

Why is San Francisco Subsidizing San Mateo Police and Fire?

By John Farrell

We all read about the Asiana Airline crash back in July at San Francisco International Airport (SFIA). Our Police and Fire did an admirable job handling the situation. But why are we subsidizing San Mateo County for these critical services?



SFIA is owned by the City and County of San Francisco and is located in San Mateo County. All airlines, vendors and private parties who use space for private benefit at SFIA are subject to possessory interest tax/property tax. Since SFIA is located in San Mateo County, all property taxes at SFIA are paid to San Mateo County. Property taxes pay for public services such as Police and Fire.

It is a county’s responsibility to provide public services such as Police and Fire within the county. Why then are we subsidizing San Mateo County for Police and Fire at SF International Airport? Shouldn’t the \$11.6 million in property taxes received by San Mateo County from SFIA be reimbursed to San Francisco to help defray the costs of Police and Fire?”

San Francisco currently pays for all the costs of Police and Fire services at SFIA. Per the Annual Appropriation Ordinance for FY2013-14, SFIA provides funding of \$49,827,889 for Police and \$21,536,412 for the Fire Department.

For FY2013-14, the assessed value of all private users at SFIA is approximately \$1.057 billion, per the San Mateo Assessor’s Office. Therefore, San Mateo County will receive approximately \$11.6 million in property tax revenue and will pay nothing towards Police and Fire services at SFIA.

It is a county’s responsibility to provide public services such as Police and Fire within the county. Why then are we subsidizing San Mateo County for Police and Fire at SFIA? Shouldn’t the \$11.6 million in property taxes received by San Mateo County from SFIA be reimbursed to San Francisco to help defray the costs of Police and Fire services at SFIA? This is only fair.

John Farrell is an MBA, Broker/Realtor® – Farrell Real Estate Investments. Former Assistant Assessor, Budget and Special Projects, Fifth Generation San Franciscan, West-side resident.



Plans to Curb Traffic Crush Meet Community Concerns

By Keith Burbank

Two conceptual alternatives for bringing the MUNI M Line to Parkmerced, both of which would improve transportation and pedestrian safety along 19th Avenue are the result of additional west side community planning with the SF County Transportation Authority (SFMTA). And though some concerns remain, residents and stakeholders seem to be pleased overall.

“We can’t afford not to do something,” said Jason Porth, chief of operations in the President’s Office at San Francisco State University. Porth said more than half of the students at that campus take public transit, such as the M Line. Currently, the university employs crossing guards at the Holloway Avenue M Line stop because pedestrian safety is so bad. But Porth said the proposals under consideration would dramatically improve pedestrian safety.

The original plan calls for Parkmerced to build a new \$70 million segment of the MUNI M Line, which would cross 19th Avenue in two places. But since \$70 million is no small sum, the community wondered if the money might be better spent on a larger project to improve the whole corridor. So far a consensus seems to be holding.

“It’s such an important project,” said Peter Albert, manager, urban planning initiatives, SFMTA, which is working with the San Francisco County Transportation Authority (SFCTA) and others on the project. With Parkmerced adding 8,900 residential units and the university looking to add 5,000 students, 19th Avenue is only facing more and more gridlock, Albert said.

Community Concerns

Despite the progress being made on the plans, concerns remain. Among them is the loss of two Metro stops, which might make getting around more difficult for older adults, said Roger Ritter, a Balboa Terrace resident and active community member. The two stops up for elimination are between St. Francis Circle and the Stonestown Mall.

Another is whether the transit line can be extended to BART. “Community members have long asked for better transit connections to the Daly City BART station, just 4/5 of a mile south of the study area,” a SFCTA project fact sheet says. Ritter and Lakeside resident, Kath Tsakalakis, who has helped organize meetings in her neighborhood about the plans, also mentioned they would like a connection to BART.

Tsakalakis would like to see a planned tunnel extended north of St. Francis Circle. Current plans call for the tunnel to start south of the circle. Tsakalakis said a more northern starting point would remove delays at the circle where five streets meet. “It’s just chaos right now,”

Tsakalakis said.

Of the two alternatives being studied by the transportation authority, one better meets the study’s goals for faster and reliable rail service and improvements in the pedestrian environment, according to an authority fact sheet. Dubbed the high-performance alternative, the sub-way portion of this alternative is longer, and the alternative includes a bridge over Junipero Serra Boulevard south of 19th Avenue.

The other alternative involves a shorter subway section and a tunnel under the intersection of Junipero Serra Boulevard and 19th Avenue in the study area’s southern

With Parkmerced adding 8,900 residential units and the university looking to add 5,000 students, 19th Avenue is only facing more and more gridlock...”

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‘Round the Circle-Game We Go

Dept of Public Health’s Dialysis Crisis

By Patrick Monette-Shaw

For more than 46 years, dialysis services have been admirably provided on the campus of SF General Hospital. But in a move to privatize every public service it can, the City is making a dire mistake outsourcing dialysis to the private sector, and placing it at Laguna Honda Hospital.

Although the Department of Public Health likes to boast that it is “integrating” patient care between SFGH, LHH, and its many community-based clinics throughout the City, DPH is about to fracture the delivery of services for dialysis patients who have been treated on SFGH’s campus for nearly half a century, since the State of California first awarded a grant to UCSF’s Medical Center to establish the UC Renal Center at SFGH in 1967.

Following the dialysis center’s opening shortly after receiving the State’s grant, it has faced a growing circle of licensing and financial-loss problems, and then chronic indecision regarding its fate from UCSF, SFGH, DPH, and most often from SF’s governing Health Commission. Coming full circle, the decision to outsource dialysis

services to an outside contractor and place a 30-chair outpatient dialysis center in Laguna Honda Hospital’s seismically-unsafe old main buildings is extremely troubling, if not potentially dangerous to patient safety.

The Licensure Circle

After operating the UC Renal Center at SFGH for 33 years, UCSF Medical Center notified SFGH in 2001 that it would no longer license the Renal Center. A year later, UCSF’s Department of Medicine at SFGH luckily stepped



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INSIDE



Narrower calmer street, provides a signature entranceway to Broad-Randolph corridor



SF State's 19th Avenue frontage, reconfigured with wider sidewalks/bus stops, and a landscaped median

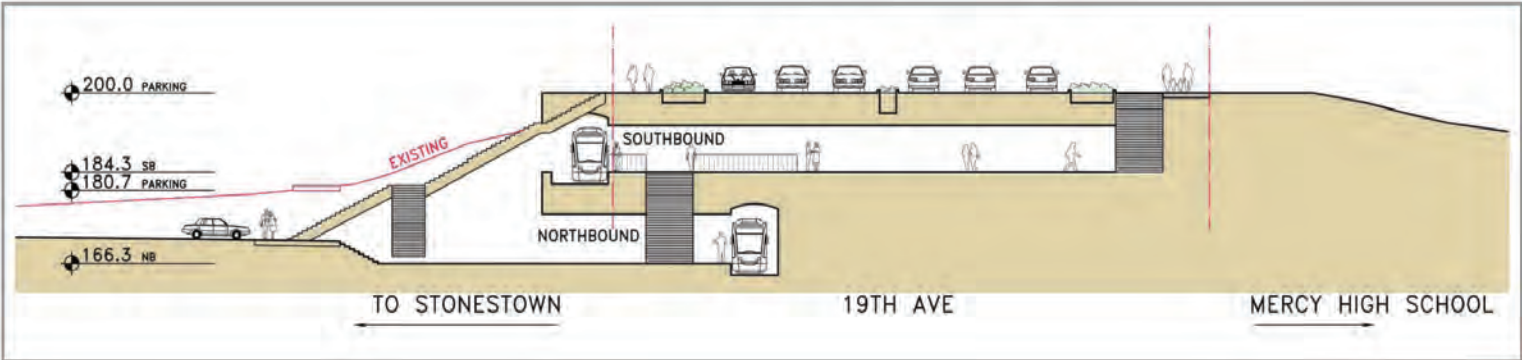
19th Avenue (Cont. from p. 1)

end.

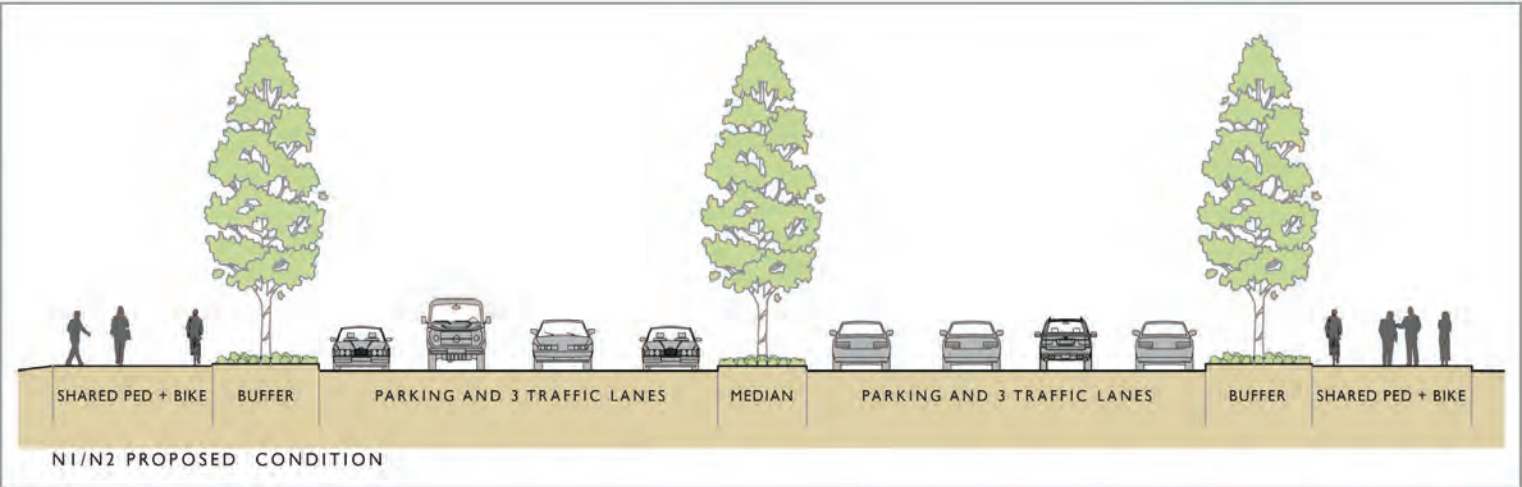
The SFCTA says the high performance alternative will provide a savings of seven to eight minutes in travel time along the corridor, cut \$2 million in annual operating costs from the M Line, reduce the crossing distance along 19th Avenue at Holloway Avenue to 80 feet from 120 feet, and make auto travel in the corridor more predictable, among other benefits.

A feasibility study now underway is scheduled to be completed in early 2014. Additional project development and an environmental review is expected to be done between 2014 and 2018. Construction will start no sooner than 2020, the SFCTA says. The total cost of the project is expected to be about \$520 million, with \$72 million already committed.

Keith Burbank is a local journalist. Get the whole story at: www.sfcta.org/transportation-planning-and-studies/current-research-and-other-projectsstudies/19th-avenue



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RUMINATIONS FROM A FORMER SUPERVISOR By Quentin Kopp



Photo: fogcityjournal.com

h, yes, it was a grand day on September 2 for the opening of the eastern span of the San Francisco-Oakland Bay Bridge. To be sure, the cost of the two hour speech-making by elected and appointed public officials on a rather warm afternoon was less than the once-planned \$6,000,000 celebration announced last spring before more imperfections were discovered in bridge bolts and related material, but it massaged the egos of state and local officials, culminating in remarks by our “hip” Lt. Governor striving for Jesuitical brilliance even without a tie. Initially estimated by the state Department of Transportation as an \$800,000,000 project, the current reputed (again by Caltrans) cost is approximately \$6,400,000,000. While the San Francisco-Oakland Bay Bridge remains part of the federal and state highway systems, well over one half of the cost will be paid by toll-payers. On October 17, 1989, the day of the Loma Prieta Earthquake, the toll on that bridge was 75 cents. Today the toll is \$6.00 (Fast Pass cuts it to \$5.00).

Last week I discovered a historical memento; it was a receipt dated April 4, 1939 for travel on the San Francisco-Oakland Bay Bridge by a truck. The toll was 60 cents. (For automobiles it was then 25 cents). The receipt on one side states: “A time and money-saving service owned by the people. When you pay toll you pay yourself.” On the reverse side, the receipt states: “Many thanks for your business.” (I kid you not!) Below that remarkable legend the receipt states: “Patronize your bridge so that tolls *may be reduced* and the bridge *made free* at an

resolution.) As legislative staff analyses of the measure noted, several Bay-Area editorials emphatically advocated rejection of the resolution. After the *Chronicle’s* political columnists exposed existence of the resolution in late August, nearly 1,000 comments on the *Chronicle’s* blog site voiced rabid opposition to it. Only a literal handful supported it. A *San Francisco Business Times* survey asking: “Should the Bay Bridge be named for former S.F. Mayor Willie Brown?” produced 883 responses, with 89% voting “no” and 11% voting “yes”. On Sep-

After all, it was Brown’s selfish actions that prompted delays in the construction of the new eastern span for two years and cost taxpayers hundreds of millions of dollars in supplemental studies and inflationary costs...

early date.” (Emphasis added) People who were cognitive in 1939 may remember that Bay-Area tollpayers were promised travel on the bridge would be free once sufficient toll revenue was collected to pay bond holders who underwrote construction costs. (Do I hear any reader exclaiming that’s the time-honored way of government conveying promises which are never redeemed?)

