



Seasonal treats
Kat Anderson on family Thanksgiving traditions. p. 6
Holiday recipes from Catherine Stefani and Thalia Hale. p.7
Plus: The health benefits of adding the right spices to your meals. p. 12



More online
Lou Barberini and Susan Dyer Reynolds on city government, plus event listings, and more.
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A scene from *Rigoletto* (2012). PHOTO: CORY WEAVER/SAN FRANCISCO OPERA

The Opera is on: San Francisco Opera launches fall livestreaming program

FALL GIVES US MANY THINGS to look forward to — shorter days, long shadows, falling (brown) leaves, and Thanksgiving, to name a few. Fall is also opera season and opera fans are surely missing the pageantry that is opera — but not to worry, our beloved San Francisco Opera has launched

a repertoire of full-length operas available online through November. Filmed in high-definition at the War Memorial Opera House, each of the performances will be available on demand for 24 hours following the first streaming date. On the program are two operas by Giuseppe Verdi: *Un Ballo in*

Maschera (A Masked Ball) and *Rigoletto*; others are *Boris Godunov* by Modest Mussorgsky, and *L'Elisir d'Amore* (The Elixir of Love) by Gaetano Donizetti. See our calendar on page 10 for further information and additional November events.

— L. Majer

POLITICS AS USUAL : Gratitude

Thanksgiving-ish

Is there anything to be grateful for after this bonkers year?

BY JOHN ZIPPERER

“1992 is not a year on which I shall look back with undiluted pleasure.”

—Queen Elizabeth II

NEARLY THREE DECADES AGO, THE BRITISH MONARCH demonstrated her countrymen's typical talent for understatement when she expressed her feelings about the year. In 1992, the queen saw one son separate from his wife, a scandal blow up about the soon-to-collapse marriage of another son, the suicide of her nephew, the divorce of her daughter, the release of compromising photos and conversations of various members of her family, and a devastating fire at Windsor Castle. “In the words of one of my more sympathetic correspondents,” she said, “it has turned out to be an *annus horribilis*.”

Well, the year 2020 saw 1992 and said, “Hold my beer.” This year, which still isn't over, has seen the worst public health crisis in a century, revelations from Bob Woodward that the president willfully misled the country about the severity of the coronavirus, widespread racial

POLITICS AS USUAL, continued on 4

DISTRICT 2 SUPERVISOR

Making progress during a challenging year

We can keep doing this together in 2021

BY CATHERINE STEFANI

SAN FRANCISCANS HAVE ALWAYS BEEN STRONGER together than apart, healthier unified than divided. For good reason, we will likely remember 2020 alongside 1906 and 1989 as one of the most challenging years in San Francisco history. Over the course of this year alone — amid the Covid-19 pandemic, social unrest, and a volatile national election — our community has pulled together to do everything possible to get through these difficult times. We are still facing incredible challenges, from skyrocketing unemployment to homelessness and drug addiction. But, as 2020 draws to a close, I wanted to use my last column of the year to reflect on some of our small victories, from cracking down on government fraud and inefficiency to improving our neighborhood parks and open spaces. These neighborhood improvements may seem small, but they have all been driven by community requests. Whether I'm standing up for fiscal responsibility by voting against the city budget, advocating for public safety improvements by installing security cameras, or reforming the city's contracting processes, neighborhood input

SUPERVISOR, continued on 2

MICHAEL SNYDER ON ... TELEVISION



Keeley Hawes, Milo Parker, Daisy Waterstone, Josh O'Connor, and Callum Woodhouse play Louisa, Gerald, Daisy, Larry, and Leslie in *The Durrells*, currently streaming on Amazon Prime. PHOTO: COURTESY OF SID GENTLE FILMS AND MASTERPIECE/PBS

A good time for television tranquilizers

BY MICHAEL SNYDER

NOW MORE THAN EVER, A little escapism goes a long way to ease the stress that's become a default setting for many of

us. And if you can find a TV series or movie that generates laughter or simple feel-good moments, it's like a rare treasure. When the quarantines and lockdowns and shelter in place started in earnest earlier this year,

I found myself watching more and more serialized television and began to welcome the tranquilizing effects of certain programs. The first mood elevator I popped was the sixth and final broadcast season of the thoroughly adorable, frequently funny, and sometimes genuinely moving sitcom *Schitt's Creek* — recently honored with a Schitt-load of well-deserved Emmy Awards and finally made available for streaming on Netflix a few weeks ago. I can't imagine not being caught up in the travails of the dysfunctional, once-wealthy, now-bankrupt Rose clan whose smug, entitled members are confronted by the challenges of adapting to small-town life. It helps that this blend of class-skewing satire and fish-out-of-water mix-'em-ups is blessed by the talents of top-tier comic vets Catherine O'Hara and Eugene Levy as the mother and father of the family, younger-generation finds Daniel Levy (Eugene's son and co-creator of the show) and Annie Murphy as the son and daughter, and a perfectly oddball supporting cast. But when the *Creek* ran out, I needed to find another way to douse my angst.

SNYDER, continued on 9

Luke's has arrived

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My name is Gary Delagnes. I retired as an Inspector from the San Francisco Police Department in 2013. Since that time I have owned and operated my security company, Barbary Coast Corporate Security. I utilize only active or retired law enforcement personnel, all of whom are armed, insured, bonded, and licensed. Almost all of my officers served in the SFPD. We are currently providing security for some residents in your neighborhood as people become more and more concerned for their safety.

Lombard St. motels are now being utilized for the homeless population, the Mayor is in the process of De-funding your police department, SFPD officers are fleeing to more police friendly cities, and those of retirement age are leaving in droves. The SFPD is suffering from a severe personnel shortage and the DA's office is simply not prosecuting criminal offenders.

There have been 10 auto break-ins in the past month in the Palace of Fine Arts parking lot alone! Aggravated assaults are up 71% and burglaries have risen 94% in your district.

In a word, it is a "mess", and your safety is at risk.

Our officers will patrol your neighborhoods and respond in seconds when your safety is threatened. We can provide you the security and response time that can keep you and your loved ones safe.

Call us for more information, we would be happy to help!

Thank You!

Inspector Gary Delagnes (Retired SFPD)
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Jamie Lee Curtis told us the truth in July: 2020 is nuts. PHOTO: GAGE SKIDMORE

Politics as Usual

continued *from cover*

unrest, extremist violence in several cities, an economic shutdown that has led to mass unemployment, a looming depression from unpaid rent and small business collapse, incendiary exhortations from the highest office in the land, and massive wildfires that at one point made San Francisco's air look like it was a Martian wind-storm.

And now at Thanksgiving, we are expected to reenact our annual tradition of expressing gratitude for a year that most people would delete if it were an app on their phone. Frankly, there have been times this year that it looked like when late November came around, we would have nothing more to be thankful for than that we are not turkeys.

But let's try.

TURN THAT FROWN UPSIDE DOWN

Only Pollyanna would look at myriad bad things that have happened this year and deem them to actually be good. But any realist can still be heartened by and thankful for some good that came about during or even because of these events, even if it was only lessons learned.

The widespread shutdown of our economy has left millions unemployed. Many businesses were forced to close because of the Covid-19 pandemic and the resulting shelter-in-place orders. Estimates vary on the percentage of those closed businesses that will never reopen, but all of the estimates I've seen are still very large. That means lots of people who will never get their jobs back, small business owners who are wiped out, cities and states squeezed for tax revenue right when the need for municipal services is at its height, a looming foreclosure crisis that could make the Great Recession seem like the golden age, and the acceleration of the retail apocalypse that has fattened the wallets of digital billionaires.

I don't see anything to be grateful for in that. I am, however, hopeful that out of the depths of this despair will come the will to address some of the ways that the economy has gotten seriously out of whack in recent decades. The wild boom-and-bust, winner-takes-all, regulation-is-for-suckers attitudes that have come to dominate our economic and political worlds have long been defended with the claim that sure it's unfair and risky, but it's the best way to let people rise to the top from lower levels. But our economic and political systems have been captured by interests that pay generously to buy the legislative votes to ensure the people on top stay on top. It's been many years since we were surpassed by other countries in terms of economic mobility, of being able to "make something of yourself." More focus on the have-nots is long overdue, and maybe we'll see that in the next presidential administration.

