Taraval Street Fair & Pumpkin Festival Returns October 25th - p8

Prop H Debate

Watch Assemblywoman Fiona Ma and Supervisor Sean Elsbernd tackle audience questions. Watch it online



— www.westsideobserver.com/video.html



West of Twin Peaks Central Council Met October 22nd with plenty of controversial local issues

— p5

Business Corner We visit the Italian American Social Club

-p.7





Quentin Kopp He'll be back next issue after a vacation with more sage and witty ruminations.

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Are There Flowers in West Portal's Future?

Community Benefits District? Matt Rogers, owner of Papenhausen Hardware, introduced a plan to establish a Community Benefits District along

West Portal's commercial strip at the last meeting of the West of Twin Peaks Central Council. "It's in the beginning stages." Rogers said, and he is seeking support from the residents.

Community Benefit Districts are funded by a tax on the building owners of commercial properties in the affected area. A steering committee would control the amounts levied on the businesses as well as the services provided.

Services could include steam cleaning of sidewalks, continual cleaning, Noe Valley Community Benefits District provides clean streets and flowering baskets. graffiti removal and extra security ser-

vices if the steering committee desires. CBDs are formed through an election process that begins with a petition signed by 30% of affected land owners and takes affect when, by a 50% majority, they elect to form the CBD. They can last for up to 15 years and must be ratified by the Mayor and the Board of Supervisors.

Rogers pointed to the Noe Valley CBD as a successful example of what can be accomplished. Noe Valley has beautiful hanging flower baskets and very clean streets. He also noted that an attempt by West Portal businesses to pool money for clean up in the past had little success. He could not comment on the flower baskets, however.



Don't expect City Hall to provide any extra services or funding. The City is having severe budget problems—so what's new? The City now pays for amenities like hanging flower baskets around City Hall and at a few other chosen locations at an astronomical cost. The price of each basket, which may have a life-span of only 4-6 months starts at \$750 each, but the real cost is maintenance. Our taxes are called upon, again, to shell out \$6 per basket for watering and fertilizing each one, which must be done daily. City Hall is silent on the real cost of these, admittedly gorgeous touches, but documents obtained by the Westside Observer through the City's Sunshine Ordinance show expenses of at least a quarter of a million annually.

A Bond Dressed in Emperor's Clothes

by George Wooding

As November's election rapidly approaches, San Francisco officials grow increasingly desperate to pass Proposition A to rebuild San Francisco General Hospital (SFGH). The City must convince two-thirds of voters for passage, but support is vanishing by the minute, just like the Emperor's new clothes. What happened?

Virtually every supporter and opponent of the project agrees the City needs a seismically-retrofitted hospital. The City dawdled 14 years planning the project. Utilizing vast special-interest money, the City hired high-powered lobbyists and PR experts to promote Prop. A. TV commercials air daily; brochures and flyers flood mailboxes. SFGH's dedicated doctors, nurses, and administrators appear in hospital uniforms at every neighborhood groups endorsement meetings.

Despite the San Francisco Chronicle's current news black-out on opposing arguments to Proposition A, it brazenly contacted Proposition A opponents, asking them to purchase political ads costing between \$2,200 and \$32,000.

Whitehurst Campaigns, a local PR firm, submitted 37 of the 39 paid ballot arguments supporting Proposition A. House Speaker Nancy Pelosi and Senator Dianne Feinstein, along with local medical workers and SFGH patients, were among those signing arguments. All but one of the 39 arguments were funded by the Committee to Rebuild General Hospital, which is primarily funded by Service Employees International Union (SEIU). The 39 paid ballot arguments cost just under \$20,000. SEIU also plans deploying union members to pass out flyers door-to-door. Are voters being asked to save union jobs, or patients?

November's SFGH bond measure is the most expensive in City history. San Franciscans don't mind paying for a seismically-upgraded hospital, but we're tired of paying for poorly-planned general obligation bond projects, after the City has sponsored one overpriced bond disaster after another. San Francisco politicians continually promise one thing to voters, then deliver completely different projects at costs higher than promised.

Laguna Honda Hospital's (LHH) initial \$401 million budget for a 1,200-bed facility has soared to \$641 million for a 780-bed facility, and may climb higher. It's painful imagining what the City will build with SFGH's \$1.7 billion budget. Sadly, before the election voters will neither know what the City will actually build nor how much it will finally cost. Current floor plans for SFGH's project are one design change away from becoming an expensive Mirage.

Just like LHH's rebuild, the same politicians promoting SFGH's bond today will be quietly distancing themselves from SFGH snafu's tomorrow. The June 2008 Civil Grand Jury report warns voters the City has continuously underestimated costs of general obligation bond projects by 35% to 67%. Costs for SFGH's construction have already jumped \$265.4 million from \$622 million in 2006 to \$887.4 million now, a 30% increase.

The Jury's report concludes the Mayor's Office, the Board of Supervisors, and the Controller's office have been unaccountable, demonstrating insufficient financial oversight over City bond measures. City politicians have chosen to ignore the Grand Jury's report, and haven't implemented any of the financial controls recommended before introducing SFGH's bond measure. Unfortunately, voters will be left holding the bag, having to pay for each and every design mistake.

Privately, officials are questioning why the ninety-foot high, glass walled, oval hospital is

Cont. p. 4

Clean Energy Starts Here

Assemblywoman Fiona Ma

This fall San Francisco voters have the opportunity to make San Francisco a global leader in the fight against global warming and climate change.

Proposition H, the San Francisco Clean Energy Act, is an answer to Al Gore's energy challenge. It will make San Francisco the first major city in the world to require that its electricity supply be provided by 100% clean and renewable sources.

In a time when we need bold answers to our energy challenges, PG&E has gone backwards, reducing their renewable portfolio over the last three years to just 11%.

Already they've spent huge sums of ratepayer money, your money, to spread lies about Proposition H. That's money that should be invested in maintaining our grid and developing renewable energy resources.

PG&E has built its case against the measure by arguing against revenue bonds. In fact, San Francisco already has approved the exact same revenue bonding authority for wastewater and water. Why not electricity?

The San Francisco Clean Energy Act will put San Francisco in control of its electricity supply. Public power means public accountability. San Franciscans spend billions and billions of dollars on PG&E bills, and yet PG&E never asks us when they invest in dirty power, or cut back on reliability.

We simply cannot count on PG&E to deliver renewable energy and keep costs low for the people of San Francisco. With a 100% Clean Public Power system we will finally have a voice in the most basic of decisions -- how our power is produced, and how our money is spent.

Please support Proposition H and jumpstart the green economy here in San Francisco.

Earthquake Awareness Month



The San Francisco Fire Department's Neighborhood Emergency Response Team of the Sunset-Parkside along with teams from the Richmond, Presidio Heights, Lake Merced Hill, Midtown Terrace, St. Francis Woods and West Portal will be holding their annual earthquake search-and-rescue exercise at the West Sunset Playground at 39th and Ortega St. on Saturday, Oct 18th from 9AM to Noon. All NERT graduates are welcome to practice with us, and to bring your HAM radios if you have an FCC license. If you are interested in being a part of this vital volunteer group, you are welcome to come and see how we will help the community after the Big Quake hits San Francisco! For more information, go to www.sfgov.org/site/sfnert_index.asp

AROUND THE TOWN..

Comings and Goings...

You may have noticed some changes in the Observer last month, such as a change from the West of Twin Peaks Observer to the Westside Observer. That's not the only thing to change.

With the September issue of the paper, new publishers have taken the reins. Mitch and Alice Bull have taken over the duties of Publishers from Phyllis Sherman. Phyllis will continue to be associated with the paper. You will continue to find her monthly musings in her column "Phyllis' Findings."

The new owners are not new to the area, Alice is a native San Franciscan, and Mitch has been in town for a little over 26 years, so they kind of know their way around. Although you may continue to see small changes in the format and look, the Observer will continue to bring our readers the same news, features and event information that we always have.

It is fortunate that San Francisco continues to have many vibrant, active communities within its' borders, and the community newspapers are a reflection of this. All of us at the Observer value your thoughts and feedback. After all, it is the community that makes a true community newspaper successful.

You can reach us at: mitch@WestsideObserver.com. Be sure to check out the Observer online @ www.WestsideObserver.com.



Interim Development Controls: Sean Elsbernd's Mahatma Ghandi Ploy

Letters to the Editor

I read, with great amusement, the email forward that was included as an article/column in the current issue of the West of Twin Peaks Observer. It appears to be a verbatim copy of an email that has been forwarded around since early this year. Printing an email forward is bad enough on its own. Printing an email forward that is factually inaccurate is even worse.

You might find this link useful: http://www.snopes.com/inboxer/household/cellphones.asp

Regards,-Michelle

Note from Editor - Thanks to all who wrote to point out our pointy-heads. We retract the claims and suggest visiting the site above.

