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City Hall Escalates War on Residential Neighborhoods

by George Wooding

San Francisco neighborhoods that consist of single-family homes had better get ready for major changes in their neighborhoods.

On March 24, the San Francisco Planning Commission unanimously approved the 2009 "Housing Element." The Housing Element is the Planning Department's blueprint for what can and cannot be built in neighborhoods. All new Planning Department decisions will be based on this new planning constitution.

Current RH-1 (residential housing/one family) and RH-2 (residential housing/2 families) are based on single-family units being built on individual property lots. The single-family houses in our neighborhoods are almost exclusively RH-1 homes. Neighborhood planning decisions used to be based on lot size for single-family homes. The 2009 Housing Element will replace the current lot size designations and allow Planning to base zoning decisions on density, instead.

The new density zoning means that the Planning Department will now be agreeable to creating secondary units/in-law housing, or rebuilding housing as multi-unit housing — in single-family neighborhoods. Section 1.6 of the 2009 Housing Element states: "In setting allowable residential densities in established neighborhoods, consideration should be given to the prevailing building type in the surrounding area so that the new development does not detract from existing character. In some areas, such as RH-1 and RH-2 prevailing height and bulk limits should be maintained to protect neighborhood character." This language attempts to insure that homes with more separate units (density) are the same size as surrounding neighborhood houses.

The new density zoning will someday



Single-family and duplex housing may be fair game for higher density development via Planning's Bible: The Housing Element

allow your neighbor to either subdivide their current house into smaller separate units, or tear down an existing house and rebuild it as a multi-unit house.

The Planning Department's Director of Planning, John Rahaim, states, "It is important to understand that the Housing Element is a policy document, not code. In order for the Planning Department to change the zoning classification, heights, densities, parking requirements, etc. in any part of the City, the Planning Code must be changed. Any such changes must be reviewed by the Planning Commission, and approved by the Board of Supervisors and the Mayor. The Housing Element draft is very clear that when we do propose such changes, we must do so after a public process involving stakeholders."

There is a bad feel to this massive switch to density zoning. The 2009 Housing Element has been revised three times, with the third revision being made public in February. Mr. Rahaim states, "Public

comments were never closed," but the Planning Department made several revisions after the 2009 Housing Element environmental impact report (EIR) was completed. The final February revision included the new changes in density zoning to RH-1 and RH-2 neighborhoods, and added a huge number of additional single-family homes throughout San Francisco that will now qualify for density zoning.

District Supervisor Sean Elsbernd stated, "Rest assured, I have no interest in seeing the elimination of the RH-1 or RH-2 designations, and strongly believe it would be a mistake on Planning's part to do anything to repeal the designation."

Clearly, the Planning Department would not have gone to the trouble to add the potential for density zoning if they did not want it. There will now be a constant struggle to keep RH-1 and RH-2 neighborhoods from being overwhelmed with secondary units and multi-unit housing.

Cont. p. 6

The Medallion Muddle

By Brian Browne

For years, San Franciscans have been complaining about their taxi service. Those complaints used to be made in the form of letters to the editor. Now, they go to numerous electronic websites. These complaints signal out every taxi company able to afford a Yellow Page advertisement and a phone number. It is often very difficult to get a cab on Friday night, in the rain, rush-hours, in many of the outlying suburbs, other strategic times such as medical visits, worship, etc. Who is to blame for these unmet demands? Should we be yelling at the taxicabs or the city bureaucrats who regulate the San Francisco taxi industry? Both?

San Francisco regulators have authorized the issuance of 1,500 taxi medallions. This means there are only 1,500 taxi cabs to service San Francisco residents, tourists, businesses, medical, entertainment, airports, and all other emergency and non-emergency short trip requirements. The taxi companies, in general, have embraced hi-tech communication, computerized traffic monitoring algorithms, and web-based applications to increase efficiency and to bridge the numerous periods when demand exceed the finite supply of cabs. There seems to be decreasing returns on efficiency, even with these costly and efficient electronic and computerized enhancements.

The evidence is clear that by metering public discontent (advice to the cabbie and various complaint outlets) and the empirical data produced by these sophisticated computer systems, there are not enough cabs and these frequent shortfalls (many riders not picked up) can only be addressed by adding a substantial number of new cabs (medallions). Peak time medallions, an alternative being suggested by the regulators, is unworkable and

extremely costly to administer. Industry managers and owners, monitoring their inability to service customer demand, believe that 1,000 additional medallions are required now. Without these additional cabs the customer-stranded rate is expected to worsen.

An increase of 1,000 in medallions will potentially increase driver employment by 4,000. One understated value of the taxi fleet is its contribution to homeland and city security. During WW1 the taxis of Paris rushed troops to the battle front to save the French capital. Many times in the history of San Francisco, while less spectacularly, our cabs have performed magnificently to meet emergency needs.

SFMTA now regulate all economic and non-economic aspects of the San Francisco taxi industry. It is in their power to increase the fleet size to satisfy most customer demand. SFMTA must also recognize that as a regulator, it must abolish regulatory lag which imposes an income loss on both drivers and owners. Fares and gate fees, which sustain drivers and companies, have remained stagnant.



In real terms, factoring in the erosion of purchasing power by inflation, the revenues from fares and gates have decreased significantly. The SFMTA must establish a regular, non-discretionary, systematic, open, and well advertised public convenience and necessity (PC&N) hearing, on an annual or biannual basis. These taxi-specific PC&N hearings should consider in a formalized manner all economic and non-economic attributes which the City wishes to regulate. For periods between PC&N hearings there should be automatic changes in fares and gates based on appropriate economic indicators (CPI, PPI, etc.).

A PC&N hearing must be held immediately by the SFMTA to address, in an omnibus and systematic series of hearings, all the problems that regulatory transfer and neglect has caused this vital and entrepreneurial industry. The most pressing problems are regulatory reform, creating a regulatory system that is deterministic, not opportunistic, and adding a significant number of new medallions immediately.





# Why

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RESIDENTS SAY  
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BEST WAYS TO  
**COOL**  
THE PLANET?



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*Former President,  
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Central Council,  
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*Westwood Park  
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# Abject Fecklessness Rules

As all branches of government confront the discouraging spectacle of predicted budget deficits, it dismays and saddens any tax-paying San Francisco citizen and voter to observe the unending human quality of greed and secretive favoritism. On March 8 the Board of Supervisors met in a session closed to the public, purportedly to consider the City’s position on pension and healthcare benefit changes for city employees. As author of the San Francisco Charter provision on Open Meetings and the 1994 revision of the Brown Act governing all meetings of California local districts, I wonder whether that secret session was legally justified. The City Attorney’s office will argue that the secret session was devoted to compensation emoluments and, therefore, legally permissible under state and Charter law. No matter, wouldn’t it be wonderful just once to permit taxpayer access to the status report and recommendations of the Mayor’s so-called negotiators. (Wouldn’t it also be useful if the secret meetings between wealthy businessman Warren Hellman, the apparent self-anointed expert on city employee pension costs and solution thereof, union representatives and unidentified others were available for public scrutiny?) Hellman, who abandoned Public Defender Jeff Adachi’s Proposition B effort last fall to accomplish city employee benefit changes and his cohort won’t allow Mr. Adachi (much less the public) to participate in those secret meetings. It’s been reported that Hellman believes the City must save \$300,000,000 – 400,000,000 annually in pension costs. That’s the reason Mr. Adachi continues pro bono publico to spend time and effort promulgating an appropriate Charter amendment for the next local election, whether June or November.

Meanwhile, elected Board of Education members want an increase in their citizen compensation from a \$500 per month maximum (based upon the number of meetings attended) to \$25,000 per year, which they claim is approximately one-half the salary of a beginning teacher in San Francisco schools. The salary of a first-year teacher is approximately \$44,000 annually. Here’s a school district in which enrollment has declined from about 92,000 pupils in 1969-70 (before busing) to an estimated 55,000 students in 2010-11, and the wise governors of the diminished system, who supposedly serve as idealistic citizens and not professional politicians, think their compensation should relate to teaching salaries. But maybe they’re impressed by the gift handed to Leslie Katz, a one-time, one-term Supervisor who was hired by the shifty Port of San Francisco (of which she is now a commissioner) for a short period of time at a \$94,063 per year salary as a

*“urban renewal”, the newspeak of the 1950’s and 1960’s, which seized private property and resold it to politically connected, wealthy developers and continued to do so under the guise of “blight” and public benefit. That is equally true in San Francisco, which has turned over Treasure Island lock, stock and barrel to one of Willie Brown’s buddies (one Darius Anderson) for development.*

“Senior Administrative Analyst” to enable her to secure five years of “city employment” and thereby qualify after five years for the City’s retirement system on a “buy-in” basis. The Katz episode followed the heretofore-undisclosed similar act by, of all people, former City Controller Edward Harrington, to provide ex-Supervisor, Assemblyman and State Secretary of State Kevin Shelley with a similar opportunity to secure state pension payments. (No Harry Ross, Nat Cooper or John Farrell is Mr. Harrington, and if you’re not familiar with Messrs. Ross, Cooper and Farrell, I can only recommend you read San Francisco City government history from 1933 until 1995 to understand the historical probity of San Francisco Controllers.)

Readers may recall my comments last month about the wisdom of Governor Jerry Brown’s proposed statewide abolition of redevelopment agencies and enterprise zone tax breaks. In early March, State Controller John Chaing released results of a five-week review of 18 typical redevelopment agencies in the state. Mr. Chiang’s review was limited in scope, since there exists 425 (!) redevelopment agencies (RDA) in California. He first found that the RDA’s practice no consensus in defining a “blighted area”, which supposedly is the only reason for establishing a redevelopment area. As a naïve college student in the late 1940’s, I thought “blight” meant abandoned, dilapidated buildings with obvious need of replacement. The City of Coronado, however, for example, adopted a redevelopment area for every privately owned parcel in Coronado, including multi-million dollar beachfront homes. In Palm Desert, redevelopment money was used to renovate greens and bunkers at a 4.5 star golf resort. Pittsburg’s RDA loaned \$16,600,000 last year without interest to the city for specified projects, but the city failed to spend \$15,400,000 and earned interest on those funds. Calexico’s RDA loaned \$1,750,000 to the city in 1993 at 6% interest, but in 2004, the city council, acting as the RDA governing board, reduced the interest rate to 1.42%. Despite an obligation to repay the loan, Calexico still owes \$1,100,000 to the redevelopment fund. If redevelopment agencies are abolished, the state could rightfully secure \$1,700,000,000 in tax money from these vestiges of “urban renewal”, the newspeak of the 1950’s and 1960’s, which seized private property and resold it to politically connected, wealthy developers and continued to do so under the guise of “blight” and public benefit. That is equally true in San Francisco, which has turned over Treasure Island lock, stock and barrel to one of Willie Brown’s buddies (one Darius Anderson) for development.

Amidst the unfavorable events afflicting the San Francisco Police Department and the newly-appointed District Attorney, who has been compelled by law enforcement’s disregard of drug laboratory and search and seizure rules to dismiss tens of criminal cases against guilty defendants, the City’s new prosecutor claims that, notwithstanding no supporting data, “Hate crimes have increased.” In mid-March, three men were arrested for an alleged assault on two Mexican nationals in the Tenderloin District. The hate crime aspect originates from an allegation that the suspects were heard yelling “White Power.” The alleged attack occurred outside the Nitecap Bar about midnight, November 10, 2010. Counsel for one defendant characterized it, not as a “hate crime, but as a barroom fight.” As in other contemporary activity, hate crimes became a political fad during the time I was a State Senator. Instead of convicting hoodlums of assault or robbery, or murder, ethnic groups demanded legislators (federal and state) to define conduct based on “hate” as special so as to prosecute accordingly. As the *Examiner* pointed out on March 18, 2011, however, “Hate Crime” charges boomeranged in San Francisco. Last November, a jury acquitted a homeless man accused of a racially motivated assault. A woman charged with a “hate-crime” graffiti spree was acquitted of the hate crime allegations but convicted of plain and simple vandalism. The notion of hate crimes is a superfluous contrivance of muddle-headed thinking, which distorts the innate misconduct of vandalism or criminal threats and the brutality of murder, robbery, assault and other violent crimes. It costs taxpayers more money in prosecution,

Cont. p. 6



## Un-Muddy the Waters: Recycled Water Treatment Plant

The Westside Observer article (“Recycled Water No Walk in the Park” 3/11) on the proposed water treatment facility for Golden Gate Park reflects some confusion about the increasing opposition to placing this facility in Golden Gate Park. We would like to respond with additional information, which the authors of that article might not have known.

The Sierra Club, Restore Hetch Hetchy, Golden Gate Park Preservation Alliance, and many other environmental and water-conservation organizations agree that this project should not be built in Golden Gate Park. None of these groups is opposing San Francisco building a recycled water treatment plant — their primary concern is that the facility NOT be located on Golden Gate Park’s parkland.

