

Weeds!
Love 'em or
hate 'em
Hillary Gordon
talks gardens
—p 13



Business Corner
Massage Envy
in the
spotlight
— p. 9

West of Twin
Peaks Central
Council
Big turnout
as the President
of the Board
addressed the
issues— p3



Byron
Joins the cast of
characters at
Open Late
— p. 14

Phyllis Sherman
The Chronicle,
vitamins and,
of course,
Obama— p5



More INSIDE

Around the Town	2
Tax Increase? NO!	2
WOTPC Meeting	3
Police Blotter.	4
Phyllis Sherman - Phyllis' Findings	5
Jack Kaye on Motivation	5
Calendar	6
Movies	6
Theater	6
Sharon the Health -Massage	10
Golf and the Spine	11
Life Skills/Hank Basayne	11
Carol Kocivar -Applications	12
Imaculate Conception Program	12
Cooking to Prevent Cancer	13
Gardening with Hilary Gordon	14
Games & Fun	15
Where to find the Observer	15

Jeff Adachi: Defending the Public

by Jeff Adachi

I first became aware of the role that defense lawyers play in the criminal justice system while reading the novel “To Kill a Mockingbird” as a teenager. The story’s protagonist, Atticus Finch, is an Alabama lawyer who undertakes the defense of a man accused of rape during the Great Depression. The evidence against the defendant seems overwhelming, and the entire town turns against Finch and his client. But Finch is undeterred. As he investigates the case, he comes to believe that his client is innocent, though his faith is challenged as the case proceeds to trial.

Finch, who was portrayed by actor Gregory Peck in the film version of the novel, believes it is his obligation to provide a poor person with the same representation provided to paying clients. Because the client’s family has no money and there are no public defenders, Finch accepts the case without a fee.

Although the Sixth Amendment of the U.S. Constitution provides that an accused has the right to counsel, it was not until 1963 that the U.S. Supreme Court ruled that the government must provide a defense attorney in criminal cases. Before this ruling, most places only appointed lawyers in death penalty cases. However, California has provided attorneys for poor people charged with crimes for almost one hundred years, which is longer than most states.

The concept of a public defender, who defends the constitutional rights of any member of the public in a criminal case, was originated by Clara Shortridge Foltz. Foltz was a single mother of four who lived in San Jose in the 1870’s. She chose to become a lawyer at a time when the California State Bar refused to admit women. Foltz apprenticed for an attorney, learned how to file a lawsuit, and sued the State Bar on the grounds that it illegally discriminated against women. She won and became California’s first female lawyer.

Cont. p. 3

RUMINATIONS FROM A FORMER SUPERVISOR



Looking Back and Ahead

By Quentin Kopp

The last 30 days represent one of the most politically turbulent and tumultuous periods in our nation’s history, if I can be that bold, and surely in my adult lifetime. Born in 1928, and reaching a cognitive condition in time to hear parental conversations about the Great Depression, and reading voraciously the three daily newspapers in my hometown of approximately 210,000 people, (can you image three daily newspapers for such a relatively small population?) I possess beliefs which therefore may not be founded on informational or factual accuracy, or at least I possessed such beliefs until the current financial turmoil fell on us.

My steadfast hero was Franklin Delano Roosevelt, President of the United States; my developing creed emanated from his public and political policies. My father owned and operated a neighborhood drugstore, from about 10 in the morning until 10 at night, and if the soda fountain was doing a good business, he wouldn’t lock up the store until about 11 PM. My mother, an ace secretary, left high school after her junior year to work and contribute money to her two younger brothers’ higher education. She managed the household, except for a brief time in 1936 when she served as secretary to the local WPA administrator until forced to depart because she recommended non-Democrats for jobs.

Until recently, I didn’t realize the full implication of WWII’s effect on the national economy. I knew of hobos, tramps and the Civilian Conservation Corps (CCC). I didn’t, however, know that the stock market never

Cont. p. 4



Public Defender Jeff Adachi is a resident of District 7

War on Laguna Honda Seniors Heats Up

By Patrick Monette-Shaw

Although voters approved a 1999 bond measure to rebuild Laguna Honda Hospital (LHH) to care for elderly and disabled San Franciscans needing long-term skilled nursing care, a sudden plan to convert it from a “medical model of care” to a “social-health model of care” is advancing rapidly — less than a year before the replacement facility is scheduled to open. The design and construction has been underway for over six years.



Executive Administrator Kanaley

The sudden removal in January 2009 of LHH’s Medical Director, Paul Isakson, MD, and Assistant Medical Director, Tim Skovrinski, MD, may be related to upcoming changes to that model of care. Staff at the hospital have asserted privately that Skovrinski was removed because he expressed concerns about the “vision” of implementing a “social-health” model of care and was viewed as not being “aligned” with its future “mission.”

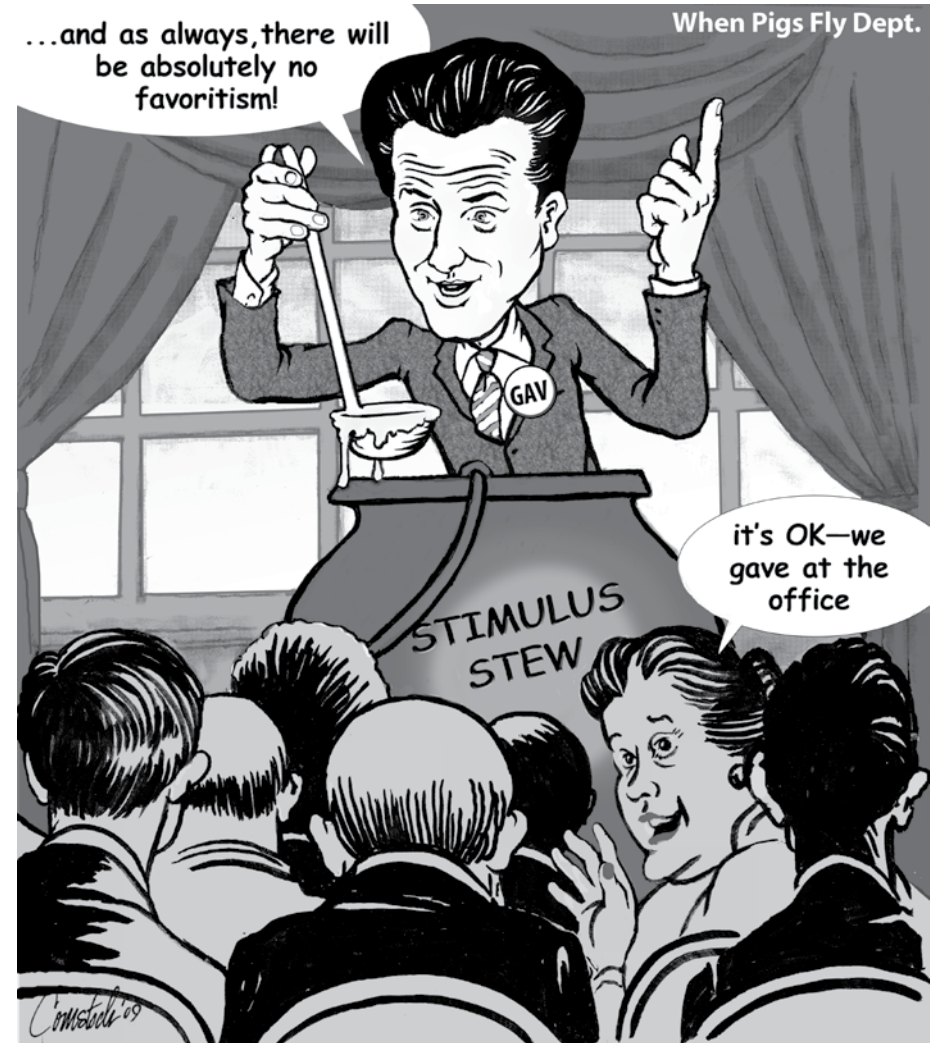
For a number of years, the Mayor’s Long-Term Care Coordinating Council (LTCCC) has been aggressively involved in micromanaging the facility. Their “Living With Dignity Strategic Plan” was distributed in November 2008, including a membership roster that showed Isakson was replaced as a member by John Kanaley, Laguna Honda’s Executive Administrator. Kanaley was present during the October, November, December, and January meetings of the Council, suggesting Isakson’s removal had been long considered.

Kanaley’s official January report to two Health Commissioners — and LHH’s January newsletter, *The Grapevine*, distributed externally — indicated Isakson took an extended leave and wasn’t expected to return, and Skovrinski’s position had been eliminated. These two documents report a nationwide search is underway to hire a new Medical Director, presumably someone who will support the “social-health” care model change.

Many staff believe unofficial, not official, reports of what transpired. A recent “communications audit” revealed that even senior administrators believe “official channels” of communication are the least reliable and the least believable, and that some administrators apparently disagree with the change in model of care.

The Mayor’s Council has significant political clout at City Hall, since its members are appointed by the

Cont. p. 15



AROUND THE TOWN...

Comings and Goings...

We've looked at the overview of the stimulus package, but yet to see anything that's going to jumpstart the collective psyche...people are worried and very tentative on doing anything out of the ordinary. Is this a "west coast" thing? I spoke to a friend recently that just got back from NY and said that people are spending money in Manhattan like it was...2005. Hopefully, I am mistaken and a newfound consumer confidence will bloom like the daffodils and jumpstart the recovery out here.

On a positive note a new store, "Baby Street" has opened at 207 West Portal Ave. Owners Julie and Al Picache have created a store that carries a delightful selection of baby "mobility" goods. The store is filled with items such as booties, little shoes, baby crocs, designer baby carriers, and lots of other attractive things. Catering to the "1 month to 24 month" set, they are THE place for "Babies on the go!!"

Baby Street is open 7 days a week from 10-6. Stop by and say hello to Al or Julie. As if starting a retail store isn't a big enough challenge, they also are the proud parents of a baby girl.

Will we be seeing SF City Hall in a "pink and blue" light??

Proud papas to be are all around. Congratulations to Supervisors Sean Elsbernd and Ross Mirkirimi and their wives. Both couples have announced they are expecting their 1st children. Not to be left out, the Mayoral newlyweds have also announced they are expecting. Maybe the PUC should be checking the water out at the Grove Street address.

Just kidding...best wishes to all three couples.

"Jewels on West Portal Ave. Department" - my wife and I recently spent time at several West Portal locations. First we treated ourselves to some pampering on Valentine's Day, by doing facials and neck and shoulder massages at **Fruition Day Spa**. Total relaxation, visible results and a nice way to spend time in the neighborhood.

We also did a "dinner and a movie" date. As we like to pair cuisine with a foreign film, as we were slated to see (India's) Slumdog Millionaire, we went to **Restaurant Roti** for a pre-movie dinner. A friendly staff, great atmosphere, and a very diverse menu of both Northern and Southern Indian cuisine, (we did lamb kabob and several vegetarian dishes) it made for a terrific prelude to a very entertaining film.

If you're looking for a sumptuous dessert try **Tuttimelon**. It's a great frozen yogurt and gelato shop that just opened at 44 West Portal Ave. Lots of flavors in cups, cones and with toppings. Hours are from 11-10 Sun - Thurs, and 11-11 Fri and Sat. Check it out.

But ...enough about me...