Amongst the publicity and self-congratulatory back-patting over the opening of the new eastern span, consternation and public concern surfaced over a commonplace legislative tactic to secure the renaming of the western span of the Bay Bridge after one-time Assembly Speaker and Mayor Willie Brown. In late June, an obscure Assemblyman from Compton, CA (Los Angeles County) introduced an Assembly resolution to effectuate a new name for the Bay Bridge, or at least one-half of it. (Some wag thereafter suggested renaming the new eastern span after Governor Edmund G. Brown, Jr., who contributed with Willie Brown to the multi-year delay and consequent billions of dollar increase in tollpayer and taxpayer expense.) Although the Assembly Transportation Committee (and the State Senate Transportation Committee) adopted five rules two years ago to control the naming of highways, bridges and similar public transportation structures after any person, those rules were ignored by most legislators, intimidated by the National Association for the Advancement of Colored People (NAACP) of California whose president is a former member of Mr. Brown’s staff. Among the five rules were: (1) the author or a co-author of the resolution must reside in the area in which the facility is located, not 500 miles away; (2) the proposed designation must reflect a community consensus and *be without local opposition*. Neither the author nor any co-author of the resolution represents the district in which the Bay Bridge is located. (As an artifice to cure the improper authorship problem, Assemblyman Phil Ting of San Francisco later joined as a co-author. Ting, however, does not represent the district in which the bridge is located; Assemblyman Tom Ammiano represents such district, and he refused to vote for the

tember 16, after legislative adjournment, the *Oakland Tribune* declared: “The governor should reject the state Legislature’s request to rename the western span of the Bay Bridge after former Assembly Speaker and San Francisco Mayor Willie Brown.... After all, it was Brown’s selfish actions that prompted delays in the construction of the new eastern span for two years and cost taxpayers hundreds of millions of dollars in supplemental studies and inflationary costs.... As former state Business, Housing and Transportation Undersecretary Robert Wolf, who dealt with Brown on the bridge project during Gov. Pete Wilson’s administration, told our investigative reporters back in 2002, ‘*Willie Brown was playing games with people’s lives*’.” (The Governor, a former Oakland Mayor, stated publicly on September 8 that the Bay Bridge should not be renamed. He rightfully declared that structures like the Bay Bridge and Golden Gate Bridge should not bear an individual’s name.) As the *Oakland Tribune* correctly noted, those bridges are “regional, national and international symbols for the entire Bay Area. They link together disparate communities, and should help unify, not divide.” The Department of Transportation is the Governor’s responsibility. He should simply disregard the resolution, which unlike a statute or state constitution provision possesses no binding legal mandate.

Another under-publicized Assembly measure allows non-citizens to be jurors in all California courts. Assembly Bill No. 1401, passed by the Assembly in April and the Senate on August 19, grants legal immigrants the privilege of jury service. Currently, the California Government Code bars all immigrants legally present in California from jury duty, no matter their duration of residence in California or other states. Many immigrants reside in California for years without becoming citizens. Persons selected for jury service are chosen at random from mailing lists, telephone directories, registered voter lists and the Department of Motor Vehicles licensed drivers’ list. No citizen is exempt by reason of occupation, economic status, race,

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Water Supply

Hetch Hetchy reservoir (Tuolumne River) supplies nearly seven-eighths of San Francisco's water. It also supplies the Peninsula, and parts of Alameda and Santa Clara counties with most of their water.

When the water system opened back in the early Thirties, the city served water to lands along its then new transmission line. These places were sparsely populated. But since then, they have grown to consume twice as much water as does San Francisco. San Francisco is morally and contractually obligated to keep supplying these areas that have long relied on the water supply. Such are the burdens of being big and powerful. Decades later, still powerful, but less so, obligations still bind.

When enviros demand the draining of Hetch Hetchy reservoir to eventually restore it to parkland, voters of San Francisco would affect more than themselves and their city.

Water supply for the future is short. A presentation given to the San Francisco Public Utilities Commission showed that in twenty years the shortage could be over 26 million gallons a day. That is just over 10% of what is delivered today.

Demand for water is expected to decrease before it increases. This creates an illusion. Plenty of water, right? No.

Because of this odd situation, projects are being postponed. Perhaps that is not what authorities admit, but they are. Calaveras Dam is the largest such project; it was to be done in 2009, now it is 2018. A groundwater storage project has been postponed, and there is even some doubt about whether it will be done. Recycled water has been delayed over and over; the amounts to be delivered have greatly decreased while cost has risen.

In a way, inertia and inaction works: An earthquake can strike at any time. Why build what may be destroyed?

But to increase water supply gets harder as time passes. Ten years ago San Francisco could have easily taken 10% more. Today?

While in the near-term there is sufficient water in normal and wet years, in drought there will be shortages. Once rationing exceeds 10-15%, economic impacts become quite severe.

San Francisco has made commitments for the health of creeks from which it takes water. Minimum flows down the Tuolumne River and through the Delta are also important. San Francisco has an enviable supply. But water is in demand—for human uses, and for fish and the environment.

In upcoming years Yosemite looks likely to receive about the same precipitation that it has over the past eighty years. But that is uncertain. San Francisco's main watershed is high in elevation. Snow levels will rise. That will adversely affect runoff, making water harder to capture when it is needed.

For only so long can State authorities keep demanding both cramming more people into San Francisco, and using less water.

Already customers of San Francisco (those to the south and east receiving Hetchy water) are unhappy: San Francisco is too slow and uncertain. The potential for insurrection cannot be ignored. San Francisco could find itself at the precarious end



of a long pipeline, losing jobs, water, and control.

Pressure builds. Over the next two decades the region's population is to grow 22%. In San Francisco the rate is just over half that. Water demand is to rise about 20%, but only 3% in San Francisco. Already we in the City are the lowest users, yet we are expected to reduce use more than others.

Most of SF's reduction in water use per person is to come from conservation. For example, recently a grant program was expanded. It encourages developers to save water. A grant might be \$500,000, saving 3 million gallons per year. That sounds like a lot of water, but is it? The cost per unit of saved water (a unit is about 748 gallons, 100 cubic foot of water) comes to \$125 per unit; that unit could be saved repeatedly for years. The cost of even expensive recycled water is on the order of \$15 per unit; recycled water is multiples more expensive than importing Hetchy water. So, yes, we can save water, but at considerable cost.

Rates charged are rising fast, and will continue to rise. For the upcoming three years, expected increases are 12, 12 and 10%. In the past five years rates have risen about 60%. Decisions today reverberate for years and decades. When your water bill becomes unacceptably high, it will be too late to do much.

Renew!

While all around the city new development blooms, it is good that some of what we treasure is not replaced, but is updated and preserved. The City needs a balance of both new, and treasured old.

A small example of preserving and renewing is the renovation of the Forest Hills Clubhouse. This architectural gem, pushing its century mark, needed updating, but without ruining its character. The Forest Hills Association hired a master planner, and with careful thought has done a half million dollar renovation. There are new ADA compliant rest rooms, seismic improvement, new roof and furnace, better kitchen facilities and more. From the outside you may notice almost nothing. That's desired. Meetings of community groups, musical performances and more have been held at the Clubhouse. The hope is that for years to come the clubhouse will welcome and delight Westside residents, reprising a day when time itself ran slower and more stately. (381 Magellan Avenue; Plath & Co. contractor.)

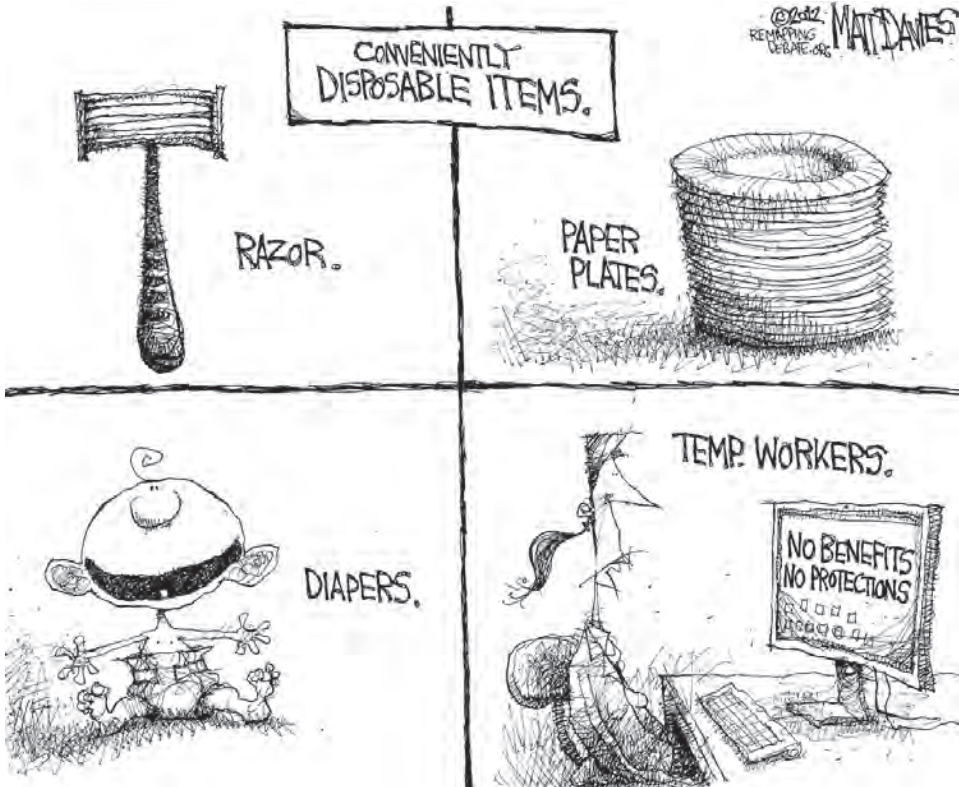
Steve Lawrence is a Westside resident and SF Public Utility Commission stalwart. Feedback: lawrence@westsideobserver.com

California Golf Club Encounters Angela Alioto

Fresh from another multi-million dollar win — this time against Radio Shack — former Supervisor Angela Alioto, daughter of Mayor Joseph Alioto, focuses on "Male Only" California Golf Club for Gender Discrimination, Retaliation, Sexually Hostile Environment, Failure to Prevent Discrimination, Harassment & Retaliation, Wrongful Termination, Assault & Battery and Intentional Infliction of Emotional Distress. Referring to it as a "good ol' boys" club is one of her few references we dare print in a family newspaper.

"It is hard to believe that, in 2013, a golf course anywhere near California would allow the way this Board of Trustees and management acts toward women," Angela Alioto said. "Jeri Regnart was an incredible employee for 12 years, she has endured a sexually hostile environment on a daily basis at her workplace. What place do "Golf Angels" and "Ring Girls" have in the workplace of a golf course? A Chef or anyone delegated authority by the Club who is abusive to women, has no place in the work environment. Regnart made management aware that the workplace was "unsafe." Management did nothing, but actually participated in the sexually hostile atmosphere. They need to understand that it will not be tolerated in California. This case is an eye-opener as to how women employees are treated right in our own backyard. It will stop."

The case, Regnart vs. California Golf Club, filed in the San Mateo Superior Court may be one of the least publicized, but most watched trials in the state. Abuse of women as well as the privileges of private membership are sure to be in contention as Alioto's no-holds-barred style of lawyering takes to the courtroom.



My 2¢ • Will Durst

SENATOR AHAB IS A SNEETCH.

There no longer lies any shame in obsession. Monomania reigns supreme in this country. Along with twerking. Once a month the local news features sports fans who have turned entire houses into shrines to their favorite team. We all know the conspiracy guy with his bootleg DVDs and liquid limber logic. Every neighborhood has at least one cat lady. And if you protest that your neighborhood doesn't, you may be her.

The US Senate has its own cat lady and his name is Ted Cruz. For the first 9 months of his incumbency in the World's Greatest Deliberative Body, the man graduated from distressed to obsessed to a little shy of possessed. Recently we were held hostage to the focus of his idee fixe: an entire day devoted to his delirious struggle to kill the white whale; that is, repeal ObamaCare.

Speaking from the floor of the Senate for 21 hours and 19 minutes, Senator Ahab singlehandedly gave the American people another reason to look forward to a government shutdown. His long and loud faux filibuster seemed mostly a way to raise his profile and money for an inevitable Presidential run. Another side effect of Obama lowering the qualification bar.

Inexplicably, in the midst of his impassioned C-SPAN salvo, the junior Senator from Texas stopped speaking of Duck Dynasty, White Castle, Christmas pig roasts and Ashton Kutcher while regaling Obama as a socialist terrorist and his own party as Nazi appeasers to read a bedtime story directed at his children back home; Dr. Seuss's Green Eggs & Ham. Following which he made suppositions raising questions as to whether he fully understood the book's complicated ramifications.

Cruz took pains to differentiate himself from the recalcitrant protagonist of the tome who wouldn't eat green eggs and ham in a house with a mouse in the dark on a boat with a goat in the rain here and there and everywhere by saying he himself had indeed tried green eggs and ham (read ObamaCare) and didn't like it. And the American people didn't like it either. The problem is, ObamaCare hasn't really kicked in yet.

Saying you tried it but didn't like it is real similar to saying you didn't enjoy Bruno Mars' halftime show at next year's Super Bowl. That you think Ben Affleck's portrayal of Batman fell far short of the exacting standards previously set by George Clooney. That you found the church basement covered- dish spread following your funeral service to be underwhelming.

But the media coverage was so intense and overwhelming, it would be a surprise on the order of cast iron Frisbees if he didn't try this tact again. Perhaps next he will favor us with the importance of proper potty training. One sequel we are definitely not destined to see is Teddy Hears a Who. Although he could adapt One Fish, Two Fish, Red Fish, Blue Fish to explain his food stamp elimination proposal.

Cruz has managed to prove he's confused by the space- time continuum, not to mention a book aimed at a kindergarten reading level, and he still wants to be President? Of course, knowing the Republican Party, Rafael Edward Cruz has a very good chance at securing the nomination, because after all, as Doctor Seuss himself famously said, you can't teach a Sneetch.

Will Durst's new one- man show "BoomeRaging: From LSD to OMG" has been extended through the end of October. Every Tuesday at the Marsh, San Francisco. Go to... themarsh.org for more info. Or willdurst.com. Use code "boomer" for \$10 tix.

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PO Box 27176, SF 94127 • 415 517-6331

www.westsideobserver.com

Publisher/Editor: Mitch Bull
mitch@westsideobserver.com

Editor: Doug Comstock
editor@westsideobserver.com

Ad Sales • Mitch Bull

Contributors:
Linda Ayres-Frederick, Kevin Birmingham, Mitch Bull, Keith Burbank, Rowena Cape, Julie Casson, Matt Davies, Will Durst, John Farrel, Jonathan Farrell, Susan Hartman, Flora Lynn Isaacson, Joanne Jordan, Jack Kaye, Dr. Derek Kerr, Dr. Carol Kocivar, Quentin Kopp, Steve Lawrence, Anise J. Matteson, Barbara Meskunas, Brandon Miller, Don Lee Miller, Patrick Monette-Shaw, Sergio Nibbi, Dr. Maria Rivero, George Wooding. Photos: Luke Thomas, Doug Comstock.

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Hidden Gems of San Francisco By Rowena Cape

Tres Beaches Tour

Run on our beaches like never before. During certain times of the year, our guide at Explore SF takes you on the packed sand to experience a magical low-tide journey. Get an up close look at mussels, sea urchins, and starfish without wearing a snorkel, mask, or fins. Hundreds of hidden rock formations appear out of the sand. Peak deep into the many caves, usually underwater. Run between majestic boulders and rocky reefs. See remnants of historic shipwrecks that line the SF coastline.