This is an industrial building. Not all manufacturing facilities have smoke stacks, but they are nevertheless industrial. The Golden Gate Park Master Plan (Recreation and Park Department, 1998) clearly states that any building in the Park must be used for recreational purposes. We have heard said that, since the recycled water will be used for irrigation, this facility should be considered a recreational building; this is a strange conclusion to draw. If we go down that path of reasoning, we could have an oil refinery in the Park to provide gas for the gardeners’ vehicles. The Master Plan is clearly against industrial uses in Golden Gate Park.

A 30 foot wall is not “low profile.” The factory buildings are an acre in size, with more land needed for the surrounding, cleared landscape. The control buildings have to be “constructed of CMU with steel framing and no windows.” Not exactly an attractive building design. But very attractive to graffiti!

The photo in the article gives the “screened view” of the water treatment facility

*(Proponents say)...since the recycled water will be used for irrigation, this facility should be considered a recreational building; this is a strange conclusion to draw. If we go down that path of reasoning, we could have an oil refinery in the Park to provide gas for the gardeners’ vehicles.*

and shows only trees. But the statement that the factory will be screened from park goers is inaccurate. The “Tree and Large Shrub Assessment Report” (December 2010) lists over 136 trees to be cut down and another 73 trees threatened by construction. The map below shows that 131 trees will be cut down in this area alone. More trees will be removed for the groundwater project and the soccer field project. Most of the trees shown in the SFPUC ‘screening’ photo (March Observer, Page 3) will be cut down.

It is unlikely that replacement trees will be planted. This area will become a Homeland Security site. The PUC’s “Conceptual Engineering Report” (CER, October 2010), details the extensive security requirements. For example, “ Visual Surveillance: Landscape design will incorporate the need for the ability of visual openness for security surveillance and reduce potential hiding or hidden locations.” We can all imagine that if there is even a rumor of a terrorism attempt, then the area surrounding this facility will be ‘hardened.’ Signs are required at 50 foot intervals, in multiple languages “consistent with local population” (that should be a challenge for San Francisco!), including a list of appropriate federal state and local laws prohibiting trespassing. What fun to go for a picnic in the park and be greeted with this!

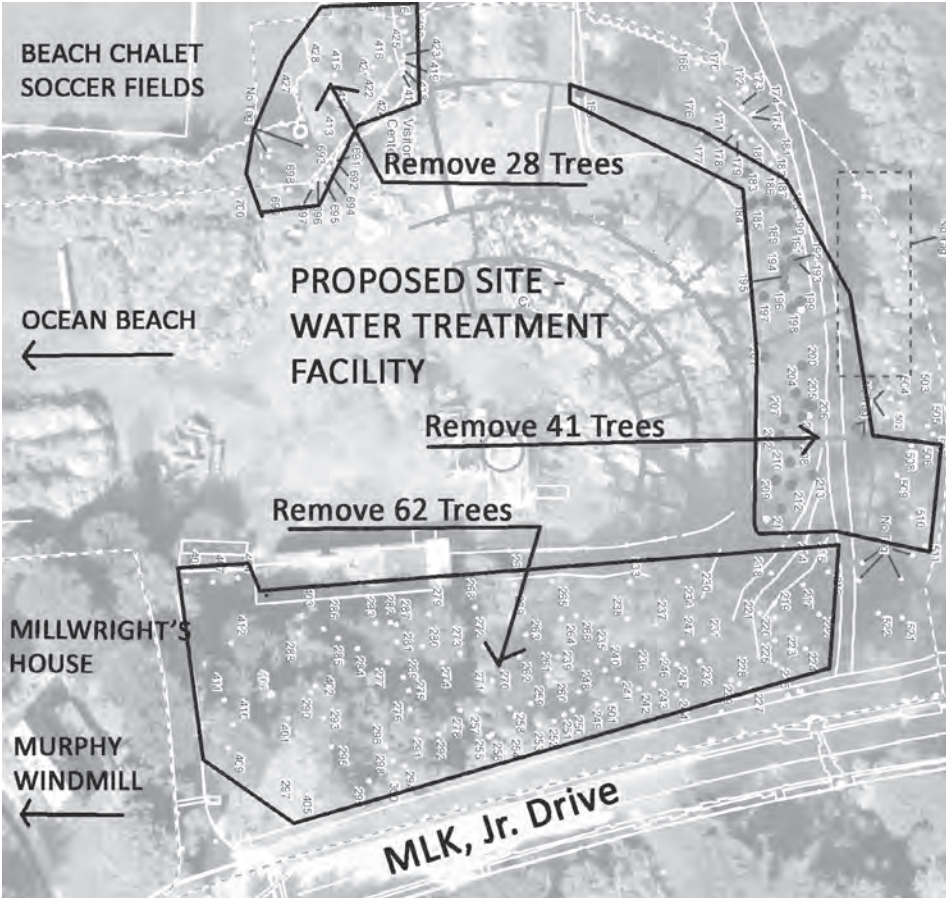
Placing the factory outside of Golden Gate Park will not result in a divided facility. A storage tank and a new pumping station would be added in Golden Gate Park, but that is all.

Yes, the construction yard in Golden Gate Park is a mess now -- but do we allow the area to be industrialized just because it has not been maintained? RPD may claim financial hardship, but it is planning to spend \$12 million for a high-end soccer complex just a few feet away. It cost just over \$1 million to replant the Polo Field. The \$12 million soccer funding could be better spent to repair the Beach Chalet soccer fields with natural grass, replace the construction yard with a meadow, and use the rest of the \$12 million for recreation opportunities for children all over the City.

Relocating the recycled water facility site may cost a little more, but it is a fraction of the overall cost for the PUC Water System projects. And what is the value that we put on Golden Gate Park? Our city will only continue to grow and become more dense. That is the very reason for the recycled water treatment plant! As San Francisco grows, Golden Gate Park’s parkland will become more and more precious. As Will Rogers said about land, “They ain’t making any more of the stuff.”

Golden Gate Park must be protected for all San Franciscans today and for future generations. Please contact the Mayor, the Board of Supervisors and the SFPUC -- ask them to protect Golden Gate Park from this industrial project by supporting an alternative site outside of Golden Gate Park.

Katherine Howard, ASLA, member, Steering Committee, Golden Gate Park Preservation Alliance. [www.goldengateparkpreservation.org](http://www.goldengateparkpreservation.org)





## Zapping PG&E: Progressives Plant Public Power

By Steve Lawrence

*“As you sow, so shall you reap.” That’s the wisdom that San Francisco will test.*

**P**rogressives have long sought to plant public power in the abundantly fertilized soil of San Francisco. They are about to get their season. Let’s hope the fruit isn’t bitter.

An Updated Electricity Resource Plan was adopted last month and passed on to the Board of Supervisors. That plan advances public power, and seriously zaps PG&E.

Under the new plan, full public power is to serve Treasure Island and Hunters Point redevelopment areas. The remainder of the City will be served by CleanPowerSF, a new City-run electric power provider, called a CCA. CCA stands for community choice aggregation, or aggregator. It is a creature of state law arising out of the dark days of the energy crisis. Back then, when PG&E and other public utilities were on the brink, the idea was to empower cities to obtain and provide their own electricity.

Progressives took the CCA law and dyed it green. CleanPowerSF will promise to deliver cleaner, greener power than PG&E does. And, surprisingly, at a “comparable” price.

How will CleanPowerSF, run by City bureaucrats, start up, buy more renewably-generated power than PG&E does, and stay price-competitive? Let us count the ways.

First, startup costs of the CCA will be amortized. The costs are spread over many years, are deferred, so that rates in early years are lower.

Remember that PG&E’s rates are the benchmark. When PG&E loses most of its customers in San Francisco, what will happen to its cost per unit of electricity sold? Up they will go; then so too will PG&E’s rates. As PG&E’s rates rise, “comparable” rates of CleanPowerSF will be able to rise, too. Quite a neat trick by City bureaucrats, that.

Initially, to lower rates, CleanPowerSF will blend in Hetchy power with more expensive renewable power. Hetchy power is generated when our drinking water flows down from Yosemite. Hetchy power is cheap: less than one-third of market rates. While it is not “renewable,” it is “clean.”

*How will CleanPowerSF, run by City bureaucrats, start up, buy more renewably-generated power than PG&E does, and stay price-competitive? Let us count the ways.*

Another trick is that CleanPowerSF will create a special feel-good category of customer. This special customer pays extra to receive supposedly greener electricity. While special customers pay extra, what generates City electricity remains unchanged; grid electricity is generic.

By deferring costs, blending in Hetchy power, and creating a green goddess customer class, along with counting on PG&E’s unit costs and rates rising once its customer base shrinks, CleanPowerSF hopes to keep rates “comparable” to PG&E’s rates.

Yet another way that the City keeps apparent costs down has long been in place. The Hetchy water system is artificially divided into two “pockets”, one for water and the other for electric power generated by that water flowing downhill. The water pocket holds debt—lots and lots of bond indebtedness. The electric power pocket is kept warm with cash. This pocket now funds GoSolar and many other programs that City politicians and bureaucrats love to provide.

The City-run CCA, CleanPowerSF, is to launch this year. Customers will begin seeing notices in their bills from PG&E. State law requires PG&E to cooperate with CleanPowerSF; PG&E tolls its own bell.

The coming CleanPowerSF notices will promise cleaner, greener power at the same initial price as PG&E electric power. While customers will have a chance to opt out, remaining with PG&E, few will. If a customer does nothing, the customer is switched to CleanPowerSF.

At present PG&E provides three-quarters of the electric power used in San Francisco. (Hetchy power for City Hall, MUNI, airport, General Hospital, etc. is 17%; 8% is provided by direct power providers to big users.) Once CleanPowerSF is launched, PG&E’s share may drop to single digits.

And that is the idea behind this progressive push to plant public power in San Francisco. For four decades progressives have sought to oust PG&E. Nothing could please progressives more.

The rationale, expounded by the recently Updated Electricity Resource Plan mentioned above, is that only by controlling its own electric power destiny can San Francisco reach its goals. The key goal of the updated plan is to achieve by 2030 zero greenhouse gas emissions from electric power generation. Zero.

While the reader may scoff at such an idealistic and impossible goal, it drives today’s action. It is necessary to form the CleanPowerSF CCA, and drive PG&E out of San Francisco, to make best efforts to achieve the zero goal. That is the reasoning of the Updated Electricity Resource Plan.

Cloaked in green, progressives push public power both directly for new developments, and through CleanPowerSF, a brave new company run by public employees that will displace PG&E.

Naturally, under CleanPowerSF there will be all the usual public programs: solar and wind incentives, “community benefits” (for poor communities), energy efficiency programs, low-income lifelines, and so forth. There will be aggressive targets to meet, or try to meet, regarding renewable generation of electricity. To the extent possible the City will generate renewable electricity within San Francisco, which is to become a “Green Test Bed.”

Will SF reap good things, or just high electric rates?

Steve Lawrence is a longtime ratepayer advocate.

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### MY TWO CENTS By Will Durst

## No- Fly Guy

**N**o one said being President was going to be easy. And no one was right. You get yelled at for doing things and you get yelled at for not doing things. Often both times by the same people. Which is kind of like saying, “even when you agree with us, you’re wrong.” That’s a tough hill to climb.

Take Libya. Please. After it became apparent the native uprising against Qaddafi was not going to replicate the successes of Egypt, President Obama got lambasted by Republicans for not immediately leaping tall buildings to help them freedom loving Libyans, like some guy from Texas would have done. Then, from the other end of the same street, the Rip Van Winkle Republican Anti- Interventionists awoke from hibernation and objected to any involvement. Ever. Anywhere. If these folks had their way, they’d take away his passport.

Through a series of delicate negotiations, Barack managed to cobble together an International alliance to enforce a no- fly zone over Libya. Good timing, eh? We finally get most of our boys out of Iraq and boom, up jumps another crisis where we get to carry the democratic load. Superman should have warned us; this superhero thing can get a wee bit tiresome. I guess the deal is, you get used to running two wars, it’s not easy trying to get by on just one. Going to have to face it, we’re addicted to war. Oops. Don’t call it war.

This endeavor, altercation, conflict, campaign, enmity, friendly fracas, (not a crusade) is shaking out differently. At least we don’t have to worry about being accused of ulterior motives since there obviously isn’t any oil in Libya, oh... uh, scratch that. Wait, I got it. One big difference is we have actual allies this time around instead of imaginary friends. And the coup de gras is the Arab League throwing in with us. An inspired consideration when you insist on invading Arab countries.

Of course this skirmish, dispute, clash, carnage, quarrel, grapple in the sand has nothing to do with Islam or oil, its about, um, promoting democracy and getting rid of a bad guy. So if I were Italian Prime Minister Silvio Berlusconi, I’d watch my back. The man is obviously harboring weapons of mass seduction. Then again, maybe we’ll wait until they find oil in Tuscany.

