Marina Times





May Events

CAAMFEST celebrates Asian American stories, plus Mother's Day ideas, virtual galas, a conversation with Amy Tan, and more. **p. 10**

MARINATIMES.COM : CELEBRATING OUR 37TH YEAR : VOLUME 37 : ISSUE 5 : MAY 2021



Jenna Coleman and Tahar Rahim in The Serpent. PHOTO: COURTESY OF NETFLIX

Better crimes and punishments British and European police procedurals offer more intrigue

BY MICHAEL SNYDER

The SUPERB BBC MINISERIES The Serpent, which recently made its way to Netflix, reminded me that I'm pretty particular when it comes to TV shows about lawbreakers and the law enforcers pursuing them. For instance, The Ser*pent* expertly dramatizes the horrific story of a real-life fiend — con artist and murderer Charles Sobhraj, chillingly embodied by Tahar Rahim (*The Mauritanian*). With a female accomplice (Jenna Coleman of Victoria) under his spell, Sobhraj preyed on gullible Western hippie types seeking kicks with a side order of enlighten-

ment in Asia during the 1970s. It's an eight-part limited series based on true events, and even if you know the basic facts of Sobhraj's villainy, it's as incredibly tense and thrilling as any fictional thriller I've come across — and a heck of a lot better than many examples of the crime genre on television.

SNYDER, continued on 7

REYNOLDS RAP Opinion

Virtue signaling on Hypocrite Hill

Nobody does it better than school board member Alison Collins

BY SUSAN DYER REYNOLDS

In the first place, God made idiots. This was for practice. Then he made school boards.

— Mark Twain, *Following the Equator*, 1897

BY NOW EVERYONE IS FAMILIAR WITH THE SORDID tale of San Francisco School Board member Alison Collins, who posted crude, racist tweets in 2016, two years before she was elected. To recap, Collins, who is white and Black, accused Asian Americans of using "white supremacist thinking" to assimilate and get ahead. "Being a house [n-word] is still being a [n-word]," she tweeted. Once the tweets surfaced, the board (with the exception of her friend, President Gabriela Lopez) approved a "no confidence" motion and removed her from the role of vice president. Collins responded not with an apology but with an \$87 million lawsuit against the San Francisco Unified School District and five of her Board of Education colleagues for violating her First Amendment right to tweet **REYNOLDS RAP, continued on 4**

DISTRICT 2 SUPERVISOR

Confronting our overdose crisis

BY CATHERINE STEFANI

N A WINDY EVENING THIS SPRING, I STOOD IN solidarity with community leaders for the

MODERN DINING : Gather around the table



able, and wearing a down puffer while the wind threatens to blow the napkins off the table holds little appeal.

Thankfully, new spots and old favorites offer unique, creative dishes and menu items to-go, so you can order a meal for Mom to celebrate at home or dine out, perhaps with your vaccinated, extended family together for the first time in months.

Remembrance of Lights ceremony. This heartbreaking memorial for the 699 individuals San Francisco lost to overdose in 2020 took place from three locations: the Fillmore, Bayview, and Tenderloin, representing some of the neighborhoods that have been hit the hardest by our overdose epidemic. Over the course of the ceremony, we heard from people in recovery, formerly incarcerated individuals, and those who have lost family members to the disease of addiction about how this crisis — and the city's shocking inaction — has impacted them.

The evening was all the more somber because just one day earlier the *San Francisco Chronicle* reported that 2021 was already off to an extraordinarily deadly start: The city had recorded 61 fatal overdoses in January alone.

CITY IN FREEFALL

It is no exaggeration to say that drug overdose in San Francisco is a humanitarian crisis. In addition to the surge from 259 overdose deaths in 2018 to 699 in 2020, the administration of Narcan, a drug that reverses overdose, was also at an all-time high last year. According to the *Chronicle*, Narcan was used to reverse overdose *DISTRICT 2 SUPERVISOR, continued on 2* A sampling of Spanish pinxtos available at Red Window. PHOTO: MARC FIORITO, GAMMA NINE PHOTOGRAPHY

Mother's Day 2021: A celebration for moms and families together at last

BY JULIE MITCHELL

AST YEAR, MOTHER'S DAY FELL near the start of the pandemic, so virtually all celebrations were, well, virtual. Going out for brunch or dinner was impossible. Now that restaurants are beginning to open up, you can make reservations to dine inside or out with Mom. Some, though may not be quite ready to eat a meal in a restaurant. And while dining outdoors can be fun, San Francisco's May weather is notoriously unpredict-

NORTH BEACH BECKONS

For an untraditional Mother's Day meal, try outdoor dining at Red Window (theredwindow.com), a new spot in North Beach conceived by restaurant veterans Elmer Mejicanos and Adam Rosenblum. Red Window draws upon Spain's traditional tapas and cocktails with a modern twist. Specializing in low-proof craft cocktails, the restaurant welcomes guests to their comfortable, 100-seat outdoor space with a menu that features pinxtos — or snacks — along with drinks using fortified wine and bitters. Sample the house Red Window Cobbler made with a blend of sherry, tangelo cordial, peach, fig, bitters, and black walnut. Mom might like a Coconut Banana Mojito with coconut water, banana, lime, mint, and seltzer; there's also a full complement of canned and MODERN DINING, continued on 6

PACIFICA GRADUATE INSTITUTE SANTA BARBARA, CALIFORNIA



Pacifica's unique mission primarily attracts innovative and creative working professionals who are interested in a rigorous intellectual experience that connects with their souls and positively transforms how they see the world. A Pacifica graduate degree equips them for the vocation they feel called to, whether to enhance what they are already doing or equip them for new and additional work in the world.

Masters & Doctoral Programs

M.A. in Counseling Psychology

Psy.D. in Counseling Psychology

M.A./Ph.D. in Clinical Psychology

M.A./Ph.D. in Depth Psychology with Specializations in

- Jungian and Archetypal Studies
- Community, Liberation, Indigenous, and Eco-Psychologies

M.A. in Engaged Humanities and the Creative Life

M.A./Ph.D. in Mythological Studies

District 2 Supervisor continued from cover

more than 10 times per day in the city last year, which is more than twice the rate we saw in 2018. This is no surprise to anyone who has walked our streets, as this situation is as visible as it is tragic. We are in freefall.

It's beyond frustrating that we keep doing the same things, over and over again, and expecting different results. Unsurprisingly, we are on track to suffer record overdose deaths for the second consecutive year unless we take action to reverse this trend. That's why I'm committed to making sure it's harder to get drugs and easier to get treatment in San Francisco.

In February, I held a hearing on the findings of the Recovery Summit Working Group, individuals from all walks of life who have found recovery in spite of the deadly disease of addiction, often

with very little support. It's our responsibility to listen to and learn from those in recovery, to make sure that they are at the decision-making table, and to make their experiences the norm, not the exception.

The working group surveyed more than 400 current or former drug users, and found that 74 percent agreed that San Francisco needs more drug and alcohol treatment options, including abstinence-based programs, harm-reduction efforts, mental health counseling, and more. Sixty-nine percent agreed that we need longer residential treatment programs, 76 percent agreed that we need more treatment programs for youth, and 75 percent agreed that we need to increase opportunities to connect people in recovery with those working toward recovery.

To address those needs, the working group recommended expanding treatment options, centering the voices of people in recovery, extending treatment stays, creating specialized programs for youth between the ages of 16 and 25, expanding paid peer specialist opportunities, funding a Black-led abstinence-based program, and increasing awareness about the treatment services that are already available. My hearing was just a first step in making sure we are addressing addiction humanely and effectively, and I am continuing to engage the working group and our city departments to implement each of these badly needed policies.

But we can't only expand treatment options; we need to stop the flow of deadly drugs into San Francisco.

THE FENTANYL FLOOD

The city's overdose crisis comes as a direct result of the introduction of fentanyl to our streets. The San Francisco Police Department has reported that fentanyl is increasingly found in many other drugs, and that dealers actively seek out young people and individuals in recovery because they know just how addictive the substance is. Recent reporting in *The New York Times* likewise confirms that fentanyl, both alone and mixed with other drugs, had an outsized role in the sharp spike in overdose deaths our country experienced in 2020, especially

> among communities of color.

Some have said that our law enforcement agencies should be focusing on "kilos, not crumbs" when it comes to prosecuting drug dealers in San Francisco. But let's be clear: so-called crumbs are just as

deadly. Two milligrams of fentanyl — an amount small enough to fit within Abraham Lincoln's face on a single penny — is enough to kill.

The past year was uniquely deadly for overdose not just here, but across the country. Instead of blaming national trends, however, we should feel called to action. As Covid-19 has ravaged the United States, San Francisco has consistently had some of the best health outcomes of any major American city. We can still be the "City That Knows How" when we want to, and there is no reason to continue to allow people to die from overdose on our streets. Allowing this crisis to continue shows no compassion for those suffering from addiction, their families, or those who have to experience the destructive effects of addiction on our communities.

When it comes to preventing overdose in San Francisco, we've heard enough excuses. We must start using every tool at our disposal — harm reduction, abstinence-based programs, accountability for dealers, and more — to confront this challenge. It's deadly serious.

MARINA TIMES MARINATIMES.COM

Like us on Facebook.com/MarinaTimes
 Follow us on Twitter.com/TheMarinaTimes
 Sign up for our newsletters at MarinaTimes.com

Two milligrams of

fentanyl — which fits

within Lincoln's face

on a penny — is

enough to kill.

Ph.D. in Depth Psychology with Specialization in Integrative Therapy and Healing Practices

NEW PROGRAM PSYD IN COUNSELING PSYCHOLOGY

A four year degree designed to prepare you for licensure as a psychologist.

www.pacifica.edu

Pacifica is accredited by the Western Association of Schools and Colleges (WASC).

MarinaTimes

marinatimes.com • Contact: info@marinatimes.com Letters to the Editor: letters@marinatimes.com Advertising: 415.234.3166 • advertising@marinatimes.com Calendar submissions due by the 15th of the month to calendar@marinatimes.com

> Publisher Brian Calle publisher@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 OWNED AND OPERATED BY STREET MEDIA LLC. THE VIEWS EXPRESSED HEREIN DO NOT NECESSARILY REFLECT THE VIEWS OF THE MARINA TIMES OR STREET MEDIA LLC. THE MARINA TIMES NAME AND LOGO AND VARIOUS TITLES AND HEADINGS HEREIN ARE TRADE MARKS OF STREET MEDIA LLC. NO PART OF THIS PERIODICAL MAY 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.



News Briefs : New and updated



The Chinatown/Him Mark Lai Branch Library is scheduled to reopen the week of May 17. PHOTO: PAUL SABLEMAN

The city reawakens

BY JOHN ZIPPERER

A REAL SPRINGTIME

Hopes for a reopening of city life grew in April as the vaccination campaign picked up speed. Mayor London Breed reported on April 23 that more than two-thirds of San Francisco residents had already received the vaccine, and by the middle of the month everyone from age 16 and older was eligible.

