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Mass SFPD Officers Exodus?

And what does this mean for the safety of the public?



by Lou Barberini CPA

The scariest moments of my life—Zephyr Cove September 4, 2019

With a pack of friends, I was making an annual biking lap around Lake Tahoe. With only 4 miles to environment issues of a disparaging media, and an overzealous police oversight body that buys into the media's agenda coverage.

“... unlike other violent crimes (homicides, aggravated assaults, and rapes) that involve a relationship or association between the felon and the victim, robberies are committed on random and vulnerable victims. These independent victims are the ones that corroborate the arrestees' descriptions—not SFPD.

go, the skies dumped cloudbursts and hail.

I waited out the storm under an overhang. When the rain abated, I slogged on through the standing water and salt that still congregated on Highway 50. Trucks gleefully aimed at puddles, an opportunity to douse a hated bike rider.

Visibility was zero. Ensuring that vehicles would see me, I militantly took over the entire slow lane of the highway. I could hear the brakes of speeding cars as they swerved around at the last second.

Climbing Zephyr Hill was peak danger because the difference between the approaching cars and me was the greatest. A reddish SUV approached and sat on my tail refusing to pass, even when the waves of cars dissipated. I climbed and cursed him. Numerous opportunities to pass, yet halfway up the hill, the driver remained on my backside.

I'm slow mentally, and it took me ¾'s up the hill for me to finally realize that this driver, matching my 12 miles per hour assent, was actually blocking the speeding cars now behind the both of us.

At the crest of the hill, I gave him the finger—the deliberate index finger pointed directly at him, with a slowly mouthed “thank you.”

As he drove off, I said to myself “he must have been a cop.”

Officers with The San Francisco Police Department (SFPD) are suffering. Multiple SFPD officers asked me to write about the 100 to 150 SF police officers that are in the various interview stages of transferring to surrounding suburban Bay Area police departments. That means 5 to 9% of the entire SFPD force is potentially on the move.

This mass unprecedented SFPD exodus, with serious safety consequences to the underserved citizens of San Francisco, is based on three forces: compensation that no longer exceeds the suburbs, and the twin working

Compensation:

The surrounding suburbs, absent the taxing police work of political interferences, have either caught up to SFPD's compensation or now exceed it. When a SFPD officer transfers into a suburban police department, that department saves the \$100,000 to \$200,000 in training costs it takes to graduate a recruit through an academy. The other side of this equation is that 100 to 150 officers departing San Francisco translates to \$15-million to \$30-million of future costs SFPD will incur to replace the exiting veterans with fresh recruits through the SFPD Academy.

A Disparaging Media Narrative:

In the bay area's current #1 selling book, Malcolm Gladwell, through the luxury of hindsight, authors a 33-page dissection of a Texas traffic stop. (I am so thankful that the reddish SUV, didn't take 33-pages to size up that I needed immediate help.)

Gladwell bases his premises on numerous uninformed interpretations of the law. For instance:

1) A Texas state trooper is not allowed to pull over a vehicle running a stop sign exiting a college campus (Actually Gladwell, Texas law allows an officer to do this.)

2) A motorist is required to get out of the way of a police officer driving with neither his vehicle's lights nor sirens on. (Think about this: per Gladwell, if you saw a SFPD police car just going to get gas, you would have to immediately pull over.)

3) A person that grabs an item without paying for it and shoves the storeowner at his throat while exiting, has only merely committed “shoplifting,” (No Gladwell, this meets 50 states' definition of “robbery.”)

Gladwell's preconceived anti-law enforcement views are pretty apparent. As are the predetermined police views of the last

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Hedging the Shake-Up at Laguna Honda Hospital

by Dr. Derek Kerr

Three months after Laguna Honda Hospital (LHH) CEO Mivic Hirose and Quality Director Regina Gomez were ousted, another top executive has fallen. On Sunday, October 7, Acting CEO Maggie Rykowski announced, “Madonna Valencia, our Chief Nursing Officer, has left Laguna Honda Hospital.” By adding “We should think of this as an opportunity for us to welcome meaningful changes to our standards, reputation and purpose,” she tied Valencia's exit to the patient abuse scandal covered in the September *Westside Observer*.

Restoring LHH's standards, reputation and purpose won't be easy given the long tenure of disgraced former CEO, Mivic Hirose. Hirose served as Associate Director of Nursing since 1999, then as Chief Nursing Officer from 2005, and finally as CEO from 2009 until the scandal emerged this June. Over those 20 years, Hirose helped shape the hospital's culture. Lackeys were recruited, mentored and boosted into positions of power. As reported in the February 2016 *Westside Observer*, some nurses openly denounced “favoritism, nepotism and cronyism” at LHH. Rykowski's challenge will be to manage and transform her predecessor's entourage.



Dr. Michael McShane

overseeing the deviant nurses who abused 23 patients as well as their negligent supervisors. Retaining Valencia while suspending the Quality Director looked like scape-goating. The

“...inspectors found that 5 patients had been drugged with non-prescribed opioids and sedatives. All suffered life-threatening overdoses ... caused by medications – not illegal drugs smuggled into the hospital. LHH physicians knew something was seriously wrong.”

The long-delayed departure of Valencia is intriguing. After all, she was directly responsible for

palatable rationale for keeping Valencia was to avoid the disruption of deposing 3 key executives



CNO Madonna Valencia with Supervisor Norman Yee

concurrently. Incidentally, delays can stifle personal injury claims against the City, as these must be filed within 6 months.

Using the passive term “has left” for Valencia's exit is interesting.

In fact, records show that Valencia was demoted to a Nurse Manager job paying \$202,852/year elsewhere within the DPH. Similarly, the ex-CEO's “resignation” masked a soft-landing into a well-paying job at SFGH. Such reassignments avoid recriminations from folks who know where skeletons are buried. Given the swirl of investigations by State and City agencies, more carefully

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Multiple Efficacy Problems Questioned

Invisible Successes

Navigating the Homeless

by Patrick Monette-Shaw

When it comes to solving the City's multiple homelessness-related problems, San Franciscans desperately want the Emperor's New Clothes to cover backsides of City officials, not “invisible successes” waltzing around exposing their rear ends.

Department of Homelessness and Supportive Housing (HSH) director Jeff Kositsky blurted that the Homeless Outreach Team's (HOT) successes are invisible during a September 18 Board of Supervisors hearing to extend the HOT contract for two years at a cost of \$15 million. Despite concerns about the HOT program's effectiveness and efficacy, the full Board approved the contract extension.

Kositsky's invisible successes may extend to the efficacy of additional homelessness services provided by HSH, including the contentious Navigation Centers and the dubious Healthy Streets Operations Center (HSOC).

Many Problems With Navigation Centers

San Francisco's population is estimated to now be 897,166 and our 2019 homeless count stands at 9,700, representing just 1% of City residents. The *San Francisco Examiner* reported October 5, 2019 Mayor London Breed is merely covering up the

homeless by “pushing them from one neighborhood to another in a fruitless game of whack-a-mole.”

In March 2018 the *Westside Observer* published an article reporting on a mayoral debate

“The SFPD data didn't include Part II crimes that are charged as either felonies or misdemeanors, including assault-and-battery, sexual battery, vandalism, weapons offenses, and drug abuse violations, among other crimes.

before the June 2018 special election. Mayoral candidate Angela Alioto noted “Navigation Centers are also dead-ends, good for 120 days, then back out on the street.” Alioto was



HSH Department head Jeff Kositsky told the packed audience at the Port Commission hearing that the city will dedicate beat officers to the Navigation Center site. Photo: KALW.org

overly optimistic about 120-day length-of-stays.

In October 2019, the *Westside Observer* published a terrific article by Lou Barberini. He noted both Mayor Breed and Kositsky issued identical public statements, wrongly claiming: “In general, we know the data shows there is no link between the creation of a Navigation Center and an increase in crime in the surrounding area.”

Barberini reported Breed and Kositsky relied on data compiled from SFPD's Crime Data Warehouse. Barberini noted SFPD's data included only four Navigation Centers, and excluded crime data regarding a fifth Navigation Center at Civic Center, a known high-crime area.

The “in general” nonsense is worse than Barberini reported. SFPD also failed to analyze before-and-after crime data for a sixth Navigation Center at 1950 Mission in another high-crime

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Is Faster Always Better?

by George Wooding

A new generation of faster, more intense, untested, and potentially dangerous radio frequency radiation (RFR) waves are about to bombard San Franciscans.

5G technology uses high-energy millimeter-wave ionizing radiation that is dangerous, because it can break chemical bonds.

Fifth-generation wireless (5G) is the latest iteration of cellular technology, engineered to greatly increase the speed and responsiveness of wireless networks for

as low as one millisecond.

The 5G infrastructure is still a *work-in-progress*, using standards that have yet to be finalized. However, you can roughly assume 5G to be around 10 to 100 times faster than your present-day cellular connection.

San Francisco's Board of Supervisors



FCC Chairman Ajit Pai responded, "I want to thank you again, Mr. President, for your leadership on 5G. Your White House has advanced your vision in many ways, from international treaty negotiations to much-needed regulatory reforms."

technological devices.

In addition to delivering faster connections and greater capacity, a very important



advantage of 5G is the fast response time referred to as "latency." Latency is the time devices take to respond to each other over a wireless network. 3G networks had a typical response time of 100 milliseconds, 4G is around 30 milliseconds, and 5G will be

(BOS), the Department of Public Works, and San Francisco's City Attorney were hoodwinked — by large telecommunications companies and an overreaching interpretation by the Federal Communications Commission's (FCC) declaratory ruling 18-133 — into giving up all local control over the implementation of 5G wireless.

After a large contingent of concerned citizens testified at the October 22 BOS meeting against the installation of 5G technology, Supervisors Aaron Peskin (D3), Gordon Mar (D4), and Ahsha Safai (D11) decided to hold a future hearing on the environmental and health impacts of 5G technology.

In July 2019 the City Attorney was approached by telecommunications companies indicating that San Francisco needed to comply with the new FCC Order 18-133

to streamline deployment of small cell towers (4G/5G). Under the recommendation of the City Attorney, the *Personal Wireless Service Facilities Site Permits Ordinance, File No. 190-19* was then discussed at the BOS San Francisco Land Use Committee chaired by Supervisor Peskin. This new ordinance was then brought as an agenda item to the Mayor and Board of Supervisors (BOS) on the consent calendar, which passed unanimously. The BOS asked that the Department of Public Works (DPW) write permitting rules to the amend Ordinance 190-19.

The DPW's new amendments include:

Hundreds, to thousands, of new 5G antennas will be attached to telephone poles or placed in street-level metal cabinets. 5G has an extremely short, intense frequency broadcast signal which necessitates an abundance of antennas.

Telephone poles can have up to four 5G antennas placed on them.

5G antennas can be placed within six feet of a private residence.

Placement of antennas is "ministerial"; therefore, residents do not need to be notified of the placement of antennas.

San Francisco has given up the right of "conditional use permits," and has forfeited its right of oversight and review. It requires only a ministerial permit to approve small cell towers in the right of way, not the current conditional use permit that is fully vetted.

There will be no antenna setbacks for schools or homes.

The DPW will place as many 5G antennas as possible in the first 90 days.

Close Proximity Microwave Radiation Antennas (CPMRA)

can be installed on PG&E utility poles in public right-of-ways. These CPMRA installations are NOT "small" at all, and will destroy property values, create visual blight, and completely change the character of our neighborhoods.

The FCC Declaratory Ruling and Third Report 18-133 is being misused and abused by the FCC and President Donald Trump to 1) illegally steal San Francisco's Conditional Use Permit protections, and 2) speed up the impacts of local regulation permits for the siting of wireless telecommunication facilities and cell towers.

San Francisco Ordinance 190-19 will greatly accelerate deployment of small 5G cell antennas on sites in the public right of way. It took effect January 14, 2019. The League of Cities and the U.S. Conference of Mayors, among many others, feel this declaratory ruling by the FCC is a

huge overreach of Federal authority over municipalities.

These cell antennas/towers can be batched so dozens of antennas can be automatically approved at once. There is an increasing sentiment that this FCC Ruling should be overturned to give cities back what little authority they had in the placement of cell tower sites per the Telecommunications Act of 1996. That Act requires proof that there is a significant gap in coverage and that the least intrusive methods

should be used. Those provisions were removed from the FCC's ruling. In September 2018, FCC Order 18-133 restricted the fees cities can charge Sprint and other telecom companies for siting of wireless towers and other infrastructure in their communities. Several lawsuits challenging the FCC's action have been consolidated before the U.S. Court of Appeals for the Ninth Circuit (Case No. 19-70146). Opening briefs were filed on June 10, 2019. Final briefs were scheduled to be filed by September 18.

In addition to restricting fees that cities can charge for building new wireless networks, Order 18-133 limited the time allowed for review of the proposed construction. The FCC imposed a so-called "shot clock" on cities and towns. If the local

government has not acted within as few as 60 days on a construction permit, the project is deemed approved.

In March 2018, the FCC eliminated environmental and historical review for siting of certain cell towers and other wireless facilities. On August 9, 2019 the D.C. Circuit Court of Appeals struck down the FCC's action finding that the Commission's attempted explanations for eliminating environmental and historical review "did not meet the standard of reasoned decision-making."

While the FCC has limited the review by others, the Commission at the same time has refused to update its own health and environmental guidelines. The Commission's guidelines date from the 1990's. In 2012, the General Accountability Office found that the existing guidelines may

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MAYOR'S SALUTE TO VETERANS PARADE

FISHERMAN'S WHARF
SUNDAY, NOVEMBER 10 • 11AM



Veterans of Foreign Wars Community Service Project

West Of Twin Peaks Central Council by Mitch Bull

The West of Twin Peaks Central Council held their October meeting on Monday, October 28. The meeting centered on discussions of future planning and land use, with future ideas of Westside development as well as a glimpse of the future of Stonestown Galleria thrown in as well.

President Mark Scardina opened the meeting at 7:35PM. Following the roll call and attaining a quorum, he gave his President's Report. He reported that the Sherwood Forest HOA group is in the process of submitting an application to join the WOTPCC. He also reminded the delegates that his recent request for contact information for officers of individual

override local control, land-use control, or zoning plans, and does not mandate any particular use outcome. The Plan is non-binding, and does not force the City to adopt any particular zoning controls or growth populations by area.

The Plan also does not require similar treatment of all areas within a PDA, or across PDAs. An association can define

the Plan is generally to accommodate population growth in existing urbanized areas without sprawling further outward or developing greenfield open spaces and agricultural lands...

associations should include telephone numbers and email addresses as well as named representatives to the WOTPCC.

There was no Vice President's report or Treasurer's report, as Dena Aslanian-Williams and Carolyn Squeri were not in attendance. George Wooding (Public Health) informed delegates that Mayor Breed and Supervisors Haney and Ronen were unable to compromise on their plans for improving Mental Health within the City, so they are placing competing ballot measures on the November ballot with the measure receiving the highest number of votes becoming law.

President Scardina alerted the group that he had reached out to the SFPD brass at the Park Station in District 4 with an invite to the meeting, but had not received a response for this month. He will continue to follow up.

The first guest speaker of the evening was Joshua Switzky, of the SF Planning Department, who gave a presentation on Plan Bay Area, and "priority" based planning.

