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Proposition B

Mayor London Breed's Aversion to Sunshine Clouds Prop B



by Dr. Derek Kerr

ondon Breed's ascent into Room 200 portends a loss in City Hall transparency. If Proposition B – the City's "Privacy First Policy" - passes in November, it would allow Supervisors to amend the Sunshine Ordinance without voter approval. And thus, our sunshine-averse Mayor could veto any amendment to reinforce it.

As District 5 Supervisor, Breed repeatedly defied the Sunshine Ordinance by evading public records requests. When thwarted requesters filed complaints with the Sunshine Ordinance Task Force (SOTF), the panel that adjudicates alleged violations of the Ordinance, Breed ignored SOTF summons to attend its hearings. Her intransigence came to a head in August 2017 when public advocate/gadfly Michael Petrelis asked then-Board President Breed for a list of addresses she had blocked from her Twitter account. No response. Petrelis sent 2 reminder emails. Still nothing. Unlike Breed, other Supervisors responded to the same request.

"Blocked" means that those individuals cannot view what Breed is tweeting, or converse with her via Twitter. Trouble is, some of those tweets entail City business. The case was timely because a March 2017 State Supreme Court ruling (San Jose v Superior Court) established that public business conducted on personal electronic devices or accounts is subject to disclosure. (In May 2018, a US District Court ruled that President Trump violated the First Amendment by blocking his critics from his Twitter account.)

■ The SOTF determined that Breed had violated the Sunshine Ordinance by withholding public records and failing to attend its hearings. This April, frustrated SOTF members voted 7-D to refer Breed's delinquencies to the District Attorney to "ensure compliance."

Breed's stonewalling was odd. To an identical request from Petrelis in January 2016, Breed had responded with a list of 20 names. So in August 2017, Petrelis filed sunshine complaint #17094. Over the next 7 months, the SOTF and its committees scheduled 5 hearings to assess the case. Breed never attended, despite several SOTF reminders "to explain the basis of your decision to withhold requested records." The SOTF determined that Breed had violated the Sunshine Ordinance by withholding public records and failing to attend its hearings. This April, frustrated SOTF members voted 7-0 to refer Breed's delinquencies to the District Attorney to "ensure compliance."

In a May 1st letter to DA George Gascon, SOTF Chair Bruce Wolfe explained that Breed has "a history of non-compliance with the Sunshine Ordinance and has failed to respond to public records requests and failed to attend SOTF hearings." Wolfe noted Breed's non-compliance in 5 prior cases: #15029-2, #15038, #15060, #17018 and #17047. The rebuke stirred the Mission Local to describe Breed as one who "continually flouts public records law" and "has no patience for public records requests or the task force that oversees them." On May 9th, Gascon punted the case to the Ethics Commission where it awaits resolution.

Breed's aversion to public scrutiny of her public service isn't new. As The Westside Observer reported in October 2015, Breed had refused to disclose her work calendars. When the Board of Supervisors voted to disclose its calendars and the names of participants in

Alert Neighbor Catches Amazon Package Prowler on Camera

by Marc Levinson

caught the package thief who has been dumping empty parcels in my planter. When I saw him I asked him to put them down, took a photo and took off since he had a knife in hand to open the packages. He claimed they were his but he was opening them in the bushes far from any stoop, odds seemed very low that this was the case.

I returned later to find the empty packages addressed to different places along the block. (1400 of Golden Gate Ave.) The police didn't seem very interested so just keep an eye out and stay safe. Confronting him was a bad idea on my part, I would recommend against this.

Hair: Dark Hat Under Hood

Top: Grey Hoodie, Black Shirt

Bottom: Black Pants

I have reported this information to the police.

Editor's Note: Thanks to Marc for allowing reproduction of this photo, but it should be noted that there may be more than one Amazon package prowler.

The Westside Observer has reported several times about the presence of package thieves, and we continue to request that readers share any information they might have about them with us. Marc originally shared this photo on Nextdoor, and others commented that this man looks like the one who was seen in their neighborhood doing the same crime.

Since package mail theft is increasing, and you might try posting an instruc- Photo: Marc Levinson tive sign to the mail carrier DO NOT LEAVE PARCEL MAIL ON THIS STOOP,

PORCH OR LANDING sign on your mailbox or front porch. They will leave instead the pink colored 3849 Delivery notice in your mail box. One can use that pink 3849 to claim the parcel from the neighborhood Post Office.

Marc Levenson is a concerned neighbor in San Francisco



by George Wooding ote "yes" to repeal the Costa-

Hawkins Rental Housing Act (state ballot measure Proposition 10). This state law repeal will impact the entire state. Current existing rent control laws will still apply, but they may be

changed by local city governments rather than the state legislature.

Costa-Hawkins is a 1995 state bill enacted by the legislature that set restrictions on rent control for cities and counties throughout California. As such, the bill treats each city as if they were identical and not unique.

The Costa-Hawkins bill does not actually set state-

Opponents of Prop. 10 — primarily developers, large real estate companies voters than cities will have the authority to

and the politicians that they control — are scared to death that Costa-Hawkins will be repealed by a "Yes" vote. They believe that they will no longer be able to harvest large development tees from building market-rate housing with high

rents and will be forced to produce less turns over and could only go up by the profitable affordable housing.

by John Farrell

rop 10 is to repeal the Costa Hawkins Rental Housing Act and is called the "Affordable Housing Act." Calling it the "Affordable Housing Act" is very deceptive since it does not create any affordable housing and does not provide funding for

any affordable housing. Prop 10 is bad for both landlords and tenants.

What does the Costa-Hawkins Act do? It exempts single family homes, condos and newly built rental units from rent control. Further, Costa-Hawkins allows landlords to increase rents to market rates when units have a change in tenancy. Makes sense to me.

... if Costa- Hawkins is repealed by the

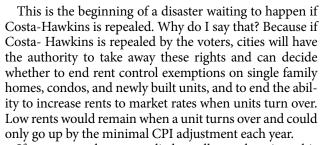
take away these rights and can decide whether to end rent control exemptions on single family homes, condos and newly built units, and to end the ability to increase rents to market rates when units turnover. So low rents would remain when a unit

minimal CPI adjustment each year.

wide limits on annual rent hikes, and provides eviction protections to tenants. The rates of rent increases are set separately by the 15 California cities that have local rent control laws. The bill has received only minor updates

since it went into effect 23 years ago. While some jurisdictions allow rent increases of 3% to 8% annually, San Francisco's rent ordinance allowed a 2.2% rent increase between March 1, 2017 and February 28, 2018 and sets rent increases between March 1, 2018 and February 28, 2019 at 1.6%. San Francisco's rent control is based on 60% of the increase in the Consumer Price Index posted by the Bureau of Labor Statistics. The CPI for All Urban Consumers in the Bay Area was 2.7% posted in November 2017.

Opponents of Prop. 10 — primarily developers, large real estate companies and the politicians that they control — are scared to death that Costa-Hawkins will be



If rent control were applied to all new housing, this could potentially bring construction of new housing to a halt and further exacerbate the housing crisis.

Many owners of single family home and condos, especially seniors, will not want to rent their property since they don't want to deal with rent control. Landlords, especially of small rental properties, will have to decide whether to take their units off the market when there is a



Costa-Hawkins is repealed. Why do I say that? Because if Costa- Hawkins is repealed by the voters, cities will have the authority to take away these rights and can decide whether to end rent control exemptions on single family homes, condos, and newly built units, and to end the ability to increase rents to market rates when units turn over. Low rents would remain when a unit turns over and could

There Should Be a Blue Wave In San Francisco, Too

Some Election Recommendations

by Patrick Monette-Shaw

nce, again, the November 2018 ballot in San Francisco is jampacked with measures and candidates. There are 12 State propositions on the ballot, 5 San Francisco propositions, 5 district supervisor races, another 5 elected City officials' races, and 14 state and federal elected officials' races, for a total of 41 items on the November ballot. Since San Franciscans can vote only for their own district supervisor, that means voters will face deciding how to cast their votes on 37 issues.

candidate races.

The Poison Pill in San Francisco - Prop B

Prop. B is being billed as a "Privacy First *Policy*," which would be added to the City Charter as new Section 16.130, if passed by

Had the drafters of Prop B stopped at providing privacy protections, I would fully support it. But the drafters introduced a poison pill in the legal text of this City Charter change, so I'm strongly urging readers vote NO. Here's why.

Prop B only sets guidelines for enacting a data protection law and sets a deadline, but the Charter change language is not actually being voted on this November 6. The legal text requires that the City Administrator propose an ordinance by May 31, 2019 for future consideration by the Board of Supervisors to establish criteria and rules the City shall adhere to, to protect privacy.

The intent of Prop B is to provide guidance to the City when considering the adoption of privacy-protection laws, regulations, policies, and practices, mainly involving collection and retention of personal information such as an individual's name, social security number, address, telephone number, driver's license or state identification card number, credit card number, and other categories of personal

Prop B would hand the Board of Supervisors authority to develop an Ordinance to implement these privacy principles as it deems appropriate, in its sole discretion, imposing the principles on any or all City boards, commissions, departments, and officials. That means voters won't have a chance to weigh in at the ballot box on the privacy principles eventually adopted.

Unfortunately, \$160.130(h) of the Pri-

I'm limiting discussing my recommen- principles are not binding on, or self-exedations to a handful of ballot measures, cuting, but rather are intended as a guide and three recommendations for elected to City boards, commissions, and departments. In other words, because the principles are not binding, City boards, commissions and, departments may have an opt out option.

> Voter-approved Ordinances should not be subject to Board of Supervisors twisting. If they want amendments to the Sunshine Ordinance, the Mayor and Board of Supervisors should place amendments on

a ballot and let voters decide!

Opponents California Chapter; 1979 qualify for rent control in less, ostensibly for San Franciscans for Con Engage That making both voter-approved San Franciscans for San Francisco. That means both voter-approved Sunshine; the League reputal units constructed in the course of MOLICE's of Women Voters, rental units constructed in the sources of MOHCD's Francisco Party; the San Fran-from rent control protections. the Communications

Workers of America; the Pacific Media Workers Guild, Local 39521; and others.

Citizens and taxpayers doing business with the City, along with City employees themselves, deserve data privacy protection legislation. That doesn't mean the Board of Supervisors should be allowed to tamper with voter-approved ballot measures via a poison pill.

Keep the fox out of the henhouse. Don't hand the Board of Supervisors this power. Vote No on B.

Prop C: A Funding Scam by Any Other

Prop. "C" is officially titled "Additional Business Taxes to Fund Homeless Services." It will create a "Our City Our Home Fund" by amending San Francisco's Business vacy First Policy indicates the underlying and Tax Regulations Code, adding Article deposited to the credit of the Our City, Our rents between successive tenants. Home Fund, to be established in Administrative Code Section 10.100-164

The legal text of Prop. "C" specifically states the additional funding will supple*ment* not *supplant* what the City is already spending on homeless services, meaning the \$300 million annually from Prop C will be added to the roughly \$300 million the trol protections. City is already spending, and the City will for the homeless.

The \$300 million already being spent for *not* currently include the hundreds of millions of dollars in affordable housing con-Office of Housing and Community Development (MOHCD).

MOHCD has informed the Citizens' General Obligation Bond Oversight Com-

As of 2014, approximately typically Northern Only units constructed before to house the homeeasily be in the hunadditional

annually.

Legal language in Prop. "C" §2810(d) states: "Monies in the Our City, Our Home Fund shall not be spent to **supplant** existing programs funded by the City for homeless programs, which shall continue to be funded, at a minimum, at the Base Amount."