One of the unique segments of the route starts at the Sand Ladder on Baker Beach. On normal tide days, we would run through the Sea Cliff neighborhood to get to China Beach. But on super low tide, the two beaches are connected. We go from one beach to the other without ever entering the neighborhood.

Another amazing portion of the course starts at the Sutro Bath Ruins. The beach behind the ruins is called Kelly's Cove, known for its challenging surf conditions. On low tide this cove connects to Ocean Beach. We run on the stretch of sand directly behind the Cliff House. The view is unique, as many people don't get see the Cliff House from the ocean side.



West view of the Cliff House—only seen at low tide from the sandy beach between the Sutro Bath Ruins and Ocean Beach

One of the best reasons to do the **Tres Beaches Tour** is that you will see and hear the meditative surf throughout most of your run. So put on your sunscreen and sneakers to experience Baker, China, and Ocean beach with **San Francisco Scenic Running!**

San Francisco Scenic Running at Explore San Francisco specializes in leading groups on guided trail runs through the Golden Gate National Recreation Area, Golden Gate Park and the San Francisco Presidio. Our guided trail runs are fitness oriented and informational. We are passionate about exploring the amazing trail system throughout our City. We want to share this passion with fellow runners who are interested in escaping the urban running environment. While taking in the natural wonders of this City, we provide tidbits of San Francisco's rich history.

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Dialysis(Cont. from p. 1)

in and became independently licensed to operate the Renal Center. In 2003, UCSF's Department of Medicine unsuccessfully tried to sell the facility, or partner with a private company, due to financial losses; the facility and its license were transferred to SFGH, and the unit was renamed the SFGH Renal Center, where it has operated for the past decade.

Over the past decade the *San Francisco Examiner* reported about chronic shortage of dialysis services all over San Francisco in both the public and private sectors, and debate raged about placing dialysis services at LHH, despite initial plans to rebuild both LHH and SFGH without any dialysis services in either of the replacement hospitals.

Sources report that despite the construction of a six-chair inpatient dialysis center in LHH's new Pavilion building, former Director of Public Health Mitch Katz would not allow LHH to open it, for fear of taking away business from SFGH. "Doctors don't like losing dialysis patients because the business is very lucrative, and competition for Medicare patients is fierce," a former LHH physician speaking on condition of anonymity notes.

But there are a number of reasons why moving SFGH's dialysis center to Laguna Honda is a really bad move.

First, and foremost, it will fracture the care of dialysis patients, who attend multiple primary- and specialty-care appointments at SFGH each month, in addition to their weekly dialysis sessions. SFGH's dialysis patients are among the most vulnerable in the City, suffering from ESRD, diabetes, congestive heart failure, cancer, HIV/AIDS, heroin addiction, and tuberculosis. Many patients require multiple

SFGH-based clinic appointments, along with their three- to four-hour dialysis treatments three times a week.

The vast majority of dialysis patients treated at SFGH are African-American, Hispanic, or Asian/Pacific Islanders, most of them already facing disparities in access to medical care.

SFGH is the only dialysis unit in the city that accepts patients on gurneys and from other community skilled nursing facilities who cannot ambulate due to quadriplegia, stroke, and vascular disease. It is also the only dialysis unit that accepts patients with aggressive behavioral issues who have failed at, or been terminated by, other dialysis units in the City, and it is the only dialysis unit that accepts incarcerated patients needing dialysis who have lost medical insurance once in jail. It is the only unit in the City that dialyzes behavioral health patients (e.g., schizophrenia) and those requiring 24-hour care at SFGH's secure facilities, when attempts to dialyze them at other units were unsuccessful, disruptive to other dialysis patients and staff, and costly, incurring both transportation costs and costs of safety "sitters" to accompany patients.

SFGH's Renal Center dialyzes patients who can't be referred to private centers, including those with paralysis, those on breathing tubes, and those who are ineligible for insurance.

Annual Meeting of the Public Health Commission at Laguna Honda Hospital

Adoption of LHH's annual report • Tuesday, October 15, 2013, 4:00 p.m.

Included: public discussion of the use of the former old buildings at LHH. Initially slated for demolition, there may be a discussion of reuse of the old "finger wings" for other uses rather than demolition. *Check the Health Commission's agenda published on-line three days in advance of the meeting for the LHH room location and any change in time.*

In December 2011, SFGH's Renal Center received additional funding to staff a fourth evening dialysis shift specifically to address the problem of uninsured patients who are kept in the hospital at huge expense, because no other units in the City will accept them and the Renal Center did not have open chairs.

What will happen to all of these patients, since nothing in the RFP that stipulates that the vendor awarded the contract to operate a dialysis center at LHH will be required to accept these patients?

Moving the service to LHH would require these patients to obtain care at multiple locations, fragmenting their care, and increasing the odds that they may end up admitted to SFGH's emergency room. Many dialysis patients see multiple providers at SFGH during their dialysis visits, so they may end up making multiple trips to different campuses each week to receive fragmented care.

dialysis services to LHH? Or any substantive discussion of the RFP to move dialysis to LHH at the HC?

Given the HC's and DPH's indecision about where to place outpatient dialysis services to serve SFGH patients, the most obvious solution they have studiously ignored is right under their noses, suggested by UCSF employees staffing the Renal Center at SFGH: Delay the RFP and move the dialysis center into SFGH's current Acute Hospital in Building 5. Approximately 140,000 square feet of space will become vacant and available when SFGH's new hospital under construction and nearing completion vacates Building 5. It is far more seismically safe than either the Renal Center's current location in Building 100, or LHH's almost-as-ancient seismically-unsafe buildings, and certainly much larger than the 8,500 square-foot space being proposed for dialysis at LHH. SFGH is where the Renal

The vast majority of dialysis patients treated at SFGH are African-American, Hispanic, or Asian/Pacific Islanders, most of them already facing disparities in access to medical care.

Dialysis caregivers throughout the City echo these concerns. SFGH Renal Center staff has testified at Health Commission (HC) meetings that 90 percent of their patients live on the East Side near SFGH. They testified that the Laguna Honda site will pose access issues for Renal Center patients, all of whom receive primary and specialty care at SFGH. They don't believe any SFGH outpatient services should be moved to LHH.

They note moving the Renal Center to LHH will mean increased van, car, ambulance, and pedestrian traffic in the LHH neighborhood. With just 99 dialysis patients treated three times each week (assuming that dialysis patients currently treated at community sites will remain where they are) there would be fewer than 198 round-trip transports three times each week, but there will still be a high number of vans running through the LHH neighborhood daily, which may not have been considered when the Environmental Impact Report was prepared prior to construction of LHH's replacement. This excludes SFGH's 132 patients who are currently served off-site, and may be forced to switch from community-based dialysis clinics to LHH, exacerbating their transportation problems. They may also be forced to change their nephrologist.

During testimony at the SFGH Joint Conference Subcommittee meeting of the HC Feb 2012, one member of the public testified that LHH was too far away, which could deter patients from getting the appropriate care; he read a letter from a medical transport company which stated that it can't afford to transport patients to LHH due to lower reimbursement rates from MediCare.

The Chronic Indecision Circle

Where was the public discussion of the pros and cons of outsourcing SFGH's

Center should be located, in order to provide the most seismically-safe, life-safety location.

Given current trends, the dialysis patient population is expected to grow significantly, and San Francisco will need more and more dialysis chairs to served MediCal patients, not less.

DPH's April 10 PowerPoint presentation to the HC indicated that the "current plan is to issue [an] RFP for either a private or non-profit provider." Patient advocates were assured the RFP was being developed to award the contract to a non-profit provider, but that restriction wasn't in the RFP eventually issued. According to a DPH contracting officer on September 25, the only three companies to submit a letter of intent by the August 26 deadline, making them eligible to bid on the RFP, were Dialysis Clinic Incorporated (DCI); Satellite Healthcare, Inc.; and DaVita HealthCare Partners, Inc. Only the first two are non-profits; DaVita is a for-profit company. In 2012, there were reports that two for-profit dialysis chains in San Francisco have pending legal actions against them for submitting false billing claims, over-using anemia drugs, and for using dialysis machines associated with infection and death.

CPMC's Dialysis Center is now outsourced to Da Vita, which by report has denied patients oxygen, substituting recirculated air because it's free.

Of great concern, the RFP restricts the hours of operation for dialysis at LHH to Monday through Friday from 6:00 a.m. to 6:00 p.m., and will exclude holidays "generally recognized by the City." But SFGH's Renal Center currently operates from 5:30 a.m. to 8:00 p.m. Mondays, Wednesdays, and Fridays, and is open from 5:00 a.m. to 6:00 p.m. on Tuesdays, Thursdays and Saturdays. In effect, the

Cont. p. 8

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BUSINESS CORNER

MASSAGE ENVY SPA HONORS WESTLAKE CLINIC

TOP PERFORMING SPA – MASSAGE THERAPIST & ESTHETICIAN of 2012

By Mitch Bull

It is a commonly known fact that most small businesses fail within the first several years, with the overall success rate being very small. For Angeline Sebastian-Stafford and Michael Stafford, their Massage Envy clinic in Westlake Shopping Center has not only succeeded, but has flourished. As they recently celebrated their 5th year in business, they were also named as the recipient of a top award from their parent organization.

Massage Envy Spa, the largest employer of Massage therapists and Estheticians in the United States, honored the franchise owners with their Million Dollar Club award for 2nd year in a row. Stafford's clinic in the Westlake Center has also been a multiple award winner of Top Therapist of the Year and Sales Associate of the Year for 4 consecutive years, since its opening in September 2008. The proud winners of the 2012 awards from Massage Envy Spa in Daly City are Dolley Lee, Regional Massage Therapist of the year for 2012, and Ariana Bailey, one of four National Esthetician of the Year winners at Massage Envy Spa's Annual Franchise Conference in Phoenix, Arizona in 2013.

The Regional Therapist of the Year program is an annual award recognizing best-in-class service across the network's more than 880 clinics nationwide. Each year, winners are chosen for their high level of professionalism, client service, and contributions to healing through therapeutic touch.

"We extend our gratitude and congratulations to Dolley and Ariana, as well as our managers, Priscilla Pedroza and Nick Golding, for their outstanding contributions," said Angeline. "It's because of



their passion and dedication to our brand, vision and mission, that Massage Envy Spa in Daly City can continue to provide a pathway to wellness, well-being and worth through pro-

fessional, convenient, and affordable massage therapy and spa services."

Massage Envy Spa at Westlake is a top-performing Spa across the Massage Envy network in Northern California and is one the top 10% in the nation. Employees like Dolley, Ariana and the managers have been with the Spa since it opened, and their loyalty has been instrumental in growing and retaining a large member base, who in turn are able to reap the benefits of their therapeutic talents. "In recognition of our 5th anniversary, we encourage all our members and new guests to take advantage of our Member Rewards program – where

members can earn points for FREE services and upgrades!" said Sebastian-Stafford.

The Westlake location has 50 employees servicing thousands of members and guests to achieve their relaxation, skin-care, and wellness goals. Massage Therapy has provided life-saving benefits for many of our members, including cancer and arthritis patients. It offers a variety of massage treatments including Swedish, Trigger Point, Deep Tissue, Sports, Prenatal, Reflexology, Lymphatic Drainage, Geriatric, or Customized massage. The proven benefits of routine massage include improved circulation, joint flexibility and posture, relief from pain and swelling caused by arthritis, reduced blood pressure, fatigue, migraine pain and stress, as well as improved sleep, concentration and overall sense of well-being. Additionally, the clinic offers facials designed by Dr. Murad, the leader in skincare science. Customers can choose from four different

Murad® Healthy Skin facials including Environmental Shield® Vitamin C, Clarifying Enzyme Acne, Anti-Aging, and Sensitive Skin to customize their sessions.

Massage Envy / Westlake Center is located at 239 Lake Merced Boulevard in the Westlake Center. They are open from 8AM -10PM Monday –Friday; 8AM -8PM on Saturdays and from 10AM – 8PM on Sundays. For more information, please visit their website at <http://www.massageenvy.com/clinics/CA/Daly-City.aspx>, or call them at 650.757.3689 to make an appointment.

The 17th Street Chiropractic Center is located at 3705 17th Street. It is open Monday –Friday from 9AM to 8PM, Saturday from 9AM -1PM and on Sunday's by appointment. To book an appointment, call the center at 415.404.9349, or email them at: chiro17thstreet@gmail.com. The website for the center is: www.17thStreetchiro.com

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| Prop B | Open Up the Waterfront |
| Prop C | Housing, Jobs, Open Space |



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City and County of San Francisco ★ Department of Elections

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November 5
Municipal Election

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MONEY MATTERS • By Brandon Miller and Joanne Jordan

Small Business Owners: think about your personal bottom line

If you're a small business owner, you probably devote most of your time to making your business successful and functioning well each day. You focus on the obligations you have to customers and employees, and you surely put considerable energy into maintaining a healthy bottom line.

All of these things are important, but with so much going on, it can be too easy to neglect your own finances. It's important to think long-term about your business, your personal financial future and how the two impact one another. As a business owner, you are in a unique position to address both business and personal needs together. Here are some important areas to consider as you work to keep your personal financial goals on track:

Retirement planning

Business owners typically have much of their money (and therefore their future financial security) tied up in their businesses. For that reason, it's important to supplement that equity with a separate workplace retirement plan that is invested outside of the business. Setting up an employer-sponsored savings plan at your business helps your employees build a secure retirement while giving you the opportunity to save in a tax-advantaged way.

Protecting yourself and your business

You take significant risks as a business owner. One is that the business relies on your continued presence. It is crucial to determine how your business would keep functioning (and generating income for your family) if something prevented you from overseeing it, such as an untimely accident, illness or premature death. Also consider the impact it would have on your business if something happened to your business partner or any of your most critical employees.

Providing protection for your family by having adequate life and disability insurance in place is the first step in helping secure the financial stability of your business and your family should something happen to you. A good policy can provide income for you and your family, and as a business owner, replace lost revenue and provide funds to help keep your business operating in your absence.

Life and disability insurance may also be purchased by your business to protect against an untimely incident affecting a key employee. So-called "key person insurance" is often considered an important part of a business operation.

Managing cash flow

As a business owner, you should consider maintaining a larger emergency cash fund than what might be required for people who work for a large employer. This is especially true if your business activity tends to be unpredictable and you are forced to reduce your own income from time-to-time to meet business expenses. Having a cash cushion in your personal account will help you manage through difficult times.