Plan Bay Area is a long-range (30-year) regional plan for the 9-county Bay Area adopted by the Association of Bay Area Governments (ABAG), and the Metropolitan Transit Commission (MTC) that is required to meet state and federal laws and must be updated every four years. The plan must comply with Senate Bill (SB) 375, which mandates a Sustainable Communities Strategy (SCS) that achieves state-mandated greenhouse gas reduction targets by linking land use to transportation. The plan must accommodate all projected housing growth in the region for projected increases in jobs and population. The basic premise of the Plan is generally to accommodate population growth in existing urbanized areas without sprawling further outward or developing greenfield open spaces and agricultural lands, while meeting objectives for equity, environmental resiliency and mobility. The Plan framework focuses on three designations: Priority Development Areas (PDAs), Priority Conservation Areas (PCAs), and Priority Production Areas (PPAs). These plans and are created and nominated by local governments in an effort to receive grants for transportation and infrastructure that are tied to transit corridor upgrades to spur transit-oriented development sites.

The Plan for San Francisco will be submitted through planning and approved by the SF Board of Supervisors to be submitted to Regional Planners by January 15, 2020. The designations of the PDAs, PCAs, and PPAs, are voluntary and are an incentive-based program that makes the areas depicted eligible for grants and infrastructure support.

The designation of sites as PDAs do not

a plan based on zoning, geography, and controls that make sense on a local basis.

Switzky showed a draft new PDA concept showing housing growth across all districts, including the Sunset, Richmond, and Marina districts, based on transit lines. The draft is non-binding. The plan has to be submitted to the regional authorities by 1/15/2020.



Joshua Switzky, SF Planning Dept.

Jen Low, representing Norman Yee's office, spoke next about ADU's (Accessory Dwelling Units) and stated that the City Attorney has stated that the Office will not defend "Private Right of Actions" against HOA's, as it is not clear how CID's differ from HOA's.

Reuel Daniels, from Brookfield Development, spoke next, with a presentation on possible development items on the Stonestown Galleria site, as Brookfield has purchased the site from General Growth Properties and Forest City Development. She detailed how this is the first meeting in a long process of having public discussions with community stakeholders on what people would like to have happen to the Stonestown Galleria property, as related to both retail and possible future housing development. Daniels shared that the site formerly occupied by Macy's will be multi-level with a plan for Sports Basement on the lower level, Whole Foods Market on the main (street) level and a



Reuel Daniels, Brookfield Development

Regal 11-screen movie theatre on the upper level. In the recently vacated Nordstrom space, they are planning for a new Target store, as well as other tenants to fill the space. She explained that the entitlement process could take up to 5-years to complete.

George Wooding and Mark Scardina led a short discussion on a Planning and Land Use Update, stating that much must be done to help implement a plan of action from those on the Westside. Their idea is that the plan needs to come from the "bottom up" and not from the top-down methods of the planning department. They stated that a zoning plan needs to be in cement.

Scardina asked about "Future Agenda Items" and was greeted with those who would like to invite those doing the Kensington Development. Other ideas were the head of the Youth Guidance Center (slated to be closed); the possibility of a Navigation Center coming to the Westside, the rollout of 5G network capability throughout SF, and a discussion of the most-recent scandal involving patient abuse at Laguna Honda.

The meeting was adjourned at 9:05 PM.

The next meeting of the WOTPCC will be on Monday, November 25 at 7:30 PM at the historic Forest Hills Clubhouse. More information www.westoftwinpeaks.org.

Ruminations From a Former Supervisor by Quentin Kopp



Upon his August 19, 1977 death, commentators recalled comedian Groucho Marx's alleged observation: "Politics is the art of looking for trouble, finding it everywhere, diagnosing it incorrectly, and applying the wrong remedies." Local taxpayers experience the dysfunction of 11 Supervisors (each paid over \$140,000 per year) and one Mayor (paid nearly \$336,000 annually) unable to enact an ordinance "reforming" an allegedly ineffective mental healthcare system. Instead, each wants to force voters to enact an ordinance by two competing ballot measures next March. A Charter amendment requires voter approval by a ballot measure; an ordinance does not. Instead, Supervisors Matt Haney and Hillary Ronen eschew an ordinance in favor of passing the buck to voters. So does Mayor London Breed. What do we pay them to do?

Additionally, city government already contains 122 boards and commissions. I don't just mean the Planning Commission, Fire Commission, Police Commission, Public Utilities Commission, Recreation and Park Commission, and Civil Service Commission of the 1932 Freeholders Charter revision. I mean continuing establishment of costly commissions. Last month, Supervisor Shamann Walton proposed a March 2020 Charter amendment to create a Sheriff's Commission. The same Supervisor Haney plus Supervisors Walton, Hillary Ronen, Gordon Mar, and Aaron Peskin espouse a "Commission on Homelessness and Supportive Housing!" Why? Maybe because it makes them feel better to add bureaucracy.

As I write, local election results are unknown, including the sickening process of replacing the former district attorney who resigned last month to take his prosecutorial ignorance to Los Angeles County to oust a two-term incumbent, Jackie Lacey, who's actually tried and convicted hundreds of criminals in her stellar career. We do know more public funding has been given San Francisco politicians, which Columnist Dan Walters noted three years ago is the "holy grail for Common Cause and other political reform advocates." No study has ever shown public financing reduces private campaign contributions, or those understandably bewailed "independent expenditure" committees whose identities mystify voters. In 1988, two other California legislators and I successfully sponsored Proposition 73, banning taxpayer money for state and local elected office candidates. The California Supreme Court later ruled that charter cities like San Francisco are exempt from such prohibition. (Six California charter cities have adopted public financing.) In 2016, legislators passed a bill to allow non-charter cities and the state itself to adopt public financing despite a Legislative Counsel opinion that doing so "would require voter approval in order to become effective." The Howard Jarvis Taxpayers Association and I thereafter sued to invalidate that legislation. We won. I'm confident the California Court of Appeal will affirm that Sacramento County Superior Court decision. Instead of litigating and trying to undermine the initiative system, why doesn't Common Cause and its allies present a ballot measure to voters next year and demonstrate belief in the rule of law?

That's a rule repeatedly ignored by the legislature. Last month, Governor Gavin Newsom approved Senate Bill 225 by Senator Maria Elena Durazo, D.-Los Angeles,

which astonishingly makes illegal aliens in California 18 years of age or older eligible for appointments to state boards and commissions. Consider that such persons can't vote (yet!) and dodge federal immigration officers in this "sanctuary" state, but can now implement laws enacted by the legislature and governor. Simultaneously, a police sergeant in Fresno exclaimed that it's useless to issue a citation or arrest a person who would undoubtedly be released immediately from county jail (that's certainly true in San Francisco). Bear in mind stealing anything less than \$950 is now a misdemeanor, not a felony, usually resulting in no punishment.

...a police sergeant in Fresno exclaimed that it's useless to issue a citation or arrest a person who would undoubtedly be released immediately from county jail (that's certainly true in San Francisco). Bear in mind stealing anything less than \$950 is now a misdemeanor, not a felony, usually resulting in no punishment.

the other hand, the political sophisticates and "progressives" who advocate death of the bail system illuminated this past summer their hypocrisy and ignorance after a San Francisco Superior Court judge released from jail without bail a man accused of battery, attempted robbery, and false imprisonment by attacking a woman entering her apartment building on Beale Street. Such hypocrites ignore the Sixth Amendment to the United States Constitution, which grants the accused criminal the right to a speedy public trial, and the Eighth Amendment, which declares that excessive bail "shall not be required . . ." and the California Constitution, which establishes in Article I, Section 12 the right to release on bail which must not be excessive and in an amount considering the seriousness of the accusation, defendant's previous criminal record and defendant's probability of appearing at trial or any pretrial hearing. When the stupidity of such no-bail release was revealed regarding this defendant who has no local address, the Mayor and several Supervisors condemned Superior Court Judge Christine Van Aken. The most "progressive" district attorney candidate last month characterized the money bail system as morally, fiscally, and intellectually bankrupt, implying "... wealth determined criminal justice outcomes...". Contrary to that deputy public defender, the wealthy defendant doesn't buy his/her "way out of jail regardless of how dangerous they [sic] are." Every judge I know conducts a hearing regarding a defendant's constitutional entitlement to release with or without bail. As Earl Newsom noted in 1963, however: "Today's public opinion, though it may appear as light as air, may be tomorrow's legislation - for better or for worse."

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

More INSIDE

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5G Installations (Cont. from p. 2)
not reflect current knowledge and recommended that the FCC formally re-assess its guidelines.

The FCC’s guidelines address only one aspect of potential harm from electromagnetic radiation: Heat. The current guidelines do not address other ways in which exposure to increasing electromagnetic radiation from wireless communications can harm human health, as well as the natural systems around us upon which all life depends.

Despite the many health and environmental studies that demonstrate 5G networks create a host of health problems, President Donald Trump has pushed the FCC to establish 5G as fast as possible. FCC Chairman Ajit Pai responded, “I want to thank you again, Mr. President, for your leadership on 5G. Your White House has advanced your vision in many ways, from international treaty negotiations to much-needed regulatory reforms. I appreciate all these efforts, and in the same spirit, this FCC will help build a great and lasting legacy of American success on 5G.”

Pertaining to health and environmental matters, the FCC has become a rogue agency. Now that it is politicized, the agency only cares about network speed. To achieve the RFR speeds necessary for 5G to work, the FCC is forcing municipalities around the country into converting to 5G. Many cities have decided not to use 5G technology after a recent \$30 million research examination by the National Toxicology Program (NTP) concluded there is clear evidence that male rats exposed to high levels of radio frequency radiation (RFR) like that used in 2G and 3G cell phones developed cancerous heart tumors, according to its [final reports](#). Imagine how the rats would have fared being tested using 5G cell phones. There was also some evidence of tumors

in the brain and adrenal glands of exposed male rats. For female rats, and male and female mice, the evidence was equivocal as to whether cancers observed were associated with exposure to RFR. The final reports represent the consensus of NTP and a panel of external scientific experts who reviewed the studies in March 2018. The NTP concluded: “Fiber optics are the best and only solution. They are energy efficient, less vulnerable to shut down due to Electro Magnetic Pulse (EMP) or hacking, and do not create hazardous RF emissions that cause damage to health and the environment.”

Cindy Lee Russell, MD said San Francisco should take the following actions regarding 5G technology:

- Delay action on the San Francisco Personal Wireless Service Facilities Amendment of Department of Public Works Code for Small Cell Towers, Ordinance No. 190-19. This has been accomplished.
- Instead of passing the 190-19 amendment, bring this back to the Board of Supervisors and have a full public hearing of this very complex subject matter This has been accomplished.
- Review other ordinances that local cities have recently passed, such as Los Altos that have listened to its citizens and have incorporated reasonable setbacks and provisions that they consider legal.

I agree. Faster isn’t always better. San Francisco needs to do a better job protecting the health and safety of its residents and environment. Please email the BOS and tell them that you are against the installation of the 5G antennas (Ordinance 190-19), and demand another hearing be held as soon as possible.

George Wooding, Neighborhood Emeritus

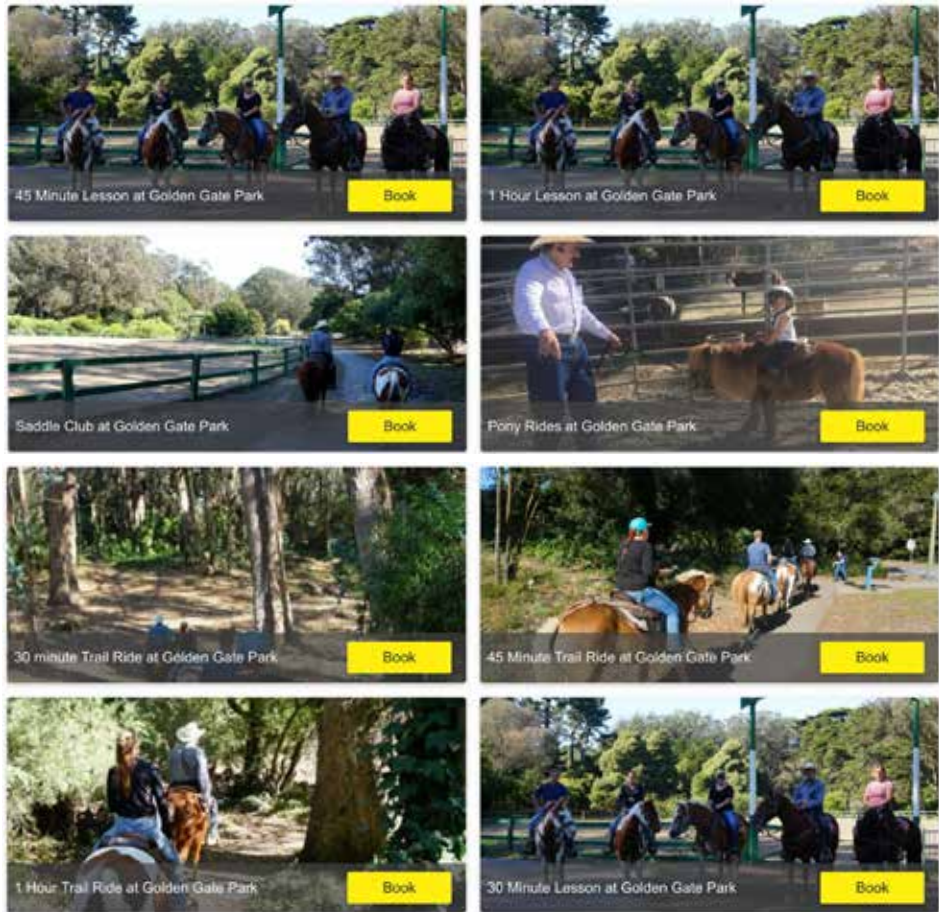


FCC Chairman Ajit Pai

Close Proximity Microwave Radiation Antennas (CPMRA) can be installed on PG&E utility poles in public right-of-ways. These CPMRA installations are NOT “small” at all, and will destroy property values, create visual blight, and completely change the character of our neighborhoods.

Back In the Saddle Again?

Public Horseback Riding Returns to Golden Gate Park



Equestrian enthusiasts can now experience Golden Gate Park on horseback, the San Francisco Recreation and Park Department announced. A Park tradition returns in an agreement with Chaparral Ranch. Online reservations at [chaparralcorporation.com](#).

Chaparral Ranch will hold its grand opening Saturday in the park’s Bercut Equitation Field, offering trail rides, children’s pony rides, horse camp and riding lessons. Aside from a brief pilot program in 2017, the opening of Chaparral Ranch marks the first horseback riding concession in the park since 2001. The equestrian

“Horses play a big part in Golden Gate Park’s history and we’re thrilled to have them back as our park turns 150,” said San Francisco Recreation and Park General Manager Phil Ginsburg said. “Chaparral Ranch’s staff and horses are beloved by our Camp Mather families, and we are looking forward to a new generation of city kids

As part of its agreement with SF Rec and Park, Chaparral Ranch will offer free visits for San Francisco public schools and underserved communities and make its facility available to local organizations such as therapeutic riding programs for disabled and disadvantaged youth.”

facility is located on Chain of Lakes Drive East, near John F. Kennedy Drive. The company has provided trail rides to San Francisco families at Camp Mather for the past two years.

