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25 Years Later: Alioto’s Landmark Anti-smoking Laws

Former Board President Angela Alioto Shares Lasting Memories
By Tony Taylor

It was 1991, and for the first time in a long time, Angela Alioto turned to her legislative aide and said “go get me a smoke.” She had just lost the legislation to ban indoor smoking and, after being smoke-free for 11 years, that day’s setback only fueled her flame.

She thought of ways to stop the tobacco industry from permeating their injustices onto San Francisco’s youth. Tobacco advertisements and vending machines were near schools, ballparks, corner stores, and other establishments where children frequented. She knew that preventing illness due to tobacco meant more than just a ban on smoking inside the workplace.

“Childhood is when you addict them,” Alioto says of the tobacco



ordinances to eliminate tobacco advertising and commercials near schools, basketball courts, libraries or educational institutions where children frequented.

She and her team went after Joe Camel and the eye-level ad campaigns targeted at children. Studies showed that by age six, nearly as many children could name Joe Camel, the R. J. Reynolds Tobacco Company cartoon creation in the 1980s, in association with cigarettes as they could name Mickey

“..... Restaurant owners feared a loss in revenue with the indoor-smoking ban, but statistics proved otherwise. Restaurant sales improved by 22 percent after the ban because people who avoided smoke were now dining out”.

industry. “You wouldn’t believe how they intentionally hooked third-year and fourth-year high school students and minority communities.”

Alioto was determined to stop the tobacco industry from preying. But as she wrote her legislation for the City to sue the tobacco industry, she found that the industry and an influential political figure were clouding her vision.

Former mayor Willie Brown, who was then speaker of the Assembly, had sat down in a Sacramento restaurant with some tobacco industry honchos. There they drafted a section of the Willie L. Brown-Bill Lockyer Civil Liability Reform Act of 1987 on a napkin, which became the 1987 “Napkin Law,” prohibiting Californians from suing the tobacco industry.

The Napkin Section states that anyone who uses a product that is “known to be unsafe by the ordinary consumer” is forbidden by law to sue on the grounds of product liability. California law forbids any consumer from suing the industry for selling an unsafe product.

As Board supervisor, Alioto worked her way from the inside out, starting with a ban on cigarette machines near schools, eventually banning them in bars. She passed



Mouse in association with Disney. She also passed legislation banning self-service cigarette displays. Of all the passed initiatives, Alioto calls the 1993 verdict to ban indoor smoking “the big one.”

However, her victory came at a cost and she says some friends turned their backs on her.

“People would be outside their offices smoking and I’d have to cross the street because if I walked in front of them they would call me names and throw things. They were livid with me.”

Restaurant owners feared a loss in revenue with the indoor-smoking ban, but statistics proved otherwise. Restaurant sales improved by 22 percent after the ban because people who avoided smoke were now dining out.

Now, nearly 25 years after her victory over the tobacco industry in San Francisco, there’s a newly proposed cigarette ban that could go up in smoke: a proposition to halt sales of menthol and flavored tobacco.

Funded almost entirely by the R.J. Reynolds Tobacco Company, Let’s Be Real San Francisco is a committee that includes the Arab American Grocers Association, a number of vaping outlets and the National Association of Tobacco Outlets.

Cont. p. 6

Smash & Grab: City’s Streets Are Littered in Glass

by George Wooding & Frank Noto

Car smash-and-grab break-ins have reached epidemic proportions in San Francisco

During a recent citizen and police gathering in District 7, Park Station police captain John Sanford stated that “97% of the crime in D7 is due to car break-ins and 67% of those break-ins were to rental cars.”

All too often, residents and visitors/tourists to San Francisco experience the disappointment of finding their car window smashed and valuables gone. In 2015, auto burglars in the City and County of San Francisco walked off with more than \$19 million in stolen goods. The problem of stolen property and cars damaged by break-ins has become so common it is considered part of the cost of City life.

Unfortunately, auto burglary in San Francisco occurs more than 70 times a day, every day, across all neighborhoods, and to all kinds of people — especially to visitors driving rental cars. Thieves can recognize rental cars because of company decals and bar codes on windshields, bumpers, and side windows.

Car break-ins in San Francisco really took off shortly after state voters passed Proposition 47 on November 4, 2014. The purpose of Proposition 47 was to reduce California’s population of prisoners who had been convicted of non-violent, low-level crimes. Additionally, crimes including many car break-ins that used to be felonies were reduced to misdemeanors.

While statewide evidence for a link between Prop. 47 and car break-ins may be mixed, the new state law created a perfect environment for car break-ins: more released criminals and misdemeanor charges for many car break-ins. Now, if someone breaks into your car and steals less than \$950 they may be charged with a misdemeanor rather than a felony. Additionally, there must be an eyewitness to the crime or tangible evidence such as broken glass on a suspect’s clothing. A misdemeanor charge may mean no more than a night in jail, particularly after first-time convictions. These “get out of jail for free” citations allow a perpetrator to be breaking into cars the next day.

The 2016 Grand Jury report, *Auto Burglary in San Francisco*, stated: “This report is based on an investigation conducted from June 2015 through March 2016 into the crime of auto burglary in the



County of San Francisco. In the early phase of the research, we learned that the number of car break-ins in 2015 had reached a five-year high — 24,800 recorded incidences. Media sources indicate this is a 34 percent increase over the previous year and almost three times more than reported in 2011. We make a conservative estimate, based on 2015 SFPD data, that theft of property related to these crimes cost victims a minimum of \$19 million. This estimate excludes the costs of repairs to vehicles and inconvenience to the victim.

“This conservative figure calculated from reported incidents only is based upon \$1 for each report classified as a misdemeanor and \$950 for each report classified as a second degree felony, where \$950 is the lower limit for felony property theft. Thus, 20,280 [auto break-ins] X \$950 = \$19,266,000 minimum value of felony reports plus 4,546 X \$1 = \$4,546.00 minimum value of misdemeanor reports amounts to a total of \$19,270,546.”

In a related story, the *New York Times* reported, “Recent data from the F.B.I. show that San Francisco has the highest per-capita property crime rate of the nation’s top 50 cities. About half the cases here are thefts from vehicles, smash-and-grabs ...” Unfortunately, of the 24,800 reported incidents in San Francisco in 2015, only 484 (1.9%) arrests were made. Most large Cities have an arrest rate of over 14%. San Francisco has become the national Mecca for people who break into cars.

Drivers of rental cars are constantly targeted because smash-and-grab thieves know that they will often have luggage, high-technology equipment, and the most difficulty coming back to

Cont. p. 8

Proposed St. Luke’s Hospital Sub-Acute and SNF Units Closure Endangers Everyone

CPMC’s Shameless Patient Dump

by Teresa Palmer, MD and Patrick Monette-Shaw

Out-of-county patient dumping of San Franciscans following hospitalization is certain to increase.

San Francisco is poised to lose its only skilled nursing facility (SNF) providing both sub-acute care for patients who need ventilator care, as well as for those who need routine post-acute hospitalization rehabilitation.

St. Luke’s, operated by California Pacific Medical Center, announced June 6 it’s closing its SNF unit October 31, as there will be “no space” for a skilled nursing facility in either of its two new hospitals (St. Luke’s and Cathedral Hill locations).

Licensed for 79 SNF beds, St. Luke’s SNF currently has 24 “sub-acute” patients who face out-of-county placement as far away as Sacramento and Los Angeles. Sub-acute skilled nursing care is required for patients who need ventilators or other forms of very complex care to survive. There are no other sub-acute units in the county.

“The closure of St. Luke’s Skilled Nursing Unit



Ruth Cativo testifies before the Health Commission opposing the closure of St. Luke’s sub-acute SNF unit where her father is a long-term care patient. Photo: © Courtesy of California Nurses Association; used with permission.

represents a watershed moment in the history of San Francisco, a moment when many generations of San Franciscans will look back and wonder what happened to the options for persons who need neighborhood-based or local options to 24/7 [skilled] nursing care,” Benson Nadell testified to the Health Commission on August 15. Nadell is the program director of San Francisco’s Long-Term Care Ombudsman program, a state-administered program.

Cont. p. 4

Safe Injection Sites: Neither Drug Dens nor Roads to Recovery

by Dr. Derek Kerr and Dr. Maria Rivero

Tents, trash, feces, disorder and despair. Shooting up, nodding out or freaking out on sidewalks strewn with discarded needles. This April alone, City crews swept 17,511 syringes from City streets and encampments – even around Civic Center. This is the public face of the 22,500 people who inject drugs in San Francisco where 69% are homeless or marginally housed. Invisibly, they harbor 20% of the City’s HIV cases and 70% carry Hepatitis-C per the Department of Public Health (DPH). In 2015, 179 people died of drug overdoses, about 100 by injection, primarily heroin and methamphetamine, mostly hidden in Tenderloin and South of Market hotels. Drugs drive thousands of ambulance runs and hospital visits for infections, overdoses, falls and other complications yearly, not to mention crimes and arrests.

Drug addiction is viewed by experts as an illness - *substance use disorder*. To tackle its public and personal costs, the Board of Supervisors passed Resolution 123-17 in April. It urged the DPH to convene a 15-member Safe Injection Services Task Force to assess setting up sites where people can legally inject their own drugs using sterile equipment under medical supervision, and connect with health, drug treatment and social services. This month, after 3 public meetings, the Task Force will send recommendations to the Mayor. In June 2016, Mayor Lee had rejected a proposed injection site at a homeless Navigation Center, declaring his “vigorous disagreement over allowing people to inject heroin and meth, to literally destroy their bodies and their minds, in a City-funded shelter.” The tide shifted once DPH Director Barbara Garcia endorsed injection facilities in December.

Safe Injection Sites (SIS) originated in Switzerland in 1983 then spread to 100 cities in 10 countries including Australia, Canada, Denmark, Germany, and Spain. Two of these incorporated scientific evaluation protocols; the Medically Supervised Injecting Centre set up in Sydney Australia in 2001, and the Insite program in Vancouver Canada established in 2003. Their research shows that SISs attract hard-to-reach, high-risk drug users, notably the homeless and long-time addicts, many with no prior drug treatment experience. SISs promote safer injection procedures, and likely reduce overdose deaths and infections as well as public injecting and litter. They enhance access to drug treatment, social and health services without increasing local drug use, trafficking or crime. For these reasons, the Supreme Court of Canada blocked government efforts to shut down Insite in 2011. Despite federal disapproval in the US, health officials in Seattle have authorized 2 SISs and San Francisco aims to follow.

Here, SISs would extend the DPH’s Harm Reduction

approach to drug addiction; distributing 2 to 3 million sterile syringes annually, providing methadone or buprenorphine treatment for heroin addiction, and dispensing naloxone (Narcan) to reverse opioid overdoses. Essentially, the DPH partners with habitual users in a non-judgmental way to minimize the harms associated with illicit drug use – without requiring abstinence. By reducing the stigma and isolation of addiction, therapeutic opportunities emerge. However, DPH surveys overstate the acceptability of SISs by omitting the registration require-

“The Bill passed the Assembly 41 to 33 and awaits a Senate vote. Opposing the bill are the Police Chiefs Association, District Attorneys Association, Sheriffs’ Association and Narcotic Officers’ Association ... Nonetheless, SISs offer hope amidst an Opioid Crisis with fentanyl-spiked overdoses despite the fierce policing and mass incarceration of the War on Drugs.”

ments and house-rules that most street users shun. An assumption-laden cost-benefit analysis for a 13-booth SIS predicts operating costs of \$2.6 million, but net savings of \$3.5 million - largely by preventing 415 days of hospital care, 19 cases of hepatitis, 3 HIV infections, and by routing 110 addicts into drug treatment annually. As for overdose deaths, one would be prevented – every 4 years.

Critics who analyzed the data from the Sydney and Vancouver SISs challenged their effectiveness. When surveyed, just 31% of Vancouver public injectors said they would use SISs because registration is required and neither assisted injections nor drug sharing are allowed. Acceptability dropped to 20% with police presence. Clients who attend these SISs, do so for less than 20% of



their injections on average. Canada’s Expert Advisory Committee determined that Insite’s thousands of visits represented barely 5% of overall community injections. Such low utilization rates limit potential and sometimes elusive benefits. The Sydney SIS could not demonstrate reduced rates of needle-sharing, skin infections, hepatitis or HIV. Although Vancouver’s Insite reported improvements in all, the Expert Advisory Committee saw no direct evidence. While neither program reported overdose deaths in-house, their overdose rates exceeded those reported in the community. Apparently, some SIS clients feel emboldened to experiment with higher doses and drug cocktails while safely supervised.

SIS referrals to drug treatment programs are widely touted, but only 14% of Sydney clients were referred. The vast majority did not attend until recently, with added funding and follow-up. In Vancouver, just 18% of clients accepted drug treatment. In San Francisco, merely 14% of drug users surveyed wanted drug treatment from an SIS while 45% wanted food and showers. Denial of disability is a symptom of addiction, but some taxpayers may balk at these returns on investments. However, both the Vancouver and Sydney programs reported cost savings. A minority of local businesses and residents complained about loitering and drug dealing. While no increase in local crimes were detected, cops had boosted patrols around both SISs – a hidden cost.

SIS critics complain that “partisan sympathizers” cherry-pick data to highlight successes. On 7/21/17, the

Cont. p. 6

INNER SUNSET STREETSCAPE PROJECT

MUNI FORWARD



Improvements are coming to your neighborhood

San Francisco Municipal Transportation Agency (SFMTA) and Public Works are constructing new transit boarding areas and curb ramps, replacing utilities, upgrading landscaping and traffic lights, and repaving streets along the N Judah Line between Carl and Cole Streets and 19th Avenue.

To support construction, bus shuttles will substitute N Judah trains

Between Church & Duboce and Ocean Beach

Weekends of 9/8 - 9/11, 9/15 - 9/18, 9/22 - 9/25. Additional dates to be announced.



sfmta.com/innersunset

Smart housing policy must include public input and taking care of the environment

by Kathy Howard & Susan Vaughan

For the last year, legislators have been debating new housing legislation — both state and local — to meet the pressing needs of California’s growing population. One of our local newspapers regularly features articles (and even political cartoons!) beating the drum in favor of building as much housing as possible in San Francisco.

Yes, it is important to face the state’s affordable housing crisis head-on — having a decent home for everyone is critical. But as we work to meet that need, it is also important to ensure that the environment is not harmed and that the community has a say in projects that will impact them.

Creating vibrant urban communities requires a strong commitment to protecting the quality of urban life. Some of the features shared by healthy urban communities include convenient public open spaces, parks, playgrounds, and natural “unimproved” spaces. Creating these communities must also involve a commitment to preserving existing affordable housing, preventing displacement of low and moderate income residents, protecting cultural heritage, providing efficient public transit, and sheltering existing communities from unreasonable economic and physical disruption.

But when there is a lot of pressure for one set of needs — in this case housing — there is the temptation to ignore other needs. There is a tendency to say that ‘just for this project’ it is acceptable for the developer to ignore the need to carefully consider the impact on the environment and the local community.

One such short-sighted idea currently being discussed is to allow projects to be approved “by-right” and, in the process, to bypass environmental review now mandated by the California Environmental Quality Act (CEQA).

The California Environmental Quality Act was passed in 1970 as part of a national wave of environmental protection legislation. CEQA requires project sponsors to disclose the environmental impacts of their proposed projects to the public, to accept public comments, and then to mitigate those impacts. Moreover, CEQA empowers members of the public to legally challenge the adequacy of the environmental reviews.

The Sierra Club strongly supports the power of the people to participate in the development of regulations, plans, and evaluation criteria at every level of

decision-making for their communities. Public input under the environmental review process can actually make projects better!

San Franciscans have a right to know what is going on in their city and to have a say in local planning decisions. Legislation that lets housing projects bypass the

“The costs associated with dealing with the pollution will fall on taxpayers and local governments, instead of on the responsible parties.”



CEQA process is not fair to our community, to our environment, nor to the very people for whom it claims to be providing housing. Bypassing environmental review can lead to greater congestion and associated increases in air and water pollution, loss of habitat, and loss of yet more species. Our new community members will be the ones paying the price of the resulting poor environmental decisions.

Thoughtful city and regional planning with environmental protections is the best way to provide housing for people now and for a planet we can all call home for future generations. In San Francisco, CEQA and environmental review must be a vital part of that planning.

What you can do: Currently SB35 (Wiener) is before the California legislature. This legislation allows local governments to ignore CEQA and bypass environmental review for certain types of housing projects. This can potentially lead to increases in air and water pollution, increases in habitat loss, and prevent the public from having access to information about negative impacts to their health. The costs associated with dealing with the pollution will fall on taxpayers and local governments, instead of on the responsible parties.

Please write to your state senator and assemblypersons and ask them to amend this legislation to require environmental reviews under CEQA.

Katherine Howard is a parks advocate and member of the Executive Committee, SF Group, Sierra Club. Susan Vaughan is a public transportation advocate and member of the Executive Committee, SF Group, Sierra Club.

Ruminations From a Former Supervisor by Quentin Kopp



With the baseball season ending, football beginning, basketball looming, and daily sports writers devoting space and adoration exclusively almost to professional athletes, with an intermittent reference to Stanford and Cal football (never to U.S.F. or City College teams), it’s instructive to the body politic to observe the tribulations of Santa Clara taxpayers and their elected and appointed officials dealing with the Santa Clara 49ers, as *The Examiner* sports editor appropriately dubs them. There’s no greater takers from the public treasury or taxpayer assets than professional sports owners. Having thus hired a new (and supposedly “tough”) City Manager at over \$415,000 a year, the city of only 20,000 residents is trying to collect over \$1,800,000 for police services since the sorry stadium opened in 2014. Meanwhile, the 49ers demand a \$4,500,000 rent reduction for a stadium built principally with public funds after proponents represented it would not cost taxpayers a red cent, including debt payments. Three months ago, *The Chronicle’s* editorial page chief, John Diaz, ruminated that in November 2016, four city council candidates supported by the 49ers and allies were defeated while 90% of city voters approved a ballot measure requiring voter approval of the professional football team acquisition of city-owned youth soccer fields for game parking. Diaz noted that in a face-to-face meeting, he asked the team president whether 49ers contributed to the “preferred” (and defeated) council candidates with “dark money” and the team president wouldn’t answer! For Santa Clara taxpayers, it’s fortunate Mayor Lisa Gillmoor has stood steadfastly for them, uncorrupted by potential 49er blandishments.