It still won't be enough, and not too far in the future, the City might be spending \$1 billion a year for homeless services, almost one-tenth of the City's now \$11 billion budget.

magnet that will draw even more homeless people to San Francisco, and the problems with "street behavior" will only worsen: More poop and pee stinking up the City, and more discarded syringes all

City payroll in the City's Department affordable housing. of Homeless Services who were paid a total of \$9.3 million in FY 2017-2018. ¹/₄, 23.4% — were paid over \$100,000, plus fringe benefits and eventual City pensions. Nine of those employees were each paid over \$130,000 annually.

Vote No on C.

Prop 10: "The Affordable Housing Act"

Affordable Housing Act collected enough with The Affordable Housing Act as the title, and accomplished their goal. They needed 365,880 valid signatures to qualify, and submitted 565,000 signatures, of which approximately 75.8% to 79.9% (451,261) were deemed valid.

If Prop. 10 passes, it will repeal the state's Costa-Hawkins Rental Housing Act that currently restricts the scope of rent-control policies cities may impose. The Costa-Hawkins Act is a state law enacted 23 years ago that placed limits on municipal rent control ordinances. First, it prohibited cities from establishing rent control over single-family homes, condominiums, and newly constructed apartment rental units built after 1995. Second, it prohibited municipal vacancy controls, in effect manunits at any amount, typically market-rate westsideobserver.com.

28, Sections 2801 to 2814. Receipts from prices. Vacancy controls would stop landthe Gross Receipts Tax Ordinance will be lords from jacking up rent to market-rate

As of 2014, approximately 75% of all rental units in San Francisco were rent controlled. Only units constructed before 1979 qualify for rent control in San Francisco. That means rental units constructed in the 39-year period between 1979 and 2018 are currently exempt from rent con-

If passed, Prop 10 would return power end up spending well over a half-billion- to cities and counties to allow them to dollars annually on services and housing enact rent control where they previously

Prop 10 would repeal limits on local homeless serviced more than likely does rent control laws. It would not remove rent control itself, but would allow cities and counties to regulate rent for any type struction in the City funded by the Mayor's of housing, and would permit cities to limit how much a landlord is allowed to increase rents when a new renter moves in. Prop. 10 does not make any changes to local rent control laws, and it incorporates mittee that MOHCD language from past court rulings into state requires law to require rent control laws provide a this ballot measure 75% of all rental units in San new affordable housof Professional Jourof Professional case law.

Organizations supporting passage of Prop. 10 include: The Coalition for San Francisco Neighborhoods, San Francisco Council of Community Housing Orga-SF Chapter, the San 39-year period between 1979 funding. The value of nizations (CCHO), Mission Economic that set aside is not Development Agency (MEDA), San Fran-Green and 2018 are currently exempt known, but could cisco Anti-Eviction Mapping Project, San Francisco Tenants Union, California dreds of millions of Nurses Association, California Teachdollars ers Association, SEIU Local 1021, Unite HERE Local 2, United Educators of San Francisco, Harvey Milk LGBT Democratic Club, San Francisco Latino Democratic Club, ACLU of Northern California, Senior and Disability Action, and many other organizations. The California League of Women Voters and the LA Times newspaper also support passing Prop. 10.

MEDA, CCHO, and the Tenants Union would not be supporting this measure if it would harm renters. Don't believe the fiction that renters would That level of spending will only be a face eviction if Prop. 10 passes. Vote Yes

Candidate Recommendations:

As for candidate races, I'm briefly making three recommendations:

Board of Supervisors, District 6: Choose Matt Haney as your first ranked If Prop. "C" passes, it will lead to choice. Don't vote for Sonja Trauss, given expanding the 124 employees on the her focus on market-rate housing over

Board of Education: Don't vote for Josephine Zhao. She has made transpho-Of those 124 employees, 29 — nearly bic and homophobic slurs about genderneutral bathrooms in Cantonese-language print media and on her Cantonesespeaking radio talk show, and has said the opposite in English-language print media, hoping nobody would translate from Cantonese into English. She has no Prop. 10 was placed on the state bal- place on the School Board and if elected, lot after initiative petitions titled *The* would likely use that seat as a springboard to later run for the Board of Supervisors. signatures to qualify the measure for the Her two-faced statements should not be ballot. The proponents had requested tolerated! She claims to have withdrawn permission to circulate its petitions from the election, but only after it was too late to have her name withdrawn from the

> Assessor-Recorder: Vote for Paul Bellar!

Don't Forget to Vote November 6!

A blue wave hopes to sweep across the U.S. in November. There should be a blue wave in San Francisco, too.

You have four weeks to figure out how to vote for everything on November's jampacked ballot. Good luck. And don't forget

See my full election recommendations "Cheat Sheet" at stopLHHdownsize.com.

Monette-Shaw is a columnist for San Francisco's Westside Observer newspaper, and a member of the California First Amendment Coalition (FAC) and the dating that cities could allow an apartment ACLU. He operates stopLHHdownsize. owner the right to set rents for vacant com. Contact him at monette-shaw@,

Keith BOGDON For Assembly

Dear Neighbor:

Thank you for voting for me in the June primary, so I have the opportunity of running this November to become your next Assemblymember.

As someone who grew up on the Westside, graduated from Lowell High School in 1989, and returned to San Francisco in 1999 to raise a family and begin a career in biotech, I've witnessed — along with you — the gradual decline of our quality of life.

The threadbare "solutions" from Sacramento are failing us, particularly those authored or co-authored by Assemblyman Phil Ting. Too often they are dictated by special interests vested in the status quo. Indeed, many of the recent proposals are only making matters worse

- We don't need top-down mandates such as SB-827 from Sacramento and unelected regional agencies taking away local control, while dictating zoning and housing density decisions best left to city planners and our neighborhoods:
- We don't need higher taxes and increased regulations driving local merchants out of business; and
- When we approve taxes to fix our roads or build more reservoirs, let's ensure the monies raised are quickly and efficiently spent on their intended purposes.

It's time for change! As your new Assemblymember, with your help, we'll bring common sense solutions to restore our quality of life.

You can visit my website www.bogdonforassembly.com to learn more about my campaign. Please donate online so we can reach more voters.

I hope to earn your vote on November 6th.

Sincerely,

Keith Bogdon

Paid for by Bogdon for Assembly 2018. FPPC #1402323

Twin Peaks Central Council by Mitch Bull



New WOTPCC officers: VP Dena Aslanian-Williams, and President Mark Scardina at center

he September meeting of the West of Twin Peaks Central Council featured a new President and Vice President of the council, Mark Scardina and Dena Aslanian - Williams, respectively. Scardina opened the meeting at 7:35 at the Forest Hills Clubhouse with a good turnout of delegates by welcoming everyone to the meeting and having the roll call, which resulted in enough delegates being present for a quorum. The Mount Davidson Manor Homeowners Association was represented at the WOTPCC for the first time in many years.

dent Scardina gave the President's report. protect against sea level rise and earth-His first point was an emphasis on reforming some of the committees that have been dormant in the past. He asked the delegates to submit a list of the committees each of king tides flooding the Embarcadero twice them is on. He has also participated as a citizen with Mayor London Breed's transition team and policy summit, offering input. He spoke about the Mayor's initiative, which is comprised of 12 teams across effectively manage the bond financials. He different disciplines within the city. These teams are comprised of citizens and city staff members to try and work together to craft solutions to the various challenges that exist within the city.

surer's report, showing a bank balance of receipts to raise as much as \$350,000,000 \$3971.61. She informed the delegated that for use in funding homeless housing and she is in the process of preparing invoices services. Nick, from "Our City, Our Home for the homeowner groups and will be sending them out in the very near future.

a report on Public Health, detailing the homelessness, and provide additional departure of Barbara Garcia, the Director of the SF Department of Public Health, amid issues involved with the letting of departmental contracts. Wooding feels that this change will affect the operations at SF General Hospital and Laguna Honda Hospital. The reduction in mental health needed to alleviate the street homelessness beds at the hospitals has caused a shortfall of beds, and Sutter Health has also reduced or eliminated mental health beds at its sites that companies that report \$50,000,000 in within the city.

The next item on the agenda as a discussion about "Group Housing" in RH1/1 (D) neighborhoods. Stephen Roditti, of the Monterey Heights Homes Association, cited an example in his area of a company named Hubhaus that is leasing a single-family home to 7 young tenants in a RH1 zone. Corey Teague of SF Planning explained the differences between "family" housing and "group" housing related to the redevelop the historic El Rey Theatre on number of related or non-related persons Ocean Avenue. The theatre, built in 1931, who are renting a house. Group housing added to the city's landmark registry, has of non-related individuals is not permitted been closed for many years, serving most in any RH1 zoned single family house, so recently as a church. The property was the house in question is most-likely being operated in violation of the city zoning ordinances. SF Planning can investigate if contacted. The challenge is that many owners of larger single-family homes are finding out that the homes are too large and/or expensive to lease out to a single family, so they are working with firms on former parking lots. It is planned for such as Hubhaus to place as many tenants the façade of the theatre to be restored to in a house as can be accommodated.

Two ballot measures, Proposition A and Proposition C, were discussed next. Prop A asks the voters to approve a General Obligation Bond to rebuild and of the spire. (Pflueger also designed the

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Will Durst 4

After the approval of the minutes, Presi-strengthen the Embarcadero Seawall to quakes. David Aldridge spoke in favor of the ballot measure, citing the seawall being over 100 years old and the problems with a year currently, with more expected in the future. Michael Denny countered with a study claiming sea level rise is a fabrication, and that the Port of SF cannot be trusted to also feels that people not at the port should not have to pay for rebuilding and maintaining the wall.

The discussion on **Prop** C was also lively. C" is an effort to add a tax on businesses Carolyn Squeri followed with the Treathat generate over \$50,000,000 in gross 2018" coalition spoke in favor of the ballot measure, citing the need for additional George Wooding spoke next, giving funding to continue to improve street mental health and medical services to those most in need. He stated that much of the \$300,000,000 currently spent annually on homeless programs is being used to keep people in housing through subsidies/housing grants, etc., while more is that we see each day. Danny Baldocchi spoke against the proposition, pointing out gross receipts may not be making a large profit, and that adding additional taxes could cause firms to cut staffing or move out of the city. He felt that the legislation, although well intentioned, is not well thought out, and with no sunset clause, the \$680,000,000 that would result would be a huge set aside.

Paul Conroy took the floor next to update the delegates on the project to recently purchased through the bankruptcy of the church organization, and the new developer is working with the city and community on constructing two "artdeco" inspired buildings that will contain a total of 42 housing units. The buildings are proposed in the rear of the theatre building its 1931 appearance, with the tower and neon "El Rey" lighting returned to the design that architect Timothy Pflueger designed it, including the beacon on top Cont. p. 5

SFERS Mess/Barberini 6 Calendar9

Ruminations From a Former Supervisor by Quentin Kopp

r. Charles Krauthammer, an extraordinary man, who trained as a psychiatrist, later a political commentator, and, lastly, a paraplegic, observed in May 1982: "If we insist that public life be reserved for those whose personal history is pristine, we are not going to get paragons of virtue running our affairs. We will get the very rich, who contract out the messy things in life; the very dull, who have nothing to hide and nothing to show; and the very devious, expert at covering their

tracks and ambitious enough to risk their discovery." I thought of that in connection with the nomination of Judge Brett Kavanaugh for the U.S. Supreme Court, replacing Justice Anthony Kennedy of Sacramento, who was the best protector of the First Amendment since Justice Louis Brandeis. (As I write, confirmation by the U.S. Senate is pending, but may be concluded by our publication.)

gratulatory dedication of the Transbay Terminal, another San Francisco project years behind schedule and tens of millions Francisco or the Bay Area. Defendants' with approval Supervisor Aaron Peskin's astute observation that without Caltrain or California high-speed rail using the Terminal, it'll be the most costly bus ter-

we learned that under the adminis-

tration of an unqualified executive director, the Transbay Terminal Authority approved a contract with the builder of the sinking Millennium Tower, requiring the Transbay Terminal Authority to pay the legal fees of the wealthy Millennial Tower builder in lawsuits by condominium purchasers whose property

value is adversely in Pisa! Millions sinking adjacent structures, wealthy Transbay Terminal Ineptitude project which will

never honor the be extended 1.3 miles from Fourth and King Streets to the Terminal. Finally, on September 25, those transportation wastrels closed the bus terminal completely because of cracked beams.