Or consider the widespread racial unrest we've witnessed. Good people might well have been surprised and disgusted to learn

just how many people still hold blatantly racist views and do blatantly racist things, but as I wrote here last month ("The human race," October 2020), we also saw lots of people, organizations, and companies make commitments (and in many cases start delivering on them) to address systemic racism. A solid majority — nearly 60 percent of Americans, according to an August poll from NPR/Ipsos — says that racism is baked into the economic, governance, and educational systems of this country. I for one am grateful that this is being recognized, and that that recognition isn't just on the Left. It's Left, Center, and even many on the Right. The size of the problem that needs to be addressed is huge, and the solutions offered will be varied, but knowing that so many people actually recognize will be helpful in coming up with the plans to fix it.

OUR CRAZY YEAR

It's hard to joke about such serious things as economic collapse and racial justice. Luckily, this year has been so mind-bogglingly awful, there is much to rue on a lighter note.

Halfway through the year, actor Jamie Lee Curtis tweeted "In case you thought 2020 couldn't get any worse, Merriam-Webster just officially recognized 'irregardless' as a word." Someone responded with "You might as well go ahead and pronounce the 'I' in 'salmon.' Nothing matters anymore."

I'm grateful for Jamie Lee Curtis.

I am also grateful that this presidential election, which began somewhere around Nov. 10 of 2016, is finally going to be over this month. The old phrase "it's all over but the shouting" was made for this. Regardless of who wins the presidency, there will be much shouting and pouting by the current resident of 1600 Pennsylvania Avenue.

Democrats and others opposed to Donald Trump have long wished to convince independent voters and "undecideds" of the errors of Trump's policies. But what seems to have come through as analysts and pollsters have talked to those targeted voters late in the campaign is that they are simply exhausted. Exhausted by the president's incessant crisis-manufacturing. Exhausted by the sometimes hourly changes in policy. Exhausted by the scandals. Exhausted by the constant personal attacks. Exhausted by the vitriol. In 2016, those undecideds broke heavily for Trump in the last days of the campaign. This year, they are reportedly breaking "bigly" for Biden. Again, it's not out of a love of Joe Biden's policies. It's because he's boring. Donald Trump probably hammered the biggest nail in his own political coffin when he dubbed Biden "Sleepy Joe." Voters heard that and said, "Thank God; I want boring."

And if none of that makes you grateful, then note that astronomer Neil deGrasse Tyson says there's still a small but real chance that an asteroid will strike Earth the day before Election Day.

Email: john@marinatimes.com



NOVEMBER 3, 2020 ELECTION TAXPAYER RECOMMENDATIONS

PROPOSITION A - NO - \$487 million for MORE homeless, streets, and patronage parks money. This isn't the time, with declining tax revenue, to incur more debt.

PROPOSITION B - NO - To fight City Hall corruption, the Supervisors propose TWO CITY DEPARTMENTS. MORE growth in government and more political commissions to do the job we already pay City employees to do.

PROPOSITION C - NO - Rewards illegal immigration, removing citizenship as a requirement for appointments to City Boards and Commissions.

PROPOSITION D - NO - More bureaucracy for an elected sheriff's duties under state law plus another Commission to the present 123 existing ones at a Controller estimated \$10 million dollars annually.

PROPOSITION E - NO - Police staffing doesn't belong in our City Charter. Vote NO.

PROPOSITION G - NO - It's a flawed and flagrant attempt by the Supervisors to fatten voter rolls with impressionable adolescents. VOTE NO.

PROPOSITION I - NO - Real Estate Transfer Tax - After selling real estate, recording the deed of transfer takes about 10 minutes, even at City Hall. Recordation of a deed is required by state law. The transfer tax has been illogical since enactment by a non-unanimous Board of Supervisors before state constitutional law required voter approval. Prop I should eliminate the transfer tax not double it! Eliminate Prop I by voting NO!

PROPOSITION J - NO - Parcel Tax - Treating multi-billion-dollar property corporations the same as cottage owner in the outer Sunset with a "parcel" tax which is the same for each separate parcel in San Francisco debases striving homeowners. While this lowers the 2018 tax by \$22 per parcel, it doesn't erase the inequity of taxing billion-dollar downtown buildings the same as a widow's little home.

PROPOSITION L - NO - CEO Tax - Our Socialist Board of Supervisors wants to redistribute wealth. Unless of course, it's their favorite celebrities or sports stars who can keep their money. But if you're a business CEO, educated, confirmed by a Board of Directors, often times with SEC oversight hand over your money! This is their sad attempt at revenue rather than fairness or fiscal discipline. Vote No on this volatile, unreliable tax.

PROPOSITION RR - YES - Although it's a regressive tax, it's needed to ensure CalTrain's existence.

STATE BALLOT TAXPAYER RECOMMENDATIONS

NO ON PROPOSITION 15 - In 1978, San Francisco and California revolted against high property taxes by establishing a baseline for real estate value and changing tax assessment to an inflation rate. Cities and counties were forced to improve effectiveness. Tax and spending legislators have moaned ever since and are now trying to regress by changing assessment of commercial and industrial property, assuring voters they would never do so with residential property. Landlords and tenants can't believe them. Proposition 15 is a Trojan Horse and a warm up for doing the same in two years to homeowners and tenants. Vote NO ON PROP 15!

NO ON PROPOSITION 16 - This reinstates discrimination on account of race, sex, or national origin in California which we prohibited in 1996. Voters banned preferential treatment to any individual or group on the basis of race, sex, or national origin in public employment, public education and public contracting. The Legislature now wants to restore reverse discrimination and quotas. That's reactionary in critical times in California and elsewhere. Reject Proposition 16!

NO ON PROPOSITION 21 - Reject Prop 21, another example of politicians trying to control the private market on residential rentals. Their interference will not lower rents, and may very well raise them! Preserve private property rights, Vote NO!

NO ON PROPOSITION 25 - Public safety undermining legislation passed the Legislature in 2018, eliminating money bail, a state and federal constitutional right with a system based on technology in the form of algorithms. Instead of allowing lawyers for those accused of crimes to present testimony and other evidence to a Superior Court Judge on a client's predictable appearance for Court hearings and low risk of criminal conduct before trial, the Legislature forced judges to use an algorithm eliminating personal sworn testimony from family, friends, and employers.

Prop 25 says "NO" by repealing that fanciful law with a restoration of money bail and constitutional rights before trial.

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Thanksgiving: DIY families and traditions

BY KATHLEEN ANDERSON

I LOVED THANKSGIVING AT PAPA’S house in Little Rock. Papa was my stepmother’s father, but he once told me, “I couldn’t love you more if you were my own blood kin.”

Papa *made* Thanksgiving. He was the master of roasted turkey. He also grew the green beans for the casserole, and helped Grandmother peel the red potatoes for her holiday creamed potatoes. Papa played the harmonica. I loved his “Amazing Grace.” And, when he sat at the head of the table, he looked more like an angel than a king. While we held hands, Papa would pray for our well-being. I miss him dearly.

Thanksgiving can be a mixture of nostalgia and a chance to form community. Sometimes “family” is blood kin, but often times in our scattered world, it is not. And, with our DIY families, we often get exposed to things that we become keen to incorporate into our traditions. As I reflected on the content for this column, I thought about my friends who bring international flavors and twists to the best American holiday.

CULTURAL INFLUENCES

Lila LaHood, co-founder of San Francisco Public Press, shares my love of newspapers, food, and entertaining. Lila’s

“100 percent Lebanese” as she says, and when she was growing up in Michigan, Thanksgiving was boisterous and delicious with aunts, uncles, and cousins all over the place. Her grandma would make two turkeys — one traditional American with bread stuffing, the other stuffed with hashweh, a Lebanese dish of rice, ground lamb, pine nuts, spices, and olive oil.

When Lila moved to the Bay Area, she began to invite friends to two days of cooking and eating. Lila prepares American fare with Lebanese accents, including a stuffing comprised of really grainy bread and pine nuts, in homage to her grandma. Lately, Lila has been ordering heritage turkeys from Root Down Farm in Pescadero. Lila can’t host her friends this year because of the pandemic, and regrets stranding those who have no family nearby.