With low Covid infection levels and the expanding vaccination program, the city moved into the orange tier and began to offer guidance on how more organizations could reopen for in-person business. Organizations such as cinemas and performance venues are now able to open, with limited capacity and proof of vaccination. Some details of the policies are still TBA at press time, but expect to be required to make advance reservations for any such venue. Other businesses that had been allowed to open earlier have had some of their restrictions relaxed, such as indoor and outdoor dining. The San Francisco Recreation and Park Department has begun the phased reopening of city pools, including the North Beach Pool, which has a May 17 reopen date.

The San Francisco Public Library's Main Library location downtown is scheduled to reopen with limited service on the first floor on May 3, with additional floors to reopen as staffing and the general city reopening continues. The Chinatown/ Him Mark Lai Branch Library is scheduled to reopen the week of May 17.

For the latest information on what businesses are able to open and what restrictions they must have, visit sf.gov/ check-if-business-essential and sf.gov/ topics/reopening. even before the pandemic-related reduction in travel and business operation, in 2019 the city's emissions had dropped to 41 percent below 1990 levels, "six years ahead of the city's goal of reaching a 40 percent reduction by 2025," according to the mayor's office.

In announcing new goals to ensure that the city by the bay doesn't become the city in the bay, Breed said she and the Department of the Environment will introduce legislation at the Board of Supervisors this month to codify in the city's Environmental Code the goals and strategies to make San Francisco a carbon-neutral city within the next quarter century (five years earlier than originally planned).

CRIME AND PUNISHMENT

With the city entering the orange tier of pandemic restrictions, with many businesses and activities facing relaxed rules, the deployment and strategies used by Northside police are also being changed, according to Capt. Paul Yep of the San Francisco Police Department's Northern Station. He says his team is expanding foot patrols in high-traffic neighborhoods and will have undercover teams working full-time to catch auto burglars. But he warns that the return of tourists and greater mobility of residents will mean more opportunity for crime, so Yep repeated warnings to not leave visible property in parked cars.

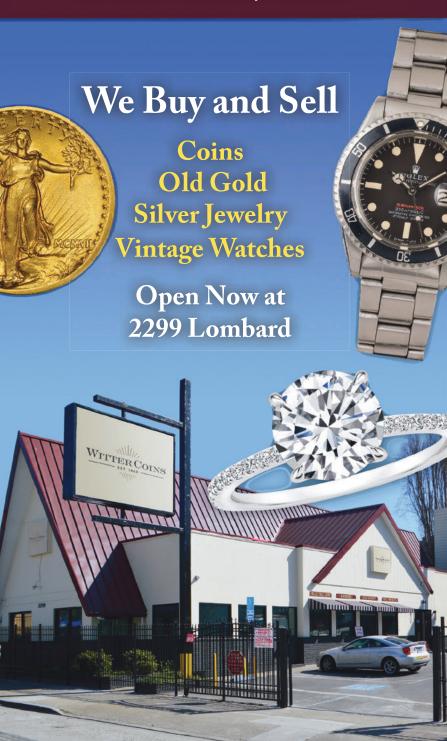
Here's a snapshot of recent crime in the Northern Station area. For the week of March 29 to May 4, there were 47 auto burglaries, bringing the year-to-date total to 659, down 45 percent from the same period of 2020; 12 burglaries, bringing the 2021 total to 282, up from 234 in 2020; and six robberies, a slight drop to 96 for 2021 from 2020's 105.



Visit Our Large Showroom!

Open Normal Hours

Plenty of Space for Social Distancing Masks Required for All Showroom Constantly Sanitized



For those looking to get out of town, the Monterey County tourist officials touted the earlier-than-planned reopening of Highway 1, the iconic and scenic roadway, in late April. Following the early completion of highway repairs, you will once again be able to cruise down the coast for everything from the Monterey Bay Aquarium (book tickets in advance) to plenty of inns, restaurants, and vineyards.

CITY CLIMATE GOALS EXCEEDED

While President Joe Biden was holding a virtual climate summit of global leaders and announcing ambitious national goals to address climate change, San Francisco Mayor London Breed announced success in meeting its own goals and unveiled new commitments.

Breed said the city is ahead of schedule on some key environmental goals. By 2025, CleanPowerSF will beat by five years its aim of providing all customers with 100 percent renewable energy. And

FACTS AND FIGURES

\$350 million: estimated cost of new residential high-rise developments pitched for downtown and SoMa . . . \$358: cost of children's earrings featuring 14 karat gold and 14 diamonds, from Ring Concierge ... \$25,000: amount that the inaugural Chardonnay Classic at Napa's Meritage Resort and Spa and Vista Collina Resort has committed to donate to the SommFoundation ... 94-1: number of senators voting for and against a bill targeting anti-Asian hate crimes, with Senator Josh Hawley (R-Mo.) the dissenting vote. . . . 127,154: number of Asians in Missouri (as of 2019) . . . 1,000: number of mice per acre on the Farallon Islands . . . 2,900: number of pounds of poison-laced bait being dropped on the Farallons to reduce the rodent population.

Feedback: letters@marinatimes.com. News tips? john@marinatimes.com.

wittercoin.com | 415.781.5690 sales@wittercoin.com

Established 1960

2299 Lombard St. San Francisco The old IHOP at Lombard and Pierce with **FREE PARKING!**

Open normal hours: Weekdays 10-6 • Saturdays 10-3 Walk-ins & Appointments Welcome

OPINION

Reynolds Rap continued from cover

those racist tweets. "I invite you to join me in making this moment count, to not let me or anyone else be swept under the rug, canceled, or dismissed" she said at a sparsely attended support rally.

That's rich coming from a woman who wanted to cancel President Abraham Lincoln, a.k.a. "The Great Emancipator," during the board's embarrassing, ill-fated attempt to rename the city's schools by picking "racists" out of Wikipedia. On a side note, they also wrongly accused Paul Revere of seeking to colonize the Penobscot people and confused the name of Alamo Elementary School with the Texas battle rather than the Spanish word for poplar tree. To add insult to injury, all of this went on while San Francisco students still had no path back to in-person learning, stuck in their Zoom rooms with frustrated parents trying to juggle working from home and homework.

On March 26, after some robust Twitter banter about the Collins debacle, I received an anonymous email that included her home address in Russian Hill. The person said they wanted to point out the hypocrisy of Collins's many convoluted Twitter threads presenting herself as the voice of poor Black and Brown children when she lives in one of the whitest, most exclusive neighborhoods in town. As I viewed the home on Zillow, I noticed it had been listed for sale by Collins and her husband, Chris, in 2019 for \$3,249,000. It didn't sell, but the real estate agent's description remained. "Behind the updated Edwardian façade lies a stunning 3-level modern retreat that shows you can have it all," the agent wrote. "This spectacular home has been thoughtfully and thoroughly reimag-



Left to right: Alison Collins; the Collins home. PHOTO: FACEBOOK.COM/ALISONCOLLINSSF; ANONYMOUS

ined by a leading SF developer and a top architect creative collaborator." When I looked at the photos, however, I noticed something odd: there were two addresses on the building, along with two doors. An Internet search for the individual addresses brought me to Redfin, where I discovered the bottom unit had been sold for \$560,000 in 2004 as a "Loft-like flat in a 2 unit building in Russian Hill."

That evening I posted my findings on Twitter. I have some really smart followers, so naturally they started doing their own digging. Several days later I received another anonymous email from someone who researched the permit history with the Department of Building Inspections (DBI) and found nothing pertaining to such an extensive renovation, nor was there anything filed with the Planning Commission related to the interior work. There also had been no reassessment of value, which would have been triggered by all that construction and the conversion of two units into "a 3-level modern retreat." Further investigation revealed that neighbors had complained to DBI in February 2019 about work being done "in a dangerous manner with expired permits," alleging they had "notified the Collins" [sic] to no avail, and that "all record of previous complaints had disappeared from the department."

According to the documents, a contractor also filed a lawsuit against Chris Collins, seeking copies of the plans, where he discusses his work on the exterior of the home in 2017 and 2018, and

alludes to previous work in 2004, 2013, and 2014. In 2018, the contractor was fired and sued for payment, calling out Collins for his "refusal to let DBI inspect the interior of the house."

'RANG THE SINGLE DOORBELL'

On April 4, I received another email from a person who claimed to have filed a 103-page anonymous complaint about "the illegal merger and construction." As I tracked the complaint, notes from inspectors began to appear. One said, "Rang the single doorbell," proving my initial suspicions were correct. (An April 23 update notes that DBI inspected the site and "observed building violations throughout," with a Notice of Violation to follow.) But beyond the arrogance of an elected city official doing illegal construction on her home is the infuriating fact that her husband is the "leading SF developer" mentioned in the Collins's 2019 Zillow listing. He's one of two principals at Urban Pacific, a privately held real estate firm "focused on largescale, transformative urban investment and development" with a portfolio that includes One Rincon Hill, One Embarcadero South, 560 Mission, and Jack London Square. Alison Collins also receives \$100,000 in annual compensation for "consulting" with her husband's firm, which owns a 1 percent interest in the recently approved \$1 billion Transbay Parcel F project at 542-550 Howard Street (that's a whopping \$10 million). The 806-foot, 60-story building will become the city's fourth tallest tower and will include 325,000 square feet of Class A office space, 165 condominiums, and 189 luxury hotel rooms. Despite all this, Alison Collins had the gall to tweet about research on "ambient identity cues" sent by her husband. "He builds things," she says coyly. "We talk about the built environment all the time and ways gentrification signals who is welcome and who isn't." Ironic considering her husband's latest built environment, Parcel F, is a poster project for gentrification. And, in a city struggling with a housing shortage, the couple did some personal gentrification by converting a two-unit building into a three-story single family home.

JUST PLAIN PRIVILEGED

As Lowell High

parents expressed their

unhappiness, Collins

said, "I'm listening to a

bunch of racists."

When the school board moved to change Lowell High School, one of the top public schools in California, from mer-

it-based admissions to a "more inclusive" lottery system, Collins's 2016 tweets once again came back to haunt her. "Talk to many [Lowell High School] parents and you will hear praise of Tiger Moms and dispar-

agement of Black/Brown 'culture," Collins tweeted about the school, where 54 percent of students are Asian American. During the October 2020 meeting, as Lowell parents expressed their unhappiness with the change, Collins was caught on an open mic saying, "I'm listening to a bunch of racists."

Prior to the meeting, Collins did some of her infamous virtue signaling on Twitter to bolster her support for changing Lowell's admissions policy. "Please be mindful that 'merit' is an inherently racist construct designed and centered on white supremacist framing that justifies who IS and ISN'T worthy of education, safety, justice, empathy . . . basically humanity. When we say some kids 'deserve' access to a quality education, we are also inherently saying some don't . . ." she opined. Back home on Hypocrite Hill, Collins's own kids obviously are the deserving kind: they go to Ruth Asawa School of the Arts - the only other merit-based high school in San Francisco. "Having a White husband doesn't give me White privilege . . . " Alison Collins said in another tweet. That's true. She's just plain privileged, no matter what color it is.