What about you? If you have an interesting snippet, or some other fact you'd like to get into the paper just drop it to us. You can reach me at: mitch@WestsideObserver.com. Be sure to check out the *Observer* online @ www.WestsideObserver.com.



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Increase Taxes? NO!

By George Wooding

San Francisco's already overburdened, over-taxed homeowners are the City's great silent majority. Dutifully, we continue paying our bills, while the value of our homes, retirement funds, and incomes decline. With the great exception of homeowners, almost every demographic in town has a special interest group representing their interests.

The Board of Supervisors is currently negotiating with business and labor groups to "build a citywide consensus on how best to address San Francisco's \$560 million budget deficit." But there's no room at — and homeowners haven't been invited to — the bargaining table discussing budget deficit solutions. Following budget negotiations, homeowner's only "stakeholder" role will be to pay ... and pay ... and pay, again.

San Francisco's huge budget deficit is partially due to chronic City overspending, partially due to the mortgage banking crisis, and partially due to a reduction in real estate transfer taxes. But between 2007 and 2008, the City increased the number of its employees earning over \$100,000 annually by 753, from 8,180 to 8,933 such employees. 79 of them now earn over \$200,000 annually.

San Francisco is now spending \$1.16 billion annually, just on base salaries. City officials knew in July 2008 they were running a 2009 budget deficit of over \$200 million, which has grown and now ranges between \$460 million and \$576 million. The recently laid-off 409 City employees and 300 vacant positions that were eliminated, along with accompanying budget cuts that the City made were to balance \$125 million in the City's 2008 budget deficit. Another 173 employees face layoff notices in April, according to the *Chronicle* in addition to the 236 employees who received layoff notices on Feb. 20. To date, this totals 1,118 laid off or eliminated positions. The City still needs to eliminate an additional 100 - 1,000 jobs to help balance this year's budget. The City still needs to eliminate an additional 100 - 1,000 jobs to help balance this years budget

Something has gone terribly wrong with San Francisco's government. There are too many highly-paid employees, too many social programs, too much social engineering. There was a time when a government job meant security, but generally a low income. Government is now San Francisco's number one industry.

On average, City government employees earn \$6,000 annually more than the average San Franciscan (excluding benefits/retirement). our health care costs are six times the national average. We pay the highest parking, gas, and insurance rates. On a per capita basis, San Francisco has one employee for every 27 residents.

Both the Mayor and the Board of Supervisors claim to be negotiating to reduce existing City labor contracts by \$90 million in 2009. Mayor Newsom has spent more time visiting Europe and Stockton this year than he's spent in your neighborhood. The City is due to hand out an additional \$67.7 million in annual labor raises before July first, in addition to the \$49.76 million awarded in raises to police officers, deputy sheriffs, firefighters and the Municipal Executives Association last December 27. This totals a minimum of \$117.5 million in raises. Another \$46.7 million in raises are scheduled

COMMENTARY

between July 2009 and June 2010.

As of February 23, Newsom obtained less than \$1 million of the \$90 million in requested labor concessions.

California's legislature just scheduled a May 19th special election to increase the State sales tax by one-cent-on-the-dollar, almost double the vehicle license fee, and add a .025 percent increase to 2009 state income tax payments. Vote no on these tax increases.

San Francisco's Board of Supervisors are still proposing a special election to 1) Increase the sales tax by

"Government is now San Francisco's number one industry."

another half-of-one-cent-on-the-dollar, to a ten percent total, 2) Impose new revenue taxes on homeowners and businesses, 3)

Draw down all of the City's "rainy day reserve" funds, and 4) Limit voter-approved budget set-asides. Vote no on these tax increases.

The Mayor's new "economic stimulus" plan centers on revenue growth, job creation, and stemming job losses. Mayor Newsom wants to accelerate capital spending on: The Hetch Hetchy rebuild (\$4.4 billion), San Francisco International Airport's terminal rebuild (\$383 million), the new "green" headquarters for the Public Utilities Commission (\$188 million), and San Francisco General Hospital's rebuild (\$887.4 million). Unfortunately, the City is currently unable to sell long-term municipal bonds for capital improvements.

A jobs bond is also being prepared for the November ballot. The Mayor's economic stimulus plan also 1) Provides over \$23 million in no-interest loans to local businesses, 2) Grants local businesses a tax credit on new, locally-purchased equipment, 3) Expands the scope of the "Working Families Tax Credit" program, and 4) Grants local businesses a "New Jobs Payroll Tax" exemption for two years.

The Mayor doesn't want a special election scheduled and doesn't want local sales taxes increased. His "invest and grow" strategy makes more sense than either California's or the Board of Supervisor's tax-and-spend plans, but yet again the main problem with Newsom's plan is that he's borrowing against future revenues to pay for current expenses, which he's done before.

San Francisco's homeowners have shouldered the weight of the City's inefficient government far too long. City government has become top heavy with employees earning in excess of \$100,000, their benefits, and inefficient spending programs.

No matter how painful, it's time San Francisco's government start actually cutting salaries and benefits for those earning over \$100,000 in various City departments and programs. These cuts must be made now. Homeowner's are already paying too much for too little. All state and San Francisco special-election tax increases should be voted down.

QUESTION MAN



If you had the ability to decide how to cut the SF City Budget, what three things would you start with? Send answers to:

Westside Observer - PO Box 27276 - SF 94127
We will publish the best ones.

Adachi (Cont. from p. 1)

In 1893, Foltz, already a well-known criminal defense attorney, introduced the Foltz Public Defender bill, which was a blueprint for a system that would provide lawyers to poor people charged with serious crimes. She spent over 20 years lobbying for the passage of the bill, which California ultimately passed in 1921. The San Francisco Public Defender's Office was established that same year.

Interestingly, San Francisco is the only county in California that elects its chief public defender. Although district attorneys throughout the state are always elected, all other public defenders are appointed.

Nationwide, only a few states have elected public defenders, including Alaska and Florida.

Today the public defender system has emerged as the most cost-efficient and effective way to provide legal representation. Most defender offices handle large volumes of cases and hire attorneys who are specially trained to try criminal cases. Defender offices usually have in-house investigators and support staff who assist the attorneys with case preparation.

There are three basic stages to a criminal case once the court assigns a case to a public defender. First, the client must be interviewed and the circumstances of the case must be thoroughly and independently investigated. Often there are witnesses who the police have failed to interview or other evidence that should be considered. Next, the defense attorney must prepare and file any needed legal motions. Third, settlement negotiations are explored, and if the case does not settle, the accused may request a jury trial.

Some cases are simple and require little time. Other cases may involve thousands of pages of documents to examine and dozens of witnesses to interview. A jury trial requires a great deal of preparation and can involve weeks or even months of an attorney's time and attention.

Public defender offices are traditionally underfunded and poorly staffed compared to district attorney offices. It is estimated that some defender offices receive about 50 percent of the funding provided to prosecutors. This means that many offices must handle large caseloads with insufficient staff.

This was true of the San Francisco Public Defender's Office until recently. When I started as a deputy public defender in 1986, attorneys were expected to handle about 300 cases at a time. Attorneys typically worked 12-15 hour days, and still it was virtually impossible to keep up with their caseloads.

One of the things I set out to do when I was elected public defender was to set reasonable caseloads for the attorneys and provide support staff to assist them with their work.

Today, our office of 93 attorneys and 70 support staff represents about 24,000 people each year. Although attorneys in my office still typically work 50-60 hours each week, they have the necessary time to interview their clients and do the work that is required in each case. The office's policy and procedure manual sets forth the quality of

legal representation expected in every case, and managers constantly monitor workloads to ensure that each client is properly represented.

With the advent of modern technology and advanced police investigation techniques, the responsibilities of deputy public defenders have grown. For example, since the expansion of the use of DNA evidence, attorneys must now become DNA experts and thoroughly familiarize themselves with the scientific studies in this field. Because of our limited resources, the office is a model of efficiency. We pair attorneys with investigators and paralegals, who work as a team to coordinate all of the work required of an attorney's caseload. Paralegals perform work that would otherwise have to be done by attorneys, resulting in about a one-third cost savings. We also employ over 200 volunteer law students and interns, who provide over 20,000 hours of free service annually in exchange for an opportunity to obtain work experience.

The Public Defender's Office entire budget is less than what the San Francisco Police Department spends on overtime. This means we must make every penny count.



"...attorneys must now become DNA experts and thoroughly familiarize themselves with the scientific studies in this field."

In recent years, we have begun to develop innovative approaches to crime prevention. Because we work with clients charged with crime, we are uniquely situated to help people break patterns that have resulted in their continued involvement in the criminal justice system. We have social workers who place clients in substance abuse, housing and employment programs. By

helping individuals become productive citizens, our social workers decrease the likelihood that clients will be arrested for crimes in the future.

One example of a highly effective service provided by our office is the Clean Slate Program. A record of conviction can plague a person's employment prospects for years after one has paid his or her debt to society. A person who can prove rehabilitation can petition the court to set aside the conviction in order to obtain employment. The Clean Slate Program provides assistance with this process to over 2,000 people each year.

I am very proud of the work that the men and women of the Public Defender's Office achieve through their dedication and commitment to providing representation to the poor. We are the only city department to have twice won the Mayor's Fiscal Advisory Committee's Managerial Excellence award, under Mayors Willie Brown and Gavin Newsom. In 2006, we received the American Bar Association's top award for being the best public law firm in the country.

The Public Defender's Office has come a long way in implementing the Constitution's guarantee that a poor person receives the same quality of legal representation as a rich person. By always looking for ways to improve our office and by holding our staff to the highest standards of excellence, like Atticus Finch, we try our best to fulfill this great nation's promise of equal treatment under the law for everyone. *Jeff Adachi is the Public Defender of San Francisco. For more information visit www.sfpublicdefender.org.*

West of Twin Peaks Central Council

By Mitch Bull

The West of Twin Peaks Central Council (WOTPCC) meeting in February again had an integral member of the SF political team on hand as a guest speaker. Where as the last meeting featured Phil Ting and Mike Farrah, this meeting featured David Chiu. Chiu, the newly elected District 3 Supervisor, was elected as President of the Board of Supes by the Board, despite being elected to his first political office in November. More on this later...

Following the approval of the January minutes and a short Treasurer's report, Supervisor Sean Elsbernd addressed the room with information about grant monies that are available through the "Community Challenge Grant" program, which is administered by the Mayor's office.

The available grants, from 2500 to 10K are available to non-profit organizations for projects that improve and impact a neighborhood.

Elsbernd gave an example of such as project, the restored green area in Westwood Park off of Miramar. A condition of the grant process is that the applicants have to "match" the monies received with "volunteer hours" to help perform the work. Any group interested in applying for a grant can contact Elsbernd's office for more details and the application forms.

Next came SF's finest, from the Taraval station to give a short, but important report. It seems that there has been a rash of burglaries in the area, so the officers communicated to keep and eye out for, and report, any suspicious people to the police department. A story followed about several people being seen by a person "across the street" as they carried items from a house in Midtown Terrace, putting the items in a car and driving off. The police were called and the car was stopped. Since the witness was not close enough to actually see the culprits go into the house to remove the items, the people could not be charged with burglary, but just possession of stolen property. When asked what to do if someone sees a person breaking into a house, Office Shanahan explained to call 911 and not to take action on your own, as many burglars have weapons or tools that could be used to injure or kill someone who confronts them.