The oddest thing about this onslaught, strife, contention, assault, incursion, discordant havoc is discovering the biggest problem with having allies is having to work with the allies. Who knew? Not an overly large worry for cowboys with a penchant for going it alone. Should be okay though, since history has shown the French and the English are both easy - going, low - maintenance types. Wonder whatever happened to those shy, retiring Germans? After all, they know North Africa like the back of their hand.

We’re calling it Operation Odyssey Dawn, after the girlfriend of some Marine who hung out too long in bars along the shores of Tripoli, I guess. But even with a name like a ship out of the Carnival Line, getting rid of Qaddafi will be no cruise. The guy is nuttier than a U- Top- It Sundae from Dairy Queen. Gave himself a military rank and chose Colonel. Uses his own people as human shields. His name begins with a Q, its not followed by a U, he plays by rules we don’t even understand. If that don’t spell crazy, time to get a new dictionary.

*The New York Times says Emmy- nominated comedian and writer Will Durst “is quite possibly the best political satirist working in the country today.” Check out his website: [willdurst.com](http://willdurst.com), to find out about upcoming stand-up and television performances or to buy his book, “The All- American Sport of Bipartisan Bashing” and newest CD “Raging Moderate.”*

### Letters to the Editor

In your March 2011 issue, you have a photo of the sunset district. It was taken from Moraga street between 15th and 16th avenues looking southwest. The date I would guess to be in the early 1930’s. In the background the north basin of the Sunset reservoir is under construction and that might give a clue as to the year. The sandy area with the impressive looking quarry pit (for the reservoir work?) was the site of the Market Street Railway sand mine - about 21st and Ortega. The MSR #17 line ran along 20th avenue in this area. The antique - looking gas station just above the center of the photo was at 19th ave. and Noriega street.

The billboards were along the line of 19th avenue and that street does not appear to have been widened yet. **John Rossi, Sunset District**  
(See a larger photo at: [www.westsideobserver.com/remember.html](http://www.westsideobserver.com/remember.html))

I think the picture is from above 17th Ave near Moraga, looking south. I grew up at 1723 - 18th Ave., it looks like the picture of the new houses being built were the east side of 17th Ave between Moraga and Noriega. I believe the three barrel front houses at the right standing all on their own are on 18th ave, (my house would be the one on the right). Then 19th Ave farther up the picture (undeveloped). **Peggy Nevin, West Portal**

An office mate brought this in to me as a SF native (Mission District & Eureka Valley). There is no question of the location: the houses under construction are on the east side of 17th Avenue between Noriega and Moraga – the 4 fronts just to the right of the vacant lot in the center can easily be seen on Google Maps Street View.

Noriega and 20th is the very clear intersection just above right center - the 2 story building on the sw corner is the United Commercial Bank building. (note several bill boards and tiny gas station on 19th Avenue). My guess is this was late 20’s early 30’s. The boom in the outer dunes did not occur until the war (this is really a guess). **Terry Strain, SF**

I just finished reading the CVS plans to build a drugstore at 701 Portola Dr. (March Issue) and it interested me so much, that I went over to the SF Planning Dept to see what other information I could find. I could not find any information at all on this project. Is this really going to happen, or is CVS just researching this as a possible new location? **J Slattery, Miraloma Park**

**(Editor’s Note)** I am disappointed that the Department could not find any information on their project. I am not shocked. If I were you I would file a Sunshine Complaint for failing to inform the public. The hearing was a Special Hearing on Feb. 29th at 2:30 pm at 1650 Mission St. Room 431. The notice is online: [www.sf-planning.org/index.aspx?page=1541](http://www.sf-planning.org/index.aspx?page=1541)





## Privatization: RPD Sets the Record Straight

By Connie Chan, Deputy Director of Public Affairs

In its February newsletter, the Westside Observer featured George Wooding's ill-informed attack on the San Francisco Recreation and Park Department's efforts to navigate one of the most serious fiscal crises it has ever faced. We are all frustrated by the budget cuts our parks have incurred, but hostile finger pointing won't keep parks clean or clubhouses open.

Government is broke. Last week I attended the 2011 National Recreation and Parks Association Legislative Forum in Washington, DC, where park directors from all over the country descended on the Nation's Capital to lobby for greater federal investment in state and local park agencies. Every park agency director I met is scrambling to offset cuts by raising revenue through concessions, special events, new partnerships, sponsorships and philanthropy. Budget cuts will force the City of Houston to close half of its recreation centers this year. The Los Angeles Parks Department expects hundreds of layoffs and significant park maintenance reductions. Detroit closed 77 parks last year. Seattle and Colorado Springs have non-profits running their rec centers. Denver will be generating revenue from more admission-based events in its parks. Miami is entering into public private partnerships to restore recreation, swimming, arts programs and park maintenance tasks. Sound familiar?

Here in San Francisco, where we are blessed with over 220 parks and 80 recreational facilities, if we want to keep our parks and programs thriving, we must creatively find new sources of revenue to fund them. All told, we manage nearly 15% of the City's real estate yet we receive just 2.3% of its General Fund. We operate with a barebones staff -- we are short 200 gardeners, 80 custodians, 60 structural maintenance workers and 30 park patrol officers -- and have more than \$1.7 billion in deferred maintenance projects assessed in our system. Over the past seven years, the Recreation and Park Department has been asked to reduce its general fund subsidy by \$43 million. No single year may have been as daunting as last year's general fund budget reduction of \$12.4 million. To put the size of last year's cut in perspective, it equaled 60% of our entire gardening staff.

Balancing last year's budget was agonizing, but frankly, service impacts on the public could have been much worse. We solved nearly two thirds of our deficit by raising new revenue instead of cutting services, and by managing our Department more efficiently. On the revenue side of the ledger, we renegotiated expired leases, added exciting programs, events and amenities, and found new sources of grants and philanthropic support. On the expense side of the ledger, we cut workers compensation expenses, shrank overtime costs, consolidated functions, eliminated a senior management position, and reduced administrative expenses.

Despite our budget woes, we have not closed a single recreation center or swimming pool, we have not laid-off a single gardener or custodian, and our budget included no new fee increases for existing permits or recreation programs. While we have fewer recreation staff we are on pace to add over 20,000 hours of new recreation programs over last year. Take a look at our Spring Activities Guide. We are proudly re-establishing ourselves as the recreation provider of choice in San Francisco. To ensure no one is turned away, we have created our largest scholarship fund ever -- now in excess of \$250,000 and growing. (Visit our website ([www.sfrecrepark.org](http://www.sfrecrepark.org)) for more details.)

Without adequate staff to keep all of our clubhouses open ourselves, we are asking community partners to program our clubhouses. One community partner now provides free exercise and wellness classes for seniors at a clubhouse in Portsmouth Square. Another operates a highly touted, free after-school enrichment and sports program for youth in clubhouses in Visitation Valley. Others are operating pre-schools for tiny tots. With community partners, we are successfully keeping most

of our clubhouses open and vibrant, a strategy supported by 94% of respondents to a recent poll conducted by the Neighborhood Parks Council.

The Recreation and Parks Department is not privatizing parks. We are building public-private partnerships to keep our parks and programs thriving when budget cuts mean we can no longer do it alone. We are working with neighborhoods, non-profits, labor, business, labor and the philanthropic community to keep our parks and rec centers clean, safe and fun.

A hundred years ago Golden Gate Park visitors were charged to ride the carousel and could patron a private casino and bar near the Conservatory of Flowers. Today the casino is gone, but the carousel remains -- and it still costs money to ride. Modern day Golden Gate Park now hosts music festivals like the Outside Lands concert and offers food and beverage options, bike and boat rentals, and, yes, even Segways. Enjoyable park amenities provide financial support for our operations and actually increase, not decrease, access to our underfunded neighborhood parks and programs. Over 85% of the Neighborhood Parks Council's survey respondents agree with our approach to raising revenue to avoid service cuts. And, in instances where we do charge for programming and permits, 73% of survey respondents find our fees affordable.

Our revenue strategies are actually working. Although we've been asked to cut another \$4.5 million from our budget next fiscal year, we think we can meet this challenge without additional layoffs, fee increases or service cuts because of the smart decisions we're making. At four recent community budget meetings the public let us know what services were important to protect, and offered creative ways to raise additional revenue for the Department. We are following your feedback.

Regrettably, Mr. Wooding makes too many ill-informed accusations about our budget to respond to all of them here, but a couple of points are worth correcting. First, Wooding argues that Rec and Park doesn't keep the money it earns. We do. In fact, we are using over \$800,000 of revenue earned over budget this year to help us balance next year's deficit. Second, our budget process is certainly not secret. Last year we participated in over 40 budget-related meetings with our staff, in the community, and at City Hall. Our new recreation model was developed in partnership with the Neighborhood Parks Council and our recreation directors' union, which courageously supported our plan despite the harsh reality of layoffs.

Mr. Wooding says Rec and Park should hire more staff and increase programming and services. We'd love to. But, he also stridently demands no fee increases, no new revenue initiatives and no new taxes. Sorry George, your math just doesn't add up.

Community support and stewardship are critical to our parks' survival. We do not expect agreement from every neighborhood advocate on every park issue. Scarce resources create tension, and our financial challenges are far from over. But, we all love our parks and we all agree our parks are worth fighting for. Let us unite in support of them. Our parks deserve it.

Connie Chan: [connie.chan@sfgov.org](mailto:connie.chan@sfgov.org)



## Privatization: RPD Not Convincing

By George Wooding

I am responding to Mr. Buell and Mr. Ginsburg directly, since they have signed and distributed an article questioning my facts and credibility regarding the privatization of the RPD. I am also requesting that the RPD's proposed November 2011 Parcel Tax be voted down, unless services to the public are restored.

I respect Commission President Buell for his service to the community. Mr. Buell is a wealthy developer who was appointed president of the Recreation and Park Commission (RPC) to be ... a developer. You can't fault a guy for being good at what he was asked to do. Mr. Buell and the other six Recreation and Park Commissioners were all appointed with the understanding that they would have to make the RPD self-supportive.

This Newsom-appointed RPC supports park privatization issues 100% of the time and votes unanimously approximately 95% of the time. The RPC is the poster child for why the Board of Supervisors and the Mayor's office should have split commission appointments. The current RPC acts as a rubber stamp for park privatization.

Mr. Ginsburg was appointed to his job because he is a good friend of Gavin Newsom. He had no prior Recreation and Park experience, no development experience, and no real experience managing a City department. Newsom told him to privatize the parks and Ginsburg he's doing that.

Ginsburg states, "Regrettably Mr. Wooding makes too many ill-informed accusations about our budget to respond to all of them here," and then he doesn't respond to any of the accusations because -- regrettably -- they're all true. Let's list the accusations Mr. Ginsburg forgot to mention, deny, or clarify:

- 99.9% of parkusers had no idea that the RPD was about to fire the Rec and Park directors in 2010. **True.**
- The park needs of SF's citizens are now secondary to the attempt to generate more revenue from the parks. **True.**
- Being broke is no excuse for poor judgment, management, public notification, or poor prioritization of resources. **True.**
- According to Nicole Avril, RPD's Director of Partnerships and Development, higher-paid RPD management employees were not fired because of an informal RPD salary multiplier program that asks higher-paid employees to generate revenue of 5 to 10 times their paid salary. RPD's management has become a sales force. **True.**
- The RPD budget decreased children's services \$13.4% (\$1.5 M) and increased the planning, development and privatization budget 633.3% (\$1.9 M). **Absolutely true.**
- Ginsburg and Katie Petrucione misled/ lied, stating that the \$3.3 M in lump sum parking fees from renting Civic Center parking spaces to the PUC would reduce layoffs. All fees went to the General Fund and not to the RPD. **True.**

Ginsburg and Buell are upset because no one wants to pay parcel taxes for operational services that we are not receiving. We paid for Directors, but they were all fired in 2010. Meanwhile, Ginsburg hired 13 new employees making over \$100,000 in pay and increased the payroll by \$1.4 M (benefit packages averaged an additional 33%). **Also True.**

What services do these people provide the public besides fundraising and public relations? Do they mow a lawn or coach a kid? If we are not paying the RPD directly for recreational services, we are alternatively being asked to pay for services from private, for-profit businesses who lease park facilities. Some people can no longer afford to use their own parks. The RPD insists that their privatization of park assets will make them self-sustaining as City General Funds dry up. None of this

is true, as the RPD's money is constantly being sent to the City's General Fund.

These are some of the other RPD funds that went to the City's General Fund in 2010: \$3.3 M in PUC garage funds, \$1.6 M in AIDS Memorial Grove and turf management funds, \$0.4 M in Marina Harbor Yacht funds, \$0.1 M in RPD bequest funds, \$1.2 M in RPD "savings incentive" resources, and \$1.6 M in Open Space Funds, among others. Just the funds above account for a combined \$8.2 M -- but there's more.