ELECTRIC SHAVERS: BRAUN • NORELCO • REMINGTON

LAMP REPAIR

IDE/AL

IDEAL PROFESSIONAL AIR PURIFICENS - HIGHLY EFFICIENT - CADR- 433.3 - REMOVES ALLERGENS, VOC'S, MOLD, AND VIRUSES

MADE IN GERMANY

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

Email: susan@marinatimes.com. Follow Susan and the Marina Times on Twitter: @SusanDReynolds and @TheMarinaTimes.

Politics as Usual : Opinion

The clown car starts to fill up

Now's your chance to buff up the resume for the low, low price of \$4,000

BY JOHN ZIPPERER

N JAN. 1, 2021, THE GOVERNment should have just issued one big trigger warning for the year. Everything is going to upset you. Case in point: The recall election.

Former Olympian-turned-reality-TV-star and infrequent voter Caitlyn Jenner recently announced as a candidate to replace Gov. Gavin Newsom in the recall election, which has yet to be scheduled ("The trials of Gavin," Politics as Usual, February 2021). She is not the first celebrity to seek office. We are reminded of Jesse Ventura, Donald Trump, Ronald Reagan, Al Franken, Fred Thompson, and of course Arnold Schwarzenegger before her. But Jenner's reported consulting of Trump advisors in preparation for her run won't win over any votes in this least Trumpy of states, and she's not going to win anyway; one hopes she already knows that.

Daniel Ketchell, a spokesman for Schwarzenegger, poured cold water on the Arnold–Caitlyn comparisons, writing that "Celebrity comparisons are easy

until they're not. Like Trump and Arnold — both outsiders elected by angry voters. But one passed reforms to bring sanity to the electoral system and bring the anger level down, and one s**t all over the electoral system and ratcheted anger up." (The asterisks are mine,

but the original demonstrates some of the level of energy you can expect to be brought to this debate.)

CLOWN CADRE

The last time we did this, there were 135 people who qualified for the ballot in the 2003 recall of Governor Gray Davis. In addition to the eventual winner, there were such notable politicos as porn king Larry Flynt, provocative entertainer Angelyne, media personality Arianna Huffington, sumo wrestler Kurt "Tachikaze" Rightmyer, actor Gary Coleman, watermelon-smashing comedian Leo Gallagher, and adult film performer Mary Cook — who, it should be noted, came in tenth out of 135. The rest of the long list of entrants ranged and look at it. You have no idea what birthday gift to get your spouse, and you were seriously considering going to the International Star Registry and naming a star for him or her. Why not spend that money more wisely and put your significant other on the gubernatorial ballot? There is a better-than-lottery chance that you could end up as the state's next First Partner.

And if you or your spouse don't win (and — trigger warning — you won't), just think: You had some fun, got name recognition, made valuable contacts for your tech company/investment fund/cannabis candy factory, and you spent a whole lot less than the Republicans who will blow millions of dollars in this recall that they won't win either.

I am reminded of the 1995 Chicago mayoral election, in which a wacky lineup of Republicans produced a nominee who got only 2.77 percent of the vote in the general election, a dismal performance even in that overwhelmingly Democratic town. I recall reading an article during the primary discussing GOP candidates. There were two businessmen (a Mexican Amer-

> ican and a German American) and a professional clown. The article noted a spat between the businessmen, one of whom called the other (trigger warning) a "wetback" and the other responded by labeling his opponent (trigger warning) a "Nazi." The Lincoln-Dougnot. The third candi

las debates this was not. The third candidate, known professionally as Spanky the Clown, won the nomination.

HARD FACTS

Jenner won't be the last celebrity to enter the race, nor will she be the last totally unqualified person trying to be the most powerful politician in the state. Americans don't like to be told we can't do anything, and Californians *really* don't like it. This is the land of business empires spawned by self-actualization seminars.

And as much as people like to believe in a Mr. Smith Goes to Washington world in which a nonpolitician assumes powerful public office and roots out corruption, that's a 1939 comedy-drama film; it's not reality. You can't be governor. I mean, technically, it's possible that you could pony up the four grand or the 7,000 signatures and get on the ballot; and it's (again, better than a lottery ticket's chance) possible that you could actually prevail and get elected. But no, you don't have the temperament to be governor, to assemble the kind of staff needed, to deal with town halls with people screaming at you everywhere from San Diego to Stockton to whatever county it is up north where they grow pot all the time. You don't have the contacts in Washington, D.C., to lean on when you need to beg for money. And you don't have the desire to spend every evening of the next four years reading briefing books so you don't cause a press conference gaffe.

Marina Homeoners, Protect Your Family And Your Investment

Gross & Klein LLP has successfully resolved contamination cases against PG&E for Marina homeowners since 2011



If you've received a notice from PG&E about contamination on your property, contact us at mgp@grosskleinlaw.com 415-671-4628

Results for our clients have included: - PG&E-funded cleanups - Large lump sum payments - Future appreciation guarantees - PG&E's purchase of the property for substantially over market value

All achieved at little or no out-of-pocket

Caitlyn Jenner is just one of what is likely to be a cavalcade of celebrities and other nonpoliticians seeking to replace Governor Newsom.

from a custom denture manufacturer to a college student to a musician to a whole bunch of self-described businessmen.

Ketchell dispatched with the celebrity angle. Right-leaning author and historian Anne Applebaum can do so for the business angle. Through much of the Trump administration, which she strongly opposed, Applebaum pinned this tweet to the top of her Twitter page: "After this is all over, I never, ever want to hear again about how businessmen would run the government better than politicians."

IT'S AN INVESTMENT

It only requires \$4,000 or 7,000 signatures to qualify for the recall ballot. That's the best-spent investment of your marketing and P.R. budget ever. Where else can you get repeated statewide exposure for a measly \$4,000?

Come on, you live in San Francisco. Some of you probably have \$4,000 in your pocket right now. Take it out, put it on the table, Don't take it personally. I couldn't do it, either. My point is that *most* people can't do it. Final trigger warning: *No, you can't*.

Feedback: letters@marinatimes.com. Author: john@marinatimes.com

cost to the client.

Dealing with PG&E is a pain. Let us do it for you and achieve a better result.

References from former and current homeowner clients happily provided.

GROSS & KLEIN LLP

www.grosskleinlaw.com

FOOD & WINE



Le Colonial

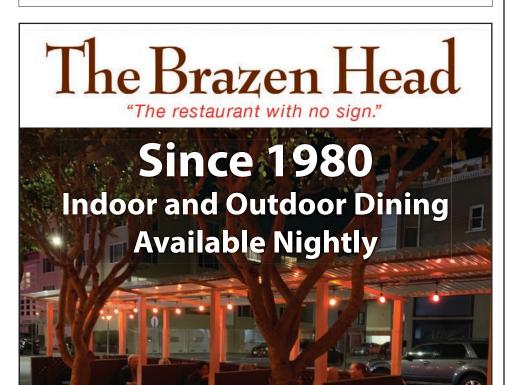
WELCOME BACK!!!

We are excited to host you on our lovely patio, in our dining room, at our parklet and for takeout and delivery.



JOIN US FOR MOTHER'S DAY BRUNCH!

20 Cosmo Place, San Francisco, CA 94109 415 931 3600 || LeColonialSF.com || @LeColonialSF



Modern Dining continued from cover

bottled beer, Champagne, and craft sangria.

The menu, created to partner with Red Window's low-proof cocktails, includes small bites like crispy meatballs, salt-cod fritters, and marinated artichokes with goat cheese (\$3–\$4). Larger tapas include gambas, or Spanish garlic shrimp (\$16), and brothy rice with squid, shrimp, and chorizo (\$27). Dessert selections include sweet empanadas (\$8).

Original Joe's (originaljoes.com), a North Beach standard, now offers an updated weekend brunch and dinner menu daily on its heated outdoor area, indoors, or to-go. In addition to classic hamburgers, steaks, salads, seafood, and pasta, new menu items include braised short rib with truffle potato puree and roasted root vegetables (\$35), and seared day boat scallops with spring vege-

table risotto (\$33). Brunch specials include a breakfast burrito with eggs, hash browns, ham, sausage, bacon, green onion, and three kinds of cheese (\$15), and a Dungeness crab omelet with avocado, jack cheese, so

cado, jack cheese, sour cream and chives (\$22). If Mom prefers a lighter meal, she can order a fresh fruit salad or avocado toast. A vast variety of cocktails are available along with wine and beer.

CELEBRATE ON CHESTNUT

Another Adam Rosenblum restaurant, Marina favorite Causwells (causwells.com), has reopened and is featuring brunch every Friday through Sunday from 10 a.m. to 2 p.m. The menu is focused on comfort food with a regional Southern twist and seasonal ingredients sourced from small farms. Rosenblum is excited to offer salsas from Nana Margarita led by Causwells employee Izzel Guerreo.

Causwells' brunch menu is divided into bites, breakfast, salads, and sandwiches with a dedicated brunch cocktail menu that takes advantage of its new, full liquor license. A breakfast negroni mixes Asian pear with amaro, and gin, and the Marina milk punch is a heady concoction of dark rum, bourbon, almond milk, walnut bitters, and vanilla (both \$13).

Bites, which are priced by the piece, include a Virginia ham buttermilk biscuit

slider with Creole aioli and avocado "toastletts" (both \$3). Breakfast dishes include a cornbread waffle with fried chicken and chili honey (\$18), breakfast jambalaya with rice, Cajun stock, and chicken sausage served with a sunny-side-up egg (\$18); and chilaquilles served with Nana Margarita's pasilla salsa, tortilla chips, sour cream, cotija cheese, red onion, and cilantro (\$13). A shrimp po'boy sandwich with crispy fried shrimp, spicy remoulade, lettuce and pickled green tomato (\$17), and a brunch burger with American cheese, bacon, aioli, and fried egg (\$18) are other brunch highlights. Causwells is also serving its full dinner offerings, including a children's menu.

FEEL RIGHT AT HOME

Be grateful that families

can once more gather

together, at least in small

groups, to enjoy the day.

For a luxury home dining experience that's sure to wow the mom in your life, check out **Feastin'** (feastin.com), a new meal

delivery platform designed by restaurateurs to support local restaurants, farmers, and purveyors to elevate the dining experience. For Mother's Day, decadent brunch options include stuffed French toast

from San Francisco bakery Flour & Branch; a brunch feast for two from Daughter's Diner in Oakland featuring classic brunch dishes and a bottle of champagne and orange juice for DIY mimosas, and dim sum from Palette Tea House in North Beach that includes an entire Iberico BBQ pork meal (\$68). Feastin' also offers meal kits and groceries; visit the website for menus and prices.