As part of its agreement with SF Rec and Park, Chaparral Ranch will offer free visits for San Francisco public schools and underserved communities and make its facility available to local organizations such as therapeutic riding programs for disabled and disadvantaged youth. It will clean up manure every 30 minutes, which will be used for fertilizer in the park. The program will be reviewed and possibly extended after six months.

falling in love with riding, nature and our equestrian trails.”

Chaparral Ranch is currently booking trail rides, pony rides and lessons. It will

operate from 10 a.m. to 5 p.m. Wednesday through Sunday, with plans to expand availability in the future.

“It’s an honor to be part of bringing horses back to this park,” said Chaparral CEO Shawn Mott. “The horses seem to bring back a spirit that has been missing.”

Trail rides and lessons range from \$40 to a 30 minute ride to \$80 for an hour; Pony rides are \$15 for 15 minutes, or \$1 per minute; Thanksgiving and winter camps are also available.



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We don’t just live in the community, we invest in our community. It’s our belief that real estate isn’t just about buildings - *it’s about the people inside and the lives they build*. Vanguard Properties has been gay-owned and operated since 1985. We have supported many of our community programs, that focus on the LGBT+ community.

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- See our Saddle Club Page for more information!

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Horse Camps

- Weekly Rate (Mon - Fri) \$450.00
- Daily Rate \$100.00
- See Horse Camps Page for more information

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Utilities Watch

Who in this rich city cares about price anyway?

CM/GC—Money maker. “CM/GC” stands for “construction manager slash general contractor.” It is a new method of contracting now in favor with the SFPUC (water-power-sewer agency). Is it working?



The old method of contracting, required of most public agencies but not of SFPUC, is “design-bid-build.” First the city, or professional engineers it hires, designs what it wants—a new facility, or repairs or update to an existing facility. The designer prepares plans and specifications so that competent contractors can understand what is required, and then competitively bid for the job. Sealed bids are submitted all at one time; the low bidder wins the job. The public gets the lowest available price. The possibilities for hanky-panky—for corruption—are minimized.

Well, that’s no fun for public servants. And who in this rich city cares about price anyway?

And so a new means of contracting for public works has arisen: CM/GC. Here the SFPUC makes a deal with a firm that “manages” the construction, and also does a portion of the work itself.

The first thing the firm does is review early city plans, and rearranges and completes them. This involves, undoubtedly, many long lunches with officials, where the new scheme is thoroughly chewed, swallowed and digested. Often more testing and study is done. Eventually, all become convinced that they have a fine plan.

Both of the largest two projects of the SSIP (Sewer System Improvement Program, \$7 bil-

lion) are being accomplished by this new CM/GC model. And in both the first thing that happens is serious revision of the project. Naturally the price rises. Quite a lot. And that’s before construction even begins.

The largest job, new digesters, has been delayed “a year,” so it is now said, but don’t bet on merely a year. The price rise is even more understated: at present \$39 million.

The second largest job, new Headworks, is up in cost 37% before construction begins. No delay for the time being, it is said, just an extra \$90 million, and also no backup electrical generation.

Why does this happen? Why is the public fleeced? Well, don’t worry about it, it’s in the future. The bonds that pay for today’s work (and lunch) won’t be paid off immediately. Payment begins in a couple of years, and then continues for thirty years thereafter. During all those years in the future homeowner bills will be higher.

Not only is the pain of payment delayed, but also there is the SFPUC Commission. Theoretically the five commissioners are there to pay attention to rates. But the position of SFPUC commissioner is a political plum. In recent years commissioners have come to have special constituents with other agendas. There’s the environmental commissioner, the labor commissioner, and the commissioner from Bayview, each concerned perhaps not so much with the ratepayer but with a subset of our SF community. Not that commissioners have the time, information and

expertise to evaluate or understand what they routinely approve, anyway. Maybe the SFPUC staff understand. But it has learned how best to deal with the Commission. The appearance of propriety and deference is important. Actual understanding not so much. Keep it simple (for the...).

Sophisticated CM/GCs are hip to the new game, of that you can be sure. Where there’s money to be made... So yes, CM/GC is working—for some.

Public Power Surge? CleanPowerSF, the city’s rather new purveyor of public power (a division of SFPUC) already generates, or buys generation, to supply most electricity used in the city. Today PG&E distributes that power over its lines. The city offered \$2.5 billion for PG&E’s facilities (lines and more) so that CleanPowerSF could distribute power as well as generate, could do it all. PG&E turned the offer down. But in bankruptcy, PG&E is not entirely in control. Who knows what the city’s spark might light?

Scott Wiener, one of the progressive supporters of public power, says the politics has shifted: more people understand that “PG&E is not up to the task.” How many blackouts have you experienced in recent years? Even if PG&E is deficient,

what makes Scott think the city will do a superior job?

Naturally CleanPowerSF says that it is ready, willing and able. It can hire experienced PG&E employees. It will bravely take on the distribution infrastructure—after modifications necessitated by the split into two separate jurisdictions, city and PG&E. Perhaps. But don’t bet on a glitch-free transition.

Bonds Away. Does Prop A ever lose? It seems a safe bet that the \$600 million bond for affordable housing will prevail. All the city swells gush for it. And “Prop A” just sounds good. Besides, who can say no to affordable housing? Everyone should be for that. Let’s not think about whether government’s steadily increasing intrusion into what once was mainly a private market is working to promote the general welfare. And certainly let’s not think about less expensive and intrusive ways to accomplish the same end. For example, for each new unit with less than median rent the city could provide a subsidy equal to half the difference between median and the unit’s rent. But elected officials naturally want control to remain with them and the nonprofits they influence. Once the money is secure, it often is years and years before it is spent. Having money is power. Once spent, gone.

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

The Red Cross and FEMA tips for a safety checklist.

Before an Earthquake Create an earthquake readiness plan with your household. Everyone in your family should know what to do and where to go as soon as they feel the vibrations of an earthquake, as well as a common place to reunite after an earthquake in case there is limited or no means of communication.

Be prepared with an earthquake kit comprised of water, food, medications, a first-aid kit, bandages for injuries, a flashlight, batteries, a radio, blankets, a pair of sturdy shoes, a change of clothes and other personal items. Because you don’t know where you will be when an earthquake occurs, prepare a kit for your home, workplace and your car.

In your emergency kit, include copies of important documents – such as insurance policies, financial records, credit card numbers, medical

insurance cards, a list of medications and prescriptions, plus phone numbers and addresses for key contacts. Also include a small amount of cash, as ATMs, banks, and credit card systems may not be operating.

Be sure you know how to turn off the water, gas and electricity in your home. A multi-function tool may be needed.

Choose an “earthquake safe location” to take cover in every room of your house, office, school or any place that you go to on a regular basis. This location should be away from windows and any furniture that could fall on you.

Only use your phone for emergencies. You will want to save your battery for as long as possible.

Be prepared to repeat everything in the likely event of aftershocks, which usually happen within the first few days following an earthquake.



My 2nd • Will Durst © 2019

BLOW THAT WHISTLE.

This White House breathes chaos. They’re like one of those Vaudevillian plate spinners who isn’t happy until all the plates come crashing down to the ground. The attraction consists of the cast kicking through the detritus, which is always loud and cacophonous.

But even given that standard, the current state of disarray is breathtaking. Staffers are quitting, subpoenas are being issued; terms like “treason” and “civil war” are being bandied about. This is more than your run of the mill ordinary pandemonium; this is super-exceptional pandemonium, like a monkey in a tuxedo juggling bayonets. On a unicycle. In hell.

This latest chapter in mayhem and bedlam occurred in the wake of a whistle blower coming forward to claim Donald Trump attempted to shake down a foreign leader to interfere on his behalf in the next election, which is so illegal even Vladimir Putin was impressed.

Holding hostage an arms shipment that Congress had already approved, the President first asked a favor of Volodymyr Zelenskyy, the Ukrainian president; not-so-slyly intimating the arms would be released only if the Ukrainians were able to dig up some dirt with an investigation of Joe Biden’s son, Hunter. And Elizabeth Warren, Bernie Sanders, Kamala Harris, whoever you got. Marianne Williamson, not so much.

Trump also threatened to keep Vice President Pence from making a state visit unless ball was played, which is a weird form of intimidation. Keeping Mike Pence from coming to your country doesn’t sound very menacing. More like a reward. As a matter of fact, next time the stable genius might want to promise Rudy Giuliani and William Barr would stay equally far away. Might provide more leverage.

Despite previous confusion, Secretary of State, Mike Pompeo, was listening in on the very phone call, records of which were diverted to a super secret server that stores other calls and documents that make the

president look bad. So, it must be one hell of a server. Maybe a warehouse in Bethesda?

The president responded by saying the whistleblower was like a spy, and in the old days, they knew how to deal with spies. Suggesting we execute witnesses to his crimes; isn’t that an impeachable offense as well? He’s stacking ‘em up like 747s circling O’Hare after a surprise blizzard the day before Thanksgiving.

Trump doesn’t deny the call with Zelenskyy and released a transcript maintaining that the conversation was “perfect and beautiful.” And because we’ve gone through this process for 33 months, we all know how the rest is going to play out. He’ll say even if he did it, many

people are saying there was nothing wrong with it. There will be stonewalling. He’ll say plenty of other people did the same thing, especially Obama.

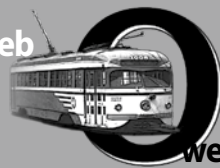
He’ll increasingly attack the accuser, threaten lawsuits and call the scandal just another partisan witch-hunt, which further exemplifies the larger conspiracy against he, the best president in the history of ever. And during all these predictable machinations, he’ll continue to distract the public by offering up other tantalizing morsels for public and media consumption.

Maybe he’ll finally release his tax returns or leak photos from the night he spent with Stormy Daniels or start a war. But we all know how it’ll turn out. He’ll blame Hillary. And then break more plates.

Copyright © 2019, Will Durst. Will Durst is an award-winning, nationally acclaimed comedian, columnist, and former assistant manager at a Radio Shack. For past columns, commentaries and a calendar of personal appearances, please visit willdurst.com.



We’re On The Web



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Officer Exodus (Cont. from p. 1)

District Attorney (DA), who authored Prop 47; social justice advocates; and the police oversight bodies who all buy into the skewed political narrative of *Gladwell's World*.

These are the same groups that propagate that certain undersized demographic segments of SF are over-targeted and represent a disproportionate amount of subjects arrested. Despite these cemented beliefs, in response to my recent public records request, SFPD shared that they reported to the FBI that of the 1,063 suspects arrested for robbery in 2018, 74.7% came from the 17% segment of the SF population that the *Gladwell World*-advocates claim are over-arrested.

Robberies are a unique statistical measure, because unlike other violent crimes (homicides, aggravated assaults, and rapes) that involve a relationship or association between the felon and the victim, robberies are committed on random and vulnerable victims. These independent victims are the ones that corroborate the arrestees' descriptions—not SFPD.

Let's be clear, serious socioeconomic environmental issues exist that drive crime, and everyone is aware of the horrible texting history by a small group of SFPD officers. But rather than discussing the causes of crime, the anti-law enforcement groups have scapegoated SFPD into the no-win citywide demographic arithmetic.

To not be deemed racist, SFPD officers are placed in the impossible situation that they must adhere to an implied arrest quota that is proportional to the city's total population, instead of to the demographic percentages in the crime centric Tenderloin, 6th Street corridor, and Mission Street. This is a lose-lose position that drives SFPD officers to the suburbs where law enforcement is more appreciated.

Department of Police Accountability (DPA):

There may be a perception issue that within any municipalities' Internal Affairs (IA) division that there is potential for IA officers to investigate fellow officers they might be acquainted with. However, that same argument cannot be made about the independence of DA investigators appointed by a city-elected District Attorney.

Over the past few years, the DPA has conflicted with the determinations of both SFPD's IA and the DA.

In a court case involving an officer capturing a gun from a fleeing felon, Judge Stephen Murphy said, "I have concerns about the officers' credibility." Independent of IA and DA investigations, DPA alone rushed to rule the officer "lied." There is a huge difference between "lying" and not being "credible." I could write about the structural engineering mistakes made on the Millennium Tower and be honest, but I definitely would not be credible. And yet,

before the IA or DA have completed their investigation, the DPA's rushed findings embarrassed the officer in a various media outlets.

The DPA recently overruled SFPD's IA and the DA's investigative findings and ruled that the firing of a less-than-lethal beanbag at a suspect brandishing a machete "aggravated" and "escalated" the situation. How is this different from our readers, on Monday morning, judging that a run would have been more effective than a pass that was intercepted? Just as it is unfair for us to question a quarterback's decision under the threat of 250+ linemen trying to squash him, it is equally unrealistic for the DPA, in the calm of their carpeted offices, to use hindsight to render judgment on how an officer should defend his life in the microseconds of the street. This is no longer an issue for this officer, he departed to a neighboring jurisdiction.

These incidents are evidence of an over-zealous Department of Police Accountability, and illustrate:

Surrounding jurisdictions are accepting SFPD officers who are still under investigation because they recognize that discipline is a consequence more of a political agenda than wrongdoing.

Unlike IA and DA investigators' training curriculum, there is no publicized investigative training for criteria for DPA investigators,

There is no oversight of DPA. If an officer wants to dispute a DPA's finding, SFPD General Order 2.04 fiats the only recourse is to file a complaint back to DPA.

SFPD Needs A Chief That Is A Leader:

Like my failure to recognize the good intentions of the red SUV driver, the public often misses the silent shield law enforcement protects us with. Street cops desire to be purposeful and productive. For 21-years I witnessed the daily selfless and altruistic acts of SF street cops, which was concealed by the specious arrest math and false narrative the local papers spouted. It's not just SFPD officers fleeing that is a problem, it's that SF has no farm team. SFPD could only get 20 students into the current Academy class (of which 6 are repeating), which is evidence of the nationwide recognition of SF's harsh political environment. *And it's not the cost of homeownership.*

To stem the downward spiral of effective police work, SFPD needs the chief to stop drinking the fake stats *kool-aid* and instead campaign to improve the impossible position in which the media and DPA have placed his troops..

To the other Will Scott-Sgt. Will Scott who once bought narcotics from a seller named Scott on Scott Street, I know you now are "in the wind." 10-7, Sarge. Rest in peace.

Lou Barberini worked 21-years with SFPD following his father's 30-year career. Sergeant

Laguna Honda (Cont. from p. 1)

calculated transfers are expected.

A cone of silence hovers above LHH's Medical Division. California Department of Public Health (CDPH) inspectors found that 5 patients had been drugged with non-prescribed opioids and sedatives. All suffered life-threatening overdoses requiring emergency transfer to outside hospitals. The overdoses were caused by medications – not illegal drugs smuggled into the hospital. LHH physicians knew something was seriously wrong. Physicians at the receiving hospitals conveyed their alarms.