Following this discussion, a motion was forwarded and approved to have District Attorney Kamala Harris speak at a future meeting to help explain the parameters of how her department decides to charge, or not to charge, arrested individuals with the crimes they have been arrested for.

Next, Matt Chamberlain addressed the group, updating the progress of the CAB working on the 2009 Housing Element. Chamberlain detailed how the CAB has completed their work, and that a draft is being prepared for review and further discussion, with an eye on approving the 2009 Element in July.

A spirited discussion followed concerning the proposed changes that are being considered to change the Discretionary Review Process for planning. Currently the reviews are heard by the Planning Commission but changes are being studied that would move the review process from the Commission to a "Hearing Officer." After much debate, a motion was passed to send a letter to: Support the improvement of the process of how the Design Review Committee handles cases; Strengthen the Pre-Application process; and to formally oppose the "One person Hearing Officer" solution. The motion passed unanimously. With that, the preliminary "bouts" were over and it was time for the "main event," that being a chance for the audience to meet, listen to, and ask questions of Board President Chiu.

Following a brief overview of his Harvard education, and experience working in Senator Paul Simon's office, Chiu explained the basics for why he chose to run for Supervisor. He cited the City's high homicide rate, the fact that MUNI is late 30% of the time; the small business sector is getting little or no support; and the fact there is lots of crime in the Polk Street corridor where he lives. Coupled with his neighborhood activism, he felt that now is the time to run and that City Hall needs to change its tone.

Chiu went on to describe his surprise at being elected President of the Board, explaining that if the current Board was not so dysfunctional and wrapped up in ideological strife he wouldn't have been tabbed to be the leader, but it would have been a more experienced person like Elsbernd.

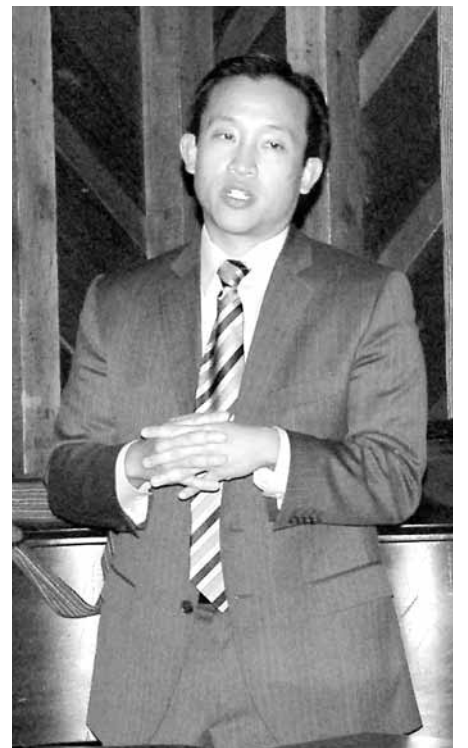
Over the course of the next 15 minutes, he spoke on the huge budget shortfall, the significant service cuts, the difficulty in trying to protect the core city services while trying to determine what is crucial and merely nice to have.

As he stood in the front of the room and took questions he admitted that he had only been on the job 6 weeks, and was not well informed in all areas of questions that were being asked, most significantly those related to the PUC and the upcoming water rate increases, although he agreed with the majority of those in attendance that the tiered water bill rate structure was inherently unfair to home owners and families, as they are "punished" for their water use, unlike most renters who are generally on a flat rate paid to the landlord, regardless of actual consumption.

While addressing other topics such as Laguna Honda "It's a big challenge and somewhat of a financial sinkhole; we are the only city in the country that is running this type of a facility," the upcoming "Special Election," or the PUC contracts to supply water to the Peninsula water organizations, it was evident that the Board President is intelligent and committed to trying to make a difference. Time will tell how successful he will be.

The next meeting will be on Monday, March 23rd at 7:30 in the Forest Hill Clubhouse.

COMMUNITY



Board of Supes President David Chiu addresses the large crowd at the WOTPCC



SF Police Seek Assault Suspects

The SFPD is seeking the public’s help regarding an assault that occurred on Tues., January 20. Two suspects, a male and a female, assaulted two victims, a male and a female, at a concert on the 1800 block of Fillmore St. at approximately 11:00 P.M. The female suspect threw the female victim to the floor, causing a head injury. The male suspect punched the male victim, causing him to fall down the stairs, sustaining a major head injury. The two suspects left the scene.

The female suspect is a white female, approximately 30 years old, 5’5”, 110 lbs, with brown hair in a short pony tail and a particularly small nose, and wearing a brown T-shirt and blue jeans. The male suspect is a white male, mid to late 20s, 6’, 185 lbs., with short brown hair and dark eyes, and wearing a gray and black shirt and blue jeans.

Please contact Inspector John Miller of the General Work Detail, 553-1141, or Confidential Tip Line, 575-4444.

Homicide Suspect Wanted

Latin Male, 16 yrs., 5’3”-5’5”, 145 lbs., dark hair combed back, dark eyes, clean-shaven. Wearing dark blue down jacket, loose blue jeans and black “Nike” tennis shoes.

Suspect drove a large SUV, dark

colored with tinted windows.
On 8/23, 2008, the victim was shot and killed as he was walking home. The suspect in the shooting fled to an awaiting vehicle.

Information: Please call Inspector Richard Martin or John Cleary SFPD Homicide Detail: 553-1145 or Anonymous Tip Line: 415-575-4444

Alert Watch out for burglaries in the West of Twin Peaks Area. Please report, any suspicious people to the police department. 575-4444.

Arrests

02/26/09 | 1 pm | Golden Gate Park

A man who works at the Academy of Sciences was taking his lunch break and was laying on his back on a park

POLICE BLOTTER

Police Captain Paul Chignell, Taraval Station



bench behind the building. Suddenly he felt a semi-automatic handgun on his left temple. Two suspects then demanded his wallet, credit cards and BART pass. The suspects then told him to kneel down and the suspects fled on foot southbound on Bowling Green Drive towards Lincoln Way. Captain Richard Corriea of Richmond Station and Captain Paul Chignell of Taraval Station along with Lieutenant Mark Osuna and Cornelius Johnson of (Cont. on p. 15)

For a complete daily Police Report from the Taraval Police Station, go to our website: www.westsideobserver.com

Kopp (Cont. from p. 1)

returned to 1929 levels until 1954 or that national unemployment continued to hover around 15% until our entry into WWII. Compared to 2009, we were a much smaller nation of 130,000,000 people; yet President Harry Truman’s post-WWII commitment to reducing unemployment to 6% failed to convey to me the significance it contained for elders, who knew the pre-war plight of those Americans trying arduously to secure jobs. After all, from the time I was 11 years old I was employed in my father’s drugstore, starting at 25 cent per hour and rising by the end of the war to 65 cents an hour.

It is against that background and as Chairman of the California High Speed Rail Authority that I observe intensely the efforts of our President and other national leaders in government and private business to cure our economic debility and replenish our productive thrivingness and spirit. Now that California voters authorized issuance of \$9,000,000,000 of state general obligation bonds to form the financial foundation of the California High Speed Rail Project’s first phase from San Francisco to Anaheim through San Jose, Merced, Bakersfield, Palmdale and downtown Los Angeles, the appropriation of \$8,000,000,00 in the government stimulus bill by the Congress and President supplemented my confidence in eventual funding for that entire project first phase which costs approximately \$33,000,000,000 . Although U.S. Department of Transportation eligibility guidelines regarding applications for funds from such appropriation will not be issued until May 17, 2009, the High-Speed Rail Authority will be ready, as indicated to our United States Senators, to request nearly \$2,000,000,000 for various parts of the project’s first phase which either possess environmental approval already or can obtain it in order to commence various public works prior to the requisite end of the federal fiscal year 2012.

It may be my 1930’s teachings, but I believe governmental “priming the pump” functions as a genuine means of restoring economic confidence and financial improvement for our citizens. An ex-boxer family friend of the 1930’s often proclaimed to me, “keep it in circulation” meaning money. In that context, I nevertheless retain my concern that tax dollars be spent carefully, judiciously, without waste and in a manner that creates taxpayer confidence. I think it important that taxpayer institutions and officials confer good examples for the people who pay taxes.

I am thus especially troubled by non-payment of income and property taxes by nominees for high office. I am troubled also by the avowed intent of our local Department of Public Health to grant priority of taxpayer funds to immigrants, legal and illegal, and so-called “homeless” residents or transients on the theory they deserve such beneficial treatment more than citizens and impoverished, but working, families who are not homeless or even illegal immigrants. Such acts and statement give evidence of a distorted sense of principles that reduce the respect every public official and employee should receive. Even worse is San Francisco’s prosecutorial refusal to pursue criminal cases against deported aliens by notifying Homeland Security.


As a retired Superior Court Judge sitting on assignment by the Administrative Office of the Courts in San Mateo and other counties, I have encountered practices by financial and credit businesses which vex parties who are sued on mortgages or credit cards or other forms of debt . In 1990 as a State Senator, I successfully introduced a bill that requires a copy of a contract to be furnished by a bank, a builder, a credit card company, every type of business, to a person who signs a contract of any sort. Opening a bank account

may seem straightforward, uncomplicated, but the document you sign to do so constitutes an enforceable contract. Until my measure took effect on January 1, 1991, many, if not most, people bestowed little attention, or thought to secure a complete copy of such a binding document. The importance of doing so is reflected on a regular basis in various civil lawsuits in California courts and throughout the nation. I have seen examples. If a credit card company sues a cardholder for non- payment of debt, the law requires the original credit card agreement to be introduced in evidence at any trial. The same applies to a mortgage, which consists of a promissory note and a concomitant deed of trust, signed by the borrower. We all know that mortgages, for example, have been sold and re-sold, collated as securities and then bought by corporate or individual investors. You would be surprised (and perhaps cheered) by the number of cases in which the plaintiff lender cannot produce the original note, or credit card agreement, deed of trust, or installment agreement. I have personally rendered judgment against banks, collection agencies and other entities, which sue on an alleged mortgage note or purchase contract, but cannot produce the original document. Instead, such entities rely on an administrative employee who testifies in a hearsay fashion about the custom and practice of maintaining copies of the document or “storing” them in a sophisticated computer system. For those who confront such claims, the lesson should be clear: Insist on your legal right to compel introduction in evidence of the original agreement, not an alleged copy from an employee who relies on hearsay documents, which are not admissible.

Finally, I record bemusement over contemporary political media, and cultural changes which may have contributed in an unnoticed way to our present financial dilemma and could continue to do unless checked by a stout grammarian instinct, which once formed the hallmark of American education, both secondary and higher. You need not listen even closely to cable television and radio “reporters” and announcers to realize that phrases once associated only with adolescent girls in the San Fernando Valley now blanket those airwaves. The most widely used (and abused) words are “like,” which serves as a feeble transition to another thought, “amazing” which Webster’s New Collegiate Dictionary defines as “to fill with wonder,” “incredible,” defined by the same tome as “too extraordinary and improbable to be believed,” and “you know,” which acts as an insipid delay tactic caused by lack of vocabulary. Then, we note now-clichééd phrases most often associated with politicians and their “spokespersons” such as “going forward” which probably means “in the future,” “move on,” which probably means “forget it” and “transparency,” which supposedly means taxpayers can obtain otherwise-secret records or documents that are clearly subject to California Public Records Act or the U.S. Public Information Act. The word itself is defined as “saving the property of transmitting light without appreciable scattering so that bodies lying beyond are entirely visible.” A synonym is “pellucid” “open” or “public,” as words to describe public records won’t do anymore. If it’s “transparent” you can probably bet a sawbuck it won’t be “open” or “public” as the law in simple words mandates, rather than “transmitting light without appreciable scattering...”