BLIP

The attention of the Observer to the capital programs undertaken by the city is both welcome and necessary. Irrespective of the project financing, these public works should be the subject of scrutiny, informing the residents and taxpayers of San Francisco. The recent article on the proposed bond measure for the SF General Hospital makes mention of the Branch Library Improvement Program (BLIP), and cites the recent grand jury report. It was left unmentioned that several months before, the controller's office had—at the behest of the library commission—performed a comprehensive management audit of the BLIP, interviewing all relevant parties, requesting BLIP documents, and finally critically assessing the progress of the BLIP and making recommendations. The library administration responded to the controller's report with an array of measures that it would adopt to better improve the management of the BLIP. By my reckoning as a commissioner who served for 12 years and who was directly involved with the conduct of her BLIP, the controller's report is the more incisive and reliable critique of the BLIP. The subsequent library administration response demonstrates that government can be relied upon to do the right thing. I can assure my fellow residents and taxpayers that

the BLIP will succeed in delivering the high quality of library facility promised to and expected by each branch library neighborhood. For those who would ask, "But why weren't costs contained?", I would say that It has been no small task to configure a program to deliver 24 distinct projects across the city. From the inception of the BLIP, proactive steps were taken to align design with budget, but no one foresaw the impact that the spike in construction costs, beginning in 2002, would have on the BLIP. Because of the phenomenon sprung from the incredible demand from China for steel and other building materials, all public works across California were negatively affected, most notably the Bay Bridge project. This spike alone accounted for over a 30% increase in the cost of the BLIP. While I cannot speak for the current commission, I am certain that the lessons learned thus far and the keen dedication of library staff to ensuring that the expectations of all are met, will be the recipe for the success of the BLIP. You have only to visit the completed projects to appreciate the significance that a revitalized branch library system will have for the vibrancy and livability of our city.

Charles A. Higueras Former Commissioner, SFPL

General Rebuild

I was dismayed to see the recent stories attacking the plan to rebuild our city's only trauma center, San Francisco General Hospital. As an emergency physician, I work at General Hospital because it is the one place in the city equipped to treat victims of serious accidents, violent crimes and multi-casualty events. I also help train the next generation of doctors, who fan out into our community, making it a healthier and safer place.

State law now requires that all acute care hospitals meet seismic standards, or face closure by 2013. The rebuild of San Francisco General Hospital is supported by virtually everyone in the city -- all 11 supervisors, the Mayor, the Hospital Council, the Chamber of Commerce, the San Francisco Labor Council, the

Bring Back Bengal Alley!

Dave Bisho of Westwood Highlands Assn. says he wants the City to reopen Bengal Alley. "Bengal Alley between Miraloma and Lansdale is the main link for many Mt. Davidson and Sherwood Forest residents with the 43 bus which stops right at its gate on Miraloma Drive," he said. "About two years ago, a cyclone fence, put up by DPW showed up blocking the way on Miraloma."

"I called Supervisor Elsbernd who advised that some un-named person complained that it was dangerous, and since it would cost 'hundreds of thousands of dollars' (in Elsbernd's words) to fix, DPW simply closed it. There is

"Bengal Alley between Miraloma and Lansdale is the main link for many Mt. Davidson and Sherwood Forest residents with the 43 bus which stops right at its gate on Miraloma Drive," he said. "About two years ago, a cyclone fence, put up by DPW showed up blocking the way on Miraloma."

absolutely nothing different or wrong with this right of way. I've been going up that way since I was in grammar school. Now it's becoming very overgrown and one of the Miraloma neighbors has cut down a tree and dumped it right on the path," he said.

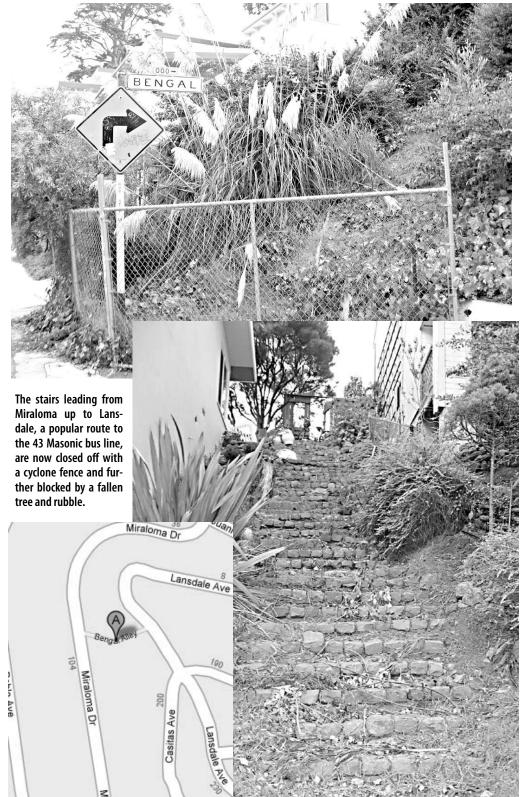
"There are rights of way all over Mt. Davidson. Most of them are uneven pathways and very few of them have any stairs at all. Bengal Alley is the most important right of way of any of them. I've lived in the area my entire life," said Bisho.

He wrote a protest letter to the City Attorney requesting that the owners clear the shrubs, remove the tree that someone dumped there, remove the locked gate, and open this vital link to the public once again.

Update: Bisho and WPTPCC Secretary Rae Doyle met with Supervisor Sean Elsbernd and officials with DPW in his offices in City Hall on October 1st. Elsbernd said he would contact the homeowners who are responsible for the property and attempt to negotiate an arrangement that would eliminate the need for Bisho to file a formal complaint.

A formal complaint would result in the DPW sending a notice to the property owner to repair the public right-of -way to "good" condition. Bisho said he hoped to avoid causing problems for the landowner and hoped the walkway could be restored without significant cost to the property owner. "The old cobblestones leading to Lansdale are in pretty good shape, only a few have been knocked out of place, that's all" he said. I do not accept the costs that the City has been throwing around, there is no way this could cost hundreds of thousands of dollars.

At a time when the use of public transportation needs to be encouraged, the City needs to take charge of access routes like Bengal Alley.



PHYLLIS' FINDINGS

By Phyllis Sherman

TO BEGIN...This will inform all and sundry that I am no longer Editor and Publisher of the WEST OF TWIN PEAKS OBSERVER. It's been a glorious, memorable, unforgettable, significant, outstanding twenty years of interesting people, places and things. Decades go by fast when you're having fun...and most of it's been fun and jollification. Sometimes hectic, occasionally frantic...but I wouldn't have missed a minute of it. I appreciate the wonderful writers and advertisers whom I've met along the way. The managing editor, printer, delivery people have all been helpful in getting the paper to you on time with minimal problems...and I appreciate their efforts in sometimes trying times.

I also appreciated the hard work of deceased sales assistant, Billie Lowe and the very-much-alive camaraderie of my friend and sales helper Marjorie Leet Ford. I hope you've enjoyed reading the paper along with my spirited column, PHYLLIS' FINDINGS (which I hope to continue writing) and will embrace the new publishers, Alice and Mitch Bull, who've renamed the paper WESTSIDE OBSERVER, with the same enthusiasm and devotion you've offered me. They're an energetic team.

We alway appreciate your Letters to the Editor, so please write soon and often, with your pithy comments and remember... VOTE OBAMA!

California Academy of Sciences

This dazzling, airy new home explores education and entertainment. If you've been to the old location of the Academy on Howard Street, you have some idea of what to expect....except, you still don't. This multistory rectangle is unbelievably fascinating through out. There's a 2.5 acre green roof planted with native California species that provides habitat for birds and

butterflies. Skylights, sunlight, native plants are just the beginning. A 90 foot diameter dome encases a living rain forest (85 degree temperature and humidity) complete with exotic birds and butterflies. Below ground level is the Steinhart Aquarium with more than 100 tanks filled with fish, reptiles, sharks, amphibians and invertebrates. Underwater views into the Swamp (complete with a rare white alligator, snapping turtles, frogs, snakes and sea turtles) and the Philippine Coral Reef are must sees. The state-of-the-art digital projection system of the Morrison Planetarium immerses visitors in a wraparound visual experience. The guided shows give visitors the sensation of flying through apace. You'll see scientists at work in their research lab and there's an unusually creative children's area. Wait til they see the colony of African penguins! The cost of this monumental project? 334 million or so....worth it? Visit it and see. One especially happy idea is the 800-car underground parking garage...very user friendly!

It looks like the holiday season will be a bit of downer this year..especially when it comes to highend merchandise...so-long Prada...welcome Target, Walmart and Goodwill.

Many hospitals have stepped up efforts to encourage regular hand washing by doctors...but what about their clothes? Amid growing concerns about hospital infections and a rise in drug-resistant bacteria, the attire of doctors, nurses, and other health care workers -worn both inside and outside the hospital - is getting more attention. "Bare below the elbows" is what's being discussed. Doctor ties, white coats, long sleeves and soiled scrubs play in the spread of bacteria. Sooo....if your doctor wears a tie when you're visiting....get another doctor!

On the film front, BURN AFTER READING by Ethan and Joel Coen, has some hilarious moments. Brad Pitt (who appears to be having a ball, George Clooney, Frances McDormand and John Malkovitch will keep you in stitches and it's worth seeing for the

hilarious spots.