In February 2018, one outside doctor notified LHH Medical Director, Dr. Michael McShane, and was told that; "an internal investigation was underway," per CDPH records. Another kept a patient hospitalized for an extra

week, afraid to send the patient "to her death" at LHH. Apparently, LHH's internal medical investigation was fruitless. Twelve months later, by chance, an unrelated investigation of an employee dispute exposed the patient druggings with pilfered meds.

Meanwhile, LHH has stepped up its reporting of adverse incidents to the State. In May 2019, the month before the scandal erupted, LHH sent 20 reports of alleged abuses and other lapses to CDPH. In July, the month after the scandal, LHH forwarded 37 reports to CDPH. In August, it was 42. Health Director Dr. Grant Colfax commented that, *"as Laguna Honda changes its culture, there may be an increase in the volume of incidents reported."*

A burst of reporting is expected because staffers have been rattled by the scandal and the resulting scrutiny. Changing the culture is another matter. One can be open about symptoms but silent about the underlying illness. For example, on 9/10/19 LHH finally admitted that there had been a 50% increase in AWOL cases compared to the prior year. But the trend has been ignored for 4 years. Recently, almost 1 in 3 patients discharged to the community actually fled LHH by going AWOL or signing out against medical advice. Further, theft/loss reports and battery incidents have quadrupled over the prior year. Notably, there was a 54% increase in "Serious Incidents" compared to the 3 prior years, although a change in reporting methods may explain some of the rise. But the cause of the rising numbers is shrouded.

LHH officials won't admit that DPH's Flow Project brings disorder that undermines patient quality of life and strains caregivers. Increased altercations, threats, thefts, and AWOLs are predictable with the forced influx of younger, able-bodied and volatile patients from SFGH. So, the data showing mounting problems piles up, without explanation or remedy. Ignoring root causes is a structural component of LHH's Culture of Silence.

Whether the plan to address the patient abuse scandal transforms LHH's Culture of Silence, or is engulfed by it, depends on DPH brass and City Hall. At Supervisor Norman Yee's 10/23/19 hearing before the Board's Government Audits & Oversight Committee, a breakthrough: LHH is surveying staff about their inclination to report wrongdoing and their fears of

retaliation. Also, further forensic analyses of staff cell-phone videos showed that a total of 130 patients – not just 23 - had sustained privacy violations. So far, LHH has paid \$780,000 in fines, and way more are expected, said SFGH Chief Quality Officer, Troy Williams.

Back in December 2016, the CDPH issued an "AA" citation (the most severe), plus a \$100,000 fine, against LHH. As detailed in the February 2017 WSO, a nurse had parked an elder's wheelchair on an incline, but forgot to set the brakes, resulting in a fall and a fatal head injury. Surprisingly, LHH contested that State penalty. The City Attorney sued the CDPH to drop the citation and fine. In Superior Court case #CGC-17-558162, the City argued that LHH's lapse did not warrant an "AA" citation and that the fine was invalid as it was issued 5 months after the State investigation rather than within 30 days as required. After 2 years of legal wrangling, the CDPH reduced the citation to an "A" but wouldn't budge on the \$100,000 fine. However, the cost to taxpayers will far exceed \$100,000 due to City Attorney fees.

In comparison, the recent abuses of 23 patients were deemed so grave that CDPH inspectors declared a temporary state of "Immediate Jeopardy" – the top category of patient endangerment. State penalties will surpass the \$780,000 already levied. If the City again litigates against them, it could signal that Laguna Honda's Culture of Silence is protected.

Dr. Derek Kerr was a senior physicians at Laguna Honda who exposed wrongdoing by the Dept of Public Health. Contact: watchdogs@westsideobserver.com



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Homeless Navigation (Cont. from p. 1)
area, which closed in 2018. Worse, data provided to Breed only included eight FBI Uniform Crime Reporting Part I crimes, typically charged as felonies.

The SFPD data didn't include Part II crimes that are charged as either felonies or misdemeanors, including assault-and-battery, sexual battery, vandalism, weapons offenses, and drug abuse violations, among other crimes.

You can't arrive at "in general" guesswork by omitting analyzing two of the six Navigation Centers, and omit analyzing Part II crime data. Were Breed and Kositsky trying to fool Embarcadero-area neighborhoods?

In their rush to proclaim no correlation between placement of Navigation Centers and crime rates, Breed and Kositsky ignored obtaining data from another source: 9-1-1 call center data from five Navigation Centers.

Data 9-1-1 supplied revealed 786 initial calls for service were placed from five Navigation Centers during the periods they have been operating. Fully 456 (58%) of the calls were related to clients experiencing medical issues.

Significantly, 219 (28%) of the 786 calls were related to criminal activity, of which 51 (23.3% of 219) calls involved assault-and-battery, an FBI Part II offense. Fights, verbal threats against staff or other, and people with weapons categories accounted for 87 (40.2%) of the 219 calls. A whopping 71 (32.4% of 219) calls involved trespassers, something undoubtably of interest to Embarcadero neighbors. Fully 116 (53% of 219) calls were placed from the Civic Center Navigation Center.

The 9-1-1 call center data goes a long way towards disproving the false "in general" assertion there's no correlation between placement of Navigation Centers and increased crime.

The expanded version of this article explores another source of data shedding some light on correlation to increased crime rates: Critical Incident Report forms each Navigation Center is required

contract to operate the Embarcadero Navigation Center.

Kositsky's staff eventually coughed up an explanation of the initial time-limited Navigation Center lengths of stays. Homeward Bound clients being sent back to other jurisdictions receive one- to three-day stays. Homeless individuals referred by HSOC partner organizations can stay for up to seven days. Other homeless individuals referred by Kositsky's outreach staff can stay for up to 30 days, and can receive a one-time 30-day extension in certain circumstances. Homeless people having a priority status in Coordinated Entry or HSH Outreach programs can stay until they gain housing in permanent supportive housing.

This is part and parcel of the whack-a-mole problem, and nowhere near close to Ms. Alioto's optimism of 120-day stays. Breed's focus on forcing the homeless into 30-day and 7-day Navigation Center stays is not a sustainable substitute for real solutions to house the homeless.

HSOC Fiasco

The HSOC was created and activated on January 16, 2018 to coordinate efforts among City departments.

During a June 13, 2019 Budget and Finance Committee hearing, chairperson Sandra Lee Fewer noted: "Police officers [at] the Richmond [District Police] Station are saying 'Yeah, officers get pulled for HSOC, and they don't replace them. We're short officers at district stations.' [Whenever] HSOC or anyone comes in and does a sweep, we're just seeing more homelessness, moving it around. ... [Pulling] officers from [District] stations and outlying stations is a problem."

Fewer said a mouthful on June 13! She said a second mouthful on June 21 when she chaired another Budget and Finance Committee hearing focused on staffing of the HSOC, saying: "I'm hearing from my own [Richmond] District [police] officers that, yeah, they get pulled off [their regular job duties] to go to the HSOC."

One source, speaking on condition of

Education Carol Kocivar ©2019

Quid Pro Quo and Other Things I Learned in School



I can remember my mother urging me to learn Latin when I was in high school. Latin! It would help me with my *bona fides*. Not to mention I might graduate *cum laude*. Etc. etc.

Thanks, mom, for the nudge.
My two years of high school Latin have come in handy in recent days. One of my favorite Latin phrases is *Quid Pro Quo*. A favor for a favor.

As in You dig up dirt on my political rival and I will give you what you want.

Quid (Blankety Blank!) Pro Quo.

Now that's not the original Latin version. It's the modern American translation when the Quid and the Quo turn out to be something Really Big. Like when the White House releases a summary of a telephone conversation with a foreign government and a US diplomat interprets what happened as withholding security assistance in exchange for investigating a political rival.

Quid (Blankety Blank!) Pro Quo.

It's sort of like saying, "Russia, if you are listening, I hope you can find the 30,000 emails that are missing."

Quid (Blankety Blank!) Pro Quo.

It's like the acting White House chief of staff saying the President withheld military aid to pressure Ukraine to investigate the 2016 election and then walks back the statement.

Quid (Blankety Blank!) Pro Quo.

It's like the president suggesting to China that they investigate a political rival during trade negotiations.

Quid (Blankety Blank!) Pro Quo.

Here is another timely Latin word: **Emolument**.

It is from *Emolumentum* meaning profit or gain. Our Constitution prohibits the President from profiting from his office. This is such a big deal they put it in twice.

• **"The Foreign Emoluments Clause** "[N]o Person holding any Office of Profit or Trust under [the United States], shall, without the Consent of the Congress, accept of any present, Emolument, Office, or Title, of any kind whatever, from any

King, Prince, or foreign State." (art. I, § 9, cl. 8)

• **"The Domestic Emoluments Clause** "The President shall, at stated Times, receive for his Services, a Compensation which shall neither be increased nor diminished during the Period for which he shall have been elected, and he shall not receive within that Period any other Emolument from the United States, or any of them." (art. II, § 1, cl. 7)

The word "emolument" originally was used to describe payments for grinding corn— from the Latin *Emolere* meaning "grind out." I am not touching that definition.

Now ask yourself:

What if the United States asked the G7 to meet at the President's hotel resort for a summit. What if the US air force increased stop-over flights to Scotland and folks on those planes just happen to stay at the President's resort.

Emoluments. Emoluments.

Now there are other Latin phrases we also can put to good use these days.

Ad nauseum. This would be an unending repetition of the *Quid (Blankety Blank!) Pro Quo* and *Emoluments*.

Mea Culpa. Not likely to be part of this national debate but it is a nice little phrase for kids to learn so they can use it when they grow up. "I'm sorry. It was my fault."

Impeach. *Impeach* comes from the Latin *impedicare*, meaning "catch, entangle."

And why are people considering this? **Pro Bono**—for the public good.

One more Latin phrase:

Qui tacet consentire videtur. He who is silent appears to consent.

Children's advocate Carol Kocivar lives in the Westside: kocivar@westsideobserver.com

Costs Involved with the Seven Navigation Centers

| Navigation Center | Capital / Construction | Land Rental Lease Amount | Non-Profit Service Provider | Total |
|----------------------|------------------------|--------------------------|-----------------------------|----------------|
| 1 1950 Mission | \$ 582,981 | | \$ 8,791,999 | \$ 8,791,999 |
| 2 Bayshore | \$ 4,724,672 | \$ 2,934,000 | \$ 7,509,962 | \$ 15,168,634 |
| 3 Civic Center | \$ 1,078,065 | | \$ 20,799,296 | \$ 21,877,361 |
| 4 Bryant Street | \$ 6,124,177 | \$ 20,120 | \$ 6,620,866 | \$ 12,765,163 |
| 5 Central Waterfront | \$ 3,129,444 | \$ 213,131 | \$ 8,014,030 | \$ 11,356,605 |
| 6 Division Circle | \$ 6,335,047 | \$ 20,120 | \$ 9,742,147 | \$ 16,097,314 |
| 7 Embarcadero | \$ 12,460,000 | \$ 1,775,238 | | \$ 14,235,238 |
| | \$33,851,405 | \$ 4,962,609 | \$ 61,478,300 | \$ 100,292,314 |

- Notes:**
- 1950 Mission: Construction funded by a private donation to the City, not included in total costs.
 - 1950 Mission: Land is owned by the City, no annual lease.
 - 2 Civic Center: Land lease amount being researched.
 - Embarcadero: Construction cost is an estimate provided by HSH. Service Provider contract not yet awarded despite reports of its imminent opening.

Source: San Francisco Department of Homelessness and Supportive Housing

to submit to multiple Kositsky employees.

High Costs of Navigation Centers

The high costs associated with Navigation Centers isn't fully known. It's approaching at least \$101 million, with costs expected to rise as one "temporary" Center closes and replacement temporary Centers are constructed.

The accompanying table shows costs involved with seven Navigation Centers.

- \$38.8 million has been spent between capital construction expenses and costs to lease sites. How much more will it cost to open additional Navigation Centers in every supervisorial district, and replace temporary Centers closed?
- The \$61.5 million in costs to operate the Navigation Centers will climb significantly when Kositsky awards a

anonymity, reported that one District police station is so shorthanded a lieutenant recently instructed a group of officers during lineup before starting their shifts "not to arrest anyone," because the Station didn't have enough cops to manage the District if two officers got tied up processing an arrest. Is Supervisor Fewer aware this is how bad the situation has gotten?

Is this a new "get-out-of-jail-free" card: "We don't have enough officers to process your arrest because they're deployed to the HSOC, so we're not going to arrest you"? That essentially turns the concept of "nobody is above the law" on its head.

The HSOC's efficacy was also called into question June 21.

- Supervisor Fewer repeatedly asked,

but was unable to obtain an answer, about the total number of FTE's (full-time-equivalent employees) the HSOC has, because the Board of Supervisors hasn't seen the HSOC's entire budget.

• Fewer asked Kositsky what impact the HSOC is having on the homeless population and whether HSOC is just duplicating efforts by the HOT team. Kositsky lamely responded the HSOC is intended to coordinate efforts across multiple City departments.

• Supervisor Hillary Ronen peppered Kositsky with questions, fretting: *I'm not sure it makes sense to continue to add additional staff to [the HSOC], because I'm not sure it's having the intended impact.*

Kositsky responded saying they were having a hard time because staff were being swapped in and out of the HSOC, so "we're struggling to capture data, because we don't have any full-time staff [at the HSOC]." Kositsky stated to Supervisor Norman Yee that "our budget request is primarily to improve data collection." Homeless people need actual housing, not better data collection.

• Fewer concluded the June 21 hearing noting: "We just gave a nod to \$4 million worth of new FTE's to HSOC but I haven't seen a [single] metric on impact and what [HSOC] has been doing, how well it's been operating, and how many [employees] there are in HSOC." She added: "There is much more that we need to know about the efficacy" of the HSOC.

A City Controller's report on the HSOC noted that of referrals submitted by SFPD homeless outreach officers to the HSOC, "At present, there is no means to track how many HSOC referrals result in linkage to care." Another "invisible success"?

The Controller reported the HSOC was

activated in January 2018 as a working group to implement a combination of collaborative efforts across multiple departments using existing staff, not as a budgeted sub-unit cost center in any City department.

That changed in the FY 19-20 budget process. During Budget and Finance Committee hearings in June, 11 new budgeted positions to support the HSOC costing \$4 million were approved and added to departmental budgets starting on October 1, 2019. Supervisor Fewer, clearly exasperated at times, couldn't get a straight answer about how many police officers are assigned to the HSOC. Police Chief Bill Scott eventually indicated 40 police officers are detailed to the HSOC.

Still unanswered is how much it costs (in dollars and employees) to temporarily divert 40 police officers to the HSOC.

No Bang for the Bucks Efficacy

Expenditures on invisible successes from questionable efficacy of the HOT Teams, the HSOC, and the Navigation Centers are probably not going to save the tourism industry, or bring the American Medical Association back. Nor will it help solve San Francisco's homelessness problems in providing the homeless stable housing.

The expanded version of this article at stopLHHdownsize.com includes additional data and discussion, including data obtained from "Critical Incident Reports" that each Navigation Center is required to submit to Kositsky's Department of Homelessness.

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.

Taraval Station Community Meeting

Tuesday, November 18 • 6 pm – 7 pm at Taraval Police Station • taraval.org



TARAVAL STATION Crime Report

Wednesday | October 2
Robbery – Arrested
2:05 pm | 1200 Quintara St
A man walked past a group of people holding his cell phone, when the suspects suddenly grabbed it, punched and tripped him. Responding officers located the two suspects in possession of the stolen phone. The suspects were arrested.