Last month, Governor Edmund G. Brown, Jr. signed a dangerous bill which effectively eliminates California's bail sysright to bail is guaranteed by the Eighth Amendment to the U.S. Constitution and Article I, Sections 12 and 28(e) of the Caliupon pretrial assessments of an accused's propensity to threaten public safety and alleged victims and appear at all required criminal court hearings, using a flawed algorithm from a wealthy Texas foundation of a man who garnered billions from the Enron collapse. The legislation was so drastically amended that prior supporters like the American Civil Liberties Union and Public Defender Jeff Adachi opposed it, along with the Alliance of California Judges and California District Attorneys Association. The proponents typically know nothing about criminal court practices. Since I was a Board of Supervisors member in the 1970s, San Francisco's Superior Court has operated a pretrial diversion program, evaluating an accused likelihood of law-breaking and fleeing before trial for purposes of release without bail, usually subject to reporting by telephone every 24 or 48 hours to that office. The same system exists in 45 other counties. Judges conduct hearings every day, receiving sworn testimony from defendants, family members, and

Last month, I mentioned the self-con- friends, as well as reviewing prior records of arrest and convictions, plus information about residency and employment in San of dollars more expensive than represented court-appointed or privately-employed to taxpayers for over a decade. I noted attorneys and prosecutors can argue about bail amount or release without bail before trial. So-called "bail reform" advocates are mostly amateurs who don't appear in criminal court every day like lawyers and minal in California history. Subsequently, judges. Moreover, Governor Brown's action will require millions of dollars of

taxpayer money to implement. Precluded by Ethics Commission rules from

furnishing opinions about city ballot measures or candidates, I express recommendations for state measures and candidates only. I'll vote "Yes" on Propositions 1, 2, 3, 4, 5, 6, 7, 8, and 12. Propositions 1 and

2 represent bonds to facilitate housing namely, a safe water Tower osition 5 ensures protection for tant property tax increases. Proposition 6 repeals the

promise to taxpayers that tracks would 2017 distorted 12-cents-per-gallon gas tax increase of the Legislature, which foolishly enables the money to be used for activity other than building and maintaining highways, roads, and city streets. It's not the money which motivates my Proposition 6 endorsement, it's misuse of the money we would pay as motorists. Proposition 7 authorizes maintenance of Daylight Savtem for accused criminals. A defendant's ing Time in California. (Proposition 9 was removed from the ballot.) Proposition 10 merits defeat. It ends over 25 years of rational rules controlling rent upon tenfornia Constitution. Governor Brown has ant departure, thus permitting San Frannow eliminated bail in favor of relying cisco landlords to charge "market" rent upon a lease's end. Propositions 11 and 12 enhance human life by assuring availability of ambulance service at all hours and guaranteeing animal protection.

> Finally, I'm excited about electing Steve Poizner, Insurance Commissioner, and Marshall Tuck, Superintendent of Public Instruction. In this one-party state, all Democratic candidates from Governor to Assembly are assured of success. Like me, Steve Poizner is an Independent whom I've known for 20 years, a person of integrity and business accomplishment. Tuck is a competent Democrat, independent of the education establishment and teacher union. Another U.S. Senator, Daniel P. Moynihan, observed: "The single most exciting thing you encounter in government is competence, because it's so rare" and Edwards R. Murrows' observation in 1954: "No one can terrorize a whole nation, unless we are his accomplices" constitute useful thoughts as you mark your election ballot.

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

Transbay affected by the Terminal Authority approved a ositions 3, 4 and - and, no, it's not contract with the builder of the 8 address health, of dollars of attorneys' fees will be Millennium Tower, requiring for children, and borne by taxpayers, the Transbay Terminal Author-kidney dialysis for not the owners of ity to pay the legal fees of the Californians. Prop-Millennial such as Salesforce. builder in lawsuits by condo-grandparents and and minium purchasers whose parents in transferdeceit of taxpayers ers emblemize this sorry saga about affected by the leaning structure incurring exorbisuch real estate - and, no, it's not in Pisa!

Water, cars and — flush it?

by Steve Lawrence

FPUC and the state (Dept of Water Resources) are at odds over how best to improve and protect habitat and fish while also providing water for people. The state wants 40% of the river to flow undiverted (versus 21% that has been, on average). SFPUC (San Francisco Public Utilities Commission, water-sewer-power) wants pulses of water plus riparian (river) repair and enhancement.

Under SFPUC's plan in dry years rationing might be limited to 20%. Under the the SFPUC commissioners; they would be state plan, SFPUC says rationing would be elected instead of being appointed by the done, and discarded; it would take years to 40-50%, which is untenable.

There are alternative ways to obtain another choice for water, but they are scarce, iffy, and unattractive. Water could be desalinated. While another slate of spenot too expensive, desalinating takes lots of cial interest candienergy; using lots of energy would undermine other goals, such as SF becoming 100% renewable by 2030. Also, desal produces lots of brine, which is at least unwelcome, and perhaps toxic.

SFPUC could buy water. Maybe. The irrigation districts, which have first dibs on "our" Tuolumne River water, won't sell, and have been in litigation with SFPUC for much of the past couple of decades. (Although the districts and SFPUC jointly propose an alternative to the state's Bay-Delta plan.) Water needs to be moved, and that's not easy. So there are limited a decade or so ago, possibilities.

Politicians, papers, environmentalists, and others weigh in. The SF Chronicle urges compromise. Environmental groups urge more conservation; greens want even more water to go down the river than does

groups are ginning up a movement to oust

mayor. (Oh great, voters to make; The SF Chronicle urges com- term dates is a sure bet.) UFQE MORE CONSERVATION; GREENS high price.

Suddenly water want even more water to go down has passed (water least half. Environmental groups than suddenly and pipelines were didates is a sure bet.) downsized, reduc-

ing the system's ability to get water downstream when it is abundant. Such changes saved money, but was it false economy?

There's little to do now other than wait the state—at least half. Environmental and pray for a negotiated settlement.

loose?)

water it can take, at least the limitation Lee's goal) and nearly 10,000 jobs per year will not hit hard for a few years. But that's little time to adjust. A pilot desal plant was ers, or lots of people crammed into hous-

site and build a fullscale plant. Near-

renewal program, seems important, the SFPUC commissioners; they \$7.3 billion, is only but was not then. would be elected instead of being one-quarter done our system can another choice for voters to make; rise to pay for that. Bay-Delta pocketbooks, and

your water usage, too.

Not only water and sewer, but also transportation needs money. Our transportation infrastructure is aging at the same

SFPUC's Steve Ritchie, head of the Water time SF is growing. T2045 looked ahead Department, is reasonable, rational, and a generation and planned. The group's smart, which is helpful and hopeful. But report says \$22 billion more is needed: a much time has passed, and SFPUC's pro- billion in general obligation bonds, a halfposals have met with little acceptance so cent sales tax, and the big one, a 1.35% far. (Would new faces shake something surcharge on vehicle license fees. Assumptions in planning included only 2621 If SF is severely limited in how much housing units per year added (half of Ed added. That's either a lot more commut-

> Move over Tony Bennett. "It's Gonna Take a Miracle" should be adopted as SF's theme song.

Flush It? Our sewer system is critical to the environment and to human sani-Rates have been tation. Lots junks up the sewer system. supply is front and the river than does the state—at three times that least faster (floss and tampons), disposable wipes (no, inflation. they're not flushable), condoms, kitty litunder the bridge) are ginning up a movement to oust renewal program else swebs medications, all should not be els, swabs, medications--all should not be flushed. Black bin, please; medications should go to special disposal. The sewer For example, the volume of water appointed by the mayor. (Oh great, three; rates must and toilet paper; beyond that, probably not. (Food waste best goes to green bin, store was reduced another slate of special interest can
Barring a miracle, but can go down sink garbage disposal,

Barring a miracle, but can go down sink garbage disposal,

Barring a miracle, but can go down sink garbage disposal,

Barring a miracle, but can go down sink garbage disposal, water and should not hurt the sewer system.) It's restrictions will hit your system; don't upset it.

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

= My 2¢ • Will Durst © 2018=

THE GOP HOKEY POKEY.

e very careful, because it's getting crazy out there. You don't want to end up collateral damage accidentally straying into the path of the newest dance craze sweeping the Republican Party. Closely related to the St. Vitus Dance, it is characterized by rapid, uncoordinated jerky movements and commonly referred to as the Donald Trump Two-Step.

back and forth, take one step forward, earth-the norm in almost every swing disturn right, turn righter, take one step back. And repeat. Kind of like the Twist meets the Mexican Hat Dance meets the Hokey Pokey, with a heavy emphasis on the Pokey. The goal is a lot of movement without any discernable directional advancement.

There's an election coming up, and the threat of a Blue Wave is spooking conservatives like cobwebs in a closet with the lights out after midnight. So this spasmodic twitching is the direct result of pressure being applied from behind as well as the front, the left, the right, the in and the out. Candidates are suffering from the dreaded Trump Sandwich Effect.

The dilemma is whether to be caught in

It's pretty simple really: swing your arms even be seen due to the curvature of the trict. There's a third option, the stutter-step of trying to have it both wavs leading to the tortured choreography that a passing priest might describe as demonic possession.

> This is a problem similar to what Democratic office-seekers experience with Nancy Pelosi. The difference being, she rumbas a little more under the radar. Unfortunately the president thinks he's John Travolta and can't help discoing into every single spotlight event whether he's asked to or not, including hurricanes.

Florida GOP senatorial candidate Rick Scott, fox trotting in a dead heat with incumbent Democrat Bill Nelson, was forced by his state's demographics to disa clinch, slow-dancing with the president, own the president's statement that his enewhich works in some red districts or to mies inflated Hurricane Maria's death toll waltz away so far, the Chief-Executive can't in Puerto Rico to make him look bad. Paul

Ryan said there is no reason to dispute the anything to that effect. numbers. And he's not even running for

which way this wind

is blowing. GOP candidate has to make the deci- be caught in a clinch, slow-danction long enough for any to get a bead on sion whether to risk ing with the president, which you. insulting Trump's works in some red districts or to The good news base or the intelligence of normal ordi- waltz away so far, the Chief-Exec- marathon only lasts

a crude tweet, says something demon- phy that a passing priest might rug cutter's size 12s. strably false or acts describe as demonic possession." with an oafishness normally attributed

to drunken grizzly bears, his loyal backers gravely announce being mildly offended and issue a statement that sort of, but not really, criticizes his behavior. Then claim to be totally satisfied with his intention to make amends, even if he hasn't said

It's the Donald Trump Two-Step, where office. You don't need a weatherman to tell you bounce up and down and move in

and out, bopping and weaving so you never Each and every The dilemma is whether to assume a single posi-

nary human beings. utive can't even be seen due to the another 7 weeks. The Hence the develop-ment of this dance of curvature of the earth-the norm will drop either from dishonor. Samba of in almost every swing district. exhaustion, confushame. Hypocritical There's a third option, the stutter- sion or by tripping Whenever Mister step of trying to have it both ways Or to be more pre-Trump shoots out leading to the tortured choreogra- cise, the Oval Office

> Will Durst is an award-winning, nationally acclaimed

comedian, columnist, and former file clerk in the University of Wisconsin-Milwaukee's Administration Building. For past columns, and a calendar of personal appearances, including 5 of the next 6 Tuesdays @ the *Marsh*, *please visit willdurst.com*.