Finally, an online cooking class where you and your family prepare a special meal at home might be the perfect way to give Mom a break without going out. Both **CozyMeal** (cozymeal.com) and **Classpop** (classpop.com) offer a wealth of live, virtual cooking classes where you can learn how to make everything from sushi and tacos to chocolate truffles and soufflés. Cooking together is also a wonderful way for mothers and kids to bond in the kitchen.

However you choose to celebrate Mother's Day this year, be grateful that families can once more gather together, at least in small groups, to enjoy the day in person.

julie@marinatimes.com





TAKE OUT AND DELIVERY (415) 921-7600

DoorDash • Grubhub • Postmates • Uber Eats

Hey Siri, you ever think that the OMG! Just Internet of Things try talking is a stupid idea? with a refrigerator. Sooo boring! i 🖉 🖉 🔊 amazon

IOT

6 MAY 2021

Wine World : Let it pour

Cheers to Mom: Wines to celebrate her day

BY LYNETTE MAJER

THIS YEAR IS WORTH A SPECIAL celebration for Mom because many of us weren't able to see her last year. So if she loves her wine, be sure to check out these to toast her on her day. And in honor of all moms, these wines are made by women — some are moms, and some are daughters with moms — and all are making great wine for just sipping or for pairing with your favorite foods.

RED WINE

Gust Sonoma County Petaluma Gap Syrah 2018, \$48. Founded by second-generation Cline family sisters Megan and Hilary, Gust is from the new-ish Petaluma Gap AVA. The name refers to the blustery winds that regularly, well, gust, through the area, making it perfect for growing cooler climate vines - Pinot Noir, Chardonnay, and Syrah - all of which are produced by Gust. This bold and complex Syrah has ample notes of peppercorn and blackberry for "a taste of old-world [S]yrah with new world structure."

Banshee Sonoma County Pinot Noir 2018, \$28. Alicia Sylvester, Banshee's new winemaker and advocate for sustainable wine farming, focuses on Sonoma Pinot Noir, with several wines from the Sonoma Coast fetching three figures. While no one will dispute Mom isn't worth that, not only is this particular Pinot a bit easier on the wallet, it's also the winery's flagship wine. Partly sourced from the coast, the other part is from the Russian River Valley, which gives it a fine pedigree. And you'll still find all of Pinot's characteristic flavors and aromas of berries, cherries, and plums.

WHITE WINE

Laguna Russian River Valley Chardonnay 2017, \$24. It took a trip to the Salamander Resort in Middleburg, Va., to discover this wine from our own backyard. I'll admit I was a bit surprised (shocked?) to discover it is part of the Gallo Family portfolio, but Gallo has come a long way since Ernest and Julio and that jug wine my mom used to drink. Winemaker Gina Gallo, Julio's granddaughter, crafts this wine from the family's historic Laguna Ranch vineyard, a former apple orchard. Chardonnay vines thrive in the Russian River Valley, cooled by the fog that rolls in from the ocean. If your mom is a Chardonnay fan, she'll be delighted with this rich, oaky, creamy, and well-balanced wine, awarded 90 points from the Wine Enthusiast.

Imagery North Coast White Burgundy 2019, \$32. Winemaker Jaime



Benzinger (yes, that Benzinger) crafts several fun and interesting white wines, so if Mom likes white, a trip to the tasting room in Sonoma Valley's Glen Ellen is worth a visit to enjoy the wines and the art gallery of commissioned labels. Denver-based artist Mai Wyn Schantz designed the gorgeous label for this Chardonnay, Pinot Blanc, and Pinot Meunier blend, a versatile wine that pairs well with food.

SPARKLING

Chateau St. Jean Sparkling Brut Cuvee 2017, \$25. Margo Van Staaveren, winemaker and general manager, has come up through the ranks at Chateau St. Jean, beginning as a laboratory technician in 1980 - she even met her husband there and her children have been born during her time at the winery. She crafts this bubbly using the Cuvee Close or Charmat approach, which dates to the 1800s, to ensure a brightness and complexity with a fruity, flowery, yeasty aroma with notes of honey and vanilla to create a refreshing, elegant finish.

Chandon Brut Rosé (NV), \$25. Champagne, France-born Pauline Lhote worked at Champagne houses Nicolas Feuillatte and Moët & Chandon before coming to Napa Valley's Chandon for an internship 15 years ago, and she is now the winery's second female winemaking director. This gold medal award-winning (2021 San Francisco Chronicle Wine Competition) sparkling is one of her favorite wines to make. Made primarily from Chardonnay grapes with a small amount of Pinot Noir for color and aroma, this dry, food-friendly sparkling has notes of berries and watermelon, and, of course, a lovely salmon-pink color.

Whether you sample these wines or have your own favorites, may your Mother's Day celebration be joyous and safe.

lynette@marinatimes.com



- **EXCELSIOR** 4400 Mission Street
- EUREKA VALLEY 1 José Sarria Court
- MARINA 1890 Chestnut Street
- MERCED 155 Winston Drive
- MISSION BAY 960 Fourth Street
- PARK 1833 Page Street
- PORTOLA 380 Bacon Street
- POTRERO 1616 20th Street
- WEST PORTAL 190 Lenox Way

MONDAY – SATURDAY 10 a.m. - 5:30 p.m. SUNDAY 12 - 5:30 p.m.

MAIN LIBRARY 100 Larkin Street

• VISITACION VALLEY 201 Leland Avenue (Opening June 21)

TUESDAY – SATURDAY 10 a.m. – 5:30 p.m.

- **EXCELSIOR** 4400 Mission Street (Opening June 22)
- MISSION BAY 960 Fourth Street (Opening May 18)

SFPL To Go-Go

WED, 2 - 6 p.m. TUE & THURS, 2 – 6 p.m.

- **MISSION Bookmobile** John O'Connell High
- **OMI Bookmobile** Jose Ortega Elementary
- **RICHMOND** Bookmobile **Roosevelt Middle School**
- **TREASURE ISLAND** Bookmobile Avenue H and 11th Street
- OMI Bookmobile Catholic Charities 50 Broad Street

Questions? Just ask! Call (415) 557-4400 for general assistance.



Art World : Virtual exhibit

The Museum of Craft and Design takes on the information age in 'Imagining Data'

BY SHARON ANDERSON

N AN AMBITIOUS VIRTUAL EXHIBITION, THE MUSEUM of Craft and Design is presenting information as visual poetry interpreted by an international group of artists. "Imagining Data" shapes this subject matter into four categories: natural and environmental conditions, personal biometrics, communal movement, and randomized content.

DATA VISUALIZATION

The artists in this exhibition are developing systems to transform data into images. Paintings, drawings, sculptures, audio-visual installation, fashion, and even performance shows us what data can look like. What we divulge through online activity, our transactions, our personal and societal statuses, political affiliations, and our environment can be described by numbers and algorithms. Statistics have become a modern obsession and a way to frame our existence, especially during the Covid-19 era when contagion spikes, hospitalizations, and vaccination data flood our media each day.

CHANCE AND THE NATURAL WORLD

System interpretation is by no means a new methodology for creating art. *In 3 Standard Stoppages* (1914), Marcel Duchamp dropped three one-meter-long threads onto three canvas strips that were then attached to a canvas, preserving the positions as they landed. In keeping with the idea of measurement, artist Jill Baroff, in *Hurricane Xaver (Baltic Sea)* (2014), assimilates data from measurements of tide heights. Recorded every six minutes, the artist shows us what a hurricane looks like in minimalist concentric circles of color determined by the height of the tide.

Alicia Biala's and Iwo Borkowicz's *Totemy* (2019) is a wooden and hand-painted installation with a QR code in Poznan, Poland. More than 29 feet high, these brightly colored sculptures tell a story not obvious to the naked eye. Through the use of the QR code, a type of matrix barcode at the base of the sculpture, the viewer can learn about the relationship between statistics for deforestation, air pollution, and plastic production.

WHAT WE ARE MADE OF

In *Amazon #7*, *Amazon #5*, and *Amazon #3* (2016), Louis Cameron highlights the vulnerability of individuals and the abuse and misuse of third-party data collecting. Facial recognition software is a controversial technology that maps facial components that can identify a person from a surveillance viewpoint. Taking photos of participants using the Amazon.com app, the human face is reduced to points of light signifying facial components, which are then scanned like inventory, turning humanity into a product, and literally shining a light on the commodification of our online lives.

Evan Roth's *Since You Were Born* (2020) traces activity online in a massive montage to the accumulated documentation of daily Internet activity through a number of years. The artist archived traces of his interests into hanging prints, bringing the private to a public space. The seemingly endless images, including the birth of his second daughter, cover the walls of the Jeu de Paume in Paris, France. The monumental installation is a part of a series Roth has titled *Internet Cache Self Portrait* series (2014–ongoing).

IMMIGRATION AND MIGRATION

In Communal Movements, artists examine the political and economic implications of why populations shift. In richly hued acrylic, ink, oil and vellum on paper, Tiffany Chung pays tribute to the missing in NYT: incidents of lives lost at sea and entries from the tracking of dead & missing by IOMMissing Migrants Project (2017). For a solo exhibition taking place that same year, Chung featured work that tracked forced migration around the world. In vibrant colors and shapes, she detailed the data behind events like the post-1975 mass exodus of refugees from Vietnam, of which she was a part. Painting statistical data of the dead and missing demarcates the human cost of upheaval.

PATTERN RECOGNITION AND THE RANDOM

The human mind is, arguably, a pattern recognition generator. When confronted with random events and information, we try to make sense of chance. The unpredictable comes in many forms, and in Nina Katchadourian's *Talking Popcorn* (2001/2019), this form includes no small amount



Totemy by Alicja Biala and Iwo Borkowicz (2019). PHOTO: CURATORSQUAREDVIRTUALVIEWS.COM

of humor. This sound sculpture grew out of her interest in translation, and *Talking Popcorn*, using principles of Morse Code, transcribes the sounds from popping corn into language. The artist explains, "A microphone in the cabinet underneath the popcorn machine picks up the sound of popping corn, and a laptop hidden in the pedestal runs a custom-written program that translates the popping sounds according to the patterns and dictates of Morse Code. A computer-generated voice provides a simultaneous spoken translation." The machine's first word was "we."

We, indeed. *Imagining Data*, becasue it is not limited by the constraints of a physical gallery space, introduces us to artists, ideas and spaces around the globe as we consider the age of information — together.