Thursday | October 3
Battery
11:14 pm | 4600 Irving St
A man said he was outside when the suspect, who was known him, approached him and started an argument, then punched him several times and pepper sprayed him. He fled the area.
Vandalism – Arrested
5:38 pm | 2200 14th Ave
At Taraval Station a man said that a known suspect vandalized his car, causing over \$3,000 in damages. During the interview, officers found and arrested the suspect.

Friday | October 4
Vandalism – Trespassing – Arrested
6:44 pm | 1500 46th Ave
A witness heard suspiciously loud banging from across the street went to investigate. He saw the suspect attempting to pry open a garage door. Officers located the suspect inside the garage. He was arrested.

Saturday | October 5
Robbery
1:33 am | 100 Granada Ave
The victims reported a robbery with a gun. They outside smoking, when three suspects came up and one pointed a gun while the other suspects took property, then tasered one of the victims and searched his car. They fled the area.
Theft – Resisting Arrest – Arrested
2:20 pm | 3200 20th Ave
Officer saw a car driving the wrong way down a parking aisle, then exiting the car to break into another car and stealing a backpack. They tried to stop the car but as he fled, he collided into another car. Officers did not pursue, due to dangerous conditions but determined that it was a rented car and proceeded to the return location, where they found the suspects and one of them was arrested.

Monday | October 7
Assault – Arrested

7:18 am | 1800 Irving St
Officers responded to a report of an A woman was walking, when suddenly the suspect swung a glass bottle, hitting her in the face. Officers found the suspect and he was arrested.
Assault
2:12 pm | 1300 46th Ave
Officers responded to a report of an assault. The victim reported that an unknown suspect had suddenly approached him and confronted him for an unknown reason before challenging the victim to a fight. The suspect then hit the victim several times with a wooden stick before immediately fleeing the area.

Wednesday | October 9
Battery
8:28 pm | 200 Kenwood Way
A woman was out walking when she saw a car slowly drive past her as she felt something hit her neck. She thought she had been hit with airsoft pellets. An exam revealed mild swelling on her neck.

Friday | October 11
Arson – Arrested
4:44 pm | 800 Judah St
After reviewing security footage regarding an arson incident in a church, the officers identified the suspect, who was arrested.
Battery
1:00 pm | 1300 48th Ave
A woman entered an alcohol and drug treatment facility for males only, and started to eat the food. She was asked to leave the building but she responded by punching a victim before she was escorted out of the building.

Saturday | October 12
Assault – Warrant Arrest
4:59 pm | 1100 Ocean Ave
Officers responded to a report of an assault. The victim reported that he had been drinking at a bar with the suspect, who was an acquaintance. The victim exited the bar to smoke and the suspect followed him out before challenging him to a fight. The suspect then brandished a knife and threatened the victim with it but the victim walked way from the suspect. Responding officers located the suspect and a computer check revealed an arrest warrant. The suspect was arrested.

Sunday | October 13

Theft – Arrested
1:03 pm | 400 West Portal Ave
Plain clothes officers observed a suspect walking up to multiple houses, looking into their mailboxes. They detained the suspect and found numerous pieces of mail in her possession with addresses from many city locations. A check revealed that she was on probation and had an arrest warrant. She was arrested.

Tuesday | October 15
Traffic Violation – Battery – Cited
5:59 pm | 20th Ave & Ortega St
A man said he was on the sidewalk when the suspect’s car reversed backwards nearly hitting him. He confronted the suspect, who responded angrily and punched him. The suspect was cited.
Assault
5:37 pm | 1500 Ocean Ave
A man said he was buying something in the store when two suspects walked in and punched and kicked him, then fled.

Wednesday | October 16
Stolen Vehicle – Arrested
9:42 pm | 00 Cambon Dr
A man called a tow truck because a car was illegally parked and the two truck driver said the vehicle had three occupants—and had been reported as stolen. Officers found one suspect, still in the car, but the other two suspects were gone. After further investigation, the suspect was arrested.
Resisting or Delaying Officers
9:21 pm | Wawona St & 16th Ave
When officers saw a car being driven without headlights, they conducted a traffic stop and saw a passenger running from the car. He refused to stop. When he was detained, it was determined he had taken illegal drugs and was cited and released to an ambulance for medical treatment.

Thursday | October 17
Robbery
8:35 pm | 00 Pinehurst Way
A womain said arrived home earlier and opened the garage door to park her car, but when she got out, she discovered that there

were two suspects inside the garage. They rummaged through her home before fleeing. She said she was hit in the head.
Brandishing a Weapon
5:55 pm | Bruce Ave & Harold Ave
A woman said she pulled behind a suspect’s stopped car when a passenger got out and yelled at her. She tried to take photos of the car and drive away but the suspect’s car caught up to her and the passenger approached her while brandishing a gun, then returned to the car and fled.
Package Theft – Arrested
8:30 am | 1600 9th Ave
A witness reported a suspect who was stealing packages from several houses in the past few days. Officers found the suspect in possession of numerous missing-packages. The suspect was arrested.

Friday | October 18
Assault – Arrested
3:38 am | 1700 Lincoln Way
A gas station employee said she had just taken the garbage out and was walking back when the suspect began punching and hitting her. She recognized the suspect, who had a history of trouble at the last station. Officers found the suspect and the suspect was arrested.

Saturday | October 19
Theft From A Vehicle
3:52 pm | 3200 20th Ave
Plain clothes officers noticed a suspisuspect closely scrutinizing cars. They confronted the suspect who ran to his car and fled without regard for public safety, colliding with multiple vehicles.
Vandalism – Under the Influence
1:28 am | 200 Saint Charles Ave
A victim said a large group was making too much noise and asked them to quiet down. The suspect responded angrily smashing the victim’s window with his fist. Officers found the suspect and he was cited.

Sunday | October 20
Robbery
7:47 pm | 2500 17th Ave

Cont. p. 13

Jennifer Rosdail

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Voter Registration Deadline: October 21

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Night Bloom — A New San Francisco “Tradition” Sparks Up the Nighttime

Step into a world unlike any other in Night Bloom, a nighttime exhibition debuting at the Conservatory of Flowers on November 22. Light and sound will transform the iconic San Francisco landmark into a glowing landscape of interactive and immersive experiences. Guests are invited to embark on a journey through the tropics where cotton candy sunsets are abundant, rare and unusual flowers blossom in the moonlight, and fireflies come out to play. The exhibition will run on select evenings from November 22, through January 5, 2020. Tickets are now available at www.conservatoryofflowers.org/nightbloom.

Developed in partnership with Lightswitch, a consortium of internationally recognized lighting, media, and visual designers, guests are invited to enjoy the Conservatory wrapped with dazzling lighting continues for another year. Night Bloom includes six site-specific installa-

inspire and celebrate flora and fauna of the tropics, exploration, creativity, and imagination. Highlights include:

Majestic palms radiating with prismatic rays reflect in the glimmer of glowing Amazonian ponds, as fireflies twinkle in a lush jungle.

“Night Bloom is an incredibly exciting reason to visit Golden Gate Park after dark. This stunning intersection of art, technology and nature is a feast for the senses and allows visitors to enjoy the Conservatory of Flowers in a whole new



tions dispersed throughout the Conservatory’s wood-and-glass walls, with an illuminated Conservatory and interactive displays welcoming guests. Inspired by the institution’s internationally renowned botanical collection, the expansive nighttime exhibit is experienced through a wandering path where guests of all ages are encouraged to partake in a living playground powered by illumination.

Dazzling and mesmerizing visuals will



way,” said Phil Ginsburg, SF Rec and Park General Manager.



For twenty five years, Lightswitch has been committed to changing the way people experience their world. Creating unforgettable experiences where people live, work, learn and play, Lightswitch has installed light art exhibits at Descanso Gardens, the Morton Arboretum, and museums and events all over the world.

Tickets for Night Bloom are now on sale. The limited engagement begins November 22 and runs until January 5, 2020 from 5pm-11pm

(Closed Thanksgiving, November 28th.).

Ticket prices are \$29 per person



(Advance) \$34 (Day of Event) and free for children (8 and under). Member ticket prices are \$20. Bloom Lounge (21+) Advance Tix: \$75 At the Door: \$80 Members \$60.



Daylilies and other perennials thrive after being separated Photos Melinda Myers, LLC

Garden Corner

Revive Overcrowded and Struggling Perennials by Melinda Myers

Fall is the best time to divide spring and summer blooming perennials that are overcrowded, dead in the center, failing to flower or flopping open. Wait until spring to dig and divide fall or summer blooming perennials that were not moved the previous fall.

These are guidelines that increase success, but most gardeners have found that the best time to divide is when you have the time and can provide good, proper post-transplanting care.

Use a sharp-edged shovel to dig the perennial, roots and all, out of the ground. Lift the clump out of the soil and use a linoleum, garden knife or drywall saw to cut the plant into smaller sections.

Some gardeners prefer to use two garden forks placed back to back in the center of the clump and then pry the perennial apart into two pieces. Continue the process until the desired size and number of divisions is achieved.

Discard and compost the dead center. Divide the remaining plant into four, six or eight pieces. The smaller the divisions, the longer it will take for the plants to reach mature size. Larger divisions may quickly grow, fill the space and need to be divided sooner.

You can plant one of the divisions back into its original location. Use the others to fill voids, expand existing gardens or start a new bed or border. Just make sure to match the plant with its desired growing conditions.

No matter how you plan on using the divisions you should prepare the soil first. Add compost, peat moss or other organic matter to the top 8 to 12 inches of soil. Plant the divisions at the same depth they were growing in the garden. Water thoroughly at planting and throughout the fall or subsequent growing season whenever the top few inches of soil starts to dry. Spread a layer of shredded leaves, evergreen needles or other organic mulch over the soil surface. Be careful not to bury the stems. Mulch helps moderate soil temperatures, conserves moisture, suppresses weeds and improves the soil as it breaks down.

Regular dividing can also help eliminate other garden tasks like deadheading, staking and replacement. Divide repeat blooming daylilies every few years to keep them blooming throughout the season. Do

the same for threadleaf coreopsis.

Divide asters every year or two in the spring to keep them vigorous and control their spread as needed. Increase the vigor and compactness of Shasta daisies by dividing them every 2 to 3 years.

Peonies, on the other hand, seldom need dividing. They can remain in the ground undisturbed and blooming profusely for decades. Fall is the time to dig and divide peonies if you need to move or want to divide them to make more plants (propagate).

Don’t be alarmed if your peony or other perennials fail to bloom the year after transplanting. The transplant often

spends the first year establishing a healthy root system instead of flowering. Just be patient and you will be rewarded with flowers the following year.

Take advantage of the warm soil and cool air of fall to dig, divide and transplant overcrowded and struggling perennials. Your efforts will be rewarded with better looking and more floriferous gardens.

Melinda Myers has written more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses How to Grow Anything DVD series* Myers’ website, www.MelindaMyers.com, features gardening videos, podcasts, audio tips and monthly gardening checklists.



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Love at first flap

What's small, furry, adorable, full of mystery and yet extraordinarily useful? According to Gabriel Reyes, it is the bat! Now a researcher for the US Geological Survey, Reyes fell in love with bats when he was an undergrad and took an elective class in bats. He ended up writing his Master's thesis on the social behavior of migrating bats. The rest is, as they say, history or, in this case, research.

"It was the challenge of studying tiny, nocturnal animals that are silent," according to Reyes. Bats are not birds, as one might think, despite their flying skills. They are actually mammals, complete with fur and live young fed on milk. Not only are they the only flying mammals, but also they comprise 20% of all species of mammal. There are 1,408 recognized bat species and probably more hiding from us.

Bats are just about everywhere.

Bats are on every continent except Antarctica. Their behaviors reflect the diversity of their species.

Many bats do live in the classic cavernous roosts, where they hang from the roof of a cave or mine, in the hollow of a burned out redwood, or in an abandoned building. But others are crevice roosters, seeking out protected nooks and cracks in trees, rocks, cliff faces, and buildings. Some species overlap in their choice of roosting locations, and many species are flexible, utilizing what's available.

Many bats gather in maternity colonies in spring and summer; for example, in some species there can be 20 mom bats in one tree. To view a more impressive number, visit the Yolo Bypass under the Yolo Causeway on the way to Sacramento, where hundreds of thousands of Mexican Free-tailed Bats gather in an enormous maternity colony. To be really impressed, visit Texas where there are maternity colonies of 4 to 5 million bats.

Ponds are great places to see bats, as they fly over the water not only to dip in their tongues to drink but also to catch aquatic-emerging insects as the luckless bugs hatch. Bats will fly several miles each night to forage or to find water.

Bats such as the Yuma myotis are found near ponds, streams and other open surfaces of water. Other species forage where forests transition to meadows or other open space. California myotis eat tiny insects. The Mexican Free-tailed Bat is an open air forager — flying hundreds of feet in the air to catch moths and other tasty treats. Gleaner bats pick bugs off of leaves and can detect moths or beetles. They either eat while on the wing or carry dinner back to their night roost to dine in. Pallid bats are the toughies of the gleaners — they track, attack, and eat scorpions.

Enter the Hoary bat.

Reyes' favorite bat is the hoary bat. He finds them very beautiful with "amazing fur, frosty colored with a mane." In fact,

their furry mane has earned them the nickname of "sky lions."

You may remember our article on bird migration. Surprisingly, some bat species migrate, too. Bats can fly high and long — the Air Force keeps track of animal strikes and has recorded a hoary bat strike at 8,000 feet elevation.

Hoary bats are long-distance migrators. Many may spend the winter in Mexico, although they have been recorded in other locations. They mate during the fall migration. Reyes says that science is not yet sure how they decide to get together, but one possibility is that the males congregate in an area and the females may choose their mates. Hoary bats, and most species in our area, are not monogamous; it is more like speed-mating.

The female hoary bats have developed a neat trick that all us girls might envy — after mating they can delay implantation until they are sure they will have shelter and food to raise a family. This means hooking up in the fall and then deciding to get pregnant months later during the spring migration.

Both sexes of hoary bat migrate, but they have different migratory patterns. In the spring, the males seem to fly a shorter distance. The females flap on up to Canada to maternity sites where they have their babies (known as pups.) Other species of bats that stay put may have one pup, but hoary bats usually have two. Migration is an effective long-term survival strategy, but it also involves risks compared to staying in one place; the heir and the spare help to compensate for those risks. Once settled in, the new hoary bat family hangs together on a tree in what Reyes describes as, "a perfectly adorable round ball of mom and babies."

The loneliness of the long-distance bat . . .

Mexico to Canada may seem a long way for such a small critter, but some bats are thought to have embarked on a much

more difficult journey. In Hawaii, the only native land mammal is the Hawaiian hoary bat. A few times in the misty past, a hoary bat got lost and flew across the Pacific to Hawaii. Hoary bats cannot land on water to rest, so she would have been airborne for her entire journey. We can imagine the relief when she saw the emerald green of the Hawaiian Islands below them.

Bats are not only cute but also useful.