Moving on from your business

Assuming you ultimately plan to sell or turn over your business to a successor, your goal should be to have a succession strategy in place well in advance. If you own a family business, there are special considerations and unique ways you can structure a transition plan to your family members. If you have partners in your business, think about establishing a buy-sell agreement that is funded by insurance. This allows one or more partners to be in a position to purchase your share of the company at its true value if something should happen to you.

Building personal financial security was probably one of the reasons you started or acquired your business in the first place. Careful follow-through with a well planned, reasonable transition strategy is a logical step to achieve the ultimate reward from the years you dedicated to your business. Consider working with a financial professional who can help you develop and evaluate a personal financial plan that keeps your goals and dreams for your small business in mind.

Brandon Miller, CFP and Joanne Jordan, CFP are financial consultants at Jordan Miller & Associates, A Private Wealth Advisory Practice of Ameriprise Financial Inc. in San Francisco, specializing in helping individuals and families achieve their financial goals.

Dialysis (Cont. from p. 6)

RFP's restrictions will eliminate at least 26.5 hours of dialysis treatments weekly by restricting hours of operation.

Violence in dialysis centers may be on the rise, and many worry that the RFP says the City will provide building security only at levels currently provided. Other concerns are whether the vendor awarded the contract will have to pay additional rental under the lease if they decide Saturday hours will be needed to meet increases in demand for dialysis services.

DPH claims that operating the Renal Center at SFGH results in a mere \$9,063 annual revenue loss, mostly from the \$20,000 monthly it spends on out-of-network costs for SF Health Plan patients unable to be accommodated in its current location who are referred to external providers. DPH also claims revenue to the vendor awarded the contract to outsource dialysis may potentially earn \$1.25 million annually operating a 30-chair dialysis unit at LHH. SFGH Renal Center staff that has testified before the HC noted that out-patient dialysis is a revenue generator for SFGH, and outsourcing it will result in the loss of millions of dollars in revenue for SFGH and DPH.

Others believe UCSF and SFGH and DPH are simply fudging their facts.

No Public Hearings Circle

One remaining question is whether Supervisors David Campos and John Avalos will step up to the plate to have the RFP cancelled, reconsidered, and

potentially put out for re-bid if space cannot be located in Building 5 at SFGH. After all, that vacated space will open just about the same time that a dialysis center at LHH would. The Supervisors could schedule a hearing to discuss the potential health outcomes for their constituents.

Otherwise, should SFGH decide to reduce the availability of on-site out-patient dialysis services, the County Board of Supervisors is required to hold what is known as a "Bielenson hearing," which State law requires whenever healthcare services will be reduced at a given County location. When the transfer of management of a County-operated healthcare facility is being considered, notice must be posted on the entrance doors of the affected facilities, and County supervisors are required to hold a public hearing. One or the other must apply, and neither requirement has been met to date.

It's time for Supervisors Avalos and Campos, District 7 Supervisor Norman Yee, and the others, to interrupt this circle game.

Monette-Shaw is an open-government accountability advocate, a patient advocate, and a member of California's First Amendment Coalition. Feedback: monette-shaw@westsideobserver.com.

Editor's Note: this is a condensed of Monette-Shaw's article, his full article will be available on our website: westsideobserver.com

Senior Smarts

Homebound Survival

By Anise J. Matteson

At sometime in our life, some of us are homebound due to injury, accident or chronic illness.

According to an article on the National Center for Biotechnology Information website¹, "there are up to 3.6 million people considered homebound. People who are homebound suffer from a multitude of medical and psychiatric illnesses. The homebound elderly suffer from metabolic, cardiovascular and musculoskeletal disease, as well as from cognitive impairment, dementia and depression at higher rates than the general elderly population."

In San Francisco, as of 2008, approximately 106,169 seniors (approximately 20 percent of the City's residents aged 60 and over) were living in San Francisco. Seniors are defined by the U.S. Census as adults 60 years and older.

DEFINITION

The homebound in some religious faiths are referred to as shut-ins.

Webster's Dictionary defines homebound as confined to the home, and shut-in as confined to one's home or an institution by illness or incapacity.

Degrees of confinement varies from one week, one month, to never leaving the home except in the case of emergencies, or no more than two days per week.

CONTRIBUTING FACTORS

Medical

Diagnoses that may contribute to causing the elderly to be homebound: hypertension, diabetes mellitus, heart disease, osteoarthritis, arthritis of the spine, history of stroke and angina. Falls may also be a contributor.

Psychiatric Disorders

According to the NCBI article, "the two most prevalent mental disorders among the homebound elderly are dementia and depression. Dementia, including Alzheimer's disease, is the leading problem associated with being homebound, affecting 29 percent of the homebound population." They also experience cognitive impairment.

PROBLEM MANAGEMENT

The adverse effects of being homebound have medical and psychological ramifications. They are often non-compliant with their treatment plan.

There are resources that can help make the transition manageable, for example, Homebound Ministry.

HOMEBOUND MINISTRY

This month's Glossary term from "Caring for an Aging Loved One: The Family Caregiver's Guide Book" is homebound ministry.

I asked a clergyman to write one page for: the definition of "homebound ministry;" the role of the homebound ministry; how the elderly, their caregiver and loved ones can find out about a church's Homebound Ministry. Rev. Richard Helmer provided the following information.

What are Homebound Ministries?

Homebound ministries describe churches or other religious communities providing support, visitation, and pastoral care at home for members who are unable to attend worship or otherwise join in the regular life of the community.

The nature of these ministries varies widely from religious community to community, from church to church. Most ministries include visits from the clergy for prayers, healing rites, and other sacramental acts (e.g. Communion). Lay (non-clergy) ministers may also participate by offering prayers, sacred readings, and other important religious services to the homebound and elderly. Support services such as transportation and providing meals can also be a part of the ministry of the religious community to the homebound.



Why participate in or receive Homebound Ministries?

The key to homebound ministries is to keep members in community even during times of illness or infirmity that prevent them from being active. Since they are unable to participate in the regular life of their religious community, that community comes to them, offering support, guidance, prayer, and solace.

How can I find out more about the Homebound Ministries my church or religious community provides?

Call the primary office of your religious organization or speak with a member of the clergy. Here are key points to remember:

- Be prepared to ask for specific religious services if you or those whom you care for desire or need them (e.g. meals, special prayers, transportation, etc.). Even if your religious community might not be able to meet all your requests, they may be able to refer you to services offered by other organizations.
- Ask how those participating in the Homebound Ministries program are trained and prepared this ministry. Training is now required by many religious organizations to screen those participating in homebound ministries and better equip them to be effective in their work with the homebound and elderly.
- To make you or those under your care more comfortable, ask that someone from your religious community already familiar to you make an initial visit or attend with the member or clergy first bringing the ministry to your home.
- Prior to the first visit, briefly describe the condition of those being visited (in bed, unable to walk, special medical conditions, etc.). This will help prepare the ministers for their initial visit as they will know what to expect. If they are bringing a meal, be sure to specify any dietary needs.
- Provide directions to the home and any details about gaining access, as necessary.
- In scheduling a homebound ministry visit, it is appropriate to select a time when a caregiver is also present, should assistance be needed.

Those providing ministry to the homebound and elderly should be respectful. Visits of over an hour are not usual. If any situation with homebound visitations makes you or those under your care uncomfortable, notify the clergy or church office immediately with your concerns.

©Information courtesy of Rev. Richard E. Helmer, Rector, Episcopal Church of Our Savior.

Questions for boomer and senior readers

If you are homebound, why?

What are the challenges?

What tools can help you age in place?

Anise Matteson is an elder care consultant, retired Registered Health Information Technician, and writer of reference books for seniors, "Caring for an Aging Loved One: The Family Caregiver's Guide Book." This article is an excerpt. Feedback: cfaalo@yahoo.com.

¹www.ncbi.nlm.nih.gov/pmc/articles/PMC30445921)

Quentin Kopp (Cont. from p. 3)

national origin, religion, sex, sexual orientation or disability. An eligible citizen may only be excused from jury service because of undue hardship, as determined by the trial judge. Excluded are persons who aren't citizens, are less than 18 years of age, don't live in California, don't live in the county in which they are summoned to serve, been convicted of a felony or malfeasance in public office, don't possess sufficient knowledge of English, or are the subject of a conservatorship.

Why is this bill unworthy of gubernatorial approval? First, no shortage of qualified prospective trial jurors exists in any county in California. Most people are called, appear for jury service and are not selected. Secondly, why wouldn't a lawful immigrant become a citizen as soon as he or she qualifies after five years of legal residency? It makes no sense to reward a

legal immigrant who demonstrates a lack of interest in citizenship to permit service on juries in criminal or civil cases, involving life, liberty, money, land, governmental action and wills or trusts. The bill reminds one of efforts the past decade to allow non-citizens to vote in Board of Education or other San Francisco Unified School District elections, such as bond measures. Even in liberal San Francisco, those measures were rejected by voters. Expanding the jury system to include non-citizen eligibility diminishes citizenship, which is based upon tested knowledge and understanding of American government and history. The idea is unwarranted and a potential precedent for allowing non-citizen voting. Veto the bill, Governor.

Retired former Supervisor, State Senator and Judge Quentin Kopp lives in District 7

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WEST OF TWIN PEAKS CENTRAL COUNCIL By Mitch Bull

The first meeting of the 2013-14 Board for the WOTPCC took place on Monday, September 23 with the familiar faces of the 2012-13 council board, as everyone was re-elected to serve the member groups that make up the council.

President Matt Chamberlain brought the meeting to order promptly at 7:30, vowing to keep meetings on track and to try and finish them by 9 PM during the upcoming term.

In his report he also spoke of a very full agenda for the October meeting, including a matter to be brought forth by the Twin Peaks Improvement Association on the use of homes in the area as "vacation rentals" which basically turn them into hotels (without the city benefit of occupancy taxes, etc.). The well-known services such as Airbnb could be in violation of the neighborhood zoning laws, and the CC&Rs of the homeowner associations. This topic will be covered in much greater detail next month, as well as the election issues that will be featured on the November election ballot.

Parliamentarian Avrum Shepard updated the attendees on the progress of the rebuilding project at 1 West Portal, where the fire destroyed several businesses and required several structures to be razed and rebuilt. The owner of the primary building, Dr. Warren, is seeking a variance to the zoning plan to encroach on formerly unbuilt open space behind the build in order to construct an elevator to meet the requirements of the Americans With Disabilities Act (ADA), and at the same time, keep the square footage that he had previously for his orthodontic practice. The variance will involve approximately 250 square feet, and Shepard asked the council to consider sending a letter to the Planning Commission in support of the project. Discussion followed on the merits of the project and the fairness of supporting this variance versus any other project on the avenue that may require variances. A vote was taken on supporting the project and the delegates approved the request by a 10-0 vote with three abstentions. Chamberlain will craft the latter and submit on behalf of the council.

Shepard also informed the delegates about the recent West Portal Merchants Association meeting where representatives from the Mayor's Office of Economic Development met with the WPMA and recommended the benefits of a Community Benefits District (which the WPMA has been working to achieve for several years). A topic of discussion at the meeting was the cost and impact of installing and maintaining hanging flower baskets on West Portal Avenue as other areas within SF have done, to beautify the thoroughfare. Cost estimates are in the \$4K range and Shepard said that it could be a good way for the individual neighborhood groups to be involved in the project through fundraising, etc.

George Wooding gave a report on Public Health in which he outlined a new plan by the SF Dept. of Public Health to relocate the 30 "chairs" that handle dialysis patients at SF General Hospital to Laguna Honda Hospital, which currently has 6 chairs which were never opened and



Supervisor-Norman-Yee-addresses-the-WTPCC

are unlicensed. He mentioned the issues with having patients who require dialysis 3 times per week shuttled from SF General to LHH, and raised the questions of this being a cost saving measure, or other reason for consolidation. More information will be brought forth as these questions are answered. It would seem that it would increase traffic into LHH if the process of transferring the patients is implemented.

Sally Stephens and **Bill Chionsini** also gave updates on Open Space issues and the Sloat Blvd. safety improvements respectively. Stephens detailed the "emergency" cutting of trees this summer by UCSF on Mt. Sutro as the SFPD gave approvals without investigating the true need to do so until after trees had already been removed. Chionsini detailed the new crossing system in place at the intersection of Sloat and Forest View, and also mentioned the assignment of 3 motorcycle patrol officers to the Taraval Station to help combat speeding motorists.

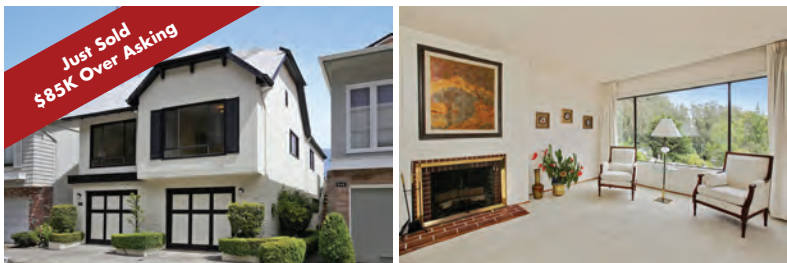
Two SF Supervisors, District 7's **Norman Yee** and District 2 Supervisor **Mark Farrell**, were the featured speakers of the evening. Yee gave an update on items he is working on concerning pedestrian safety and neighborhood open space issues. He spoke at length about the success that he has had on the Board of Supervisors in having budget money set aside to speed up the safety improvements on Sloat Blvd., and his efforts to bring back a program to reintroduce School Safety Crossing Guards using students who would learn about leadership and safety issues, while being assisted by adult monitors to provide a much needed service. It is Yee's hope to have several pilot schools in place by January. He also spoke on gaining funding for playground improvements at Miraloma Park and Golden Gate Heights, and his work to improve and replace the play structure at West Portal playground. The supervisor also discussed his progress on having more police department hours assigned to doing "beat cop" patrols on West Portal Avenue.

The Supervisor for District 2, **Mark Farrell** was on hand to discuss the November ballot measure, Proposition A, which would limit the city government from using any of the "Health Care Trust Fund" assets until the \$4.4B retirement plan shortfall is fully funded. By doing this, an independent actuarial company has estimated, based on a return of 7.5%, that the fund will be wholly funded in approximately 30 years, with no benefit reductions or additional money taken from the general fund after that time. Until then, the SF Government will continue to fund the healthcare benefit program with between \$120,000,000 and \$500,000,000 annually as they do today to meet the requirements of the existing active and retired employees. Farrell noted that all 11 supervisors are in support of the measure, as well as the labor unions within the city.