My favorite is the \$1.1 M "Downtown Park Fund" (a.k.a., the "mid-Embarcadero Fund"), which money was donated by citizens and businesses to develop a specific open space parcel on the Embarcadero on which to place the 1915 Pan American Exposition's pipe organ. Once the City located the "donated" \$61,000 bocce ball courts on this parcel, it freed up the \$1.1M to be given to the City's General Fund; the pipe organ stays in mothballs. That takes us up to at least \$9.3 M quietly returned to the General Fund, with Ginsburg's and Buell's tacit permission.

San Francisco and the RPD can't have it both ways. Don't charge the public for services that we no longer receive. Don't make the public pay twice for services for which we've already paid. Don't send RPD employees with a combined salary of over \$500,000 to a meeting at J.P. Murphy Park -- which was just renovated for \$3.9 M in public bond money -- and tell us that the RPD has no money and that the brand new park clubhouse needs to be rented to a private, for-profit business for \$1,500 per month. Don't prioritize the six-figure salaries of professional bureaucrats who have no Rec and Park experience, over children's services.

The next disaster on the RPD budget horizon: San Francisco's Capital Planning Committee (CPC) suddenly announced in mid-March that they are moving the \$150 M, 2014 Neighborhoods Parks and Open Space Bond to the November 2012 election. The CPC is also adding \$35 M to RPD's proposed new General Obligation Bond, "to incorporate critical open space needs to the Harbor," bringing the total to \$185 M. Sure ... let's pay off a \$35 M dollar bond debt with \$15 M in interest for the America's Cup over the next 30 years. Ginsburg is a member of the CPC and Buell is Chair of the City America's Cup Committee. They haven't even presented this information to the Recreation and Park Commission yet -- there's probably no need to, since the RPC rubber-stamps every RPD proposal.

The CPC's report states, "The Port will participate with the RPD in a proposed General Obligation Bond--subject to completing review required pursuant to the California Environmental Quality Act (CEQA)." But the RPD won't be ready. The RPD also needs to spend the remainder of the prior "2008 Clean and Safe Neighborhood Parks Bond" money, but it is doubtful that they will.

The new RPD bond for 2012 is so rushed and confused that the City's Capital Planning Committee states, "The allocation between [RPD] programs and specific sites has not been determined, and the substantial renewal and enhancement needs of the RPD are not met by the project funding." In bureaucratic language, this means that Ginsburg doesn't seem to know what he is doing. I expect that a wafer-thin master plan will be hastily developed to support RPD's ill-conceived 2012 bond.

Finally, Ginsburg states, "Sorry George, your math just doesn't add up." Well, Phil, if my math doesn't add up, it's because I'm using RPD's own budget numbers, and other public records.

Feedback: [wooding@westsideobserver.com](mailto:wooding@westsideobserver.com).



### City Hall War (Cont. from p. 1)

Autopsy: why the Planning Department decided to base neighborhood zoning on density, rather than on lot size. In 2008, Senate Bill 375 was signed into law by Governor Schwarzenegger. The bill was designed to have communities reduce greenhouse gas emissions by limiting vehicle miles traveled (VMT's). Approximately one-third of greenhouse gas emissions come from cars. Although San Francisco already has one of the lowest greenhouse emissions for a major city in California and the nation (we have no industry), the City will receive more State and Federal transit funds if it tries to reduce VMT's and create and design mixed-use, transit oriented, high-density housing.

So let's get this straight: Density corridors along transit lines are supposed to reduce VMT's and reduce greenhouse gas emissions. So why did the Planning Department convert to density zoning all of the RH-1 and RH-2 neighborhoods in San Francisco? Answer: The City hates the low density in RH-1 and RH-2 neighborhoods. The average property tax is based on a purchased home value of \$357,000 and the density per lot averages about 2.1 people per house. Due to Proposition 13, collectable property taxes are very low in relation to the value of the house. The City wants to ruin/change the character of the RH-1 and RH-2 neighborhoods so that they can charge more and higher property taxes, since every new unit will have to pay a property tax based on current value.

MUNI — the transit element — is an underfunded basket-case featuring unreliable service, constant service cuts, an 8.5 to 7.5 mile per hour average speed, a \$40 million annual shortfall in revenue, and is headed for insolvency. Approximately 38 percent of MUNI's revenue comes directly or indirectly from revenue generated by cars. Ironically, if there were no cars in San Francisco, MUNI would go bankrupt.

Who wouldn't want to buy a 850-square-foot, "density" condo with no garage for \$550,000 on or near an undependable transit line? By the way: Your kid goes to school five miles away from your house, your new job is in San Mateo, and one-third of your 100-unit condo development is devoted to affordable housing. Your \$550,000 condo is one of the affordable housing units. Your vandalized car is parked eight blocks away in front of somebody's house with a secondary unit, which no longer has a garage. Welcome to the future of density planning and the end of the middle-class family in San Francisco.

Meanwhile, in the RH-1 and RH-2 neighborhoods people are converting their garages into secondary housing units so that they can have extra rental income. The house across the street was just torn down and turned into a triplex that is 10 feet taller than any of the surrounding homes. The triplex can be larger because it conforms to the 40-foot height limit designated by RH-1 neighborhoods — even though every other house in the area is only 30-feet tall. The Planning Department will argue that this cannot happen, but unfortunately other homes in the neighborhood have already added a third story, and Planning will claim that there is a height precedent "in the zoning envelope" that is already developed. There is absolutely no parking, because most of the RH-1 parking garages have been turned into density units, more people live in your neighborhood, and the people who purchased housing near transit lines with no parking are using your RH-1 density-zoned neighborhood to park their cars.

Middle-class families can no longer afford to purchase RH-1 single-family housing because they are now competing with developers who want to build a second unit or rebuild the original house for clients willing to pay an additional \$150,000 more than the middle-class family. The middle-class family will now either have to rent, purchase a much smaller unit that they will have to share with other families, or leave San Francisco. The City will eventually have low-income housing,

some affordable housing, a lot of high-end housing — but little housing for middle-class people who have children.

The final betrayal of RH-1 and RH-2 neighborhoods by the Planning Department is really quite clever. Planning revised the term "neighborhood-supported" to "community-based." The "neighborhood-supported" designation meant that your neighborhood was the major stakeholder in defending the character of the neighborhood. RH-1 and RH-2 Homeowners Associations and their established neighborhood covenants, conditions, and restrictions (CC&Rs) will eventually lose their right to self-determination of their individual neighborhoods to well-financed community-based developers. Unless your Homeowners Association has the money to hire a good lawyer, Planning regulations supersede homeowners' CC&Rs.

By substituting the term "community-based" into the 2009 Housing Element, the document now states: "Any new community-based planning processes should be initiated in partnership with the neighborhood and involve the full range of City stakeholders." Why would the surrounding neighborhood stakeholders need city-wide input from the developers, lobbyists, think-tanks, and non-profits that claim to be the community-based component?

Director of Planning John Rahaim explains, "The Planning Department has always included a broad variety of stakeholders in our work. We cannot deny anyone the right to speak about a project or plan. I do not believe it is appropriate for me to state that one point of view is more important than another. In each planning effort we must consider a range of issues, some of which apply to the immediate neighborhood and some to the City at large. The term 'community based' simply reflects this broader participation." Basically, this is a nice way of telling the lower income RH-1 and RH-2 neighborhoods that they are screwed.

The Winners: Developers; contractors; the Planning Department, since approximately 85 percent of its revenue comes from developer fees; The City, which may receive more State and Federal funds and more property taxes.

The Losers: RH-1 and RH-2 neighborhoods, Homeowners Associations, people with cars, middle-income families with children, and anyone who has to rely on MUNI as their sole means of transportation.

The primary goal of the 2009 Housing Element was to create 31,000 housing units in San Francisco and to reduce VMT's. The 2010 census reported that San Francisco has 31,131 vacant units, or 8.3 percent of the 376,942 total units. The City has approximately 30,000 illegal in-law/secondary units; between 2000 and 2008, only 80 of these illegal units were legalized and only 204 illegal units were removed. The new 2009 Housing Element revisions to the RH-1 and RH-2 secondary units — and the recent revision to add secondary units to housing in proximity to major MUNI transit lines — have opened the door to almost 70,000 potential new housing units. Why do we need so many new housing units when so many existing units are currently vacant?

The laws of unintended consequences are about to shine on the Planning Department. San Francisco's greenhouse gas emissions will increase rather than decrease. More people results in more greenhouse gas emissions. The average vehicle miles traveled will increase as the number of cars increase due to reliance on poor mass transit and job commutes. The City of San Francisco will become overbuilt when middle-class families with kids flee the City and vacancy rates continue to increase. Most importantly, the RH-1 and RH-2 neighborhoods will fight the Planning Department at every step to maintain our neighborhood character, and keep secondary units and multi-unit housing out of our neighborhoods.

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## Snoozing at Laguna Honda's Gift Fund Wheel

by Patrick Monette-Shaw



Marc Slavin snoozes during Laguna Honda Hospital's January 25 JCC meeting; his assistant, Linda Acosta, appears a tad pensive.

lic relations work, instead — earned \$66,742 \$199,212 Mayor Lee could easily trim.

Slavin, LHH's director of public relations, appeared to need a short snooze when the Health Commission's sub-committee, the LHH Joint Conference Committee, met suddenly to discuss changes to LHH's patient gift fund problems.

Many of the recommendations made by former LHH doctors Maria Rivero and Derek Kerr have finally been returned, including reinstating the Gift Fund Management Committee, disbanded in April 2010. LHH's Resident Council president has been reinstated to the Gift Fund Management Committee, restoring a patient representative. The sub-accounts for staff amenities have finally been removed from the policy, since the fund was expressly created to only benefit patients. The policy still permits LHH's Executive Administrator to add new sub-account grant codes in the future without consulting the Health Commission first. Although the revised policy gives the City Controller's office the "right to conduct final review and approval of all expenses," but it is not required.

There are reports that the Residents Council's previous request to receive quarterly reports of gift fund transactions, was rebuffed by LHH's executive administrator Mivic Hirose, and isn't addressed in the revised gift fund policy.

And there is still no provision for LHH staff to donate to the gift fund via payroll deductions through the annual Combined Charities Campaign; this should be codified in the gift fund policy, because in October 2009 LHH staff were told they

While some progress continues to be made with Laguna Honda Hospital's (LHH) patient gift fund, many problems remain unaddressed.

How many City administrators are asleep at the wheel, or snoozing? Mayor Edwin Lee might want to consider cutting LHH's public relations staff budget, since Marc Slavin earned \$132,470 in 2010 and his assistant Linda Acosta — hired as a 2588 Health Care Worker IV Activity Therapist, but performing public relations work, instead — earned \$66,742

could no longer donate to the gift fund through Combined Charities. Commissioner Jim Illig tried to suggest that Louise Renne's separate Laguna Honda Foundation had been set up to accept donations from the public to benefit patients. But Renne Foundation's tax exempt status had been granted by the IRS to fund a \$15 million furniture, fixtures, and equipment acquisition program (which her Foundation never raised), not donations for direct patient benefit.

When the Health Commission then met on March 1, there was suddenly a new version of the proposed policy changes; the Gift Fund Management Committee was added as a reviewer of proposed stock transactions, a welcome improvement. But the quarterly updates of gift fund activities to the full Health Commission was changed; now only the Commission's JCC sub-committee will receive the quarterly reports. The full Commission will only receive annual reports.

Many questions linger about the audit of LHH's patient gift fund. The City Controller's audit of LHH's patient gift fund quietly ordered restitution of at least \$350,000 to sub-accounts that directly benefits patients. That's just the tip of the iceberg.

Beyond the tip of the iceberg: [www.westsideobserver.com/news/patrick.html](http://www.westsideobserver.com/news/patrick.html) Monette-Shaw is an accountability advocate. Feedback to: [monette-shaw@westsideobserver.com](mailto:monette-shaw@westsideobserver.com)

### Kopp (Cont. from p. 3)

trial and consequential expenses, although it surely furnishes a novice District Attorney with a method to attract newspaper publicity on ethnicity alone.

Finally, I note the Board of Supervisors couldn't muster interest in repealing its iniquitous payroll tax in favor of a simple-to-calculate gross receipts tax by conferring on Twitter, a government-favored business, an exemption from the payroll tax. I note also the Mayor's Director of another unneeded City bureaucracy, (Office of Economic Development) rejected an understandable request by other San Francisco businesses for a similar exemption. Abject fecklessness rules at City Hall. Twitter also rules, but unfavored employers obviously do not.

Quentin Kopp is former Supervisor and State Senator.



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WEST OF TWIN PEAKS CENTRAL COUNCIL *By Mitch Bull*

Three “H’s” – High Speed Rail, Housing Element, and (Dennis) Herrera – were the main topics of discussion, as well as a spirited Q&A session at the West of Twin Peaks Central Council meeting on March 28.