The Sunday Cinema Club shows films once per month at the Kabuki Theater. It's at 10 AM (and it's a bit hard on Sunday to make it) and you never know what the movie is but it's always a brand new screening. You have to be a member. The current movie was RACHEL



GETTING MARRIED directed by Jonathan Demme and starring Anne Hathaway, Rosemarie DeWitt, Bill Irwin and Debra Winger. It concerns the wedding of a Jewish girl from a dysfunctional family with a long history of personal crisis, family conflict and tragedy to an African American man. Compelling people, stellar acting, perceptive portrait...most of the audience could relate, but the accolades were mixed...OK film, but too long, unnecessary noise and music. It's a 5 or maybe 6 on a scale of 1 to 10. To be a member of the Sunday Cinema Club (part of Sundance Kabuki Cinemas) write to POB 29156 in LA, 90029 or call 1-888-467-0404 for information on joining. The next film is on October 12 and there's a discussion after each film.

Two young men up from Minnesota were looking at a Sears catalog and admiring some models.

......

Ole says to Sven, "have you seen the beautiful girls in this catalog?" Svan replies, "Yes, they're very beautiful and look at the price!" Ole looks with wide eyes, "Wow, they aren't very expensive. At this price I'm buying one."

Sven smiles and pats him on the back, "good decision, order one and if she's as beautiful as she is in the catalog, I'll get one too."

Three weeks later, Sven asks Ole "Did you ever receive the girl ordered from the Sears catalog?"

Ole replies, "No, but it shouldn't be long now. I got her clothes yesterday!"

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Prop A(Cont. from p. 1)

being wedged forty feet or less between two 93-year-old, eighty-five-foot high, non-seismically retrofitted red brick buildings. It's being placed in the fall zone of both brick buildings, and may be damaged and possibly inoperable following a catastrophic earthquake. SFGH must comply with SB 1953, which mandates hospitals must be able to withstand an earthquake and also remain operational. One state official admitted his surprise SF chose rebuilding an earthquake-compliant hospital in such a risky location. A retired City safety employee knowledgeable about SFGH's structural issues is concerned an earthquake stronger, and lasting longer, than Loma Prieta's 1989 quake that strikes closer will topple both brick buildings. The City admits both red brick buildings need seismic retrofitting, but doesn't plan doing so until after 2015.

SFGH is backpedaling on its shifting \$75 million estimate for furniture, fixtures, and equipment (FFE). Previous FFE estimates ranged from \$150 million to \$234 million. SFGH now claims previous estimates were based on square footage, claiming the suddenly-reduced \$75 million estimate is based on actual equipment costs. Rather than purchasing the FFE, SFGH may lease the FFE. Ignoring that leasing adds yet-unfunded annual FFE financing in addition to the \$887.4 million bond. In contrast, the LHH project chose purchasing, rather than leasing, FFE to lessen project expenses.

Proposition A proponents are employing scare tactic propaganda, frightening voters that if the bond fails SF will lose its Hospital. However, state law SB 306 grants cities extensions until 2020, and beyond, to complete hospital rebuilds. Proponents also

claim each year lost re-building SFGH escalates costs \$40 million annually. If true, the City's 14-year delay has already cost \$560 million due to political foot-dragging. Many communities, including San Mateo, successfully completed seismically upgrading hospitals by 2002.

Mayor Newsom is reportedly worried Proposition A will be rejected by an unlikely alliance of informed taxpayers, renters, and the City's big landlords. Landlords are using Proposition A as a bargaining chip to achieve a 50% pass-through of sewage charges to tenants. The Coalition for Better Housing filed election papers forming a "No on Proposition A" committee to oppose what they call "the largest bond in San Francisco history" and to support a less-expensive hospital plan. Political consultant Jack Davis has jumped in, questioning the soundness of this bond. Newsom is worried a well-financed campaign against Proposition A, especially one highlighting long-term costs to voters, will doom bond passage.

Whatever their motivation, the City's big landlords are actually right about Proposition A. The only way it will pass is if voters don't understand underlying hospital rebuild issues. Newsom is also correct: The more voters know about this bond, the less they will support it. The City must correct project flaws before construction, build the less expensive hospital, retrofit both red brick buildings beforehand, and adopt the Grand Jury's accountability recommendations.

This bond wears the Emperor's imaginary clothes. Vote No on Proposition A.

George Wooding is Vice President, West of Twin Peaks Central Council

Election Day is November 4th. There are 34 measures on your ballot. Where do you get information you can trust?



League of Women Voters of San Francisco

Busy? Vote-By-Mail

The last day to request a Vote-By-Mail ballot is October 28, 2008.

The last day to register to vote is October 20.



(415) 989-8683 / www.SFvotes.org



District Eleven Supervisorial Candidate Guide Where do YOU stand?

andidate





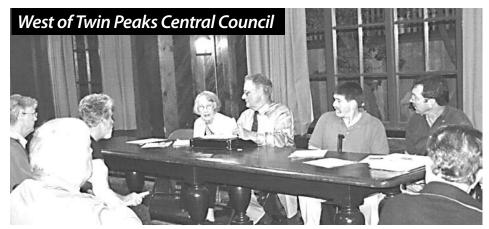
Issue	Mayor Newsom	Asha Safai	Myrna Lim	John Avalos
Prop H: Municipalizing Power	NO	NO	NO	YES
Prop K: Decriminalizing Prostitution	NO	NO	?	?
Prop L: Community Justice Center	YES	YES	?	NO
Prop V: Junior ROTC	YES	YES	YES	?

This guide is distributed for informational purposes only and is not intended to support or oppose any candidate or ballot measure

San Franciscans ready for change

10KStrong.org

Paid for by the San Francisco Coalition for Responsible Growth - Political Action Committee.



Secretary Rae Dovle, President Dan Dutil, George Wooding and Dave Bisho

Police Report: Sgt. Randall Young warned of a scam entailing residents receiving calls regarding Jury Duty. Deceptive callers tell people that they have

missed Jury Duty and that they will need to take some corrective action. Scammers then ask for the person's Social Security number. Do not give your Social Security to anyone except your employer or social security officials. He also reported that the police had closed several houses of ill repute that were operating out of homes in the neighborhoods.

Housing Element Plan: Matt Chamberlain will be representing WOTPCC at meetings with

the Planning Department aimed at designing the new Housing Element Plan. He reported that the city is currently using the 1999 Housing Element Plan and that the next meeting involving the plan will be held on October 1st. Another draft plan will be available in January for public input. He reported that, so far, the current plan had only met 12% of its affordable housing goal, while the high-end housing is at 150% of its goal.

Community Benefits District: Matt Rogers, owner of Papenhausen Hardware introduced a Community Benefits District along West Portal's commercial strip. See the story on page one.

Hospice Downsizing: Dr. Derek Kerr, who heads the Hospice team at Laguna Honda Hospital said that the original 30 bed hospice now occupying 25 beds, is scheduled to be cut 15 beds. The Hospice has been the last home to 2000 dying San Franciscans in its 20-year history. "The success of the endeavor depends largely on the sense of community that is engendered among its patients," he said, "a 'therapeutic community' is the result of having some patients who may live as much as six months or longer side-by-side those who are expected to live only a few days. Morphine and Prozac do not engender community—that is only provided by human presence." That presence is endangered it the group consists of only short-term patients. The longer-term patients provide the element of continuity,

"there are currently no new admissions to Laguna

Honda. San Franciscans needing long-term care are

being directed to private institutions," mostly out of the

City and "there is no longer a waiting list for patients at

Laguna Honda except Hospice."—Mark Slavin, LHH

a sense of belonging. Last year 37% of Hospice's patients died within the week, 66% died within the month, by 6 months 94% died and the remaining 6% provide a supportive environment for the newer patients. Plans will exclude longer term patients, defeating the purpose of the Hospice.

Kerr also noted that the Hospice Chaplain, A \$26,000 position, had been cut in July. A severe loss for the patients. He noted that, since the layoff, LHH had hired a public relations

expert for \$57,000 and that administrative salaries were 12% higher, while other departments were flat or down. He said the cutback in Hospice services is selective rather than across the board, noting that the Rehabilitation ward, among others, is doubling in size, and that \$10 million had been earmarked for the move to the new buildings, including \$160,000 for media control/public relations, \$50,000 for opening day celebrations, \$30,000 for opening week, \$30,000 for brochures and commemorative materials, \$10,000 for t-shirts and memorabilia.

Mark Slavin, media spokesman for LHH said that all programs are downsizing with the move to 780 beds and that the transition budget has been reduced.

> Slavin said "there are currently no new admissions to Laguna Honda. San Franciscans needing long-term care are being directed to private institutions," mostly out of the City and that "there is no longer a waiting list for patients at Laguna Honda except to the Hospice."

> The Council passed a resolution urging the tax collector to place a box on the property tax form that would allow taxpayers to check to contribute

to LHH Hospice, similar to the box that indicates a contribution to the arts.

Debate on Prop H: The Clean Energy Initiative: Assemblywoman Fiona Ma and Julian Davis spoke in favor of the ballot proposition, Supervisor Sean Elsbernd spoke against. The members asked many questions and offered pithy pertinent commentary, no unusual occurrence at this venue. To view the 19 minute blow-by-blow, visit our website: www.westsideobserver.com/video.html

Dangerous Intersection: A complaint about the dangerous intersection at Skyline and Herbst met with assurance from Assemblymember Ma that, since it involves a state highway, she would pursue it in Sacramento.