Cont. p. 15



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Kevin is a very opinionated realtor, but I say this in a good way. There were many homes that we were willing to bid on in what was a very challenging market, but thankfully **Kevin kept our best interests in mind**. Rather than going for a quick close, he actually talked us out of a few homes to make sure we stayed true to our criteria.

— Aaron L.
Buyer, Noe Valley Victorian, Director, Biotech Firm

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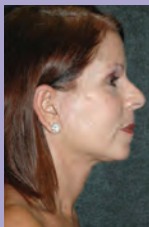
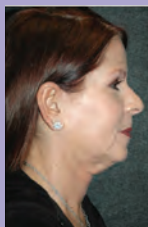
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❖ OCTOBER EVENTS ❖

EVERY SUNDAY • FARMERS MARKET
Farmers Market | Every Sun | 9 am–1 pm | Stonestown back parking lot: at Stonestown Galleria (19th Ave @ Winston).

EVERY MON & TUE • JOB SEEKERS LAB
Mon 11 am–2pm & Tue 10 am–1 pm | Computers with Internet connection are available for independent work creating or updating your resume, preparing job applications and/or searching online for jobs. Some staff assistance. Bring a flash drive. Main Library, 100 Larkin, 5th Fl.

EVERY TUES • QUE SYRAH HAPPY HOUR
Every Tue Happy Hour | 4–8 pm | Que Syrah Wine Bar. Take \$1 off each glass, 10% off each bottle (consumed on site). 230 West Portal Ave 731-7000

EVERY WED • FEAR OF PUBLIC SPEAKING?
Every Wed | 7-8 am | Toastmasters helps you become a confident public speaker. Tennessee Grill, 1128 Taraval. RSVP 564-6069.

EVERY THURS - NIGHTLIFE
Thu | 6–10 pm | The Academy of Sciences is transformed with live music, provocative science, mingling and cocktails. GG Park \$12 (\$10 Members). calademy.org/nightlife.

JAZZ FRIDAYS @ THE CLIFF HOUSE
Fri | 7–11 pm | The Balcony Lounge at the Cliff House hosts jazz performances every Friday night. 1 Seal Rock. Performers: cliffhouse.com/home/jazz.html.

FRIDAY NIGHTS @ THE DEYOUNG
5–8:45 pm | Music, poetry, films, dance, tours and lectures. Cafe: special dinner, no-host bar. Art-making children/adults. deYoung Museum, GG Park. deyoung.famsf.org/deyoung/fridays..

THU • NERT TRAINING EVENT
Oct 1, 8, & 15 | 9 am–4 pm | SF Neighborhood Emergency Response Team's comprehensive free training program hosted by SF State University's Office of Emergency Preparedness. Class meets in the University's Towers Conference Center, 1 State Dr.
Class Session Day #1: Earthquake awareness, preparedness and hazard mitigation. Fire extinguishers; hazardous materials; utilities shut off; terrorism awareness.
Class Session Day #2: Disaster medicine, light search and rescue.
Class Session Day #3: Disaster psychology, team organization and management, Incident Command System and hands-on training skills development and application.
Go to: <http://bit.ly/1fmjkMM> and click NERT to RSVP. Pand get info on make-up classes. No on campus registration 970-2024

THU • GOT HEALTH INSURANCE?
Thu Oct 10 | 11 am-2 pm | Assembly Member Phil Ting will Discuss state legislation relating to health care and learn how you can get guaranteed, affordable, high quality insurance. RSVP at www.asmdc.org/cj or (415)557-2312. SF State University, Malcolm X Plaza, 1600 Holloway Ave

THU • DIST COALITION MEETING
Thu Oct 10 | 7 pm –9 pm | Meets 2nd Thu each month. Info: 586.8103 or ssuval@sbcglobal.net Taraval Station, 2345 24th Ave.

THU • AUTHOR ETHEL ROHAN
Thu Oct 10 | 7 pm –9 pm | Winner of the 2013 Bryan MacMahon Short Story Award, this Dublin-born author - now a San Francisco resident - will read from her new book *Goodnight Nobody* at BookShop, 80 West Portal. Info: 564-8080.

FRI • AUTHOR PAUL HARPING
Fri Oct 11 | 7 pm –9 pm | The Pulitzer Prize winning author of *Tinkers*, reads *Enon*, follow-up novel, an elegiac portrait of Charlie Crosby (grandson of *Tinkers'* Crosby) grieving the loss of his daughter at BookShop West Portal, 80 West Portal. Info: 564-8080.

SAT • BENGAL ALLEY
Sat 12 Oct. | 11 am- 3 pm | Visitors/Volunteers are welcome at Bengal Alley Street Park. Meet at 150 Lansdale. 11:30 - Tour - compost Demo. Weed, plant, harvest. Info: BengalAlley.Org.

SAT • OPENHOUSE/SUPERVISOR YEE

Sat Oct 12 | 10-11:30 am | Meet with Supervisor Norman Yee at Dash Café 420 Judah Street.

SAT • RENEW THE ZOO
Sat Oct 12 | 8 am | Help keep the zoo beautiful by picking up trash, painting, and taking care of foliage. Participants receive a coupon for a free steam train ride. Second Sat. of every month @ San Francisco Zoo

TUE • COMMUNITY SAFETY MEETING
Tue Oct 15 | 7 pm | Meet with Captain Curtis Lum. 3rd Tue of the month. Minnie & Lovie Ward Rec. Ctr. 650 Capitol Ave. 759-3100.

SAT • LEGENDS OF THE CELTIC HARP
Sat Oct 12 | 8 pm | Patrick Ball, Lisa Lynne & Aryeh Frankfurter -three of the premier Celtic harpers in the world take you on a joyous, dramatic musical journey deep into the myths, legends and history of the Celtic Harp. Irish harps, Swedish Nyckelharpa. St. Cyprian's Episcopal, 2097 Turk St. 454-5238. \$14 General \$12 Sr/stu/12- Door: \$17 - \$12 BrownPaperTickets.com/event/465329 info - noevalleymusicseries.com/

SAT • THE POP-UPS IN CONCERT
Sat Oct 19 | 4 pm | Jacob Stein and Jason Rabinowitz use hand-painted sets, original puppets, and a truly cool sound for this Tricycle Music Fest concert. This duo was named one of 2012's "Best 15 Bands for Kids" by Time Out New York and earned a 2013 Grammy nomination. Merced Branch Library, 155 Winston Dr.

SAT • MAKE A DINOSAUR PUPPET
Sat Oct 19 | 1:30-5pm | Bring your child to our creative puppet workshop - puppet fabricators will guide them step-by-step from envisioning their creations to the final amazing dino-puppet! Pre-registration \$40 per person - Day-of \$50 Ages 6 and up Register at: thriveabilitysf.com/workshops Thriveability, 300-B West Portal 415-566-0888

TUE • HOW TO USE LINKEDIN
Tue Oct 22 | 6-7:30 pm | The biggest professional network on the Internet — experts will take you step by step and tips for how to connect for your professional development. 5th Floor, Main Library, 100 Larkin. Free. 557-4277

SAT • AFFORDABLE CARE ACT-MERCED
Sat Oct 23 | 3- 4 pm | Healthcare expert Doug Patterson, founder and CEO of Catalyst Health & Benefits, Inc., will explain how the Affordable Care Act (ACA) will affect you. Part of the Affordable Care Act workshop series sponsored by SF Public Library. Info and resources: see our Affordable Care Act page. sfpl.org

THU • 4 CERVENA BARVA AUTHORS
Thu Oct 24 | 7 pm –9 pm | Cervena Barva Press authors will read from their latest works. Four authors from Northern California are part of a worldwide series of readings by authors of the small press at BookShop West Portal, 80 West Portal. Info: 564-8080.

SAT • AMY GUTIERREZ
Sat Oct 26 | 11 am | Amy G the emmy-winning reporter for the San Francisco Giants will sign copies of her book *Smarty Marty's Got Game* - a story that defies the strong gender stereotypes that Amy herself has battled in her 16-year career as a sports journalist. At BookShop, 80 West Portal. Info: 564-8080.

MON • SHARP
Mon Oct 28 | 7 pm | Sunset Heights Assoc. of Responsible People. Last Mon each month - sharpsf.com for details. 1736 9th Ave. @Moraga.

MON • CENTRAL COUNCIL
Mon Oct 28 | 7:30 pm | West of Twin Peaks Central Council meets to discuss topics of interest to Westside residents. Last Monday each month. Miraloma Park Improvement Clubhouse 350 O'Shaughnessy Blvd.

THU • OMI NEIGHBORS IN ACTION
Thu Oct 31 | 7 pm | Meets last Thu each month. SF State Warriors and Recology are invited. This meeting is at Temple UMC 65 Beverly/Sheilds Street.

WED • ANNUAL SCARY CONCERT
Wed Oct. 30 | 1 pm | Faculty pianists Inara Morgenstern and Victoria Neve perform Halloween-themed music, a 20 year SF State tradition Admission: Free Knuth Hall, Creative Arts Building, San Francisco State University, 1600 Holloway Ave. (at 19th Ave.), San Francisco, CA 94132

Local event? editor@westsideobserver.com

BUTTERFLIES & BLOOMS EXTENDED AT SF'S CONSERVATORY OF FLOWERS

The wildly popular living butterfly exhibit, "Butterflies and Blooms," at the Conservatory of Flowers has been extended due to overwhelming demand ... originally set to close Oct. 20, 2013, the exhibit will now run through March 16, 2014 and will be with us through the holidays ... it's been hugely successful with locals and tourists alike and many families who have returned over and over have expressed their interest in seeing it continue ... so we're really pleased that we can offer this unique experience of getting eye to eye with a butterfly for a few more months over the holidays. The Conservatory is free to all visitors on the first Tuesday of every month. More: conservatoryofflowers.org 100 John F. Kennedy Dr., GGP



FRI-SUN • ST. FRANCIS WOOD & LAKE MERCED—FREE DAY@ACADEMY OF SCIENCES
Fri - Sun Oct 4, 5, 6 | 9:30 (11 Sun) am-5pm | Free Day for St. Francis Wood, Lake Merced residents. California Academy of Sciences, GGP. Info: 379-8000 See beelow for the rules.

URBAN COMPOSTING
Sat Oct 5 | 10am-Noon | Give your fall garden a boost that will guarantee vibrant colors and tasty veggies for the months to follow! Aside from encouraging beneficial soil organisms and conserving a non-renewable resource, composting makes an excellent fertilizer that releases nutrients slowly at a rate which the plants can use them. Backyard and worm composting for home and community gardens. Rot On! To pre-register or for more information please visit gardenfortheenvironment.org. Garden for the Environment, 7th Ave at Lawton St. Cost: FREE; Sponsor SF Dept of the Environment

FRI-SUN • SUNSET & PARKSIDE—FREE DAY@ACADEMY OF SCIENCES
Fri - Sun Oct 11, 12, 13 | 9:30 (11 Sun) am-5pm | Free Day for St. Sunset & Parkside residents. California Academy of Sciences, GGP. Info: 379-8000.
Each neighborhood, defined by zip codes, will have opportunities to visit the Academy for free over a three-day weekend (Friday, Saturday, or Sunday). California Academy of Sciences, 55 Music Con course, GGPark.
The Rules: Each visiting adult must show a valid photo ID with proof of residency. The following items or combinations are acceptable: A driver's license or state ID card; Photo ID plus postmarked envelope, postcard, or magazine label with name and date; Photo ID plus utility bill (gas/electric/cable), bank statement, or letter from a government agency with name and home address (not a P.O. Box). Only residents from the zip codes invited on the designated dates will be admitted free of charge. Limited to six children each.

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The logo for Goat Hill Pizza, featuring a stylized goat's head in profile, facing right, with the text "Goat Hill Pizza" in a bold, sans-serif font.

Social media icons for Facebook and Twitter, both in blue.

www.goathill.com

At the Theater • By Flora Lynn Isaacson & Linda Ayres-Frederick

Chapter Two

Chapter Two is widely perceived to be an autobiographical revelation of Neil Simon coming to terms with the death of his first wife, followed by his love affair and subsequent marriage to Marsha Mason. This poignant play is based around four brilliantly penned characters—George Schneider (David Shirk), a mourning writer; Jennie Malone (Kate Fox Marcom), a level headed actress; Leo Schneider (Johnny DeBernard), George's talkative but loving brother; and Faye Medwick (Jennifer Reimer), Jennie's utterly clueless but enchanting friend.

George has not "moved on" from the untimely death of his wife despite Leo's best efforts to fix him up with other women. Then he meets Jennie who's just walked out of a terrible marriage to a football player, and in a very short span of time, they're in love and get married. But George's memories catch up with him, and he soon finds himself trapped between the past and present, and their relationship starts to crumble. How does George reconcile his past and move forward with Jennie—a sentimental woman with a strong head on her shoulders? Do they give up or can they work things out?

Although it seems like a heavy subject to deal with, Simon's wonderful narrative and witty dialog makes *Chapter Two* an immensely likeable play. In George and Jennie, Simon shows both complexity and simplicity. In Leo and Faye, Simon presents too confused, yet adorable characters.

The play is sensitively directed by James Nelson (who combines Simon's frequent phone call dialog in order to show the parallel nature of *Chapter Two*). He creates an invisible line through the middle of the stage, so each character only exists in half of their former world. When the two come together, they form one "whole." Nelson also added, in several occurrences of what he calls "moments alone"—short transitioning scenes where we simply get a glimpse of the two main characters alone in their own space. The time and place is winter/spring 1977, in the New York apartments of George and Jennie. This remarkable set design is by Eugene deChristopher.

David Shirk and Kate Fox Marcom work well together digging deep for the panorama of emotions that Simon intended. Jennifer Reimer milks the audience for laughs in a fun, supporting role. Johnny DeBernard is perfectly cast as George's brother Leo.

Be sure not to miss *Chapter Two*, the opening play of Ross Valley Players' 2013/2014 season. *Chapter Two* runs September 13-October 13, 2013. Performances are Thursday at 7:30 p.m.; Friday-Saturday at 8 p.m. and Sunday at 2 p.m. at the Barn Theatre, home of the Ross Valley Players—30 Sir Francis Drake Blvd., Ross, CA. To order tickets, call 415-456-9555, ext. 1 or visit www.rossvalleyplayers.com.