E Letters to the Editor

udos to Dr. Derek Kerr for his thorough look at the "Privacy First" measure (Proposition B) and the threat it will pose to City Hall transparency if the voters pass it on Nov. 6. Respectfully, I offer these corrections:

the city's open-government watchdog commission, the Sunshine Ordinance Task Force, in 2012, not 2014. The action was in retaliation for the task force's 8-0 vote in September 2011 to find that Sups. David Chiu, Eric Mar, Malia Cohen and Scott Wiener had violated local and state openmeeting laws earlier that year by ramming through a Parkmerced development contract that included 14 pages of amendments that Chiu had slipped in at the last minute.

Also as part of that vendetta, Wiener secretly asked the city Budget and Legislative Analyst to query all city agencies and departments on how much compliance with sunshine laws - including overtime required to defend against sunshine-- was costing them. (Not much, it turned out - less than 0.7 percent of the city's

First, the Board of Supervisors purged General Fund budget - and there was no telling how much the task force was saving the city in court costs.)

> Second, the provision (Section 67.14(c)) that the board added to the ordinance in 2008 does not merely allow the recording of city policy body meetings digitally rather than on tape; it requires that the recordings be publicly available in digital form.

All that said, Dr. Kerr's article is quite on-point: Recent history underscores that allowing city officials, who are inherently conflicted, to decide whether proposed amendments to the Sunshine Ordinance are "not inconsistent" with voters' intent would endanger local government transparency. And if the voters reject Proposition B, there is nothing to prevent city lawmakers from enacting the personalrelated complaints filed with the task force data protections that the measure's proponents tout.

Richard Knee, San Francisco

What are we doing?

he Full Employment Act of 1946 lays the responsibility for employment with the Federal government. Milton Friedman (former SF resident) and other neoclassical economists believe that this economy will achieve full-employment with less, not more irrational regulations.

The best economic and monetary polipolicies will backfire. A robust and peacea significant catalyst in our current economic growth.

Now President Trump is attacking the very fabric of his commercial success with sanctions and military expeditions. Why is he eroding the very fabric of the economic surge? Why are we the selected "sic 'em" dog" for so many wars and counterproductive economic policies?

Hurting other countries with sanctions also hurts the U.S. Tit for tat economic

cies are non-discretionary. Trump's dis- ful U.S. economy allows us to employ our dain for implosive regulations has been workers (resources) gainfully, have more resources for so many unfunded social programs, and continue to build an even stronger national defense as a deterrent.

War may be thought of as belligerents weaponizing their human and non-human capital. The dead do not come back and the physical wealth is destroyed. The last I heard was that Congress was supposed to declare war? Does not seem to be the case?

Brian Browne

Neighborhood Emergency Response Team (NERT) Training

Oct 2, 9, 16, 23, 30 and Nov 6 | Mondays | 6:30 pm, Holy Name of Jesus | 40th Avenue and Lawton St. (Lawton side). Free training to create a resilient city! Learn everything from earthquake awareness to disaster medicine and more. You must attend all sessions to gain the full benefit of the training. Register using the Eventbrite link, or call (415) 970-2024.

Mayor Breed (Cont. from p. 1)

its official meetings, Breed voiced the sole no vote. On second reading, Breed folded. Yet, that September she deployed her unique aversion to calendar disclosures as a litmus-test for SOTF applicants.

Thanks to a tip from Patrick Monette-Shaw, here are Breed's sunshine violations per the SOTF;

In complaint #15029-2 Michael Petrelis showed that his request for Breed's outgoing emails in January 2014 was ignored. When the SOTF met in June 2015, it found his request was unduly broad and asked him to whittle it down. Nobody from Breed's office appeared. Although her aides Connor Johnson and Iris Wong did attend a follow-up sub-committee hearing, Breed was cited for dodging the full SOTF hearing and failing to respond in any way to a records request.

In complaint #15038 from March 2015, Ray Hartz requested Breed's records about approving gifts from Friends of the Public Library. No response. The SOTF unanimously cited Breed for failure to provide the records – and for failing to appear or send a representative to its hearing. The matter was referred to the SOTF's Compliance & Amendments Committee. There, Breed's aides Connor Johnson and Iris Wong did show up. Offended, Johnson claimed he hadn't seen Hartz's request, had no responsive records, and had replied - to the Clerk of the Board! By then, Hartz had received the requested records from other Supervisors. Nevertheless, Breed's aides were instructed to send a written response directly to Hartz - after 7 months.

In complaint #15060 from December 2015, Michael Petrelis requested Breed's work calendars for February to April 2015. Astoundingly, he was told that Breed didn't keep calendars. In October 2016, he presented his complaint before the SOTF's Compliance & Amendments Committee. Connor Johnson and Iris Wong did attend - and agreed to furnish Breed's calendars. They had to. By then, the Board of Supervisors had voted to disclose its work calendars - despite Breed's opposition. The SOTF cited Breed for failing to timely respond to a public records request.

In complaint #17018 from March 2017, journalist Josh Wolf requested a list of persons "blocked" from Breed's Twitter

account. No response. Wolf's follow-up request 10 days later was also ignored. The SOTF concluded that Breed could block spammers and trolls, but had to disclose who she blocked. Further, Breed had violated the Sunshine Ordinance by withholding public records and not sending any representative to 2 hearings.

In complaint #17047 from May 2017, political blogger Angela Gerben requested a list of names that Breed blocked from her Twitter and Facebook accounts. No response. In contrast, other Supervisors responded. The SOTF reviewed the case in June 2017, but couldn't proceed because neither Breed nor Gerben attended its hearing. Due to commuting difficulties, Gerben withdrew her complaint. Breed withheld her records.

An instructive exception to Breed's intransigence occurred with SOTF complaint #15067 wherein Petrelis stated that Breed had withheld emails from March and April 2015. This time, Connor Johnson and Iris Wong appeared right away and spoke out. They claimed Petrelis' request initially landed in the "junk folder." Then they said a City Attorney told them the request, involving 1,000 emails, was overly broad and burdensome. Johnson condemned Petrelis for "Pushing the boundaries of the Sunshine Ordinance at every turn" and using the law "for harassment and punitive purposes." But by showing up at the first SOTF hearing, they saved everyone's time, reaching a compromise to disclose only one week's emails.

Yet, Breed's sunshine aversion persists. This August, Petrelis requested Breed's calendars for May and June 2018, right before she was sworn in as Mayor. He received a same-day response - 41 grossly-redacted pages. He posted them on Google drive for all to see, then filed a sunshine complaint alleging egregious redactions. Auspiciously perhaps, a subsequent request for Breed's mayoral calendars received a prompt response. But judging from past behavior, and the ominous implications of Prop B, a sunshine eclipse may characterize Mayor Breed's tenure.

Dr. Derek Kerr is a member of the Society of Professional Journalists and an investigative reporter. Contact: watchdogs@westsideobserver.com

Yes on Prop 10 (Cont. from p. 1)

repealed by a "Yes" vote. They believe that they will no longer be able to harvest large development fees from building marketrate housing with high rents and will be forced to produce less profitable affordable housing.

San Francisco does not have a marketrate housing shortage, we have an affordable housing shortage. Between 2007 and 2014, developers produced only 18% of San Francisco's medium-income affordable housing stock quota, 45% of the low-income quota, and 109% of the city's market-rate quota set by the Regional Housing Need Allocation (RHNA) goals. The production goal deficit in San Francisco included 5,547 medium-income units not built, and 6,696 low-income units not built.

Developers are currently trying to scare the hell out of voters by airing a 30-second television commercial. The advertisement text states the following: "Deeply flawed, badly written. That's Proposition 10. It does the opposite of what it promises. Prop 10 will drive up rents, take rental housing off the market, and make it harder to find a place to live. And Prop 10 has no protection for renters, seniors, veterans, or the disabled, and no provisions to treat homelessness or build affordable housing. That's why veterans, seniors, and affordable housing experts say No on 10. It makes a bad problem worse."

This is called the "Chicken Little—The Sky Is Falling" argument. By naming all of the things that might possibly go wrong without any reliable data or reports to substantiate their suppositions or arguments, opponents of the repeal of Costa- Hawkins are simply stating their worst fears---not

None of this ad copy is true. Proposition 10 promises nothing more than the repeal of Costa-Hawkins. You might as well say, that "it might rain tomorrow" and you would be as accurate as this tripe. The repeal of-Costa Hawkins will simply allow San Francisco politicians, tenants, and landlords to maintain a dynamic tension locally without state interference.

The advertisement was paid in part by: "Essex Property Trust, a publicly-traded real estate investment trust that invests in apartments, primarily on the West Coast of the United States. As of December 31, 2017, the company owned interests in 247 apartment complexes, aggregating 60,239 apartment units, and 1 office building comprising 106,564 square feet."

"Equity Residential, a publicly-traded real estate investment trust that invests in apartments. As of December 31, 2017, the company owned or had investments in 305 properties consisting of 78,611 apartment units in Boston, New York City, Washington DC, Seattle, San Francisco, and Southern California."

"AvalonBay Communities, Inc., a publicly-traded real estate investment trust that invests in apartments. As of January 31, 2018, the company owned 77,614 apartment units, all of which were in New England, the New York City metropolitan

area, the Washington, D.C. metropolitan area, Seattle, and California."

Pigs at the trough. These national real estate companies care only about their own bottom line profits. If they really cared about renters, seniors, veterans, disabled or the homeless, they should donate their ad budget to these causes.

The real value of Costa-Hawkins repeal is that it will restore authority to California's cities and counties to develop and implement local policies that ensure renters are able to find and afford decent housing in their jurisdictions while still protecting landlords' ability to charge fair rents and earn a reasonable rate of return.

Prop. 10 doesn't automatically enact or strengthen rent control. It simply says it's time to look at the 23-year-old state law and return responsibility for new ordinances back to local control.

According to Susan Kirsh, the Chair of Livable California, "It's become popular to refer to an affordable housing crisis. Yet the 'build, build' remedy rarely provides housing for low-income workers. Buying a new car isn't as 'affordable' as buying a used one. Building new housing, even tiny units, isn't affordable to anybody on minimum wage. According to the State Legislative Analyst's office, trickle-down affordability will take 25 to 30 years."

Kirsh further says, "The crisis we face is the systematic effort to dismantle local control and replace it with unelected, regional bureaucracies. The crisis is the rush to pass more draconian legislation, like the dozen or so housing bills passed in 2018, piled on top of the 14 housing bills passed in 2017, which Berkeley researchers warn have unpredictable outcomes. The crisis is believing the mantra 'we have to do something' justifies legislation that benefits a few, while jeopardizing the majority."

The crisis is legislation that increases the financial burden on cities without calling it what it is — an unfunded mandate.

Does anyone remember State Senator Scott Wiener's ridiculous and failed SB-827? Well ... he will be reintroducing a version of this bill next January.

San Francisco's rent control protects all tenants who live in buildings that were built in or before 1979.

The current Costa-Hawkins Act protects a landlord's right to raise the rent to market rate on a unit once a tenant moves out. It prevents cities from establishing rent control, or capping rent, on units constructed after February 1995. It exempts single-family homes and condominiums from rent control restrictions.

Under the current Costa-Hawkins Act a landlord may charge thousands more for a unit to 1) recoup the low rental price that was being paid by a previous tenant, and 2) make money on a unit that may be off of the market for years. These resulting high rental prices can lead to high rent, housing shortages, excess density, and homelessness.