Meanwhile, Oakland watches the Raiders, having cost taxpayers over \$50,000,000 for an Oakland Coliseum addition which isn’t used because nobody wants to sit there, cut and run for Las Vegas, and a \$1,900,000,000 stadium which includes \$750,000,000 from taxpayers. The Athletics will be next. Taxpayers will nevertheless continue for 20 years to pay Coliseum bondholders.

As if a well-rehearsed show, Recology was awarded a garbage rate increase in August estimated by Tracy Thompson of the Sunset District as 300%. Larry Bush, President of Friends of Ethics, pointed out

in May that Recology invests in local political campaigns, about \$85,000 since January 2016. Because San Francisco law prohibits contractors from donating to campaigns for elective office, it contributed to public officials running for the Democratic County Central Committee, which doesn’t limit contributions to \$500 per donor. The Garbage Rate

Board is composed of the City Controller, the General Manager of the Public Utilities Commission, and the City Administrator. Coincidentally, the PUC General Manager and the City Administrator are married to one another. The rate increase was assertedly based upon employing more people to educate residents on sorting rubbish, landfill charges, and general costs. Bush calculated an average increase of \$60 per year for each household, meaning an approximate \$21,000,000 increase annually in Recology revenue from an average of 350,000 city households. The last rate increase was just three years ago, a nice piece of business for a monopoly which needn’t endure competitive bidding unlike every other large city and most small jurisdictions in California.

In July, we witnessed the spectacle of preening politicians at the Millbrae BART station “breaking ground” for the electrification of Caltrain. That’s a meritorious project. Its estimated cost is \$2,000,000,000. The money supposedly emanates from federal and state grants. Forgotten by Governor Jerry Brown, Congresswomen Nancy Pelosi, Jackie Speier, and Anna Eshoo, our blissful Mayor, and other politicians at the event is that \$715,000,000 of the \$2,000,000,000 is

money from the California High-Speed Rail 2008 state general obligation bond voters authorized for high-speed rail, not a regional commuter train service. Without voter approval, Assemblyman Kevin Mullen introduced a bill

in 2016, which passed and was approved by Brown to seize \$715,000,000 from the remaining high-speed rail bond money of about \$8,000,000,000 and donate it to electrify Caltrain, thereupon prompting a suit in Sacramento County Superior Court to declare such legislation unconstitutional because it was effectuated by the Legislature, not California voters. As a sponsor of that bond measure in 2008, I’m one of ten plaintiffs, including transit organizations and Kings County. The case is set for trial on December 8, 2017. An important constitutional issue is at stake, irrespective of the worthiness of electrification. It’s called the rule of law. It’s time the Governor and legislators learn the concept.

Disregarding the rule of law also resulted during the summer hiatus of San Francisco taxpayers paying almost \$200,000 to an illegal immigrant, who was transferred by San Francisco Police to federal immigration agents after reporting a stolen car. San Francisco law prohibits police from assisting in enforcement of critical immigration laws. Now, such insult to the rule of law by this “sanctuary city” costs the public treasury money after the illegal immigrant sued San Francisco for violating its ordinance. This illegal immigrant even alleged his right to due process was violated by telling federal immigration authorities that he was in police custody. So it goes in our politically correct city, which might not be in such profligate circumstances if the Indians had adopted stricter immigration laws.

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

OutsideLands.org

Western Neighborhoods Project

West Side Stories

Western Neighborhoods Project

2017 Gala

Saturday, November 4th

Outside Lands News - September 2017

Every 11 years (or so) we have a gala fundraiser. Right on schedule, Western Neighborhoods Project will throw “West Side Stories,” a night of food, drink, and history on November 4, 2017, 6:00 pm-10:00 pm at the TPC Harding Park Clubhouse beside Lake Merced. INFO: www.outsidelands.org/gala/

West Of Twin Peaks Central Council Will be back next week

More INSIDE

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By the Numbers

In the Autumn of Life, Step-It-Up

by Lou Barberini, CPA

I laughed inwardly when my friend told me about the team bus arriving at the hotel. Whitey spotted a nearby cab and said, “Hey Mick, there’s our limo.” And thus Whitey and Mickey were off into the Chicago night without unpacking their bags or even checking into their room. I was mesmerized by the stories of how a posse of Yankees were humble enough to walk from their hotel to a Detroit ballpark, or how women snuck alcohol-filled miniature perfume bottles to an aging Satchel tucked away in the corner of the bullpen.

My friend represented a passed era, when a baseball career merely stalled adulthood and a *real* job. A time when both character was a component of athletes’ DNA and characters infused color into the game.

The warmth of his stories prodded me to broach the most difficult subject. He was one of the last four survivors from the field on that famous autumn afternoon when an epic Game Seven was concluded with a homerun. I grimaced out the question: “Tell me, what was it like when Maz hit it?” Distanced now by 50 years, his head dropped on cue, like the pain of one retelling how his high school sweetheart dumped him at the prom: “I knew it was gone, as soon as he hit it.”

Still in his early 30’s, he put away the toys of his youth, returned to the Bay Area, and eked out a conventional family-prioritized life. A widower in his late 80’s, he sold his

Assuring a home, or rental properties, transfers to a lineal decedent’s title at a parent’s death can preserve the parents’ Prop 13 property tax rate. This alone can make a San Francisco home more affordable for heirs.

home to pay for healthcare expenses — which leads to the non-baseball issues I had failed to discuss with him.

One of the greatest taxpayer benefits is the tax-free “step-up in basis” rule. It is not really difficult to understand, but in the confusion of dealing with late-in-life financial issues, the *step-up* rule is frequently not properly utilized.

A typical hypothetical scenario: A husband and wife purchased a home in the Sunset District 40 years ago for \$50,000. The current fair market value (unbelievably) is now \$1 million, and the now-85-year-olds are considering selling their home to move to assisted living. If the couple sells their home, they will recognize \$950,000 in capital gains of which the IRS allows \$500,000 to go untaxed, still leaving about a \$120,000 tax bill on the remaining \$450,000 gain.¹

At 85 years of age, the couple’s life expectancy is not long. Consider instead if the couple took out a \$200,000 loan against their home to pay for the assisted living. Assuming the husband passes away three years later, the surviving wife can then elect to sell the same house with an IRS tax bill of ZERO.

Here is how it works: At the death of one spouse, in a community property state like ours, the IRS allows the surviving wife to *step-up* the \$50,000 original cost of the Sunset home to the \$1 million fair market value at the time of her husband’s death. Thus, if the wife subsequently sells the home for \$1 million, to determine her capital gain, she gets to subtract her freshly *stepped-up* cost basis of \$1 million. The \$1 million selling price less \$1 million cost basis equals zero gain and zero tax. The wife would have saved \$120,000 in taxes by simply waiting a couple of years to sell the family home. And, the \$120,000 in saved taxes might be more than the portion of the \$200,000 loan the couple actually spent for assisted living.

I have spoken to numerous real estate agents who recognize that the original cost of the home is *stepped-up* upon a spouse’s death, but mistakenly think that only half the home is stepped-up. In California, the entire value of the home is stepped-up at the death of one of the spouses. The step-up tax rule also applies to a couple’s secondary home, rental properties, stocks,

and mutual funds.

Continuing with my example, should the surviving wife elect to hold onto the house for a few more years, upon her passing the house would be stepped up again. But here is an ironic caveat to the family being allowed to employ the step-up upon the second parent passing: If the family does not have a living trust, the whole house will receive the favorable stepped-up rule again, while if a living trust is used, most likely only half the house will receive the favorable step-up tax treatment. If one spouse dies long before the other, there is more time for additional appreciation and thus forfeiting to use the entire step-up on the second parent passing, will have more pronounced negative tax consequences.

Here are the takeaways:

1. Try to hold onto appreciated property until death.
2. Assuring a home, or rental properties,

transfers to a lineal decedent’s title at a parent’s death can preserve the parents’ Prop 13 property tax rate.² This alone can make a San Francisco home more affordable for heirs.

3. For older San Franciscans, be cognizant that selling a home or adding kids to the home’s title while a parent is alive can eliminate the *step-up* and therefore increase taxes.

4. On the campaign trail, President Trump discussed discontinuing the *step-up in basis* rule for estates over \$5 million. Twice before the step-up in basis rule was experimentally eliminated, only to be reinstated because it was an accounting nightmare for heirs to account for their parents’ costs and home improvements.



Only a portion of the ivy-covered Forbes Field wall in Pittsburgh endures — a monument to that dramatic fall afternoon. And now only three players from the field remain. This column is a tribute to the humility in athleticism that has faded in a *social media world*, and atonement for my getting too wrapped up in his stories instead of guiding my friend down a better tax path.

Lou Barberini is a CPA residing in the West Portal area. He has an MBA in Taxation and worked for investment companies and a Big Four CPA firm. He can be reached at Lou.barberini@gmail.com

(Endnotes)

1. \$1,000,000 selling price less \$50,000 cost = \$950,000 gain less \$500,000 exclusion = \$450,000 capital gain, which is subject to approximately a federal and California 26% combined tax, or \$117,000.

2. There is no ceiling on the value of a principal residence that can be transferred to children without increasing the property tax base. A \$1 million of assessed value can also be transferred without an increase in property tax to the children.



Why is CPMC’s Foundation spending donor’s money on movies and free popcorn instead of on patient care? Is this designed to ‘market’ CPMC as a member of the community, while deciding that sub-acute patients can be exiled and die?”



CPMC Dump Patients (Cont. from p. 1)

Nadell says the proposed closure of St. Luke’s sub-acute unit would become a sentinel event, which is defined as an “unanticipated event in a healthcare setting resulting in death or serious physical or psychological injury to a patient or patients, not related to the natural course of the patient’s illness.”

A report from DPH in February 2016, *Framing San Francisco’s Post-Acute Care Challenge*, documented that all private-sector hospitals cited out-of-county placement as necessary to transfer patients from acute care to lower levels of care. All acute care hospitals other than CPMC transfer sub-acute patients out of county, since CPMC does not allow admissions to its sub-acute unit from other hospital systems.

The number of private-sector out-of-county discharges aren’t reported, but we know that San Francisco General and Laguna Honda Hospital combined have discharged at least 541 patients, or more, out of county between July 1, 2006 and June 30, 2017.

St. Luke’s hasn’t reported ethnicities of patients impacted by the proposed unit closures, but family members of patients say that all of the 24 patients in St. Luke’s sub-acute unit are people of color.

DPH informed the Health Commission on August 15 that to maintain San Francisco’s current skilled nursing facility bed rate as our population ages, the City would need 4,083 licensed SNF beds by 2030, an increase of 1,644 beds over the current supply.

San Francisco’s new Dignity Fund, which will be awarded \$575 million by July 2026, prohibits spending for hospital-based medical or SNF services.

DPH’s February 2016 report noted that because San Francisco is at risk of an inadequate number of SNF beds that a Post-Acute Care Collaborative (PACC) be created to explore options to bring new SNF capacity to market in San Francisco.

The PACC is a private group of hospital administrators. To date, the PACC has stated its solution would involve a “public-private partnership.” However, in over 18 months, the PACC has made no offer to use “private funds.” There has been no PACC action to solve the severe SNF bed shortage except to describe only what the public sector might do. Apparently, private non-profit hospitals (a.k.a., not San Francisco General), despite their “non-profit” status, are not interested in using their own resources for skilled nursing care.

Dr. Palmer testified to the Board of Supervisors on July 26: “I do not believe any progress has been made on the actions recommended in the 2016 DPH study. I believe DPH has not even met to even begin the process of mitigating the damage that successive closures of hospital-based SNF’s in San Francisco have caused, and will continue causing.”

The folks who will be most affected are not only the homeless and marginally housed, but any aging person without a very high income in San Francisco who becomes unable to care for themselves at home. “Do we really want to exile the aging to out-of-county facilities because San Francisco cannot take care of them? Because we rubber-stamped closures of SNF’s like this?” Palmer asked.

“If St. Luke’s closes, anyone who needs a sub-acute SNF ventilator unit will have to die in the ICU or leave the county immediately, because St. Luke’s sub-acute unit is the only ventilator-capable facility remaining in the City,” Palmer notes.

Family members and healthcare advocates are worried about the potential for transfer trauma to St. Luke’s sub-acute patients. Their discharge options are as far away as Los Angeles. “Transfer trauma is a documented affect of the relocation of frail disabled persons: Caregiver relationships are disrupted; the nexus of communications necessary to continuity of care are broken; the person moved from the familiar to the unfamiliar,” Nadell testified.

He further testified that when nursing home patients are relocated out of county, family members report that they visit less frequently, and patients spent more time in bed. Most of these patients die within a year, even without terminal diagnoses.

In 1988, San Francisco passed Prop. Q, which explicitly requires that the Health Commission determine whether private hospital reductions in services will have a detrimental effect on the health care of San Franciscans.

On August 15, DPH recommended to the Health Commission that closure of CPMC St. Luke’s 79-licensed beds in its sub-acute and SNF units *will* have a detrimental impact on health care services in San Francisco.

CPMC/Sutter has already removed any mention of St. Luke’s post-acute/SNF/sub-acute services from its website, as if those services had never existed, in spite of the fact final closure isn’t scheduled until October, and in spite of the fact the Health Commission and Board of Supervisors haven’t completed hearings on St. Luke’s proposed closure.

CPMC’s Foundation recently announced it is sponsoring a “Movies in the Park” series throughout this September, replete with special goodie bags including free popcorn and free fleece blankets for the first 250 attendees at each of the three events. The Recreation and Parks Department has confirmed that CPMC’s Foundation has paid \$4,263 in park rental fees for the three movie nights.

Michael Lyon, a prominent advocate for elderly and disabled people, notes: “What are these free movies costing you? It’s costing you the only hospital unit in San Francisco offering long-term sub-acute care to severely sick people.”

Dr. Palmer asks: “Why is CPMC’s Foundation spending donor’s money on movies and free popcorn instead of on patient care? Is this designed to ‘market’ CPMC as a member of the community, while deciding that sub-acute patients can be exiled and die?”

To prevent the St. Luke’s sub-acute closure from becoming a watershed moment in San Francisco’s history and a likely sentinel event, please contact Supervisors Hillary Ronen, Jeff Sheehy, Sandra Lee Fewer, and Ahsha Safai, who will be holding a second Public Safety and Neighborhood Services Committee hearing on St. Luke’s Skilled nursing beds in the near future.

Urge the Board of Supervisors to find a legislative solution to keep all of St. Luke’s 79 SNF beds, including the sub-acute beds, open in San Francisco!

Dr. Teresa Palmer worked as a Senior Physician Specialist in geriatrics at LHH for 15 years and has practiced medicine in San Francisco for 30 years. Patrick Monette-Shaw has been a Westside Observer columnist for over a decade; Feedback: monette-shaw@westsideobserver.com. The two authors worked together at LHH for almost a decade.

Commentary

Water Woes: Power Hour

by Steve Lawrence

In July the SFPUC Commission was informed that water supplies are insufficient to provide for the city’s growth. (SFPUC is the city’s water-sewer-power provider.) In a year of plentiful precipitation it may be difficult to credit and give attention to such an announcement. Yet nothing is as certain in California as deluge and drought. As far back as the late 19th Century, one region suffered an eleven-year drought that drained two-thirds of the population, moved or dead. A drenching does not permanent relief make.



Considered a key step to achieving a 100% renewable city by 2030 is CleanPowerSF’s SuperGreen. Displace PG&E (too slow to convert to renewables) and upgrade to SuperGreen, which is said to supply 100% renewable electricity to your home or business today. Does it really?

In addition to growth, further challenges are likely to contribute to water shortage: Tuolumne River needs (as set by the State), regulatory risk, earthquake, climate change, and longer droughts. Think about it. With the exception of regulatory risk, these are certainties. In essence the SFPUC Commission was told, “water supplies will be insufficient” in the future, unless something is done.

The immediate step is groundwater. By adding that small but significant contribution to supplies, a bad situation is mitigated some.

But groundwater is not enough. It will amount to less than 5% of need. Conservation, too, is essential, but insufficient. With present tricks played, our water system still comes up short. During a future drought, rationing of 50% is feared. Could you get by on half water?

For years we’ve tried to buy water from the irrigation districts that have first rights to Tuolumne River water, to which we have junior rights. But relations with these “relatives” of ours are historically sour. A deal would make sense, but one has long eluded SFPUC.

Desalination has been “piloted,” but seems abandoned for now. Recycling wastewater for potable use has been much discussed in the industry, but disgusts end users. Still, here is an available source of water. Users may have to become accustomed to it. Or perhaps new technology will save the day. San Francisco has fog; who knows what might capture and convert that, sucking water from not-so-thin air. Invention needed.

By 2030 San Francisco aims to be 100% renewable. What this means is unclear. Whatever it may mean, is the goal worthwhile?

The idea is to encourage renewable energy generation. Fine. But the real goal should be reduction of greenhouse gases (GHG) emitted into the atmosphere. While renewable usage may be correlated with reducing GHG emissions, they are not the same thing. As a city we could use more renewables and at the same time emit more GHG. Why not aim for what is

important?