WOTPCC President **George Wooding** called the meeting to order at 7:35 PM with about 30 people in the audience at the Forest Hills Clubhouse, but the crowd increased as the night wore on. After the roll call of member organizations, a vote was taken to admit a new neighborhood organization, **The Woods**, to the WOTPCC. A vote was subsequently taken and the organization was admitted by a unanimous vote.

Committee reports were given by **Avrum Shepard** (Transportation), **Gus Guibert** (Open Space) and **Matt Chamberlain** (Planning and Land Use). Shepard offered that not much was new to report, other than **Muni** was reporting that they were still in the red with parking revenues showing a shortfall of \$7M, and **overtime** being vastly over budget. For the year, Muni is looking at a possible \$20M shortfall. It was reported that Muni is, by far the city department with the largest OT costs and shortfall. **Guibert** followed with a very short report on Open Space, then WOTPCC President **George Wooding** brought the audience up to date on the continuing management problems at **Laguna Honda Hospital**, the latest being staffing issues, as well as the continuing efforts of former staff doctors **Kerr** and **Rivera** to bring light to the problems at the facility.

**Matt Chamberlain’s** report on the **Housing Element** really set the tone for the evening as he went into detail about the changes made in the newest Housing Element document. Revisions have been made in the draft document between last summer and now that impact the definition of what is allowable in RH-1 and RH-2 neighborhoods. The basic change is in language that shifts of concept of what is allowable to be build away from density and towards bulk. For example, as long as the footprint of building structures is not wider and deeper, and the height falls under the max allowable height for the neighborhood, there is no visible method to regulate the number of people in the building, thus allowing for a potentially much higher density within the current neighborhoods, without changing the zoning of RH1 and RH2 parcels.

A trio of speakers then held the attention of the crowd. Neighborhood icon, former Supervisor, State Senator and Retired Judge **Quentin Kopp** led a discussion updating the group about the current status of the **California High Speed Rail (HSR)** project, and why it is vitally important as the population of California continues to swell, to an estimated 30 million people by 2020. With the impossibility of building (or expanding) highways and airports to handle the expected increase in the amount of people traveling in California, the completion of the HSR is critical to moving people quickly between San Francisco and Los Angeles. Kopp detailed the timeline of the first phase that is planned for the Central Valley, and how it will eventually connect to Los Angeles and San Diego. By building the long run as the first phase, it allows the HSR authority and managers to adequately test the trains on a longer run to ensure compliance with the expected performance.

When asked about the eventual cost of going from SF to LA on the “bullet” Kopp estimated that the fare would be in the range of \$100 for a one-way ticket. He used the rising costs of fuel as an example of why air travel and automobile travel costs will continue to rise to the extent that the proposed rail costs will be less expensive than the low cost alternatives we have today.

Current City Attorney and Mayoral Candidate **Dennis Herrera** the addressed the room, speaking on the successes of the City Attorney’s office over the nine years that

he has served as the head of San Francisco’s in-house legal staff. He focused on the areas of Public Safety, Fiscal Accountability, working to support Small Businesses, and Code Enforcement as the four major tenants of his department. He cited the work that his department has done in combating gang violence and getting injunctions against gang members (most of whom are not from the City and County of SF), and the subsequent drop in gang-related crimes.

Herrera also detailed his code enforcement team that has brought fines and penalties against code violators, with the fines and monies collect going back to SF; the concept of getting value for the tax dollars that are contributed to the city coffers; and the details on how his department has reduced costs and tried to be accessible and open to the public.

The Mayoral candidate spoke about his desire to be Mayor and fielded a large number of questions from the audience, with many focusing on the zoning of neighborhoods, the changes to the Housing Element document and his opinion on important topics in the city.

The final speaker of the evening was Planning Commissioner **Mike Antonini**. The Commissioner spoke on his views of the Housing Element document, and that even though he personally disagreed with many portions of the agreement, he felt that it was a much better document that what was previously worked on and that it serves as a flexible guideline on what is allowable. Antonini agreed with the sentiment of the crowd that he is not in favor of having unbridled density in the neighborhoods, and that the flavor of the current neighborhoods should be maintained, while admitting that he did vote to approve the recently submitted Housing Element document, even with its controversial language regarding RH-1 and RH-2 parcels.

Supervisor **Sean Elsbernd** took the floor and opened the discussion to take questions and hear concerns about the Board Of Supervisors March 29 deliberation and vote on the Environmental Impact Report for the **Parkmerced** project. Most questioned focused on the validity and legality of any negotiated Development Agreement, and the question of the terms of the agreement being upheld through (possible) changes in ownership in the future of the 30+ year project. Elsbernd stated that, as regards to the portions of the yet to be finalized agreement that deal with land use, the developer/city covenants would be upheld over the term of the agreement regardless of the ownership of the parcel. He also explained that it is not clear that the negotiated issues of maintaining a portion of rent-controlled units, or the ratio of owned versus rented units, is transferable between ownership and that these questions would likely be answered by the courts. When asked if a proposed agreement would have a component (up to 50% of new units) of units to be sold (e.g. condominiums) to homeowners versus renters, the Supervisor replied that he believed that would be the case, but not 50% of the cumulative total of new and current units.

*The next meeting of the WOTPCC is on Monday, April 25<sup>th</sup> at 7:30 in the Forest Hills Clubhouse.*



Former Supervisor Quentin Kopp addresses the crowd, joined by City Attorney Dennis Herrera and Commissioner Mike Antonini

MUNI: Reducing Costs Can Increase Service

By Howard Strassner

Almost every year Muni has another financial crisis. It’s usual solution has been to either: cut service; raise fares; increase parking fees or all three. However if Muni can think a little harder and smarter it might be able to reduce costs and improve service at the same time. As an example let’s try to improve our West side route, the 28 on 19th Avenue.

Consider some facts: If we can reduce the average running time, on every route, by one minute on a typical forty minute route, we will save about 2% or nearly \$15 million a year for the entire system. This is our incentive. But saving a little time is

*Muni has to implement a number of small and large improvements on a route, in order to reduce costs without reducing service. Almost all of the possible improvements are known to Muni from their studies and worldwide good practice.*



not enough—we have to change enough route components to reduce running time enough to eliminate a whole bus on a route. If changes do not eliminate a whole bus there can be no actual cost reductions. This means Muni has to implement a number of small and large improvements on a route in order to reduce costs without reducing service. Almost all of the possible improvements are known to Muni from its own studies and worldwide good practice.

The 28 runs from Daly City BART to Fort Mason, a mostly low-density residential and park area. Unlike many Muni routes the 28 passes by, but not through, commercial areas. The core of the route from Holloway to California is largely scholastic with service to universities and high schools. The schools require peak service levels currently provided by a 28 Limited between California Street and BART. The 28 brings tourists and residents to the Golden Gate Bridge and Golden Gate and other Park events and attractions. The 28 is crossed by 17 other Muni transit lines (M, K, 23, L, 66, N, 29, 71, 5, 31, 38, 38L, 2, 1, 22, 43 and 30) and connects with BART and Golden Gate Transit. The 28 as it runs on Doyle Drive may have the world’s best view, provided from a public transit bus.

The Transit Effectiveness Project (TEP) shows that 28 buses are lightly loaded outside the core, but often crowded and occasionally crush loaded within the core. This indicates a need for more service. TEP also shows that riders most desire greater speed and reliability. On- going Muni Bus Rapid Transit studies show that when you provide these benefits on a route, ridership on that route increases noticeably and ridership on the entire system increases a little. This will provide Muni with a little more income beyond fast passes. Muni will soon acquire low floor buses and the Clipper program will hopefully enable Muni to allow all door boarding (many riders, with Clipper Cards, already help speed up their route by using the rear doors). These improvements will help speed up service when they are fully implemented.

With this as a base we can suggest some quick low-cost

improvements for Muni to consider: First, increase the spacing between stops on 19th (and at a few other locations) to every two blocks, the same as on Presidio Drive. The 28 would then have a stop at each transfer point and one stop in between, reducing time lost to acceleration and deceleration. The TEP also shows that when more people board at the same stop, boarding time per person is reduced. Doubling the distance between almost a third of the stops will impact a small minority of 28 riders because transfer stops have proportionally more ridership. Walking a little has health benefits and the US Surgeon General recommends that we each walk 30 minutes per day to reduce obesity. For a few of us walking one more block, twice each day, will be only five to seven minutes. Muni should provide benches for those few who would have difficulty completing the extra walk without a rest.

Second, provide Bus Bulbs for the stops on 19th and Lombard. Bus bulbs have moderate cost but speed up boarding by helping the elderly and disabled to board. Bulbs also allow the bus to return to flowing traffic without being impeded by auto traffic, which too frequently does not allow the bus to reenter the traffic lane. Less swerving adds quality to a bus ride. Anecdotally, some Muni drivers do not pull into the bus stop when they are behind schedule. Buses on Presidio already enjoy this benefit because the stops are in a traffic lane similar to stopping at a bulb. Initially, because Muni has only limited funds, the bus bulbs can be delineated by a small piece of concrete divider or drivers can simply be instructed not to pull into these stops. Ultimately the bulbs should be designed to match driveways and low floor bus doors and make boarding as seamless as possible. As a bonus neighbors may benefit because the combination of bulbs and fewer stops may create a few additional parking spaces.

Third, control signal lights to allow right turning cars to clear out of Muni’s way and to provide Muni a few extra seconds to make the light. Transit First can be facilitated because modern signal light controls can utilize algorithms to







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|--------------------------|----|-----|----|-----------|--------------|------------|
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| 801 Teresita Blvd        | 2  | 1   | 2  | 3/18/11   | 815,000      | 790,000    |
| 312 Warren Drive         | 4  | 3.5 | 2  | 3/17/11   | 1,279,000    | 1,100,000  |
| 34 Wawona                | 3  | 2   | 2  | 3/11/11   | 1,195,000    | 1,200,000  |
| 421 Dellbrook Ave        | 3  | 2   | 2  | 3/11/11   | 925,000      | 872,500    |
| 224 Castenada            | 4  | 3   | 2  | 3/11/11   | 1,395,000    | 1,495,000  |
| 182 Granville Way        | 4  | 2   | 1  | 3/9/11    | 1,049,000    | 1,019,000  |
| 32 Farview Ct.           | 3  | 2   | 0  | 2/25/11   | 550,000      | 779,000    |
| 2209 9th Ave             | 2  | 1   | 1  | 2/18/11   | 829,000      | 869,000    |
| 436 Dewey Blvd           | 2  | 1   | 4  | 2/18/11   | 899,000      | 850,000    |
| 651 Rockdale             | 3  | 2   | 2  | 2/16/11   | 792,000      | 792,000    |

Source: SFMLS

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Important issues are all around us here on the Westside: changes to the SF Housing Element document (affecting what is and is not acceptable to be built in existing neighborhoods); projects planned for Golden Gate Park; the ongoing planning and discussions related to the 30-year planned revamping of Parkmerced, including the revised 19<sup>th</sup> Avenue Transportation Corridor planning; the race to be the next Mayor of San Francisco; the budget impasse in Sacramento and how it will affect all of us; the continuing public discussions on the direction of MUNI, Recreation and Parks Dept.; public pension reform; street repairs; the list goes on and on.

It's never too late to get involved. True change comes from interested citizens getting involved and asking tough (and fair) questions of our elected and appointed officials. We are fortunate to have dedicated people within our neighborhoods that care about the fabric of the neighborhoods and are not afraid to do research and speak up when they have concerns on how things are going. Each month I attend several community meetings and am amazed with the in-depth research and knowledge that people have within the community groups.

Last month we ran a piece on the front page on the proposed CVS store on Portola and the neighborhood concerns and opposition to the proposed sale of alcohol and the operating hours of the store. It was reported at the WOTPCC meeting that the Miraloma Park Neighborhood group and CVS had negotiated a successful agreement. CVS has agreed not to offer alcohol beverages for sale and the operating hours were modified into a compromise that everyone agreed to – without a battery of lawyers in court. Congratulations to all of the parties in the negotiations.

Join the “Relay for Life” – each year the American Cancer Society conducts the “Relay for Life” event throughout the country. The Relay is all about celebrating cancer survivors within our community, remembering those we have lost, and continuing the fight so that cancer can be defeated. As a community-based, volunteer driven event, everyone has a place at the events. Teams of 8-15 people commit to raise \$100 per person, and take turns walking in the Relay. On April 16<sup>th</sup> there will be a Relay in the Sunset. For more information visit [www.relayforlife.org/sanfranciscosunsetca](http://www.relayforlife.org/sanfranciscosunsetca) – a most worthy event. For information on other Relay events visit the website for the American Cancer Society.

Small Business Newsflash...congratulations to everyone at Georgette's of Westlake. The salon just celebrated its 50<sup>th</sup> anniversary in business!! It is a true testament to value and customer service, as many small businesses don't survive for 5 years, much less 50. A great accomplishment, especially in a field as competitive as hairstyling.