Bats perform ecosystem services of which many of us are not aware. The pest control services of bats have been valued at billions of dollars a year. Bats regularly munch on agricultural pests and on forest pests. Loss of bat populations means higher crop losses and more pesticide use.

It also means loss of human comfort and the possibility of the spread of diseases — one bat can eat 1,000 mosquitoes in an hour!

The future of bats is in danger.

In the eastern United States many species of bats roost in large groups and are being endangered by white-nose syndrome. This fungal pathogen awakens bats from hibernation during the winter and causes them to burn through their fat stores to early and eventually die. Unfortunately, white nose syndrome is spreading from the concentrated eastern populations across the United States.

Out west, according to at least one study, hoary bats may have declined. It is more difficult to track the cause because of the challenge of tracking bat populations that are so inconspicuous and secretive. However, one culprit could be the development of wind energy. Those giant turbines may look like they are turning slowly, but the outer edge of the blades can be turning as fast as 100 mph, killing bats during migration.

It seems that once again, like the giant desert solar arrays in our previous article, what may seem like an environmentally-positive solution can have unintended, negative consequences. Researchers are working with the wind energy companies to find a solution to this

dilemma.

There is much more to learn about bats.

It may seem like we know everything about bats, but that is far from the case. Currently, Reyes is studying our local bats right here on Mount Tamalpais. He is collaborating with One Tam and the Golden Gate Park Conservancy to provide data to land managers to develop recommendations for studying and protecting bats. They would like to learn more about the distribution and habitats of the 13 local bat species in Marin and especially whether or not their populations are stable, increasing, or decreasing.

How does one track a small, elusive, night-time critter? One tool is a tiny radio transmitter. They don't work well for long-distance migrants, because the small battery runs out of juice; however, for local research they are invaluable. The transmitters are glued to the bat; the batteries and the glue both last less than two weeks, at which time the transmitter falls off. During those two weeks, the researcher runs around with an antenna, tracking the location and path of that particular bat.

Reyes' research is not yet complete — stay tuned!

You can help bats to survive and thrive.

According to Reyes, "Bats are a huge component of our natural diversity and wildlife. While they may be difficult to observe in the wild, learning about them and appreciating them is a good step to promoting their conservation."

We can help by putting up a bat box. If something happens to their habitat, they may then move in to your bat box. If you provide home for even one bat that results in one pup, that pup may live over 30 years. So your bat box is making a contribution to the bat population that will have an impact over time.

An online search turned up information about bat boxes — at Bat Conservation International (BCI.) You can also learn more about bats and rabies.

www.batcon.org/resources/getting-involved/bat-houses/bat-house-buy

Learn more bat facts:

USGS (United States Geological Society) www.usgs.gov/science-explorer-results?es=bats

Watch a great introductory

bat talk by Reyes: www.youtube.com/watch?v=UKEwX6Gbt-g

Katherine Howard is a local open space and environmental advocate.



Shot and gravely wounded in August in an apparent assassination attempt by Philippine President Rodrigo Duterte's government, 37-year-old San Franciscan Brandon Lee was airlifted back home this week from the Philippines at great expense to his family. He is currently resting at San Francisco General Hospital. Friends and family rallied on the steps of City Hall to welcome Brandon and to thank him for his heroic efforts to bring the Dictator's egregious crimes to the attention of the public. Photo: Derek Kerr

The public may help diffuse the \$200,000 expense at www.gofundme.com/f/save-brandon-lee

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Money Matters By Brandon Miller



Winning With a Goals-Based Financial Plan

Even if you're not a soccer fan, you've probably heard the iconic "GOOOOOOOOOOAL!" call of Telemundo announcer Andres Cantor. The joy in his voice as he stretches out the word over a massive breath is infectious. That 20-second call seems to pay tribute to everything that went into placing the ball at the back of the net—from coaching and practice, to encouragement, teamwork and overcoming obstacles.

I think Mr. Cantor has the right idea. Goals are meant to be celebrated. Of course, you have to set them before you can accomplish them.

And that's particularly true for financial planning. Investing just to make more money is not nearly as motivating or rewarding as investing in a dream. At my company, we spend a lot of time talking to clients about what they want to accomplish so we can create a financial plan that helps them live that life. Here are some things I've found work well in helping people articulate their ambitions:

Discover Why You Want What You Want

Goal setting is hard because it's abstract. It forces you to think of possibilities while also facing reality. And it can be hard for some people to separate their own dreams from family or societal expectations.

So be as detailed about your money goals as possible. Ask yourself probing questions—or better yet, have someone else ask them. When I play this role, I'm like a pesky three-year-old constantly asking "Why?" of my clients. Digging deeper into a vague goal may reveal the real dream, and open up new possibilities, such as turning a hobby envisioned for retirement into a side business now. It's not unusual to refine—or redefine—your goals in the process of setting them.

Being specific about what you want is the first step in setting SMART goals, with the MART being Measurable, Actionable, Realistic and Time-bound (meaning a

target date).

Write It Down

I'm a big proponent of creating a vision board, a collage of your dreams that you can refer to when you need a reminder of what you're working so hard for. It's sounds dorky, but it's amazingly effective.

Vision board or no, you should definitely immortalize what you want on paper. Your brain will find it easier to store the thought and you'll have a handy visual cue. Plus, a 2016 study showed that the simple act of writing down your goals makes you 42% likelier to achieve them. 'Nuff said.

Prioritize Competing Interests

So you want to save a couple mil for retirement, travel to every world capital, remodel your kitchen and send your mom a little extra every month to supplement her Social Security. Which one is most important? Do you have a partner (or two) with different priorities?

One useful exercise is to imagine you have \$100 to invest. How much would you put toward each goal? Giving your goals a priority ranking can help you decide things like should you alter your timelines or shed lesser dreams.

Break Your Goals Into Manageable Bits

That old saying about eating an elephant one bite at a time applies to your major goals, too. Don't look at how much you have to save for a downpayment on a house. Look at what you can put away each month to reach that amount. Keep the

Cont. p. 13



Real Travel By Sergio Nibbi

On the Fun Side of the Wall

With more than 100 T-Shirts hanging in the open-air kiosk, one said it all. "KEEP CALM, You're on the Fun Side of Trump's Wall." And fun it was on our 10 day cruise to Mexico from San Francisco back to San Francisco on the Grand Princess. The best part, no 10 hour flights, long security lines, exchanging money and learning a new language. This was not our first Mexican "rodeo" and at best, it was just a boat ride. An hour after leaving our home we were settled in our room and from the deck we enjoyed the beautiful views of the Salesforce Tower, the Transamerica Building, Coit Tower, and a peek of Fisherman's Wharf. At that point, it was almost a shame to let go of the lines and get under way.



Why can't we just stay put for 4 or 5 days and enjoy our surroundings? Certainly better than a long weekend at the Ritz. However, if we never left we would miss crossing under the Golden Gate Bridge, enjoying the spectacular views of Alcatraz, the Marin Headlands, and the Farallon Islands while watching the setting sun as we headed west.

With the two armed Coast Guard patrol boats escorting us out, one almost felt like a dignitary being driven in bulletproof limos with American flags attached to the fenders. In fact, after the boats turned around and headed back to the City, we almost felt abandoned.

After 5 days at sea our first stop was in Puerto Vallarta, where again from our veranda we had a gorgeous view of a huge shopping center anchored by a monster of a Walmart. As we made our way down the gangplank, the first thing that greeted us was an outdoor massage tent. With it sides open and flapping in the wind there was no need to worry about being busted, truly a happy beginning instead of the latter.

We have always taken our chances and innocently stepped inside the first taxi that was available, and for \$40 dollars an hour we were driven to the beach area and walked along the boardwalk enjoying the endless array of drug stores, jewelry shops, and street vendors. All the main tourist stops now have beautifully painted huge signs along the waterfront with the name of the city. A great photo op along with some clever artwork, and that cardboard

box always waiting for a few dinaro. On the way back we stopped by the former

home of Elizabeth Taylor and Richard Burton highlighted by beautiful bronze statues of the two of them.

Another day, another stop, this time at Manzanillo with more of the same stores, shops, and beautifully painted signs. A magazine rack with literature from the Jehovah's Witnesses flanked an ice-cream store, which was our destination of choice.

Mazatlán provided us with another opportunity to jump in a cab, but this one

was an open-air relic of days gone by. Another ride along the beachfront, which had, yes, another large painted sign with the name of the city. The beachfront was home to a large group of

bronze sculptures with a real life McDonalds across the street. 5 days of cruising for a big Mac? I wonder if they serve Tequila instead of Diet Coke.

Our final stop was in Cabo San Lucas, and as we tendered in we were greeted by a familiar sight, Senor Frog's and the 50-foot tall metal sculpture of a flying fish. The Souvenir store was our last stop where we purchased a few trinkets to remind us of yet another trip to this happy land. As we strolled through more shops and bars,

I could have sworn that I saw a variety of workers all wearing T-Shirts with the Mar-a-Lago emblem emblazoned on them. Is it possible that they crossed over and ended up on the fun side of Trump's wall?

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





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Senior Smarts / Anise J. Mattison

THE IMPORTANCE OF ADVANCE CARE PLANNING

Plans to submit an article by August deadline was interrupted. I was told to go to the Emergency Room on August 12 because of symptoms and was hospitalized until August 15. I had to go to the Emergency Room again on August 30. Thus the title for this article.

Every year I assume the role of Advocate for National Healthcare Decisions Day (nhdd.org) regarding advance care planning.

To quote nhdd.org: “It always seems too early until it’s too late.”

When you are being put on a gurney or have to call for a taxi to drive you to the emergency room because your doctor tells you to “go to the emergency room,” it is not the time.

Emergency Contact

It is extremely important to have emergency contact information in your health records.

If your primary care physician is unable to contact you with an urgent message related to your care, the emergency contact will be contacted.

Likewise, this information is needed by your nurse when you are admitted to the unit.

Words of Wisdom

Fortunately, I had provided emergency contact information to my primary care physician.

I had recently arranged an advance care planning meeting with my representative. During the hospitalization, I was able to answer the doctor’s questions related to CPR, etc.

If at anytime during my hospitalization, I was unable to verbally answer questions I had a copy of my handwritten draft (what I refer to as a Memorandum of Understanding between me and my health care representative) of my customized Advance Health Care Directive with me.

I suggest updating information monthly for your emergency contact (health care agent).

Example: When recently thinking about the estate plan I had previously completed, and a query regarding current contact information for my designee, I learned that my designee as personal executor had been deceased for 10 years.

In addition to discussing and completing your Advance Directive, you need to have an emergency fund to cover: taxi fare, public transit, ambulance service (if necessary); copayment for: emergency room, hospitalization, primary care physician appointments, ancillary services (physical therapy, occupational therapy, speech therapy), prescriptions, durable medical equipment; groceries (dietary orders), meal delivery until you can go to the supermarket.

Preparing for hospitalization:

- Leave prescription medications at home. (Your nurse will give you your medications ordered during your stay.)
- Wear casual clothing that you do not care if they get lint from a blanket.
- Bring cell phone charger.
- Do not expect a private room (unless medically indicated). Your roommate will be determined by the next admission and available bed.

* Do not expect uninterrupted sleep. You will be monitored for vital signs, electrocardiogram, and blood draws for lab tests.

Aftercare Appointments:

- Arrive early to complete forms.
- Read all forms. Make necessary corrections.
- Know when the symptoms occurred.
- Know what medications you are taking.
- Know your medication allergies.
- Know your diagnosis.

CHOOSING A HEALTH CARE AGENT

When choosing your health care agent consider the following guidelines:

- Someone whom you have known for years.
- Someone who is amenable to assuming the responsibilities and duties expected.
- Interview the potential agent as you

would an employee or contractor.

- What is the current condition of their life? (e.g., personal relationships, employment, financial). NB: Someone experiencing difficulties may not be the appropriate choice.
- They will be distracted by events in their life.
- A willingness to schedule meetings to discuss the four parts of advance care planning: health care decisions, financial, obituary, funeral.
- Availability when needed (e.g., hospitalization and discharge conference with hospitalist).
- You work well as a team.
- Willing to accompany you on this chapter in life’s journey.

TERMINOLOGY

Care companion. Goes on the convalescence journey with you. Provides words of encouragement. Provides words of consolation.

Health care agent. A person you allow to make decisions for you in case you cannot make them yourself. [attorney-in-fact, health care proxy, representative, surrogate]¹

Health care proxy. A document that names someone you trust as your proxy, or agent, to express your wishes and make health care decisions for you if you are unable to speak for yourself. [durable medical power of attorney, health care agent, health care surrogate].² NB: If you become incapacitated and have not appointed a proxy, state law determines who makes decisions on your behalf.³

Hospitalist.

1: Doctors who are specialists in the care of patients in the hospital.⁴

2: Physicians that organize the communication between different doctors caring for a patient, and serve as the point of contact for other doctors and nurses for questions, updates, and delineating a comprehensive plan of care.⁵

3: Main physician for family members to contact for updates on a loved one.⁶

4: COMMUNICATION between the primary care doctor and the hospitalist takes place at least twice during a hospitalization and again prior to discharge from the hospital.⁷

5: CARE may include: a) ordering and reviewing diagnostic tests in order to make a diagnosis; b) develop treatment plans; c) teach patients about their conditions; d) consult with other physicians in various specialties to determine the best care for their patients.⁸ 6: ORDER medications, treatments and services (e.g., physical or respiratory therapy).⁹ 7:

BOARD CERTIFICATION in hospital medicine is offered through the American Board of Physician Specialties after completion of a written exam.¹⁰

HISTORY: This movement was initiated about a decade ago and has evolved due to many factors: convenience, efficiency, financial strains on primary care doctors, patient safety, cost-effectiveness for hospitals, and need for more specialized and coordinated care for hospitalized patients.¹¹

CONVALESCENCE

Convalescence. The period of recovery after a disease or an operation.¹² Involves rest, diet, exercise.

Quiet rest periods are important. Rest, allows the body to do its job in recovering from the disease.

After a serious illness it takes time for the body to readjust to your previous routine or performing tasks (e.g., effect on extremities). To reduce the risk of recurrence gradually increase activity times (e.g., set 2-hour limit for completing any/all tasks each day). Ask and accept

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.





Cow in pasture by Sagamore Street and Capitol Avenue • 1915 • Donor description: View from Capitol and Sagamore. Circa 1915. Looking south. View of cow out to pasture. Permission to use this image must be obtained from the San Francisco History Center, San Francisco Public Library.

Senior Smarts (Cont. from p. 12)
help. Delegate tasks.

DAILY JOURNAL

A summary of the day’s events, condition changes, appointments, thoughts, feeling, goals, daily activities, progress or setbacks, skin assessment. Can be private or shared with loved one(s) or care companion. Can be used to create a summary when preparing for an appointment with the primary care physician and specialists.

COMMUNICATION

While convalescing you can communicate with your loved one(s) by: telephone – discuss the best day and time to schedule a call, be punctual, be respectful of the other person’s time when it is time to conclude the call; text message – text at the same time when sending so that the recipient can be available to reply; Dub – A Google app for simple video calling. Works with iOS and Android devices.