The cynical answer is that there is profit in renewables. Also, it is an easier target. Emissions are hard to measure. Reducing GHG emissions can adversely affect economic growth. For politicians, much better to aim at easy, and declare victory, than aim true but fail.

Considered a key step to achieving a 100% renewable city by 2030 is CleanPowerSF’s SuperGreen. Displace PG&E (too slow to convert to renewables) and upgrade to SuperGreen, which is said to supply 100% renewable electricity to your home or business today. Does it really?

Well, in a sense yes, in another sense no. The electricity flowing to your home or business is from the grid; it is all pooled together, and the individual electron that reaches your home has no greater chance of coming from a renewable source whether you are SuperGreen or not. But if you are SuperGreen there is an accounting recognition: the sum of all SuperGreen consumption is subtracted from total CleanPowerSF consumption, then the remainder is divided into renewable-non-renewable. As there is a renewable target, about 40% now, the more SuperGreens there are, the more renewable energy that must be purchased (or generated locally) for the (default) Green category. So, by enrolling in SuperGreen, paying a little more, you encourage the generation of renewable energy. It’s not as direct as buying organic veggies, where you consume organic.

CleanPowerSF is enrolling households in its program through 2019 on a rolling basis. Generally, the east side of town is being enrolled first. You can sign your household up early if you wish, and you can enroll as SuperGreen. Go to sfwater.org, Environment, CleanPowerSF, SuperGreen; or call 415-554-0773; have your PG&E account number. Upon receiving notice of your impending enrollment, you can also opt out should you wish for PG&E to continue to supply power to your household.

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

Letters

I noted with some concern the recent article on the proposal for development at Stonestown.

Not due to the issue of growth and development, but the lacking “vision” on what Stonestown could and should become for a real retail and urban hub of the future for SF’s western edge.

Focus on small box planning (theaters) and the lacking view of housing, transit and amenities (aka Open Space) is what drove malls to interior focused lacking big-box mentalities.

The prior historic photos of Stonestown (available at the SFPL) show an outdoor mall with sculptures and water features such as those at Stanford Mall, and prior Hillsdale Mall and even Walnut Creek mall, that made walking and shopping a pleasurable experience.

The need to think bigger, and denser alongside solutions on transit will need to

take more of a fore-front in the discussion on the future of Stonestown.

With the 19th Ave Transit solution still lacking in connectivity (Example L-Taraval back up Sloat to West Portal, or a serious proposal for connection to Daly City BART via an air-tram or other direct secondary solution, possibly not part of muni to get it built sooner and quicker, traffic and transportation should be a key component of the design and solutions)

The connection between dead zones on site, with improved “walk-ways” either at grade or above (via a sky-line or pedestrian connecting walking green-way) could connect the future west-side station design, with denser urban buildings, plaza’s, office space, and housing/retail components.

The problem is if you “box” yourself

Cont. p. 6



Twilight Zone

My 2¢ • Will Durst © 2017

HATEFUL HATERS HATING HATE.

Someone please tell the radical left to stop getting their panties in a bundle and quit calling our president a Nazi. Donald Trump proved himself a great friend of freedom when he promoted equivalency between the organized hate movement and people disgusted by them. Any-one who hates haters is equally responsible for hateful hating. That is obvious.



Easy to understand why the president refuses to announce there is no room in his administration for racists. All the slots are full. But then the weenie liberal outcry became so strident, the Tweeter of the Free World was forced to fire Chief Strategist Steve Bannon, even after assuring us, “he is not a racist.”

After a riot broke out during a Unite the Right March in Charlottesville, Virginia, there was, according to President Trump, violence “on many sides.” He then sagely observed there are two sides to every story. Which is true. There are two sides to every story; it’s just harder to distinguish them when one side is full of Nazis.

Sure, one group carried bats and clubs and body armor and shouted slogans denigrating Jews and blacks but the counter-protestors purposefully dented those clubs and bats with their heads and various body parts. Many pieces of expensive defensive equipment now need to be replaced. At retail.

And yeah, someone might have driven a car into a crowd but most of the casualties were caused by slow-footed liberals who refused to get out of the way and then lay down blocking further traffic littering the surface of a major metropolitan street with toxic substances such as blood. Without a permit.

Easy to understand why the president refuses to announce there is no room in his administration for racists. All the slots are full. But then the weenie liberal outcry became so strident, the Tweeter of the Free World was forced to fire Chief Strategist Steve Bannon, even after assuring us, “he is not a racist.” That would have sufficed, but unfortunately 45 went on to say that neither was Bannon a drunk, fond of livestock or an incredibly bad dresser who more often than not sported gravy stains on his tie and eyebrows.

All the president wants is an even playing field. That is why he accused the media

of being unfair to Nazis. Unlike the editorial room of the New York Times, our blue-collar billionaire leader hasn’t forgotten that white supremacists are people too. They have feelings just like normal human beings. And needs and desires. It just so happens that one of their desires is most of us don’t exist.

They’re not asking us to change, they’re asking us to leave. We need to look inside ourselves: is it really our place to judge them based on the nature of their hate? If we prick a white supremacist, do they not bleed? If we tickle them, do they not laugh? If we poke them with a cobra do they not spawn?

A single thoughtless remark can ruin a white supremacist’s entire day. We need to remind the children the correct term for someone who believes in the superiority of the white race is “alt-right.” The terms “Nazi” and “racist” and “detestable buttwipe” can be so hurtful.

We must never forget that every white supremacist is as individual as a snowflake. Each of them is special. Some, more special than others. Quite a few-extra-crispy special. Many can’t even pronounce supremacist, much less spell it. As Donald Trump once said, “I love the poorly educated.” And now we know why: it’s his unbudgeable base.

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PO Box 27176, SF 94127 • 415 517-6331

Publisher: Mitch Bull

mitch@westsideobserver.com

Editor: Doug Comstock

editor@westsideobserver.com

Ad Sales • Mitch Bull

Contributors: Linda Ayres-Frederick, Lou Barberini, Mitch Bull, Julie Casson, Matt Davies, Will Durst, John Farrell, Jonathan Farrell, Kathy Howard, Flora Lynn Isaacson, Dr. Derek Kerr, Carol Kocivar, Quentin Kopp, Anise J. Matteson, Brandon Miller, Patrick Monette-Shaw, Sergio Nibbi, Frank Noto, Dr. Teresa Palmer, Dr. Maria Rivero, Glenn Rogers, Tony Taylor, Susan Vaughn, George Wooding
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Letters (Cont. from p. 5)

in too soon with a movie theater, and/or adaptive re-use of the Macy's building without thinking outside the box in the solutions.

The need for housing and density on the westside is linked to the issues and project proposals of SFSU-CSU and Parkmerced. GGP Stonestown's proposal can be a win-win project IF they spend enough time and effort in the planning for transit, walkability, and connectivity to the future other communities being developed and planned.

I did not have time to sketch anything beyond a basic sketch, but it shows that more can be thought out prior by connecting the concept of a urban plaza on the east side of Macy's with a direct link to or through the mall to the west side apartment and denser housing above retail or office spaces. This is by no means a proper architectural sketch taken to a real design level, but it begs you to look more at the land the value of the developments that can be built there, and the need for housing that is so exacerbated in SF that many developers and housing affordability groups would gladly work on the areas designs and concepts, to obtain locations to build essential housing for many neighborhoods currently seeing changes, without the essential affordable rental component.

SFSU-CSU and Parkmerced's future housing development will not serve the working class lost housing at Stonestown Apartments, and Parkmerced due to displacement and gentrification, but if we plan and make enough future housing in that neighborhood served by major transit linked sufficiently and serviced accordingly, we could flip the coin on the problems of traffic and lacking zoned areas for development.

The YMCA Annex, Medical Office Building and current Pet-co may also see changes (especially the YMCA and Petco and Annex Buildings, with a newly planned facility adjacent to the shown Muni connector that would run on the existing ramp up to 19th from 20th ave. (Tunneled down along Sloat and providing access to Stern Grove, while lessening 19th Ave construction for the SFMTA on 19th Ave. and Ocean Ave. and going to grade or above at the ramp and platform design integrated with a new plaza at the eastern side of stonestown)

If we are to think more comprehensively on Mall Designs and their development Housing and Transit must be part of the cost and benefit ratio's discussed, alongside urging the development of a more comprehensive solution to the neighborhood and existing dead-parking lot spaces that exist. A movie theater is great, but we have three in the district (West Portal, Stonestown UA, and Daly City) and entertainment is not the only needed item in the district. The Target and Trader Joe's already create a back-up and poorly designed pedestrian and auto crossing areas, strife with near-misses, and collisions daily as people hurry in to shop and pick up.

A bolder solution was a suggestion prior for a public library on the Winston Drive across from the existing smaller on 19th, for a new larger facility for public needs due to larger growth. That coupled with SFSU-CSU's proposal for density and a hotel on the SE portion of Stonestown's site, would have created a greater connectivity and benefit for a walk-way linking the more northern and southern portions of the mall with 19th Ave and denser taller buildings adjacent to 19th filling the gap currently occupied by parking lots and connecting directly with platform and Muni designed (or future BART conceptual connectivity north south) on 19th.

Its only 1000 feet approx. between the eastern edge alongside 19th across from Mercy HS to the UA Stonestown theater. Adding direct connection via walkway and or pedestrian direct link to transit will make a VERY busy pedestrian district and possible acceleration of housing options and density changes. Looking at the parking zones currently that often are overflowing during high season, their is a distinct need to look at a secondary or below grade garage with other options for accessing the mall off of 19th. Ave. especially if more features are placed there.

Please do think about the solutions more robustly and with the housing and transit components. The SF Planning Department and Commission, I believe along-with the neighborhood would welcome more density if thought out appropriately with features and open-space amenities that attract rather than repel the people in the district from visiting. The existing images shown in the article of marble finished interiors, although slick and clean (could be vegas, or any other mall) To make a destination place requires an outside the "box" solution, that links spaces, provides public benefits, thinks through the transit predicament, and links housing, to jobs, to office space, and to retail and scaled changes visually that both invite and excite the eye to visit. Currently the view of a movie theater can be much more with a few more "envisioning" steps....

The modern design of the mall, was an open space element, and the prior sleek and esplanade walkways into Macy's actually served a purpose with lush planters, and broad sidewalk spaces. The simple concept of a Mercado, or open space area adjacent to Muni's platform designed 19th Ave station, should be a starting point for access, and connection to the medical office building and facilities at Stonestown, along with walking connections to housing and the features around the site. By providing a better solution overall there could be (2) entry areas to stonestown that are both well thought out and a super catalyst for changes on the site alongside the SFSU-CSU developments on their adjacent Stonestown Apartment Parcels.

Once again excuse the pencil sketch today, but I thought it critical to suggest a bigger view, vs. another retail box....

Aaron Goodman



CBS Local reports that the committee collected \$600,000 in cash contributions and \$85,170 in non-monetary contributions this year as of July 31, according to filings with the San Francisco Ethics Commission.

Let's Be Real San Francisco submitted

just under 20,000 verified signatures, qualifying for a measure on the ballot that would repeal the ban on flavored tobacco products, an ordinance passed by the Board of Supervisors earlier this year, according to the city's Department of Elections.

"I'm against all cigarettes, but you can't ban the product," says Alioto. "You can decrease its demand, which is what we did to the point where these turkeys are adding strawberry and cherry [flavors] to their cigarettes."

Alioto has advice for the Board of Supervisors as they prepare to butt-out Big Tobacco. "Prove that it's their way to hook kids by making them think it's kinder and gentler than a Camel or Marlboro. Make it as malicious as it truly is. Why did they do these flavors? The statistics are teenagers. You're not going to get a 55 year old addicted, but if you get them addicted young, they'll smoke until they're 55."

She adds that the amount of new cigarettes on the market stunned her.

"The flavoring is a reaction to our ban," she adds. "It's a way to make [smoking] look fun, almost like it's candy, to get [kids] addicted. It's an uphill deal, but you know that's what it is."

Tony Taylor is a local reporter.

Drug Injection Sites (Cont. from p. 2)

one-sided diversity of DPH's Task Force was revealed when its members were ruffled into admitting that they already favored SISs. On 8/10/17 the Task Force proffered 6 City SISs rather than a pilot program. Other advocates want "geographical equity" whereby every City District would do its fair share. Unaddressed are drug users' low participation levels due to acceptability barriers and the allure of the street scene. Ideological opponents fear that SISs enable destructive behaviors. They call for more robust treatment programs as well as pre-arrest diversions and drug courts that mandate treatment.

The SIS movement is stymied by federal and state Controlled Substance Laws that prohibit the possession of illegal drugs and paraphernalia. Even building owners and operators may be held liable. This May, Attorney General Jeff Sessions directed federal prosecutors to seek "the most serious, readily provable" penalties for all drug offenses. One work-around is California Assembly Bill 186 for a "Safe Drug Consumption Program." It would legalize drug use within approved injection sites. The Bill passed the Assembly 41 to 33 and awaits a Senate vote. Opposing the bill are the Police Chiefs Association, District Attorneys Association, Sheriffs' Association and Narcotic Officers' Association. They worry about conflicts with federal laws, congregating drug-related criminality, and "government-sanctioned

drug dens" that don't require treatment. Nonetheless, SISs offer hope amidst an Opioid Crisis with fentanyl-spiked overdoses despite the fierce policing and mass incarceration of the War on Drugs.

Like other municipal efforts to combat national plagues, SISs may relieve a fraction of the problem without improving it overall. Since modest results fit the Harm Reduction paradigm, the Task Force will surely recommend SISs. But DPH enthusiasm isn't enough. What's really needed may emerge from the US Opioid Commission report. But don't expect federal SIS grants or relief from the traumas and social despair that drive addiction. The DPH budget has risen to \$2.2 billion. Homeless services cost \$246 million. Pharmaceutical companies relish 3 to 15-fold price increases for Narcan. A City SIS should be a pilot project, with a scientific evaluation process, baseline data, pre-set criteria and measurable outcomes to gauge results and their costs.



Dr. Maria Rivero and Dr. Derek Kerr were senior physicians at Laguna Honda where they repeatedly exposed wrongdoing by the Dept of Public Health. Contact: watchdogs@westsideobserver.com

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- The BulkyltemRecycling.com - No Charge Residential Curbside Collection program is only available to residents of the city of San Francisco.
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- Residential customers are entitled to two No Charge Curbside Collections per calendar year.
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Money Matters By Brandon Miller



Is There a Right Time to Take Social Security?

Social Security benefits are a cornerstone of retirement income for many Americans. Yet, deciding when to start collecting benefits can be a puzzle, and the solution is different for everyone. You can claim Social Security as early as age 62, or delay it until your 70th birthday. The longer you wait, the larger your monthly benefit will be. There are a variety of ways you can structure your Social Security claiming strategy, based on your income needs, personal savings and retirement goals. Use the following three scenarios to evaluate what timing is best for you:

Starting Social Security early

A person who will retire at age 62 is counting on Social Security to help meet income needs once retirement begins. His monthly benefit will be \$1,500, 25 percent below what he would have received at age 66, which is his full retirement age.

Those who claim early will receive a smaller monthly benefit. If you are retired or plan to retire early, claiming Social Security before full retirement age may make sense. Social Security can help you cover living costs and prevent you from having to draw down significant sums from your personal savings. Therefore, this form of cash flow can help sustain your savings for what could be decades in retirement. However, if you keep working after you claim and your income exceeds the earnings limit, you might sacrifice some of your current Social Security benefits until you reach full retirement age.

Claiming benefits at full retirement age

A working spouse plans to claim her full retirement benefit at age 66. Claiming helps provide a cash flow cushion as she and her husband begin a slow transition into retirement. Her benefit of \$2,733 per month would be 32 percent higher if she waited until age 70, but she will collect a minimum of \$32,796 per year in benefits beginning at age 66.

Waiting until full retirement age to claim benefits means that your monthly paycheck will be higher than if you began taking them at an earlier age. For a married couple needing an income boost,

it may be wise to have the lower earning spouse (who qualifies for a lower Social Security benefit) be the one who claims benefits first. This is because if the spouse earning the higher Social Security benefit is the first to die, the surviving spouse will begin to collect that person's higher benefit. Therefore, it may make sense to have the higher-earning spouse delay claiming until he or she qualifies for the highest possible benefit.

Collecting benefits as late as possible

Starting on his or her 70th birthday, a person can begin collecting the maximum benefit. Knowing this, a wife who is the highest-earning spouse waits until turning 70 to first collect Social Security, generating income of \$3,224 per month. That is 32 percent higher than the \$2,450 monthly benefit she qualified for at full retirement age.

If you choose to keep working, or you rely on your savings until you claim at age 70, you will qualify to receive the maximum monthly benefit. After age 70, the maximum amount does not change, so there is no reason to delay collecting beyond your 70th birthday. Waiting to claim may make sense if you plan to continue working later in life or if you have sufficient assets to satisfy your income needs once you retire without risking your long-term financial security.

Be mindful when making decisions

Determining when to claim Social Security is something that is best done in the context of your overall retirement plan. Know what other sources of income are

available and how those can best be utilized in conjunction with Social Security. Discussing this matter with your financial advisor can help you make suitable choices for your circumstances.

Brandon Miller, CFP is a financial consultant at Brio Financial Group, A Private Wealth Advisory Practice of Ameriprise Financial Inc. in San Francisco, specializing in helping LGBT individuals and families plan and achieve their financial goals.

Auto Break-ins (Cont. from p. 1)

town to testify in court. Golden Gate Heights resident and co-founder Frank Noto states, "San Francisco has the highest rate of auto burglaries per capita of any major American city. Tourists and rental cars are an easy target, and from there burglars go on to the cars of neighborhood residents. If the pickings are good, they then go on to case out nearby residences and move on to home burglaries. We can take action to fight crime, and we will."