Interim Zoning Controls: Marilyn Amini asked the council not to support the proposed Cumulative Impact studies and Interim Zoning Controls proposed for adoption by the Board of Supervisors. A 30 day delay was requested.

Public Right-of-way: A motion by Ingleside Terrace to support abandoning the Ingleside Path right-of-way between Ocean Avenue and Corona Street and Urbano and Head Streets passed. Proponents claimed they are dangerous and could result in costly lawsuits. There were lingering questions about who would be responsible for maintaining the property or who would own the abandoned property, but the Council passed a motion in support.

On November 4 your vote will help shape the security of our streets, the cost of electricity, the future of San Francisco General Hospital, the development of high speed rail, and equality for all Californians.

State Measures

YES on A -Save General Hospital. Without a seismic rebuild, state law requires the hospital to close by 2013. Proposition A will build a new trauma center without a net increase in the city's debt or property tax rate. Save General Hospital, VOTE YES ON A.

NO on B -Affordable family housing is essential for San Francisco, but this measure is so restrictive it will not help low income working families because they make too much money. This \$2.7 billion budget set aside will negatively impact money flowing to health care and public safety for years to come. VOTE NO ON B.



YES on D- Save our waterfront preserve and clean-up the historic Pier 70 shipyard—Vote YES on D.



No on H – Say No to the Blank Check!

Proposition H takes away the voters authority to authorize revenue bonds and gives it to the Board of Supervisors allowing them to take over PG&E or cable T.V., phone or internet service and make you pay for it. Don't give the Board of Supervisors a Blank Check—VOTE NO ON H.



No on J – Don't add more bureaucracy to the planning process, don't weaken the Planning Commission—VOTE NO ON J



sfchamber.com

No on K - Don't tie law enforcement's hands when they go after human traffickers and pimps who push children into prostitution, VOTE NO ON K.



YES on L - The Mayor, the District Attorney, the Courts, and the Chief of Police agree - We need the Community Justice Center. It will reduce recidivism by addressing the underlying roots of criminal activity by directly connecting those in need of mental health and addictive services with the help they need. Support the Community Justice Center—VOTE YES ON L.



Keep our emergency 911 center funded without new taxes-VOTE YES ON O.



For 90 years, hundreds of students annually enroll in this voluntary, nondiscriminatory leadership training and community service program. Join the families who placed Proposition V on the ballot and tell the School Board you support choice for students. Give Students a Choice! VOTE YES ON V to save JROTC.

State Measures



YES on 1A- Build High Speed Rail

San Francisco to Los Angeles: 2 1/2 hours at 220 MPH - reducing nearly 70 million passenger trips from our highways. Invest in tomorrow today – VOTEYES for green transportation, VOTE YES ON 1.



NO on 8 - Don't write discrimination into the Constitution—Business, labor and civic leaders agree there is no place for intolerance and inequality in California- VOTE NO ON 8

Paid by the 21st Century Political Action Committee

Make your voice heard, VOTE! SAN FRANCISCO CHAMBER OF COMMERCE

Letters (Cont. from p. 3)

Democrats, Republicans and Greens, and more than 160 other organizations. The new seismically-safe hospital building will be able to remain operational and help you and your loved ones in the event of a catastrophe. Passing Proposition A – the hospital rebuild bond – protects us all.

Unlike some past city projects, the General Hospital rebuild has been well planned. Two years of design and planning work already has been done, and the \$887.4 million cost is based on an efficient and cost-effective work plan. The proposed new patient-centered design has passed the state's Environmental Impact Review, architects are hired, and we are ready to break ground.

As a resident of the West Portal neighborhood, I am grateful that General Hospital exists to care for all San Franciscans. In addition to its life-saving trauma services, San Francisco General Hospital provides 20 percent of all inpatient care in the city. It consistently earns high marks for quality and innovation, such as its recent designation by the World Health Organization as the city's only baby-friendly hospital. It is truly a support.

JROTC

Eric Isaacs, MD

I take issue with Dr. Dan Kelly's op-ed piece in the Westside Observer's September '08 issue.

Dr. Kelly refers to the School Board process, where "parents, students, and community members" commented on the "phasing out of JROTC". He does not indicate that there was overwhelming support for JROTC from not only parents and students, but teachers, counselors, administrators, the Mayor and many other community members. There has been consistent support for the JROTC throughout my long career with the SFUSD.

I worked as a counselor and Assistant Principal at McAteer High School from 1974 to 1994. As a counselor, I came to know the course offerings and assisted students in selecting classes meeting graduation and college requirements. The JROTC was an option (ended 6/08) for 9th and 10th graders in place of physical education. Twenty (20) credits or 4 semesters of P.E. or JROTC is required to graduate. This graduation policy has existed for decades and has been reviewed regularly.

Parents must approve their 9th and 10th graders selecting JROTC in place of the physical education courses. Any student changing his/her mind after the first few weeks of JROTC would be assigned to a physical education class. Neither I nor my colleagues ever heard of students being assigned for "purely administrative reasons".

I have never heard, nor have my colleagues, of any "immigrants" being told to accept JROTC to "protect their families", presumably in lieu of deportation or other sanction. If it ever happened it was a rare violation of SFUSD policy and practice.

Many students who choose JROTC do so because it offers a more personalized program. The majority of students enroll in JROTC for two years, discontinuing the class after completing the graduation requirement. Other students continue to choose JROTC as an elective class. Whether enrolled for two, three or four years, the JROTC program provides an excellent leadership curriculum, while giving students ample opportunity for structured physical activity.

Before any other high school program, JROTC was demonstrating gender equity, promoting young women as cadet commanders. In my years at McAteer, JROTC was the most racially and ethnically diverse program in the school. JROTC cadets were the only group to consistently provide service to the school at assemblies, after school activities and at graduation.

The students participating in this program learn self-confidence, discipline, teamwork, communication skills, respect for their school and a public service attitude, all important and transferable workplace assets. The JROTC has been a successful program by any academic criteria (graduation rates, college admissions, GPA, attendance, citizenship).

There is no data to support Dr. Kelly's assertion that JROTC cadets are subject to military recruiters. Dr. Kelly apparently quotes national rates of enlistment that do not reflect San Francisco's experience. The JROTC program, as well as the student population in general in San Francisco, have notoriously low rates of enlistment in the military.

As Assistant Principal at Mission resource for all of us, and it deserves our HS from 1997 to 2002, I recall only one JROTC senior entering the military soon after graduation. [In six years (2003-2008) of collecting post graduation data on students in the Regional Occupation Program (ROP), which is the SFUSD vocational education program, and which program includes JROTC students, we found no student in the military one year after graduation. This surveyed group of graduates did not include all graduates.

> A broad coalition of the community continues to support this proveneducational program that is an elective option. This group includes the student delegates to the Board of Education and Student Advisory Council (S.A.C.). Alexander Hamilton Post #448, the largest Gay, Lesbian, Bisexual, Transgender American Legion Post has verified the JROTC as a safe haven for gay youth.

> Dr. Kelly refers to a petition signed by 800 students seeking to end the JROTC. No one that I contacted who was involved in this dispute or the S.A.C. can recall any such petition, and I have not found any reference to any such petition in the material found on the internet reporting on the 2006 dispute. For over 5 years, the S.A.C. has voted to support the JROTC as a choice for high school students.

> JROTC instructors are on the same contracted salary scale as all SFUSD teachers, and are members of the UESF, the teachers union. However, 50% of the JROTC instructors' salaries are paid by the Federal Government, making these instructors less expensive to the SFUSD than their colleagues. During my years in the District, these instructors never functioned in any capacity as military recruiters. Rather the JROTC teachers were among the most hard working and dedicated.

> There are a number of other programs providing leadership opportunities in the SFUSD: Peer Resources, sports teams, student newspapers, student government, but none afford the broad appeal and the proven track record of the JROTC. JROTC deserves to remain an option for students.

> Please vote YES on V and recommend to the Board of Education the reinstatement of this valuable educational program for our students. Marigrace Cohen Retired SFUSD Administrator

Send Letters to the Editor to: editor@westsideobserver.com

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For more information visit www.sfgov.org/dpw or call 3-1-1 TTY direct: 415-701-2323).



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BUSINESS CORNER

by Mitch Bull

"The Italian-American Social Club" – a restaurant for everyone that makes you feel like you're in the family dining room

In these modern times, restaurants come and go, each one trying to be sleeker and more cutting edge. Too often, they fail to catch on and are quickly gone with a "For Lease" sign in the window of an expensively remodeled space.

This month we take a trip to 'old Italia' at the **Italian American Social Club**, a place where generous servings of food, friendly staff and a great bar offer patrons an evening of dining the way it used to be... and still is.

Located in San Francisco's Excelsior District, the restaurant is located at 25 Russia Avenue, off of Mission Street in the Southern end of the city, just before Mission crosses into Daly City.

Like the neighboring Crocker-Amazon area, the district was originally home to many families of Italian ancestry and it was a merging of two fraternal men's clubs that created the modern club and location.