“Great Eats” dept...we recently visited the Parkside Tavern on Taraval Street for a meal and the food is terrific. The owners have created a truly beautiful venue with good food, very reasonable prices and a comfortable atmosphere. Bring the family for breakfast, lunch or dinner; or stop in for a beer and watch a game or match. Even though the name says “tavern” it is family-friendly and well worth visiting. Two thumbs up – check it out.

What about you? If you have an interesting story, idea, or some insights you'd like to get in the paper just drop it to us. You can reach me at: [mitch@WestsideObserver.com](mailto:mitch@WestsideObserver.com). Be sure to check out the Observer online @ [www.WestsideObserver.com](http://www.WestsideObserver.com).

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[www.cliffhouse.com/guest\\_book/newsletter.html](http://www.cliffhouse.com/guest_book/newsletter.html)

**WINE LOVERS' TUESDAY**

On Tuesdays bottled wines are half price all day with purchase of entrée!  
(Some restrictions apply.)





Colossal Head 5, 1200–900 BC. Museo de Antropología de Xalapa, Universidad Veracruzana; Archaeologists study a monumental stone head discovered at the La Venta site in Tabasco State, Mexico. Photo: Richard Hewitt Stewart; Monument 1 (seated figure), 1200–900 BC. Museo de Antropología de Xalapa, Universidad Veracruzana

## FEBRUARY 19 - MAY 8 • OLMEC: COLOSSAL MASTERWORKS OF ANCIENT MEXICO

Considered the “mother culture” of Mesoamerica and recognized as America’s oldest civilization, the Olmec developed an iconic and sophisticated artistic style as early as the second millennium BC. The Olmec are best known for the creation of colossal heads carved from giant boulders that have fascinated the public and archaeologists alike since they were discovered in the mid-19th century. The monumental heads remain among ancient America’s most awe-inspiring and beautiful masterpieces today. More than 100 objects, drawn primarily from Mexican national collections with additional loans from over 25 museums, included in the exhibition are colossal heads, a large-scale throne, and monumental stelae in addition to precious small-scale vessels, figures, adornments, and masks. Olmec brings together for the first time new finds and monuments that have never been seen by American audiences and reveals new scholarship on Olmec culture and artifacts.

de Young Museum | 50 Hagiwara Tea Garden Dr, GG Park, SF | 9:30am-5:15pm Closed Mondays



## Creative STATE

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### INVESTIGATING GRACE

UNIVERSITY DANCE THEATER  
ODC/Dance founder Brenda Way’s seminal work is reimagined through the movements of SF State dancers. Made possible by an American Masterpieces award from the National Endowment for the Arts.

April 7–9, 8pm, McKenna Theatre, From \$8 in advance

### THE BARBER OF SEVILLE

BY PIERRE BEAUMARCHAIS, DIRECTED BY TRACY WARD  
The wily Figaro makes sure love conquers all, no matter how you slice it. This modern spin on the 18th-century classic features a commedia dell’arte troupe and original music.

April 30–May 8, Little Theatre, From \$8 in advance

### THE ISLANDERS

BY ANDREW SEAN GREER, DIRECTED BY SHEILA BALTER  
In this pointed, prickly and humorous story of friendship and love, Cat and Maddy reunite for a trip to Ireland. A Word for Word production from the Z Space Studio.

April 26, 7:30pm, McKenna Theatre, From \$10 in advance  
Post-show talk with Andrew Sean Greer



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#### EVERY • THURSDAY–FRIDAY NIGHT

5:30–9 pm | Chef Val creates Tapas | Que Syrah. 230 West Portal Avenue 731.7000

#### EVERY • FRIDAY NIGHT

Friday Night Jazz Fri | 7–11 pm | Cliff House, Balcony Lounge – 1 Seal Rock.

#### WED • ARBORETUM FEE HEARING

Wed Apr 6 | 1 pm\* | Budget and Finance Committee Hearing on fees for entrance to the Arboretum. City Hall, Rm. 250. Check agenda for item order.

#### WED • WILD PARROTS FILMAKER

Wed Apr 6 | 7pm | The Wild Parrots of Telegraph Hill. Filmmaker Judy Irving will screen and discuss her highly regarded film. CCSF Ocean Campus, 50 Phelan Avenue Cloud Hall, Room 246

#### FRI SAT SUN • W PORTAL ARTS & CRAFTS

Fri–Sun Apr. 8–10 | 10am–5pm | The 23rd Annual Fine Arts and Crafts Show on West Portal Avenue between 15th and Ulloa. Admire the works of more than 60 artists displaying everything from photography, paintings, ceramics, jewelry and much more. Free: West Portal Avenue Association.

#### MON • OFF-LEASH DOG HEARING

1 Mon Apr. 11 | 1pm | Response to recent draft proposal by the GG National Rec. Area to restrict off-leash dog access at Fort Funston, Ocean Beach, and Crissy Field. Will it lead to an increase in off-leash dogs? City Hall, Rm. 263

#### TUE • POETRY TRIO!

1 Tue Apr. 12 | 7pm | A trio of Poets will read from their debut collections: Derek Mong, Keith Ekiss and Dean Rader. Bookshop West Portal, 80 West Portal Ave. 564-8080.

#### THU • AUTHOR JAQUELINE WINSPEAR

1 Thu Apr. 14 | 7pm | Maisie Dobbs’ Secret Service assignment takes her undercover to foil a Nazi plot as the stormclouds of WWII gather. Bookshop West Portal, 80 West Portal Ave. 564-8080

#### THU • BUDGET TOWN HALL

1 Thu Apr 14 | 6:30–8pm | Mayor Lee goes to District 8 with Supervisor Scott Wiener to educate the public about the Mayor’s budget principles and to hear directly from San Franciscans about their budget concerns and ideas as the City faces a projected \$380 million budget shortfall for Fiscal Year 2011-12. Mission High Auditorium, 3750 18th St.

#### THU • THE LOD MOSAIC

Thu Apr 14 | 1pm | Art History Lecture: “A Marvelous Menagerie: The Lod



1 Mosaic,” Dr. Renée Dreyfus, FAMSF. First unearthed in 1996 during construction on the Jerusalem–Tel Aviv highway in Lod (ancient Lydda), Israel. Found in a large villa believed to belong to a wealthy Roman, the excellently preserved mosaic floor dates to about AD 300. Exhibition: Apr 23– Jul 24. Palace of the Legion of Honor, Lincoln Park | 100 34th Ave 750.3600

#### FRI • HONG KONG BUSINESS CLIMATE

1 Fri Apr 15 | 11am | Hong Kong: One Country, Two Systems. Jeff Wing-yan Leung, Director of the Hong Kong Economic and Trade Office, SF, discusses economic, trade, social and political life in Hong Kong, following the “hand-off” to the People’s Republic of China. CCSF Ocean Campus, 50 Phelan Ave. Rosenberg Library Rm 304

#### SAT • VICTORY GARDEN

1 Sat Apr 16 | 10am | A monthly workshop for beginning and intermediate organic gardeners. Take full advantage of the unique gardening climate in San Francisco. Join Carey Craddock as we take a closer look at what to do in your garden in April to ensure you reap a harvest. Garden for the Environment, 7th Ave at Lawton.

#### MON • SPEAK

1 Mon Apr 18 | 8:30pm | Sunset-Parkside Education and Action Committee meets each 3rd Monday at Grace Lutheran Church, 3201 Ulloa St.

#### TUE • TARAVAL PUBLIC SAFETY

Tue Apr 19 | 7pm | Meet with Captain Curtis Lum, at the Taraval Station Public Safety Community Meeting, the 3rd Tuesday of each month at Taraval Station 2354 24th Ave.

#### WED • THEATER LORCA

Wed Apr 20-30 | 7pm | The House of Bernarda Alba. After her second husband’s death, Bernarda Alba imposes an eight-year mourning period in her household of five daughters. Federico Garcia Lorca’s final play (1936) All-female cast. UCSF Studio Theatre, Creative Arts Bldg. \$5-10. creativearts.sfsu.edu/node/2855 (415) 338-2467

#### THU • CALIFORNIA TREES

Thu Apr 21 | 6pm | A Californian’s Guide to the Trees Among Us. Matt Ritter, Ph.D., presents a photographic exposé of the lives and stories of some of the fascinating trees our state’s agreeable Mediterranean climate and rich horticultural history have converged to populate our towns and

cities with thousands of different species of native and ornamental trees. City College, Ocean Campus, 50 Phelan Ave, Multi- Use Bldg Rm 140.

#### MON • CENTRAL COUNCIL MEETING

2 Mon. Apr 25 | 7:30 pm | West of Twin Peaks Central Council | A resource for neighborhood organizations. Learn and comment on issues. Fourth Mon each month Forest Hill Clubhouse at 381 Magellan Ave.

#### SAT • FINANCIAL EMPOWERMENT

3 Sat Apr 30 | 10am–1:30pm | Money! Financial Empowerment for Students and Families. Jackie Speier & Carmen Chu presents youth financial literacy event featuring workshops on “College Financial Aid and Student Loans”, “Avoiding the Debt Trap”, “Protect Yourself from Identity Theft”, and more. Lincoln High School, 2162 24th Ave.

#### SAT • THE BARBER OF SEVILLE

3 Sat Apr 30 | 8pm | Someone call a doctor. The wily Figaro makes sure love conquers all, no matter how you slice it. Little Theatre, Creative Arts bldg. \$8-15 creativearts.sfsu.edu/node/2737 (415) 338-2467

#### HELIOS: EADWEARD MUYBRIDGE

Thru June 7 | SFMOMA showcases Helios: Eadweard Muybridge in a time of change. The first-ever retrospective examining all aspects of artist Eadweard Muybridge’s pioneering photography, brings together more than 300 objects created between 1857 and 1893.

#### MUYBRIDGE AND SAN FRANCISCO

Best known for his groundbreaking studies of animals and humans in motion, Muybridge



(1830–1904) was also an innovative and successful landscape and survey photographer, documentary artist, inventor, and war correspondent. He worked as a bookseller in New York and San Francisco. By 1867 he began his career as a photographer in San Francisco. His innovative landscape photographs, which showed the grandeur and expansiveness of the American West were published under the pseudonym “Helios. SF Museum of Modern Art, 151 Third St. 357.4000

Got a local event? Send it to: editor@westsideobserver.com

## 23RD Annual Sidewalk Event

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Chris Efstratis



Mendy Marks



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## Spring Cleaning Inside and Out

I'm busy clearing and cleaning my surroundings and purging junk. It feels good to clear out the pile up of stuff collecting dust. Springtime also gives us an opportunity for internal clearing, to shed the fat of winter that kept us warm and cozy. A great way to purge unwanted pounds and get healthy is to try an internal cleanse. Weight loss isn't the goal but it's certainly a great side effect.

**What is Internal Cleansing?** There are many types of cleanses that target many different parts of the body, (colon, intestine, stomach, liver, pancreas) and cover many different types of internal pollution, including waste buildup, heavy metals, parasites, fungi, and yeast. The intensity of the cleansing depends on the individual. Always an ideal program combines high water consumption with high-potency herbs, digestive enzymes, and essential oils.

**Benefits of a Cleanse** Everyone can benefit from cleansing. We are all stressed to a lesser or greater degree by an ever-mounting buildup of toxins, chemicals, bacteria, and parasites. Medical researcher, Kenneth Bock, M.D. says "humans are walking toxic dumps." Why? Because of industrial wastes, herbicides, pesticides, additives, and heavy metals we unknowingly absorb from our food, cosmetics, air and water—even the mercury fillings in our teeth. Humans are also at the top of the food chain meaning we are subjected to concentrated doses of potentially harmful chemicals from the meats and dairy products we consume.

Cleansing allows the body to work more efficiently to fight off disease and build a strong immune system. We become encumbered or overloaded with the accumulation of toxins, mucous, and parasites that can build up over the years. According to a large survey in 1990 by the Environmental Protection Agency, every single person tested had some evidence of petro-chemical pollution in their tissues and fats. Some chemicals found were styrene (used in plastics), xylene (a solvent in paint and gasoline), benzene (a chemical found in gasoline), and toluene (another carcinogenic solvent). As you can imagine over time, these chemicals cause inflammation and inflammation causes disease.

**When to Cleanse** Cleansing is not just a once or twice a year event but must be continuous. There are simple ways to incorporate this into daily life, explained below. We take showers each day to cleanse the outside of our body. The inside of the body needs the same type of care. We cleanse for maintenance to keep our body clean and healthy. We also cleanse if there is a health challenge or issue at hand.

It's especially important for anyone over 40. With age comes a greater buildup of debris in the body caused by decreased production of the stomach acids and enzymes as well as environmental toxins.

If taking antibiotics or undergoing chemotherapy or radiation, try an intestinal cleanse and use a good pro-biotic daily for at least a week after. Plain, unflavored yogurt taken before lighter meals also helps provide friendly bacteria. The need for yogurt is sometimes indicated by an intolerance of dairy products.