The Museum of Craft and Design is now open to the public with two physical exhibitions: "Design by Time" and "Encoded Holidays: Gary Hutton x Tom Bonauro": Wed.–Sat. 10 a.m.–5 p.m. and Sunday noon–5 p.m. through Aug. 15, \$10, 2569 Third Street, 415-773-0303, sfmcd.org

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

The Best of Books What's flying off the shelves

The Marina Books Inc. best-seller list

COMPILED BY KEVIN MCCARTHY

HARDCOVER FICTION

- 1. Klara and the Sun: A Novel, by Kazuo Ishiguro
- **2.** The Bohemians: A Novel, by Jasmin Darznik
- 3. We Run the Tides: A

PAPERBACK NONFICTION 1. Buy Yourself the F*cking Lilies: And Other Rituals

- Lilies: And Other Rituals to Fix Your Life, from Someone Who's Been There, by Tara Schuster
- 2. Minor Feelings: An Asian American Reckoning, by

their place in the dazzling new skyscrapers of Manhattan. Beautifully written and impeccably researched, *The Barbizon* weaves together a tale that has, until now, never been told. It is both a vivid portrait of the lives of these young women who came



Novel, by Vandela Vida

HARDCOVER NONFICTION

- 1. The Code Breaker: Jennifer Doudna, Gene Editing, and the Future of the Human Race, by Walter Isaacson
- 2. How to Avoid a Climate Disaster: The Solutions We Have and the Breakthroughs We Need, by Bill Gates
- 3. Spirits of San Francisco: Voyages through the Unknown City, by Gary Kamiya and Paul Madonna

PAPERBACK FICTION

- 1. Watch Me Disappear: A Novel, by Janelle Brown
- 2. Where the Crawdads Sing, by Delia Owens
- **3. Beach Read**, by Emily Henry

8 MAY 2021

- Cathy Hong
- 3. Hidden Valley Road: Inside the Mind of an American Family, by Robert Kolker

CHILDREN'S BEST SELLERS

- **1. Rule of Wolves**, by Leigh Bardugo
- **2. Ground Zero**, by Alan Gratz
- **3.** Itty-Bitty Kitty-Corn, by Shannon Hale

NEW AND NOTABLE RELEASES

The Barbizon: The Hotel That Set Women Free, by Paulina Bren

Liberated from home and hearth by World War I, politically enfranchised and ready to work, women arrived to take to New York looking for something more, and an epic history of women's ambition.

Beautiful Things: A Memoir, by Hunter Biden

When he was 2 years old, Hunter Biden was badly injured in a car accident that killed his mother and baby sister. In 2015, he suffered the devastating loss of his beloved big brother, Beau, who died of brain cancer at the age of 46. These hardships were compounded by the collapse of his marriage and a years-long battle with drug and alcohol addiction. Biden recounts his descent into substance abuse and his tortuous path to sobriety, ending with where he is today — a sober married man with a new baby, finally able to appreciate the beautiful things in life.

The God Equation: The Quest for a Theory of Everything, by Michio Kaku

What happened before the Big Bang? What lies on the other side of a black hole? Are there other universes and dimensions? Is time travel possible? Why are we here? Kaku explains the intense controversy around the efforts to unify the Theory of Relativity and Quantum Theory, with Nobel laureates taking opposite sides on these questions. Written with enthusiasm and clarity, this epic and engaging journey is the story of *The God Equation*.

For additional new releases, visit marinatimes.com

Kevin McCarthy can help you find your next book at Books Inc. in the Marina (2251 Chestnut Street, 415-931-3633, booksinc.net).

Snyder

continued from cover

Though I love a mystery, I don't much care for the standard-issue procedural dramas churned out and played on American network TV for decades. The *Law & Order*, *CSI*, and *NCIS* franchises and their ilk generally deliver a string of one-off crimeor-crisis-of-the-week affairs with barely perceptible character growth from season to season. The formulaic nature of these productions seems banal, even tedious to me, but the various shows, including the spin-offs, are popular enough to be renewed year after year. So I go elsewhere for my cops 'n' criminals narrative fix.

My attitude toward the British and European variations on the format is markedly enthusiastic. I find myself eagerly seeking out and consuming those series, which can usually be accessed through streaming services such as Netflix, Amazon, Hulu, BritBox, Acorn, and MHz Choice. Upon reflection, the appeal is more in the longform storytelling than in the exotic nature of the locales. Admittedly, a few select U.S. crime dramas have used the miniseries structure with satisfying results, such as the first True Detective series from HBO, starring Matthew McConaughey and Woody Harrelson. I'm particularly fond of the Amazon Prime offering Bosch, featuring Titus Welliver as the resourceful title character, with extended plots based on Michael Connelly's Bosch novels. Meanwhile, our friends overseas have been — pardon the expression — killing it with literally dozens of engrossing multiepisode explorations of humanity's dark side that also examine those investigators who seek justice and risk their lives in search of the perps.



Vicky McClure and Kelly Macdonald in *Line of Duty*. PHOTO: COURTESY OF THE BBC

UNDER SCRUTINY OVERSEAS

Evidently, I prefer some nuance and complexity to my procedurals that a single hour-long one-and-done episode seldom can provide. I've previously raved in these pages about ITV's Broadchurch (now on Netflix), which follows a mismatched pair of detectives, enacted in brilliant fashion by David Tennant and Olivia Colman, as they try to solve the murder of a young boy in an insular British seaside town and deal with the aftermath over the course of three seasons. And there are comparable and equally compelling foreign shows including The Missing; The Tunnel, a Franco-British effort based on the Scandinavian series The Bridge, which also spawned a decent American version; the interrogation-centered Criminal that looks at different crimes and suspects with separate English, French, German and Spanish takes on the concept; and Spiral (Engrenages), the durable, addictively soapy French policier.

One of my favorite episodic programs about crime and punishment has a rather unique structure. In each of its six seasons, *Line of Duty*, set in an unnamed British city, follows a police anti-corruption division — what's commonly known as Internal Affairs in the United States — as they investigate a different person of interest within the department. Additionally, the division, Anti-Corruption Unit 12 or AC-12, is under scrutiny by administrators with possibly dubious agendas of their own in who-watches-the-watchmen fashion.

The main recurring characters on the show are the mainstays of AC-12: Detective Inspector Steve Arnott (Martin Compston) whose refusal to cover up a deadly, mishandled raid on suspected terrorists results in a reassignment to AC-12; Detective Inspector Kate Fleming (Vicky McClure), a veteran of undercover operations who is a divorced single mom; and their upright superior officer, Superintendent Ted Hastings (Adrian Dunbar). Their messy private lives and personal interactions are as much a part of the show as their challenging, often dangerous professional doings. But the series' not-so-secret weapons are the high-profile guest stars cast as each season's investigative target.

In Line of Duty's first season, Lenny Harris (The Walking Dead, Fear the Walking Dead) plays a media darling supercop who may be up to some shady dealings. Keeley Hawes (The Durrells, Bodyguard) is a detective inspector accused of conspiracy in Season 2. Daniel Mays (1917, Good Omens) gets grilled in Season 3 as a sergeant involved in a problematic shooting incident. Season 4 centers on Thandiwe Newton (Westworld, Crash) as a chief inspector accused of tampering with evidence. Stephen Graham (The Irishman, Boardwalk Empire) is an undercover cop whose allegiances are called into question during Season 5. The current season has Kelly Macdonald (Giri/Haji, Trainspotting) as a detective superintendant whose suspicious behavior while overseeing a murder case gets the attention of AC-12.

BritBox was granted exclusive U.S. rights to *Line of Duty*'s sixth season, available for streaming there this month. All of the six serialized investigations offer bravura performances by the big-name guest actors and the regulars, amid compelling turns and twists. Each season is able to stand on its own, but there are some plot threads and character arcs that will pay off better down the road if *Line of Duty* is watched in order, starting with Episode 1. It would be positively criminal to do otherwise.

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

Cruise 1 million meals delivered. 100% clean miles driven. Over the past year, Cruise partnered with the San Francisco-Marin Food

Bank and SF New Deal to use its fleet of all-electric, self-driving vehicles to deliver more than 1,000,000 meals to San Franciscans in need. 267,000 of these meals were delivered to families in the Marina, Cow Hollow, Pac Heights, Russian Hill, and North beach To learn more, reach out to us at: community@getcruise.com.



CALENDAR

MAY EVENTS NOT TO MISS THIS MONTH

MAJOR EVENTS



CAAMFEST 2021: Celebrating Asian American Stories

Daily, May 13-23

Fort Mason Center, live stream, & on-demand Presented by the Center for Asian American Media, this year's film festival features live virtual screenings, on-demand screenings, and drive-in experiences. *Free*_\$90, 415-863-0814, *caamedia.org, fortmason.org* PHOTO: WHO IS LUN*NA MENOH? / CAAMEDIA.ORG

Bay to Breakers Virtual Run: Run Wild Anywhere

Daily, May 16–June 2 Virtual

No worries, you can still dress up and post selfies in this virtual race to anywhere at any time you want, and as a bonus you will be contributing to the California Wildfire Relief fund to aid those affected by the 2020 wildfires. *Includes swag.* \$49, *baytobreakers.com*

Annual S.F. Decorator Showcase: New Perspectives

Opens Saturday, May 22 On demand

This year's conceptual, all-virtual show of the Russian Hill home at 1080 Chestnut Street to be reimagined by a team of designers is 5,445 square feet, has 360-degree views, soaring ceilings, and more. Donations benefit S.F. University High School's financial aid program. Free (donations accepted), 415-447-5830, decoratorshowcase.org

42nd Annual Carnaval San Francisco Community Resource Fair and Celebration: Our Existence is Resistance

Sat.–Sun., May 29–30, 2 p.m.–5 p.m. John O'Connell High School (Harrison St. btw. 18th–20th and Alabama St. btw. 19th–20th) The event will provide culturally relevant and free services and resources to Latino residents hardest hit by the Coronavirus pandemic, including: health, Covid–19 resources, employment, education, free groceries, housing assistance, a graduation ceremony, dance performances, lowriders, and entertainment. *Free*, *415-206-0577*, *carnavalsanfrancisco.com*

JUST FOR MOM

Mother's Day Crissy Field 5K Run Daily, May 3–9

Virtual Start at the Yacht Harbor Parking Lot, run west along Crissy Field/Golden Gate Promenade, continue along path past the Warming Hut, into Fort Point National Historic Site. Turnaround at 1.55 mile mark and return same way to finish. \$20 & \$75, 415-978-0837, dserunners.com



Mother's Day Brunch Cruise

Sunday, May 12, 10 a.m.-noon & 2:30-4:30 p.m.

Hornblower Yacht & S.F. Belle (Pier 3) Give Mom a special day she won't forget with a brunch cruise around the bay. Plated threecourse meal includes bottomless mimosas, entertainment, and more. \$95, 888-467-6256, hornblower.com PHOTO: HORNBLOWER.COM

COMMUNITY CORNER

Walkway Weekends

Sat.-Sun. through June, 11 a.m.-5 p.m. Chinatown (Grant Ave. btw. California and Washington Sts.)