Starting in 1928 a group of men met in the basement of Mario Blengino's home to organize a social club that would be a credit to their community. They soon outgrew the space and rented a spot on Russia Avenue they called The Aurora Club. When this club merged with the Alfieri Club in 1935, the Italian American Social Club was born, and the group took on the task of building and financing their own building.

In 1940 the present building at 25 Russia Avenue was completed and opened, with a week of celebrations including a parade and a banquet attended by many city officials.

Flash forward 68 years to 2008, and the I.A.S.C. is still going strong, with a membership of over 200 and a restaurant and banquet hall that is well known for hosting wedding receptions, birthday parties, and large banquets for over 250 guests.



Rich Guaraldi and Eligio Mendez welcome you to the Italian-American Social Club— a place where everyone feels like family

Even though the location sounds like an exclusive venue, the restaurant is open to the public on Wednesday, Thursday, and Friday, with lunch being served from 11 A.M. until 2 P.M. and dinner from 5 P.M. until 9 P.M.

The restaurant benefits from having its' own free parking lot across the street, with plenty of parking at most times. With an "old time" 40 foot long bar, the IASC is a great place to meet friends for a drink, or to strike up a conversation with one of the regulars before settling in for a sumptuous Italian dinner.

Dinners are very reasonably priced, with "Specials of the Day" being priced at \$16.95. Unlike many modern day eateries, these specials include soup or salad, and ice cream in the pricing. Entrees such as Italian Sausage and Polenta, Lamb Shank, Veal Parmigian, Calamari Steak, or Red Snapper are typical of the specials. They also have other entrees such as New York Steak, Salmon, and a variety of dinner salads. The serving sizes are large, and it's doubtful that many people walk away without getting their money's worth.

Rich Guaraldi, the long-time Manager of the IASC is most welcoming when hosting people and talking about the club, "We really try to treat everyone as if they are members of our family. Families have been coming here for generations. Everything we do is about family."

Sitting at a table having dinner, there is music coming from the speakers, and it almost feels like you are having dinner at your Italian Nana's house, even if, like me, your ancestry isn't from the old country. It's not uncommon to have people sitting at the table next to you speaking Italian.

Guaraldi and his staff handle catering events in their four banquet rooms, holding events for between 40 and 250 people.

Headed by Paul Guistos, Chairman, and Frank Cena, President, the I.A.S.C. celebrated the 77th anniversary of the club's existence in 2008. It's easy to see why they remain a San Francisco tradition. Located at 25 Russia Street, you can contact the I.A.S.C. at (415) 585-8059. For more information, visit the website at www.IASCSF.com

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switch ON clean energy.

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Page 7-------Westside Observer-------October 2008



by Mitch Bull

Food, fun and live music takes center stage as the 2nd annual Taraval Street Fair returns this month. The fair, organized by the Taraval Merchants Association, will take place on Taraval Street between 46th and 47th Avenues from 10:30 A.M. - 6:00 P.M. on Saturday, October 25th.

Dallas Udovch, of Oceanside Heating and Air Conditioning, is the President of the Merchants Association and is excited about this years' festival. "Last year, between 7000 and 10,000 people attended the fair, and this year we are expecting a larger turnout. We will be featuring 4 bands for the live music, lots of food booths, including sausages, sushi and Mexican fare, a Hot Dog eating contest (with a \$150 grand prize), jewelry booths and many different things for

The music stage will feature several bands, including "The Impailors", "The Teddy Hey Band", "The Rockaway Players", and the band "Kim Never

Children and children of all ages can look forward to having fun at the fair, as it will feature a Pumpkin Patch, a Bouncy House, Clowns, and a San Francisco Fire Engine, courtesy of S.F. Fire Chief, Johanna Hayes-White, "who has been wonderful to work with during this planning process", said Udovch.

He went on to explain that everyone he has worked with to plan the event has been very supportive, citing State Assemblymen Leland Yee, District Supervisor Carmen Chu, and the Staff Command at the Taraval Police Station as being critical to helping to ensure that the fair is successful and safe.

Last year, Mayor Gavin Newsom attended the Cont. p. 13

NO CORK FEE NIGHT AT CHOU CHOU

10/2 Every Thurs. | Bring your favorite wine, there is no cork fee every first Thursday of the month. Chou Chou Restauant-French-Bistro Patisserie 400 Dewey Blvd. Reservations suggested: 242-0960

JAZZ AT THE CLIFF HOUSE/FRIDAYS

10/3,10/10,10/17, 10/24, 10/31 Fridays 7-11pm | Friday Night Jazz in the Balcony Lounge. Cliff House, 1 Seal Rock, Info: 386-3330

WORLD VEGETARIAN DAY

10/4-5 Sat. & Sun 10am-6pm | SF Vegetarian Society and In Defense of Animals. County Fair Bldg. Golden Gate Park, 9th and Lincoln Ave.

DAVID HARRIS WEST PORTAL BOOKS

10/7 Tues., 7pm | Spend an evening with the author of The Genius: How Bill Walsh Reinvented Football and Created the NFL Dynasty. West Portal Books, 80 West Portal Ave. Info: 564-8080

AMY BLOOM AT WEST PORTAL BOOKS

10/14 Tues., 7pm | Amy Bloom, National Book Award finalist, discusses her novel Away, West Portal Books, 80 West Portal Ave. Info: 564-8080

THE CLIMATE PROJECT

10/15 Wed., 7pm | New slideshow based on the "An Inconvenient Truth" to increase public awareness of the climate crisis throughout the United States. West Portal Branch Library 190 Lenox Wy.

CALIFORNIA TRIP AT WEST PORTAL BOOKS

10/16, Thu., 7pm | Join Authors Richard Blair and Kathryn Goodwin, whose California Trip spans nearly 40 years... from Grace Slick onstage to nude

sunbathers on the San Mateo coast to rodeo performers in Guerneville, West Portal Books, 80 West Portal Ave., Info: 564-8080

TARAVAL POLICE COMMUNITY MEETING

10/16 Tue., 7pm | Talk to Captain Chignell about public Safety and community issues. 2345 - 24th Ave.

DOCTORS WITHOUT BORDERS/

10/17 Wed., 7pm | Doctors Without Borders will discuss their work in conflict zones around the world, including Afghanistan, China, Rwanda, Sierra Leone and Sudan. Cowell Theatre at Fort Mason Center, Marina Blvd. & Buchannan St., Free

REFUGEE CAMP IN THE HEART OF THE CITY

10/15-19 Wed.-Sun, 9am-5:30pm | Doctors Without Borders aid workers guide visitors through a cholera treatment center, nutrition and vaccination tents, emergency refugee housing and more, asking them to imagine they are among the 42 million people uprooted by war or conflict around the world. www.doctorswithoutborders.org/RefugeeCampSanFrancisco.

ANNUAL NERT EXERCISE

10/18 Sat., 9am - Noon | SF Fire Department's Neighborhood Emergency Response Team. Annual earthquake search= and-rescue exercise at the West Sunset Playground, 39th and Ortega St. All NERT graduates are welcome to practice. For more information, go to www.sfgov.org/site/sfnert_index.asp

TARAVAL ST. FAIR & PUMPKIN FESTIVAL

10/25 Sat. 10:30am-6pm | Fun for kids and adults, the second annual Taraval Street Fair is at the beach between 46th and 47th Streets. www.taravalmerchants.com





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16 City View Way	2	1	1	1,015	07/18/08	\$749,000
204 Panorama Dr	2	1	2	1,026	07/17/08	\$755,000
449 Panorama Dr	2	2.5	2	1,244	07/21/08	\$767,500
10 Skyview Way	3	2	2	1,275	07/28/08	\$818,000
172 Marview Way	3	1	2	N/A	09/05/08	\$850,000
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BURN AFTER READING

Joel and Ethan Coen's latest film is not on a par with their award-winning classics. Linda: Frances McDormand and Chad: Brad Pitt work for Ted: Richard Jenkins at Hardbodies gym. Linda wants a body lift that costs \$50K that she doesn't have. When they get hold of an incriminating disc belonging to ex-CIA agent, Osborne: John Malkovich, they set up a blackmail effort. Mrs. Katie Osborne: Tilda Swinton is having an affair with Harry: George Clooney; if it walks, he's bedding it. JK Simmons, (Juno's father) runs the CIA. The audience did laugh three times so I don't think this qualifies as a comedy. Crude humor, language, violence. Focus 91

THE HOUSE BUNNY

For laughs, don't miss Anna Faris as Shelley, The House Bunny. She's fabulous!! This is a part Marilyn Monroe

would have loved to play. She's outlived her youth at Hugh Hefner's mansion and is kicked out. What's a doll to do? She becomes house mother for a sorority—not just any sorority but the loser one on campus. She teaches the gals (Emma Stone, Kat Denning, Katharine McPhee, and Rumer Willis who are about to lose their house) her make-up tricks and soon they are the most popular on the quad. There has to be a villainess to stir up trouble from a rival frat house, whose mother, Mrs. Hagstrom (Beverly D'Angelo), happens to be on the board of the college. Dean Simmons (Christopher McDonald) has his hands full with her. Columbia 97

LAKEVIEW TERRACE

For the fans of Crash, here's another excellent multi-ethnic racial clash pic. Set in an upper class canyon neighborhood in the San Fernando Valley

during the Santa Clarita fires, cop Able Turner (Samuel L. Jackson) runs roughshod at work in the hood. When an interracial couple moves next door, he makes life hell for Chris: Patrick Wilson (The Phantom of the Opera) and Lisa: Kerry Washington (Della in Ray). From slashed tires to a floodlight shining into their

bedroom, the harassment continues. Able's kids are nice enough, but afraid of their dad. His fellow cops seem to keep Able at arm's length. Then there's the cop party at 3 a.m. with strippers at Able's! TV's Justin Chambers (Grey's Anatomy) and Eva La Rue (CSI: Miami) have minor parts. Violence, language. Sony 125 min.