Coming up next at Ross Valley Players: RAW Festival of four plays with "Unintended Consequences" from October 18-27, 2013. This will be followed by *Harvey* by Mary Chase and directed by Robert Wilson, November 15-December 15, 2013. **Flora Lynn Isaacson**

Next to Normal

In the mood for a rock-musical? The Tony and Pulitzer Prize-winning *Next to Normal* plays at Gough Street Playhouse, produced by Custom Made Theatre with a cast that brings out the best in both script and lyrics. CMT's Artistic Director Brian Katz keeps the pace moving on Erik LaDue's cleverly functional set, remarkably lit by Maxx Kurzunski. Stellar performances abound in the challenging emotional life of the Goodman family that Tom Kitt (Music) and Brian Yorkey (Book

& Lyrics) examine.

A tale of how one suburban family copes with mental illness (specifically bi-polar disorder) encompasses each family member's coping mechanisms, plus the doctors and friend involved. Life itself is the antagonist who has dealt the challenge. With Musical direction by Armando Fox assisted by Mark Dietrich, actor/singers Lisa-Marie Newton, Danny

Flora Lynn Isaacson Gould, LaMont Ridgell, Mackenzie Cala, Jordon Bridges and Perry Aliado all rise to the occasion.

Next to Normal plays Thurs – Sat at 8pm Sun at 7pm through Oct 27, 1620 Gough (at Bush). Up next: the West Coast Premiere of *Peter/Wendy* opening Nov. 19. Tickets: www.custommade.org or info@custommade.org. **Linda Ayres-Frederick**

Bay One Acts Festival 2013

The Festival has two programs playing at The Tides Theatre. Featuring the work of Bay Area Playwrights, Program One's six plays include work of Tracy Held Potter, Sam Leichter, Daniel Hollowy, Bennett Fisher, William Bivins and a devised piece based on T.S. Eliot's *Love Song of Alfred J. Prufrock* by Allison Combs. Program Two (which this reviewer saw) features work by seven other playwrights. Nancy Cooper Frank's *Inexpressibly Blue* takes on perennial cheer versus the darker view of aging while Ignacio Zulueta's *3 Sisters Watching Three Sisters* cleverly mirrors the Chekhov classic. Jeff Carter's Pinteresque *Break of Day* shows two maternally-dependent brothers faced with the challenge of what to do with their mother's recent remains. Daniel Hirsch's *Shooter* examines the psyches of three now incarcerated perpetrators of shootings. Lauren Gunderson's *Two Pigeons Talk Politics* humorously gives two birds' eyes views of the human dilemma. In Michael Phillis' *Babes*, two Moms try their damndest to remain politically correct giving their infant son his first lesson on procreation. Megan Cohen's *My Year* takes us through the surprise party for a very reluctant Birthday celebrant.

Kudos to BOA for offering their audience different voices, perspectives and journeys that resonate no matter what time or place in which they are set.

For tickets and schedule playing through Oct 5 at 533 Sutter Street, SF www.bayoneacts.org or www.brownpapertickets.com. **Linda Ayres-Frederick**

Buried Child

The Magic Theatre's revival of Sam Shepard's *Buried Child* is worth the trip to Ft. Mason just to see Rod Gnapp as patriarch Dodge, Denise Balthrop Cassidy as wife Halie, and Lawrence Radecker's Father Dewis. Family secrets are revealed in this dark American classic that premiered here in 1978. Loretta Greco directs.

Plays through Oct 13. www.magictheatre.org. **Linda Ayres-Frederick**

Pardon My Invasion

Free Reading: Sunday, Oct 6, 7pm. Joy Cutler's hilarious new play *Pardon My Invasion* at the Phoenix Theatre, 414 Mason Street, (at Geary) SF. Strong Language Advisory. www.phoenixtheatresf.org. **Linda Ayres-Frederick**



Linda Ayres-Frederick



Flora Lynn Isaacson

Now At the Movies • By Don Lee Miller

CLOSED CIRCUIT

Set in the present day London judicial system, defense team members Martin Rose: Eric Bana and Claudia Simmons-Howe: Rebecca Hall must hide their past affair lest they be terminated from their tense high-profile international secrets case. They are defending a suspected terrorist. They deal with attempts on their lives by being good runners. Peripheral characters of note are Devlin: Ciaran Hinds and the Attorney General: Jim Broadbent. John Crowley directs the taut thrill-a-minute screenplay by Stephen Knight. Brief violence. Profanity.

THE FAMILY

After snitching on the Mafioso and entering the witness protection plan, Giovanni Manzoni: Robert De Niro is constantly moving his family around Europe. The problem is his uncontrollable temper and old habits that die hard. Moved to Normandy, France from the Riviera, wife Maggie: Michelle Pfeiffer and their teenagers, Belle: Dianna Agron and son Warren: John D'Leo, as well as his CIA Agent Stansfield: Tommy Lee Jones plus two watchmen, Di Cicco: Jimmy Palumbo and Caputo: Dominick Lombardozzi cope with frequent name changes, like the current one to the Blake family. The denouement occurs in the most unlikely of places. This black humor comedy is directed by Luc Besson from his screenplay (+2). Mature thematic material. Violence. Brief sexuality. Profanity.

FRUITVALE STATION

As Oscar Grant III, Michael B. Jordan is getting Oscar buzz. On Dec. 31, 2008, at the Oakland BART station, he was shot by a dimwit guard who should never have been hired. Director-writer Ryan Coogler brings his camera along on Oscar's last day as he encounters family (including birthday-celebrant mother, Wanda: Octavia Spencer [who co-produced], not-so friendly acquaintances, unknowns. His girl friend Sophina: Melonie Diaz and four-year old daughter Tatiana endure his hours in hospital. Some violence. Profanity throughout. Mild drug use.

GRANDMASTER II

Set in Southern China, the man who later will train Bruce Lee, Ip Man: Tony Leung leads a peaceful life in Foshan until a Northern Chinese lord, Gong Yutian: Qingxiang Wang seeks a husband for his daughter Gong Er: Zhang Ziyi. Their meeting occurs in the local brothel (which uses more gold leaf in decorating than the Mint). When her father is killed by Ma San, she believes the killer to be Ip Man, so Gong Er challenges him to fight to the death to regain the family's honor. The tale spans several decades as Ip Man and Gong Er go their own ways, exploring and demonstrating all the various kung fu (Wing Chun) skills. With the unique ability to

take the viewer inside the oriental thinking, perfectionist Kar Wai Wong directs his own action-filled screenplay (+2), which has 22 minutes cut (subtitles fill in) from the original to 108 minutes. That is, until the longest wrap-up in film history, an unbearable 20 minutes! The planning stage took ten years and editing one year. Sumptuous photography. In Mandarin with English subtitles. Disturbing violence. Profanity. Brief drug use. Smoking.



INSIDIOUS: Chapter 2

Josh Lambert: Patrick Wilson and wife Renai: Rose Byrne, teen-aged son Dalton: Ty Simpkins, Josh's mother Lorraine: Barbara Hershey again portray the terrorized family in Chapter 2 which starts where that the first film stopped. Josh must go back to his childhood to find the forces that wreak havoc with their lives and home. James Wan (Saw, The Conjuring) directs his creepy screenplay co-written with Leigh Whannell. Strong disturbing terror and violence. Profanity.

PRISONERS

Keller Dover: Hugh Jackman, his wife Grace: Maria Bello with their six-year old daughter, Anna, celebrate Thanksgiving Day with her playmate, Joy, the daughter of Franklin Birch: Terence Howard and wife Nancy: Viola Davis at their nearby home. The girls disappear while playing outside. Alex Jones: Royal Dano had parked his old RV outside the Birch home and falls under suspicion of Detective Loki: Jake Gyllenhaal (in another cop role). When Loki only holds Alex for 48 hours, Dover takes matters into his own hands, erupting violently. Alex's Aunt Grace: Melissa Leo eventually shows her true colors. This film is an extreme example of what could happen when overly-wrought parents take hold of a situation. Denis Villeneuve (Oscar-nominated Incendies) directs the explosive adult-skewing screenplay by Aaron Guzikowski. Strong disturbing violence. Bloody torture. Pervasive profanity. Drug material.

THE WOLVERINE

Logan: Hugh Jackman's dying wealthy mentor brings him to Japan to care for his teen daughter Yukio: Rila Fukushima. Logan encounters good and bad forces including Mariko: Tao Okamoto and Harada: Wil Yun Lee (whose father is a local Tao Kwon Do Grandmaster). This non-stop action adventure flick was directed by James Mangold with the screenplay by Mark Bomback and Scott Frank. Jackman and cast's thriller does not disappoint, supplying enough tension that the viewer is likely to forget to notice the scenery and sets. Sci-fi action and violence. Profanity. Some sexual material.

Movies at McCoppin

Come one, come all EVERY Friday in October for a fun-filled evening of family entertainment at McCoppin Square. Enjoy a free full length movie and pick up snacks provided by local merchants.

Movies will begin after sunset, but come early to grab a great seat, enjoy the great weather we have that time of year, and meet some of the participating merchants.

Movies at McCoppin Square is hosted by Supervisor Katy Tang's office in partnership with the People of Parkside Sunset (POPS... www.sf-pops.com) at 1300 Taraval St (between 23rd Ave & 24th Ave)

Save these dates for the following movies:

10/11 Hocus Pocus

10/18 Oz

10/25 The Birds



OCTOBER 11TH



OCTOBER 18TH



OCTOBER 25TH

We're On The Web

westsideobserver.com

SECOND THOUGHTS / By Jack Kaye



What's News?

I watch and read a lot of news each day in order to stay informed and to gather ideas and data for future columns and blogs. I watch the network news each evening, taping and seeing at least three broadcasts. I also read the local and premier American papers, I review the weekly columns of a few of my favorite columnists, and I also read the news on the Huffington Post (HuffPost).

The problem is that each day I see a lot of repetition of the same story. That's understandable. After a while a definite format pattern emerges, especially among the big three networks.

The motif is sometimes sensational and superficial with a strong scent of bias. The news elements have a deja vu quality to them.

Each night there is a sensational natural disaster. It could be heavy rain, hurricanes, tornadoes, forest fires, droughts, flooding, earthquakes, ice melts, record heat or record cold or a record for having whipping boy or girl, usually meteorologists, who must report in the midst of the worst weather knowing that most viewers are watching hoping to see the reporter

another part of the country. Each night we learn of yet another change in modern medical theory. Something that was thought good is now bad. Something once thought harmful is now harmless. Medical procedures we were told were life-saving, we now learn were our greatest threats. One night we are told that a new study has found that we waste \$750 billion on fraud, waste or unnecessary procedures. That amount, if true, exceeds our current annual federal budget deficit. We might wonder how many tests and procedures that we have had were unnecessary or even harmful. We learn that aspirin is good and we should all take one a day only to later be told to do so only if we have serious medical problem that requires it. Mammograms are and are not valuable, they save lives and produce false

...each evening I use fast forward to go past the repetitious, the gory, the gossip, and the sensational. It leaves me with a few minutes of interesting news. And there is some interesting news, every night, no matter what; you just have to work hard to find it.

destroyed by the turbulence, or at least knocked down and embarrassed by it. Why else expose them to the elements? Tragic victims are always interviewed putting on a brave face and promising to rebuild no matter how absurd it seems. And then there are the interviews with the victims of nature's fury. Journalism made easy: "How do you feel now having lost everything?" "Yes, I have lost everything I have accumulated for the past 60 years, but I am so glad that no one was hurt. It was a miracle." (Question not ever asked: Wouldn't it have been more of a miracle if it hadn't happened at all?) Reporting on the same tragic, sensational story will go on night after night, as long as humanly possible.

This could be upstaged by an act of incredible domestic violence. Though such a story comes up too often, it is less commonly reported than the natural disaster stories, which can go on for weeks. Reporters can not only visit and report on the scene, they can interview experts who can give us all the speculation and details to which we don't really need to listen. We can then spend weeks getting to know the victims, all heroes in their own way. We cannot help but be touched. We send donations to the affected families. We then do little to avoid having it happen again and again.

Then there is the obligatory international violence report. It always involves Muslims killing or rioting or killing while rioting or rioting because of a killing caused by rioting. The motto should be "Go to the Middle East and have a riot, they're to die for." There is always much empty speculation as to the cause and the solution. "What are they thinking and is it anything like what they are saying? Can we believe them or convince them that we do even if we don't? And will they believe that we believe them? And does any of this speculation really matter?"

We are sometimes subjected to the opinions of politicians that no one can take seriously, talking seriously as though they were able. The more often they appear on TV, the less reason they have to do so or we have to listen. When the word "war" comes up, we can always count on an interview with the terribly senior senator from a great southwestern state. His answer to every international problem is the same — let's go to war! Let's bomb Libya, Egypt, Yemen, North Korea, Iran and Syria — at the same time if need be.

Then there is the medical segment with a network medical expert who also manages to have a full time practice in

positives, causing unnecessary testing. Coffee and alcohol are good up to a point, but that point keeps changing, perhaps affected by the amount we drink. Cigarettes are still harmful, apparently. So far.

This segment can be followed by the day's gossip. It usually involves some trouble involving a celebrity who became one by getting into the same trouble. Is so-and-so in rehab again? Did so-and-so really do that while driving? Are they really breaking up? Were they really ever together? Are they real? How do you know? And why should I care? And what is their take on the major issues of the day? This segment lets the media get back at their unfavorites, unusually the non-p.c. Did someone say something that could be racist, ageist, sexist or otherwise embarrassing? Let's hear all about it, shall we?

A celebrity known to be a female Southern Bubba recently revealed that she once used the "N" word. Can you imagine? No one else ever has, have they? Let's watch her career fall apart day by day. How many brave sponsors have cancelled her because they would never have used such language, nor would any of their customers? What could be worse? I know. An actor said something bad about a religious minority group when he was really drunk. The network news allowed us to watch him be destroyed, a little more each week. None of us have ever been drunk and none would ever say anything bad about any religious group would we? The media loves to see the successful fail, an American schadenfreude (a great German word that means taking joy in someone else's loss).

All this "news" usually ends with a positive story about an American or group of Americans doing good for others. The stories are truly touching and show how wonderful human beings can be. It almost makes you want to be one, even after all the bad things we see that they do during the rest of the news.

Then there is the print media. The print media, including online stories, try to grab us with the headline. The reporter seems to lose interest in the story right after the headline. I think that the problem is that the story cannot live up to the headline. So the headline is "The President crushes the House leadership." The story is that the President has said he would veto legislation that also included..... There is no crushing. No crusher or crushee. Just the headline that got you to read an otherwise uninteresting article.

Cont. p. 17

Do you have a pinched nerve? We can help.

Dear friend,
It's hard to believe, I know, but it's true. Last year more Americans were killed by prescription drugs than by guns, AIDS, suicides and terrorists combined...But we'll get to that in a minute.