My Thai friend Teerut Boon, a.k.a. “Kong,” has a remedy for that very dilemma — he is cooking for his staff on Nov. 26. Kong owns Home Plate (my favorite breakfast spot) and the brand-new Baan Yaai (which means “Grandma’s House”) at 2274 Lombard Street. Kong is from Bangkok and is Buddhist. He told me that Buddhists don’t celebrate Thanksgiving, but when I pressed him on this, he allowed that he would be preparing dishes of beef and pork marinated in Thai spices on that special Thursday that he calls



Catherine Stefani shops at Lucca Deli on Chestnut Street. PHOTO: KATHLEEN ANDERSON

“Friendsgiving.” Baan Yaai’s Thai Street Food Nigiri — little cuts of marinated beef or pork on a small form of sticky rice are available for takeout, and you will likely love these little delicacies so much, you’ll want to bring them to your Turkey Day potluck.

Then there’s the family that embraced familiar American Thanksgiving dishes and added dishes from their Southern China homeland, Toisan. Mary Jung, former chair of the San Francisco Democratic Party, grew up in the Midwest. Her mother would prepare a turkey the Chinese way: start it at 500 degrees – turn it down 50 degrees every 15 minutes until you reach 350 degrees, then bake for about two hours. This bakes the skin

so it is crispy and seals in all the juices. Mary explained that Chinese people don’t stuff the bird. Instead, her mother made a sticky rice dish. Leftover turkey bones were used to make jook soup. And there was the ubiquitous ice cream cake. I teased Mary that I didn’t think the Pilgrims contemplated anything like that at the table. She laughed and said, “yes, but the ice cream shop was close to home and it was open!”

FOOTBALL AND RAVIOLI

Football is open on Thanksgiving, too, though a space on the couch may not be. My grandparents always had the game on, and now my brother-in-law (a for-

MODERN EATING, continued on next page

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mer defensive lineman) makes sure the big screen is tuned to the gridiron. I cannot dissociate the sounds of body armor clashing and whistles bleating from the sounds of pans clunking and alarms tweeting in the Thanksgiving kitchen.

And so it goes for my friend Catherine Stefani, District 2 supervisor. In her home, the Thanksgiving holiday is Notre Dame football. Her dad, Larry, is an alum, and he took her to games or they cheered on the Fighting Irish in the living room. Catherine passed that bug along to her kids. “We always felt such joy singing the fight song with Dad,” she said, pausing, “Dad doesn’t remember any of this anymore.” The Lewy body dementia is ravaging his brain. I am grateful to Catherine for sharing this deeply personal part of her journey, as I observe a similar disease wipe away the memory banks of my mother. These experiences can make us want to hold onto family customs even tighter. “I will always have the

Notre Dame game on for my children on Thanksgiving weekend,” said Catherine, “We will keep it going for Dad.”

Catherine’s other holiday favorite is ravioli, especially when it was made by her nonna, who was from the Piedmont region of Italy (recipe below for her aunt’s sauce). Catherine and I met up at Lucca Deli, a fixture on Chestnut Street for decades, to pick up some fresh ravioli. Lucca has an extensive offering of to-go food — deviled eggs, Caprese salad, and assorted cheeses are just a few choices to round out your pasta selection.

My favorite part of Thanksgiving has always been the expressions of gratitude. At my family Thanksgiving, we go around the table and share why we are grateful. Invariably, tears and laughter fill the room as we reflect on what the past year has brought and what we hope for the future. To us, Thanksgiving is about the gifts that others share with us. These moments sustain us all the rest of the days.

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RECIPES

Authentic Italian pasta sauce

BY CATHERINE STEFANI

THIS IS MY GREAT AUNT’S RECIPE and was sent to me by my cousin who put it together from a couple of pieces of paper my aunt had written on. He said, “As you can see, trying to replicate and/or translate an Italian nonna’s recipe is a very fluid adventure. It never turns out the same!”

AUNT CAROLYN’S SPAGHETTI SAUCE

- Generous handful of dried porcini mushrooms
- 2 large yellow onions, chopped
- 3–4 large carrots, chopped
- 3–4 celery stalks (equal to carrots), chopped
- 1 cup chopped Italian parsley
- 4–5 fresh rosemary twigs (6-inch), leaves chopped
- 12 fresh sage leaves, chopped
- Several garlic cloves, chopped
- 28-ounce can peeled plum tomatoes
- 16-ounce can tomato puree
- 38-ounce can tomato sauce
- 2 cups water or broth
- 2 pounds ground chuck
- 1 pound ground Italian sausage
- ¼ pound pancetta, chopped
- Salt and pepper, to taste

Place mushrooms in small pot and cover with about an inch of water. Bring

to a boil then cover. Set aside while you make the sauce.

Warm some olive oil in a large frying pan. Add onions, celery, and carrots, and cook until soft, being careful not to burn. Add herbs and garlic and continue to cook a short while longer. Set aside.

Break up the plum tomatoes either with your hand or pulsate for a few seconds in a blender. Add tomatoes, tomato puree, tomato sauce, and water or broth to the onion-vegetable mixture. Bring to a boil then simmer for a few hours.

Combine all the meats in a large frying pan, add salt and pepper, and brown over medium heat until well browned (very important), about 15–20 minutes. Note: There will be a lot of fat from the meat while it is cooking but it will eventually cook down later. When the meat is cooked, add to the tomato mixture.

Drain the mushrooms, retaining the soaking liquid. Chop mushrooms and add to the tomato and meat mixture. Slowly add the soaking liquid to the mixture, making sure any dirt remains behind. Add salt and pepper to taste; simmer all ingredients slowly for at least 2 hours — longer is better. Remove any fat that remains on top and serve over your favorite pasta.

Tutti a tavola a mangiare!

E-mail: catherine.stefani@sfgov.org

My favorite fall recipe

BY THALIA HALE

SPICY PUMPKIN HUMMUS
(Serves 12)

- 14 ounces cooked garbanzo beans, drained
- 1 clove garlic
- 1½ cups pumpkin puree
- ¼ cup tahini
- 2 tablespoons olive oil
- 3 tablespoons lemon juice
- ¼ to ½ teaspoon cayenne pepper (to taste)
- 1 teaspoon cumin
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- Lemon juice (optional)

Place the garbanzo beans in a food processor and process until finely chopped. With the motor running, add garlic through the tube and process until very fine. Add the remaining ingredients and process until smooth. Taste for seasoning, adding additional salt, pepper, and lemon juice, if desired.

Serve with sweet potato chips.

Thalia Hale is a naturopathic doctor at Medical Options for Wellness. Her practice is primarily focuses on hormone imbalances, gastrointestinal conditions, and chronic complex diseases. She can be reached at drthalia.com.

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David Park retrospective at the newly reopened SFMOMA

Dump of Abstract Expressionist work leads to Bay Area Figurative Art Movement

BY SHARON ANDERSON

IN THE 1940S, ABSTRACT Expressionism was an American painting movement that grew to have a global influence on the visual arts. During that same period, David Park filled his Ford with his own Abstract Expressionist canvases and abandoned them at a city dump. Making a clean break from his past, Park went on to reintroduce the figure into his paintings, which he called “pictures.” In the process he spearheaded the Bay Area Figurative Art Movement. Through January 2021, a retrospective at SFMOMA will be Park’s first in three decades, and the first to focus on his entire career.

PERSONAL EVERYDAY EXPERIENCES

Essentially self-taught, with minimal art training but a natural ability for drawing, Park relocated from Boston to California when he was just 17. He lived most of his life in the Bay Area, where he became an influential teacher at the California School of Fine Arts (now the San Francisco Art Institute) as well as the University

of California, Berkeley. He was at the center of a vibrant Bay Area artist community, which included Elmer Bischoff, Richard Diebenkorn, Paul Wonner, and others.

Commenting on Parks, curator Janet Bishop said, “He was a profoundly gifted artist who had two great loves: paint and people. Toward the end of his life, his fascination with the potential of his medium coupled with his appreciation for the human figure led to a group of canvases in which the universal humanity of his subjects comes pulsing through in the most powerful way.”