To ensure that we no longer need comprehend the language facility of John F. Kennedy, Franklin Roosevelt, or Winston Churchill, our current President, aspiring perhaps to eclipse his predecessor, the “decider” advises a nation that his putative selection of a non-taxpaying ex-Senator for Secretary of Health occurred because he (the President) “screwed-up.”

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MAGICAL MOONSHINE THEATER

Sat. 3/7| 1:30pm | A children's puppet show featuring Aesop's fable The Grasshopper and the Ant. Glen Park Library, 2825 Diamond.

AUTHOR CARA BLACK

Tue. 3/10 | 7pm | Cara Black will read from her new book: *Murder in the Latin Quarter* at BookShop West Portal, 80 West Portal Ave. Info 564-8080

AUTHOR BILLIE JEAN KING

Wed. 3/11 | 7pm | Billie Jean King will discuss *Pressure is a Privilege: Lessons I've Learned from Life and the Battle of the Sexes* at BookShop West Portal, 80 West Portal Ave. Info 564-8080

WOMEN READERS

Thu. 3/12 | 7pm | Women's National Book Association Members will read from their works. BookShop West Portal, 80 West Portal Ave. Info 564-8080

FREE LECTURE ON STRESS

NOW AT THE MOVIES

by Don Lee Miller

CHE: PART ONE

Steven Soderbergh directs this tale of the Argentinian Che Guevara's rise to power with Fidel Castro: Demian Bechir in the overthrow of Baptista to gain control of Cuba. It takes the invaders, after arrival from Mexico, two years of conflict and recruiting to get to Havana. Along the way, the viewer is given dates every two minutes as if they are important, or let one know where one is with all the jumping around in the screenplay. As Che, Benicio Del Toro is riveting, when he's on screen. Some thirty other revolutionaries are introduced by name, as if one is going to know who they are. Filmed in Puerto Rico and Mexico, the locales look authentic. Violence, profanity. IFC Films 131 min.

THE INTERNATIONAL

Clive Owen imbues with intense feeling his Louis Salinger character: an intense, obsessive Interpol agent investigating IBBC, an evil international bank that hires assassins

THEATER

By Dr. Jean Lust and Flora Lynn Isaacson

S.F. FOLLIES

With a blast and a bang the Follies performers greet us with a lively song and dance opening that grabs us from the start as we are invited to revisit the past and present of one of America's most glorious cities. As quickly we are back in the Spanish 1700s , native Indians, a naked gold miner, a Victorian female ventriloquist, the Barbary Coast, alive with crime and prostitution, cable cars climb the hills the 1906 earthquake and followed by the 1920s stock market crash.

In the twentieth century we are offered amusing caricatures of the Beatnik writers of the 1950s and Patty Hearst in the 1960s, and cartoon sketches of such notables as movie critic Jan Wahl, Diane Feinstein, George Moscone, Harvey Milk, Wendy Takuta, and an enticing Mayor Newsom. There are vivid portrayals of the city's favorite spots namely Telegraph Hill and its parrots, Fisherman's Wharf, Golden Gate Park, City Hall, Davis Music Hall, the Tenderloin homeless, Bart and more. To end this rapid overview of the history and present of San Francisco a number of video projections offer a sentimental look at some of the city's finest stores of last century.

The singers/actors/dancers of this fifteen member cast are alive, energetic and they give their all in this brilliantly developed satire, at once amusing and moving,

Mon. 3/16 | 7pm | The real cause and how can you get it under control? 2501 Judah St. Info: 661-9494

MEET WITH LOCAL POLICE

Tue. 3/17 | 7pm | Talk with community police every 3rd Tuesday at the Taraval Station.. 2324 24th Ave.

AUTHOR JOE GORES

Thu. 3/19 | 7pm | Joe Gores, author of the novel Hammett will read from: *Spade and Archer: The Prequel to Dashiell Hammett's The Maltese Falcon* at BookShop West Portal, 80 West Portal Ave.

AUTHOR RODES FISHBURNE

Thu. 3/19 | 7pm | Rodes Fishburne, a magazine and newspaper writer of long standing discusses: *Going to See the Elephant* at BookShop West Portal, 80 West Portal Ave. Info 564-8080

FREE PET "FIXES"

Thu. 3/19 | 8am_9am | 1200 15th St. Free Spay/Neuter mobile van every 3rd Thu. at Animal Care and Control. First come first served basis. Surgery by licensed vet. No appointment necessary. One pet per family; dogs and cats only; no dogs over 80 lbs. or over 8 years old. Pets must fast from midnight have all vaccinations. Water after midnight OK. Info: 650-340-7022 ext 387

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ARTS & ENTERTAINMENT

Actress, Drama: Kate Winslet. Won Ensemble Performance Award at Palm Springs Intl. Film Festival. 9 major publications: ****

Awards nominee: Best Picture: BAFTA. Oscar: Sup. Actor: Michael Shannon, Art Dir., Costume Design

TAKEN

Ex-government operative Bryan Mills: Liam Neeson has only 96 hours to rescue his just-turned-18 year old daughter Kim: Maggie Grace from Albanian thugs in Paris. He flies from L.A. to track her down in this fast-paced action adventure flick. The Paris locales, even the underbelly, add much to the enjoyment of the film. Kim's mother: Famke Janssen and her second husband, Stuart: Xander Berkeley worry from L.A. Pierre Morel directs the screenplay by Luc Besson and Robert Mark Kamen. The chase sequences are quite extraordinary. Violence, profanity. 20th Century Fox 91 min.

murders start again. Axel has married Sarah and become the sheriff. Tom decides to sell his late father's mine. The 3D effects are pretty scary with that pick axe pointed at the audience more than once. Acting is fine for the genre. 3D Violence, profanity. IFC Films 131 min.

REVOLUTIONARY ROAD

Kate Winslet brilliantly plays April Wheeler (under husband Sam Mendes' grim direction), wife of Frank: Leonardo DiCaprio, in a disintegrating marriage. (It's their first reunion since *Titanic*.) Set in 1955 in a Connecticut burb where, after seven years of marriage, the Wheelers have two kids and the house on the hill. Frank commutes by train to NYC to a boring job and April's the stay-at-home wife (who once wanted to be an actress). Their real-estate agent, Mrs. Helen Givings: Kathy Bates brings her son, recently released from a mental farm, John: Michael Shannon, by to show him what a perfect couple they are. Before he's through with them, they aren't. And their dream of moving to Paris and starting over is shattered. Profanity. 119 min. DreamWorks Awards winner: Golden Globes: Best

to control their world-wide arms dealing, money laundering, and destabilization of governments. Salinger's aided by an NYC assistant district attorney, Eleanor Whitman: Naomi Watts, as they are drawn to the intrigue in Berlin, Paris, Lyon, Milan, Istanbul, and ultimately the Guggenheim Museum in NYC where an incredible shootout occurs. Both are under pressure from their bosses to abandon their quest for justice lest they are shot. There's a high body count along the way. The baddies are IBBC President Skarssen: Ulrich Thomsen; cool ex-Stasi agent Wexler: Armin Mueller-Stahl; and the assassin: Brian F. O'Byrne. Director Tom Tykwer (Run Lola Run) moves with Eric Singer's taut script at a fast clip. Violence, profanity. Columbia 118 min.

MY BLOODY VALENTINE

Tom Hanning: Jensen Ackles , his girl friend, Sarah: Jaime King, and Axel Palmer: Kerr Smith are among the high school revelers in a Pennsylvania mine on a Valentine's night lark. A nutcase with a pick axe dispatches 22 hearts that night. Returning to town ten years later, Tom finds the

performed with glamour and humorous affection in an intimate ambience.

Thurs, Fri, Sat at 8 p.m. Sun. matinees til April 26. Actor's Theatre 855 Bush St. www.sffollies.com; email SFFollies@gmail.com. Annette Lust

CUCKOO

"Cuckoo" tells Madison Clell's true story of living with multiple personalities and surviving to tell the tale. Adapted by Madison Clell from her 2002 graphic novel of the same name, "Cuckoo" recounts Clell's own struggle with, and eventual recovery from, Dissociative Identity Disorder (once known as Multiple Personality Disorder).

"Cuckoo" chronicles the true adventures of Adriene played by Madison Clell herself, and her many personalities. Nine actors portray pre-integration parts of Madison. These many personalities battle her patient and understanding boyfriend (portrayed by Matthew Lowe). They also play havoc with her therapist (played with a perfect German accent by Carole Robinson).

With a stage design inspired by Clell's evocative pen-and-ink drawings and sharp humor that perseveres through harrowing memories of childhood trauma, "Cuckoo" is directed in a fast pace by Rebecca Longworth with animation design also by Rebecca Longworth. The scenes in the car passing scenery were especially effective.

"Cuckoo" is very innovative as it combines live actors with a cartoon video with expert timing. I strongly recommend

"Cuckoo"'s high energy ensemble that includes Madison Clell herself in the lead role.

"Cuckoo" ran through Feb. 28. For future info on Jump Theatre productions, visit www.brownpapertickets.com/event/48805 or 1-800-838-3006. Flora Lynn Isaacson

WAITIN' 2 END HELL

"Waitin' 2 End Hell" explores both the hilarious and tragic shifting dynamics in a contemporary marriage. The play begins when a group of friends gather together to celebrate a 20th anniversary.

The characters in the play work through struggles borrowing from black vernacular, the language of the black church and contemporary black music.

Lorraine Hansberry Theater, Thu-Sat 8pm, Sun 2pm, Feb 14-Mar 1. PG&E Auditorium, 77 Beale St. Info at 474-8800 or go online at www.lhtsf.org. Flora Lynn Isaacson

IN THE NEXT ROOM

In the Next Room (or the vibrator play) that takes place in late 19th century America when middle class morality held that women didn't enjoy sex and a wide range of "female problems" were classified as "hysteria." The doctors in this period treated this malady with the invention of the electric vibrator around 1878.

The action takes place in the living room of a doctor's house and the receiving room next door where he sees patients for their vibrator treatments for hysteria,

simultaneously.

Dr. Givings wife, is growing more curious about the sounds emanating from her husband's office.