MY BEST FRIEND'S GIRL

Tank (Dane Cook) makes a living by taking girls out on a date (paid for by their unappreciated boy friends) and showing them the worst time they have EVER had. His best friend, Dustin (Jason Biggs) doesn't feel he's able to get Alexis (Kate Hudson) to commit. He doesn't expect Alexis and Tank to feel so strongly about each other. Prof. Turner (Alec Baldwin), Tank's dad, is as much of a skirt-chasing heel as his son. Lots of laughs. Language, bedroom antics. Lionsgate 101 min.

RIGHTEOUSE KILL

Turk (Robert DeNiro) and Rooster (Al Pacino), partners in the NYPD Homicide Division with 30 years of experience, are determined to get a serial killer who goes after criminals who have gotten away with rape and murder. The killer leaves a poem on each body, shot at close range. Spider's (50-Cent [Chris Jackson]) hot nightclub seems to be the center of illegal activity. Karen (Carla Gugino), a CSI who likes her sex rough, is Turk's girl. When Lt. Hingis (Brian Dennehy) wants detective partners Perez (John Leguizamo) and Riley (Donnie Wahlberg) to bring in the serial killer, they tangle with Turk and Rooster. Jon Avnet directs in lack luster style. Language, action violence, some sexuality, drug use. Overture 100



min.

TRAITOR

Roy Clayton (Guy Pearce) is in charge of the FBI task force to link Samir Horn (Don Cheadle), devout American Muslim and ex-U.S. Army explosives expert, to bombings around the world. Every four minutes, they're in a different city across the globe. Clayton questions Horn in Yemen when he arrested with terrorists. When they escape, they take Horn, too. Max (Neal McDonough) connects Horn to explosions in Nice and London. Clayton must find Horn before more lives are lost at his hands in this international conspiracy. Jeff Daniels appears briefly as a CIA agent. Language, violence. Overture Films 113min.

THE WOMEN

Mary (Meg Ryan/Norma Shearer in the 1939 George Cukor classic) learns from a manicurist (Debi Mazur) that Crystal (Eva Mendes/Joan Crawford) is stealing her husband. Mary's hair is enough to scare off most men! Mary's bgf, Sophia (Annette Bening/Rosalind Russell), a women's magazine editor, fears for her job and being replaced by someone younger. Their gal pal, Edie (Debra Messing) is busy having kids. Jada Pinkett Smith as lesbian Alex is there for all the key scenes. The over-50 set is well represented by Bette Midler, Candice Bergen, Carrie Fisher and Cloris Leachman. Despite all of Diane English's effort and colorful fashions, she can't capture the razor wit of the original and having NYC sidewalk scenes with only women is ludicrous. The DVD of the black-and-white comedy is worth the rental/purchase. Language. Picturehouse 114 min.

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Time Time is on my.... EDUCATION

Terry says I over schedule. My calendar equals mc squared. I have one of those computer calendars where you type in multiple events until the little boxes spill into each other in various colors of angst.

My calendar generates alarms to warn you of up-coming events.

Just before you finish one event—a text message shoots across the screen: Warning: You are just about to be in the wrong place at the wrong time.

Now the nice thing about those little alarms is that they sit on your computer screen all day—hour after hour—to remind you of your snafu.

I dutifully file every event as it flows into my life.

- All the Sunday soccer games for the season.
 - Every strategic plan meeting
 - Every retreat
 - Every meeting for work
- The world's longest list of PTA neetings.

Don't tell anyone but I scour the productivity applications for help. I have downloaded multiple "To Do"

lists—testing to see which one will actually do what I need to do. (Psst. I

by Carol Kocivar

& OTHER CONSIDERATIONS

know what to do. I want someone to do it for me.)

People make a living giving advice

How about this: "Discover where you are wasting time."

on how to fit 48 hours into a 24 hour

Hmm. Why last week—while I was hovering over my productivity activity—I created a great Tina Turner collection I listen to when I walk to work. You are the best—better than all the rest. Whwww. Love it.

(That is NOT wasted time.)

Another piece of advice: Do not multitask. Never on my watch will I multi-task. Never. Never. Never.

And I will not eat another piece of chocolate. Never. Never. Ever.

OOOps. Sorry. Gotta Go. Copyright Carol Kocivar 2008

Halloween Portraits

Little Fish Boutique and Ars Magna Studio team up for Halloween themed portrait weekend.

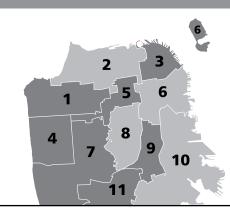
Ars Magna Studio offers a limited number of Halloween themed portrait sessions on Saturday, October 18th and Sunday, October 19th on location at Little Fish Boutique. Halloween portrait sessions are \$95 and include an 8X10 print and a matching set of 8 wallet size prints of your favorite image. Prints will be available for pick-up at Litle Fish Boutique on Halloween Day, October 31.

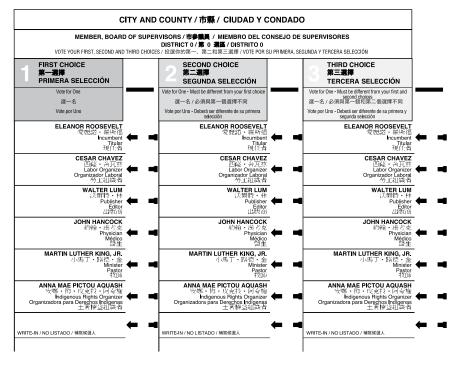
Sessions are by appointment; Please contact Little Fish Boutique at 320 West Portal or Ars Magna Studio 494-5819to schedule your Halloween portrait.

RANKED-CHOICE VOTING

 $\star\star\star\star\star$ NOVEMBER 4, 2008 ELECTION $\times\star\star\star$

For the November 4, 2008 General Election, San Francisco voters who live in Districts 1, 3, 4, 5, 7, 9 and 11 will use ranked-choice voting to elect their Member of the Board of Supervisors.





With ranked-choice voting, the names of all the candidates are listed in three repeating columns on the ballot.

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LEARN MORE! View an interactive demonstration of how ranked-choice voting works at www.sfelections.org/demo.



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Kill Winter Cooties Naturally

Kids are back in school and with the cold weather approaching, what can we do to help our family stay healthy? The germs, bacteria and respiratory viruses around us today have never

been stronger or more antibiotic-resistant. An ounce of protection is worth a pound of cure (someone said) so building and maintaining a strong immune system is the first order of business. If you didn't read my Sept. article, please go to: www. westsideobserver.com/ Click on Columnists and scroll to

the bottom to read my back issue on Antioxidants.

My second point is proper hand washing. I know, it sounds really elementary. However look at these stats

*Failure to wash hands or insufficiently washing hands, contributes to almost 50% of food borne illness

*More than 52 million cases of the common cold each year are among Americans under 17 years of age.

*About 22 million school days are lost due to the common cold alone.

*Centers for Disease Control estimate in the U.S. more than 100,000 people are hospitalized and about 36,000 die from flu and complications each year.

*The single most important thing we can do to prevent sickness and spreading illness to others is to clean our hands.

Lets teach our kids to use a natural waterless hand cleaner when a basin isn't available or at a basin, whenever

Wet hands with warm water and apply soap.

Lather soap by rubbing hands together, covering top & palms of hands, rubbing between fingers and under fingernails. Continue for 20 seconds (sing happy birthday to you - 4 times).

Thoroughly rinse under running

Dry hands with paper towel or air dryer; use paper towel to turn off faucet and open bathroom door.

For the past 10 years, I've been studying and using 100% Pure Therapeutic Grade Essential Oils personally, with my family and clients, as an alternative to pharmacology for colds and viruses with positive results. What is an Essential Oil exactly? It's the blood (Chi, life force) of the plant distilled at a very high pressure (as in pressure cooking) but at a very, very low temperature. This substance is alive and these live enzymes support our system by raising our body's vibration or energy level. Everything has an energy vibration, and the energy or frequency of the plant is harmonious with us humans. Humans and plants are made up of the same substance from the earth. The blood of the plant helps to raise our energy level, our immune system kicks in, and the body heals its self. Oils won't alter our body's chemistry, they only support it.

Natural substances can't be patented so drug companies will take a natural plant substance and change it molecularly so it can be patented and sold with a particular brand name. However, something does change when the molecular structure is altered. The plant is no longer in the pure and highly complex form as nature intended. Usually that's where the side effects come in and we all know the rest of that story.