Enjoy car-free fun, murals, shops, and outdoor dining in this small-scale, health order-compliant version of Sunday Streets to celebrate carfree space and provide health and wellness programming where it's needed most. Free, sundaystreetssf.com



GALAS & BENEFITS

Star Chefs & Vintners Virtual Gala Auction: Daily, May 1–23

Live Broadcast: Sunday, May 23, 5–6 p.m. Bid on your favorite wine from your smartphone, tablet, or computer, then join the live gala broadcast. Donation, 415-920-1111, mowsf.org

Party at the Piers: Emergence Friday, May 7, 6 p.m. Live Stream

The Exploratorium's annual gala fundraiser includes a world premiere from artist collect Facing West Shadows that merges shadow puppetry with silhouette and shadow animation to depict the interconnected ecosystems. \$40 and up, 415-528-4444, exploratorium.edu

Garden Feast Wednesday, May 19, 5:30–6:30 p.m. Live Stream

Travel the world in the 55 acres at the S.F. Botanical Garden and learn the critical role botanical gardens play in conserving global biodiversity in this event benefiting the garden and its global plant collections. \$35 and up, 415-661-1316, sfbg.org

ARTS & CULTURE

Bay Area Book Festival Daily, May 1–9

Virtual Since 2015, the Bay Area Book Festival has featured the boldest and most brilliant literary voices in conversations about issues that matter, with a focus on justice and diversity. Over 30 authors will participate in this year's festival. \$15–\$20 (individual), \$60–\$120 (pass),

Asian Pacific American Heritage Month Mostly daily through May

Mostly da Virtual

baybookfest.org

Celebrate Asian and Pacific Islanders culture and heritage throughout the month. Visit website for pricing and schedule, apasf.org

Cinco De Mayo Wednesday, May 5, noon–8 p.m. District 6 (428 11th Street)

Shop with local vendors, listen to live music, eat food from some of the best food trucks, and hang out with friends at this socially distanced outdoor experience/fundraiser for Hijas Del Campo, which works to help migrant and seasonal farm workers improve their quality of life. *Free*-\$125, eventbrite.com

Shipyard Open Studios Daily through May 9 Virtual

View the virtual gallery and stores of over 30 participating artists from the country's largest artist's community presenting a variety

THEATER

S.F. Playhouse: Shoot Me When ... Daily May 1–22

Live Stream

Jackie has dementia, and a carefully crafted pact with her two daughters for how to depart on her own terms when the time comes — but when it does, Jackie has forgotten the pact in this heartfelt and humorous exploration of love, responsibility, and finding joy in life's challenges. \$15-\$30, 415-677-9596, sfplayhouse.org

ACT: YC Cabaret

Thursday, May 6, 7:30 p.m. Saturday, May 8, 7 p.m. Live Stream

Performers from the theater's Young Conservatory Program bring to the virtual stage songs from a variety of musical genres and break out some of the most memorable Broadway showstoppers from the golden age and today. \$10 & \$15, 415-749-2228, act-sf.org

PlayGround: 2nd Annual ZoomFest Daily, May 10–30 Live Stream

Enjoy the culmination and celebration of PlayGround's yearly programming, cultivating exciting new voices for the American stage and presenting fully staged digital premieres alongside dynamic new works in development. *Free (donations accepted), 415-992-6677, playground-sf.org*

We Players: Psychopomp Tue.–Sun., May 13–June 17 McLaren Park

In this guided meditative journey in nature, individuals or pairs are led on a (socially distanced) curated journey through the park, exploring liminal spaces with mythical creatures as guides in a celebration of the senses and as an invitation to develop habits around attention and presence. \$50-\$240, 415-547-0189, weplayers.org

42nd Street Moon: Full Moon Fridays Friday, May 28, 8 p.m. Live Stream

Join your favorite Moon singers (and maybe even some unexpected guests) for a snippet of conversation and some music. *Free*, 415-255-8207, 42ndstmoon.org

DANCE

An Evening of Jazz and Dance Saturday, May 1, 5 p.m.

Live stream (on demand through Aug. 1) Enjoy an extraordinary fusion of dance and jazz featuring award-winning New York City Ballet principal dancer Tiler Peck; Lines Ballet founder Alonzo King; Kennedy Center Artistic Director for Jazz Jason Moran; Grammy Award-winning jazz artist Gregory Porter, and more. \$15, 415-863-1180, linesballet.org

Smuin al Fresco

Select days and times, May 6–30 Live Stream

This outdoor series features excerpts from Michael Smuin's *The Tempest* and *Sueños Latinos*, favorite selections from the Smuin Songbook, and a number of new works. \$25, 415-912-1899, smuinballet.org

3111 Fillmore St. • 415-567-5589 CometClubSF.com

of artwork, including painting, sculpture, printmaking, jewelry, and photography. Free, 415-822-0922, shipyardartists.com

MUSEUMS & GALLERIES

After Hope: Videos of Resistance Thursday 1–8 p.m. & Fri.–Mon. 10 a.m.– 5 p.m.

Lee Gallery, Asian Art Museum How does hope drive us to imagine new worlds? This eclectic selection of more than 50 short videos explores the role of hope in contemporary art and activism. \$15, 415-581-3500, asianart.org

Veterans' Voices: Painted Realities Thu.–Sun., 10 a.m.–5 p.m. Walt Disney Family Museum

This exhibition features original artworks by U.S. military veterans and serves as a platform for American veterans' voices to be heard through their own words and creativity, rather than from nonveteran artists. *\$Free–25, 415-345-6800, wdfmuseum.org*

S.F. Opera: The Barber of Seville Saturday, May 1, Tuesday, May 4 & 11, Thu.–Sat., May 6–15, 8 p.m.

MUSIC: CLASSICAL

Marin Center

See live opera under the stars for the first time in over a year this zany new take on Rossini's beloved classic opera in a hilarious 90-minute adaptation. \$50 & \$250, 415-864-3330, sfopera.com

S.F. Chamber Orchestra: Audrey Vardanega Sunday, May 9, 3–4 p.m. Online

The former debut artist performs a piano program of Mozart, Tchaikovsky, and Price. Free, 415-392-4400, chambermusicsf.org

James Gaffigan Conducts the S.F. Symphony Thu.–Fri., May 20–21, 7 p.m. Davies Symphony Hall

James Gaffigan conducts the U.S. premiere of Freya Waley-Cohen's *Talisman*, along with Arnold Schoenberg's richly hued *Verklärte Nacht*, and Samuel Barber's elegiac Adagio for Strings. Tickets available at the box office. 415-864-6000, sfsymphony.org

MUSIC: CONTEMPORARY

S.F. Jazz: Miles Davis Celebration Fridays through May, 5 p.m.

Live Stream

Featuring Miles From India, Robert Glasper, Chano Domínguez, and Miles Electric, each event includes multicamera HD video and stateof-the-art audio, as well as real-time chats with artists, jazz fans, and SFJazz Members. Visit website for schedule. *\$5, 866-920-5299, sfjazz.org*

S.F. Symphony: Zimbabwean Musical Culture Thursday, May 6

On demand

Explore the intersection between classical music and Zimbabwean musical culture with the Chinyakare Ensemble and S.F. Symphony musicians. \$15, 415-864-6000, sfsymphonyplus.org

Sasha Bayan and Nate Levin Saturday, May 8, 3–5 p.m. The Center patio (548 Fillmore St.)

Enjoy live looped electronic hand percussion and tabla meet sitar, bass, and classical guitar mix originals and entirely improvised sets to bring you one of a kind jams. Limited space to ensure proper social distancing. *Free (donations* accepted), facebook.com/thecentersf

NIGHTLIFE

Exploratorium After Dark Online: Stories from Chinatown Thursday, May 6, 7 p.m. On demand

Chinatown exists as a dynamic community of families and individuals cultivating tradition and nurturing social progress. Join filmmaker James Q. Chan as he shares his current documentary project, *Chinatown Stories: You Are Here*, and premieres a new episode. *Free*, 415-528-4444, exploratorium.edu

FILMS & LECTURES

Fort Mason Flix

Tuesday–Sunday through May 16 Fort Mason Center

This wildly popular drive-in movie event concludes this month with Toy Story 4, Trainspotting, Maleficent, and many more. \$49/car, fortmason.org



Amy Tan: Unintended Memoir

Sunday, May 2, 1 p.m. Live Stream

Join KQED Newsroom's Priya David Clemens for a conversation with Tan about her literary career and her influence on Asian American representation in popular culture. Includes a sneak preview of the new documentary Amy Tan: Unintended Memoir. Free-\$20, 415-864-2000, kqed.org PHOTO: KPJR FILMS, KPJRFILMS.CO

SCIENCE & ENVIRONMENT

Beginning Beekeeping: The Basics and Mid-Season Colony Health

Saturday, May 22, 10 a.m.–noon Garden for the Environment (1590 Seventh Ave.) Learn bee basics, their progress through spring and summer, and what to expect as colonies expand in the warmer, longer days. See live bees in action, and learn how to view active hives from a safe distance. Masks required. \$37 & \$50, 415-558-8246, gardenfortheenvironment.org

Heino Falcke: Black Holes, the Universe, and Us Thursday, May 27, 10–11 a.m.

Live Stream Join this virtual discussion with German astrophysicist Heino Falcke as he discusses his new book, *A Light in the Darkness*, and wrestles with the ways in which black holes force us to confront the boundary where human life ends and the celestial begins. \$5 & \$28, 415-597-6705, commonwealthclub.org

POTABLES & EDIBLES

Wok with Chef Martin Yan Friday, May 7, 2–3 p.m.

Live Stream San Francisco's own chef Martin Yan celebrates Asian American and Pacific Islander month in this cooking class suitable for all cooks, young to old — if "Yan Can Cook, So Can You!" Free, 415-557-4400, sfpl.org

At the Table: Sugarwork, Afro-Asian Art and Foodways

Thursday, May 20, 5–6:30 p.m. Live Stream

Delve into the bittersweet history of sugar to unearth stories of Afro-Asian cultural exchange in the Caribbean. Through conversation and cooking, explore the crossroads of Black and Asian diaspora arts and cuisines, focusing on foodways that evolved out of colonial plantations from Cuba to Louisiana and Jamaica to Mauritius. \$10, 415-581-3100, asianart.org

SPORTS & HEALTH

Yoga in the Park

Saturdays, 10 a.m. Panhandle, Golden Gate Park After months sheltering in place, celebrate and rejuvenate by connecting mind, body, and soul in this relaxing outdoor space. \$15,

Somantic Movement Meditation Mondays, May 17–June 28, 11 a.m. Presidio Theatre (99 Moraga Ave.)

divineyogastudiosf.com, eventbrite.com

Learn techniques from Feldenkrais and Body-Mind Centering somatic healing methods in this six-week class conducted outdoors and following Covid safety protocols. \$90–\$175, 415-563-8894, presidiotheatreorg

FAMILY FUN

Bean Sprouts Family Days

Saturdays, noon–4 p.m. S.F. Botanical Garden Dig, water, pick, build, explore, and investigate

Psychic of Marin

There are many reasons to visit a skilled psychic, perhaps you need clarity or you need to regain spiritual blance. Whatever you are looking for you can learn a lot about yourself and the universe when you visit Kentfield Psychic.