Park used the figure as a means of communicating the universal simply by painting the everyday experiences of humanity. “Quite often even the very fine non-objective canvases seem to me to be so visually beautiful that I find them insufficiently troublesome, not personal enough,” Park said. Drawing from his own experiences, he painted scenes from his life in works like *Rehearsal* (c. 1949–50), which pictures the jazz band for which he served as a pianist. Depicted from his vantage point behind the piano,



Left to right: David Park *Figure in Chair*, ca. 1958. © ESTATE OF DAVID PARK; COURTESY NATALIE PARK SCHUTZ, HELEN PARK BIGELOW, AND HACKETT MILL, SAN FRANCISCO; PHOTO: DON ROSS; David Park, *Rehearsal*, ca. 1949–50. © ESTATE OF DAVID PARK; COURTESY NATALIE PARK SCHUTZ, HELEN PARK BIGELOW, AND HACKETT MILL, SAN FRANCISCO



torsos of players tightly pack the visual field painted in deep earth tones. Park’s experience with abstraction still informs his style; however, on the backs of the players the style is simplified into bright color blocks, and through the floors and walls flattened into solid color. In *Boston Street Scene* (1954), the artist returns to a view of the neighborhood where he grew up, and in *Interior* (1957) his wife and fellow painter Elmer Bischoff posed as subjects.

AN EXPRESSIVE PEAK

Two Bathers (1958), *The Cellist* (1959), and other works from this era became expressive high water marks in Park’s figurative art distinguished by looser brushstrokes and more colorful, vibrant palettes. Psychologically charged with a new intensity, this departure into a new style was sadly cut short by

illness in 1960. Unable to work on canvas, he began exploring other media. While bedridden during his last months, Park produced a 30-foot-long felt-tip pen scroll (on view exclusively at SFMOMA) and a vivid gouache series depicting the human figure, alone and in groups, mothers and children, domestic activities, and other everyday scenes.

Park continued to paint work at UC Berkeley as an associate professor until his early death from cancer at 49.

THE ‘DRAWING SESSIONS’

Concurrently on view, *David Park and His Circle: The Drawing Sessions* gives the public a peek into David Park’s weekly figure drawing sessions with fellow artists Elmer Bischoff and Richard Diebenkorn in 1953. Repeatedly drawing models in varying poses and exper-

imenting with traditional and unconventional materials, these artists gatherings grew over the years to include other friends and colleagues and were held in each other’s Bay Area studios. The gestures and attitudes of the models seem to trigger the imagination, and it’s hard not to wonder about the conversations that took place in these spaces and in between these posturings. The show features 33 drawings and two sketchbooks are the remaining documents of these collaborative meetings.

David Parks: A Retrospective: Monday 10 a.m.–5 p.m., Thursday 1–8 p.m., Friday–Sunday 10 a.m.–5 p.m. through Jan. 18, 2021, \$25 timed ticketing only, 151 Third Street, 415-357-4000, sfmoma.org

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

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HARD COVER FICTION

1. **Time For Mercy**, by John Grisham
2. **Lying Life of Adults**, by Elena Ferrante
3. **Vanishing Half: A Novel**, by Brit Bennett

HARDCOVER NONFICTION

1. **Rage**, by Bob Woodward
2. **Caste: The Origins of Our Discontents**, by Isabel Wilkerson
3. **Untamed**, by Glennon Doyle

PAPERBACK FICTION

1. **My Year of Rest and Relaxation**, by Ottessa Moshfegh
2. **Circe**, by Madeline Miller
3. **City of Girls: A Novel**, by Elizabeth Gilbert

PAPERBACK NONFICTION

1. **Born a Crime: Stories from a South African**

2. **Childhood**, by Trevor Noah
2. **White Fragility: Why It’s So Hard for White People to Talk About Racism**, by Robin Diangelo
3. **Attached: The New Science of Adult Attachment and How it Can Help You Find — and Keep — Love**, by Amir Levine and Rachel Heller

CHILDREN’S

1. **Claude: The True Story of a White Alligator**, by Emma Bland Smith
2. **The Barnabus Project**, by Terry Fan, Derrick Fan, and Eric Fan
3. **Ruth Objects: The Life of Ruth Bader Ginsburg**, by Doreen Rappaport and Eric Velasquez

NEW AND NOTABLE RELEASES

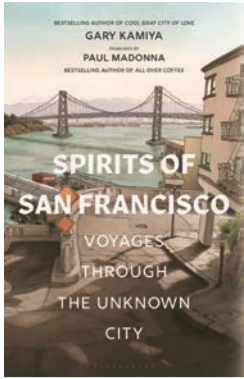
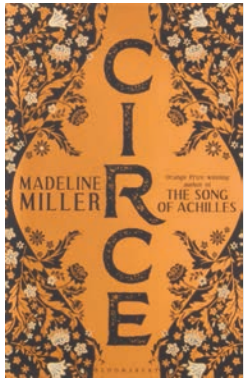
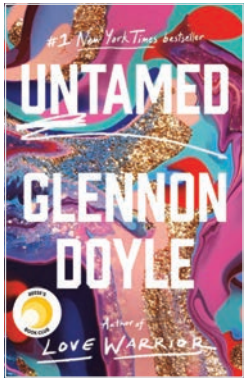
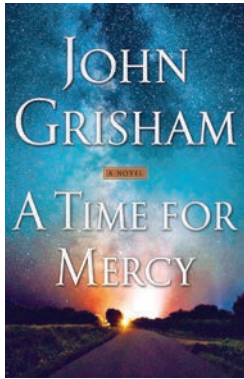
Spirits of San Francisco, by Gary Kamiya and Paul Madonna

Kamiya joins forces with celebrated, best-selling artist Madonna to take a fresh look at this one-of-a-kind city. Marrying image and text, Kamiya’s captivating narratives accompany Madonna’s masterful pen-and-ink drawings, breathing life into San Francisco sites both iconic and obscure. *Spirits of San Francisco* is both a visual feast and a detailed, personal, loving, informed portrait of a beloved city.

Is This Anything? by Jerry Seinfeld

In page after hilarious page, one brilliantly crafted observation after another, readers will witness the evolution of one of the great comedians of our time and gain new insights into the thrilling but unforgiving art of writing stand-up comedy.

Think Like a Monk: Train Your Mind for Peace and Purpose Every Day, by Jay Shetty



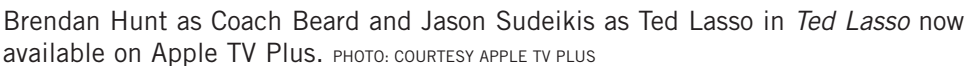
Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find

in ourselves to the world. Shetty proves that everyone can — and should — think like a monk.

Find Kevin McCarthy at Books Inc. in the Marina (2251 Chestnut Street, 415-931-3633, booksinc.net/sfmarina).

Enter *The Durrells* or, as the 2016–19 British production was known in the U.S. when it played in the PBS *Masterpiece* slot, *The Durrells in Corfu*. Currently streaming on Amazon Prime, this gorgeously shot hour-long period dramedy that ran for 26 episodes over four seasons is also about a dysfunctional family facing financial difficulties and grappling with an unfamiliar environment. That's where the similarities with *Schitt's Creek* end — other than being a complete delight to watch.

Whether they start out skeptical or not, Louisa and her offspring — would-be Bohemian Larry; conservative, fire-arm-obsessed middle brother Leslie (Callum Woodhouse); daydreaming, romantic sister Margo (Daisy Waterstone); and canny, animal-loving youngest brother Gerry (Milo Parker), who would grow up to write *The Corfu Trilogy* and become a renowned naturalist) — eventually embrace their new lives as much as Larry does. During this joyful stint in the sun, they learn about themselves and



one another, blossoming as they interact with memorable locals such as reliably chivalrous taxi driver Spiros (Alexis Georgoulis) and dolorous housekeeper Lugaretzia (Anna Savva). In time, the real Larry goes on to international fame as

Watching 'The Durrells' was absolutely uplifting and restored some of my eroded faith in humanity.