Please vote yes on Costa Hawkins repeal! George Wooding, President, Coalition For San Francisco Neighborhoods. Feedback: wooding@westsideobserver.com

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Award Winning News for the Neighborhood • Society of Professional Journalists



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WOTPCC (Cont. from p. 3)

Castro Theatre, Roosevelt Middle School, 450 Sutter Medical building and other forth. iconic structures in SF.)

"non-active" homeowner associations, with it noted that the Mount Davidson Manor Homeowners Association was in attendance for the first time in many years. But despite repeated efforts, no one from the Sherwood Forest neighborhood has responded.

Scardina asked the group for ideas for upcoming meeting agendas and ideas such as Prop 10 (Repeal of Costa-Hawkins),

continued discussions on Housing Density, and Merchant Issues were brought

Neighborhood activist Ozzie Rohm next An update was given on the issue of introduced herself to the delegates and let everyone know that she is following and working on City and State planning issues with the Coalition for SF Neighborhoods and the SF Land Use Coalition.

The meeting was adjourned at 9:20 PM.

The next meeting of the WOTPCC will be on Monday, October 22 at 7:30 PM at the historic Forest Hills Clubhouse. For more information see the WOTPCC website (www. westoftwinpeaks.org).





I'm Eva Chao, and I'm running to be your BART Director.

My vision for BART is simple: BART should stand for "Be Accountable to Riders and Taxpayers."

As a graduate of UC Berkeley's Haas Business School, with 20+ years as a S.F. Business Owner and CFO, my vision for **BART** is to put Riders and Taxpayers First! Not Outside Special Interests.

- Prioritize police recruitment and retention, for rider safety and confidence in BART
- Recover up to \$80 million in lost annual fare evasions by modernizing fare-gates
- End sweetheart deals, end sole-source contracts, address unfunded mandates.

People first, not politics.

VOTE EVA CHAO for BART Board Director this November.







Paid for by Eva Chao for BART Director 2018, FPPC ID#1409055.

No on Prop 10 (*Cont. from p. 1*)

change in tenancy. Why would a landlord sink money into renovating outdated units with deferred maintenance or continue to rent if they can't increase the rents to market rate when units turn over? Many landlords will just take their units off the

Expect to see an increase in evictions especially through the Ellis Act which provides landlords the right to get out of the rental business. Why would a landlord want to hold on to a property if you have current low rents and you can't increase them to market rate when the units turn over? Many landlords will Ellis Act the building and turn the units all into TIC's)Tenancies in Common), which is a better return on investment. This is not the way to go and I would hate to see that happen for both landlords and for renters.

Rental properties are sold based on existing rents and the potential of increased rents when units turn over. If you can't increase the rents when they turn over than most multi-unit property owners should expect an immediate loss in equity, which could be substantial. This would result in a property tax revenue loss to the City as many property values would be appealed.

Costa-Hawkins currently guarantees some form of fairness and sanity to property owners in rent controlled cites. Without Costa-Hawkins it will be a crapshoot.

Our Board of Supervisors recently voted 7-4 on a resolution by Supervisor Peskin to support Prop 10 to repeal Costa-Hawkins, which failed, since it required 8 votes to pass per procedural rules. Of those 4 votes against, Supervisors Tang and Cohen are gone at the end of the year. This gives you an idea of what direction our Supervisors are heading.

Vote No on Prop 10!

Why should property owners be penalized due to the government's failure to provide affordable housing? Since 2012

City rents have almost doubled and there was a 67% spike in evictions per the Rent Board, over a five year period, while City Hall sat on its hands taking care of Airbnb and other "Wag the Dog" issues. I will not mention the other failures, like having the highest property crime rate per capita in the nation, the homeless situation and the filthy and drug infested streets, to name a few. And while people grow more frustrated with City Hall, the City's current budget has increased by nearly \$1 billion to \$11 billion. So I won't.

I have a better solution for affordable housing for our low income, moderate income, teachers, seniors, and our families-who all need City Hall's help and are counting on you.

1) Expedite the permit process for affordable housing projects.

2) Continuously search properties on the market and off-market for potential sites and review the list from the Real Estate Department of all City-owned property including Unified School District, Water Department and the Port. We need to identity land now. And we will find it.

3) Utilize our City's resources more effectively and efficiently, to cut waste and consolidate departments, programs and services, where applicable, to eliminate those that are low priority or not cost effective and reallocate funds to departments that are justified. All revenue generating departments need to audit their processes to ensure that all revenue sources are being addressed accordingly. I know there are hundreds of millions in revenues that are not being addressed. This is funding that can be used to build affordable housing.

John Farrell Broker/Realtor - Farrell Real Estate, MBA, Former City Asst. Assessor-Budget/Special Projects, Westside resident - farrellreinvestments@yahoo.com

SFERS: An Underfunded Mess?

by Lou Barberini CPA

ust after a new \$298 school parcel tax was added to San Franciscans' property tax bills, the odds are increasing that a future parcel tax may become necessary to bail out the deficit in the San Francisco Employees' Retirement System (SFERS) pension fund. This is not

a commentary on the viability of public pensions, but a discussion of the consequences of SFERS' consistent effort to fund the \$20+ billion pension with the least transparent and most expensive products.

The Underfunded SFERS' Public Pension

When the stock market crested in 2007, if an investor had ignored the Financial Crisis crash and merely just held a stock index portfolio, today that portfolio would have doubled in value. Meanwhile, during that same robust period, SFERS' public employees' \$20+ billion pension fund declined from being 110% funded to approximately 88% funded today. If the SFERS' pension' funding level dropped over 20 percentage points during the longest bull market in U.S. history, how does that bode for the pension fund if the economy stalls and it becomes more difficult to meet the required minimum annual 7.5% return just to keep the pension funding level from dropping further?

Is a Wall Street Journal Subscription More Valuable Than SFERS' Consultants? And Its Staff?

performance is to measure how the \$20+ billion pension performed compared to how an individual city employee did.

the \$20+ billion pubthe \$20+ billion public pension and posts the fiscal year results

... unwavering defense fund re-allocation.

SFERS claims: "The (hedge fund) bench-SFERS also calculates plex Prudential annuity ... to 500 Fund." Actually, and posts the performance of each city accommodate the rich finantial to shop for a house in and supplemental sav- property tax. ings plan available to

four years worth of individual statements.

That equates to a 39% greater return. Essentially, as a low-level city employee armed only with a Wall Street Journal sub-SFERS' globetrotting analysts, Retirement Board trustees, and the three highest-paid city employees who all work at SFERS.

To provide context of what an extra 3% would have meant to the SFERS' \$20+ billion pension, three additional percentage points translates to an extra \$600 million in revenue annually — \$600 million that could have covered the entire annual budhave made the \$20+billion pension fund approximately 100% fully-funded today. Taxpayers would be off the hook for the pension deficit and public employees would have larger paychecks because of reduced meeting. pension contributions. How could the probetter ROI, but grossly underperform on the employees' larger pension fund?

Caveat: My previous articles have questioned the ambiguity of the deferred comp plan, but I have no issue with the hypothetical performance of the Prudential annuity's mutual fund clones. My concern remains that over a five-year term, San Francisco employees float their \$3+ for city employees' deferred comp investments. Anything, from futures on Turkish Lira to options on Russian gold mining stocks. Without an audit, SFERS is unable to accurately account for what Prudential has done with city employees' money, what

the underlying risks are, or what the actual

Hedge Funds Have Been a Poor Solution

The Retirement Board's solution to the underfunding problem for the public employees' \$20+ billion pension fund was a June 2015 vote to re-allocate a significant percentage of the pension fund's assets to a magic bullet called hedge funds. The Retirement Board was unmoved by famed investor, Warren Buffett's, constant public warnings that the excessive fee structure of hedge funds prevents them from competing with an autopilot index funds.

In June 2018 SFERS released the first report card on the Retirement Board's hedge fund decision. The report conveys that for the 20-month period ending May 31, 2018 the SFERS hedge funds' cumulative return was 11.3% versus a 24.9% One way to measure SFERS' pension return that would have been achieved through investments in a passive S&P 500 Index fund. Warren Buffett's recommendation would have more than doubled the SFERS' calculates the performance of results than the Retirement Board's hedge

fund re-allocation. on SFERS' website. Of the unnecessarily com- mark is not the S&P employee's deferred cial product salespersons the hedge fund neighcomp performance on wallets, rather than San borhood instead of the individual quarterly Francisco taxpayers who warren Buffett stock statements. Deferred francisco taxpayers who index neighborhood, comp is a voluntary may face a future parcel they made a conscious decision to defy the wisdom of the world's

city employees. SFERS only retains the last smartest investor. Now the hedge fund enablers — Chief Investment Officer Bill When I compared my recent four-year Coaker and the affirmative votes by Retireperformance on the SFERS deferred comp ment Board Trustees Brian Stansbury, platform versus the SFERS \$20+ billion Joe Driscoll, Wendy Paskin-Jordan, and pension, SFERS determined I earned an Malia Cohen — want you to grade them average of three-percentage points more only on how they performed versus other per year on my deferred comp savings. hedge funds as the benchmark yardstick. Since the option to invest like Buffett was available when the hedge fund decision was made, the forfeiture of a 120% greater scription, I achieved superior returns than return must measure the cost of the Retirement Board's mistake.

If four years ago, the aforementioned enablers had campaigned to convert the entire \$20+ billion pension to an S&P 500 Index fund, the pension would be approximately 100% funded today.

In January 2015, prior to the hedge fund vote, I authored an op-ed in the San Francisco Police Officers Association (POA) get for the San Francisco Police Depart- The POA Journal arguing against hedge funds. ment. Heck, applying the ROI on four Adjacent to my article was a three-times years of my deferred comp returns could larger article by POA attorney Mike Hebel, wherein he boasted about being the only person advocating for hedge fund investments out of 30 people offering public comments during a Retirement Board

Hebel, who is compensated by the POA fessionals at SFERS create a deferred comp to provide objective pension analysis to platform for employees that can generate its membership, omitted that he was the only one of the 30 presenters who benefited financially from going along with the Retirement Board's decision. Hebel's disability law side practice is dependent upon maintaining the good graces of SFERS and the Retirement Board so that they can reward him favorable disability decisions for his clients. Hebel's conflict of interest not only taxed police union members billion to Prudential with a contract that for his objective advice, but his presentation allows Prudential to substitute anything contributed to depriving all city workers of approximately \$81 million in potential Warrant Buffett-style returns — just to juice his side law practice.

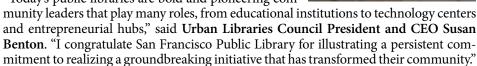
Commissioner Joe Driscoll Conveys "Incorrect Information"



OCTOBER 2018

SFPL honored as one of the 10 Top Innovators... Congratulations to the San Francisco Public Library! The Urban Libraries Council announced San Francisco Public Library as one of 10 Top Innovators during the 2018 ULC Annual Forum on September 5-7 in Baltimore, MD. A panel of expert judges selected SFPL's "FOG Readers: Helping Struggling Readers Succeed" from 220 submissions in 10 categories that demonstrate the value and impact of public library service. The San Francisco Public Library won the Top Innovator award in the category of "Education: Birth through Teens."

The 2018 Top Innovators and Honorable Mentions were announced during a special Innovations Celebration. Award winners were recognized for their innovative programs, services and operating practices. "Today's public libraries are bold and pioneering com-



San Francisco's Top Innovator awardee, FOG Readers, helps elementary students overcome reading difficulties, using Orton-Gillingham methodology and multisensory techniques. The free program bridges a gap between a child's current reading level and his or her full reading potential. FOG Readers breaks reading and spelling into smaller skills involving letters and sounds and builds on these skills over time.