Another person unhappy with car break-ins is D7 Supervisor Norman Yee. Yee has had enough. He is working diligently with the local police to stop car break-ins for local residents, but he has also introduced an ordinance amending the Police Code to prohibit visible barcodes and advertising on rental cars rented in the City or at San Francisco International Airport.

Yee's rental car ordinance would remove any and all barcodes on all rental car win-

dows; any identifying slogans used by the rental car company; any identifying mark used by the rental company; any address, phone number, e-mail address, website address, or other contact information used by the Rental Company; the words "rent" or "rental," or any variation thereof; and finally, any other advertisement for the rental company.

"I have heard one too many times the lasting negative impact car break-ins have on our neighborhoods

and the dreadful impressions they leave on our tourists who are victimized when visiting our world-renowned city. Enough is enough. My legislation is a step forward to protect tourists and rental car consumers from being further targeted. It is a small step forward. Public safety requires a multi-pronged approach and I am willing to take decisive action on different strategies that will abate property crime," stated Supervisor Norman Yee.

Noto agrees with Yee, "Supervisor Yee's rental car legislation is just a small part of the answer. The City needs to take more effective action on stopping crime, and the first step is to provide the public data on handling individual crimes as well as neighborhood and citywide crime data. Because there's some truth to the saying, 'if you can't measure it, you can't improve it.' And we need to keep working with the SFPD, District Attorney, Public Defender, Courts, and Probation Departments to keep San Francisco safe. One critical activity we need help on is our Court Watch — watching trials on burglaries and a recent kidnapping — so the judges know we care. If neighbors want to help or join us, they can e-mail us at info@goldengateheights.org."

Not too surprisingly, rental car companies and the Teamsters union are opposed to Yee's rental car Ordinance.

According to the April 26, 2017 edition of *Auto Rental News*, Sharkey Laguna, a Board Member of the American Car

Rental Association (ACRA) said, "As the owner, and often insurer, of tens of thousands of vehicles in San Francisco, no one is more interested in stopping car break-ins and theft than the car rental industry." Laguna is the owner of Bandago, a van rental company based in San Francisco, and a member of ACRA's board of directors. "If more signs, notices, and removing bar codes would significantly reduce break-ins, we would not wait for a law in order to take action."

"This legislation makes no sense: It blames the victim for tempting thieves, does nothing to prevent crime, and will over time cost the industry millions of dollars — costs which will ultimately be passed onto consumers in the form of higher rates," added Laguna. "Like burning your house down in order to prevent graffiti, the proposed cure is worse than the disease. It appears the answer to this problem simply lies in better policing [SF

has an arrest rate of just 2.25%; the national average is 14%], not putting up more meaningless notices or making it harder to do business."

Finally, Mark Gleason, the Secretary/Treasurer for Teamster Union Number 665 takes a confusing stance against Yee's Proposition in a June 6, 2017 letter. "We understand that your proposed legislation would include elimination of barcodes used by rental car companies to track and inventory their fleets. Discussion with our members and rent-a-car

operation's management make clear that this is not a feasible business practice. Implementation would create numerous fleet inventory mishaps. Security experts in the industry assert that the elimination of barcodes will increase auto theft. And independent research shows no correlation of break-ins, as it relates to barcode rental card, versus private autos."

It is understandable that Gleason is trying to keep his members happy, but please cite your research. It would be very easy for car rental companies to upgrade their less expensive stone-age barcodes with more expensive Radio-Frequency Identification (RFID) technology. RFID technology uses electromagnetic fields to automatically identify and track tags attached to objects. The tags contain electronically-stored information. These passive tags collect energy from nearby RFID interrogating radio waves. RFID chips costs are dropping rapidly and cost about \$.50 per chip. RFID chips can also be placed out of sight. When rental cars adopt RFID due to insurance increases, Mr. Gleason's opinion will change.

Please support Supervisor Norman Yee's amendment to remove visible bar codes on car rentals.

George Wooding, Coalition for San Francisco Neighborhoods (CSFN). Feedback: wooding@westsideobserver.com

Frank Noto, Golden Gate Heights Neighborhood Association



“The City needs to take more effective action on stopping crime, and the first step is to provide the public data on handling individual crimes as well as neighborhood and citywide crime data ... One critical activity we need help on is our Court Watch — watching trials on burglaries and a recent kidnapping — so the judges know we care.”

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Bloat in Patronage Hiring

Mayor's Hiring Spree Escolates

by Patrick Monette-Shaw



What follows is data and insights you'll get only in the *Westside Observer*. You're not going to get this level of detail from reporters at the *San Francisco Chronicle*.

When Lee was appointed mayor in January 2011, he inherited Newsom's then \$6.6 billion FY 2011–2011 City budget midstream. Six months later Lee introduced his own first City budget of \$6.8 billion, a modest 4.1% increase, for FY 2011–2012.

Since then, he's been hell bent on a hiring spree.

Nobody expected Lee's successive annual City budgets would skyrocket to a staggering \$10.1 billion budget for FY 2017–2018 starting on July 1, 2017 — a whopping \$3.5 billion increase — fully a 54% increase over the City budget Lee inherited.

Between March 2016 and February 2017, the *Westside Observer* published two articles on the mayor's hiring binge. A third article written in September 2016 was published on this author's web site in January 2017. This article is the fourth in the series, and will be updated annually.

Which brings us back to the question: How much has Mayor Lee's patronage hiring saga worsened?

Lee's Hiring Binge Is Not a "Black Swan" Event

Wikipedia defines "Black Swan" events as a metaphor for occurrences that deviate beyond what is normally expected of a situation, are extremely difficult to predict, and come as a surprise. Black Swan events are typically random and unexpected, and considered outliers.

But Mayor Lee's hiring binge and the major effects it has had on the City's overall budget was not surprising. Those effects were completely predictable, not merely random.

The City Controller's payroll databases for FY 2010–2011 to FY 2016–2017 shows that it's no Black Swan *accident* the Mayor added fully 7,644 full- and part-time employees since taking office, a 22.5% increase in staff and a 36% increase of \$896.9 million in the total City payroll.

4,830 FTE's (or More) and Counting ...

FTE's — "full-time equivalent" employees — are calculated by combining multiple part-time employees into an equivalent 1.0 full-time employee. An FTE of 1.0 is equivalent to a full-time worker, while an FTE of 0.5 is a half-time worker.

San Francisco's government sets its authorized FTE level of city employees by adopting both an AAO (Annual Appropriation Ordinance, also known as the City's official budget), and an ASO (Annual Salary Ordinance), the latter of which typically sets the number of FTE's much higher than the authorized and funded FTE's in the City budget. The FTE's set in the ASO are not funded positions, but are available should the City adopt a budget supplemental.

A third method to calculate the number of FTE's is to utilize the City Controller's payroll database that lists all full- and part-time employees in each fiscal year.

In the first article, "*Mayor's Hiring Binge vs. Retire Pensions*" published in March 2016, the *Observer* reported that between the budget he had inherited from Newsom in FY 2010–2011 and FY 2014–2015, the Mayor had added 5,139 additional full- and part-time employees, a 15.1% change increase. Two years later, the Controller's payroll database shows Lee added an additional 2,505 full- and part-time employees in just the past two fiscal years, bringing the total of new hires to 7,644 pushing the total number of all employees on the City payroll to 41,627. That now represents a 22.5% change increase since Lee was appointed as mayor when there were just 33,983 employees on the payroll.

There are fully 11,001 more full- and part-time employees (at 41,627) than the authorized FTE headcount of 30,626 in the AAO authorized for FY 2016–2017 that just ended on June 30, 2017.

It is notable that in the one-year period between June 30, 2016 and June 30, 2017, Mayor Lee added another 1,230 full- and part-time employees to the payroll. The \$231.2 million increase in total pay during that one-year period represents fully 25.8% of the total \$896.9 million payroll increase since he took office.

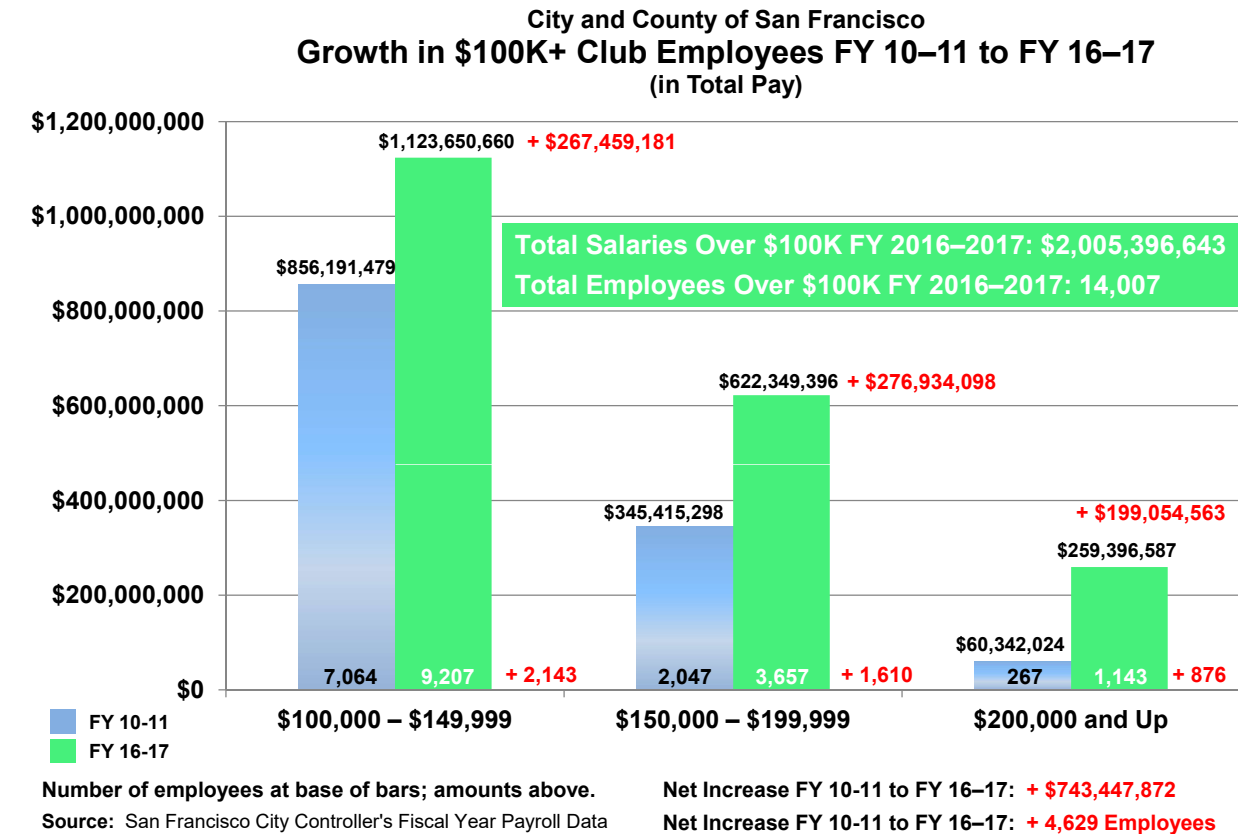
Glaring Discrepancy in FTE Counts Between AAO and City Controller's Payroll Database

The adopted AAO for FY 2016–2017 showed a budgeted 30,626 FTE's for the fiscal year. The City Controller's payroll database shows the "computed" FTE's for the same fiscal year to be significantly higher.

Although the AAO had capped the number of FTE's for FY 2016–2017 at 30,626, the total number of FTE's calculated from the City Controller's payroll database was significantly higher, by 2,848 FTE's (a 9.3% increase) when overtime and additional "regular hours" are factored in.

Taxpayers were told the City needs 30,626 FTE's to conduct the City's business, but it actually had 33,474 FTE's.

Growth in the "\$100,000 Club" Is Also No "Black Swan" Event



When it comes to the obscene increase in the number of City employees earning over \$100,000 annually, reasonable people may hope the famous line in Shakespeare's play *Romeo and Juliet* "A rose by any other name would smell as sweet" might hold true.

Unfortunately the increase in the number of employees earning over \$100,000 annually doesn't smell "sweet," it stinks to high heaven, reminiscent of unharvested cabbage rotting in the fields in scorching heat at the end of summer in the countryside where I grew up.

Figure 1 illustrates that the number of employees earning over \$100,000 annually since Lee became mayor has skyrocketed to 14,007 at an annual cost of \$2 billion, a net increase of three-quarters of a billion dollars since he took office.

The Controller's payroll database shows that for the fiscal year ending June 30, 2017 the now 14,007 employees who earn over \$100,000 annually in total pay represent just one-third (33.6%) of the City's 41,627 full- and part-time employees, and hog 59% (fully \$2 billion) of the entire City payroll. That leaves the other 27,620 (66.4%, or two-thirds) City employees who earn less than \$100,000 annually to fight among themselves for the remaining \$1.4 billion of the payroll.

Did the City really need to add 876 employees earning over \$200,000 since Lee took office, a 328.1% increase? For that matter, did San Francisco really need to add 221 employees earning over \$200,000 in the one-year period between FY 15–6 and FY 16–17?

... it doesn't appear that either the Board of Supervisors, or the City Services Auditor unit within the City Controller's Office, is auditing – or is even interested in auditing – this bloat of growing the number of City employees during Ed Lee's watch as mayor. Taxpayers deserve an explanation why Lee's hiring binge hasn't been audited, or when the hiring might stop."

When Lee took office in 2011, there were just two City employees paid more than \$300,000 in base (regular) pay for a combined total of just \$642,358. As of the end of June 2017, we now have 14 employees paid over \$300,000 in base pay, which now costs us \$4.93 million annually.

What Else Is Wrong With This Employment Picture?

Of the 7,644 employee increase between FY 10–11 and FY 16–17, fully 60.6% (4,629) involve employees paid more than \$100,000 annually in total pay, who consumed 83% (\$743.4 million) of the \$896.9 million increase in the total salaries since FY 10–11. By contrast, employees paid less than \$100,000 annually represented 39.4% (3,015) of the additional hires, but received just 17% (\$153.5 million) of

total payroll increase since FY 10–11.

There has been a vast disparity in average annual salaries. The 27,620 (66.4%) of City employees in FY 16–17 who earned less than \$100,000 annually averaged just \$50,434 in total salaries, while the 14,007 (33.6%) of City employees who earned more than \$100,000 had a staggering \$143,171 in average total salaries. The inequities in average annual salaries is nothing short of remarkable.

Highest Paid City Employees and Other Concerns

For the second year in a row, "Bill" Coaker, the Chief Investment Officer at the San Francisco Employees' Retirement System (SFERS) was the highest-paid City employee, earning a nearly \$20,000 pay raise across a single year, pushing his total salary to \$532,413 annually.

The City Controller's FY 2016–2017 payroll database shows three of the City's 14 highest-paid employees are employees of SFERS.

Of interest, Art Wang — now the City's third-highest-paid employee — was promoted to being a managing director at SFERS at some point during FY 2015–2016, but his pay raise of \$160,413 to \$418,777 didn't catch up to him until the following fiscal year. For his part, SFERS' David Francl — hired during FY 2015–2016 to oversee SFERS' hedge funds investments— is now the eighth-highest-paid City employee.

Four of the 14 highest-paid employees are employees in the Department of Public Health.

There were 14 City employees who worked more than 3,120 hours in "regular time" alone during FY 2016–2017, indicating they racked up 60 hours (or more) per week as "regular time." All 14 were police officers in the Police Department.

But that number worsens when regular hours and overtime hours are combined into "total hours" worked, which reaches 509 such employees. Those 509 employees translate into 823 full-time equivalents (FTE's), at \$100.1 million of the City's payroll. There were 18 employees who racked up over 4,000 "total hours" each, indicating they worked close to two full-time jobs apiece.

Where's the Beef (err, the Auditors)?

As the *Westside Observer* reported in "*Who's Auditing Mayor's Hiring Binge*" (Feb2017), it doesn't appear that either the Board of Supervisors, or the City Services Auditor unit within the City Controller's Office, is

Cont to page 18

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Local Pulitzer Prize Winning Author

Matt Richtel discusses his life and work at Bookshop West Portal

by Johathan Farrell

It is not every town or neighborhood that has a Pulitzer-prizing winning author in its midst. But our West Portal district does. And, while journalist and author Matt Richtel etches out the angles of complexities of technology and contemporary issues he delights in the everyday life of the neighborhood.

When this reporter asked him his thoughts on the honor of being awarded a Pulitzer Prize he said. “I no longer get any more milage with it with my wife. I still have to do chores around the house,” he laughed.

But joking aside, Richtel sees it as an honor, especially being awarded for important work. In 2010 his *NY Times* series on the dangers of texting and driving “put the issue on the map,” he said. “It is very gratifying.”

That, then became the basis for the non-fiction book, *A Deadly Wandering*, which has since gone into its 12th printing, and besides being a *NY Times* Bestseller, it continues to be held

in esteem; it is included on the ‘required reading’ lists of many schools and colleges. Born in L.A. but raised in Colorado, Richtel got his Bachelor’s from U.C. Berkeley, then transferred to Columbia School of Journalism where he secured his MS. He joined the staff of the *NY Times* in 2000 after working as a reporter covering Palo Alto and the Silicon Valley and its tech industry for The Peninsula Times Tribune and then for the *Oakland Tribune*.

Even with this stellar journalistic and literary distinction, Richtel is not one to rest on his laurels, no matter how comfortable or prestigious. His current novel *Dead on Arrival* which was featured at Bookshop West Portal on August 22, is already being heralded by critics, comparing it to a Michael Crichton thriller. Yes, it is set in

San Francisco with a connection to Colorado, among other things.