And then, there's *Ted Lasso* — one more utterly addictive and surprisingly gratifying series about someone thrust into an unfamiliar circumstance and forced to deal with seemingly insurmountable obstacles in his path. In this case, the someone is the title character — a relentlessly optimistic American football coach who won a single mid-level college championship and is shockingly hired to take the reins of AFC Richmond, a faltering soccer team in England's high-profile Premier League. Why hire Ted whose ignorance of soccer is evident? It's an act of revenge by the team owner. This vindictive woman acquired the franchise in a divorce settlement and wants to run it into the ground to spite her super-rich, philan-

dering ex-husband, Richmond's biggest fan, so she brings in Ted to undermine the team's performance on the field.

Ted Lasso is an Apple TV Plus offering developed out of a couple humorous short films that were produced by NBC Sports to promote their coverage of the Premier League. The premise of the shorts was the same as the eventual series, with *Saturday Night Live* alumnus Jason Sudeikis as Ted, tapped to run a big-time soccer club, ill-suited for the job, ignorant of English customs and slang, and fired shortly after getting hired. Only the 10-episode expansion finds Ted — a cheery, decent man with an innate understanding of human nature — refusing to give up after initial setbacks, even as he must also contend with his estranged wife initiating divorce proceedings back in the States.

Sudeikis, the show's co-creator, is absolutely aces as Ted whose quirky, self-deprecating humor and kindness invite you to root him on to victory. He leads a lineup of adept supporting actors including Hannah Waddingham as the embittered owner, Anthony Head as her former mate, Juno Temple as a celebrity model involved with the team's arrogant star player, and a nimble multicultural group as the support staff and athletes. Yeah, it's got the sporty backdrop, but that's secondary to a witty and benevolent narrative about believing in yourself and others, overcoming odds, finding your place in the world, and learning to do the right thing.

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

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NOVEMBER EVENTS

NOT TO MISS THIS MONTH

MAJOR EVENTS

S.F. Opera | Opera is On
Various days through Nov. 29
Livestream
Enjoy a full-length opera of your choice in the comfort of your home, no preordering of intermission champagne required, but appropriate dress is. *Free, \$75–\$500 donation suggested, 415-864-3330, sfopera.com*

Verdi’s Un Ball in Maschera (A Masked Ball)
Sat.–Sun., Nov. 7–8
Political intrigue and forbidden passion surrounding a royal love triangle make for edge-of-your-seat drama in Verdi’s tuneful masterpiece, “one of the composer’s most hot-blooded and vividly crafted tales.”

Mussorgsky’s Boris Godunov
Wed.–Thu., Nov 14–15
A Russian ruler is haunted by a horrible act from his past in this opera with dramatic arias and a composition noted for being ahead of its time.

Verdi’s Rigoletto
Wed.–Thu., Nov. 21–22
A curse shatters the lives of a hunchbacked court jester and his innocent daughter in this fast-moving tale of seduction, deception, and bitter revenge.

Donizetti’s L’Elisir d’Amore (The Elixir of Love)
Wed.–Thu., Nov. 28–29
A naïve young man believes a love potion will win him the heart of a beautiful woman in this “beautifully sung and staged” production.

MUSEUMS AND GALLERIES



Asian Art Museum | Lost at Sea: Art Recovered from Shipwrecks

Fri.–Mon. 10 a.m.–5 p.m., Thursday 1–8 p.m.
200 Larkin St.
This exhibition traces the pathways of 12th-century stone reliefs and 15th-century ceramics, from Vietnam to the ocean floor to San Francisco. Also on view is “Awaken: A Tibetan Buddhist Journey Toward Enlightenment,” with 100 Himalayan Buddhist paintings, sculptures, and textiles designed to bring about enlightenment, or awakening to guide you from the turmoil of daily life to a peaceful state of self-knowledge; “Chang Dai-chien: Painting from Heart to Hand,” groundbreaking ink paintings by Chang Dai-chien, a renowned 20th-century Chinese artist influenced by the natural and social landscapes of 1970s California; and more. Timed ticketing required. \$25, 415-581-3500, asianart.org
PHOTO: COURTESY ASIANART.ORG

California Academy of Sciences | Big Picture
Mon.–Sat., 9:30 a.m.–5 p.m., Sunday, 11 a.m.–5 p.m.
55 Music Concourse, Golden Gate Park
Don’t miss this awe-inspiring exhibition of nature, wildlife, and conservation; also on view is “Venom: Fangs, Stingers, and Spines,” an array of more than 12 venomous species; and more.” Visit website for additional exhibition and ticketing information. \$26–\$28, 415-379-8000, calacademy.org



A scene from *Rigoletto* (2012). PHOTO: CORY WEAVER/SAN FRANCISCO OPERA



Contemporary Jewish Museum | Levi Strauss: A History of American Style

Thu.–Sun. 11 a.m.–5 p.m.
736 Mission St.
This exhibition features garments, advertisements, photographs, and ephemera in celebration of the birth of the blue jean and its evolution from workwear into iconic fashion wear. Also on view is “Predicting the Past: Zohar Studios,” an immersive photography installation that is a tribute to Shimmel Zohar, a mythical 19-century Jewish immigrant photographer, and “Threads of Jewish Life: Ritual and Other Textiles from the San Francisco Bay Area,” which showcases a variety of textiles in use by San Francisco Jewish community members during the late 19th and early 20th centuries. Timed ticketing required. *Free (first Fridays)–\$16, 415-655-7800, thecjm.org*
PHOTO: GARY SEXTON PHOTOGRAPHY / THECJM.ORG

M.H. de Young | Uncanny Valley
Tue.–Sun. through Feb. 7, 9:30 a.m.–5:15 p.m.
50 Hagiwara Tea Garden Dr., Golden Gate Park
This exhibition unpacks the question of what it means to be human through a lens of contemporary art and proposes new ways of thinking about intelligence, nature, and artifice in an AI-driven world increasingly organized and shaped by algorithms. Also on view is “Frida Kahlo: Appearances Can be Deceiving,” drawings, documents, dresses, accessories, and Kahlo’s colorful self-fashioned outfits along with select paintings by Kahlo. Timed ticketing required. \$15 & 35, 415-750-3600, famsf.org

SFMOMA | Bay Area Walls
Fri.–Mon. 10 a.m.–5 p.m., Thursday 1–8 p.m.
151 Third St.
This exhibition depicts how artists consider the pandemic and unfolding crises of 2020 and their impact on Bay Area communities. Also on view is “Thought Pieces: 1970s Photographs by Lew Thomas, Donna-Lee Phillips, and Hal Fischer and how they explored the relationship between photography and language; “Elemental Calder,” which explores how movement in the natural world provided inspiration for the artist; and more. Timed ticketing required. \$25, 415-357-4000, sfmoma.org

ART AND CULTURE

The CJM | Sunday Stories: A Midcentury Modern Thanksgiving
Sunday, Nov. 22, 10–10:30 a.m.
Livestream
Explore the how architects and designers forged a design movement that celebrated an eclectic blend of cultures and how midcentury modernism affected the meaning, look, and flavor of Thanksgiving. *Free, 415-655-7800, thecjm.org*

THEATER

S.F. Playhouse | Art
Daily, through Nov. 7
Livestream
When an upcoming election is showing how our nation has become divided into opposing camps, this comedy explores how we turn on each other and addresses the complex layers of friendship. *Free, 415-677-9596, sfplayhouse.org*

42nd Street Moon | Distant Dinner Party With Jess And Jaron
Daily, Nov. 12–22, 6 p.m.
Online streaming
Jaron has taken up bread making and Jess can’t stop buying plants. Quarantine, right? Bay Area favorites, Jessica Coker and Jaron Vesely are hungry for some great friends and great music — that’s why they have decided to host their first virtual dinner party. \$20, 415-255-8207, 42ndstmoon.org

BATS Improv | Life on Mars
Friday, Nov. 13, 8 p.m.
Livestream
It’s 2072, and Earth has a colony on the Red Planet. In this improvised longform story, the first human settlers give us a glimpse at the homestead of the future. \$10–\$20, 415-474-6776, improv.org

42nd Street Moon | Home (Literally) for the Holidays
Daily, Nov. 26–Dec. 6, 6 p.m.
Online streaming
In the style of great holiday variety shows from Perry Como, Andy Williams, John Denver, Cher, and countless others, enjoy an evening of music, laughter, and love and the hope that we can all soon share the joy and magic of live theater together in person. \$20, 415-255-8207, 42ndstmoon.org