Half of SFUSD 3rd and 4th graders are not meeting grade level standards for reading. In San Francisco, intervention costs \$65-95/hr. For many students, FOG Readers is their best chance to build the skills they need to succeed. On average, the Library's students are about 1.3 grade levels behind when they start the program and gain more than half a grade level just in the first three months. Parents say FOG students are reading more at home and have increased confidence in all of their school subjects.

Tutors meet with students once a week at a library, teaching critical reading skills and enjoying books together. Currently there are 120 active tutor/student pairs at 23 of the 28 neighborhood libraries. The library trains and pairs tutors with students and are always looking for new volunteers. If you are interested in becoming a tutor, contact the SFPL on their website:

A milestone anniversary...Local restaurant Villa D'Este, 2623 Ocean Avenue in the Lakeside Village, is celebrating its 40th anniversary this month. Owner and Chef Ramon Oropeza opened this iconic dining spot in October 1978 and has delighted diners ever since. The restaurant features live music on Friday evenings, and is also a great locale for your parties and events. Congratulations to Chef Ramon and his family on 40 years of family friendly dining.



October at our local Merced Branch library...

For Adults:

Book-A-Librarian: Learn Basic Computer Skills

Search library databases, set up an email account, or surf the web. Basic mouse and typing skills required. Sign up in-person or call for a 45-minute one-on-one appointment. *For Adults and Teens*:

Knitting Circle – Tuesday, October 9 | 6 to 7:30 pm.

All levels of knitters, bring your projects and spread the inspiration! Practice supplies provided but bring your own if you have a special project in mind. Ages 13 +.

Merced Craft Night – Thursday, October 11 | 6:30 to 8 pm.

A fun night of crafting on the 2nd Thursday of each month. Ages 13 +. Space is limited. Sign up starts on the first day of the month with a librarian or call (415) 355-2825.

Film showing: Coco – Saturday, October 13 | 2 to

3:30 pm.

Despite his family's baffling longstanding ban on music, Miguel dreams of becoming an accomplished musician like his idol, Ernesto de la Cruz. Desperate to prove his talent,

Miguel finds himself in the stunning and colorful Land of the Dead following a mysterious chain of events. Along the way he meets charming trickster Hector, and they set off on an extraordinary journey (105 min., Rated PG). Chips and salsa will be served.

Merced Branch Library Book Swap – Saturday, October 27 | 3 to 4:30 pm.

Bring in a book (or 2+) in good condition, that you want to trade in for another.

ALL PROGRAMS ARE FREE (Closed Oct. 8) Merced Branch, SF Public

Library 155 Winston Drive (at 19th Avenue), SF, (415) 355-2825, www.sfpl.org

Interested in the historic "El Rey" Theatre?... There will be a meeting of the Mount Davidson Manor Homeowners Association, on October 21, 2018 at 6PM at the El Rey Theatre on Ocean Ave. The agenda topic is a meeting with the El Rey Theater Development Project Manager. For more information contact Kevin Conboy of the Mount Davidson Manor Homeowners Association at (415) 640-0903. It is a great opportunity to hear what is happening in the redevelopment of the property and the next steps in bringing the marquee back to its neon-lit glory



*Miraloma Elementary School FunRun...*On October 21st, Miraloma Elementary School is holding its annual Fun Run and is looking for local sponsors and advertisers. Money raised will help to fund the many programs and initiatives on which many SF schools come up short. For more information contact: Miraloma Fun Run 2018 run@miralomasf.com Miraloma PTA /IRC 501(c)(3) Organization | Tax ID No: 94-6184034





Want to help stop Climate Change Now?... 2020 or Bust exists to make ending climate crisis simple, actionable, and achievable. Governments, entrepreneurs, scientists aren't the ones who will end it. YOU and each of us has the say in the future of our climate - start by claiming "It is MINE!"

The vegan movement is a POWERFUL way to reduce global warming. Find out what YOU can do to make a real contribution to reducing global warming NOW.

Saturday, October 13th, 5 - 6 pm RSVP: www.eventbrite. com/myevent?eid=49919289940

SF Main Library, Latino Hispanic Room B, Lower Level, 100 Larkin St.,

Get out your spurs and fringes...The Cow Palace is bringing back the Wild West to the Bay Area with the annual Grand National Rodeo, Livestock Exposition and Horse Show. Now in its 72nd year, the Grand National Rodeo will celebrate the time-honored tradition of America's West by presenting the best of the best in the competitive sport of rodeo. The two-weekend event is presented by the Cow



Palace and produced by Cotton Rosser and the Flying U Rodeo Co., which has produced the event for the past 49 years. (*See Calendar on pg. 9 for more details.*)

Dust off your top hats and fingerless gloves as well... November 17 through December



23 the "Great Dickens Christmas Fair" returns to the Cow Palace. Now in its 36th season, the Fair will run Saturdays and Sundays (as well as the Friday after Thanksgiving) offering visitors a delightfully immersive holiday experience without rival.

An annual tradition for Bay Area natives and visitors alike, The Great Dickens Christmas Fair is an enchanting journey through a merrier era – the streets of Victorian London circa Christmas 1860. Visitors will explore twilight-lit streets with shops,

pubs, stages and dance halls filled with more than 800 Victorian characters and the aromas of roasted chestnuts and hearty fare.

Visitors can choose from seven stages offering entertainment for all ages and tastes. Family-friendly entertainment abounds, from dancing at Fezziwig's, to dashing swordfighting in "All's Well That Ends Badly" and the holiday pantomime "The Surprising Tale of Baron Munchausen and Mopsa the Fairy." These are just a few of the many forms of entertainment at the fair.

Tickets went on sale September 4th and to ensure the comfort of all guests, there will be a limited number of tickets available for each day of the Fair. 'Select Day' tickets must be purchased for the you attend. After tickets sell out for any given day, there will be no more for that day, so purchase early to ensure the day(s) you prefer. Although all tickets are non-refundable, they are fully transferable to another person.

Early Bird Sale runs September 4th – October 14th: Save \$7 per Adult Ticket and \$4 per Child Ticket for the first two weekends! Adult Tickets (13+ yrs.), "Early Bird" discount price: \$23. Valid Nov. 17, 18, 23, 24 & 25 Child Tickets (5-12 yrs.), "Early Bird" discount price: \$10. Valid Nov. 17, 18, 23, 24 & 25. Children under 5 free.

Admission Prices at the Gate (if tickets are available): Adult/General Admission (13+): \$30 Children (5-12): \$14 (Children under 5 free.) Pickwick Club 2018 Season Pass: Online thru Dec. 9th at \$120 + Eventbrite convenience fee (a \$390 value!) Adult Twilight Tickets, valid after 3 pm: \$18 (available at the box office only). / Child Twilight Tickets, valid after 3 pm: \$10 (available at the box office only).

Bring an unwrapped NEW toy to the Fair box office and receive a \$5 discount off one adult ticket! Toys will be given to the Daly City Fire Department's "Operation Santa Claus." Parking \$12 (charged by the Cow Palace). The Fair offers a convenient shuttle from the Glen Park BART station. Tix Questions: tickets.dickensfair@gmail.com

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.

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PRE-REGISTER FOR OUR NEXT EVENT AT SFASSESSOR.ORG/FAMILYWEALTHFORUM

— Taraval Station Community Meeting —

Tuesday, October 16 | 6 pm –7 pm • Taraval Police Station • taraval.org



TARAVAL STATION

Burglaries Down, Robberies Level

want to invite everyone to two events next month. The first event is our National "Coffee with a Cop". This event will be at Starbuck's, 1800 Irving Street on Wednesday, October 3rd from 9 to 11 am. Just a little history of this event. "Coffee with a Cop" was launched in 2011 by the Hawthorne Police Department when they were looking for innovative ways to interact with the citizens they served each day. Community members can interact with Officers over a cup of coffee and have a conversation



with no agenda. The second event will be our Police Commission meeting on Wednesday, October 17th from 6 to 8 pm at St. Ignatius College Preparatory, 2001 37th Ave. I will be pre-

senting a PowerPoint presentation on the Taraval District, including crime statistics, community partnerships and community engagement.

Our next community meeting will be on Tuesday, October 16th at 6 pm at Taraval Police Station, 2345 25th Avenue. Parking is limited so please try to carpool or get a ride. We would love to have you attend and express any concerns that you may have.

As always, if you have any questions please call Taraval Station at (415) 759-3100. We are here to help and assist you any way we can.

Monday | September 3

Battery

6:39 pm | 3200 20th Ave

The victim said they had photographed the suspect throwing a water bottle off of the top floor at Stonestown mall. The suspect responded angrily and punched the victims before fleeing.

Tuesday | September 4

Assault - Arrested

10:40 am | 200 Chester Ave

The victim told officers at Taraval Station that his roommate entered the room while he was sleeping and grabbed his neck, punching him several times. Officers found the suspect, and he was arrested.

Possession of a Destructive Device

2:00 pm | Sloat Blvd & 21St Ave

Seeing a vehicle with a temporary registration sticker displayed despite the registration sticker which had expired in 2014, officers stopped the car and found the passenger was not wearing a seatbelt and was bent-over, attempting to hide something. A search found a homemade explosive device. An EOD unit was contacted and safely deactivated it. The passenger and driver were arrested.

Wednesday | September 5

Trespassing – Cited

10:11 pm | 1800 31st Ave

A housekeeping staffperson saw the suspect inside the building which was closed to the public. When officers arrived, the suspect started walking out of the building. He was detained and two knives were found on his person. He was cited.

Robbery of a Residence - Assault

11:49 pm | 100 Ramsell St

Victims reported a hot prowl. They were at home when a suspect entered the house and struck them, searched the house and left. Officers observed numerous drawers opened with belongings strewn around.

Thursday | September 6

Arson

2:07 am | 650 Capitol Ave

A fire in the bathroom at Minnie & Lovie Ward Rec Park was successfully extinguished by the SFFD, who later determined that the suspect had set the paper towel dispenser on fire.

Possession of Fireworks - Drugs

5:08 pm | 47th Ave & Wawona St

Searching for a known subject, officers found the subject's vehicle. An investigation revealed that it's license plate was registered to a different vehicle. As officers continued to search the area, observed the subject running toward his car and. They

stopped the car and a check revealed the subject had a suspended license. In the car they found methamphetamine, heroin and fireworks. The suspect was arrested.

Battery - Trespassing

8:30 am | 2300 Noriega St

A woman said she confronted the victim about several posted signs that she found offensive when he pushed her outside and threw her on to the ground. He told officers the suspect came into his office yelling and swinging her arms at him. She missed, but grabbed his arms. After he pushed the her away to free himself, she turned to leave but fell in the process. A neutral witness confirmed his account of the incident.

Friday | September 7

Burglary - Probation Violation

2:04 pm | 3200 20th Ave

Store employees directed officers to a man who had been detained. A manager said he saw him in an area which was not open to the public. He confronted the suspect, who said he was an employee of the store. However, after further questioning, the suspect produced an iPad, telling the manager he made a mistake and was at the wrong place. He was arrested.

Saturday | September 8

Lodging without a permit

4:55pm | Great Hwy & Judah St

Patrol officers saw two subjects in the process of washing clothes on a sidewalk, standing by piles of blankets. A check found a history of citations for the same offense. They were cited. They refused help from City homeless services.

Concealed Weapon - Arrested

8:22 pm | 00 Josiah Ave

The witness called officers concerned that the suspect was trying to break into a building. Officers found the suspect and a check revealed a warrant. A search found a dagger in the suspect's pocket. Officers determined there was no merit to the burglary report, but the suspect was arrested.

Assault - Threats - Arrested

3:52 pm | 00 Miramar Ave

While the victim told officers the suspect, his uncle, hit his head with a pistol, the suspect approached the officers and was detained without incident. After further investigation, the suspect was arrested.