Let me start by explaining the photo in this letter. You know when I meet people in town they usually say, " Oh yeah, I know you, you are Doctor Meakim. You have been on the corner of Beach and Jones for years..... " Well, that's me. I'm also the woman hugging her niece at the jersey shore in the picture.

17 years ago something happened that changed my life forever. I was a young woman living in Philadelphia when it happened. I was driving with a friend when she missed a stop sign and rammed into the side of another car. We were all shaken up. The police were called and we all went to the hospital. No one was bleeding, so the doctors took some x-rays of our neck, gave us pain meds and sent us on our way. The next day I woke up with pain everywhere and it just kept getting worse. For years I tried everything that I could find. For an escape from the pain, I went to medical doctors, physical therapists, acupuncturists, I tried special pillows, and anything I thought might help. I spent a lot of time and money. Along the way I had two more car accidents and the pain kept getting worse and worse. I had developed fibromyalgia, neck pain, mid-back pain and low-back pain with tingling and numbness down my right arm and leg. I was scared that something was really wrong with me. This could not be normal. I was only 33 years old and felt like I was 100. That is when someone told me about a chiropractor that they thought could help. As a matter of fact, after the first person told me about him, two more people did that same week. So I made an appointment with the chiropractor. Thank goodness that they took the time to help me! I went to his office where he asked me about my problems, did an exam, and took some x-rays of my head and back. After that he pointed out where my nerves were pinched and adjusted them. The adjustment was so light I barely felt it. I began crying as I felt the pain leave my body for the first time in years. It may sound strange, but I was so happy and grateful for the relief that I still thank him every day! After that, I knew what I had to do. I had to become a chiropractor, and that's how it happened!

I have adjusted many children within the first 15 minutes after birth. They obviously didn't complain of neck pain or back pain; I adjust them to keep them healthy... as with all the hundreds of children I care for in my office.

You see, it's not normal for kids to get ear infections, asthma, allergies or a number of other illnesses we see clear up in our office everyday.

When the nervous system is working correctly your internal resistance and healing powers are enhanced.

A healthy family does NOT rely on medication to make them well. My family does not turn to medication to seek health and we don't have a "medicine chest" in our home. Due to years of advertising saturation from the pharmaceutical companies most Americans do seek health from outside- in and most families have a "medicine chest" filled with an average of 16 different medications.

In an average year, the World Health Organization (WHO) reports over 1.5 million hospitalizations due to medication. Last year the WHO reported 350,000 deaths due to medication people took... and 160,000 were when the drugs were prescribed correctly. More people died last year from medication than at Pearl Harbor and Vietnam. Amazing huh?

If drugs make people well, then those who take the most should be the healthiest, but this simply isn't the case.

Many people are beginning to understand that health comes from within. This is why chiropractic helps so many people. You see, your body can heal itself. Your body doesn't need any help; it just can't have any interference. With chiropractic, we don't add anything to the body or take anything from it. We find interference in the nervous system and remove it thus enhancing the healing capacities of the body.

We get tremendous results... it really is as simple as that.

For the past eight years, people from San Francisco and the surrounding area have come to see me with their pinched nerve problems.

Headaches • Migraines • Chronic Pain • Neck pain • Shoulder/arm pain • Whiplash from car accidents • Backaches • Numbness in limbs • Athletic injuries just to name a few.

Here is what some of your neighbors have said:

"I had back pain for 15 plus years and two back operations. Now I play tennis, sit at my computer and enjoy an active pain free life! Thank you Dr. Meakim!" — A. McGrath

"All possible medicines and doctors, you made a miracle taking away my pain!! I am a happy wife and mother again!" — L. Igudesman

"I have had chronic neck, shoulder and arm pain for the last 4 years. After seeing Dr. Meakim I can now twist off caps, button/zip my own pants and there is no longer a need for me to ice my arm in the morning and night! I feel more energetic, and can move my arm and neck pain free!" — C. Brubaker

Now...Find out for yourself and benefit from an AMAZING OFFER- Look, It should not cost you an arm and a leg to correct your health. You are going to write a check to someone for your health expenses, you may as well write a lesser one for chiropractic. Anil know you're smart. You want to get to the cause of the problem, and not just cover it up with drugs. When you are one of the first 20 people to call and schedule a new patient exam (by October 24th) you will receive that entire exam for \$37. That's with a consultation with the doctor, examination and x-rays... the whole ball of wax, and there are no hidden fees. But call right away because we expect to be flooded with calls as this exam costs \$317.Again there are only 20 of these slots so don't miss out. I hope that there's no misunderstanding about the quality of care just because I have a lower exam fee. You'll get great care at a great fee. I just offer that low exam fee to help more people who need care.

My qualifications:
I am a graduate of Palmer College of Chiropractic, I have published articles in leading chiropractic journals and taught chiropractic to chiropractors! I've been helping your neighbors in San Francisco since 2004. I've been entrusted to take care of tiny babies to athletes that you may know.

My assistant is Karen and she is friendly and ready to assist you to set up an evaluation. Our clinic is both friendly and warm and we try our best to make you feel at home. We have wonderful service at an exceptional fee. Our clinic is called San Francisco Family Spinal Care and it is at 505 Beach Street (we are at the corner of Beach and Jones on the edge of North Beach). Our phone number is 415-771-7071. Call today for an appointment. We can help you. Thank you. — Dr. Christina Meakim D.C.

P.S. When accompanied by the first, I am also offering the second family member this same examination for only \$17.

P.P.S. Can you imagine not having to wait at a doctor's office? Well, your time is as valuable as mine. That's why we have a no-wait policy. You will be seen within minutes of your appointment.

P.P.P.S. Of course, all people respond differently to care.



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Gut Health: Navigating the Intestinal Tract

By Jonathan Farrell

In the past few years the focus on digestive or intestinal health has increased. Many yogurt brands now have “pro-biotic cultures” to aid in a healthy digestive system. Yet with all the products currently on the market, this reporter was curious to know what is for real and what is hype? No doubt the recent recall of a popular “Greek-style” yogurt brand due to mold might have consumers wondering.

Still, the importance of a good bowel movement seems to be heard loud and clear by yogurt producers like Dannon, who since 1987 with the development of bifidobacteria have made “pro-biotic” a household phrase. Dannon is the maker of Activia, one of the most popular on the market. While many of the digestive health products are yogurt based, not everything about digestive health is dairy related.

Why all this concern over intestines or “gut health” as some call it? “A healthy intestinal track is really important,” said the *Westside Observer’s* own Sharon Caron in her monthly wellness column. “Most of the problems are due to stress and poor diet choices.”

The National Commission on Digestive Disorders in the United States reported in 2009 that 60 to 70 million Americans are affected each year by digestive diseases, at a cost that exceeds \$100 billion in direct medical expenses.

Conditions like Irritable Bowel Syndrome, or having too much acid or not enough acid in the body, are all symptoms related to lifestyle and diet. In her work as a natural healing practitioner, Caren believes in the use of natural essential oils as one way to help heal or restore balance.

Caren who suffered injuries from a car accident in 1977, has built her natural healing practice from the view-point of wanting to understand the process of healing and to maintain wellness naturally. Eating a proper and healthy diet was crucial. Yet, as she notes, “I realized if I wasn’t eating the proper amounts of raw fruits and vegetables, I needed to supplement. This is a way the body rejuvenates itself to stay healthy and vital.” Many of the supplements on the market that help with digestion and “regularity” of bowel movements are fiber based, often in a powder or granule form.

Some forms of fiber are called “Pre-biotics.” Paul Clark is an herbalist on staff at Pharmica, which describes itself as an integrative pharmacy that promotes natural products in all of its stores. There is a location not far from West Portal in Cole Valley. Clark explained that pre-biotics are non-digestible or partially digestible food ingredients that stimulate the growth of healthy bacteria in the colon and thus promote better overall health. He understood the concern and curiosity as he said, “there are dozens and dozens of products out there, it is important to look at the source of the product, where does it come from? Is it reputable?”

Clark at Pharmica also explained that diets full of good healthy fiber help maintain proper intestinal health. “There are several ways the human body, cleanses

itself, the colon is just one,” he said. “Studies have shown that the American diet needs at least 28 grams of fiber a day, whereas typically the average person only consumes about eight to 11 grams.” Clark also noted that as people age, their needs change, and therefore paying attention to diet is crucial for continued good health. “There are lots of fiber products on the market, just as there are dozens of probiotic and yogurt products on the market. We here at Pharmica strive to provide the best of the products.”

He, Caren and others this reporter talked to admitted in today’s consumer market, the ever-growing array of products seems endless. Choosing the right product can get confusing. As Clark explained, “again it all has to do with source of the product, the ingredients and what a person’s needs are.” Certainly there is a lot of hype out there with regards to products, even those that are labeled as “natural” “organic” “high in fiber” or even “probiotic.” “All you have to remember about ‘probiotic’ is that it is the actual ‘live-culture,’” said Clark. “‘Prebiotic’ is simply the stuff that helps promote or encourage the live-culture (or good bacteria) to grow. For those who have issues with dairy, or gluten, then they should look to other foods that have probiotics in them such as fermented foods. No matter whether fiber or dairy t, a diet rich in fresh fruit and vegetables is important.”

Constipation (and other intestinal issues, like acid reflux, indigestion) is of concern if on-going. Caren pointed out that so many people are prescribed antacids, laxatives and other pills. Such pills and medications only treat the symptoms, not the causes. Caren noted people must avoid getting hooked on pills or antacids for intestinal problems. With the help of her fellow essential oil consultant Lauren Broiller, Caren provides regular workshops and informational series on the importance of “a healthy gut and healing your gut naturally.”

And, of course, Clark recommended that people consult with their doctor or medical professional before buying any product. Consulting with a medical professional first can save time and money. But as Clark, Caren and Broiller pointed out, no supplement alone is a replacement for a sound health diet.

Editor’s note: Sharon Caren no longer writes “Sharon the Health” for the Observer. Her informative columns are available at westsideobserver.com/columns/Caren.html

Jonathan Farrell is a San Francisco freelance reporter. Feedback: jonathan@westsideobserver.com

WOTPCC (Cont. from p. 9)

Prior to adjournment of the meeting, a topic arose regarding the U.S. Department of Fish and Wildlife using eminent domain to take 3.2 acres of property from landowners on Marietta Drive to establish space for the reforestation of the Franciscan Manzanita plant, which was only recently found (after thought to be extinct) during the Doyle Drive project, but can be bought (not in the wild) from local plant nurseries. It was mentioned that U.S. Representative Jackie Speier would be speaking at the West Portal Clubhouse on October 7th.

The next meeting of the WOTPCC will be on Monday, October 28th at 7:30 PM. Please see www.westoftwinpeaks.org for where the meeting will be as it may have relocated back to the Forest Hills Clubhouse.

Remember When?



D-742
12-7-23

View from Twin Peaks, looking northwest Date: Dec 7 1923. By permission of the San Francisco History Center, San Francisco Public Library.

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

Sudoku-fun!

Rules:
Each puzzle is a 9 by 9 grid of squares divided into nine 3 by 3 square blocks, with some of the numbers filled in for you.
The Object:
Fill in the blank squares so that each of the numbers 1 to 9 appears exactly once in each row, column and block.
Answer:
The answer appears below.

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

BRAIN FUD

Chain Letters 4x4

Language brain teasers are those that involve the English language. You need to think about and manipulate words and letters.

The following two 4x4 grids each contain a 12-letter word. Each word is formed by a chain of letters. A word can begin with any of the letters. The second letter of a word is adjacent (either horizontally, vertically, or diagonally) to the first letter, the third letter is adjacent to the second, and so on. No letter can be used more than once. Four letters in each grid will be unused.

EIOM
RHPI
KOHY
CIGL

FRDY
CAIH
ATOI
RBER

The words are HIEROGLYPHIC and CARBOHYDRATE
Answer

OPEN LATE



By Julie Casson

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20 Corona St	Ingleside Terrace	2	1	1	749,000	831,000	110.95
585 Dellbrook Ave	Midtown Terrace	2	1	1	735,000	765,000	104.08
69 San Anselmo Ave	St. Francis Wood	3	3.5	1	1,675,000	1,675,000	100
30 Santa Ana Ave	St. Francis Wood	6	4.5	4	3,250,000	3,250,000	100
140 Manor Dr	Mount Davidson Manor	2	1.5	1	899,000	910,000	101.22
208 Kenwood Way	Mount Davidson Manor	4	2	2	1,495,000	1,415,000	94.65

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THE REAL ESTATE ANSWER MAN By Kevin Birmingham



Q: When buying a fixer-upper, what should I be aware of?

Brian Valandra

A: Besides a good property inspection report, have a contractor that is experienced with renovations have a look at it as well. Once all of that's done, you'll need to decide if you're paying cash to rehab the property or if you're going to need a rehab loan to facilitate this.

Q: What is the best approach to winning a real estate bidding war?

Betty Wong

A: The best approach is unfortunately not available to most people - and that's to buy with cash. This is hard to answer because every seller is different...some are looking for the top price; others care more about particular time frames and conditions. It also can help to create a personal letter addressed to the seller.

Q: My husband and I may be relocating to San Francisco Bay from Ireland; we have two daughters, 5 and 1. Where is the best, safest place to rent a house?

Annette Devine

A: In San Francisco, the majority of the Irish community is in Sun-set District. In San Mateo County, the majority is in the city of Burl-ingame. The Irish Immigration and Pastoral Center can be a big help, www.sfiipc.org. They often put out announcements for those looking for housing.

Kaye (Cont. from p. 14)

But it's worse than that in the print media. Not only are the headlines sensationalized, but the reporting is of such poor quality. News writers in general seem to have lost the basics like who, what, when, where and why. They forget to summarize the story in the first paragraph and then they go on to leave out essential parts. There can be a story about an attack at a military base. Several of our people are killed. What happened to the shooters? Sometimes they actually leave that part out. Or there is a report about sentencing and it neglects to finally say what it was or at least what it could be. During the war in Iraq, we got a nightly count of our casualties but never told how many Iraqis had died. And they never mentioned that they never mentioned it. It was hundreds of thousands in case you still haven't heard.

It seems that many report-ers think themselves more like stenographers. They just record what the person interviewed says, even when not being asked. Reporters seem to sometimes for- get that they can ask challenging questions to get at the bottom of the story rather than staying on the very surface of it.

And just when it seemed that journalism had hit an all time low, it went further off course. It started years ago with cable news that must pad and almost create news in order to stay on the air 24 hours a day. And then there was Fox "news" or what some call

"Fixed News" because it seems that it was scripted by people with a specific political agenda and not one that reflected intelligence, integrity or impartiality, i.e., the ultimate slap in the face of jour- nalist standards.