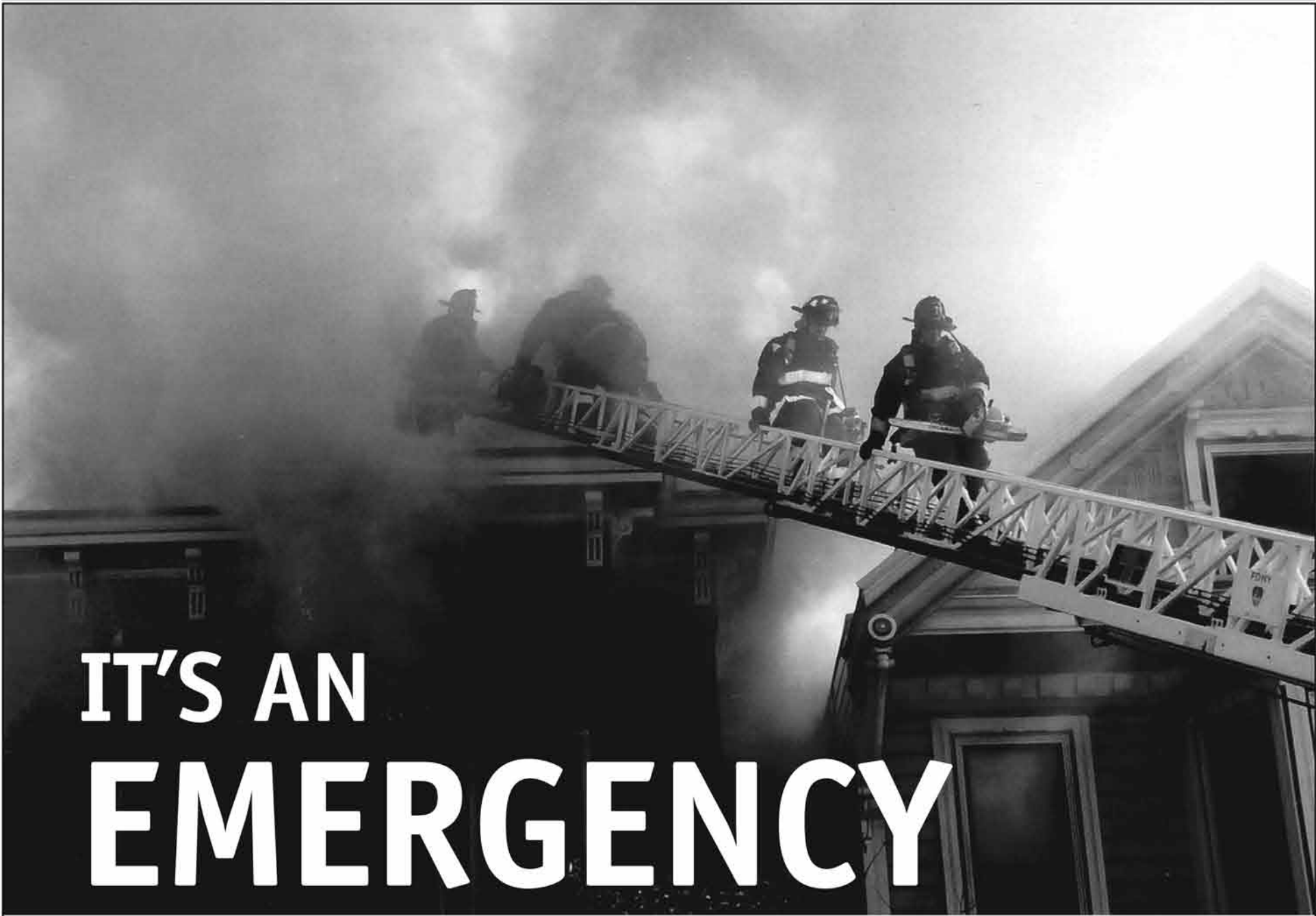
In the Next Room (or a vibrator play) at various times and days. Berkeley Rep's Roda Theatre, 2015 Addison St., Berkeley. Tickets (510) 647-2949 or www.berkeleyrep.org.

Flora Lynn Isaacson

LANDSCAPE OF THE BODY

In John Guare's fertile visions, he comes up with the important questions of life. When happiness is taken away, we must reclaim it with the same vigor we had when we first attained it. Responsible for the grisly murder of her 14 year old son, it ends where it began with Betty taking all the information she's assimilated over the years and tossing it piece by scribbled piece into the sea. "My life," she concludes, "is a triumph of all the things I don't know."

Kangas-Kent is a funny stand up performer who cracks joke like a Catskill's comic, dances like a vaudevillian trooper and sings like an earthly angel. Suzi Danmilano in the central role of Betty is believable and moving. Andrew Hurteau is effervescent as Holahan, an erratic oddball cop. "The Landscape of the Body" runs at the SF Playhouse, 533 Sutter Street until March 7. For tickets or more information about Landscape or future productions, , call (415) 677-9596 or www.sfplayhouse.org Flora Lynn Isaacson



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75 Starview Way	2	1	2	1,062	11/26/08	\$715,000
86 Aquavista Way	2	2	2	923	11/26/08	\$727,000
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Left to right: Abby Chuaguico, Angeline Stafford (owner) and Jillian Uhrinak welcome you to Massage Envy

(AZ) based company. “The ups and downs of the high tech world were stressful to the point of where my future was cloudy and I felt kind of hopeless in high-tech,” she explained, adding, “as a client, I was very impressed with the professionalism and consistent quality of the services as well as the low price of membership, so we decided to open a franchise. We picked this area for the clinic as we believe there is a pent-up need for affordable, quality massage.”

Stafford and her staff opened the location in December and have been steadily building the business ever since. Staffed by 20 massage therapy professionals, the staff offers customized massage treatments to assist clients in battling stress, to recover from injuries, or to maintain balance and well-being. The three tenants of Massage Envy’s philopophy are providing services that are affordable, professional and convenient.

The chief clinical therapist, Jillian Uhrinak, has taught at massage schools for over 12 years, and formerly owned her own spa. As a key member of the team, Stafford knows she is fortunate to have such an experienced professional helping to oversee and coordinate the client services side of the client experience.

The program at Massage Envy works like a “massage membership club.” For an initial membership cost of \$49 a client can experience a 1-hour massage. Monthly fees after joining are \$59 per month, but that entitles clients to one, 1-hour massage and an unlimited amount of additional massages during the month at a price of \$49 each. Although most of the programs are 6 or 12 months, there are 3-month gift memberships available also. Massage Envy also takes walk-ins off the street, at a price of \$98 per massage.

How popular has Massage Envy been since it opened? In five months over 2000 people have visited the location, with over 400 members joining. Stafford says that most clients schedule 2 visits per month as a tool in maintaining their health care management. “Working on a computer is one of the worst things we can do to our bodies,” explained Stafford. “We end up all bunched up with wrist and back problems, headaches, and undue stress.”

As part of a national network of franchises, Stafford and her staff benefit from the marketing support and branding that comes with being part of a nationwide group, but in the end it’s all about the customer service and value. “We have to provide quality each

Customized Massage for Everyone at MASSAGE ENVY

By Mitch Bull

Walking through the front door at Massage Envy in the Westlake Center, you immediately feel a sense of relaxation and calmness. A waterfall glistens within the wood and slate appointed lobby and calm music fills the air. Only minutes from the freeway and the hustle and bustle of San Francisco, the clinic feels like an oasis from the stresses of the everyday world, not unlike any number of “spas” that are in the City. But Massage Envy is different.

Owner Angeline Stafford and her staff are bringing the therapeutic and health benefits of massage to everyone. Unlike “high end” spas that charge high-end prices, Massage Envy brings quality massage to its clients at a very affordable price.

A former marketing executive in Silicon Valley, Stafford knows first-hand about stress and its effect on our health. She says that she was looking for a change from the boom and bust cycles in the high tech world. After seeing a Massage Envy location in San Mateo, and experiencing the quality of the massages as a client, she and her husband decided to buy a local franchise from the Scottsdale and every time. People are entrusting their bodies and health to us. It’s not like buying a book or television,” she said, adding “we can work with each client to provide any combination of massage techniques from the 12-15 types that we offer, such as Swedish, Shiatsu and Deep Pressure.” The group now offers a hot stone therapy that radiates the heat into the deepest part of the muscle groups to allow the therapist to get deeper to better loosen up the muscles. This hot stone work is \$98 for a 90- minute session.

In visiting the clinic and observing the calm and relaxed people coming out after their sessions, one can see that the friendly and professional staff are making a difference in the well being of their clients, all at an affordable price. In these stressful times, Massage Envy looks to be a great antidote for everyday life.

Massage Envy is located in The Shops at Lake Merced at 494 Westlake Center. They are open Monday through Friday, 8 AM- 10PM; Saturday, 8AM-6PM and on Sunday from 10AM – 6PM. To book a reservation, call them at 650.757.ENVY (3689).



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SHARON THE HEALTH

Massage —Therapeutic or Fluff?

by Sharon Caren

History Massage is one of the oldest and most respected therapeutic techniques. It was a vital part of folk medicine much earlier than 2000 B.C. but that's the first written mention. Chinese, Indian, Egyptian, Greek, Roman, Persian, Arabic and Japanese ancient medical writings have references to massage. Oriental massage developed into a systematic branch of healing in China 206 B.C.-220 A.D. Many techniques were devised to manipulate and restore energy to the mind-body-spirit. Massage has flourished and remains the modality of choice in many hospitals and clinics today.

Hippocrates recommended massage and manipulation for several ailments and pictures of massage appear in ancient Egyptian hieroglyphs. Galen & Celsus brought the work of Hippocrates into Roman times. Their writings on massage and other medical treatments were the basis of medical practices that continued into the Middle Ages.

In the sixteenth century Ambrose Pare, a French physician, advocated massage as a treatment to accompany surgery. However, in the eighteenth century, Per Henrik Ling of Sweden 1776 – 1839 developed the technique of Swedish massage. As the pioneering massage work of PH Ling continued to develop, massage and other manual techniques are used today by massage therapists, osteopaths, chiropractors and other practitioners. It's not uncommon for our doctors to prescribe massage for chronic pain management and stress due to the renewed respect for this ancient healing technique. In the U.S. Massage therapy is an integral part of complimentary health care.

How do I find what's right for me? Massage and bodywork is a very personal experience, so finding the right fit is key. There are various ways to find good practitioners. A personal referral from someone you know and trust is always the best. Ask friends, professionals and health care providers who they know and/or recommend and why.

Salons are a great option because you'll find various therapists and different modalities available. Massage Envy is located at 494 Westlake Center in Daly City, 650.757-3689. I personally know two practitioners who are on staff and are excellent at what they do.

Then you'll find those who have private practices as I do and advertise on the internet, personal websites, community phone books, advertising in local papers such as the Observer, yellow pages, members of chamber of

commerce and community networking groups. Meeting the practitioner in person or talking on the phone beforehand, can give you much information and you'll get a feel for that individual especially if you ask the right questions to eliminate surprises:

What do you specialize in?

What type of pressure do you use, light, medium, firm, deep tissue?

How long have you been in practice?

How long are the sessions – 30 – 60 – 90 minutes?



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*Most important is to tell the therapist what it is you are looking for in the time you have together. Do you have a specific challenge you would like them to work on or are you are looking for a more relaxing, stress relief session.

They will accommodate accordingly.

If you'd like a book on many of the different techniques of massage i.e. Swedish, Esalen, Sports, Geriatric as well as types of structural bodywork i.e. Rolfing, Aston, Hellerwork, Postural Integration; I recommend Discovering the Body's Wisdom by Mirka Knaster. She has over 50 practices listed.