Transporting Marijuana - Possession of Marijuana for Sale

11:53 pm | Alemany Blvd & Crystal St Seeing a car driving in the wrong direction, officers stopped the car and made contact with the driver. They detected a strong odor of marijuana. A search found a bag of individually wrapped packages of marijuana and a large amount of cash. A A US Park patrolman, said a car, parked sengers were cited.

Sunday | September 9

6:30 am | 400 Serrano Dr

A man had just got out of his car when a second vehicle stopped in the middle of the road. Two suspects from the passenger side approached him, pushed him down, then stole items from his pockets before fleeing in their car.

Robbery

2:11 pm | Plymouth Ave & Montana St

A man told officers he was playing basketball when the suspect asked him for money. He said he did not have any money phone in his hand and said not to yell because he had a knife. The suspect fled. The victim said he had not seen a knife.

Battery

4:10 pm | 3200 20th Ave

A man was standing by an escalator on the second floor when the suspect, who was lying down on a bench, suddenly got up and punched him, then fled the area.

Monday | September 10

Attempted Robbery

11:56 am | 1100 Eucalyptus Dr

A man said he had just gotten off of school when the suspect approached him and said he "owed him money," demanding his backpack. He successfully escaped without incident and the suspect left the area.

Thursday | September 13

DUI - Resisting Arrest - Inflicting Pain or Mental Suffering to a Child - Arrested

11:45 pm | Great Hwy & Rivera St

The suspect and mother, appeared intoxicated and wanted to take custody of her children for the night. The witness could not keep the children out of her car. She drove off with the children but backed into a parked vehicle pulling out and hit a second vehicle as she pulled into traffic. Officers detained her and she was arrested.

Robbery

6:36 am | San Jose Ave & Mount Vernon The victim was walking to the BART station when the suspect jumped from a car that stopped next to him. Weilding a knife, he grabbed the victim's backpack as the victim tried to run. He let go of his backpack and the suspect fled in the car.

Friday | September 14

Battery

4:10 pm | 1300 Ocean Ave

A woman was in the laundromat when a man approached her and started touching her inappropriately and grabbing her. Officers found the suspect and after further investigation, he was cited.

was cited. **DUI - Arrested**

10:48 pm | 500 Skyline Blvd

check revealed the driver did not have a on Fort Funston with the engine rundriver's license. Both, the driver and pas- ning. When he contacting the driver, he observed several signs of intoxication. Officers conducted a series of tests, which the driver failed. He was arrested.

Battery - Vandalism

9:17 pm | 3000 23rd Ave

A homeowner said he rented the in-law portion of the house on AirBnB. However, as many people arrived, he determined that a party was occurring. He tried to take photos of the people but a suspect grabbed his cell phone and walked away.

Monday | September 17

Stolen Vehicle - Possession - Firearm

7:29 pm | 500 29th Ave

Acting on a stolen vehicle tip from San on him and the suspect then grabbed the Mateo Task Force regarding a possible stolen vehicle officers observed the car parked with a known suspect standing next to it. They detained the suspect, andseveral people inside the car, and they found items that did not belong to the detained, including sharp edged weapons. A pistol and a rifle were found at the suspect's house. Five people were arrested.

Tuesday | September 18

Homicide

8:53 pm | 46th Ave & Moraga St

When officers arrived the victim, was on the ground and suffering from gunshot wounds with a witness preforming CPR on him, but he sucumbed to his injuries. More information will be released by the Homicide Unit as it becomes available.

Wednesday | September 19

Battery – Trespassing

4:41 pm | 1300 46th Ave

A store employee said two people came into the store earlier and one of the suspects went behind the counter and took something. They left when he told them to leave the store, but about 40 minutes later, came back with a third suspect and they all began yelling and cursing at him. The third suspect also punched him. A co worker called police and they fled.

Assault

1:50 pm | 00 Acevedo Ave

A man was walking home through a parking garage when he saw a car pull out and hit a second car. When he told the driver that he had hit his neighbor's vehicle, he said he was not going to leave a note because there were no damages. While the victim inspected the second vehicle for damages, the suspect drove his vehicle slowly into the victim and a fight ensued with both punching until he walked away.

Friday | September 21

Shooting into a Dwelling or Vehicle

2:30 pm | 2600 San Jose Ave

Responding officers found numerous cartridge casings and associated damage to nearby buildings. The victim said he had been walking when an unknown Cont. p. 14



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72ND GRAND NATIONAL RODEO • OCT 12-13/19-20 • COW PALACE, 2600 GENEVA AVE

Dust off your hats, and get your spurs on! The Wild, Wild, West returns to the Bay Area as the annual Grand National Rodeo, Livestock Exposition and Horse Show opens at the Cow Palace next week. Now in its 72nd year, the Grand National Rodeo will celebrate the time-honored tradition of America's West by presenting | HARDLY STRICTLY BLUEGRASS • OCT 5-7 GOLDEN GATE PARK • FREE LIVE MUSIC the best of the best in the competitive sport of rodeo.

The two-weekend event, October 12-13 and 19-20, is presented by the Cow Palace in partnership with the PRCA (Professional Rodeo Cowboys Association), and has been produced by Cotton Rosser and the Flying U Rodeo Co. for the past 49 BYOB, Fall music festival in Golden Gate Park, drop clues and tease who'll be performing at Hardly Strictly Bluegrass. years. The Grand National Rodeo features traditional rodeo events including bareback riding, steer wrestling, team roping, The entire lineup has been announced — 80 musicians will perform across six stages, including highlight acts such as twosaddle bronc riding, tie-down roping, bull riding and barrel racing.

food is grown. Exhibitors will show cattle, pigs, sheep, goats, and rabbits, along with photography and fine art inspired by agriculture and western lifestyle. Other highlights include:

- NEW: First Responder Fridays, October 12th and 19th - All First Responders with a valid professional badge/ID can receive up to four (4) free tickets to Friday nights only. Redeem at the box office.
- NEW: Fables Of The West high energy, interactive cowboy comedy team.
- PRCA Rodeo show (7:30pm 9:30pm, nightly)
- Western marketplace (open daily from 2 pm 11 pm)
- Classic Western BBQ with down-home comfort

- Nightly LIVE Country Music Singer Chad Bushnell.
- Equestrian competitions
- "Tough Enough to Wear Pink" day (in support of breast cancer awareness month)
- Military Day (GNR partners with organizations that provide services for Veterans)
- Mechanical bull rides and more!

Ticket prices are \$25 for adults Dress Circle, \$45 for Box Seats and \$14 for children and seniors, and can be purchased online at www.grandnationalrodeo.com or in-person at the box office. Although tickets must be purchased for the Grand Book-A-Librarian (for your mobile device & computer National Rodeo in the main arena, the Livestock Exposition, Horse Show, Interactive Agricultural Area, and Marketplace are questions) - By Appointment. Have a new computer FREE and open to the public. For more details visitwww.cowpalace.com or contact info@cowpalace.com or call 415-414-4100. The Cow Palace is located at 2600 Geneva Avenue, in Daly City.



Farmers Market | Every Sun | 9 am-1 pm | Fresh fruits and vegetables are the stars this popular market. Stonestown rear parking lot: at Stonestown Galleria (19th Ave @ Winston).

EVERY SUNDAY • VICTORIAN TOUR

Sundays | 2 pm | Victorian era architecture of the city's first suburb Lafayette Square neighborhood. San Francisco's illustrious history and some steep streets. Fabulous views! 1801 Bush St. garden. Donations OK. MUNI 1, 3. Many MORE tours sfcityguides.org

EVERY SUNDAY • PRESIDIO PICNIC

Sundays thru-October 21 | 11 am to 4 pm | Off the Grid's Food Truck Party on the seven acre Main Parade Ground lawn, features food and drink from more than 25 local vendors, food trucks & pop-ups. Montgomery St. / Lincoln Blvd, The Presidio.

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 coctails. GG Sat Oct 6 | 6 pm | Wed-Thu 7 pm | Fri 8 pm |Sat 6 pm Park \$12 (\$10 Members). calademy.org/nightlife.

JAZZ FRIDAYS @ THE CLIFF HOUSE

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

EVERY FRI • OFF THE GRID FOOD TRUCKS



Every Fri | 5-10 pm | More than 30 food vendors in a huge circle with a full bar, bands and DJs? Now that's a party; California's largest weekly street food market. Wed Oct 10 | 6:30 pm | Frida Kahlo, one of the most ex-Fort Mason Center 2 Marina Blvd.

AUTUMN AT THE CLIFF HOUSE

Join us for these Cliff House Weekly Favorites

- Wine Lovers' Tuesday Half Priced Bottled Wines*
- Bistro Wednesday Nights \$35 Three-Course Prix Fixe
- · Friday Night Jazz in the Balcony Lounge
- Sunday Champagne Brunch Buffet
- *Some restrictions apply. Promotions are not valid on holidays.

Guided Historical Walks

Spend a memorable Saturday morning exploring Lands End. Start with a continental breakfast at the historic Cliff House then walk through Adolph Sutro's magical 'kingdom by the sea' with historian guide John A. Martini. John's walks will be offered on October 13 and October 27.



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



1090 Point Lobos 415-386-3330 www.CliffHouse.com





Fri Oct 5 | Noon – 7pm • Sat Oct 6 | 11am – 7pm | • Sun Oct 7 | 11am – 7pm at Hellman Hollow (formerly **Speedway Meadows), Lindley & Marx meadows** It's that time of year again when the organizers behind the free,

time Rock and Roll Hall of Fame inductee- Graham Nash, East Los Angeles rock band Los Lobos, American rock, country and During the livestock exposition, real farm equipment and animals are on site with interactive displays to learn about how folk group Steve Earle & the Dukes, along with alternative rockers Ween. Full Schedule: hardlystrictlybluegrass.com/2018

EVERY SAT • COMPUTER HELP FOR APULTS

Sat | 2 - 4 pm | Drop-in and get help with a teen tech savvy volunteer! Bring laptop, e-readers, cameras, tablets or cell phones and we can help you learn how to use it. West Portal Branch, 190 Lenox. (Every Sat in October)

|SUNDAYS • FREE COMMUNITY

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

ONGOING • BOOK COMPUTER HELP

or tablet, and can't figure out how to use it? or how to download free movies or books from the library? We can help. Day and time are flexible. 415 355-5615, or sign up at Ocean View Branch, 345 Randolph St.

THU • PEOPLE OF PARKSIDE

Thu Oct 4 | 7 pm | Five supervisor candidates, Bart Board and School Board candidates will present at the POPS meeting is at the Taraval Police Station, 2345 24th Ave. POPs meets very first Thursday of the month.

SAT • BEST LITTLE WHOREHOUSE IN TEXAS

Sun 3pm | The true story of Texas' Chicken Ranch brothel comes to life in 42nd Street Moon's country and western musical. Gateway Theatre, 215 Jackson St. TIX \$30-75 at 42ndstmoon.org or (415) 255-8207

SUN • 150TH ITALIAN HERITAGE PARADE



Sun Oct 7 | 12:30 pm | The Parade action begins at the foot of Jefferson and Powell Streets in Fisherman's Wharf, proceeds south through North Beach on Columbus Avenue and ends in Washington Square in front of Saints Peter and Paul Church.

|WED • FILM: FRIEDA KAHLO

traordinary and radical 20th century artists, was also a



political figure occupying a vital place in Mexico's history. West Portal Branch, 190 Lenox Way. 62 Min - Popcorn!

WED • ANNUAL POOL TOSS

Wed Oct 10 | 6-9:30 pm | Fabulous food and a wet-

and-wild celebrity auction pool toss, benefiting Tenderloin After-School Program (TASP)! Every October, local leaders take the plunge at t Phoenix Hotel to raise funds that help fami-



lies thrive. \$125 & up, tndc.org, 601 Eddy.