HEALTHY EATING

Diet. A prescribed allowance of food adapted for a particular state of health or disease. It is also known as a strategy for eating or an eating plan; to drink or eat sparingly in accordance with prescribed rules.¹³

ACTIVITIES AND LIFESTYLE

Exercise. A physical or mental activity performed to maintain, restore or increase normal capacity. Physical exercise involves activities that maintain or increase muscle tone and strength, especially to improve physical fitness or to manage a handicap or disability.¹⁴

Daily physical activity for a minimum of 35 minutes will increase exercise capacity and the ability to use oxygen to derive energy for work, decrease myocardial demands for the same level of work, favorably alter lipid and carbohydrate metabolism, prevent cardiovascular disease and help to control body weight and composition.¹⁵

Mental exercise. Involves activities that maintain or increase cognitive facilities. Daily intellectual stimulation improves concentration, integration, and application of concepts and principles; enhances problem-solving abilities; promotes self-esteem; facilitates self-actualization; counteracts depression associated with social isolation and boredom; and enhances the quality of one’s life.¹⁶

Activity intolerance. Inadequate mental or physical energy to accomplish daily activities. Risk factors include debilitating physical conditions such as anemia, obesity, musculoskeletal disorders, neurological deficits (such as those following a stroke), severe heart disease, chronic pulmonary disease, metabolic disorders, and sedentary lifestyle.¹⁷

Activity intolerance (risk for). A state in which an individual is at risk of experiencing insufficient physiological or psychological

energy to endure or complete required or desired daily activities.¹⁸

GRIEF

Depending on the diagnosis and prognosis, you may experience grief over the inability to maintain your previous lifestyle and the effects of the disease on your body (e.g., the ability to perform certain tasks).

ANGER

There may be a day when you feel grumpy and express: “this is becoming a hell I never asked for” when you drop objects or have to grasp an object several times before you are able to pick it up (e.g., safety pin) due to weakness of an upper extremity.

It is important to share your frustration and remember that the day before you were able to grasp and pick up objects and tomorrow will be different.

Discuss the incidents with your doctor. You may be referred for physical therapy or occupational therapy.

ACCEPTANCE

To progress during convalescence is acknowledging required lifestyle changes and your limitations. You are not the same person you were before becoming ill and the diagnosis.

RESOURCES

Form 3-1 Advance Healthcare Directive (Advance Directive Addendum). California Hospital Association. Download at <https://www.calhospital.org/resource/advance-health-care-directive>.

SectarianHealthCareDirective.MyHealthcare Directive. Download at compassionandchoices.org/end-of-life-planning/plan/sectarian-healthcare-directive/.

¹ www.webmd.com/healthy-aging/what-are-health-care-agents#1

^{2,3} www.medicareinteractive.org/get-answers/planning-for-medicare-and-securing-quality-care/preparing-for-future-health-care-needs/health-care-proxies

^{4,5,6,7} www.medicinenet.com/what_is_a_hospitalist/

^{8,9,10} www.globalpremeds.com/blog/2014/10/10/what-is-a-hospitalist/

¹¹ www.medicinenet.com/what_is_a_hospitalist/views.htm

^{12,13,14,15,16,17,18} Taber’s Cyclopedic Medical Dictionary

Future topic: Advance Care Planning – Preparing for the discussion. Meeting agenda.

Anise J. Matteson is a Certified Bereavement Facilitator, retired Registered Health Information Technician, and writer of reference books for seniors (Elder Diary: Starter Kit available at www.caringboomers.blogspot.com). She is convalescing after a sudden illness. (Information is educational only. For specific questions, contact your health care professionals and an attorney.)

Remember When?

Money Matters (Cont. from p. 11)
focus on what you can do today, not how far you have to go.

Track Your Progress Regularly

Hold yourself accountable, whether that’s an app that monitors your advancement or someone who can nudge you along and keep you focused. You can keep it interesting by doing things like betting a friend that you can save a thousand a month for a year or you’ll have to do their laundry for two months.

Celebrate Your Wins

Don’t forget to pat yourself on the back as you go along. Milestone celebrations help keep you motivated and reward you for your planning and discipline. And they remind you of how much fun it will be to actually achieve that dream.

As for when you do finally cross the goal line? Well, I suggest taking a deep breath and proclaiming to the world, “GOOOOOOOOOOAL!”

The opinions expressed in this article are not intended to provide specific advice or recommendations for any individual or on any specific security.

Brio Financial Group is a registered investment adviser. Advisory services are only offered to clients or prospective clients where Brio Financial Group and its representatives are properly licensed. No advice may be rendered by Brio Financial Group unless a client service agreement is in place.

A man was in a private area of the church when he saw the suspect taking money that belonged to the church. When he tried to stop him but the suspect said he had guns with him before fleeing, but he never saw any guns.

Battery

5:56 am | 400 Kirkham St

A cab driver said he picked up the suspect and delivered him to his destination, but when the rider tried to pay with two coupons, it was not enough to cover the fare. The suspect threw something at the driver, but someone came out of the suspect’s building and paid for the fare.

Tuesday | October 22

Assault – Arrested

10:37 pm | 2400 Noriega St

A bartender, said the suspect was intoxicated and offered to buy her a drink. She declined and he threw something at her head when she turned away. She was injured and bleeding. The suspect was arrested.

Thursday | October 24

Shooting – Arrested

2:15 pm | 3000 26th Ave

Officers administered CPR to a person who had been shot, but the victim succumbed to her injuries. After

further investigation, the suspect was identified and placed into custody.

Saturday | October 26

Robbery

9:35 pm | Randolph & Orizaba

A man was walking with his bicycle when two suspects came up and pulled his backpack off. He fell to the ground and the suspects kicked him. and stole his bicycle and fled.

Monday | October 28

Assault – Vandalism to Vehicle

8:15 am | 300 Claremont Blvd

When a man arrived at his ex-girlfriend’s house to pick up his personal items, the suspect, a new boyfriend, came out of the house and threatened him with a knife., then damaged his car. Officers arrested the suspect.

Package Theft – Arrested

5:09 pm | 100 Castenada Ave

A victim saw the suspect stealing packages. Officers detained the suspect and found numerous stolen packages with the victim’s name on them. A check revealed that the suspect had been arrested the previous week for committing the same offense. The suspect was arrested

Editors Note: This feature is an abbreviated version of the Police Report found at www.taraval.org

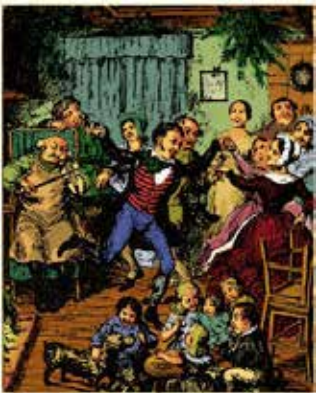




November

November is here and the City is gearing up for many holiday, sporting, and entertainment events. From “Hamilton” and pop icon Madonna, to ice skating and the 49ers, there is something for everyone in the city.. Here are a few things to check out this month:

Get your best “Victorian” on... the annual Dickens Fair is coming to town... Victoriana comes alive again at the Cow Palace in Daly City with the arrival of the annual Dickens Fair. This year is the 200th anniversary of Queen Victoria’s birth. The fair will take place over 5 weekends during November (23, 24, 29, 30) and December (1, 7,8,14, 15,21 and 22) the fair runs from 10 AM to 7 pm. Ticket Prices: **Adult/General Admission** (13+): \$32.00 / **Children** (5-12 yrs): \$14.00 (Children under 5 are always free!) / **Pickwick Club 2019 Season Pass:** \$120.00 (a \$352.00 value!) / **Adult Twilight Tickets**, available after 3:00 pm: \$20.00 (available only at the box office) / **Child Twilight Tickets**, available after 3:00 pm: \$10.00 (available only at the box office. The Cow Palace is located at 2600 Geneva Avenue in Daly City.



Basketball is back... Last week, the Golden State Warriors played their first game at their new home, Chase Center. Even though it looks like a rebuilding year, it will be exciting and fans will get a chance to see some of the young, up and coming talent mixed with Warrior stars Steph Curry and Draymond Green.



San Francisco City Chorus Presents Handel’s Judas Maccabaeus...One of George Frideric Handel’s most popular oratorios from its premier in 1747 through the historically-informed performances of modern times. Composed to compliment the Duke of Cumberland on his decisive victory over the Scots at Culloden, it tells of the heroic leadership of Judas Maccabaeus in the resistance to Greek domination of Judea circa 170–160 BC, which forms part of the origin story of Hanukkah. Handel’s Judas Maccabaeus is an intense drama of tragedy, lament, hope, and victory, described in a vivid contrast of choruses and arias in what is acknowledged as some of Handel’s best oratorio music.
Saturday, November 9, 7:30 pm at Old First Presbyterian Church. Located at 1751 Sacramento Street, corner of Van Ness & Sacramento. Tickets are \$25 for adults, \$20 for seniors, free for all students. For more information, visit sfcitychorus.org.

Want to Start a Business in SF?... Starting a Business in San Francisco Workshop - November 6, 11am. In this informative class you will hear directly from the San Francisco Office of Small Business on rules, regulations, and important considerations for starting a business in San Francisco. Learn about business structures, how to create an LLC or Corporation, how to register your business locally, file a fictitious business name, and about other permits and licenses. You will also receive information on city programs and resources, including small business loans, tax credits and incentives, and technical assistance providers. Small Business Administration, Entrepreneur Center, eventbrite.com/e/starting-a-business-in-san-francisco-tickets-57044376265



Are you Entrepreneurial?... CCSF Center for Entrepreneurship and Innovation - Entrepreneurship Fair. City College of San Francisco’s Center for Entrepreneurship and Innovation (CEI) is hosting an entrepreneurship fair on Wednesday, November 20, 2019 from 2-5 pm at CCSF Ocean Campus. The fair is open to the general public who is invited to come and learn about small business resources, and

meet and network with the entrepreneurial community in San Francisco and the Bay Area. For more information visit CEIEvents.pageatCCSF.edu.

Disaster Preparedness - Are You Prepared for Business Interruption? Given the recent earthquakes and power outages in the Bay Area, and the pending winter rainy season, there is no better time than the present to prepare for a disaster, and review your disaster preparedness plan. Visit the San Francisco Business Portal (business-portal.sfgov.org/manage/disaster) for information on preparing for, and recovering from a disaster. From ensuring you have adequate and proper insurance, to information on where to get sandbags, to signing up for important alerts, the Disaster Preparedness page offers many resources and important considerations and links.



San Francisco Ski & Snowboard Festival (Sat. 11/2 | 10 am - 6 pm & Sun. 11/3 | 11 am - 5 pm Beer Tasting :Noon - 4 pm): The ski season is almost here and this festival is a great chance to stock up on new gear. This annual event features discounts on clothing, skis and everything else you need for a season in the mountains. You can also test your skills on the climbing wall, watch the BMX and skate ramp show, and mingle with other snow lovers. The event is at Pier 35.

Renegade Craft Fair For nearly two decades Renegade Craft has championed the contemporary craft and design movement making it now one of the farthest reaching and most influential craft showcases in the world. Spanning 12 major cities in the U.S. and U.K., Renegade attracts nearly 300,000 engaged and consumer-conscious attendees annually. Throughout our expansive communities, Renegade is known for featuring the highest quality maker talent while shining a light on the unique DIY culture of each city we visit. This year’s holiday Renegade Craft Fair is on Monday and Tuesday, November 11 and 12 at the Fort Mason Center. More than 300 artists will be on hand showing and selling their handmade goods. The event is free to enter and lasts from 11 am to 6 pm both days.



SF International Hip Hop Dancefest This year marks the 21st annual SF International Hip Hop Dancefest, the first festival of its kind to honor the artistry of hip hop in a non-competitive environment. The festival features performances by professional dance companies from all over the world. This all-ages event takes place at the Palace of Fine Arts Theater over the course of three days. Fri, Nov. 22 | 8 pm (Prog. A) • Sat, Nov 23 | 8 pm (Prog. B) | Sun, Nov 24 | Noon (Prog. A) & 5 pm (Prog. B).

Ice Skating Starts in November... On November 6, the SF Holiday Ice Skating Rinks will re-open once again at the Embarcadero and in Union Square. Channel you inner Peggy Fleming.

Theatre Best Bets: Looking to take in the Theatre or a show for the holidays...

There are still seats available for the wonderful play **Hamilton**. It is still at the Orpheum Theatre. The Curran is running **Harry Potter and the Cursed Child** throughout November.

Madonna on tour... Music and Pop icon Madonna is doing a very limited tour in support of her new release, “Madame X” and will perform at the Golden Gate Theatre on November 2, 4, and 5.



Cirque under the tent... the newest show from Cirque Du Soleil, “Amaluna” opens on November 13 and runs through January 12 under the big top tent near Oracle Park. Tickets are still available. Cirque Du Soleil, “Amaluna”

Football is fun again... as I write this missive, the San Francisco 49ers are undefeated and alone atop the NFC Western Division. They will be at home in Santa Clara 3 times in November (11/11 vs. the Seattle Seahawks / 11/17 vs the Arizona Cardinals and 11/24 vs Cal alum Aaron Rodgers and the Green Bay Packers.) For 49er fans, football is fun again.

Greetings from Camp Merritt Nov 7 • 7 pm - 8:30 pm (Thursday) at Western Neighborhoods Project 1617 Balboa Street

Thousands of volunteers came from all over the country to train at the Presidio during the Spanish-American War in 1898. These troops spilled into the Richmond District between today’s Geary Boulevard, Fulton & Arguello St. and 6th Ave. for what came to be known as Camp Merritt.

In honor of Veterans’ Day, come see rare photographs as Amanda Williford, Curator at the Park Archives and Records Center in the Golden Gate National Recreation Area (GGNRA), and Nicole Meldahl discuss the encampment. \$20 for the general public • \$10 for WNP members. Light snacks and drinks provided.



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.

37TH GREAT PICKENS FAIR! • SAT-SUN NOV 23-DEC 23 • COW PALACE, 2600 GENEVA AVE.



Photo Philip Pavliger

Often described as “a living Victorian Christmas card,” the Dickens Fair prides itself on providing a unique experience of “live-immersion theatre.” Players/cast, crew and even some vendors all work to make one feel as if they have stepped back in time to 19th Century London – the London, England of Dickens’ time.

This year marks the 100th anniversary of the birth of Queen Victoria. And, while

historians note the long-reigning monarch was rather reserved in dealing with others, she did in her own way promote the celebration of Christmas.

It was also during her reign that some of the post-profound literary works were produced. Dickens was one among many during the era that provided readers with a prolific array of novels, short stories and essays. Some of which, like *A Christmas*

Cont. p. 16

Holiday Parties at The Cliff House



The Terrace Room

Offering sweeping views of the Pacific Ocean, historic ambiance and delightful cuisine, the Terrace Room is a truly unique private event venue for groups up to 120.

Private Events Direct 415-666-4027
virginia@cliffhouse.com

The Lands End Room

Located in the Sutro's Restaurant, the Lands End Room is a semi-private space for smaller parties of 17–49 offering California cuisine, awesome ocean views and Sutro Baths history.

Large Parties Direct 415-666-4005
halima@cliffhouse.com



Call soon to book your event!

