to stay thin. Fortunately, we had access to those resources — therapy, in- and out-patient care, support groups of other preteens addressing similar issues.

That's why we must keep up efforts to make telehealth an option for Americans seeking mental health support. The regulatory shifts sparked by Covid-19 that have cut red tape around reimbursement for and access to telehealth providers should not end when the pandemic does. It's true that apps for mental health present a slew of tricky issues from privacy concerns to potential scams, but we must find a way to regulate these providers

without stifling access. In the post-pandemic world, millions of Americans will need expert guidance to address whatever mental struggle(s) they are confronting.

#### **SELF-HELP**

Even with a support network and expert guidance, attaining mental health is ultimately a marathon that requires individual effort. I'd be lying if I told you my anorexic tendencies have completely dissipated (hence the "former" at the start of the article). The race I started in the fourth grade against anorexia's negative influence has continued through today. Only by sharing my struggles, admitting my imperfections, and leaning on others have I been able to maintain progress.

As more Americans come to realize their own mental health struggles, we need to create a culture in which disclosures of such struggles are encouraged. The stigma associated with mental illness lingers like a shadow over too many Amercians who would benefit from bringing their struggles into the light. There's no space for shaming individuals struggling with depression, anxiety, or any other disorder in times like this (nor at any time).

The costs of not addressing mental health are immense, especially given the preexisting potential for a "social recession." According to Vivek Murthy, the former U.S. surgeon general in the Obama administration, a social recession is the "fraying of social bonds that further unravel the longer we go without human interaction." Widespread issues with mental health will not slow this process, which could result in even more "harmful effects on people's mood, health, ability to work and learn, and sense of community." It follows that any economic recovery plan must include support for and consideration of mental health.

#### **RECOVERY**

Many Californians will soon see most restrictions lifted. The return to "normal" from a legal standpoint will not guarantee a return to the status quo mentally. Just as we will need to recover economically, we will also need to recover mentally. Let's collectively make sure that recovery receives the attention and resources it requires.

If you or loved ones are experiencing serious mental health issues, please take action. Consider calling the California Peer-Run Warm Line (855-845-7415) or the San Francisco Suicide Prevention Line (415-781-0500).

Send feedback to letters@marinatimes.com. Follow Kevin Frazier on Twitter @KevinTFrazier

#### **MomSense** : Summer planning



Road trips are great alternatives to airline travel. PHOTO: PETRENKOD

# Recreating summer during the pandemic

BY LIZ FARRELL

HE PANDEMIC HAS FORCED US TO face so much uncertainty over the past months, and as we near the end of the school year, we know two things: Scientists are all but guaranteeing a second wave of the virus, and summer will look a lot different for many of our families. My children have been asking questions about the camps, places, and people they look forward to and if those will still happen this summer. I can only give them an honest answer — I don't know.

For parents, summer understandably feels a little terrifying. While summer camps will reopen in mid-June, there is no word on whether playgrounds will reopen, and travel will be limited. And even if the shelter in place is lifted, we will likely still be social distancing and wearing masks. So how do we recreate summer to still make it fun and memorable?

#### **SUMMER CAMP**

Just in time for the end of the school year, the city announced modified summer camps can restart on June 15, but with a much different look for both public and private camps. The camps will be limited to "pods" of 12 children, and priority registration will be given to children of first responders or essential workers. The

camps will run for three week increments to keep the children in consistent groups.

Many camps made the call early to offer sessions virtually. A virtual experience is not the same as being in person

with other kids and camp counselors, but importantly, it has helped our kids connect and establish a routine. Virtual camps also provide childcare help for parents working from home. The key is finding something with enough variety so your children will stay captivated and engaged. It may be important to sign them up with classmates so they can see a friendly face and feel like they are connecting with friends. Some camps are sending home "camp kits" with activities for kids to work on away from the screen.

#### **ROAD TRIPS**

Recent research suggests that many of us will forgo airline travel this summer and hit the road instead. A road trip is a great alternative, especially if you need a change of scenery for a few days. Most families are opting for private homes over hotels

because it is easier to control sanitization levels, and there is less interaction with people outside your family or traveling group. Just make sure the area you want to visit open to outside visitors. Places like Tahoe and local beach communities have made it clear that rentals are not allowed. Residents in these communities are concerned, with valid reason, about an influx of visitors and not enough local hospital resources to deal with a virus outbreak. When the shelter in place is lifted, some of these restrictions may also ease.