MUSIC

Conservatory of Music | String and Piano Chamber Music
Tuesday, Nov. 10, 7:30 p.m.
Livestream
Students and faculty perform side by side in this concert featuring celebrated violinists, special intermission content, interviews, and more in a program of Nokuthula Ngwenyama, Dmitiri Shostakovich, and Johannes Brahms. *Free, 415-503-6275, sfc.edu*

S.F. Symphony | Throughline: From Hall to Home
Thursday, Nov. 14, 7 p.m.
KQED broadcast, livestream, and on demand
This commissioned world premiere consists of 13 interconnected sections filmed throughout the world, with each movement highlighting a small ensemble of musicians. The program includes selections from John Adams, Beethoven, and more. *Free, 415-864-6000, sfsymphony.org*

Old First | Ensemble for These Times
Friday, Nov. 20, 8 p.m.
Livestream
Enjoy new music by living composers inspired by older forms and styles in the program, “Old Becomes New.” \$20 donation suggested), 415-474-1608, oldfirstconcerts.org

DANCE

World Arts West | Live Arts in Resistance: Kiazzi Malonga
Tuesday, Nov. 3 & 17
Livestream
In this series that highlights cultural artists and their social justice work, this program features Congolese-American music and dance teacher Kiazzi Malonga (Nov. 3) and the director of Fresno State’s Los Danzantes de Aztlán Mexican dance program, Victor Torres (Nov. 17). *Free, worldartswest.org*

Amy Seiwert’s Imagery | Sketch Films: Red Thread
Thursday, Nov. 5, 6:30 p.m.
Friday, Nov. 20, 5 p.m.
Livestream
This documentary dance film, created by several choreographers following social distance protocols, was inspired by those impacted by current health, economic, and injustice crises, highlighting shared struggles afflicting different communities while raising awareness and support for mental health care. *Free–\$200 donation suggested, asimagery.org*

ODC/Dance | Drinks & a Dance: ODC/ Dance Films
Friday, Nov. 13, 5:15 p.m.
Livestream
Add on to this screening event with a Coppola wine tasting party and preshow chat followed by a triple bill of ODC dance films. \$15–\$110, 415-549-8519, odc.dance

22nd Annual S.F. International Hip Hop DanceFest
Saturday, Nov. 21, noon–1:30 p.m.
Online
This year’s world premiere, “The Isolation in Humanity” features hip-hop performances from international dance companies, performances from Bay Area soloists, favorite past performances, and more. \$1–\$50, 415-392-4400, sfhiphopdancefest.com

FILMS AND LECTURES



Fort Mason Flix Drive-in Movie Festival

Most days through Nov. 15, 6 p.m. & 9 p.m.
2 Marina Blvd.
Don’t miss your last chance to view family favorites, classics, and arthouse cinema as this popular festival concludes. \$49/vehicle, fortmason.org
PHOTO: FACEBOOK.COM/FORTMASONCENTER

45th Annual American Indian Film Festival
Daily, Nov. 6–14
Livestream
This festival is focused on premiering the best of movies, music videos, and original entertainment by, for, and about American Indian and First Nations people. This year 102 films and 55 world premieres are featured. *Visit website for film catalog and ticketing, 415-554-0525, aifisf.com*

JCCSF | John Grisham
Wednesday Nov. 11, noon
Livestream
The New York Times best-selling author discusses his new courtroom drama, *A Time for Mercy*, with Jake Brigrance, the hero of *A Time to Kill*. \$11, 415-292-1233, [jccsf.org](#)

Commonwealth Club | The Founders' First Principles: Learning From The Greeks And Romans
Tuesday, Nov. 17, 3:30 p.m.
Livestream
Join Pulitzer Prize-winning journalist Thomas Ricks to discuss four founding fathers, their educations and their devotion to the ancient Greek and Roman classics — and how that influence would shape their ideals and the new American nation. In conversation with George Hammond, author of *Conversations With Socrates*. Free—\$30, 415-597-6705, [commonwealthclub.org](#)

ACT | Virtually Speaking: Annette Bening
Friday, Nov. 20, livestream
Daily, Dec. 4–June 30, on demand
Hosted by ACT Artistic Director Pam McKinnon, ACT alum Annette Bening kicks off this new series of in-depth conversations featuring prominent icons of the industry. \$10, 415-749-2228, [act-sf.org](#)

NIGHTLIFE

Exploratorium | After Dark Online: Sustenance — Animal Intelligence
Thursday, Nov. 12, 7 p.m.
Livestream
What do animals know, and how do they know it? Author Peter Godfrey-Smith discusses his latest book, an inquiry into animal intelligence considering ocean creatures from sponges and shrimp to octopuses and whale sharks. Ages 18 and up. Free, 415-528-4444, [exploratorium.edu](#)

California Academy of Sciences | NightSchool: Heartless, Brainless, Lungless
Friday, Nov. 13, 7 p.m.
Livestream
Jellies have no hearts, brains, or lungs, and are made up of 95 percent water — how interesting can they be? Free, 415-379-8000, [calacademy.org](#)

POTABLES AND EDIBLES

Tadich Grill Reopening
Monday, Nov. 9, 11 a.m.
240 California St.
One good thing to come this year: news that San Francisco's oldest restaurant will once again serve your favorite chowder, petrale, and cioppino, and more. *Mon.–Fri. 11 a.m.–2 p.m. and 5–9 p.m.; Saturday 5–9 p.m.* 415-391-1849, [tadichgrillsf.com](#)

City Arts & Lectures | Going Meatless: The Future of Sustainable Food
Monday, Nov. 9, 6 p.m., livestream
Sunday, Dec. 20 & Tue.–Wed, Dec. 22–23, KQED broadcast
Join the founder of Impossible Foods, Pat Brown, and two-time James Beard award winner Traci Des Jardins, in conversation with former co-host of Mythbusters Adam Savage about plant-based foods. \$29, 415-563-2463, [cityarts.net](#)

Conservatory of Flowers | Bean-to Bite: Cacao Delight
Friday, Nov. 13, 6 – 7 p.m.
Livestream
In this special guided tasting you will learn the story of chocolate, from nutritious fruit to the modern chocolate enjoyed today. Includes virtual tour, scavenger hunt, and TCHO chocolate tasting box. \$55, 415-831-2090, [conservatoryofflowers.org](#)

WELLNESS

Grace Cathedral | Yoga on the Labyrinth Online
Tuesdays, 6 p.m.
Online
Enjoy movement and meditation from this popular yoga class in the Yoga at Grace archives. Free, 415-749-6300, [gracecathedral.org](#)

Glow Yoga | Barre class
Saturdays, 10 a.m.
Washington Square Park
Start your weekend with a Pilates-infused class designed to increase muscle-bone density, improve posture, and promote graceful aging. Bring a blanket, water, and a good attitude. \$34, [eventbrite.com](#)

S.F. Zen Center | Meditation Session
Saturday, Nov. 21, 10:30 a.m.
Online
This virtual session for beginners will introduce you to the benefits of meditation, which can help settle the body and mind amid the swirl of daily life. \$0–\$25, 415-581-3500, [asianart.org](#)

JUST FOR FUN

SkyStar Observation Wheel
Mon.–Fri. noon–10 p.m.
Sat.–Sun. 10 a.m.–10 p.m.
Music Concourse, Golden Gate Park
See the city from the sky in your private, temperature-controlled, sanitized gondola. Reservations required; timed ticketing. \$18, 833-269-7828, [skystarwheel.com](#)

S.F. Opera | Costume Shop Sale
Friday, Nov. 13, noon through
Sunday, Nov. 15, midnight
Online
Attention opera fans and sartorial mavens: Here's your chance to browse (free) and purchase (\$75–\$1,000) from among 500 ensembles from opera productions. 415-864-3330, [costumesale@sfopera.com](#)

Email: [calendar@marinatimes.com](#)

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- Marina Library (Inside).....1890 Chestnut St.

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- 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.
- Octagon 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

- Crepe 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.