Personal Experience Being a very late-in-life bloomer of massage, it wasn't until I rode my bike 530 miles in the 1994 California AIDS Ride, that I experienced my first hands-on treatment. Growing up, according to my family and friends, massage was considered a luxury of the rich and famous. I can tell you now, I peddled for the entire 7 days, and what kept me in the saddle was the hands-on massage work of volunteer therapists. They'd pop up at the rest stops happy to work on us when we were pooped and doubting we'd make the next mile. I raised over \$6,000.00 for the AIDS Foundation, thank you, thank you, thank you!

I'd suffered a broken neck in an auto accident in 1977 and was blessed to have healed completely without paralysis. However, I held much tension and tightness in my upper body. This type of trauma actually stays in the body on the cellular level. After years of sitting at a desk in front of a computer, the trauma showed up in the form of carpal tunnel syndrome, tennis elbow, head and neck aches and pains. I knew I was too young and healthy to be feeling this bad and began searching for a remedy. After the AIDS Ride, I was a believer in the power of the healing touch to move out this old muscle memory. I found Reposturing Dynamics in 1996 which eliminated all of my pain naturally and

I changed careers. I knew I wasn't the only one who could benefit from this powerful work.

Good Posture – is when the body weight is aligned and balanced on its intended weight-supporting surfaces.

Great Posture – is when the body is strong and flexible enough to align itself on the intended weight supporting surfaces naturally and effortlessly without even thinking about it.

Posture is the body's dynamic dance with gravity. Great posture is when one is able to align the bodyweight on its naturally intended balance points. Great posture requires flexibility in the entire body, especially at the pelvis, chest and front of the arms and shoulders. The body has a functional axis at the internal center of the torso, neck and head. The base of this functional axis is at the nucleus of the gyroscopic energy field in the pelvis, sometimes referred to as the "life-force center". This energy is created with movement in the body's dynamic dance with gravity as simple as normal walking....

Quoted from The Great Posture Book by Aaron Parnell and the developer of Reposturing Dynamics – a deep structural modality of bodywork.

I'm a Posturist and have certifications in Sports Massage, Postural Integration and Reposturing Dynamics with over 1,000 hours of training and

HEALTH & WELLNESS

also licensed to teach the Reposturing Dynamics technique. For the past 12 years I've used these modalities with hundreds of clients with a success rate of over 90%. My next training class is March 27, 28, 29th for Reposturing in the Gym. If you are a personal trainer, massage therapist, bodyworker or just want to learn how to create a posture-enhancing workout for yourself and your family, call me to enroll in this weekend intensive 650.359.6579.

I speak personally about the information mentioned above and would love to be of service to you if you have more questions of a personal nature or would like additional information. I'm available for community outreach and educational speaking engagements as well as posture workshops for individuals, groups or corporations to enhance health and vitality. I'm also available to come to your home or work office to help you set up a new ergonomic space to promote good posture. Our body takes the position it's in mostly and if it's a bad one, we will know by the pain we feel. How do we know when we have good posture? When we bounce out of bed in the morning effortlessly.

Sharon Caren 650.359.6579 www.reposturingdynamics.com

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Golf is Better When Your Spine is in Line!

by Dr. Jamie Stern, D.C.

Are you familiar with the chiropractic system of N.U.C.C.A., the National Upper Cervical Chiropractic Association? If you appreciate that your spinal alignment affects the power and accuracy of your swing, than you should.

The repetitive one-sided swing is almost unique to golf. While it is true that in some other sports, such as baseball, the athlete swings on one side, the number of club swings during a typical round of golf far outnumbers the number of bat swings during a typical baseball game.

As a result, many golfer, professional or not, experience some low back pain and/or leg pain at some point in time. And that does not take into account golfers who have experienced an accident or injury during activities other than golf.

My examination of golfers in my NUCCA chiropractic office, Meakim & Stern Spinal Care in San Francisco, has shown common problems of poor posture, muscle imbalances and progressive wear and tear on the joints. Poor posture (spinal misalignment) is always the result of an accident or injury, such as a fall, car accident or sports injury.

When an injury occurs, the tissues holding the spine together are damaged, causing the spine to break down and lock into a distressed position. Upon examination, those with spinal misalignment will have one hip sitting higher than the other, one leg appearing shorter than the other, and a twisting of the body framework. In addition, the vertebrae of the spine surround the delicate brainstem and spinal cord.

Nerves exit the spine at each level, going to the head, face, neck, arms, chest, abdomen, low back, legs, feet, etc. Therefore, when the spine becomes

misaligned, the brainstem, spinal cord and/or nerves can be injured, resulting in dysfunction and/or pain.

Imagine golfing with poor posture twice a week for years, placing unequal stresses on the spine, resulting in muscular imbalance, spinal degeneration and nervous system dysfunction.

As one of only about 300 chiropractors (in the world) trained in the N.U.C.C.A. system, I approach the correction of the spinal/postural misalignment in a unique way. Unlike traditional chiropractic, the NUCCA technique is extremely gentle, not involving any twisting or popping of the spine. First a very detailed x-ray analysis of the spatial relationships between the head and neck is completed.

That x-ray analysis results in calculations of the vector needed to re-establish the proper three-dimensional relationship between the rotating plates of the first and second vertebrae, looking much like an engineering project.

Few outside the medical professions know that the surfaces of the first vertebrae (known respectively as the atlas and axis), actually rotate about each other in three dimensions.

With a gentle touch on the first vertebrae, along the proper vector, truly the head is "put on straight" in space. The body reacts to the proper position of the head and neck by, in turn, going into proper positions. By very precisely correcting the position of the upper neck, the entire spine becomes balanced.

A golfer (or anyone) with a properly balanced spine is not only healthier, but has the ability to move with greater ease and accuracy, as the supporting muscles function properly. Not surprisingly, golfers treated in my clinical practice have reported decreased pain, better balance while swinging, and improved putting.

To learn more about the N.U.C.C.A. system, www.meakimandstern.com, or the official website, www.nucca.org.

ON THE PLUS SIDE

When You Don't Know What To Do

Hank Basayne

As I walk on to the stage and enter the scene in progress I realize that I don't remember what character I'm supposed to portray. I can't recall any of my lines. I forgot my costume. The audience is waiting. What a terrifying moment, even if it is just a scary dream.

Despite the fierce injunction of my callow youth—when the Boy Scout motto "Be Prepared" was burned into my consciousness—I've gone through much of my long life not feeling really ready or well-equipped to cope with a lot of the events and situations that call for some effective action from me.

How do I get set to hold my new infant for the first time? What's the proper posture or attire to focus and hold the attention of the large group that I'm supposed to instruct? Where is my appropriate response when the Board of Director's meeting veers off in an unproductive direction? How am I to react when an attractive young woman shows a flicker of interest in me, so I don't either scare her off or appear to be indifferent?

I must have been absent from class the day they issued the handbook on how to be a grown-up. As a result, I've mostly had to make it up as I've gone along. Much of my life has been an improvisation. Yes, experience helps. After I've been in similar situations a few times I've begun to discern what does or doesn't work well. And observation of how others behave—and paying attention to the results they get—may provide some useful clues toward achieving my own desired or intended outcome.

Because I think I'm unique (although I know we're really more alike than we are different from one another), the experience of others doesn't always offer me the skills I need or want. And I've also spent a lot of time learning and re-learning things I already knew, so my own experience isn't dependable. I've managed to make it into my eighties with a lot of ad-libbing, some invention and creativity plus a big dose of making do.

There are, however, some events for

which no preparation is possible, like the dawning realization that I'm now really old. Three-score-ten was supposed to be the limit—but I've already been given a bonus of twelve years.

Looking at how others deal with advanced aging isn't helpful to me at all. I see that some of them are bent and wizened, some have a blank stare,

others collect grievances and complain a lot. I don't find any of that attractive or interesting. Still others are in denial of their years, still sporting the pony-tail that was the mark of cool 35 years ago. My inner voice hasn't changed much for fifty years, but it seems foolish and somehow dishonest to pretend that my

energy, my body and my interests are still exactly what they were.

"How, then, shall we live?" Is there an appropriate way to be eighty-something? Talk about the need to improvise! My grandfather (who was born in 1876) used to say that when you don't know what to do, do nothing. Let the scroll unroll a little bit more and then you'll know what to do. But I'm conscious of the sand rapidly running through my hour-glass and doing nothing doesn't come easily to me. So I continue to compose my life, hour by hour, without preparation or a text to follow, dealing with just the materials at hand.

Fortunately, my larder is loaded: books to read and re-read, music to listen to, some surviving friends whose company I enjoy, a demanding cat whose rituals I share, and children and grandchildren I adore and who provide me with great pleasure and whose lives continue to interest and surprise me.

We appear on the stage without asking; we take leave without wanting to go. When it's my time to exit, I'm sure I'll be reluctant to end this fascinating performance. And I'll have to improvise about how to do that well, too.

Hank Basayne is a San Franciscan, a Humanist Minister and the author of *Weddings: The Magic of Creating Your Own Ceremony*. His next book, a compilation of these columns, is called *I'm Still Vertical, Thank You!* and he hopes to have it finished later this year.



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EDUCATION

You are what you App

By Carol Kocivar

It was halftime at my soccer game. As I looked around at the women on the sideline, recovering from sprints and a little pushes here and there, I realized they were suffering from the same thing I was—a little App deprivation.

After grabbing some water, they reached into their soccer bags and pulled out their toys. ipods and iphones emerged. Teammates sat together checking out each other’s favorites.

GPS and wi-fi conversations saturate the air.

The mom with young children showed a handheld filled with educational games for the kids and a Free San Francisco Guide to tour the City.

This is happening on and off the soccer field. A woman at work had pulled me aside to watch life-like Koi swim around raindrops on her handheld.

A grocery-shopping guide took front stage at a meeting.

My son—the master of SimCity—divulged his latest addictive game: Field Runner

So what do I have? Who am I in the App world?

First...**addiction** is NOT a word I would use. “**Disciplined**” would be my word of choice.

I make sure I check out new additions to this ever-growing list of toys at least once a week. That, of course, is on top of reading a few online reviews in between.

What do I use most?

I love a little thing called TIDES. In my opinion, the best place to jog in San Francisco is along Ocean Beach. Click on to TIDES and I see it is 3.1 miles from my house and the low tide today is at 2:33 am (2.6ft)

When I am not using TIDES, WORKOUT keeps me busy at the gym. I have a hard time remembering the sequence of a good workout. This little toy takes me through jumping jacks, crunches, lunges, overhead presses and the quad superman. With videos.

I downloaded ART on a whim. And have not hit the delete button. It features the works of the world’s greatest visual artists—a little bio and lots of pictures.

REAL EASY is my eye into the world of real estate. Ever see a “for sale” sign as you are driving around and wonder what the price of the home is? This little thing tracks your location and tells you the prices of houses in the neighborhood.

Okay. Okay. I skipped my game list. It is ever changing.

But I have to confess I still love toy trains and spend a few spare moments setting up tracks and listening to train whistles as my engine emerges from a tunnel.

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Immaculate Conception Offers Novel Work Study Program

Mayor Gavin Newsom joined the students and staff at Immaculate Conception Academy to present a certificate that recognizes the ICA as the first school in San Francisco to join the Christo Rey network.

A key feature of the network is the Corporate Work Study Program. In this program, students pursue a college preparatory curriculum for 4 days each week. In addition, each student works 5 days per month in an entry-level position at companies such as Nike, Texas Instruments and Xerox to help defray the cost of their tuition. Nationwide, over 1200 sponsoring companies hire Christo Rey students.