1090 Point Lobos
415-386-3330
cliffhouse.com



November 2019

EVERY SUNDAY • FARMERS MARKET

Farmers Market | Every Sun | 9 am–1 pm | Fresh fruits and vegetables stars in this popular market, rear parking lot: Stonestown (19th Ave @ Winston).

EVERY SUNDAY • VICTORIAN TOUR

Sundays | 2 pm | Victorian era architecture Lafayette Square. SF's illustrious history, steep streets & fabulous views! 1801 Bush St. garden. Donations MUNI 1, 3. Check out many tours of SF: INFO: sfcityguides.org

SUNDAYS • FREE COMMUNITY YOGA

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

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. For INFO: cliffhouse.com/home/jazz

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 \$12 (\$10 Members). calacademy.org/nightlife.

FRIDAYS • TEEN COMPUTER CORPS

Fri | 4-5:30 pm | Trouble with Technology? We can help with kindles, email, laptops, tablets, cell phones and other electronic gadgets at the Parkside Branch, 1200 Taraval. Info: 415-355-5770.

SATURDAYS • COMPUTER HELP



Sat | 2-4 pm | Drop-in 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, 190 Lenox.

FRI • JOHN KALLEEN GROUP



Fri Nov 1 | 7-11 pm | It's a hot version of “Summertime,” a cool version of “Footsteps” and beautifully crafted originals! The JKG is a jazz quartet in the classic style. Cliff House, 1090 Point Lobos.

SAT • AUTHOR WENDY GORTON

Sat Nov 2 | 7 pm | California is a magnificent natural playground, and Gorton helps them explore its beaches, deserts, mountains, and forests. Scavenger hunts make it fun. *50 Hikes With Kids: California* includes a detailed map, trustworthy and intuitive directions, a difficulty rating, rest-room info, and places to grab a snack nearby for every trip. Bookshop West Portal, 80 West Portal.



SAT • AUTHOR PAUL DREXLER

Sat Nov 2 | 2 pm | Paul Drexler, a celebrated San Francisco crime historian and writer, will present his book *Notorious San Francisco: True Tales of Crime, Passion, and Murder*, which contains 20 tales of serial killers, deadly women, con-men, masters of escape, and unsolved mysteries.

SAT-SUN • 8TH VETERANS FILM FEST

Sat-Sun Nov 2–3 | 2 pm 5 pm | The Annual SF Veterans Film Festival, a vibrant forum for veterans to find expression, healing, and community while increasing the awareness of the challenges facing veterans. The historical and political context include living with PTSD, and the impact of moral injury. Main Library, 100 Larkin St.



SUN • 1ST SUNDAY BLOCK PARTY

Sun Nov 3 | 11 am–3 pm | 1st Sunday Block Party on Fulton Street is a family-friendly event featuring recreational activities for all ages, brunch-focused food and beverages from Off the Grid, a DJ, retail and local SF Etsy sellers. Civic Center, 149-199 Fulton Street.

TUES • AUTHOR JOAN C. WILLIAMS

Tue Nov 5 | 7 pm | Around the world, populist movements are gaining traction. Meanwhile, members of the professional elite—journalists, managers, and establishment politicians—are on the outside looking in. *White Working Class*, *Overcoming Class Cluelessness In America*, examines in detail. Bookshop West Portal, 80 West Portal.

TUE • NOVEL WRITING MONTH

Tue Nov 5 | 7-9 pm | It's National Novel Writing Month! Parkside Branch is setting aside some dedicated space every Tuesday to help our local writers get their creative juices flowing and meet their writing goals. We'll also have books on writing and getting published, dictionaries, and thesauri available for you. 1200 Taraval, 415-355-5770.

FRI • EMBARCADERO HOLIDAY ICE RINK

Mon Nov 6–Jan 3 | Sun-Thu: 10 am–9:30 pm / Fri-Sat: Until 11:30 pm | Bay Area's largest outdoor ice rink, at Justin Herman Plaza, across from the historic Ferry



THU • 17TH ANNUAL SF TURKEY TROT • NOV 28 • POLO FIELD GG PARK

Thu Nov 28 | 8 am Kids Gobbler Chase | **8:30 am** Turkey Trail Trot (Run)and Pilgrim Promenade (Walk) | Come kick off a great Thanksgiving with an invigorating fun run or walk in the park—before the parades, football games, and feasting commences! Polo Field, GG Park \$42 (Children of registered adults free). Register: sanfranciscoturkeytrot.com

THANKSGIVING RACE MENU

| RACE | ENTREE | SERVINGS | ENERGY COST |
|--------------------|------------|--------------|-------------|
| Turkey Trail Trot | 5 Miles | 600 calories | |
| Pilgrim Promenade | 3 Miles | 300 calories | |
| Kids Gobbler Chase | 100 Meters | 8 calories | |

Building. \$12 • (8 & under) \$7 • Skate Rental \$5. May close for rain or private-parties. Info: 415 837-1931 | echolicayrink@gmail.com | embarcaderocenter.com

WED • GWPNA

Wed Nov 6 | 6:30 | Greater West Portal Neighborhood Assn meetings are open to all members and to the public, first Wed each Month. Zephyr Real Estate Office, 215 West Portal Avenue. GWPNA.org

THU • OUTER RESIDENTS

Thu Nov 7 | 6:30–8:30 pm | Outer Sunset Parkside Residents Assn. (OSPRA). Meets first Thursdays. Ortega Library, 3223 Ortega St. mediasusan2@gmail.com

FRI • KURT RIBAK TRIO

Fri Nov 8 | 7-11 pm | Berkeley bassist and native Kurt Ribak (pronounced ree-bok) has been studying and gracing the Bay Area with his soulful, eclectic and original jazz for years. Experience the original works of Kurt Ribak. Cliff House, 1090 Point Lobos.



SUN • WALK TO END ALZHEIMERS

Sun Nov 9 | Reg: 8 am Ceremony: 8:30 am Walk at 9 am | 3-mile walk – the world's largest event held in 600 communities to raise funds for care, support and research. Free, donations encouraged, Pier 27, North Beach. 415 463-8500, sfwalk@alz.org

THU • PEOPLE OF PARKSIDE

Thu Nov 7 | 7 pm | Prop C and opposition to offshore oil drilling as well. Sup. Gordon Mar will present at the POPS meeting is at the Taraval Police Station, 2345 24th Ave. POPS meets very first Thursday of the month.

SUN • VETERANS DAY PARADE

Sun Nov 10 | 11 am | The parade starts at the Embarcadero at North Point Street, Fisherman's Wharf, proceeds west past the review stand on Jefferson Street, to Civic Center.



SUN • ONE CITY ONE BOOK



Sun Nov 10 | 2-3 pm | San Francisco Public Library 15th Annual One City One Book selection is one of The NY Times Book Review's 10 Best Books of the Year, *There There* by Tommy Orange. Meet your neighbors and enjoy the company of others to discuss this important novel. Parkside Branch, 1200 Taraval St.

TUES • CANOE CULTURE



Tues Nov 12 | 6 pm | A conversation with four Indigenous leaders who work to rebuild canoe and maritime traditions in their own communities and the challenges and positive impacts on Indigenous communities and the environment. RSVP: space limited. CA Historical Society, 678 Mission St. Cost: \$5, non-members.

TUE • SF WOMEN'S HAT CRAZE



Tue Nov 12 | 7:30–9 pm | The Hat Craze, 1907–1915 San Francisco, the bulwark of wealth and sophistication on the West Coast joined the decade of international millinery flamboyance—but with unique

results. SF Historical Society. \$10/Free to members. Check for updates at sfhistory.org. Roosevelt Middle School , 360 Arguello (parking on Palm Ave) .

WED • OCEAN VIEW COMMUNITY MEETING

Wed Nov 13 | 6-7 pm | Please join the Library and Public Works to discuss the Site Feasibility Report regarding the proposal to build a new Ocean View Branch, 345 Randolph St.

FRI • SOMETHING BIG



Fri Nov 15 | 7-11 pm | It's a delightful musical cocktail — a bit spicy with a dash of cool jazz and James Bond. Eva Jay Fortune — vocals, guitar, and percussion; Kevin Bertness — keyboards; Steve Fowler — standup bass; and Nicky Garratt — Guitar. Cliff House, 1090 Pt. Lobos

TUE • COMMUNITY SAFETY MEETING

Tue Nov 19 | 6-7 pm | Meet with Captain Rainsford at Taraval Station. Taraval Community Forum. Meets every 3rd Tues: Minnie & Lovie Ward Rec Center — 650 Capitol Ave. taraval.org

FRI • DOCENT TOUR: OLD US MINT

Nov 22 | 3 pm | Journey through 150 years of history with a CHS docent who will share stories, discuss the architecture, and answer questions about the Old U.S. Mint. 85 Fifth St. Meet: NW side. CA Historical Society \$10. 415-357-1848 ext. 222

FRI • JOHNNIE BAMONT QUARTET



Fri Nov 22 | 7-11 pm | A member of Huey Lewis and the News, San Francisco native musician and surfer, plays soprano, alto, tenor, baritone saxes and flute. Bill Hampton will be on guitar. Cliff House, 1090 Pt. Lobos

SAT • GREAT DICKENS FAIR



Sat/Sun | Nov 23-Dec 22 | Immerse yourself in a world of music halls, theatres, pubs, and charming shops overflowing with hand-made holiday treasures. Enticing aromas of roasted chestnuts and hearty foods fill the air. Over 800 lively and colorful characters from the imagination of Charles Dickens and the sometimes saucy world of the Victorian stage. (Admission, Tix, etc. - see p.16)

SUN • FALL CHOCOLATE SALON



Nov 24 | 10 am - 5 pm | Taste fine artisan and gourmet chocolates and confections at the Fall Chocolate Salon in the SF County Fair Building, Golden Gate Park, 1199 9th Ave @ Lincoln Way. fallchocolatesalon.com \$20 advance/25 door.

THU • OMI NEIGHBORS IN ACTION

Thu | 7 pm | OMI-NIA No meetings in Nov or Dec. Instead — Annual Holiday Toy Giveaway at Minnie & Lovie Rec Center @ Capitol and Montana.).

Dickens Fair (Cont. from p. 15)

Carol gave particular “arch-types” of human characters and cultural phrases and references that are still in use today, and concepts of characters like the miserly Scrooge, who was so stingy with his money that he would not let his devoted employee Bob Cratchit have more coal for the furnace to warm the office.

Elements of *A Christmas Carol* are found in just about every one of Dickens’ novels. Dickens was able to capture the impact the Industrial Revolution had upon the common people, making Britain powerful, and Queen Victoria the center of that power. She became the epitome of what correct society should be. And, like it or not, that made an impression.

Because of her love for Prince Albert, who was German, the tree during Christmas was something Queen Victoria



November ‘19 BESTSELLERS

1. **Blowout: Corrupted Democracy, Rogue State Russia, and the Richest, Most Destructive Industry on Earth** Rachel Maddow
2. **The Water Dancer** Ta-Nehisi Coates
3. **Catch and Kill: Lies, Spies, and a Conspiracy to Protect Predators** Ronan Farrow
4. **Talking to Strangers: What We Should Know about the People We Don’t Know** Malcolm Gladwell
5. **The Dutch House** Ann Patchett
6. **The Testaments** Margaret Atwood
7. **Year of the Monkey** Patti Smith
8. **Wildhood: The Epic Journey from Adolescence to Adulthood in Humans and Other Animals** Barbara Natterson-Horowitz & Kathryn Bowers *
9. **Quichotte** Salman Rushdie
10. **Educated: A Memoir** Tara Westover
11. **Where the Crawdads Sing** Delia Owens
12. **Know My Name: A Memoir** Chanel Miller
13. **Olive Again** Elizabeth Stroud
14. **Permanent Record** Edward Snowden
15. **Ninth House** Leigh Bardugo

* Spoke at BookShop West Portal; signed copies available

WHAT ARE YOU READING?

Mon Nov 25 | 7:30 pm | West of Twin Peaks Central Council meets to discuss local topics on the 4th Mon each month. Forest Hills Clubhouse, 381 Magellan Ave. westoftwinpeaks.org

THU • SF TURKEY TROT

Thu Nov 28 | 8 am Kids Gobbler Chase | 8:40 am Turkey Trail Trot and Pilgrim Promenade | Kick off a great Thanksgiving with an invigorating fun run or walk in the park—before feasting commences! Polo Field, GG Park \$42 Register: sanfranciscoturkeytrot.com

SAT • 61ST INTERNATIONAL AUTO SHOW

Thu Nov 28 - Mon Dec 2 | 10 am - 10 pm (Sun 8) | The show features the world’s major manufacturers displaying their 2020 model cars, SUVs, trucks and vans. Moscone Convention Center, 747 Howard St., North and South Halls plus the Esplanade Ballroom. \$10 - Kids under 12 free. sfautoshow.com

FRI • VIBO SIMFANI

Fri Nov 29 | 7-11 pm | Cultures from around the globe —Latin jazz, folk, classical, Brazilian styles. The end result is romantic, fun and mystical with impeccable performance of strings, woodwinds, guitar and per-



cussion. Cliff House, 1090 Pt. Lobos

SUN • BIRTH AND BABY FAIR

Sun Dec 1 | 10 am - 4 pm | Pregnancy, birth, parenting and related — doulas, midwives, massage, fitness. Topics: baby sign language, vaccines, going green, cloth diapering, baby wearing/slings and things, making your own baby food, childbirth, lactation, pre and post natal yoga, and breastfeeding. Pre-register birthandbabyfair.com Golden Gate Club, 135 Fisher Loop (Presidio)

Got An Event? Westside Events Get Priority editor@westsideobserver.com

promoted. The Christmas tree can be traced to Germany and Protestant religious reformer Martin Luther in the 16th Century. German immigrants brought this custom of a holiday tree with them as they settled in America.

But it was Queen Victoria, and in a way Charles Dickens through his famous story, that helped make the celebration of Christmas what it is today. The spirit of generosity, the concern for the less fortunate, and the ability to foster family and community bonds is what makes *A Christmas Carol* the beloved holiday story it is.

Bookshop Westportal has plenty of copies of the beloved novel for those who would like to brush up and prepare for the annual Christmas Faire.

The Great Dickens Christmas Faire begins Nov. 23 and continues for five consecutive weekends, concluding on Dec. 22. For more details visit the web site at: dickensfair.com

2019 WESTSIDE DEMOCRATIC CLUB VOTER GUIDE



SUZY LOFTUS FOR DISTRICT ATTORNEY

“We carefully considered the candidates and measures on the November ballot and recommended only those that serve our Westside neighborhoods. That’s why we’re supporting Suzy Loftus for District Attorney.”



BEN MATRANGA
President, Westside Democratic Club

VOTE FOR THESE LOCAL CANDIDATES



MAYOR
LONDON BREED



CITY ATTORNEY
DENNIS HERRERA



SHERIFF
PAUL MIYAMOTO



PUBLIC DEFENDER
MANOHAR RAJU

VOTE FOR THESE LOCAL MEASURES



PROP A: YES
Affordable Housing Bond



PROP B: YES
Department of Disability and Aging Services

PROP E: YES
Affordable Housing and Educator Housing

Paid for by Westside Democratic Club.
Financial disclosures available at sfethics.org.