Our Services: Psychic Readings Tarot Readings Spiritual Cleansing Chakra Balancing Candles Oils Incense

> Crystals Books

\$10 Special Palm Reading 943 Sir Francis Drake Blvd., Kentfield

415-967-8670

KentfieldPsychic.com



DAYCARE ~ BOARDING ~ TRAINING

Takeout Tuesdays: Lunchtime Conversations About Art Tuesday, May 4, noon

Live Stream

What can you learn about a court lady from the Tang dynasty (618–907) from a 1994 painting by a Chinese artist who was inspired by a 13th-century painter? Join a docent from the Asian Art Museum in this conversation to find out. \$5, 415-581-3500, asianart.org

Stacey Abrams Thursday, May 13, 6 p.m. Live Stream

Hear the woman credited for turning Georgia blue — who is also the author of the legal-thriller novel While Justice Sleeps (release date May 11) — in conversation with Rebecca Traister. \$49, 415-392-4400, cityarts.net

MARINATIMES.COM MARINA TIMES

the garden's "yes space" for kids — reserve a bucket loaded with tools and materials, and download a Children's Garden Map to help you make the most of your visit. *Free, 415-661-1316, sfbotanicalgarden.org*

Japanese Art of Picture Storytelling Tuesday, May 4, 2–2:45 p.m. YouTube Live

Presented by the S.F. Public Library in honor of Asian American and Pacific Islander Heritage Month, enjoy a 90-year-old Japanese tradition of picture-card storytelling. Ages 6 and older. Free, 415-557-4400, sfpl.org

JUST FOR FUN

Full Moon Sail on S.F. Bay

Tue.-Wed.,, May 25-26, 6:45-9 p.m. Schooner Freda B (Slip 465, Sausalito Yacht Harbor, 100 Bay St., Sausalito) Watch the sunset and May's full "flower moon" rise on the bay from the deck of the 80-foot gaffrigged coastal schooner Freda B. \$125, 415-331-0444, schoonerfredab.com

E-mail: calendar@marinatimes.com

Your dog deserves the best!

San Francisco's Premiere Doggy Daycare Now Open in Marin

1769 Lombard St. San Francisco, CA 415-563-BARK (2275) gdogsf.com



2094 Redwood Hwy. Greenbrae, CA 415-945-WOOF (9663) gdogmarin.com

My dog turned to me and said, Let's get back to Grateful Dog, Dad. -Bob Weir Grateful Dead

MAY 2021 **11**

Wellness

May Classes **Enrolling Now!**



20% FF

Outdoor Art and Wellness Classes

dance · mindfulness · circus · meditation · activism

Use code: Marina at www.PresidioTheatre.org/classes



12 MAY 2021

Includes special events and spirit days. .379 ner we

The Healthful Life : Self care

Why you need to be concerned about inflammation

If acute inflammation

is left unresolved, it

can evolve into chronic

inflammation.

BY THALIA HALE

HAT DO ALZHEIMER'S, CANcer, diabetes, and heart disease all have in common? Though these are diverse conditions with multiple contributing factors including genetics and environmental exposure, there is one common denominator - chronic inflammation.

ACUTE INFLAMMATION

Acute inflammation is an essential and protective mechanism in response to irritation, injury, or infection. Symptoms of acute inflammation include swelling, redness and sometimes loss of movement, such as with a sprained ankle. Your body walls off the damaged tissue area with swelling, while sending messages

to the rest of the immune system for healing action.

This type of inflammation lasts a few days and ends when the injury has passed the first few stages of healing. If acute inflammation is

left unresolved, it can evolve into chronic inflammation.

CHRONIC INFLAMMATION

Chronic inflammation is defined as any inflammatory process persisting beyond two weeks. Causes include persistent nondegradable pathogens, unresolved viral infections, persistent foreign bodies, and overactive immune reactions. Many chronic inflammatory processes are easily undetected because they are typically not as obvious as acute conditions.

The cumulative damage of chronic inflammation contributes to many serious conditions: those mentioned above; anything that ends in "-itis"; external ailments like acne, eczema, and psoriasis; and internal conditions such as asthma, fibromyalgia, celiac disease, and many more.

HEALTH IS WEALTH

Our health is much like your bank accounts — if you start working in your mid-twenties, and spend your entire paycheck, you will have nothing when you reach your retirement years, and your lifestyle will drastically change. Similarly, your health suffers if you do not bank healthful habits. My patients often report that when they reached their 40s and 50s, their health took a drastic turn for the worse, with chronic conditions like heart disease, diabetes, and arthritis. But the processes of these diseases started laying their foundation when these patients were in their 20s and 30s. It is important to be proactive and invest in yourself by incorporating healthful habits. Eating well and exercising regularly improves your immune system, and lowers inflammation to prevent chronic diseases or increased complications.

ardous by-products in the blood stream. The immune system reacts to clear these by-products, which are linked with premature skin wrinkling, cataracts, diabetes, and heart disease.

You are the meat you eat. The diet of conventionally raised livestock is mostly grains. The negative effects of their carbohydrate-based diet are imparted to the consumer as well, and their meat contains 20-30 times more inflammatory fatty acids than their 100 percent grassfed counterparts. With a higher ratio of omega-3 fatty acids, grass-fed meat may be supportive of lower inflammation. Other foods high in omega-3s include salmon, walnuts, and freshly ground flaxseeds.

Eat the rainbow. Add lots of colorful, fresh foods to your diet. The color

> in fruits and vegetables reflects the food's antioxidant capacity. Antioxidants are extremely protective against chronic disease by acting as scavengers searching for inappropriate inflammatory

chemicals in our tissues. Foods rich in antioxidants include fresh fruits, vegetables, spices, dark chocolate, and red wine in moderation. Ensure that every meal has at least five different colors.

NATURAL REMEDIES

Fish oil. High fish consumption has become a catch-22 because the heavy metal toxins they often carry sometimes outweigh its health benefits. A high-quality fish oil daily can help maintain the healthful fatty acids you may be missing. Fish oils are high in omega-3 fatty acids, EPA, and DHA. EPA is particularly helpful in reducing general inflammation, while DHA is highly brain specific and an excellent nutrient for preventing memory loss in adults and healthy brain development in children.

Curcumin. Found in the spice turmeric, curcumin is highly researched as a potent antioxidant that fights inflammation in conditions such as inflammatory bowel diseases, rheumatoid arthritis, osteoarthritis, cancer, and Alzheimer's disease. It's available in an encapsulated pill form, or you can incorporate turmeric into your daily diet. If you are targeting a particular condition, the best benefit can be achieved via the encapsulated form. Boswellia. Also known as frankincense, Boswellia is an ancient Ayurvedic herb from India similar to curcumin in its anti-inflammatory effects. It balances the immune response and has been shown to cause death of cancer cells. In day-to-day practice, I see this herb have profound effects in reducing pain and increasing range of motion in my arthritis patients.



DIET IS CRITICAL

Avoid anything white. The average American eats 160 pounds of white sugar and 200 pounds of white flour per year. This rule includes white salt, white flour, white rice, white potatoes, and white sugar. These foods create quick spikes in blood sugar causing an elevation in haz-

With chronic inflammation at the base of all chronic diseases, it is important to reduce our inflammatory load for our long-term benefit. Diet and lifestyle can make a powerful change in the direction of your health. If you are considering adding supplements, consult with your doctor to ensure they are right for you.

Thalia Hale is a naturopathic doctor at Medical Options for Wellness. She can be *reached at drthalia.com.*

MomSense Every day is Mother's Day



It's time for some well-deserved time and space to recharge for Mom. PHOTO: TETMC

Taking care of Mom

BY LIZ FARRELL

VER THE PAST YEAR, THE PANdemic has affected every group of Americans, and even with the lower case numbers and increased vaccinations, many are suffering from economic or mental health challenges. Much has been written about the toll this has taken on mothers in particular. Many women have been forced to leave the workforce to take care of children remote learning at home. There is also the added pressure of trying to keep our families and ourselves safe both physically and mentally. This month, we celebrate Mother's Day, and if there has ever been a year to make sure Mom is celebrated and given some time and space to recharge, this is the year. Here are some tips for taking care of Mom:

GIFTS TO EASE STRESS

Traditionally popular gift ideas for Mom include a massage, facial, or a manicure-pedicure. These are always great options and a wonderful way to support our now-open local businesses that have suffered so much

this past year.

Small, simple things can also bring great joy in helping to ease stress. One of my favorites is a new water bottle. Staying hydrated is such an import-

ant part of our health, and it's always | ing me for waking up early to drive her to easier with a fun new bottle. Eye masks also make great gifts. I had no idea my sleep could improve so much by simply

friends makes me feel both physically and mentally. These have become very therapeutic, and it is also a nice way to connect with friends.

This year has also made me appreciate a quiet house. With everyone working and schooling from home, I have a whole new appreciation for some quiet time in the house by myself. A good gift could be taking the kids out for a bit so Mom can take a nap or have some quiet time to enjoy her new blanket or candle.

GIFTS THAT SHOW APPRECIATION

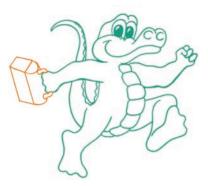
Another important way we can let moms know they are appreciated is by showing or telling them. Modeling for our kids how to give and receive appreciation is so important. Recently, my 8-year-old son knew I was tired and feeling overwhelmed and stressed, and he went upstairs and made my bed just the way I like it with the pillows fluffed. It was a small thing but because I didn't ask, it was a wonderful surprise and a sweet gesture.

As children get older some of these sweet and unexpected gestures can be

a little harder to come by. They don't always come in a big bear hug or a snuggle before bed like when they were little, but they still happen. My daughter recently sent me a text out of the blue thank-

water polo every day. It brought a smile

to my face. Another fun idea is an appreciation jar — for the month of May everyone writes on a slip of paper why they love Mom, and each day she can pull one out and read it.



Little Gator's Pre-School

STROLL INTO LEARNING PRIVATE TOURS SATURDAY, MAY 22nd

Please email us at littlegatorspreschool@hotmail.com to schedule your private tour. Tours will last 15 minutes.

*All staff members are fully vaccinated / Masks Required.

PARENTS OF INFANTS - 5 YEAR OLD CHILDREN ARE WELCOME

3149 Steiner Street San Francisco, CA 94123 415-346-8608 | www.littlegators.com





People are searching for solutions to life's problems. This talk focuses on healing precepts found in the Holy Bible which are available for anyone to understand and experience through the lens of Christian Science.

The How and Why and Wonder of Spiritual Healing

Don't be a victim of circumstance ... learn to live life with dominion!

7:30pm Thursday, May 27

Join us for this live web talk...

BY COMPUTER:

The goal is for moms to feel loved and appreciated every day of the year.

wearing an eye mask to bed. They also work great if you want to just grab a few minutes midday for some deep breaths. I also love a good candle. Currently, my favorite is the signature candle from Hudson Grace on Sacramento Street. My kids now know when that candle is lit it means Mom needs a moment. I also recently received as a birthday gift a weighted blanket. These blankets are meant to relieve stress, ease anxiety, and improve sleep and, I can attest it does do all those things.