“The Corporate Work Study Program is a unique way to help students afford a Catholic education,” says Sister Mary Virginia Leach, President of Immaculate Conception Academy. Each sponsoring employer will pay the school \$32,500 for each job covered by a team of 4 students. The money is divided between the students and covers a significant portion of their tuition.

In addition, the corporate work also helps prepare the students with skills they can use in real-world situations. Problem solving, communications, and critical thinking skills are all learned as part of this special program. The job experience also enhances their college education. In fact, the college acceptance rate of Christo Rey graduates is 99%.



Mayor Newsom was impressed by what the students shared about the Work Study Program. “I am interested in the Corporate Work Study Program and will explore whether we can provide positions at City Hall for ICA students,” said the Mayor, who added “Times are tough, but the Christo Rey Network is a proven program.”

Several representatives from the Work Study Program office are currently meeting with businesses in San Francisco to secure the needed entry level positions. In total, sixty five jobs are needed.

The Christo Rey network is a national association of Catholic high schools that provide quality, college prep education to young people who live in communities with limited educational options. Member schools utilize a longer school day and year, academic assistance, and counseling to prepare students with a broad range of academic abilities for college. Sponsored since 1883 by the Dominican Sisters of Mission San Jose, Immaculate Conception Academy is an all-girls Catholic High School located on 24th Street.

Kaye (Cont. from p. 5)

of good will around the world. The party was soundly defeated not only in the presidential election but also in the legislature. The party is in shambles and if it is to have a future, it must dramatically change its positions and attitudes on many issues affecting its constituents.

Something similar is also happening to the very rich.

They have depended on rising stock and real estate prices for their wealth and its growth. Those who also got outrageous salaries and bonuses feared that the new administration would deprive them of their unearned wealth. Now, many of them have much less of it to worry about. The days of multi million dollar salaries and bonuses or easy, insider profits may be coming to an end. And good riddance.

Then what will be left of our American dream? The dream of becoming rich beyond all imagination may be fading. The feeling that we are better than others and have a right to squander our wealth with large homes, expensive cars and frequent trips to exciting destinations is being challenged. As is the

attitude that we can tell other countries and their people how to live, threatening to invade them to set them right.

What will be in their place? Could it be that we will once again be more self-reliant, using American workers to provide American goods and services without out sourcing to foreign workers or insourcing with illegal, imported ones? Maybe we can produce beautiful and efficient cars, stylish clothing, healthy food, and work toward a cleaner more decent environment. Maybe the incredible distance between the haves and the have nots can be dramatically reduced. Maybe we will stop importing, producing, selling and/or buying cheap lousy merchandise as well as the overpriced status-oriented needless mark-ups that so many of us have aspired to. Maybe we will stop building huge mansions and stop being slum landlords of run-down places for the less fortunate.

If, in fact, our country can be moved toward the middle ground away from ambitious greed and toward practical progress for a better life for everyone, then all our current suffering will be a blessing in disguise, a wake-up call for meaningful change.

Cancer Prevention and Survival Cooking Course

Free Cancer Prevention and Survival Cooking Course Begins March 9. Participants Will Learn How Proper Diet Can Help Them Prevent and Survive Cancer.

The Cancer Project, a national nonprofit dedicated to advancing cancer prevention is offering a FREE, four-session cooking course designed to help San Francisco residents prevent and survive cancer through proper diet and nutrition.

“The single easiest and best thing most of us can do to prevent cancer or its recurrence is to eat right,” says Jennifer Reilly, R.D., a senior nutritionist for The Cancer Project. “More than a third of all cancer deaths in this country are due to poor diet.”

The Rx for better health? It’s a low-fat vegetarian diet. Load up on fruits, vegetables, and whole grains, Reilly says; they’re naturally low in fat, chockfull of fiber, and filled with cancer-fighting antioxidants and phytochemicals.

Cut down on fatty foods and added fats and oils, particularly saturated fats, which have been linked to an increased risk of breast, colon, and prostate cancer. Likewise, look for healthy substitutes for dairy products such as milk, cheese, and yogurt, which have been implicated in the occurrence of breast and colorectal cancers.

The challenge, Reilly acknowledges, is not only to teach people which foods are good for them, but also to show them how to make the foods taste good.

Each class centers on important cancer-nutrition topics as local cooking instructor Kristin Doyle guides students through the preparation of tasty and easy-to-prepare recipes.

The class lineup is as follows:

- Mar 9, 6-8pm, Favoring Fiber
- Mar16, 6-8pm, Dairy Alternatives
- Mar 23, 6-8pm., Replacing Meat
- Mar 30, 6-8pm, Antioxidants and Phytochemicals

For more information about Cancer Prevention and Survival Cooking Classes, visit www.CancerProject.org or call 202-244-5038.

The Cancer Project is a nonprofit collaborative effort of physicians, researchers, and nutritionists who have joined together to educate the public about the benefits of a healthy diet for cancer prevention and survival. The Cancer Project is an independently incorporated affiliate of the Physicians Committee for Responsible Medicine.

WHEN: March 9 to March 30 (Mondays), 6 to 8 p.m.

WHERE: Ida’s Café, UCSF Medical Center, 2356 Sutter St., San Francisco

COST: FREE (suggested \$10 to \$20 donation per class)

REGISTRATION: Contact the Cancer Resource Center at 415-885-3693 info@cancerproject.org

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GARDEN CORNER

A New Gardening Year

by Hilary Gordon • Photos by Blair Randall

In the final days of January, the buds were swelling on the purple plum trees that grace San Francisco streets. The tiny new moon heralded the Chinese New Year, marking the beginning of another growing season. By the time this newsletter reaches its readers, the plum trees will be in full bloom, as clouds of pink blossoms assert Mother Nature’s confidence, despite a dry winter in the watershed and in the economy.

Winter Rain Brings Weed Problems For gardeners, the plum blossoms also signal the growing season for weeds. The bright yellow flowers of cape oxalis (*Oxalis pes-caprae*) are as much a mark of spring as the plum blossoms, and much less welcome. This weedy oxalis, which has naturalized in San Francisco gardens, is originally from South Africa. Perfectly adapted to our mild climate and dry summers, oxalis is dormant throughout the dry season, and grows again as soon as the soil is moist in the fall. By spring, many gardens are so awash with oxalis that nothing else can be seen but its clover-like leaves and its yellow flowers.

Oxalis When oxalis has grown successfully the season before, it stores its extra energy in little brown bulbs deep in the soil, but not strongly attached



to its roots. For a gardener digging up oxalis, it is almost impossible to get all the bulbs out with the plant. Unfortunately, this weed will be glad to regrow from any bulb left behind. Last winter at the GFE, we started the season trying to dig our oxalis with the bulbs, but unfortunately it was growing faster than we could dig. A little research (in Pam Pierce’s columns in the Chronicle) suggested a different strategy, which we are now following successfully.

Wherever we see oxalis growing, we are trying to pull off the top of the weed, being careful to pull it below the stem joint where the leaves begin to separate from the main stem. This deals the plant a blow, and it takes a bit of time and energy for the bulbs to generate another growing tip. We try always to mulch heavily on top of the newly weeded soil, which also makes it harder for the oxalis bulbs to push a new growing tip up into the sunlight. In some areas of the garden, where we have done this several times in the course of two years, the oxalis bulbs have exhausted themselves and are no longer regrowing.

Sheet Mulching Another strategy we use against oxalis is sheet mulching. After weeding out an area, we spread cardboard or layers of newspaper over the soil with the edges overlapping so that no sunlight can penetrate to the soil surface. Then we cover the layered area with mulch or manure, and water. The oxalis bulbs will exhaust themselves trying to grow out to the sunlight while never reaching it.

What is a weed?



This is a question new gardeners always ask in the Basic Organic Gardening class. A plant may be called weedy if it competes aggressively and successfully with other plants, and if it multiplies freely. But in the last analysis, a weed is simply a plant growing where the gardener doesn’t want it to grow. A good example in our borders are the calla lilies (*Zantadeschia aethiopica*). Vigorous, lovely, and a good cut flower, calla lilies are a useful and appropriate plant for San Francisco gardens. However, they multiply freely in a watered garden, and pretty soon they are everywhere. When they cross the invisible line and become a weed is a question only the gardener can answer. Last year, we let them stand in the border, while we tried to stabilize the sandy slope and begin new plantings. Now that the border is more stable and full of new plants, we are selectively weeding them out.

Invasive exotics One of the prices nature lovers pay for globalization is that plants from around the world are brought here, either intentionally as nursery stock, or unintentionally as weeds in other plants or products. Some of these never take off in our climate, but others love it here in California, and actually compete very successfully with our native plants.

The eucalyptus trees which many people think of as a signature California plant are all from Australia originally, planted in the 1900s with hopes that they could become useful for timber. That never worked out, but the eucalyptus naturalized and took over some areas from the native plants that lived there before. When exotic plants take over our wild natural areas, this is a problem because most exotics don’t support our native wildlife. If eucalyptus, broom, ivy, fennel, pampas grass and bull thistle were allowed to grow freely on Mt. Tamalpais and other wild lands, eventually our native insects, like the Mission Blue butterfly, would not have an opportunity to reproduce. Their host plants would no longer have any habitat. Luckily, dedicated volunteers and hard-working GGNRA staff do their best to limit the spread of wildland weeds. Can you imagine trying to weed Mt. Tamalpais?

One thing home gardeners can do to help with these efforts is to check the status of plants before buying them at the nursery. Invasive exotics are listed at the California Department of Food and Agriculture website. To find out more about efforts to limit wildland weeds, contact the California Native Plant Society, or read more on this topic in Pam Peirce’s book *Wildly Successful Plants*.

Hilary Gordon is Perennial Plants Collection 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 Wed. 10-2 and Sat. 10-4.

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9	8					1	3	
5				8	1		4	
1			3			8		5
		1		2				7
7			8		4			3
3				6		2		
6		7			8			9
	9		6	3				1
	4	3					5	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 in such a way that each of the numbers 1 to 9 appears exactly once in each row, column and block.

Answer: The answer appears in another section of the paper.

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..... BRAIN FOOD

The groom said, "Pack your bikini Darling. I am taking you to the tallest mountain in the world, and you'll need it for the nearby beaches."

Where were they going?

Answer on this page.

Answers

The happy couple were headed to Mauna Kea in Hawaii. Mauna Kea (or White Mountain) has the remnants of glacial terrain from the last ice age on its summit, and snow in the winter. From the base of the mountain to the summit, at over nine kilometers, the volcano Mauna Kea is the world's tallest mountain.

The difference is, most of Mauna Kea happens to be below water, and its summit is only a couple of hours from the beach. Mt. Everest is the HIGHEST, but not the TALLEST because it stands on the high Tibetan plateau. Also there are no beaches near by Mt. Everest.

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

Answer to Brain Food:



West Portal circa 1920.

Photo courtesy of the San Francisco History Center, SF Public Library

Laguna Honda (Cont. from p. 1)

Mayor (except eight, who are employees in various City departments). To skirt the City’s Sunshine laws, the group pretends it is a “passive meeting body,” not a formal “policy body,” while, in fact, it develops policies regarding San Francisco’s long-term care continuum of services, and aggressively pushes its policy recommendations on the Mayor, Board of Supervisors, and several City departments.