If you aren't ready to stay far from home, there is always the escape of a day trip. You can pack a picnic, stroll a beach, or hike in the headlands. We are lucky to have so many beautiful outdoor oases within a day's driving distance.

#### SIMPLE AND SLOW

'Simple' and 'slow' used

to be foreign words to

us, but we are now

accustomed to them.

These two words used to be foreign in our family's vocabulary, but we have grown accustomed to them now. Will my kids survive without the summer camps and activities they usually do? Yes, they will, and with a slower schedule they may have to learn how to create their own fun just like I did during summer. We will stock up on new books, puzzles, and games because those are things we have enjoyed and spent time doing together. We will look for projects to help the organizations we support such

as sorting supplies or online tutoring. And there will be lots of time to safely explore areas of the city either on foot or bike. My son wants to bike to Coit Tower, my daughter wants to walk down Lombard Street, and

my youngest wants to explore a new playground in McLaren Park, which we hope will open sometime this summer.

Our children our resilient and flexible, often more than we are. This pandemic has taught me that, and I have learned a lot watching how my children have dealt with sudden changes and disruptions over these last few months. We will create memories this summer and we will have fun. It will be different than past summers, but we will keep doing what we've done — establishing routines and taking one day at a time.

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



# The Marina Times Real Estate Market Report: April 2020 By Compass

SINGLE FAI	MILY HOME S	BEDROOMS/		ABOVE/AT/BELOW	DAYS ON
NEIGHBORHOOD	ADDRESS	BATHROOMS	SALE PRICE	ASKING PRICE	MARKET
Cow Hollow	2686 Greenwich Street 2646 Union Street	3Br/2+BA 4BR/7+BA	\$3,133,700 \$19,500,000	Below Below	40 226
Marina	22 Rico Way	3BR/2+BA	\$3,400,000	Below	4
Pacific Heights	1913 Baker Street 2555 Webster Street 2420 Pacific Avenue	4BR/4+BA 7BR/9BA 6BR/4BA	\$4,500,000 \$11,000,000 \$22,000,000	At Below Below	0 18 0
CONDOS					
NEIGHBORHOOD	ADDRESS	BEDROOMS/ BATHROOMS	SALE PRICE	ABOVE/AT/BELOW ASKING PRICE	DAYS OF MARKET
Cow Hollow	1501 Greenwich Street #401	2BR/2BA	\$1,600,000	Above	38
Lake St.	167 7 <sup>th</sup> Avenue	3BR/1+BA	\$1,425,000	Above	12
Laurel Heights	824 Euclid Avenue	4BR/3+BA	\$2,550,000	Below	18
Lone Mountain Nob Hill	220 Anza Street 218 Anza Street 1350 California Street #206 1789 Washington St. #702 1301 Clay Street #3 1555 Sacramento Street #A	2BR/2BA 2BR/2BA 2BR/2BA 2BR/2BA 2BR/2BA 2BR/1BA	\$1,375,000 \$1,500,000 \$1,157,500 \$1,575,000 \$1,650,000 \$1,700,000	Above Above Below Above Above	26 11 148 66 10 30
North Beach	650 Chestnut Street #307	2BR/2BA	\$1.275,000	Below	63
Pacific Heights	2040 Laguna Street #303 2155 Buchanan Street #10 2040 Franklin Street #1204 2606 Buchanan Street 2200 Pacific Avenue #12F 2040 Broadway #303	1BR/1BA 1BR/1BA 1BR/1BA 2BR/2BA 2BR/2BA 3BR/2+BA	\$812,000 \$813,000 \$1,000,000 \$1,625,000 \$2,200,000 \$2,200,000	Above Above Above Above At Below	8 8 19 6 34 59
Presidio Heights	3310 California Street 250 Laurel Street #502	2BR/2BA 3BR/2BA	\$1,520,000 \$3,100,000	Above Below	15 1
Russian Hill	1050 North Point St. #1009 1328 Greenwich Street 2240 Hyde Street Street #800	1BR/1BA 1BR/1BA 4BR/3BA	\$1,100,000 \$1,200,000 \$4,400,000	Above Above Above	21 10 11
Telegraph Hill	401 Union Street #302 466 Vallejo Street	2BR/1BA 4Br/3+BA	\$1,325,000 \$3,325,000	Above Below	0 122

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

MARINATIMES.COM MARINA TIMES

JUNE 2020 11



# Let's talk cannabis.



**CASTRO • MARINA • SOMA**