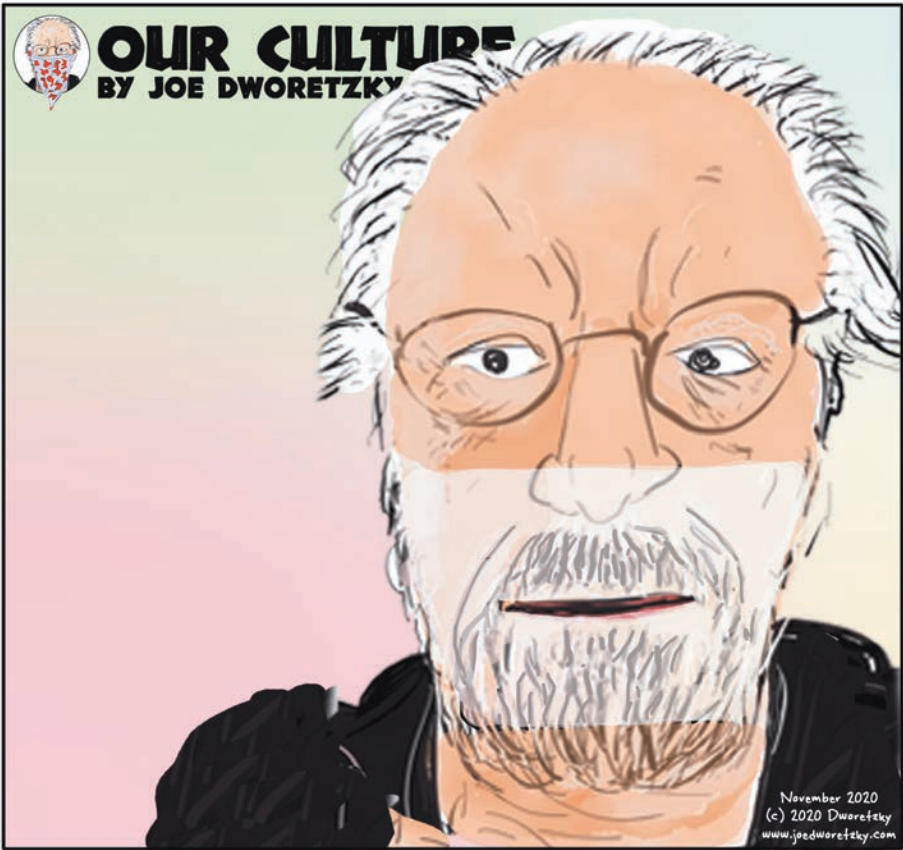
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- Mama's Restaurant.....604 Filbert St.
- North Beach Pizza.....501 Union St.
- Family Hat Makers.....1612 Stockton St.
- Mario's.....662 Union St.
- The Board Room.....693 Green St.
- Cole Hardware.....627 Vallejo St.
- St. Francis Church.....414 Columbus Ave.
- Bank of America.....1455 Stockton St.
- Corner at Green.....1511 Stockton St.
- Fisherman's Wharf.....292 Beach St.
- PIER 35.....Pier 35
- Park Opposite Ferry Plaza.....1 Embarcadero
- Ferry Building Plaza.....Ferry Building Plaza
- Alcatraz Landing.....Pier 31

Other

- City Hall.....200 Van Ness Ave.
- Buckhorn.....609 Market St.
- BART Entrance.....201 Market St.
- Bank of America.....1291 - 9th Ave.
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The Healthful Life :: The spices of life



In addition to flavoring our food, spices have numerous health benefits.
PHOTO: SILVIA JANSEN

Health benefits of the holiday season

BY THALIA HALE

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

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

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

CINNAMON

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

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

CLOVES

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

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

A tea of loosened cloves can be helpful when affected by a respiratory infection. It not only has antimicrobial properties, but

can also loosen chest mucus and reduce sore throat pain.

NUTMEG

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

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

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

PEPPERMINT

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

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

GINGER

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

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

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

Thalia Hale is a naturopathic doctor at Medical Options for Wellness. Her background includes both conventional and alternative modalities; her practice is primarily focuses on hormone imbalances, gastrointestinal conditions, and chronic complex diseases. She can be reached at drthalia.com.



Education in the year of the pandemic. PHOTO: JOVANMANDIC

Returning to school: Two different perspectives from kids

BY LIZ FARRELL

AS SAN FRANCISCO'S COVID NUMBERS continue to trend downward, the possibility of more students returning to campus may become a reality. We have heard much national debate from administrators, teachers, and parents about classroom safety but not much about how kids feel. Ultimately, this will be the parents' choice, but children have their own opinions or feelings about returning to campus.

I sat down with two of my kids to ask them what they thought and how they were feeling about continuing at-home learning or returning to school. Here are their two different perspectives:

MALE, SEVENTH GRADE

I am apprehensive about the possibility of returning to in-person school. I'm not nervous about getting sick — I think my health is in good hands with all the new safety precautions the school has put in place. My biggest worry or fear is it will be so different, and I won't like it. I liked school before Covid. I enjoyed my teachers and classes, horsing around with my friends at recess, and being able to move about freely. I'm not excited about wearing a mask and face shield all

day, worrying about being six feet apart from buddies, and dealing with more rules than already existed. I do think a positive will be being in the same room with my teachers. You are able to have more of a connection in person than over a screen.

I have a lot more freedom and independence at home. I like doing school from the comfort of home, not rushing out in the morning and having my dog, Ridley, at my feet all day. The hardest part has been the lack of sports and not being able to play competitively. I have had more time to spend with my siblings, which can be both good and bad. I also have had more time to learn new things like magic, and I am working on building a PC. I have stayed connected with friends through video games, texting, and Facetime. For me it is important to have a schedule or routine that includes daily exercise and outside time. This whole Covid thing is getting old, and I know when life gets back to normal, I will have a new appreciation for even the small things.

FEMALE, NINTH GRADE

I am so excited and anxious to get on campus. Freshman year is when you

get to meet a lot of people and I can't wait to do that. Starting a new school with new teachers and classmates is hard over Zoom, and meeting people through a screen is not ideal. I am looking forward most to in-person interaction. I am not nervous about Covid. I think if we all continue to wear masks and do what we have been doing we will be fine.

I haven't been to high school before so I don't know how it will be different when we go back, but I do know there will be more rules and regulations. Everything from lunchtime, socializing in the halls, dances, sports, and extracurricular activities will look different, and be a far cry from what I imagined.

By far, the hardest part of distance learning has been not being around my friends. We have stayed connected [virtually], but it isn't the same. It also has been hard having more rules from my parents around what I can do and where I can go. Sometimes these rules or expectations are different from my friends and that has been challenging.

This would have happened without Covid, but all the safety precautions have intensified it.

I have spent more time on my phone and social media than I would have if I had been in

school and playing sports. The phone can be distracting during class if I don't turn off my notifications, and this wouldn't happen in person.

My teachers have talked a lot about mental health. I have tried to take care of myself during this time by taking my dog for a walk, getting enough sleep, and getting exercise. I am learning to play water polo, so that keeps me busy and has enabled me to meet other freshmen. My biggest fear about going back to school in person will be that we go back and get in a routine, get a taste of it, and then have to return to distance learning again.

I spend a lot of time with my children and these answers were surprising. It underscores the importance of checking in on how they are feeling. By asking a few leading questions and taking time to listen, truly listen, and allowing them to be honest and vulnerable, we as parents are able to learn how and where we can support them more during these challenging times.

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A new, improved formula

An open letter to the Union Street Association

BY PAMELA MENDELSON

The Marina Times recently obtained a letter from Pam Mendelsohn of Maven Retail in response to formula retail on Union Street. This letter was directed to Eleanor Carpenter and Leslie Drapkin of the Union Street Association, and it helps to explain the many retail vacancies throughout San Francisco. Mendelsohn generously agreed to share the letter with our readers.

AS YOU MAY KNOW, I HAVE LIVED in this part of town for over 40 years. The professional relationships and transactions that I make in my professional life can dramatically affect my personal life, my family, and my neighbors. I am not a proponent of big-box retail in our neighborhoods, nor do I want to see our neighborhoods filled with fast food chains. However, the term “formula retail” is all-encompassing and tends to clump smaller emerging (and often local) restaurateurs and retailers with the likes of McDonald’s, Supercuts, and Dollar Store. I believe that the city should make a distinction, and not just leave it at “11 or more stores.”