At the Council’s December 2008 meeting a draft of priority objectives was discussed for its “Living With Dignity Strategic Plan,” a policy document developed by the Human Services Agency and staff members in the Department of Aging and Adult Services and the Department of Public Health. This document guides programming by those agencies, and is used to develop the City’s budget.

Priority objective 1E asserts that the Council will “Participate in advocacy efforts to move Laguna Honda Hospital from a medical model to an inter-disciplinary social-health model of care, based on a philosophy of community re-integration, choice, providing rehabilitation services, chronic care, dementia care, and end of life care.” This may sound very worthwhile to untrained consumers of bureaucratic gobbledygook, but to advocates for senior care at Laguna Honda, it indicates an extreme shift in scarce resources away from the promises made during the campaign for the \$299 million bond financing to rebuild LHH “for our seniors and disabled.” Critics of the program fear that the plan will move San Francisco’s most vulnerable population to out-of-county “senior mills” to make room for less-expensive drug treatment and mental maintenance programs. [One irony is that LHH has utilized Interdisciplinary Teams for over a decade.]

The City capitulated in its “friendly” (read uncontested) Chambers settlement agreement, and the separate U.S. Department of Justice settlement agreement, to increase mental health and substance abuse services to prepare and enable residents to be discharged to the community. Both settlement agreements indicated the City will provide a “continuum of care” model at LHH to focus on options that will enable individuals to age in place outside of hospital, even if they need long-term, skilled nursing care, and even though there is no plan to raise funds to move the patients into their own apartments outside the facility. A May 23, 2008 side letter to the settlement agreement stated that the, “City shall introduce as much



Senior and Disabled Activists crowded the Laguna Honda “Town Hall Meeting” to protest changes

flexibility as possible into existing and ongoing construction efforts at Laguna Honda Hospital so as to maximize adaptability of use from skilled nursing facility services to other integrated services going forward.” I guess that means it will be converted to a “social-health” model of care, just before its replacement facility opens.

A consultant recently hired to interview senior hospital staff reportedly expressed shock that LHH’s staff have not been openly informed about plans for the conversion to a “social-health” model of care.

The LTCCC will be aggressively pursuing the conversion from a medical model of care to this new “social-health” model of care. How do you tell a patient with advanced Alzheimer’s that they only need “social-health” care, not a medical model of care?

The Council is stepping up its micromanagement at the hospital. On February 2, Margaret Baran, Executive Director of the In-Home Supportive Services Consortium and a member of the Council, submitted a public records request to DPH seeking the hospital’s FY 09–10 Line Item Budget, since City budget decisions are now being made. The Council apparently wants to tweak the hospital’s budget and monitor the conversion to “social-health” programming.

Staff at the City’s Mental Health Rehab Facility (now called the Behavioral Health Center) have already heard unofficially about plans to “integrate” the hospital and the MHRF’s patients. Changes to the patient population to be served in early 2010 in the newly rebuilt replacement facility are still being developed at this late date, but are slowly leaking out to the public.

This isn’t what voters were led to believe in 1999. Monette-Shaw, an accountability watchdog, operates www.stopLHHdownsize.com and is a member of the California First Amendment Coalition, an organization protecting and defending the public’s right to know.

Police Blotter (Cont. from p. 4)

Richmond Station as well as numerous other officers from Park, Richmond and Taraval Station converged on the Park and adjoining streets searching for the suspects. Approximately a half hour later Officers Michael Mitchell and Maria Donati of the Taraval Station entered Golden Gate Park off Sanyan St. near the Children’s Playground and spotted three men sitting on a log. Two of the men fit the description of the robbers. The suspects were detained and the victim was brought to the scene. He positively identified the suspects. The suspects, who live on the 1200 block of 25th Ave. and the 1000 block of Connecticut both had prior robbery records, were arrested for robbery and conspiracy.

02/25/09 | 3:10 pm | 1300 block of 9th Ave.

A woman was riding on the Judah on the rear train at the back of the vehicle when five suspects boarded the train and started moving about the vehicle with a great deal of noise. At 9th and Judah one of the suspects pushed the woman’s coat off the seat and then grabbed her Ipod. The suspect then grabbed the woman’s ear phones. The woman struggled with the suspect during the robbery but the group of suspects quickly exited the train. The victim pursued the suspects and alerted Irving St. foot beat officer Ronald Gehrke who observed the suspects running eastbound Irving to southbound 8th Ave. A witness observed one of the suspects discard a backpack and sweatshirt as Officer Gehrke continued to keep the suspects in sight and broadcast a description over the police radio. Numerous officers responded to the area to search for the suspects At the corner of 9th Ave. and Lawton, Officers Everson and Ferraresi captured the main suspect who had robbed the victim. The second suspect was arrested on the 1600 block of 10th Avenue by Officers Do and Choy. Both suspects were out of breath and perspiring when arrested. The suspects were positively identified by the victim and linked to two other street robberies. The suspects, who live on the 1000 block of Fitzgerald and the 1300 block of Quesada, were arrested for robbery, conspiracy and assault. Case #090205464

Where Can I Find the OBSERVER?



West Portal Avenue Area:
Newspaper Box in front of Post office on West Portal Ave.
Century 21 – Scott Keys Realty – 101 Vicente
Dubliner Irish Bar
Greenhouse Café
West Portal Books
West Portal Music Store
West Portal Library
Zephyr Real Estate Office

Ocean Avenue Area:
Lakeside Grill (Ocean Avenue)
Villa D’Este (Ocean Avenue)
Stonestown Area:
Stonestown Cinema – behind Stonestown
Stonestown YMCA
Portola Ave Area:
Creighton’s Bakery - Portola Dr.
Curves – 608 Portola Drive
Mollie Stone’s Market – Portola Dr.
Sloat Blvd Area:
Aqua Surf Shop (Across from SF Zoo)

John’s Ocean Beach Café on Sloat
Taraval Street Area:
Tennessee Grill (1128 Taraval)
Trolley Cafe (1300 block of Taraval)
Parkside Library (1200 block of Taraval)
Sunset Pet Supply – (2226 Taraval)
Parkmerced Area:
Park Place Market – Parkmerced
Noe Valley Area:
Bell Market (24th and Noe)
Fresca Restaurant (24th and Noe)
MRW Hairdresser

Nail Chic on Castro at Noe
Noe Valley Library
Other Locations:
Italian American Social Club – 25 Russia Ave. – Excelsior Dist
Liberty Fitness – 3725 Noriega St.
Massage Envy – Westlake Shopping Center – Daly City
Merced Library Branch – 19th Ave @ Winston
Sunset Library – 18th Street @ Irving
Main Library – 100 Larkin St.

Bringing Back The Heart of the Presidio

The Main Post is the birthplace of San Francisco and the heart of the park. The Presidio Trust is building on two decades of community planning to fulfill the Main Post's promise as a welcoming public place. We seek to bring back its character, preserve its historic buildings and landscapes, and create new ways for visitors to experience history and culture. The proposed vision for the Main Post is now available for public comment. We invite you to learn more and participate in this process.

read the documents

www.presidio.gov

main post information center

learn more about the proposed Main Post vision and planning process; staff available for questions.

march 6 to april 18, fridays & saturdays

10 am to noon (drop in)

building 105 montgomery street, main post

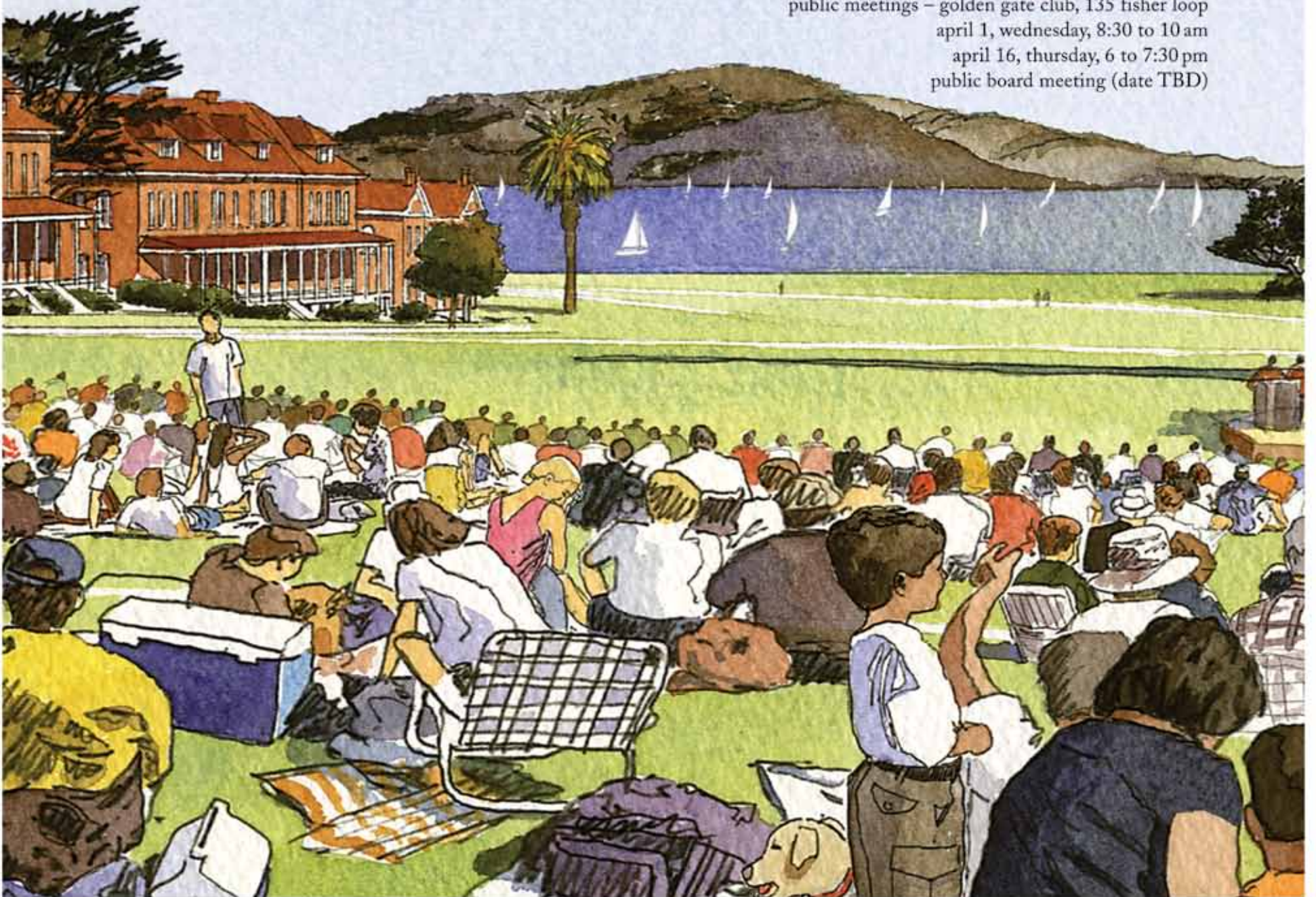
tell us what you think

public meetings – golden gate club, 135 fisher loop

april 1, wednesday, 8:30 to 10 am

april 16, thursday, 6 to 7:30 pm

public board meeting (date TBD)



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