THE GIFT OF TIME

The other gift moms love and could always use more of is time. This could mean offering to do some things that Mom usually takes care of, such as grocery shopping, laundry, or cooking so she can have time to do something she enjoys.

One thing I have come to appreciate is how good a long walk or hike with

The goal is for moms to feel loved and appreciated every day of the year. Remember, by and large moms are pretty easy to please, and little things are sometimes appreciated the most. For me, there is no greater joy than coming home after a long day and seeing all the dishes have made it into the dishwasher. So whether the gesture is big or small, take the time to tell the mom or mother figure in your life how grateful you are for all she does.

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

BETH PACKER Practitioner of Christian Science healing and member of the **Christian Science** Board of Lectureship.

Register at: <u>healing101talks.org</u>

Or scan here:



Information: 415-673-3544 firstchurchofcs@sbcglobal.net firstchurchsf.com

Sponsored by: First Church of Christ, Scientist, San Francisco, CA



POTENCY AND PURITY: DRIPP IS CHANGING THE GAME

DRIPP IS CALIFORNIA'S FINEST EXTRACT COMPANY "Dripp is California's finest extract company," explains Daniel Gastelum, CEO of Dripp Extracts. "Throughout every step of our meticulous process we ensure that the essence of the cannabis plant is properly preserved. We utilize the highest quality raw material, the most cutting edge technological advancements, and proprietary methods to craft perfection."

The two p's at the end of Dripp aren't simply for enhanced verbal aesthetic, but rather, they are meant to represent their biggest goals as a company: Potency and Purity.

Dripp's purpose in the cannabis industry is to help it progress in a manner that both sets them apart from others in a manner most appealing to consumers and allows them to set vital precedents and trends that help the industry ultimately move in a more positive direction. With their purpose and their

consumers in mind, perfection is the only acceptable standard of development and progression in the Dripp product lifecycle. To the team at Dripp, true perfection is when they have the same satisfaction from the connoisseur as they do from the first-time smoker and vice-versa.

Why embark on this goal? Because it's worth it.

"To take flower a step further and enable the numerous cannabinoid components to be expressed in a way that truly captures their astounding qualities," answers Gastelum. "We've



a product that exceeds all expectations they may have.

"What sets us apart is our attention to detail, knowledge of the intricacy of cannabinoid profiles, and the relentless pursuit of providing the ultimate representation of purity," explains Gastelum. "We sought out to create products that are unmatched in quality and have achieved that goal. We have been a part of the culture for nearly our entirely lives and respect what it stands for. In order to truly honor that respect, we've focused all of our efforts to create extracts that exude the sensational traits cannabis has to offer."

For multiple decades, Dripp's network of experienced and dedicated farmers have been producing some of the highest quality, all natural premium cannabis grown on California's legendary soil. Dripp's extensive network of

suppliers stretches from San Diego to Humboldt and their cannabis sourcing team makes frequent visits to all the farms they have relationships with to ensure top quality product from seed to sale.

Dripp vape products are the perfect blend of live resin and distillate delivering a delicious flavored and potent product to the consumer. Dripp believes that true quality is achieved through an elevated, purified extraction process, where time is taken to get the perfect product, every time. "Considering that we are true connoisseurs, we've seen nearly every rendition of what the industry has to offer," says Gastelum. "Many of those products fell short of capturing the aromatic components, purity, potency and robust terpene profiles. We feel that our interpretation of concentrates honors cannabis ideally and are confident you'll share the same sentiment." Dripp can be found in the following shops: West Coast Cannabis, Downtown Patient Group, The Vault Cathedral City, The Micro Buddery, From The Earth Santa Ana, and Hueneme Patient Collective. With more to come.

POTENCY AND PURITY. This is the motto of Dripp, where the raw essence of cannabis is preserved during a precise extraction process that yields some of the most robust terpene profiles you'll ever taste. The Dripp team has enhanced and streamlined the standard extraction process, resulting in a vaping experience that highlights potency, profile and consistency in a way that hasn't been done before.

spent countless hours determining which approach honors this incredible plant appropriately. From the nostalgic aromas, the awe inspiring aesthetics, to the miraculous effects, it has been our mission to accurately capture those aspects."

All Dripp products are manufactured using a refined and incredibly precise series of extraction procedures that allow them to draw and derive the most from their premium-quality raw materials. After an initial quality control inspection of their finished bulk products, they are then transferred to their dedicated distribution assembly team, where the products are packaged and filled with utmost attention to detail and are then subjected to a strenuous round of quality control procedures to ensure

To learn more, check them out on Instagram @drippextracts

Real Estate

The Observer Market performance



An upcoming wave of new IPOs could introduce more buyers into the local market. PHOTO: GAREY DE MARTINI

Ready for the rebound

BY GAREY DE MARTINI

ALIFORNIANS ARE NOT LEAVING the state en masse, but they are leaving San Francisco, according to a recent *Los Angeles Times* report. Net exits from San Francisco in the last nine months of 2020 increased 649 percent compared with the same period in 2019, from 5,200 net exits to 38,800.

The article quotes a California Policy Lab report, saying, "While a mass exodus from California clearly didn't happen in 2020, the pandemic did change some historical patterns. For example, fewer people moved into the state to replace those who left. At the county level, however, San Francisco is experiencing a unique and dramatic exodus, which is causing 50 percent or 100 percent increases in Bay Area in-migration for some counties in the Sierras."

THE IMPACT

What does this mean? Top producer and real estate agent Annie Williams with Sotheby's International in San Francisco paraphrased something Mark Twain is purported to have said, "Reports of the city's death are greatly exaggerated."

"The national press likes to write about how everyone is fleeing San Francisco, and while I know some people certainly left, I don't think the city is emptying out," Williams said. "Some at the upper end left for tax reasons, and, sure, a good portion of younger, more mobile renters took advantage of working from home, and moved for a year to Tahoe, or Santa Cruz, or home with their parents to save money. But I have never seen the highend real estate market so strong. There is a whole new generation ready to rise they need to be in the office this fall, or because they miss all of the things that make San Francisco so great — the other interesting people, the physical beauty, the climate, access to nature, restaurants, and cultural events, all of which are gradually opening up."

THE NUMBERS

According to the San Francisco Association of Realtors, in March the median price for a single family home in San Francisco was \$1.65 million, based on a rolling three months of activity, up 6.5 percent over March 2020. At the same time the median price for a condo was \$1.18 million, down 3.2 percent from the previous year. San Francisco single family home prices peaked in July 2020, with a median high of \$1,756,000. It will be interesting to see how prices shape up this summer — the expectation is likely higher still.

Active listings have come down considerably from the all-time highs reached in October 2020. That means there are simply fewer homes on the market. In March there were 509 single-family homes listed as active on the market, compared to 923 in October. There were also 1,208 condos listed as active, compared to 1,950 in October.

Pending sales have skyrocketed. In March 681 single family home sales were pending, up 55.1 percent from March of 2020. At the same time there were 995 condo sales pending, up 95.9 percent over last year.

Clearly home sales, and now even condo sales, are doing very well in San Francisco.

A recent MarketWatch article cites a new study from the Federal Reserve Bank of New York that showed more than 90 percent of respondents preferred owning their primary residence to investing in the stock market. The most common reasons people cited in choosing housing over stocks seemed to be about comfort and stability, rather than seeking a better return. The most commonly selected responses were that the home was their "desired living environment" and "provides stability," and that house prices were "less volatile." San Francisco home prices continue to be challenging. But Williams is convinced that demand for San Francisco properties won't wane anytime soon. "There are lots of IPOs taking place — or about to take place — for companies that are not household names," she said. "As a result, there are plenty of buyers for whom budget isn't a fixed thing."

MarinaTimes

Pick us up anytime!*

Available at these locations:



Marina

Corner at Divisadero	
Crunch Fitness	
Tacolicious	1 Avila St.
Starbucks Reserved	
The Humidor	
The Dorian	
Glaze	
Izzy's Steaks & Chops	
Walgreens Tri Counties Bank	
Super Duper	
Lucky Brand Jeans	
Walgreens	
Books Inc. (Inside)	
Marina Library (Inside)	

Cow Hollow

Bus Stop	
Geo Gelati	
See Eyewear	
Michaelis Wine & Spirits	
Coffee Roastery	
Comerica Bank	
Wells Fargo Bank	
Octagon House	
Postal Chase (Inside)	
Golden Gate Valley Library (Inside)	

Pacific Heights

Glaze	
Wells Fargo Bank	
Peets Coffee	
Pets Unlimited (Inside)	
Mayflower Market (Inside)	

Russian Hill/Nob Hill

Crepe House	
Corner at Polk	
Peets Coffee	
Starbucks Coffee	
Beauty Supply	
Corner at Polk	
1760 Restaurant	
Nob Hill Grocery (Inside)	

North Beach/Embarcadero

Mama's Postaurant

604 Eilbort St

up and buy the estates left behind by the old guard."

According to the California Policy Lab, most who left San Francisco stayed in the Bay Area economic region, and some 80 percent remained in the state — a trend consistent with prepandemic patterns. Although Bay Area counties and urban centers in Southern California tend to be the most popular destinations for those leaving San Francisco, counties in the Sierra Nevada mountains saw some of the largest population growth from the Bay Area, especially in the final quarter of 2020.

Evan White, executive director of the California Policy Lab at UC Berkeley, said it will be interesting to see whether these folks will move back when the pandemic comes to an end.

Williams is convinced they will return. "Younger people are already beginning to move back and will continue to do so," she said. "They'll be back because

Feedback: letters@marinatimes.com

Pier 35
1 Embarcadero
Ferry Building Plaza
Pier 31

Other

City Hall	
Buckhorn	
BART Entrance	
Bank of America	
Books Inc. (Inside)	

*Check individual business hours for inside locations.



ACCIDENT ATTORNEYS







A Track Record of **Excellence**

We are nationally recognized by some of the industry's most prestigious associations.





LET OUR AWARD WINNING ATTORNEYS FIGHT FOR YOU.

CALL NOW FOR A 100% FREE CONSULTATION 800-500-5200

24/7 Access To Your Lawyer



We know you're going through a difficult time. Our clients can call, text, or email us anytime.

We're here for you. When you work with our offices, you can email, text, or call us 24/7. Our firm prides itself on being available to our clients when they need us, regardless if it's after hours or the weekend.



100% Free Consultation We always provide free confidential consultations. No Fee Unless We Win
You don't pay us a dime unless we recover for you.





HELPING CLIENTS AND THEIR FAMILIES WITH: Auto Accidents • Truck Accidents • UBER -LYFT Motorcycle Injury • Slip & Fall • Elder Abuse • Personal Injury • Wrongful Death • Pedestrian Injury