When not writing about tech, he is delving into such complicated subjects as immunology and cancer. But beneath the serious subject writer, and the mystery-thriller genre author, he has a fun-loving humorous side. “I like to write songs,” said Richtel. And if that were not enough creative outlet, he has also been the creative force behind a syndicated comic strip called *Rudy Park*.

He enjoys tennis and basketball when not at the computer. And, Richtel considers technology something

exciting — not something to be feared, a marvel as well as a great tool. “It is because of technology that I am able to write for the *NY Times* with my bosses in New York on the East Coast while I get to live here in

San Francisco. Telecommuting makes that possible,” he said.

Yet, he cautions that it is the pace of change, due to technology, that contributes to humanity’s “blind-spot.” Civilization over the eons has established many building blocks. “What’s different about now is that knowledge (and data) is building on itself. As society changes we are introducing things that are a mismatch with us as humans.” Things like ‘multi-tasking.’ “Our human brains just are not built that way, despite the popularity of the concept.” Hence the closer look at the dangers of

“As society changes we are introducing things that are a mismatch with us as humans.” Things like ‘multi-tasking.’ “Our human brains just are not built that way, despite the popularity of the concept.”



texting while driving. And hypocrisy, the other aspect that technology seems to bring out, more these days according to Richtel, “It is a major blind-spot. Technology can also make us both smart and lazy,” he said. Optimistically, the tech tools we have today can help humanity look at its blind spots. “Take advantage of technology but don’t let it distract you,” he said.

Perhaps it is the balance that he strives to achieve which helps him be so successful at what he does. His wife Meredith, and his two children are the anchors in his life and San Francisco is the harbor.

Richtel savors the small-town like atmosphere of West Portal. “I enjoy hanging out at Greenhouse Cafe on West Portal Ave, it is where I do some of my writing,” he said. Richtel is in good company there, it is were locals go to relax, study and indulge in the ‘Nutella Latte.’ And, naturally his most favorite spot on West Portal Ave is Bookshop West Portal.

To obtain a copy of author-journalist Matt Richtel’s book ‘Dead on Arrival’ visit Bookshop West Portal web site at: www.bookshopwestportal.com, and check out the calendar in the Westside Observer for their upcoming author events.

Jonathan Farrell is a local journalist.

Parkmerced Tenants Briefed on Housing Rights

by Dr. Derek Kerr

Housing Rights Committee (HRCSF.org) organizers Joy Lee and Joseph Smooke briefed some 30 Parkmerced residents about housing rights at an August 10th community meeting held at nearby SF State University. The Parkmerced Project will remove 1,534 garden apartments and replace them with high-rises over the next 20-30 years. By adding 5,679 new units, the total units on site will be raised from 3,221 to 8,900. The first phase of the building project was scheduled to start this summer, followed by demolitions. High-rises that include 56 replacement homes were to emerge at 199 Vidal, 300 Arballo, 455 Serrano and 850 Gonzalez. However, according to HRC organizers, Parkmerced had not yet taken out building permits. Accordingly, a building project that normally takes 18 months may take 2 years.

The “Tenants Rights 101” presentation covered the Parkmerced Development Agreement, landlord and tenant responsibilities, rent control, and evictions as well as resources for those displaced. For example, a tenant is someone who lives in an apartment for 30 days or more and pays rent. Existing Parkmerced tenants are entitled to relocate to a replacement

unit of similar size, with the same number of rooms and parking rights, and at the same rent as their current unit. Relocated tenants will have the right to remain in their replacement units for an unlimited term, subject to the rules in the City’s Rent Ordinance. One concern raised at the meeting was an apparent increase in vacant units at Parkmerced. Keeping units vacant could reduce the

number of rent-controlled tenants moving into the new units, thereby allowing more market rate rentals. HRC volunteers are monitoring the number of vacancies and welcome tips from Parkmerced residents.

With offices in the Richmond and Mission Districts, the Housing Rights Committee has advocated for tenants since 1979. In addition to tenant counseling, HRC is providing a 6-week training courses for peer counselors starting September 21st. Their Richmond office is at 4301 Geary Blvd. at 7th Avenue., 415-947-9085.

Dr. Derek Kerr was a senior physician at Laguna Honda Hospital where he repeatedly exposed wrongdoing by the Department of Public Health. Contact: watchdogs@westsideobserver.com

“One concern raised at the meeting was an apparent increase in vacant units at Parkmerced. Keeping units vacant could reduce the number of rent-controlled tenants moving into the new units, thereby allowing more market rate rentals.”



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SEPTEMBER 2017

Autumn leaves?...It's hard to believe that Labor Day has come and gone and we are into September. Schools have started, Halloween is just around the corner, closely followed by Thanksgiving and the December holidays. Boy does the time go fast!

Our "Summer" break here at the Observer has been fast and furious, with a quick July trip up to the Russian river valley where we spent a delightful week with a few great friends. We stayed in the town of Monte Rio, just north of Guerneville. If you haven't ever checked out the Highland Dell Lodge you are missing a treat. Built in 1907, this 13 room inn sits on the banks of the river and has rooms with balconies that overlook the meandering water as it flows on its gentle summer journey to Jenner at the Sonoma Coast. Relaxing by the river takes you back into a time where people from San Francisco took summer excursions by train to vacation in the redwoods. The ultra secret Bohemian Grove is just around the corner. Check it out at Highlanddell.com



"Gin- Rum..my"...I had another fun experience at a local "gin" tasting. In this era of craft brewers and distillers a new one has started on Palmetto Avenue in Pacifica, a short hop down the coast. Distiller Jason Tripp has a small distillery where he is hand-crafting vodkas and rums. I attended a gin tasting, as he is working out his recipes prior to submitting them for governmental approval and licensing. The Tripp distillery is open to the public on Saturdays from 12-6 where he makes cocktails and pours samples at a very good price. He and his wife also make donations to local non-profits, so it's a win-win for everyone who likes hand-crafted spirits.

Did you have "eclipse fever"? Lots of people across the country did, from Salem, OR to Columbia, SC the line of "totality" sold out campsites, hotel rooms and rental cars years in advance. I spent the day in central rural Pennsylvania with family. My brother has an old welding helmet (from my father) and it was a safe and effective way to view the eclipse, even if we did look like a character from a Marvel comics' movie. You have to feel for the people who flew in from the U.K. to Nashville, KY to see the event but were clouded out of viewing it. Here in PA we saw about a 75% eclipse, but it did darken the landscape and with the helmet we got a good look at it.



Out here in central Pennsylvania it's about as different from SF as you can get. Local real estate magazines



list lovely properties with 3 and 4 bedrooms for under \$100,000, some as low as \$50,000. The landscape is lush from the summer rains and everything is much less expensive here from gasoline, \$2.55/gal, to a breakfast with an omelet, potatoes and toast for \$3.75, and a call drink, say Jonnie Walker Red scotch, for \$3.85 a shot. Wages are also much less. It is small town America, where it seems everyone knows each other, Penn State football rules the roost (over 100,000 fans showed up for a practice game), and the Little League World Series in nearby Williamsport is a big local attraction. Like the feeling on the Russian River, it is a step back in time, back to my childhood, and it gives pause to think about the differences between my life in SF and the environment

here (and not just the heat and humidity.) There must be a way to breach the divide between the diversity we have in the large cities and the rural farms and towns. One is not better than the other, but the differences are striking. I think it's time to start the conversation and get the politics out of it.

Hungry..late at night?... Our friends over at the wonderful food site, EaterSF, just published a list of 37 places to go when you are looking for a late-night bite in our fair city. While most of the locations are east of Masonic, there are a few out here in the western outsidelands... most notably the following: Joo Mak (an untraditional Izakaya @ 4248 Geary St. - open 'til 2am); The Crew (Korean fusion @1330 Noriega St.- open 'til 2am); The Taco Shop at Underdogs (@1824 Irving St. -open Tues. through Sat. until 11:45pm); Toyose (a Korean hide-away@3814 Noriega -open 'til 2am); UmMaSon (an Outer Richmond late-night staple - 5850 Geary Blvd.- open daily 'til midnight); and don't forget then legendary Tommy's Joynt - perpetually ay 1101 Geary at Van Ness - open daily 'til 1:30 am.



Do you have an event, a neighborhood fact or just an observation to share? Drop us a line at mitch@westsideobserver.com and share your ideas or just let us know what you think.



Rec & Park's light show to commemorate the "Summer of Love" will run until the end of October at the SF Conservatory of Flowers in GG Park. More info can be found at the SF Rec and Parks website

AUTUMN AT THE CLIFF HOUSE

Join us for these Cliff House Weekly Favorites

- Wine Lovers' Tuesday – Half Priced Bottled Wines*
- Bistro Wednesday Nights – \$35 Three-Course Prix Fixe
- Friday Night Jazz in the Balcony Lounge
- Sunday Champagne Brunch Buffet

*Some restrictions apply. Promotions are not valid on holidays.

Guided Historical Walks

Spend a memorable Saturday morning exploring Lands End. Start with a continental breakfast at the historic Cliff House then walk through Adolph Sutro's magical 'kingdom by the sea' with historian guide John A. Martini. Regarded as the ultimate authority on this part of the City's fabled past, John's walks will be offered on September 16, September 23, October 7, and October 21.

For more information and to make reservations please visit www.cliffhouse.com/history-walk.

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September Calendar

EVERY SUNDAY • FARMERS MARKET

Every Sun | 9 am–1 pm | Stonestown rear parking lot: at Stonestown Galleria (19th Ave @ Winston).

EVERY SUNDAY • VICTORIAN TOUR

Sundays | 2 pm | Victorian era architecture of the city's first suburb - Lafayette Square. SF's illustrious history, steep streets & fabulous views! 1801 Bush St. garden. Donations OK. MUNI 1, 3. sfcityguides.org

EVERY TUE/THU /SAT • GET IN SHAPE!

Tue/Thu | 8:30 am | Sat: 9 am | Get into shape. FREE exercise classes. SF State & Rec and Park. Turf field at Minnie & Lovie Ward Park, 650 Capitol. 100citizens.sfsu@gmail.com, www.100citizens.org

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 THURS - NIGHTLIFE

Every Thu | 6–10 pm | The Academy of Sciences brings live music, science, mingling and cocktails. GG Park \$15 (\$12 Members). calademy.org/nightlife.

JAZZ FRIDAYS @ THE CLIFF HOUSE

Every Fri | 7–11 pm | The Balcony Lounge at the Cliff House hosts jazz every Fri night. 1 Seal Rock. cliffhouse.com/home/jazz.html.

FRIDAY NIGHTS @ THE DEYOUNG

Every Fri | 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

FRIDAYS @ OFF THE GRID/FT. MASON

Every Fri | DJs 5-7:30/Bands 7:30-10: pm | Over 32 food trucks and street food carts in a huge circle with a full bar and bands in the middle? That's a party! Free. Ft. Mason Ctr. Two Marina Blvd.

SAT • FREE E-BOOKS

Sat 3-4 pm | More than 40,000 free eBooks with one-on-one help from a librarian. Bring your Kindle, iPad, smartphone etc. 20 minute appointments available. RSVP: info@sfppl.org with preferred date/time, and device. Main Library, 100 Larkin St.

SUN • COMMUNITY YOGA

Every Sun | 10 am | Bring Your Own Mat for some outdoor yoga at Playland at 43rd Ave. All classes are FREE and DROP IN. (Rain cancels.) 1360 43rd Ave & Judah. Info: Playland Yoga Facebook Page

DAILY • ART OF EYVIND EARLE

Daily (except Tue) | 10 am - 6 pm | Best known as the lead stylist for Walt Disney's classic *Sleeping Beauty* (1959) and for concept art as well as his popular silk-screened prints. Walt Disney Family Museum, 104Montgomery, Presidio. Closed Tuesdays.

DAILY • BOOK-A-LIBRARIAN

Learn Basic Computer Skills—searching databases, setting up email, or surfing the web. Basic mouse skills required. Call 355-2825 to make an appointment. Merced Branch Library, 155 Winston Dr.

SAT - SUN • HAMLET — IN THE PARK

Sat - Mon Sep 2-4 | 2 pm | SF Shakespeare Festival celebrates 35 years as the Bay Area's acclaimed provider of free and accessible Shakespeare performances and education presents Hamlet for the first time; Shakespeare's famous tragedy, about the questionable succession of King Claudius to the throne of Denmark over his nephew Prince Hamlet. The Presidio's Main Post Parade Ground Info: sfshakes.org

THU • THE LADY VANISHES



Thu Sep 7 | 12 pm | Iris Henderson befriends the elderly Miss Froy, who will be traveling on the same train. They share compartments and go to the dining car for tea. Unable to locate Miss Froy and no one will admit to having seen he, she suspects a conspiracy. Directed by Alfred Hitchcock, 1938. Koret Auditorium, Main Library, 100 Larkin St.

SAT • DORCHESTER WAY MEDIAN

Sat Sep 9 | 11 am | Residents will celebrate the

completion of multi-year project to stabilize and beautify a one-block median in the heart of the West Portal neighborhood. Local restaurants have donated free food, live musicians will play and families, workers who did the actual work on the project, politicians and heads of city agencies will all be there. Info: Carol Dimmick,

SAT • COMPUTER HELPER

Sat Sep 9 | 2 pm | Drop-in and get help with a teen tech savvy volunteer! Bring your laptop, ereaders, gadgets, digital cameras, tablets or cell phones and we can help you learn how to use it. West Portal Branch Library, 190 Lenox Way.

SAT • KEVIN STARR



Sat Sep 9 | 2 pm | A tribute to the late historian, author, and teacher Kevin Starr, former State Librarian with speakers who knew him personally and professionally. Visit sfhistory.org for details. Xavier

Auditorium, Fromm Hall, USF, Parker at Fulton & Golden Gate. Free A light lunch will be served. RSVP by Sep 6 to reserve a seat (415) 537-1105 ext 0

SAT - SUN • HAMLET — IN THE PARK

Sat - Sun Sep 9-10 | 2 pm | SF Shakespeare Festival in the Presidio (See Sept 2 above)

SAT • PLANT SWAP

Sat Sep 9 | 11 - Noon | Bring your succulents, cuttings, starts, seeds, or surplus harvest to trade with other local gardeners! Ortega Branch Library, 3223 Ortega St.

SUN • WALK TO END ALZHEIMERS

Sun Sep 10 | Reg: 7 am Ceremony: 8:30 am Walk at 9 am | Three-mile walk is part of the world's largest event held in over 600 communities to raise awareness and funds for care, support and research. Free, donations encouraged, 408-372-9900, sfwalk@alz.org Crissy Field 603 Mason.

WED • AUTHOR MICHELLE RICHMOND

Wed Sep 13 | 7 pm | Newlyweds Alice and Jake are a picture-perfect couple in Richmond's *The Marriage Pact*. Their life holds endless possibilities. They decide to join an exclusive and mysterious group known only as The Pact. Bookshop West Portal, 80 West Portal.



WED • THE ZOOKEEPER'S WIFE

Wed Sep 13 | 6 pm | The keepers of the Warsaw Zoo, Antonina and Jan Zabinski helped save hundreds of people and animals during the German invasion. Starring Jessica Chastain and Johan Heldenbergh. Based on the book by Diane Ackerman. Ortega Branch Library, 3223 Ortega Street. Free..

THU • KIM SHUCK, POET LAUREATE

Thu Sep 14 | 6 pm | Join us when Kim Shuck, San Francisco's seventh poet laureate, is inaugurated. Kim, a life long resident of San Francisco, will read her poetry and discuss her plans as poet laureate. A book sale by the Friends of the San Francisco Public Library follows the event.

SUN • SHARE THE HARVEST

Sun Sep 15 | 7–10 pm | Live music, cocktails, hors d'oeuvres, a silent auction, to support the Hamilton Family Center in its efforts to end homelessness. Mezzanine SF, 444 Jesse St. \$125 & up, 415-409-2100, hamiltonfamilycenter.org

SAT • PARTY FOR THE PARKS

Sat Sep 16 | 6 Cocktails-7:30 Dinner/Dance | Every child deserves access to a safe, clean, imaginative, place to play. Proceeds support the renovation of over a dozen city playgrounds, benefiting over 20,000 children. Stern Grove, 19th & Sloat. Cocktail Attire 415 801-4164 meagan@sfparksalliance.org

SAT • SALSA MAKING

Sat Sep 16 | 2 pm | Learn to dice and chop vegetables for a fresh salsa. Please call 415-355-5760 or visit the Ortega Branch library to sign up. 3223 Ortega St.



SAT • NEGRO SPIRITUALS DAY

Sat Sep 16 | 1 - 4 pm | 14th Annual Negro Spirituals Heritage Day celebration includes an awards ceremony honoring friends of Negro Spirituals' Negro



OPERA IN THE PARK 2017 • FREE • SHARON MEADOW / GOLDEN GATE PARK

Sunday, September 10, 2017 at 1:30pm | Discover the beauty of an aria, while lying back in the surrounding green of Sharon Meadow, where the operatic wonder of the San Francisco Opera truly comes to life. Many bring along a blanket, while others take this opportunity to pack a picnic and enjoy an outing with family and friends. The combination of singing and music is a splendid treat and one of the most popular events held at the Golden Gate Park. It is highly suggested to arrive early in order to claim a decent viewing location. If you've forgotten to bring along food, snacks, or something to drink – the event has items for sale. In the Meadow, remember to only bring low beach chairs and picnic blankets so that everyone can enjoy a chance at a reasonable view. www.sfopera.com photo: Stefan Cohen

Spirituals Heritage Keeper's Award. Koret Auditorium, Main Library, 100 Larkin St.