Essential Oils have been around for thousands of years. I have a photo of a

terra-cotta distiller, the oldest known distiller in the world (circa 4,000 B.C.) In ancient Egypt, the Kings, Queens, and Pharaohs used the oils for physical and emotional healing. The oils were also used for preserving mummies for their long journey in the afterlife. 33 alabaster jars of Essential Oils were

found in King Tut's tomb in1922, still intact when uncovered. Since the distillation process was expensive, the oils were considered gold and used only by the extremely wealthy. When the blood of the plant was removed during distillation, what was left over was the dried plant or the herb and that was the medicine used by the common people for healing. There was no pharmacy!

There are many accounts in the Bible of Essential Oils throughout the scriptures mentioning: Aloes (sandalwood), Cassia, Cedarwood, Frankincense, Galbanum, Hyssop, Myrrh, Myrtle, Onycha, Rose of Sharon (cistus) and Spikenard. When the Wise Men brought gifts to Baby Jesus of gold, Frankincense and Myrrh, the oils were the gold. There was no way for common folk to get valuable healing oils. Frankincense was used for protection from negativity and Myrrh was the best antiseptic available after childbirth; everything one would need to keep a newborn safe and healthy.

Historically, in Marseilles, France, 1400 AD during the Medieval plague, 4 spice runners robbed the dead and dying without becoming sick. When captured, the thieves revealed a mixture of clove, rosemary and other aromatics they rubbed all over their bodies to protect themselves against the deadly plague. They gave up the recipe in exchange for a lesser sentence.

Looking back over history, here are some suggested Pure Essential Oils for Winter:

Clove Oil - high in antioxidant power and immune-enhancing properties

Rosemary Oil - natural energizer, helps to restore mental alertness when fatigued

Cinnamon Bark Oil - high in antioxidants, relieves discomfort during Winter Season and supports digestion

Eucalyptus Radiata Oil - lab testing has shown it's effectiveness against bac teria when used topically

Lemon Oil - powerful antioxidant and known for it's ability to act as a natural solvent and cleanser

My suggestion is to give Essential Oils a try if your doctor doesn't prescribe something for the common cold or flu this season. The oils are used topically, internally and diffused - Natures Medicine.

Each of these oils individually are very powerful. There's a synergy when the oils are blended together and the healing power is increased. If you're interested in finding out about the oil blend of "Thieves", the five oils mentioned above, please call me 650.359.6579 or email at sharon@sharoncaren.com Happy Oiling!

For more health tips from Sharon Caron, go to www.westsideobserver.com





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ON THE PLUS SIDE

IN A VERY STRANGE LAND

by Hank Basayne

I don't understand the language. The terrain is unfamiliar. Many of the inhabitants seem uncomfortable, but there are some others who appear relaxed and even quietly joyful. I'm not prepared for this place-I've packed all the wrong things. I started this

journey more than eighty years ago, but now that I'm here, I don't know where I am.

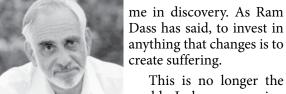
I knew this was my destination all along, yet I'm surprised to be here.

I didn't arrive suddenly—there were milestones along the way: the births of my grandchildren, difficulty buttoning my shirt buttons, the deaths of parents, siblings and, increasingly, my peers. My first heart attack. The jolting awareness that I am the oldest person in the room. The deference paid me by those who I think of as contemporaries, but who see me as an elder.

Without planning to, I've arrived at old age. Trying to sort through my feelings, I'm aware of fear, excitement, grief, surprise, gratitude.

Fear because I still cling to thinking of myself as youthful, competent, energetic, creative. I guess I'm still somewhat stuck in the stereotype our youth-oriented society has of the aged. Not sure that I'll be any good at this new role as an elder. Fear that I'll lose my independence, and I've long resisted the idea of being dependent. Fear of becoming irrelevant, disempowered, outdated, invisible. I feel young; how can I be old?

And yet I know that the fundamental rule of life is inexorable Change. It is futile for me to try to resist inevitable change and trying only invites frustration and unhappiness. Also, if I hug tightly to what is known, I'll never get to explore the unknown, and there is excitement for



This is no longer the world I knew growing up or during my young adulthood. The tectonic changes are social, global, technological, and I'm no longer the person I knew while I was growing up,

either. So there is lively and pleasant anticipation in seeing how the new Me is going to accommodate to this new place.

Yes, I feel some sadness for what is lost. All that energy and hope, all those big plans, that wonderful feeling of invulnerability. My sense of active engagement in the affairs of the world, dimly seen beyond my own busyness. There are people I miss, achingly. Some lost dreams. But, despite my drawers full of memorabilia, I remember the cautionary tale of Lot's wife: to get stuck looking back could turn me into a pillar of salt, too.

I'm amazed at this unexpected situation I find myself in. I didn't prepare for it very well. Could have taken better care of my body. Could have stored up provender against this time of winter. Wish I had been more attentive, less self-preoccupied. But I suspect that, even if I'd made some harder choices, I'd have arrived here anyway. The buds leaf out, they reach full leafhood, they change into beautiful colors, they fall. They make way for the new buds. The cycle is universal. It is to be embraced.

So rather than clinging to the past or bemoaning the losses or fearing what is unfamiliar, it's time for me to welcome this Gift of Age, to investigate this new, very strange land. I need to practice letting go so I am free to look into this new state of affairs. I need to cultivate a quieter way of allowing this unfamiliar scenery to reveal itself. I'm grateful for this unanticipated opportunity, which so many are denied. But

Festival (Cont. from p. 8)

1st Annual fair, and Supervisor Chu presented the Merchants Association with a proclamation declaring "October 27th, 2007 to be Taraval Street Fair Day in S.F.".

Putting together an event of this size is not an easy task and Udovch has had plenty of assistance from his colleagues on the Merchant's Association to get things in order for this year's event. "The Board of Directors has done a fantastic job in pulling this together. Dave Quimby, Yuin Sam, Paula Sham, George Zlatnich, and Orlando Tyson have all worked extremely hard to make this event a reality, said Udovch, who added, "Our goal is to highlight this great neighborhood we live in, elevate District 4, and to get everyone together for a day of fun and friendship."

The planners have had good

success with sponsorship for the fair, with a mix of sponsors signing on. Sponsor businesses involved are Costello's 4 Deuces Bar, Lakeside Hardware, 1st National Bank, the Riptide Lounge, Prudential Insurance, Allstate Insurance, and Oceanside Sheet Metal and Pepsi.

Next year, the planners are looking to expand the scope a little larger, hoping to take over a section near to Great Highway to recreate a version of San Francisco's famed "Playland at the Beach" for a day, with rides, booths, and of course, Laughing Sal.

As with all street fairs, parking is limited so taking public transportation is recommended.

For more information on the fair, go to the website www.Taravalmer-chants.org.

WE'RE ALSO ON THE WEB www.westsideobserver.com

POLICE BLOTTER



Police Captain Paul Chignell, Taraval Station

Sunset Homes Hit By Graffiti Suspects. Incidents Have Occurred from 10:00 pm to 7:00 am. Our Officers Are Working on Identifying Suspects. Please Call Us If You See Multiple Juveniles Loitering. 9/28/08

1900 block of Ocean Graffiti 2200 block of 25th Avenue Graffiti 2200 block of 25th Avenue Graffiti 2300 block of 30th Avenue Graffiti 2300 block of 32nd Avenue Graffiti 2300 block of 32nd Avenue Graffiti 2300 block of 32nd Avenue Graffiti 2600 block of 34th Avenue Graffiti

2300 block of 41st Avenue Graffiti

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

BRAIN FOOD

As you may know, a group of fish is called a "school", a group of lions a "pride", and a group of seagulls is called a "flock". Some are a little bit more unusual. See if you can guess what animals belong to the following groups:

Crash Parliament
Exaltation Pod
Mob Sounder

Murder

Answer on page14

Sudoku-fun!

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

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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SECOND THOUGHTS

by Jack Kaye

Is San Francisco an American City?

Recently, we had a house guest from the South. He was a young college graduate who had attended on a full academic scholarship. He was a nice kid.

As the first few days of his eight-week visit unfolded, I realized that

there were many things that we do here that people where he's from don't. The number and variety of these differences grew as the days progressed. Here is a sample of our differences.

I knew that he came from a state with an abundance of water and very low utility rates. I told him that in San Francisco water and resultant sewage costs are very high and that we try not to waste it. The same is true about gas and electric charges. We also showed him how we always use our own bags when grocery shopping to save on paper and plastic bag creation.

He said he understood.

He limited his time away from his running kitchen faucet (while he went into another room) to under two minutes, kept his showers to only 25 minutes, and tried to keep the refrigerator door open for less than 10 minutes at a time.

glass, paper, aluminum and plastic. He told me that they have it in his town but it costs extra so most people don't bother. He didn't either.

> We noticed that he even threw his paper grocery bags away in the garbage.

It was then that I began to wonder if it was them or us who were different.

San Francisco was the first American city

to ban smoking in restaurants, then bars, then parks. San Francisco was the first to create domestic partnerships for unmarried couples leading finally to gay marriages, which were just recently upheld by the state supreme court.