**Maintenance Cleansing** We can incorporate cleansing into our lifestyle daily and it doesn't have to be extreme. Taking digestive enzymes with each meal, using a natural laxative, and a product with natural fiber helps keep the colon clean. The fibers scour out residues. Blended with essential oils, the fibers work to decrease the buildup of wastes, improve nutrient absorption, and help maintain a healthy heart. Fiber may also help balance blood sugar levels. It also helps maintain regularity as we grow older, preventing and overcoming constipation, diarrhea, and gas.

Also, adding a nutritious liquid meal replacement once a day, gives the digestive system a rest. This cleanse is done along with our regular workday and responsibilities. My husband and I are reaping the health benefits of the maintenance cleanse;

controlling weight, feeling better and more energetic. A healthy digestive system is important for the proper functioning of all other systems because it absorbs nutrients that are used throughout the body.

I'll outline some specific cleanses:  
**Intestinal Cleanse:** Helps loosen and expel undigested and fermenting materials from the intestines that may block nutrient absorption and poison the body's internal environment.

**Colon Cleanse:** Helps counteract bloating and constipation. Purging the colon of toxins and impurities is just as important as cleaning the small intestine. Waste products and gases that are held in the colon have a far higher concentration of toxic byproducts than those in the small intestine.

**Liver Cleanse:** A stressed and poorly functioning liver include skin conditions (rashes, eczema, and dermatitis), fatigue, headaches, pallor, dizziness, irritability, and poor digestion. The liver is pivotal for purifying the blood and plays a key role in converting carbohydrates to energy, as well as storing energy in the form of glycogen and fats. Fats and bile within the liver can easily become saturated with toxic chemicals and heavy metals. As these toxins accumulate, the liver becomes taxed, unable to properly detoxify the blood.

**Heavy Metal Cleanse:** Allergic reactions, fatigue, headache, muscle pains, digestive disturbance, dizziness, depression and mental confusion can be attributed to metal poisoning. A graver concern is metal accumulation in the brain, kidneys, nerves, immune system, and fatty tissues. Some highly poisonous heavy metals, such as cadmium, can remain in the body for up to 30 years. As a result, they can lead to degenerative diseases including Alzheimer's, multiple sclerosis, and even cancer. Essential oils have a natural ability to dissolve insoluble heavy metal salts so that they can be eliminated.

**Parasite Cleanse:** Almost everyone has parasites in one form or another. For the most part, they go entirely unnoticed and cause fatigue and sickness, sometimes difficult for physicians to detect.

**Blood Cleanse:** Cleans and purifies the blood, builds red blood cells and is recommended for any blood disorder.

**The Stanley Burroughs' Master Cleanse** or Lemonade Diet: This cleanser is not a fast, but a cleansing program. A true fast consists only of water, while the original Master Cleanser incorporates a mixture of lemon juice, Blue Agave nectar, and cayenne pepper consumed throughout the day and is a source of calories, vitamins, and minerals. It's ideal for anyone who is not diabetic and can safely cleanse for at least 7-10 days. As with any program of caloric restriction, however, consult with your health care professional before undertaking any extended fast or cleanse.

**Fasting,** nature's single-greatest healing therapy, is the avoidance of solid food with liquid intake varying from just water to fresh juices. A fast can last 24 hours (a really good place to start if you'd like to try it) or several weeks. An increasing number of doctors are recognizing that fasting can be physically healing while allowing us to focus our energy inward, bringing clarity and change. Fasting is generally safe but those with medical conditions should check with their health care professional.

I would love to hear your questions or comments. Contact me at 650.359.6579 or sharoncaren@comcast.net. Also visit: [www.sharoncaren.com](http://www.sharoncaren.com)

*The views expressed are those of the writer. If you have any questions about your health, you should always consult with your doctor.*

## ON THE PLUS SIDE By Hank Basayne



## Hank Basayne will be back.

Hank's had more than a few health issues, we look forward to his continued improvement.

MUNI (Cont. from p. 7)

help Muni while enhancing pedestrian safety and keeping auto traffic moving.

Fourth, all of the above will not reduce running time enough to reduce costs. Muni will need to use the above time savings to provide a faster, more reliable ride, and add a little more service (a small reduction in the wait between buses) while continuing to provide bus drivers with essential catch-up time/break.

Last, convert peak hour Limited service to turn-back service to increase core service frequency between Holloway and California. Because of fewer stops, there would be little benefit from continuing Limited service. Not running the Limited to BART would save a few more minutes, helping to provide additional service, from BART during the scholastic peak times.

This example of the 28 line shows how difficult it will be for Muni service planners to reduce costs, but Muni can improve service.

If you would like a noticeably faster, smoother 28 ride, along with a slightly more frequent service and less crowding, tell Muni that you want fewer stops and other improvements. You can contact the Muni Board at [MTABoard@sfmta.com](mailto:MTABoard@sfmta.com).

Feedback to [editor@westsideobserver.com](mailto:editor@westsideobserver.com)

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LIC#629538



# Thank a Teacher

By Carol Kocivar

I am a little confused.  
Let me take that back. I am a lot confused.



In January, I watched the State of the Union message on television. The only part of the speech that everyone agreed on was a statement thanking teachers. Red and Blue and everyone in between, they all stood up and applauded.

And now, just a few months later, I see the way we really thank our teachers.

On March 15, we fired about 20,000 teachers in California. These are the folks who work over the weekend on lesson plans and who correct homework late into the night.

And before we fired them, we decided to have furlough days—a euphemism for cutting their pay and cutting instruction.

And after we cut their salaries, we increased class size. Talk about doing more with less.

And we make sure they have old textbooks.

And here in the technology capital of the world, many teachers can't connect to the internet.

And we have our schools and our teachers measured by an accounting system that will result in almost every school being labeled "failing."

As my mom, a 92 year-old retired public school teacher, would sometimes say, "Thanks a lot!"

We do this at the same time we wring our hands over the global competitiveness of the American economy.

We cut art and music from our schools in spite of research telling us that this is exactly the wrong thing to do.

We do this at the same time we spend almost three times more to keep someone in prison than to keep a child in school. Thanks a lot!

Teacher appreciation week is coming up.

Thank your teacher by advocating for funding for our schools and our children. Tell all of the teachers you know 'We really do care.' For ideas on how to celebrate teacher appreciation week, go to: [http://pta.org/TAW\\_Activity\\_Ideas.pdf](http://pta.org/TAW_Activity_Ideas.pdf)

Feedback: [kocivar@westsideobserver.com](mailto:kocivar@westsideobserver.com)

## CVS Pharmacy Plans More Locations

By Anise J. Matteson

George Wooding's article in the March issue, "Vocal Opposition Surfaces as CVS Plans Liquor Sales, addresses the issues I raised in my argument against CVS's proposal: the impact on surrounding neighborhoods.

Included in my argument against the proposal, I highlight:

- CVS is a chain store (7,100).
- CVS Pharmacy will increase alcohol sales in the area.
- The proposed sale of non-pharmaceutical products by an entity doing business as a pharmacy is misleading.
- Taber's CYCLOPEDIA MEDICAL DICTIONARY defines pharmacy as: 1. The practice of compounding and dispensing medicinal preparations. 2. A drugstore.
- In the interest of promoting good health a pharmacy should not sell alcohol.

My argument against the proposal for a CVS Pharmacy on Ocean Avenue was submitted to Supervisor John Avalos on the subject of CVS Pharmacy proposal discussion at the November 10 Ocean Avenue Revitalization Collaborative. I question why the Ingleside Terraces need another pharmacy within one block of an established pharmacy [Walgreens].

In these tough economic times, what does their prospectus look like?

Let's not rush into adding another business because the community wants to abate a nuisance. There should be ample time to learn more about CVS Pharmacy's business plan, feedback from Walgreens as to the impact on them, and feedback from business owners in the 1400-1900 blocks of Ocean Avenue, as well as Ingleside residents. The Board of Supervisors and the Dept. of Public Health may have valuable input.

Most importantly, what effect will CVS Pharmacy have on insurance plans? Will Walgreens be forced to discontinue accepting some insurance plans to remain competitive?

The entire email can be found at [www.caringboomers.blogspot.com](http://www.caringboomers.blogspot.com). [November 30, 2010, REBUTTAL - NEIGHBORHOOD NARRATIVE: CVS Pharmacy Eying Ocean Avenue.]

The Miraloma Park improvement Club, San Francisco School of the Arts, the Youth Guidance Center, Captain Cassanego and the Board of Supervisors have my support in opposition to CVS's plans to open stores on Portola Drive, Ocean Avenue and possibly on Noriega.

Anise Matteson is an Elder Care Consultant and (2008 Candidate - Board of Supervisors - District 11 (write-in))

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## SECOND THOUGHTS / By Jack Kaye

### Driven By, To, From and Around Distraction



There's a great new television commercial featuring a man in a car approached in a garage by a gentleman who warns him that he will be talking on his cell phone when he backs his own car up and might accidentally hit this man's vehicle. The same man in the car is later cautioned by another driver that she will be doing her makeup while driving and might swerve into his lane. Another person alerts the same driver that he will be eating while driving and so might side swipe his car by accident.

The man is being warned that the people around him are distracted and could pose a danger to him and his property. Most of us don't get that warning. We might not realize that we ourselves are too distracted to be completely reliable, that we are driven by, to, from and around distraction. We might be unaware of its effect on ourselves and others. And most of all, we might know why distraction drives us so.

Two great Russian philosophers, Gurdjieff and Ouspensky, believed that most of us are asleep and live our lives like machines. Their suggested remedy was to be ever conscious of who we are and what we are doing - by remembering ourselves.

A modern version of this might be that we are terribly distracted and therefore find ourselves reacting to life rather than creating it. We seem to always be a few seconds behind. Life has become so complex and there are so many important things going on in our lives that we want to do as much as we can. We don't want to miss anything. But what is the remedy?

We have our cell phones that go everywhere with us. When they make a noise of our choosing we are duty-bound to answer, no matter where, no matter when. Some of us also have our iPods, iPads, iMacs, our Walkman (where have you been?), FAX, blog, tweets, and text messages demanding our immediate attention. What are we to do? The world beckons.

So why do we allow this to happen, if we really have a choice, and is it good or bad?

As always, I have a theory.

I think that there are several reasons why we have allowed ourselves to become so distracted.

First there is the genuine desire and need to do the best we can. Many of us believe that in order to do our best we must be available to all the inputs or stimuli that we can. If we network, we should have as wide a net as we can spread. If we are serving clients, we want to be available to and for them and to all correspondence needed to assist them. We want to be productive.

Then, I think that there is the need to feel connected. If it is a woman walking alone in an unfamiliar part of town or if it's someone dining alone at a restaurant filled with happy couples, or just people wanting to make sure no one thinks that they are really alone or have nothing to do. Our electronic devices have become our friends and sidekicks. Our devices are magical, like the Captain Video ring or Dick Tracy's wristwatch phone were to us 50 years ago. We won't go anywhere without them. Our connection with them and with all the interactions that they avail us is rooted, I believe, in our umbilical cord's link to our mothers, our primary source of nutrition and love.

But I think that there is a deeper reason why we are so subject to and also eager for distraction. I think that it is for the same reason people drink alcohol - to divert us from the weight and responsibility of the here and now.

How many of us have denied responsibility for some mindless or thoughtless act by saying that we were drunk and didn't know what we were doing or failing to do at the time? What is the purpose of college fraternity parties if not to get co-eds so drunk that they won't be or feel so morally responsible?

I see the same deniability every day in the dog park. A couple are walking their dog but are distracted and never seem to notice that their dog is going to the bathroom and needs to be cleaned up after. Sometimes it is because the people are in a deep conversation and can conduct it only by looking away from where their dog is. Or maybe one is on a real important cell phone call that must be done while facing away from their canine charge. Or maybe they are busy with their beloved child and just do not notice.

How many people late for their appointments or unable to return calls were just too distracted? How many cars go through red lights and stop signs because the driver is deeply involved in his cell phone call? How many parents ignore signs of trouble for their children because they were just too involved in other things? How many orders for goods or services

go wrong because someone along the line was thinking about something else?

It may be just me but it seems that this problem has gone way beyond errors by government agencies and children spilling milk. It has gotten to be a gamble whether the ultimate product will even approximate the original request. If you order your burger medium rare, will it be? Or was the waitress too distracted to get your complete request or was the chef busy text messaging his girlfriend who was in the middle of a brain surgery and was trying to find just the right part of the brain to drill in this life and death operation?

When you call customer service trying to resolve a serious issue, is the customer service representative so overwhelmed by the many calls that she accidentally disconnects you after you waited half an hour on the line to get her? If you finally, after the third or fourth try, get to speak to the live person and the person promises to take a certain action on your behalf, will that person remember? And if so, will the memory be correct or confused with another order?