SAT - SUN • HAMLET — IN THE PARK

Sat - Sun Sep 16-17 | 2 pm | SF Shakespeare Festival in the Presidio (See Sept 2 above)

SUN • 37TH ANNUAL COMEDY DAY

Sun Sep 17 | 12-5 pm | Five hours - one stage at Sharon Meadows, Golden Gate Park.



WED - SUN • 53RD BIG BOOK SALE!

Wed - Sun Sep 20-24 | 10 am-6 pm | The Largest Used Book Sale on the West Coast! Twice the number of books in Ancient History, Architecture, Art, California & the West, Graphic Novels—more than 70 categories in all. Audio Books, CDs, DVDs and Vinyl. Fort Mason, 2 Marina Blvd.



WED • WANNA START A BUSINESS?

Wed Sep 20 | 6:30 pm | A panel of experts from West Portal Merchants' Association and the Business Network International Stars will share how to start your own business in San Francisco. West Portal Branch Library, 190 Lenox Way

WED • WORDPRESS

Wed Sep 20 | 2 pm | Explore how to use the free services of WordPress.com to create websites and resources for those curious to learn more. Main Library, 100 Larkin St.

THU • BRIEF ENCOUNTER

Thu Sep 21 | Noon | At a café in a railway station, a housewife meets a doctor. Although they are both already married, they gradually fall in love with each other. They continue to meet every Thursday in the station, although they know that their love is impossible. 1945 from a story by Noel Coward. Main Library, Koret Auditorium, 100 Larkin St.

THU • LIVING WAGE TOWN HALL

Thu Sep 21 | SF Living Wage town hall meeting organized by various worker's groups to advocate for amendments to the Minimum Compensation Ordinance; Supervisors Yee and Tang have been invited to attend. Ortega Branch Library and. The event is tentatively scheduled for September 21st. If you or someone with your newspaper is interested in covering this event please let me know. You can reach me via email or by phone at 415-863-1225.

THU • LIVE IN COSTA RICA!

Thu Sep 21 | 6 pm | Why Costa Rica? Sure, it's gorgeous, and one of the most economically and politically stable nations in the region. It has near-universal health care and has set aside more than 25% of its land in parks and reserves. Erin Van Rheenen, author of *Living Abroad in Costa Rica*, introduces the "Switzerland of Central America," Main Library, 100 Larkin St. Latino/Hispanic Rm.!

FRI - SUN • OKTOBERFEST BY THE BAY

Fri-Sun Sep 22-24 | Fri 5pm-12am, Sat 11am-5pm or 6pm-12am, Sun 11am-6pm | This annual Munich tradition features German beer, food, music, and

fun - four different sessions. Food and dessert items range from around \$3 to \$12 each. Beer/wine is \$6 a glass. Music by the Chico Bavarian Band and the Internationals. \$25 Pier 48, just south of AT&T Park.

FRI • SF FASHION WEEK

Fri - Sun Sep 22-Oct 1 | Various venues | The 8th annual SF Fashion Week explores how diversity and innovation in fashion. For schedule of times & events: sanfranciscofashionweek.net

SAT • MARCH FOR SUICIDE PREVENTION

Sat Sep 23 | Ceremony 10 am | Hundreds will participate in the 12th American Foundation for Suicide Prevention's Out of the Darkness Community. Each walk provides support for survivors of suicide loss and those with lived experience around suicide and mental illness. Mission Creek Park, 7th St. & Berry.

SAT - SUN • DRAGONBOAT RACE

Sat - Sun Sep 23-24 | Speeding fleet of colorful 40-foot dragon boats race to the beat of Chinese drums for the 22nd Annual Dragon Boat Festival at Lake Merritt, Oakland. Info: sfdragonboat.com

SAT - SUN • HAMLET — IN THE PARK

Sat - Sun Sep 23-24 | 2 pm | SF Shakespeare Festival at McClaren Park - Jerry Garcia Amphitheater, 40 John F. Shelley Drive (See Sept 2 above)

SAT • BEYOND PITA & HUMMAS

Sat Sep 23 | 3 pm | You may know pita and hummus...now let's get adventurous and try some of the other tasty snacks of the Middle East! West Portal Branch Library, 190 Lenox Way.



SAT • PRESCRIPTION DRUG TAKE BACK

Sat Sep 23 | 10 - 2 pm | A free and convenient way to dispose of expired or unwanted medicines (unused medicine is a threat to both public health and the environment if disposed of in the trash or sink). ACCEPTED: Medications in any dosage form, in their original container or sealed bag. Ortega Branch Library, 3223 Ortega.

SAT • OUT OF THE DARKNESS



Sat Sep 24 | 9 am | Suicide Prevention's 13th annual SF Community Walk and the Greater SF Bay Area Chapter is excited to host in Mariposa Park, Mariposa @ Indiana. 707-968-7563 SFBayArea@afsp.org

MON • TWIN PEAKS CENTRAL COUNCIL

Mon Sep 25 | 7:30 pm | A resource for neighborhood organizations west of twin peaks. Interested in listening and commenting on issues? Attend one of our meetings or contact us at info@WestOfTwinPeaks.org. Forest Hill Clubhouse, 381 Magellan Ave.

MON • SHARP - SANCTURARY CITY

Mon Sep 25 | 7 pm | The Trump administration has been thwarted in penalizing cities that don't cooperate with deportation efforts. Niloufar Khonsari, left, and Ana Herrera, immigrant-rights attorneys

2017

SF OPEN STUDIOS

Discover over 800 artists & locally made artwork across San Francisco this October & November

ARTSPAN

Artist Studios Open 11am to 6pm

WEEKEND 1
OCT 14-15
Hunters Point Shipyard & Isles Creek Studios
NEW SCHEDULE
NEW MAP & WEEKEND DIVISIONS

WEEKEND 2
OCT 21-22
Presidio, Richmond, Sunset, West Portal, Ocean View

WEEKEND 3
OCT 28-29
Dogpatch, Potrero Hill, Bayview, Bernal Heights, Portola, Excelsior, Balboa Park, Visitacion Valley, Outer Mission, Diamond Heights, Glen Park

WEEKEND 4
NOV 4-5
Fort Mason, Marina, North Beach, Pacific Heights, Western Addition, Hayes Valley, NOPA, Upper & Lower Haight, Cole Valley, Tenderloin, Downtown, SOMA, Buena Vista, Russian Hill

WEEKEND 5
OCT 15-16
Mission, Noe Valley, Castro, Upper Market

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Now At the Movies • Don Lee Miller

DUNKIRK

The key to writer-director Christopher Nolan's fine work re early WWII has 40,000 British troops stranded on the French coastline. The militia being evacuated are three stories intermixed, each with a different time constraint. One with one hour, another with a day and the third with a week—all are plunged into the same pot and stirred. The pilot, Farrier: Tom Hardy and a small boat captain, Mr. Dawson: Mark Rylande (2015 Oscar winner for Bridge of Spies) are the only stars. The cinematographer picks up the worried expressions of anguish. Well worth seeing; expect it to be around at Oscar-time. PG-13: Intense war experience and some profanity.



THE HITMAN'S BODYGUARD

Do ya wanna join European street car chases every twelve minutes with hundreds of shots being fired and bodies dropping? World-class bodyguard Michael Bryce: Ryan Reynolds protects an expensive assassin with a sense of humor, Darius Kincaid: Samuel L. Jackson. They have good chemistry between them. The ruthless antagonist, evil dictator Vladislav Dukhovich: Gary Oldman is on trial by Interpol who agrees to release Sonia: Salma Hyack, the sassy-tongued wife of Kincaid if he testifies against VD. MB and DK are ambushed en route to their destination but escape, with scratches. The profanity-laden jokes sometimes fall short of their goal. All they need is a lazy dawg. Low flights over The Hague provide a view of how much progress has been made since maidens wore blue dresses with white aprons and wooden shoes. Patrick Hughes directs effectively, particularly in the action/comedy dept. R: Strong violence and pervasive profanity throughout.

Summer of Love Light Art in the Park

A light art installation projected on the landmark Conservatory of Flowers in Golden Gate Park as part of the 50th Anniversary of the Summer of Love

Thru October 21, 2017 • Nightly - sundown until midnight
Conservatory of Flowers, Golden Gate Park

clarify what the future may hold. 1736 Ninth Ave.

WED • AUTHOR ISA GUCCIARDI

Wed Sep 27 | 7 pm | The essence of resolution lies in the recognition of the deep and unbroken connectedness we share as human beings. The processes of *Coming to Peace: Resolving Conflict Within Ourselves* and *Others* provides a pathway to reconciliation and wholeness. Bookshop West Portal, 80 West Portal.



WED • AUTHOR JOHN CARIS

Wed Sep 27 | 7 pm | SF author John Caris will discuss his novels with a focus on San Francisco as a major character, illustrated with slides of the city. Merced Branch Library, 155 Winston Dr. Contact: sfcaris1@gmail.com or www.westgatehouse.com



THU • OMI NEIGHBORS IN ACTION

Thu Sep 28 | 7 pm | OMI-NIA General Meeting is the last Thu each month. Temple UMC, 65 Beverly.

THU • FRANCHISING BASICS

Thu Sep 28 | 7 pm | The pros and cons of franchising, the right one, proper due diligence, funding options, and keys to success. Franchise experts at FranNet. Merced Branch Library, 155 Winston Dr.

FRI-SAT-SUN • HAMLET — IN THE PARK

Fri - Sun Sep 29-Oct 1 | 10 am (Fri) 2 pm (Sat-Sun) | SF Shakespeare Festival at McClaren Park - Jerry Garcia Amphitheater, 40 John F. Shelley Drive (See Sept 2 above)

SAT-SUN • AUTUMN MOON FESTIVAL

Sep 30 - Oct 1 | 11am - 6:00 pm | Autumn Moon in Chinatown with entertainment, arts and crafts,

food and drink. The opening parade will proceed from California and Grant with groups of costumed children and artisans, giant puppets, lion dancers, ribbon dancers, and marching bands. It will end at the main stage on Washington St., where Polynesian dancers, acrobats and martial artists will among the many featured artists.

SUN • ASIAN ART MUSEUM FREE DAY

Sun Oct 1 | 10 am-5 pm | Every first Sunday is free at the Asian Art Museum (save \$12) -17,000 artworks spanning 6 thousand years. Special exhibitions may require separate charges. 200 Larkin St.

TUE • CONSERVATORY FREE DAY

Tue Oct 3 | 10 am-4:30 pm | An intimate, up-close experience with over 1,700 species of rare, exotic and endangered plants. Opened in 1879, the wood and glass greenhouse is the oldest existing conservatory of its kind in the Western Hemisphere. 100 J F Kennedy Dr. Free every first Tuesday.

TUE • DE YOUNG FREE DAY

Tue Oct 3 | 9:30 am - 5:15 pm | Art from 17th-20th centuries, native Americas, Africa, & Pacific. 50 Hagiwara Tea Garden Drive. Free first Tuesdays.

TUE • LEGION OF HONOR FREE DAY

Tue Oct 3 | 9:30 am - 5:15 pm | 4000 years of ancient and European art in the exquisite Beaux-Arts building in an unforgettable setting overlooking Golden Gate Bridge. 100 34th Ave. Free first Tues.

WED • GWPNA MEETING

Wed Oct 4 | 6:30pm - 8:30pm | GWPNA meetings are held the first Wednesdays of the month and are open to members, guests and public. 131 Lenox Way, West Portal Playground Clubhouse.

Local event? editor@westsideobserver.com
Priority: Westside Eventsh





Join Your Neighbors For


NEIGHBORFEST!

When: Sept 17, 2017 11 am – 2pm


Where: Minnie Lovie Ward Rec center

In 2007, an alliance of residents, neighborhood and merchant associations, nonprofits and faith-based organizations, foundations and academic institutions was created around a simple mission, empowering the neighborhoods of San Francisco with the capacity to steward themselves to a resilient condition. The alliance assumed the name "Neighborhood Empowerment Network" (NEN), and over the past ten years it has leveraged the immense resources and expertise within its ranks to create a ground breaking suite of tools, resources and methodologies to advance resilience at the community level with a bottom-up, grassroots approach.





AUGUST 2017 BESTSELLERS



WHAT ARE YOU READING?

1. Locking Up Our Own: Crime and Punishment in Black America by James Forman, Jr. *

2. Dead on Arrival by Matt Richtel *

3. Al Franken, Giant of the Senate by Al Franken

4. The Late Show by Michael Connelly

5. A Gentleman in Moscow by Amor Towles

6. The Ministry of Utmost Happiness by Arundhati Roy

7. Hillbilly Elegy: A Memoir by J.D. Vance

8. Murder in Saint-Germain by Cara Black *

9. On Her Majesty's Frightfully Secret Service by Rhys Bowen *

10. You Don't Have to Say You Love Me: A Memoir by Sherman Alexie

11. Meddling Kids by Edgar Cantero

12. Theft by Finding: Diaries (1977-2002) by David Sedaris

13. Lincoln in the Bardo by George Saunders

14. Born a Crime: Stories from a South African Childhood by Trevor Noah

15. Devil's Bargain: Steve Bannon, Donald Trump, and the Storming of the Presidency by Joshua Green

* Spoke at BookShop West Portal; signed copies available.

Nitrate Poisoning and Blended Water

by Glenn Rogers

How it is possible for a city like San Francisco to be asked to consume less water by adding Blended Water to its tap water. Today, San Francisco consumes the same amount of water it did in 1977, or 32% below what it consumed in 1988.



“Nearly every chemical standard in force today incorporates a ten to 100-fold safety factor to ensure that sensitive members of the population are adequately protected. When there is evidence of possible human carcinogenicity, the EPA adds yet another ten-fold safety factor ... nitrate is a precursor compound in the formation of N-Nitroso compounds, many of which are human carcinogens.”

UNFAIR STARDARD:

Is it really fair to ask San Franciscans to conserve more water on top of what they already conserve? Nowhere in the agricultural industry is there an equivalent demand for conservation.

INADEQUATE STUDY:

Officials have argued the nitrate levels being introduced into the Blended Water Program are safe. However, let's look at the study they offer as proof. Back in 1962, the World Health Organization (WHO) conducted a study with rats to determine a safe level of nitrate consumption. Noticing the rats did not develop any illnesses given an arbitrary amount of nitrates, they assumed a safe level of nitrates for people projecting body weight and size. This study has never been upgraded or reexamined. The level of 10 ppm of nitrate for human consumption has been considered safe for 55 years, despite the fact this study was not in-depth or rigorously scientific.¹

In other countries the safe standard of nitrate consumption is much lower, e.g. Germany and South Africa have a standard of 4.4 ppm, while in the European Economic Community a standard of 5.6 ppm is considered safe. These standards are nearly twice as stringent as the Environmental Protection Agency's (EPA's) or WHO's standard. It would seem agricultural interests have been able to lobby lawmakers to weaken this standard in the United States.

LACK OF SAFETY STANDARD:

In February of 1996 the Environmental Working Group clearly delineated the problem: “Unlike virtually all other contaminant standards, the drinking water standard for nitrate contains no margin of safety. Nearly every chemical standard in force today incorporates a ten to 100-fold safety factor to ensure that sensitive members of the population are adequately protected. When there is evidence of possible human carcinogenicity, the EPA adds yet another ten-fold safety factor. The nitrate standard contains no safety factors at all, even though it is targeted towards an especially sensitive population subgroup, infants, and even though nitrate is a precursor compound in the formation of N-Nitroso compounds, many of which are human carcinogens (NRC 1995).”²

Nitrates are also an indicator of trace amounts of other toxins found in water. Obviously, if nitrates are found in fertilizer used to grow grass in golf courses, one should also expect to find pesticides and herbicides in that same water. Since no new contaminants have been added to the list of toxins found in drinking water in

decades by the EPA, these other toxins are not monitored even though they certainly exist.³

Safe levels for lead have changed over the years, but not when it comes to safe levels of nitrates. Today, many feel there is no safe level of lead. Despite that information, in 2009, the California Office of Health Hazard Assessment set the goal for lead in drinking water at 0.2 ppb based on studies showing that an increase of 1 ug/dL of lead in blood was associated with a decrease of one IQ point in children. The EPA's legal standard for lead is much higher at 15 ppb. (3) Sadly, it is the EPA's standard for nitrates (10 ppm) we are following when we determine the safe amount of nitrates in our Blended Water Program.

WHO IS VULNERABLE:

One of the illnesses from an overdose of nitrates effecting babies under 3-4 months old is blue blood syndrome. This illness occurs when the blood is not able to deliver enough oxygen to the baby. In Germany, 3-4% of the cases of this illness have occurred with 11 ppm of nitrate found in the water. In addition, other populations considered vulnerable to nitrate poisoning are African Americans, Alaskan Eskimos and Native Americans that lack a hereditary enzyme to maintain their health. Also, pregnant women must be mindful of nitrate poisoning, since the child they are carrying is the youngest and most vulnerable of babies to nitrate poisoning. Other individuals that are vulnerable to nitrate poisoning are those that already have the illnesses of gastric ulcers, pernicious anemia, gastritis and those with any immune deficiency illness including AIDS. A last group of individuals susceptible to nitrate poisoning are dialysis patients. For dialysis patients, a standard of 2 ppm of nitrates has been recommended. Nitrate poisoning can be an accumulative illness, often most consequential to the most vulnerable among us, especially if they drink 8 glasses of water a day, which is recommendation by doctors, over the span of a lifetime. However, studies have also shown high levels of nitrates ingested by babies under 3-4 months old, and the standard of safety most lack, have had profound consequences on their life as adults.

Glenn Rogers is a landscape architect who lives in the Westside.