As brokers, we hear about formula retail and permitting on a constant basis. Frankly, our biggest obstacle is not high rents, but rather the crime, looting, filth, and homeless roaming the neighborhoods and our downtown area. Shoppers, neighbors, employees, and merchants simply just do not feel safe and complain about this on a daily basis. You both know I love this city and put my best efforts forth into making it better, so this is all heart-breaking for me.

Prior to the pandemic, we had seen a drop in interest from tenants that would be considered formula retail by 70–80 percent, simultaneous with a very sudden drop off in retailers wanting to come to San Francisco. During my last prospecting trip to New York City in late February 2020, I scheduled about 20-plus tenant/broker meetings over a period of four days. The meetings were made as a continued effort to bring good quality, up-and-coming retailers to our neighborhoods and Union Square. I arranged the meetings and attended them with our Maven partner from Chicago. Our partner was flabbergasted at the responses we received from the prospects during our meetings regarding our request for them to expand to San Francisco. Most of the negative comments revolved around crime, homelessness, filth, and general comments about what they thought were “over-reaching bureaucratic policies in the city.” We were told San Francisco was too scary and that it was just a tough place to conduct business. They basically said business was tough enough as is, and that they had other U.S. cities bending over backward to get them to open up stores in their neighborhoods and downtown areas, and they did not want to deal with San Francisco. I also heard again countless stories about employees and companies dealing with crime.

Post-Covid, we have experienced scores of vacancies with more to come. The city’s homeless and crime issues have only increased, and it is harder than ever to attract both local and out-of-town businesses. Our process, whether a conditional use permit (CUP, often required for formula retail) or even a simple over-the-counter permit, are ridiculously expensive and time consuming for tenants. Our processes and rules are hard to maneuver even for the

most experienced merchant. As of yesterday, the waiting time for a pre-app for an over-the-counter permit is fourmonths, with no appointments until Jan. 26, 2021, which is ridiculous, even during this pandemic. As you can imagine, this is devastating for the retailer that hoped to open for the holidays. The tenants have historically been responsible for paying rent from delivery of the premises, often resulting in paying rent while they stand in line waiting for the city officials to respond to their request for permits.

The formula retail process was originally introduced and put in place to protect our local tenants. However, formula retail created a false demand for space with out of town retailers eventually learning that if they wanted to open in San Francisco, they needed to do so before they reached 11 stores to avoid a costly and very long process. As a result, a tenant who comes close to the formula retail threshold is willing to pay more for the space, thus increasing the rents in the marketplace — and hurting the local tenants. Formula retail did the opposite of what it was set out to do; neighborhood rents, which had been constant for so many years before the global cap of 11 stores, grew quickly. And as the CUP delay went up (pre-Covid, it increased from about four months to 10 months), the few businesses that did want to enter the San Francisco market were paying even higher premiums to get here before they hit the 11-store threshold.

About two years ago, as formula retail process cost escalated, housing and labor costs went up, homelessness and crime grew, and we have fallen off the list of “must have” locations — and it is accurate to say that San Francisco has been passed up for other “business-friendly” cities. During the pandemic, the tenants that will pay the fees and the rent during the formula retail process are very few and far between. In fact, they have all but disappeared.

Sadly San Francisco’s reputation is that it is a difficult and not business-friendly city. I’m not sure how many more companies need to pull out of San Francisco before we as a city start to understand the long-term impacts on our lives. One only needs to walk the neighborhoods and talk with the shoppers in stores and the diners in the restaurants to understand how worried local people are about the loss of merchants and the vibrancy of their neighborhoods. It is hard to hear that it is hard to love San Francisco right now. Again, I have lived here for most of my life.

At the moment, there are not enough local merchants to fill our vacancies. I strongly believe that our neighborhoods and downtown areas would benefit by either a temporary measure loosening formula retail restrictions (perhaps for 12–24 months) until we find our way past this economic downturn, or a measure that distinguishes smaller emerging brands from the big-box retailers, perhaps by creating a middle-level of 12–25 locations. I believe the city would also benefit from legislation that would not treat a pop-up (of 24 months or less) like a long-term business.

This is my two cents as a professional in the industry and as your neighbor of 40-plus years.

Pamela Mendelsohn is a principal at Maven Retail, a San Francisco-based firm focused on urban retail leasing. She is an expert in commercial leasing and tenant representation in San Francisco and nationally.

San Francisco single-family homes still selling well

But there remains a divide between homes and condos

BY GAREY DE MARTINI

SAN FRANCISCO CONTINUES TO BE a tale of two cities when it comes to real estate. Single-family homes remain in demand, while condos and lofts remain less appealing in the eyes of buyers, at least for now. If you see headlines that tell you home prices in San Francisco are declining, keep in mind that's only in reference to condos and lofts.

In September, for example, the median price for a single-family home was \$1,665,000, up 8.8 percent over last year. The median price for a condo or loft during the same period was \$1,205,000, down 9.1 percent from last year. When you compare these figures to one another, there's a big difference in their trajectories.

The real estate company Compass in San Francisco put it this way in a recent report: "The inventory of condo listings on the market has been soaring, and price reductions are heavily concentrated in the condo market. Hundreds are still selling each month and that number has been rebounding in the last couple months — but increases in supply continue to outpace demand. Within the condo market, the high-rise segment appears to be the weakest, almost certainly due to pandemic-related reasons."

IS THE MARKET SHAKY?

So perhaps because you mostly hear about faltering prices, you're beginning

to think that the city's real estate market is a bit shaky. And then in mid-October the *Chronicle* published a report quoting a Realtor.com survey that San Francisco rent prices have plunged as much as 31 percent — the steepest decline in the United States.

Does this mean the city's real estate market is toast? Not according to Barbara Stein Friedman with Corcoran Global Living, with whom I talked recently. "The new corporate shift in thinking that enables people to 'work from home' has certainly brought change to the San Francisco real estate market. Some folks are leaving the city for other more affordable locales. This has clearly affected the rental market.

"But it also means that those who work in Silicon Valley can live in San Francisco and not have the daily long commute," she added. "All in all, San Francisco continues to offer a wonderful lifestyle, and its real estate is an excellent and highly desirable asset."

Friedman said she expected that October would be a very active month for real estate. There are still a lot of buyers who are looking at today's market as an opportunity to purchase a home.

VOLUME OF SALES

For the first time in years, buyers feel that they have an expanded selection of properties from which to choose. According to Friedman, they are able to submit offers with contingencies, and, in many cases, they are able to negotiate the pur-

chase price. For nearly a decade prior to the pandemic, San Francisco had been a strong seller's market. Today things are vastly different.

While it is true there were a lot of listings on the market in September, there were also a lot of sales. In fact, 233 single-family homes were sold in September, up 83.5 percent over the previous year. During that same month, 271 condos or lofts were sold, up 58.5 percent over 2019. The market is doing very well, thank you.

Historic low interest rates are contributing to this surge in sales. Banks, lenders, and appraisers are all working very hard as they put together purchase and refinancing loans because of this enormous demand. Fortunately for buyers, purchase loans take priority over refinancing loans.

CHANGES IN THE MARKET

All of this said, you are still going to hear about massive shifts taking place in high-density, low-affordability markets — specifically New York and San Francisco.

According to *mortgagenewsdaily.com*, Robert Dietz, chief economist of the National Association of Homebuilders, wrote recently that the declining

demand for urban rentals may be hastening the expansion of home construction in low-density markets — think suburbs. Now that about 20 percent of the workforce will be able to spend the majority of their time working at home and about 10 percent will be allowed to totally telecommute, changes are inevitably coming.

Dietz predicts that the introduction of a coronavirus vaccine will slow these changes

and return some strength to urban core rental demand, but this recession will leave lasting impacts on where Americans live and work.

San Francisco is a city dominated by renters. According

to data from the city, historically, two-thirds of households are renters. Their thinking, sensibilities, and behavior will always generate the big headlines and prompt the most analysis.

Hearing about rentals, sales, homes, condos, single-family homes, residential properties, and commercial properties all at once is commonplace, and it can become a bit confusing. They are all very different. Just know that in spite of everything you may hear, San Francisco single-family homes are still in big demand. And, as Barbara Stein Friedman will tell you, sales are humming along quite nicely.

While it is true there were a lot of listings on the market in September, there were also a lot of sales.

Paul Barbagelata

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