But now there is something even worse. It is malcontents leak- ing masses of confidential infor- mation in the name of journalism. Wikileaks and its sympathizers are seeking all the prestige and protection of journalism while actually just practicing mean- spirited gossip. The information they leak does not help anyone and is usually misunderstood and misrepresented. The mainstream media give these false journalists too much attention, which only encourages their basic narcissism.

I recall the biblical passage admonishing the people to post sentries at all the gates of the city. Besides the straightforward tacti- cal advice (something we are only now learning about the need for - better border security), it is also symbolic. It means that we should control what goes into our body through its various entrances, including our eyes and ears. To this end, each evening I use fast forward to go past the repetitious, the gory, the gossip, and the sen- sational. It leaves me with a few minutes of interesting news. And there is some interesting news, every night, no matter what; you just have to work hard to find it.

That's what's news.

Feedback: kaye@westsideobserver.com

So What Is All This Stuff About Common Core?

By Carol Kocivar

One of the big changes in how our children are taught is the new Com- mon Core standards. Put simply, standards describe what students should know and be able to do.

The big idea of Common Core is contained in the name: *Common and Core*.

Common—

For years and years, education standards varied state by state. A child in the third grade in Texas and a child in the third grade in New York and a child in the third grade in California had different educa- tional expectations. And when a family moved... well...you guessed it...there was a problem.

Since 2010, 45 states have adopted essentially the same standards for English and math. This provides consistency, especially if students change schools or move to a dif- ferent state.

Core—

There are certain learn- ing goals that all that chil- dren should strive to meet. Core stan-

dards set clear and consistent expectations for par- ents, teachers and students. And equally important, these standards change what we expect of our stu- dents as we move to a global economy that stresses critical thinking and higher-level skills.

What they are not.

Standards are expectations of what students should know and be able to do. They do NOT define how teachers should teach.

They also target what is essential—moving away from the concern that our educational expec- tations were a mile wide and an inch deep.

Taking a Look at some Standards

While there has been growing political con- versation from both the left and the right on this change, one of the best ways to get a feel for Com- mon Core is to actually take a look at what this means for our kids. The Standards for English Lan- guage Arts and Literacy have a bunch of compo- nents: reading, writing, speaking and listening.



Let's take a look at the continuum in one area: **Reading Standards for Literature: Key Ideas and Details**

Kindergarten- With prompting, ask and answer questions about key details in text.

Grade two: Ask and answer such questions as who, what, where, when, why and how and demon- strate a key understanding of details in a text.

Grade 5: Quote accurately from a text when explaining what the text says explic- itly, and when drawing inferences from the text.

Grade 8: Cite the tex- tual evidence that most strongly supports, and analysis of what the text says explicitly, as well as inferences drawn from the text.

Grades 11-12: Cite strong and thorough tex- tual evidence to support analysis of what the text says explicitly, as well as inferences drawn from the text, including determining where the text leaves maters uncertain.

The California Department of Education pro- vides a full list of standards in both English/lan- guage arts as well as math if you would like to take a closer look.

www.cde.ca.gov/be/st/ssindex.asp

For parents who want a slimmed-down version with suggestions on how to help your child, you can find these on the California State PTA web site:

www.capta.org/sections/programs/e-stand- dards.cfm

Carol Kocivar is former President of the California Parent Teachers Assn. and she lives in the Westside. Feedback: kocivar@westsideobserver.comv

Standards are expectations of what students should know and be able to do. They do NOT define how teachers should teach.

They also target what is essential ... our educational expectations were a mile wide and an inch deep.



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WHISTLEBLOWERS Dr. Maria Rivero & Dr. Derek Kerr

ETHICS COMMISSION: WHISTLEBLOWERS: "D.O.A." Pt 2

As described in last month's WSO, the Ethics Commission (EC) has many ways of "dismissing" complaints, resulting in a 100% denial of Whistleblower Retaliation claims.

The City Charter requires that Ethics forward to the City and District Attorneys all complaints that appear to show a violation of Ethics laws. Similarly, Ethics can't even issue formal letters of advice without vetting by the DA and City Attorney. We can infer why whistleblower complaints are doomed by looking at the legal machinations that undermine Sunshine complaints.

Ethics Executive Director John St. Croix admitted that 14 of 27 Sunshine complaints "were dismissed based on advice from the City Attorney's Office..." The City Attorney has a duty to defend City officials. Since Sunshine complaints are *all* directed against City officials, complainants find themselves opposed by City Attorneys who coach Ethics staff.

In a 3/18/11 *Bay Citizen* story, Ethics Executive Director John St. Croix admitted that 14 of 27 Sunshine complaints "were dismissed based on advice from the City Attorney's Office..." The City Attorney has a duty to defend City officials. Since Sunshine complaints are *all* directed against City officials, complainants find themselves opposed by City Attorneys who coach Ethics staff. Fortunately, Ethics Regulations require the Director to send; "a monthly summary to the Commission of each complaint dismissed, including the reason for dismissal." Unfortunately, the Director and City Attorney calculate how little to share, because "such information shall comply with the confidentiality provisions of the Charter." Blunders and cover-ups are easily disguised in confidential summaries — especially bungled whistleblower investigations. Further, Commission oversight is illusory. A July 2006

Staff Report revealed that Commissioners rubber-stamped 90% of recommended dismissals. In September 2006, the Commission agreed to forego monthly reviews, and accepted a Quarterly Log of St. Croix's dismissals. In 2011, a Commissioner confided to the Grand Jury that, "the Commission should support the Executive Director in his decision to dismiss a case." Like Sunshine complaints, Whistleblower Retaliation claims fault City officials. That's why they're always dismissed. In government misconduct cases, Ethics becomes a front for the City Attorney's wangling.

Ethics referrals to the District Attorney's Office offer little hope for whistleblowers. Our 2009 complaints about tainted Department of Public Health contracts sat in the DA's Office for 9 months. After we complained, two Deputy DAs interrogated former Health Director Mitch Katz, then referred our case back to Ethics. After closing the case, the DA's Office wouldn't release any information about its findings. *CitiReport's* 3/8/12 article: *Gascón: No Action on Ethics Sunshine Referrals* described similar disregard with seven Sunshine complaints that Ethics referred to the DA from 2009 through 2011. In each case, Ethics had asked the DA "whether your office will pursue this matter." The Charter requires a response "in writing" within 10 days. Neither the DA nor Ethics could provide records of a response. Apparently, Ethics referrals to the DA are also D.O.A. — whenever citizens find fault with City officials.

The EC's drive to deny complaints also leaps from a 6/5/12 report by the Board's Budget and Legislative Analyst. Harvey Rose compared the enforcement practices of the San Francisco and Los Angeles Ethics Commissions. Here, a whopping 76% of 137 complaints were dismissed, versus just 19% of 354 in L.A. Amazed by this

4-fold discrepancy, Rose dawdled, "... more research could be done to explain the differences." No kidding. So in December 2012, we inquired of Ethics Deputy Director Mabel Ng, who attributed her higher dismissal rate to not screening complaints until "the last year or so." A 5/23/13 Staff Report elaborates, S.F. "historically initiated a formal complaint prior to conducting a preliminary review," whereas L.A. conducts a preliminary review "prior to an allegation becoming a formal complaint." If so,

then L.A., with 10-times our population, must be junking most of its tips to achieve a dismissal rate 4 times lower than S.F.'s. When we asked L.A. Ethics investigator David Tristan, he denied that most complaints were written off. The SF Staff Report adds that "since 2011 staff has conducted a much more extensive preliminary review" — similar to L.A.'s system — to ensure that only credible formal complaints are "brought forward." However, Enforcement Summaries in "the last year or so" (9/12/11 to

9/24/12) still showed a 74% dismissal rate.

Our Ethics Regulations state that the Director "may dismiss the complaint if the allegations do not warrant further action." Most complaints — including retaliation complaints — are euthanized under this "preliminary review." Implementing L.A.'s "much more extensive preliminary review" — prior to investigations — will deepen the shade because fewer complaints will be investigated, and only investigated cases are publicly recorded. Will screened-out complaints be buried? There's no provision for discarding complaints, though it's been done. To manage a backlog of 45 complaints in 2004, St. Croix tossed an undisclosed number of "non-viable" cases. The 2005 Annual Report portrayed the maneuver as "closing investigations that are unlikely to be resolved."

Occasionally, the Director opens a "formal investigation." This route usually ends in dismissal too. Customarily, there's "not probable cause to believe" that any violation occurred. Then, the dismissal recommendation goes to the Commissioners. Before 2011, dismissals were automatically endorsed — unless two Commissioners wanted a Closed Session review. After the Grand Jury's lashing report, Ethics lowered the review threshold to one Commissioner's request. Alarmed by an "abdication of oversight responsibilities," the Jury also urged Commissioners to "vote on investigations recommended for dismissal." They refused. By staying a course that nullifies whistleblowers, Ethics has devolved from favoring respondents, to suppressing complainants, to abetting reprisals.

Dr. Maria Rivero and Dr. Derek Kerr were senior physicians at Laguna Honda Hospital where they repeatedly exposed DPH wrongdoing. Contact: DerekOnVanNess@aol.com



Crime & Safety (Cont. from p. 5)

currency or cell phones.

The first incident occurred at 45th and Rivera.

The second incident occurred at 44th and Taraval (Liquor Store).

The third incident occurred in the area of 16th and Taraval St.

Please do not attempt to apprehend the Suspect, but if you recognize the Suspect in the above pictures, please contact the below assigned investigator.

Major Crimes Unit: Contact Investigator

Sgt. Anthony Ravano (415) 734-3179 anthony.ravano@sfgov.org

Captain Lam's next Taraval Community Meeting is scheduled for Tuesday, October 15, 2013, 6:00 pm to 7:00 pm at Minnie & Lovie Ward Recreation Center, 650 Capitol Ave. 759-3100.

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Real Travel By Sergio Nibbi**Just a Walk in the Park**

Graduating from Dartmouth was an honor, running the equivalent of a marathon a day for 7 days through the Sahara desert was a challenge. Having competed in an Iron Man triathlon and having finished first in his age group was an accomplishment few can claim. The 2.4-mile swim, a 112 mile bike ride followed by a marathon of 26.2 miles must have seemed like a piece of cake for our grandson, Trevor, as he prepared for a week of physical punishment which entailed a week long, 250 kilometer run across the Saharan desert. A 20 pound back pack carried his supplies for this ultra-marathon, in which participants carry their own clothing, medical supplies and most amazingly, all their own food in the form of dehydrated meal packets. Water and nightly shelter was supplied by the clean water charity, Water.org, the sponsor, but certainly no Big Macs along the way!



With the usual happenstance of world travel, Trevor's flight to Cairo was relatively easy considering the possibility of missed flights, long security delays, and misplaced hotel reservations. In the lobby of his starkly modern and quite beautiful hotel he had the opportunity to visit with fellow runners from all parts of the world while rethinking his readiness; choice of gear, food for the week and fitness plan, just to name a few. With an afternoon devoted to site-seeing downtown Cairo, where East meets West in a city renowned for its hospitality (how things have changed is so short a time), Trevor used his best Arabic to explore while thinking about the early morning four hour bus ride into the desert.

The first camp was situated next to a deep blue cerulean lake, surrounded by a mix of hard and soft sandy terrain which would become such an integral part of his existence for the next week. Following a rehydrated dinner, traditional Bedouin music suddenly broke out as the group clapped in harmony. Moving from tent to tent was an excellent opportunity to guess the competitors' nationalities and origins. By bedtime, the 10 runners in each tent were lined up head to feet in order to conserve space, knowing that with each new camp the smell would become more and more unbearable but in the end no one seemed to care.

"Really being out in the open" took on a new meaning as there was "nothing" out there for endless stretches of terrain. An old caravan road sped things up for about 13 miles, while he was averaging ten minute miles. Not a bad start for the first day, coupled with the encouragement of fellow competitors such as the group of Taiwanese runners carrying a 10 kilo ceramic "prince" the entire distance of the course. The night sky was razor sharp and unobstructed, still lit by the gentle glow of light pollution from Cairo off to the Northwest.

The second day brought an endless supply of soft sand, which reduced his progress to a speed walk. The strangest thing was the complete lack of depth

perception, having small features from afar turn into objects that were hundreds of feet tall. The camp was certainly a welcome site, having finished by early afternoon, and allowing time for an early nap as they awaited the day's stragglers.

The next few days provided more of the same, sand, heat, leg cramps and endless power walking. Every day had new challenges but with them came more encouragement that the body could be pushed beyond perceived limitations. In the heat of the day the question always became, "how did I ever get here to such beauty and isolation?" Each day brought insurmountable challenges, but knowing that the end was ever closer and with it the thought of food long forgotten.

With cooler evening temperatures the last 55 miles traversed in the last day left only a mere 2k photo op at the finish line the following morning.

With endless thanks to the cheery volunteers, dehydrated meals, and super supportive tent mates, the ordeal was over. The 2,200 calories consumed daily cost Trevor a ten pound weight loss, and the thought of food they were going to consume was replaced by the perceived importance and frequency of actually eating it.

Draped in an American flag, Trevor crossed the finish line, coming in 32nd out of 155 runners that completed the race. Along with this accomplishment he managed to raise close to \$15,000 for Water.org. That was 2 years ago, and today, after having completed his college education, Trevor is now spending four months in Tajikistan as a member of Mercy Corps, helping local residents reestablish themselves after 5 years of civil war after gaining independence in 1991 from the USSR.

Trevor is due back by Thanksgiving, and it will certainly be a day of thanksgiving knowing that he's back safe and sound. If this trek is as exciting as the last one I may have to do a repeat of his adventures in the next few issues....stay tuned.

Sergio Nibbi gets around—the world! Feedback: sergio@westsideobserver.com

Oct. 27, 2013: Soapbox Derby

Returning this year for the second time, the Soapbox Derby is sure to be a huge hit!

Some may remember the many impressive soapbox racers. The Friends of Larsen Playground are gearing up to close the funding gap by hosting another round of this fun, family friendly, and FREE event!

Build a derby car, buy some Larsen Playground swag, donate to the campaign, or simply show up to the event. We are also looking for volunteers for the day of the event, so please get involved if you are able by calling (415) 554-7460 or emailing [Ashley.Summers\[at\]sfgov.org](mailto:Ashley.Summers[at]sfgov.org). Details will be announced soon at www.larsenparkjet.org.

The sport of Soapbox Derby racing has deep roots in District 4. To read more about the Sunset's Soapbox Derby history, click here: www.outsidelands.org/soap-box-derby.php.



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