- 1.) ajcn.nutrition.org/content/90/1/11.full
- 2.) www.ewg.org/research/pouring-it/health-effects-nitrate-exposure#.WYYpq6Z0i7
- 3.) www.usatoday.com/story/news/2017/07/26/contaminants-water-legal-but-still-pose-big-health-risks/510237001/

Health Matters

5 Foods for Micro-Circulation

by Sharone Franzen



As cardiovascular disease pulls ahead as the leading cause of death in our country, most of us understand at least a little about the importance of our circulation. We know how to keep our cardiovascular system healthy with a good diet, regular exercise, and a yearly physical exam. But our blood vessels service much more than just the heart and lungs. Each major artery branches off into smaller and smaller blood vessels, eventually ending in capillaries – which bring nutrients, oxygen, and other vital substances to both the deepest organ tissues and the furthest reaches of our skin. Anyone with numbness or tingling pain in their extremities can tell you just how important these tiny blood vessels are.

Although the capillary system is small and thus has been hard to study, there are simple and natural ways to improve its function. For example, acupuncture's primary focus is to promote proper circulation. Chinese medicine asserts that pain and disease can be caused by the “stagnation” of blood, causing somewhat of a traffic jam in the blood vessels. This congestion is the root cause of pain and dysfunction. Think of a bruise: you can see evidence of broken blood vessels in the skin's surface, and you can feel the soreness in the area before it heals. Eventually the body's cleanup crews – blood and lymph fluids – carry away the debris, reducing the sensation of soreness and the visible signs of injury. If it takes a long time for your bruises to heal – or you bruise easily to begin with – something may be amiss with your circulation. Years of sluggishness may eventually lead to what we know as cardiovascular disease: thicker blood, vessels with decreased elasticity, and dangerous growths of plaque. Acupuncture can invigorate the circulatory system, which may be why it works so well for pain.

Additionally, nutritional therapy offers an even simpler approach to improving blood flow. While scientists debate over which type of diet works best to keep the macro-circulation healthy, new research has found foods that benefit the micro-circulation. Kerry Bone is one of the world's foremost western herbalists, and is the author of *Principles and Practices of Phytotherapy*. He maintains that promoting optimal microcirculation may address many health issues, and has discovered, through years of research, five food groups that positively affect capillary function. Eating each of these foods daily can make a big difference for folks who could use more blood flow to the extremities, organs, or particular tissues. Nutritional supplements can affect the same changes, but getting these benefits from food is an inexpensive way to improve one's health without side effects, and tips the balance of one's diet toward better nutrition. Here is Kerry Bone's 5-point protocol:

1. **Beet roots and greens:** red foods have been used in traditional Chinese medicine as “blood tonics” for centuries, and beets improve bile flow and are full of nutrients. Additionally, beets and leafy greens help thin the blood. Beet roots need to be baked, or if they are boiled the water needs to be consumed as well, so as to not lose any nutrients. Other leafy greens also work if you need a break now and then from beets. If you really don't like beets, try beet powder in a smoothie, or sauté beet greens in butter and garlic as you might with other greens.



“Anyone with numbness or tingling pain in their extremities can tell you just how important these tiny blood vessels are.”



2. **Herbs and spices:** green tea, turmeric, and ginger are all in the nutritional limelight now for their anti-inflammatory properties. These foods have been used in Chinese herb formulas for all types of pain due to their ability to promote circulation. Three cups of green tea a day, or adding the above spices to each meal, will bring the desired benefits. If you are already taking a Chinese herb formula, chances are some of the ingredients will count toward your daily microcirculation protocol. If you are using turmeric, it should be heated and consumed with some fat, as in a nice curry made with butter or ghee, or whipped up as Golden Milk, a warm milky beverage made with turmeric, dates, and other spices. Many classic chai tea recipes incorporate turmeric and ginger as well, and are served with warm milk.

3. **Berries:** almost all berries contain *anthocyanin*, which is the substance that contributes to improved circulation. Just a large handful a day of blueberries, raspberries, blackberries, or strawberries will be enough to fulfill your daily quota of anthocyanins. Berries are a low-sugar treat that fit into almost any meal plan.

4. **Cocoa:** too good to be true, right? The catch is that it has to be either eighty-five percent chocolate, or pure cacao powder. Just three ounces a day of the bar-type can count as “medicinal,” much more than that might be a bit more sugar than you want to eat daily (ahem). The cacao powder is really versatile: put it in smoothies, make chia seed pudding with it, or stir it into warm beverages. Pure cacao is also the richest source of magnesium on earth, and is low in caffeine.

5. **Garlic:** half a clove of raw, hand-crushed garlic per day is the minimum. Eat it as is, or put it in a dish like hummus. You can cook with garlic, too, but it won't count toward your microcirculation protocol. If the odor is worrisome,

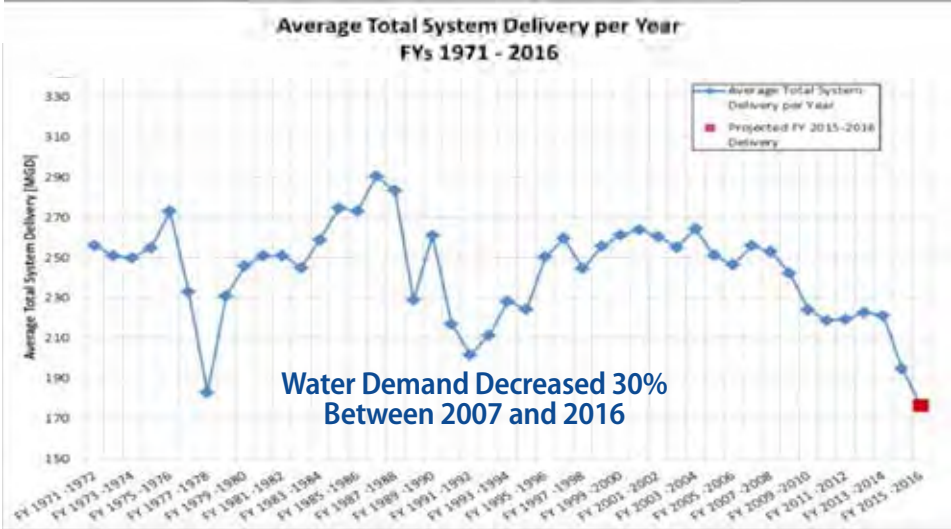
either feed it to your family and coworkers as well, or take a good-quality supplement.

The first four ingredients can also be put into a smoothie: beet powder, matcha tea, cacao powder, and wild frozen blueberries mix well with a good-quality protein powder. Of course, the truly adventurous can throw the garlic in there, too, but for most of us that may be going too far!

Any way you choose to incorporate these foods into your daily diet will work, as long as you stay consistent. Common sense dictates that if you suspect you are experiencing circulatory issues, see your health care provider right away.

To your health!

Sharone Franzen is an acupuncturist and herbalist in Lakeside Village.



Senior Smarts

Dental Health: Surviving Oral Surgery

by Anise Matteson

When I began working two weeks after graduating from college in 1973, nurses wore white uniforms, caps and hose, jewelry was limited to two rings (wedding ring and/or school ring) and employees were told not to discuss their personal business. I have always practiced this rule. I make an exception and share with readers my recent dental appointment for an extraction.

There may be a reader who is preparing for an appointment or convalescing from an extraction who can benefit from this article in the series of articles on dental health.

IMPROVING YOUR APPOINTMENT

Step 1: Know in advance how you are going to pay for the procedure.

Know how much does it cost?
Do you have dental insurance? (If you do not, what are your options?)

Can you afford to pay the total amount on the day of the appointment? (If you cannot, how many payments will you need?)

NOTE: "If you've retired or soon will be, did you know that in most cases, Medicare just doesn't cover any dental care?"[1]

[1] "Your Medicare Benefits," Center for Medicare & Medicaid Services, 2014.

"Q: Won't Medicare or the Affordable Care Act pay for my dental care?

A: Medicare does **not** cover routine dental care or most dental procedures such as cleanings, fillings or dentures. The Affordable Care Act does not provide coverage for adult dental care, either." (Physicians Mutual Insurance Company)

Step 2: Schedule the appointment early in the week (preferably Monday) in case there are post-operative problems and need a post-operative check.

Step 3: Arrange for five days off from work to recuperate.

Expect:
Facial swelling (four days.)
Talking is uncomfortable.
Not feeling like doing much. (Naps helpful.)
Dietary restrictions.
Need to exercise care when chewing. (Keep food out of surgical area.)
Need to rinse [gently] after eating.
Need to exercise care when brushing teeth. (Avoid surgical area.)

NB: Follow your dentist's post-operative instructions following oral surgery.

SPECIAL DIET (CONVALESCENT DIET)

Soft Diet. A diet consisting of nothing but soft or semisolid foods or liquids, including fish, eggs, cheese, chicken, cereals, bread, toast and butter. Excluded are red meats, vegetables or fruits having seeds or thick skins, cellulose, raw fruits, and salads.[17]

Personal soft diet preferences

Following oral surgery: Lemon-Lime soda, strawberry yogurt.

For 14 days after the surgery: Lemon-Lime soda, orange juice, peach yogurt, blueberry muffins, open-face omelet with cheese, bananas, cantaloupe, pancakes without syrup, Ramen noodle soup, bread with margarine and honey, Tina burritos, mashed potatoes, lemon cake, chocolate cake, hot tea, coffee, focaccia sandwich rolls (jalapeno).

For qualified advice on meal planning if your dentist's instruction is for a soft diet consult a dietitian.

Dietitian vs. Nutritionist

Dietitian.

Organizes food and nutrition plan; promotes healthy eating habits to prevent and treat illnesses; teaches nutrition and health classes at colleges and universities; does research or focus on public health issues; diagnose eating disorders; plan meals for the managing of symptoms of health problems.[18]

Registered dietitian (R.D.). A specialist in dietetics who has met the requirements for certification stipulated by the American Dietetic Association.[18a]

Nutritionist (food specialist)[18b]. Teach

clients about the general nutrition and health properties in food; offer nutrition supervision; work as dietitian assistants or food journalists; most of their work is done with behavior issues.

NOTE: 1) Nutritionists typically do not have any professional training, and therefore, should not be involved in the diagnosis and treatment of any disease. 2) Nutritionists who pass the certification test are referred to as *certified nutrition specialist (C.N.S.)*. 3) Practitioners – *clinical nutrition*: medical doctors, osteopaths, physician assistants, chiropractors, naturopathic doctors.

INFECTION PREVENTION

Wash hands before touching face.
Use plastic and paper cups for drinking water and beverages.

Thoroughly wash and rinse eating utensils and dishes after each use.

Wear an earloop face mask.
Mouth Care:

Follow your dentist's Post-Operative Instructions Following Oral Surgery sheet.

Avoid kissing or being kissed to reduce potential for spreading germs in saliva.

Fresh linen (pillow case and bed sheets).

Limit or avoid touching handles on garbage cans and garage door. (REMINDER: Car doors are a source of germs. Wash hands ASAP.)

Avoid picking up newspaper(s) delivered to your home that have been tossed onto your lawn. (REMINDER: Dog owners use your lawn for their dog's toilet. The newspaper may be tossed in feces or urine—wear gloves when picking it up.)

Practice infection prevention for at least 14 days after oral surgery.

PREPARE FOR THE UNEXPECTED

If you are retired on a fixed income you need an emergency fund to cover unexpected expenses.

With dental surgery there is a change in diet. You may need to go shopping for appropriate foods.

You are advised to have an Advance Directive in the event you are unable to express your wishes.

Likewise, advance planning is needed for dental health care. Dental insurance coverage in advance of a Treatment Plan. There is a waiting period (e.g., an extraction requires three months enrollment; a crown requires one year enrollment).

As with other health care providers, you will need to provide medication allergies and reactions, and any medications you are taking.

OVERVIEW: DENTITION

Teeth (sing. - tooth). The hard bone-like (calcified) organs supported by sockets and gums of the upper and lower jaws. FUNCTION: 1) To grind food into pieces

small enough to be easily swallowed and digested. [2] The teeth in the upper jaw work with those in the lower jaw to cut, tear, and grind food. (Front teeth are for biting. Back teeth are for chewing.)[2a] 2) Help to form words. Many words cannot

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"...(and we just moved to our new office on Clement Street). Well, that's me. I'm also the woman hugging her niece at the Jersey Shore in the picture.

Seventeen 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 it 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

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.

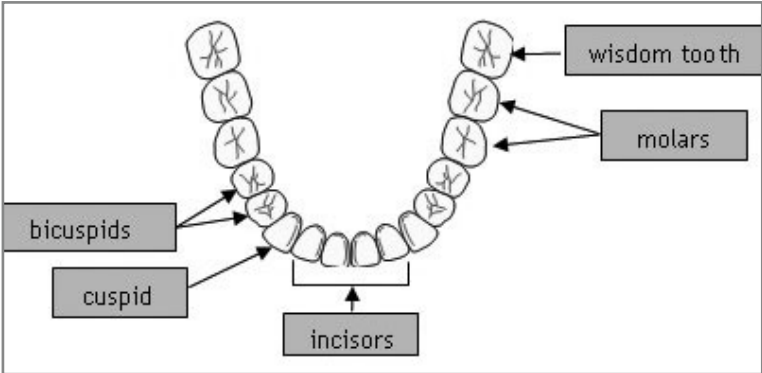
My assistants are Miranda and Nancy and they are friendly and helpful and ready to assist you to set up an evaluation. Our clinic is both friendly and warm and we try our best to make you feel at home. We have wonderful service at an exceptional fee. Our clinic is called Healthy Life Chiropractic and it is at 101 Clement Street (at the corner of Clement St. and 2nd Avenue). Our phone number is 415-751-7071. Call today for an appointment. We can help you.

Thank you.—Dr. Christina Meakim D.C.

P.S. When accompanied by the first family member, 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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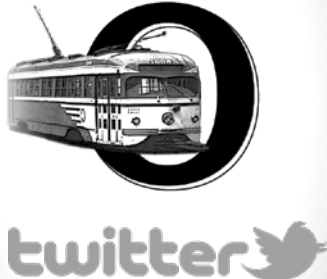


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Sunnyside Powerhouse with Turrets and Chimney on Monterey Boulevard View Towards Baden | Circa January 1904 Published by permission of the San Francisco Metropolitan Transportation Agency Photo Library

BRAIN FÜD

Spoonerisms

A spoonerism is a pair of words that can have their initial sounds switched to form new words. The pairs need only sound the same, not necessarily be spelled the same (power saw & sour paw, horse cart & coarse heart). There may sometimes be one or two connecting words (kick the stone & stick the cone, king of the rats & ring of the cats). Given the following definitions, what are the spoonerisms?

1) overweight dam builder & symptom of a sick flying mammal

2) bottom of the ocean & an insect-bitten dog has this

3) a cooking utensil & a nosy admirer

4) the person in charge of clocks and watches & the result of exposing silent actors to the sun

- 4) man of the times & tan of the times
- 3) frying pan & prying fan
- 2) sea floor & flea sore
- 1) fat beaver & bat fever

Answer

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

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: appears right.

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



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Police Report (Cont. from p. 7)

Robbery
9:46pm | Moraga St & 38th Ave
The victim said he and his wife were in the his parked car, but when he got out suspect 1 held on to the door while suspect 2, behind him, held a knife. They demanded his wallet, and grabbed his cell phone. He gave them about \$70, then suspect 1 punched him on his left lip and took the money. Both fled in a car driven away by a 3rd suspect.

Evading Police - Theft from Vehicle
4:58 pm | 3200 20th Ave
At Sonestown Galleria a witness saw a man removing bags from the trunk of gray Acura and placing them into a white Integra. Officers found the Integra and ordered it to stop but it backed up evasively swerving through oncoming traffic before fleeing the location. The owner of the gray Acura reported the stolen item.

Battery – Arson
11:51 am | Address Confidential
The victim, who appeared distressed and frantic said he was in his room when the suspect came in and started yelling at him. He told the suspect to leave but he refused. He tried to record the incident but the suspect attempted to light his mattress on fire. When he threatened to call police the suspect punched him several times and went back to his room. After further investigation, the suspect was arrested.

Monday - August 14
Brandishing a Weapon – Tampering
7:35 pm | 1200 39th Ave
After attending the Outside Lands Festival a man returned to find his car had been moved back a couple feet from where he left it. When he inquired from the owner of the house, the suspect, to find out what happened, the suspect appeared from his house pointing an assault riffle at him. The suspect said the car was blocking the driveway preventing his father from parking in the garage. The suspect could not find the car's owner nor a tow truck. A passerby in a pickup truck offered assistance—lifting the car with a jack and then hooked on to the truck and moved away from the driveway. The suspect also said he was frightened when the victim approached him. After further investigation, the suspect was cited.

Robbery
9:22 am | 1500 24th Ave
The victim told officers — pointing frantically to 24th Avenue — that he was walking along Lawton Street and 24th when unknown suspects suddenly pulled his bag away from him and fled in a car which had a black paper covering the license plate.

Tuesday - August 15
Burglary – Stolen Property - Vandalism
2:25 pm | 00 Harding Road
The witness saw the suspect appearing and disappearing from view, then two suspects fled, one on foot and one in a car. Officers found the suspect fleeing on foot. The second suspect parked his vehicle but when the officers tried to approach him, he drove towards the officers and fled when they dodged him. The first suspect was found to be in possession of stolen property and after further investigation, was arrested.

Vandalism – Stolen Property
3:10 pm | 1800 Irving St
A suspect was swinging a stick around people when officers arrived and was highly agitated. He was detained in the back of a patrol car where he repetitively kicked at the windows. A search of the suspect found a box cutter and glass pipe often used for smoking drugs. A witness said the suspect also smashed a large piece of granite — part of the Aids Monument, which had cost over \$4000.00. He was arrested.