San Francisco was also at the forefront of the decriminalization of marijuana movement, first with medical marijuana, then with allowing dozens of retail outlets to sell it, then with making it official policy to not arrest for possession of the weed, and soon will be the first to celebrate its inevitable legalization.

Jesse Jackson not only carried South Carolina, when he ran for the Democratic nomination for President, he also carried San Francisco which has only a 5% African American population.

And when Bush-Cheney made clear their intentions to invade Iraq, San Francisco was first to turn

I told him about recycling our out en masse to object to an attack which would go on to cost a hundred thousand lives (including the Iraqi dead) and trillions of dollars (including the future disability costs for wounded soldiers and the predictable aid to millions of Iraqi refugees who will move to America when we withdraw our troops).

> Now, San Francisco is offering medical coverage to all of its residents, paid sick leave for all those who work in the city, and a living wage that is 50% higher than America's minimum wage.

> The City even had planned to issue resident i.d. cards to undocumented (read 'imported, paperless') residents. In San Francisco members of the police and sheriff's department do not cooperate with federal agents (as in American government) in their efforts to identify and deport illegal immigrants (read 'paperless imports') who commit crimes in the City.

> The San Francisco Board of Supervisors has repeatedly let the United States Navy know that its ships were not welcome near our shores because of its policy toward gay members and because of its intrinsically belligerent nature. And the San Francisco school board is trying to eliminate ROTC from its campuses for the same reasons.

> So what do you think? Is San Francisco an American city or will America someday become a San Francisco country?

ovation at the final curtain.

Coming up at Aurora will be George Bernard Shaw's The Devil's Disciple, Oct 31-Nov 7. Info: 510-843-4822 www.auroratheatre.org.

TAMING OF THE SHREW

Off Broadway West's "Shrew" is set in 1920's Hamptons. a "freely adapted" version of The Taming of the Shrew. The story is of shrewish Kate, whose father, Professor Davenport (Baptista), has promised not to let his youngest daughter, Chastity (Bianca) wed until Kate has found a husband. Kate is waiting for a man who is her equal but is pawned off by her father onto John Patrick (Petruchio), who is bribed by the sizable dowry. They are surprisingly well suited to one another and fall in love.

"Shrew" is at Phoenix Theatre, 414 Mason, Ste. 601, Thur-Sat 8 p.m., Sept 19 -Oct 18, 2008. Tickets: 800-838-3006 or online at www.offbroadwaywest.org.

MOONLIGHT AND MAGNOLIAS

The Real Story Behind Gone with e Wind. Ross Valley Players new season features Ron Hutchinson's hysterical off-Broadway farce about the legendary film and how it was almost never made!

David O. Selznick shuts down production because the screenplay doesn't work. Screenwriter Ben Hecht and director Victor Fleming, subsisting on bananas and peanuts, the three men are shut up for five days. The result was a Hollywood classic.

So funny! Until Oct 12. 8pm Fri & Sat 7:30pm. Thur and 2pm Sun. At the Ross Valley Players Barn, 30 Sir Francis Drake Blvd. at Lagunitas, Ross. 456-9555 www.rossvalleyplayers.com or at the door.

Flora Lynn Isaacson



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Suduku Answers:

6 5 2

9 2 8

Answer to Brain Food:

3	8	5	2	6	7
1	2	6	4	5	9
7	9	4	3	8	1
2	4	8	1	9	3
9	5	7	6	2	8
6	3	1	5	7	4
8	7	2	9	3	6
5	1	9	7	4	2
		-	· ·		_

Dr. Annette Lust

YELLOWJACKETS,

A naturalistic portrait of a politically controversial Berkeley High in the '90s. Berkeley Rep finds dramatic inspiration in its own backyard by commissioning former Berkeley High student Itamar Moses, a 31-year-old eminent national playwright, to write a play about his experience as a student there. Yellowjackets (the name of the sports teams at Berkeley High and the school's mascots) consists of a series of real life scenes that captivate the conflicts between students and teachers of different races and classes. A tactless article in the school newspaper provokes a boycott of the paper. It poses questions that a number of students and teachers saw as racial prejudice...

Yellowjackets plays through October 12. For info call 510-647-2949 or visit berkeleyrep.org.

MORE STORIES

Word for Word is back with a dramatization of More Stories by Tobias Wolff for the Magic Theater's 15th anniversary.

Sanity, revolves around what follows when a young girl and her more social-conscious stepmother visit her father in a hospital after a stroke. Down to the Bone, combines moving moments of a mother and her son, looking at their past in a photo album while she lies in bed nearing death. Firelight, is a poetic piece about a student and his mother at a university campus and their search for an apt nearby.

Tobias Wolff's storytelling talent and Word for Word's ingenuity for enlivening prose on stage offer yet another masterful and happy collaboration between the written page and the spoken word.

More Stories by Tobias Wolff, through Oct 11 at the Magic Theatre, Fort Mason, on Wed.-Sat at 8 p.m., 2:30 Sunday matinees Info: 441-8822 or visit www.zspace.org

CHICKEN STOCK

Recipient of numerous Bay Area Awards for her Lunatique Fantastique Found Object Puppetry since 1999, Liebe Wetzel 's newest creation, Chicken Stock, is about how birds react to the avian flu. Original wizardry and for the first time, human characters are introduced who react to the flu's menace, a new direction in her evolution as an animator of puppets. Cleverly choreographed and animated by Wetzel, text written by herself and director Jeff Raz, and music by Shinji Eshima, performed by the Lunatique Fantastique Ensemble.

Watch for Lunatique Fabtastique's Wrapping Paper Caper opening Dec. 7 at the Marsh and the Marin Civic

Dr. Annette Lust, S.F. Bay Area Theatre Critics Circle & Dominican University

THE BEST MAN

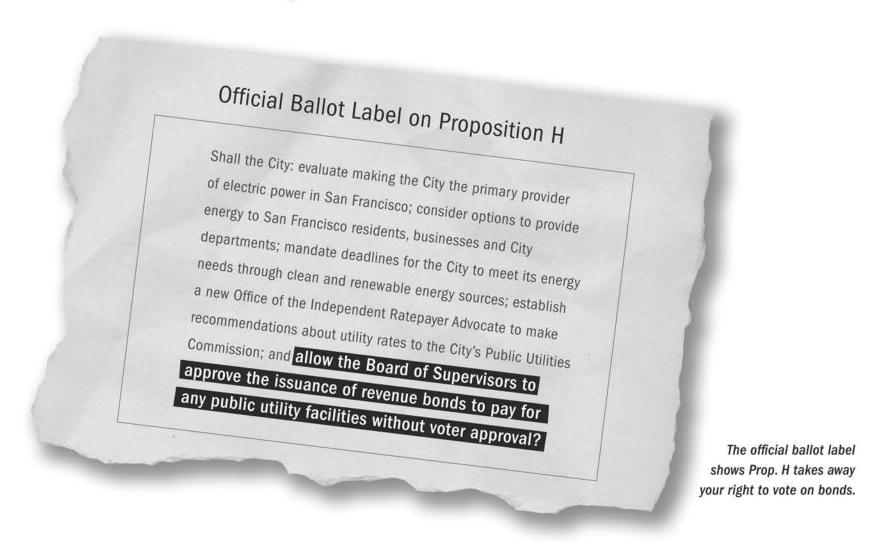
Just in time for our fall election, Aurora Theatre's The Best Man by Gore Vidal opened August 28. Shedding light on some of the issues surrounding today's bid for the White House, taking place during a national political convention. Two front runners vie for nomination, and one of them will almost certainly be the next President. The candidates themselves are angling for the endorsement oddsplaying ex-President Hockstader. Set almost 50 years ago, at a deadlocked 1960 convention in Philadelphia, Vidal's script echoes more recent events.

The opening night audience rose to its feet for a well deserved standing

Note: this is a summary of the full reviews. Complete text: www. westsideobserver.com/theater

2 7 9 4 6 3 8 1 5

Finally, Some Truth in Labeling.



After You Read the Label, You Won't Buy Prop. H.

Prop. H gives this Board of Supervisors, and all future Boards, the **power to spend billions to take over any utility without voter approval.** Join Dianne Feinstein, Gavin Newsom, San Francisco Fire Fighters Local 798, the Coalition for San Francisco Neighborhoods and the San Francisco Police Officers Association in voting **NO on Proposition H.**



"Prop. H will give politicians and unelected commissioners the power to borrow billions to take over utilities without a vote of the people. And San Franciscans will be forced to pay the cost."

—GAVIN NEWSOM, San Francisco Mayor



"I don't feel this is the time to ask San Franciscans to pay as much as \$400 or more each year in electric bills. And I don't think we should give the Board a blank check to take over any utility at any cost."

—CARMEN CHU, San Francisco Supervisor



"I strongly oppose Proposition H.
It takes away your right to vote
on revenue bonds to take over
any San Francisco utility. The City
Controller says this could cost
'billions of dollars.'"

—SEAN ELSBERND, San Francisco Supervisor



Vote No on Prop. H

www.StopTheBlankCheck.com

Paid for by the Committee To Stop the Blank Check, No on H, a coalition of concerned consumers, small businesses, labor, community organizations and Pacific Gas and Electric Company.

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