I've noticed it driving lately. People don't seem aware that the light has changed or that they can go ahead and make a right at the light or that the speed limit is well over the five miles per hour they are driving or that they don't have to maintain eye contact with their passenger, if driving while conversing, especially if the passenger is in the back seat. And these drivers aren't even the ones on cell phones, or eating and drinking their lunch, or text messaging while on the move.

So is this good? If distractions are driving us to accomplish more, but poorly, is it good? Is quantity more important than quality? And if, as we are constantly reminded by columns like this one, the key to life is living in the here and now by doing everything as an end in itself as well as a means to an end, how can distractions help? If the key to success is the ability to focus completely on what we are doing, how does doing several things at the same time fit?

How many home runs did Babe Ruth or Mickey Mantle or Barry Bonds hit while they were thinking about something else? How many actors give their best performances with their minds on something else? Are great pianists or opera singers actually mentally involved in a different activity while they perform?

If these questions seem so easy to answer "no" to, then why do we continue to sacrifice our ability to perform at our best for the sake of performing at our most, shortchanging everything we do?

I think that as Shakespeare lamented "the world is too much with us." It's too much to take in one bite so we take parts of it at different times. We don't want to put all our eggs in one basket because what if it leaks? Instead of putting all our money on one horse to win, why not put money on three horses to at least show. If you're really lucky they might all finish in the top three. If you're really lucky, you might be able to have an intelligent cell phone conversation while driving at the appropriate speed and stopping at the right place for the right amount of time. Sometimes, we are lucky, and sometimes, we're not.

I suggest that we test this theory. Let us try to do one thing at a time giving it our full attention. Let us do this not only as the means to some future end, which it always is, but also as an end in itself. If we are vacuuming to keep our home clean, let us also do it for the pleasure of doing it. When we eat, let us do it not only for nutrition, but also just for the pleasure of tasting different flavors. If we drive to the store let us enjoy the ride.

If my theory is correct, we will perform more efficiently, effectively and enjoyably. We will experience the beginner's mind, finding that whatever we do will feel like it's the first time. We will know pleasure of childlike simplicity as in a constant meditation.

If my theory is incorrect, it will be because I have been very distracted trying to keep my lap-top steady as I drive through the rain. It's not my fault.

Feedback: [kaye@westsideobserver.com](mailto:kaye@westsideobserver.com)







Remember When?



INGLESIDE TERRACES, Ocean Avenue at Cerritos. From the Willard E. Worden Glass Plate circa 1912, by permission of the SF Historical Collection of the SF Public Library. Were the iron Ingleside Terrace signs scrapped for WWII metal? editor@westsideobserver.com

OPEN LATE



|             |   |   |   |   |   |   |   |   |   |
|-------------|---|---|---|---|---|---|---|---|---|
| Sudoku-fun! | 1 |   | 8 |   |   | 4 | 6 |   |   |
|             |   |   |   | 3 | 1 |   | 7 |   |   |
|             |   |   |   |   |   | 6 | 4 | 2 |   |
|             |   |   |   | 8 |   |   |   | 5 | 6 |
|             | 8 |   |   |   | 3 |   |   |   | 7 |
|             | 5 | 1 |   |   |   | 7 |   |   |   |
|             |   | 3 | 7 | 1 |   |   |   |   |   |
|             |   |   | 1 |   | 2 | 9 |   |   |   |
|             |   |   | 9 | 7 |   |   | 1 |   | 8 |

**Rules:** Each puzzle is a 9 by 9 grid of squares divided into nine 3 by 3 square blocks, with some of the numbers filled in for you.

**The Object:** Fill in the blank squares so that each of the numbers 1 to 9 appears exactly once in each row,column and block.

**Answer:** The answer appears aside..

Phyllis’ Findings / Phyllis Sherman

There’s a Way to Squeeze an Extra Hour Into Your Day

Latest reports say that if you only sleep six or seven hours per night you’ll live longer than if you sleep eight or more hours. The findings are only preliminary so if you’re a late sleeper, don’t worry until we know for sure. What we do know is that there’s a way to squeeze an extra hour into your busy day.

You wonder how you can do it all, right? Well, actually you can’t. There’s always something else crying for your attention. And when you put off something, and something else gets done...chances are you won’t get any projects completed.

Well, there is one way to squeeze an extra hour into your busy day. I did it and it works. In the morning, whenever you awaken..don’t lie there and vaguely think about all the useless or pointless things you did yesterday or should have done or will do when the time is right. Nor should you think about all the nefarious things that have happened in the past week..what your kids or what your wife or husband or significant other intimated...just GET UP!!! If you’re a morning newspaper reader, you’ll finish it an hour earlier! If your spouse isn’t up yet, making breakfast and surprise him or her... it will gain you important points. That’s my tip for April. Try it.

\*\*\*\*\*

Speaking of sleep problems, we all know that doctors hand out samples every day to grateful patients ( or used to.) This is merely the drug user’s system of promoting new medicines...through professional articles ad at medical conferences And what they astonish even the most jaded critics of ethically challenged pharmaceutical marketing, makers of sleeping pills are now paying doctors to publish bad things about competing drugs. The market for sleeping pills is huge...42 million prescriptions were filled last year...and it’s more competitive than ever due to the recent introduction of



Sepracor’s Lunesta (the one with butterfly commercials.) Ambien CR (controlled release version of Ambien) and Takeda Pharmaceuticals’ Rozerem. Ads have made most of these drugs household names. Yet many people have never heard of one of the most widely prescribed hypnotics in the United States: Trazadone. First approved by the Food and Drug Administration 25 years ago, Trazadone is categorized as an anti-depressant. Nonetheless, psychiatrist prescribes is off label to treat insomnia, because it works so well, its half- life has no risk of addiction and the half-life is long enough to keep patients asleep all night, it has a long safety record, and it is cheap, costing (at last count)as little as 10 cents a pill. Ambien and Lunesta cost much more.

Several states now insist that drug makers report the gifts they give doctors. The companies should also disclose how much they pay doctors to prepare sponsored articles. It would be the rare doctor who would want such information to come to the public.(I believer UCSF has forbade physicians to give samples to patients.) This information was extrapolated from an article is the NY Times by Daniel Carlat.

Feedback: phyllis@westsideobserver.com

BRAIN FÜD

These well known sayings were translated by computer to another language then back into English. What were the original sayings?

1. It hits while the iron is warm.
2. Initially come, initially been useful.
3. As for evidence of the pudding there are times when you eat.
4. More than one road it removed the skin from the tomcat.
5. Is human to mad.

Brain Füd Answer

1. Strike while the iron is hot.
2. First come, first served.
3. The proof of the pudding is in the eating.
4. There is more than one way to skin a cat.
5. To err is human.



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|---|---|---|---|---|---|---|---|---|
| 8 | 9 | 1 | 3 | 4 | 7 | 6 | 5 | 2 |
| 3 | 7 | 5 | 9 | 2 | 6 | 1 | 8 | 4 |
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| 4 | 9 | 8 | 7 | 6 | 2 | 3 | 1 | 5 |
| 7 | 1 | 2 | 3 | 4 | 5 | 6 | 8 | 9 |
| 6 | 5 | 4 | 3 | 2 | 1 | 9 | 8 | 7 |
| 5 | 4 | 3 | 2 | 1 | 9 | 8 | 7 | 6 |
| 4 | 3 | 2 | 1 | 9 | 8 | 7 | 6 | 5 |
| 3 | 2 | 1 | 9 | 8 | 7 | 6 | 5 | 4 |



# A SATISFYING HARVEST

From the Border

By Hilary Gordon Photos by Blair Randall © 2011

Maybe the best kept secret at the GFE is our harvest program. Every Saturday morning a small band of dedicated volunteers harvests fruits and vegetables from all over the garden, makes a beautiful bouquet and an herb bundle, and packs everything into a spicy fragrant box of freshness. Our much-loved Foodrunners volunteer comes before lunch to pick up the box, and trailing blossoms, drives it over to a shelter for homeless and at-risk youth. There the kids and staff unpack the box, read the newsletter, hang the herbs to dry, and cook the veggies. They empty out their old bouquet from last week, and fill their vase with fresh flowers. So far we have delivered over 400 lbs. of food through this program.

Our harvest program is a powerful example of a win/win situation for urban agriculture. Everyone who touches that box in the course of a Saturday is inspired, and benefits from the wake-up for all the senses that comes from handling truly fresh and fragrant food and flowers.

We, on the other hand, benefit from the food production laboratory. We are now in the second year of production, and we have learned a lot about what we can reliably harvest year-round. Although we do take a break over the winter holidays, we can pretty much count on having cooking greens, like kale and Swiss chard, in every box all year. Salad greens, both whole lettuce heads and mixed baby salad greens, scallions and radishes go in the box all year long, as do some kind of legume. Our climate allows fava tops in winter, then favas and peas in spring, beans in summer, and peas again in the fall. This year we hope to expand our potato production, another crop that can be harvested virtually year round in our mild climate. Many other fruits and vegetables go in the box seasonally, everything from A to Z, artichokes to zucchini.



Volunteers at the Garden for the Environment harvest food and flowers for homeless shelters. Join the harvest crew.



Have questions on how to get involved? E-mail [suzi@garden-fortheenvironment.org](mailto:suzi@garden-fortheenvironment.org).

Hilary Gordon is Sustainable Landscape Education Manager at the GFE. A life-long gardener, trained at the City College Horticulture program, she has worked as a professional landscape gardener from 1984 until the present. Have a question for Hilary? Meet her in the garden Wednesdays 10-2 and Saturdays 10-4 at the Garden, 7th and Lawton St.



## Real Travel By Sergio Nibbi



### Go Giants—"Again"

It was a simple ad, not different than hundreds of others on Craig's list, "For sale, two baseball tickets, Scottsdale Stadium, great seats." Considering the hordes of people in Arizona right now for Spring Training, one would have to be crazy not to consider scalping two great tickets to watch the World Series Champions San Francisco Giants play the Kansas City Royals. Most people would kill for the chance but for me, Timmy or no Timmy, I would rather sit by the pool and enjoy the dry, warm, desert air.



We left on time, although the security lines at SFO were horrendous. Most people dread "Smart Meters" but I have a "Smart Wife" and before leaving she cleverly signed up for priority check-in which got us in the line with 20 people instead of 200. As in the past this is the weekend that the Giants' owners gather for the yearly meet and greet. Thursday night we started with Mastro's City Hall and if you're in beef country you might as well start with one of the best and if \$16 drinks and \$50 steaks make you happy then this is Minerva.

Friday evening the Scottsdale Charros hosted their yearly party for the team and team owners along with a house full of guests. This year was extra special in that it was the 50<sup>th</sup> anniversary of this great service organization and its members looked especially dapper in their white shirts, red and blue ties and blazers. Add the presence of the championship Giants attended by most of their series winning players graciously autographing shiny new baseballs and if that was not enough, we had the "super moon" overhead to make it a once in a lifetime experience.

While working my way around the food stations, and grabbing an occasional beer, I had the privilege of meeting Scottsdale's mayor, Jim Lane, and his lovely wife Joanne. Jim was proudly wearing a large lapel button stating, "I love Scottsdale and the Giants." We briefly spoke about the local economy and how well San Francisco is coming out of this nasty recession led by biotech and high-tech. The speeches were short, but long enough to announce that the stadium had broken the previous daily attendance record with over 12,200 people in the stands. At that moment I realized that my tickets had just gone up in value by another 50 bucks.

By Saturday morning it was crunch time, and like a great bottle of wine, which has to be drunk in order to be enjoyed, I surrendered my priceless tickets to the turnstile and became one of the hundreds of cheering, raving fans as we were thrilled from the first pitch to the last out. It turned out to be a perfect day with clear skies and just a slight breeze. The final score: Giants 3, Kansas City 1, with yet another record-setting day in the stands, with a few more attending than the day before.



On Saturday night the team owners, coaches and a select number of guests gather at Don and Charlie's for a ribs and coleslaw eating fest. For a baseball fan this is the pinnacle of the sport with Willie Mays, Orlando Cepeda and Gaylord Perry all sharing the same table and yes, all eating the same ribs. Jon Miller, the Giants' announcer, was in top form and always has a favorite story, told

with anticipation and charm as only Jon can do. The weather has been Spring Training perfect, and the 85 degree weather a welcome break from the Bay Area rains.

So with Spring Training quickly drawing to a close and opening day just days away we all anxiously await that first pitch that will undoubtedly lead to yet another World Series win. If the Giants manage to bring only half of the energy and enthusiasm that fills the stadium and streets of Scottsdale back to AT&T Park, they are a shoe in to bring home yet another trophy. Now if only I can find a decent ticket to opening day I swear to the baseball gods that I would never, ever, consider scalping it....but on second thought, every man has his price. Giants, 2011 World Series Champions! Yes, you heard it here first.

Feedback: [sergio@westsideobserver.com](mailto:sergio@westsideobserver.com)



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