Wednesday - August 16
Traffic Collision – DUI
12:00 pm | Byxbee St & Randolph St
When a vehicle collision occurred inside a storage facility, a witness said the car struck a cement pole, then the car backed into a closed metal gate. Another witness said the driver was unconscious but her car was still running. Officers noted multiple signs

of intoxication and she admitted to having one glass of wine prior to driving. She was transported to the hospital. After the driver was cleared from the hospital, she was arrested.
Robbery – Threats
8:09 pm | Ingleside District
Several people were involved in a robbery a few weeks ago at 1500 Sloat Blvd. The first suspect, arrested days ago, was just out of court for an unrelated incident. The second person of interest was arrested earlier in the day by officers from Ingleside Station who detained a car involved in a robbery. The person of interest pulled up and asked for information. Officers determined he had a gun and was also using a fake name. He was also wanted on a parole violation. A search warrant found items stolen previously in the home of the car's owner. The person of interest was arrested.

Thursday - August 17
Threats – False Imprisonment – Resisting – Delaying or Obstructing
10:07 pm | Garces Dr
The victim said the suspect drove up to him and threatened to kill him, then drove away. Afterwards, at another location, the same suspect, who was then in possession of a gun, refused officers entry by both the suspect and his mother. After a forced entry he was located. A search warrant was revealed illegal drugs and the gun previously reported. The mother was cited and the suspect was arrested.

Child Abuse
12:44 pm | 1200 Ocean Ave
The witness said the suspect slapped their child for no apparent reason, and that she and the suspect were divorced with joint custody of their child. The suspect was cited and an emergency protective order was issued.
Battery
3:19 am | 200 Howth St
The victim said she had been out drinking and an argument ensued when she returned home. The suspect pinned her against the bed and wouldn't let her leave. Officers observed the argument in progress. After further investigation and an interview with the witness who called in the fight, the suspect was arrested.

Friday - August 18
Battery
5:02 pm | Lincoln Way & 17th Ave
The victim was walking when the suspect, who was also walking nearby, suddenly stopped to face her and punched her before running away.

Saturday - August 19
Battery
7:27 am | 700 Irving St
The victim, informed that someone was in the bathroom a long time, went to investigate. The suspect responded angrily by swearing and yelling. When the victim and another employee tried to escort the suspect out of the store he threw food and coffee. The suspect was cited for the battery.

Sunday - August 20
Shoplifting – Stay Away – Warrant Arrest
11:35 am | 700 Irving St
At a Starbucks, the witness saw the suspect, who was seated in a wheelchair, stealing two bags of coffee, concealing them under clothing. When the suspect stood up and pushed his wheelchair out of the store, she attempted to detain the him but he shoved the wheelchair at her. He jogged away as officers approached him, but was detained. He admitted to stealing the coffee and a check confirmed a stay away order from the location and a warrant for his arrest. He was arrested.

Trespassing
10:16 pm | 700 Taraval St
The suspect was observed, via security footage, entering a laundromat. Officers located the suspect, who had a known history of frequenting the area. The victim declined to press charges; the suspect was advised not to return.

Battery
3:15 am | 300 Sargent St
The witness said the suspect, his brother, was in an argument with the victim

concerning missing money and that struck the victim in the face. When he tried to intervene the suspect also struck him in the face and chest. The victim denied being struck by the suspect, who admitted he had been drinking and arguing over family matters—but the witness suddenly came in and started a fight. After further investigation, the suspect was arrested.

Monday - August 21
Vehicle Tampering – Trespassing
12:15 pm | 1200 14th Ave
The victim said a suspect was sitting inside his car. Officers recognized him from his history of contacts with the SFPD. He had been requested to stay out of the parking lot and cars for the past three days. The victim was uncertain how he got into the locked car. The suspect was cited.

Assault
1:26 am | 19th Ave & Winston Dr
The victim said he was walking on 19th Avenue, just behind the suspect when he stopped and asked a question. He continued walking without answering. Then he heard glass breaking and was hit from behind by the suspect wielding a golf club. A witness saw the suspect get on a nearby MUNI LRV. The suspect refused to make a statement to officers. After an interview with a witness, the suspect was arrested.

Thursday - August 24
Vandalism – Possession of Graffiti Tools
2:51 am | 16th Ave – Taraval St
Three suspects were reported spray painting a building. Officers saw one suspect writing on a building and located fresh paint and new graffiti on multiple properties along the same street. A search revealed paint pens, felt markers, paint markers and shoe polish in addition to a sketch book with the same designs. They were arrested.

Friday - August 25
Battery 4:33 am | 00 Garces Dr
An elderly victim said her son pushed her and then tossed her into her bedroom before slapping her several times. She also noted that the suspect had stopped taking his medication. The suspect was arrested.

Vandalism – Domestic Violence
10:50 pm | Address Confidential
When SFFD found the suspect, who was very uncooperative and had blood running down his arm, the victim said her ex husband wanted to pick up their daughter but the daughter was having a sleep over at a friend's house. He was angry and anxious when no one answered the door. He was later cited.

Saturday - August 26
Battery
4:35 am | Address Confidential
The victim said he and the suspect argued and she left the house. He asked—via text

message—if she wanted to end their relationship. She returned, woke him up and another argument ensued. She strangled him and threw a remote at him. The suspect was mentally evaluated and after further investigation, she was arrested.
Vandalism to Property
6:21 am | 00 Summit St
The victim and the suspect were drinking when he offered to let the suspect stay the night. They went to his home and both drank more until they argued. He told the suspect to leave but the suspect began pounding on doors and windows and throwing his property over the fence. Officers cited the suspect, who was still at the victim's house.

Tuesday - August 29
Discharging Firearm
7:34 pm | 200 Broad St
The victim was in the kitchen when she heard a gunshot, then she discovered a bullet, still spinning on the floor, as well as a hole on the bedroom door and on the bedroom wall. She said she was not in a dispute with anyone.

Assault
11:03 pm | 1000 Taraval St
The victim said he was outside, smoking a cigarette, when a known suspect and three of his friends approached him. While one suspect distracted him, the suspect hit the victim on the head with a hammer. The other suspects also produced a bat and brass knuckles and attempted to hit him, but he dodged and ran into a nearby cafe and used empty chairs to defend himself. He said he and the suspect had an ongoing fight and numerous confrontations. He refused medical attention.

Wednesday - August 30
Embezzlement - Theft - Possession
5:44 pm | 3200 20th Ave
The witness said a sales employee, under suspicion regarding previous transactions refunded a customer's purchases directly into her own debit card or as cash—approximately \$11,000. The suspect admitted to the crimes but said her family was having financial problems. A search revealed marijuana in her possession. She was arrested.

Robbery with a Gun
1:19 pm | Sunset Blvd & Taraval St
The victim said she was waiting for the bus when two suspects spoke to her but she did not understand them. One suspect pointed a gun at her while the second snatched her purse. They checked her for any valuables before both suspects fled.

Note: This is an abridged version of the Police Report. The full report is found at: taraval.org

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Education and Democracy

By Carol Kocivar copyright 2017

I like to collect quotes. When I was in high school we read *Walden*. “The mass of men lead lives of quiet desperation” stays imprinted on my brain. Short enough for a tweet ... especially in today’s political climate.

I have been mulling over another quote—author unknown— so maybe I can lay claim to the idea:

“The day we turn our backs on public education is the day democracy dies.”

Let’s pretend.

What if you wanted to weaken our democracy? What would be the first target? It’s the same target that political and aristocratic elites have used throughout history. Control what people think and you are well on your way.

“With the White House proposing cuts to the federal education budget and hyping all kinds of ideas on vouchers and school choice and tax incentives to lure kids away from public schools, a bright light needs to shine on what’s happening to public education.”



Franklin D. Roosevelt said, “Democracy cannot succeed unless those who express their choice are prepared to choose wisely. The real safeguard of democracy, therefore, is education.”

So how would you undermine public education? You couldn’t just do it all at once. There would be a public outcry. So chip away at it.... slowly, steadily, and methodically.

Starve the system. Pay teachers low wages...cut librarians and counselors and nurses and administrators and arts and music. Don’t teach civics and curtail the humanities. Then argue that since schools

are not doing well we should look to other choices.

Divide and conquer. Convince people to split off from the public system. Create choices to make that happen. Virtual schools backed by corporate interests. Vouchers for foster children and children with special needs and low-income students. Take away that common community we know as our public schools.

Divert public money to support non-public education and private businesses.

Tax credits and tax incentives for scholarship granting organizations. Tax deductions for private and religious schools and home schooling. Allow for-profit organizations to manage publicly funded schools.

Diminish the power of teacher unions. Make it easy for teachers to abandon unions; create education jobs that are not protected by collective bargaining.

Take decisions away from local communities. Support new schools created at the state level rather than by a local school district.

Create model laws for states to pass to make it easy to implement these kinds of changes.

As time goes by, each incremental change may lead to abandoning America’s



commitment to a quality public education for all our children. Chip, chip, chip away until public education withers, and with it our democracy.

With the White House proposing cuts to the federal education budget and hyping all kinds of ideas on vouchers and school choice and tax incentives to lure kids away from public schools, a bright light needs to shine on what’s happening to public education.

Are these changes merely serendipity or is there more to the story?

You can dig a little deeper into this murky world that is *changing* public education. Note: I did not say, “attempting to change.” I said, “changing.”

Bill Moyers probes “The United States of Alec.”

“A report on the most influential corporate-funded political force most of America has never heard of — ALEC, the American Legislative Exchange Council” billmoyers.com/segment/united-states-of-alec/

“A Smart ALEC Threatens Public Education”

“Coordinated efforts to introduce model legislation aimed at defunding and dismantling public schools is the signature work of this conservative organization.” <http://www.edweek.org/ew/articles/2012/03/01/>

Hiring Binge (Cont. from p. 9)

auditing — or is even interested in auditing — this bloat of growing the number of City employees during Ed Lee’s watch as mayor. Taxpayers deserve an explanation why Lee’s hiring binge hasn’t been audited, or when the hiring might stop.

If it walks like a duck, quacks like a duck, and smells like a duck, then it’s probably Mayor Lee on a hiring binge. But it’s most certainly *not* a Black Swan.

San Francisco’s next election for mayor will be held in November 2019. Lee will have served for eight-and-a-half years at

kappan_underwood.html

“Alec exposed”

A report on how ALEC bills would “privatize public education, crush teacher’s unions, and push American universities to the right.”

www.alecexposed.org/wiki/Privatizing_Public_Education,_Higher_Ed_Policy,_and_Teachers

An even more detailed and disturbing look at what is happening is the controversial book “Democracy in Chains: The Deep History of the Radical Right’s Stealth Plan for America” by Nancy MacLean. Praised and pilloried, it traces the history of this movement and links it to what is happening today.

There are a lot of good people working hard trying to improve our schools—many with smart, innovative ideas. But a word of caution: Each small change may be well intentioned. But in the totality, is it strengthening public education or chipping away at its foundations?

“The day we turn our backs on public education is the day democracy dies.”

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

that point. You can expect that during the next two years, Lee will continue his hiring binge as a lame duck, perhaps while singing his swan song.

The full version of this article posted on www.stopLHHdownsize.com contains expanded information, extensive tabular data, and hyperlinks to background material.

Monette-Shaw is a columnist for San Francisco’s Westside Observer newspaper, and a member of the California First Amendment Coalition (FAC) and the ACLU. He operates stopLHHdownsize.com. Contact him at monette-shaw@westsideobserver.com.



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Real Travel By Sergio Nibbi

The Big Dig

According to Wikipedia “The Big Dig” was the most expensive highway project in the US, and was plagued by cost overruns, delays, leaks, design flaws, charges of poor execution and use of substandard materials, criminal arrests and sadly, one death. The work was to be Boston’s solution to historically congested streets and, although the project was originally scheduled to be completed in 1998 at an estimated cost of \$2.8 billion, the project was not completed until 2007 at a cost of over \$14.6 billion. Hopefully this will not be the case with the new underground Muni Metro Central Subway extension that will daylight at Stockton and Washington streets in Chinatown.

Another massive project that certainly had its problems is the world famous Panama Canal. Originally started by the French, and later finished by the United States, it is truly an amazing work of engineering and determination.

We had occasion to cruise from Miami to Los Angeles in 1999 on the Crystal Symphony and truly enjoyed every moment of our transit, not only the actual crossing itself, but the views of the first attempts of the original excavation that are still there to remind us of the struggles to dig from ocean to ocean. The French began the work in 1881, but stopped due to engineering problems and the medical issues that brought the project to its demise. It was the American engineering skill and medical advancements that prevailed, and the new canal was opened in 1914, completing one of the most difficult engineering projects ever undertaken.

These efforts were certainly not lost on us as we braved the extreme humidity and constant rain showers while listening from our veranda to dialog on the history, construction, and historical facts being broadcast from the bridge from a member of the local historical society. It took all day to traverse the 48 miles between the two oceans, and what a thrill it was. Of course, we also enjoyed the great meals and cocktails



aboard, as well as the many stops along the way including Cartagena, Columbia, Caldera in Costa Rica, and Acapulco.

So here we are, 18 years later and ready to do a repeat, except this time we go directly from San Francisco to Miami for an 18-day voyage. The best part is that we drive to the ship terminal on the Embarcadero, board our ship, Oceania’s Regatta, and settle in. First stop, Ensenada, which was recently

changed from Catalina Island, but just think of all the junk shops that we can visit before getting serious about the next stops. We’ll be visiting Cabo San Lucas, Acapulco, Guatemala, Nicaragua, Costa Rica and the granddaddy, a daylight cruise through

the Panama Canal. Cartagena will get us to the Straits of Florida, Key West, and finally Miami.

Then we have an overnight in Miami and a non-stop to SFO and back home, where we can unwind, get our sea legs back, and go through 20 days of mail, junk and yes, bills.

It all sounds like a world of fun as long as we don’t run into any hurricanes, bad storms, or banditos. We’re looking forward to it

and I hope to share some new adventures with all of you. In the meantime, we’ll be brushing up on our Spanish.

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



It all sounds like a world of fun as long as we don’t run into any hurricanes, bad storms, or banditos. We’re looking forward to it and I hope to share some new adventures with all of you. In the meantime, we’ll be brushing up on our Spanish.



Senior Smarts (Cont. from p. 15)

be pronounced correctly without teeth. [2b] 3) Aid with facial expressions. (Help support the facial muscles and hold the natural shape of the face.[2c]) If teeth are lost and are not replaced with dental restoration face muscles sag and deep lines appear around the mouth.[2d]

Types of Teeth [2e]

There are 32 permanent teeth.

Incisors. Eight front teeth (four upper/ four lower). The cutting or shearing teeth for biting off large pieces of food.

Canines (cuspid) – [eyeteeth, dog-teeth]. Four teeth (two upper/two lower) next to the incisors. The strong pointed teeth for tearing food into small pieces.

Premolars (bicuspid). Eight teeth (two next to each of the canines). Their pointed chewing surfaces crush food to a course, grainy mass.

Molars. Twelve teeth farthest back in the jaw (three grow on each side of the jaw). They shed and grind food.

Third molars (wisdom teeth). The last teeth to develop, some people never develop third molars at all.[2f]

Organs affected by abscessed tooth: lungs heart, liver, gallbladder, stomach, kidneys.

RESOURCES

Toothette Oral Swabs. Help maintain healthy teeth and gums by gently removing debris, cleaning between teeth, and stimulating oral tissue. Soft, ridged foam heads cleanse even sensitive areas comfortably.[20] (Sage Toothette Swab w/ Dentifrice available at Walgreens.com.)

“Dealing with Common Ailments – Special Diets For Special Needs, Soft Diet.” Defines soft diet, its uses; what’s allowed, what isn’t; prohibited items in food products; appetizing ideas for soft foods.

Eat Better, Live Better, Reader’s Digest, p. 361, Second Printing, Aug. 1984.

Fight Germs Wash Your Hands. A 3 minute video. This handwashing demonstration will show you how handwashing can get rid of germs and chemicals that get on our hands every day. Transcript is also available at <https://www.cdc.gov/cdctv/healthyliving/hygiene/fight-germs-wash-hands.html>.

Nutritionist San Francisco, CA. Nutritionists Directory. Browse profiles of leading California nutritionists by neighborhoods, style type (clinical dietitian, community dietitian, consultant dietitian and more). https://nutritionists.health-profs.com/cam/state/CA/San+Francisco.html?gclid=EAIaIQobChMIoNqv_N3u1QIVg4FpCh1INwLaEAAAYASAA-EgL6bvD_BwE.

American Board of Nutrition. www.acbn.org. The American Clinical Board of Nutrition (ACBN) is a certifying agency in nutrition. Founded in 1986 the ACBN is a professional certification organization acting in the public interest by establishing education, examination, experience, and ethics requirements for certification.

Future articles: Managing Dental Care Affording Dental Care

2. The New Illustrated Medical and Health Encyclopedia

2a, 2b, 2c, 2d, 2e. The World Book Encyclopedia

2f. <https://www.everydayhealth.com/dental-health/101/your-mouth-101.aspx>

17, 18a. Taber’s Cyclopedic Medical Dictionary

18, 18b. <https://nutritionsciencedegree.org/what-is-the-difference-between-a-nutritionist-and-a-dietitian>

20. <https://www.hdis.com/toothettes-oral-swabs.html>

Anise J Matteson is an elder care consultant, retired Registered Health Information Technician, and writer of reference books for seniors. Information is educational only. For specific questions and advice, consult your dentist.



SOFT STORY PROPERTY OWNERS: Your permit application is DUE!

If you are a property owner of a multi-unit building with 3-stories with 5 - 15 units, your permit application is due by September 15, 2017, which is less than 45 days away.

Turn in your permit application to DBI by September 15 to avoid getting this placard and a Notice of Violation on your property.

Find out if your property is on the list by visiting sfdbi.org/soft-story-properties-list.



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