WED • WALK & ROLL TO SCHOOL



wide | International Walk & Roll to School Day takes place at up to 100 schools throughout the city, kicking off the SF Safe Routes program. Find

out if your school is hosting an event; take the pledge to walk or roll to school with your family. sfsaferoutes.org.

THU/ONGOING • LITQUAKE

Oct 11-20 | Various venues | SF's literary festival, now in its 18th year. Events are all-ages unless otherwise. noted Book sales are offered when and where appropriate. Events without ticket reservations are firstcome first served. Info: litquake.org



FRI • BOOMTOWNS PHOTO HISTORY



Fri Oct 12 | 11 am - 5 pm | Boomtowns: How Photography Shaped Los Angeles and San Francisco, shows the first one hundred years as they entered a period of rapid, unimaginable growth following the entry into the Union in 1850, photography's significant role. Calif. Historical Society, 678 Mission St., 415.357.1848

FRI • THE LAST JEDI



Fri Oct 12 | 7 pm | Luke Skywalker's peaceful and solitary existence gets upended when he encounters Rey, a young woman who shows strong signs of the Force. Her desire to learn the ways of the Jedi changes their lives forever. Free! Movies at McCoppin,

McCoppin Sq., Taraval & 23rd.

FRI-SUN • FREE DAY @ ACAD OF SCIENCES

Fri -Sat Oct 12-14 | 7 pm Free admission on designated weekends for Forest Hill, Parkmerced, Parkside,



94122, 94127, 94131, 94132) Visiting adults are limited to six children free entry. For proof of residency requirments: calacademy.org/neighborhood-free-weekends. California Academy of Sciences, Golden Gate Park.

SAT • OCEAN BEACH FESTIVAL 2018



Sat Oct 13 | 11 am – 5 pm | Get to know your community at the Ocean Beach Music & Art Festival, hosted by the Outer Noriega Merchants! Plenty of fun activities for both children and adults — food trucks, a beer and wine garden, a pumpkin patch, and great music only blocks away from Ocean Beach on Noriega Street between 45th and 47th Avenues. See you there!

SAT • SFUSD ENROLLMENT FAIR

Sat Oct 13 | 9 am - 2 pm | This is an opportunity for families to meet representatives from all SFUSD schools in one place. Learn about language programs, special education, how to apply and more. This family-friendly event is open to the public (no registration required). Bilingual staff can assist in English, Spanish and Chinese. John O'Connell High School | 2355 Folsom Street

TUE • COMMUNITY SAFETY MEETING

Tue Oct 16 | 6-7 pm | Meet with Captain Yick at Taraval Station. Taraval Community Relations Forum Meeting: 2345 24th Ave. (Every 3rd Tues.)

WED • AFFORDABLE HOUSING WORKSHOP

Wed Oct 17 | 2 pm - 4 pm | Community Tech Network (CTN) workshop about SF's affordable housing portal, DAHLIA (housing.sfgov.org)! Learn to submit an application and register for DAHLIA. Limited to 10. Call 415 355-5615 to register. Ocean View Branch, 354 Randolph.

FRI • WONDER WOMAN

Fri Oct 19 | 7 pm | When a pilot crashes and tells of conflict in the outside world, Diana, an Amazonian warrior in training, leaves home to fight a war, discovering her full powers and true destiny. Free! Movies at McCoppin, McCoppin Sq., Taraval & 23rd.



FOR KIPS - JOSE LUIS OROZCO



Sat Oct 20 | 3 pm | Music book, Mr. Pack Rat Really Wants makes learning fun and 2015 That, illus. by Kayla Stark. West Grammy-nominated José-Luis Orozco will delight WED • GWPNA MEETING You'll want to sing along and perhaps learn a few new words in Spanish! We will raffle off a

tricycle. West Portal Branch, 190 Lenox Way.

|MON • CENTRAL COUNCIL

Mon Oct 22 | 7:30 pm | West of Twin Peaks Central Council meets to discuss local topics on the 4th Mon separate charges. 200 Larkin St. each month. Forest Hills Clubhouse, 381 Magellan Ave. westoftwinpeaks.org

TUE • HEALTHY FEET OVER 50

Tue Oct 23 | 4 pm to 5:30 pm | Avoid unnecessary pain and disability as you age. Susan Lorica (Foot Care Specialist) discusses common foot ailments self-care tips on skin care, fungus, thick and misshapen toenails, corns and calluses, foot and ankle exercises, and proper footwear. Ocean View Branch. 345 Randolph St.

WED • SF HISTORICAL AWARD LUNCHEON

Wed Oct 24 | 11 am - 1:30 pm | San Francisco Museum and Historical Society's 9th annual Awards Luncheon, the Tue Nov 6 | 9:30 am - 5:15 pm | 4000 years of ancient unique history. Mark Hopkins Hotel, 1 Nob Hill. TIX \$160 in the free area. sfhistory.org or (415) 537-1105, ex 0

WED • AUTHOR JOE IDE

Wed Oct 24 | 7 pm | An outrageous novel—"the best thing to happen to mystery writing in a very long time" (New York Times), the case of a young artist's missing mother sets Isaiah Quintabe---IQ-----on a collision course with his own Moriarty. Bookshop West Portal, 80 West Portal Avenue.



FRI • COCO



Fri Oct 19 | 7 pm | Despite his family's generations-old ban on music, young Miguel dreams of becoming an accomplished musician like his idol Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead. Free! Movies at Mc-

Coppin, McCoppin Sq., Taraval & 23rd.

SUN • AUTHOR LYNN FULTON

Sun Oct 28 | 2 pm | Who made Frankenstein? West Portal Branch, in partnership with Bookshop West Portal, presents a reading of her beautifully spooky picture book, She Made a Monster: How Mary Shelley Created



Frankenstein. West Portal Branch, 190 Lenox Way.

TUE • JOHN LAW @ SF HISTORY

Tue Oct 30 | 7 pm | How Everything Started in San Francisco While We All Thought We Were Just Fooling Around.Guest speaker: John Law at SF History Association. New location: Newman Hall, Congregation Sherith Israel 2266 California (at Webster). \$10 (Members free).

SAT • AUTHOR MARCUS EWERT

Sat Nov 3 | 2 pm | In partnership with Bookshop West Portal, West Portal Branch hosts a reading from his his newest artist Portal Branch, 190 Lenox Way.



kids with his vocals and guitar. Wed Nov 7 | 6:30 - 8:30 pm | GWPNA meetings on the first Wednesdays -open to members, and public. 131 Lenox Way, West Portal Playground Clubhouse.

SUN • ASIAN ART MUSEUM FREE DAY

Sun Nov 4 | 10 am - 5 pm | Every first Sunday is free at the Asian Art Museum (save \$12) 17,000 artworks spanning 6 thousand years. Special exhibitions may require

TUE • CONSERVATORY FREE DAY

Tue Nov 6 | 10 am-4:30 pm | Opened in 1879, the wood and glass greenhouse is the oldest existing conservatory of its kind in the Western Hemisphere. 100 J F Kennedy Dr. Free every first Tuesday.

|TUE • DE YOUNG FREE DAY

Tue Nov 6 | 9:30 am - 5:15 pm | Art from 17th-20th centuries, native Americas, Africa, & Pacific. 50 Hagiwara Tea Garden Drive. Free first Tuesdays.

TUE • LEGION OF HONOR FREE DAY

critical source of funding to accomplish our mission: the and European art overlooking Golden Gate Bridge. 100 preservation and interpretation of our extraordinary and 34th Ave. Free first Tues.- Holman Hunt (shown) is not

THU • OMI NEIGHBORS IN ACTION

Thu Oct 25 | 7 pm | OMI-NIA General Meeting at Temple UMC, 65 Beverly. (Every 4th Thu)

September 2018



- 1. Fear: Trump in the White House Bob Woodward
- 2. The Tango War: The Struggle for the Hearts, Minds and Riches of Latin America During World War II Mary Jo McConahay *
- 3. These Truths: A History Jill Lepore
- 4. Calypso David Sedaris
- 5. Small Animals: Parenthood in the Age of Fear Kim Brooks
- 6. Educated: A Memoir Tara Westover
- 7. There There Tommy Orange
- 8. 21 Lessons for the 21st Century Yuval Noah Harari
- 9. I've Been Thinking...: Reflections, Prayers, and Meditations for a Meaningful Life Maria Shriver
- In Pieces Sally Field
- 11. This Body's Not Big Enough for Both of Us Edgar
- 12. A Gentleman in Moscow Amor Towles
- 13. Bad Blood: Secrets and Lies in a Silicon Valley Startup
- 14. Dopesick: Dealers, Doctors, and the Drug Company That Addicted America Beth Macy
- 15. How To Change Your Mind: What the New Science of Psychadelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence Michael Pollan
- * Event with BookShop West Portal; signed copies available.

WHAT ARE YOU READING?

Local event? Priority for Westside events

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= Education Carol Kocivar ©2018

Do You Believe Her?

by Carol Kocivar © 2018

was standing in line at Walgreens the other day and a woman I don't know asked, "Do you believe her?" That's it. "Do you believe her?"

The next day we were at dinner at a great neighborhood Chinese restaurant. Before we could even open our menus, a rule was proclaimed: "This is a politics free meal!"

Well...almost. Someone slipped in the "T" word but after a few minutes of animated discussion we did shift to asking about the

It used to be there were things you didn't discuss in polite conversation or in a first meeting.

Sex. Politics. Money.

It looks like all the rules have been thrown out the window. Everything is now on the table.

(In our case, along with Mongolian beef and green onion pancakes.)

Is this a good thing or a bad thing?

I would argue that an open passionate discussion about our very public morality play is a good thing. This is more than a soap

Behind all the headlines and the smears and the intimidations, we are grappling with some basic questions about what kind of country we want and what we can do to shape it toward a more perfect union.

We are on the cusp of the future of our democracy. (Hmmm. I hope that is the right word. Ok, I just looked it up. Pretty close.)

cusp meaning:

- the dividing line between two very different things:
- at or during a time of transition, as the moment of or just before a major change or event

What to do? Yes, let's talk about it. But let's get beyond the gossip.

This is about our better angels. It is about how we care for children and the elderly. It is about how we protect free speech and the right to vote. It is about the poor and huddled masses yearning to breathe free. This is about respect for the rule of law.

An election is coming up. Get informed. Get engaged. Vote. Oh...in answer to the woman in the drug store: "Yes. I believe

Carol Kocivar lives in the Westside. Feedback: kocivar@westsideobserver.com

To dam or not to dam?

s we look forward to the hope of winter rains, we still have to remember that much of California is a desert. Newspapers will editorialize about how to save all that rain for use in future droughts. Sooner or later someone will declare that California must build more dams. And yet those same newspapers featured terrifying photos of the Oroville Dam spillway failing and outlined the enormous costs involved not only if the dam failed but also if it just needed repairs.

To learn the dam facts (sorry), I contacted Sierra Club California Water Committee Cochair Charlotte Allen. Allen became interested in water issues after reading "Cadillac Desert" in 1986. She found water policy to be fascinating - analyzing big systems, figuring out how they work, and applying environmental principles to improve the systems. Allen met her California's water system - the largest engineered water system in the world.

Allen is dubious about building more dams to prepare for drought. Dams are not environmentally beneficial; in fact, they often destroy stream ecology. problems. If a dam fails, the potential for destruction nesting along the Pacific Flyway. downstream is enormous.

Allen concluded that, rather than dams, the answer lies in solutions such as water conservation, recycling waste water, increasing agricultural conservation, and banking today's rain for future drought years.

hard-earned dollars into a savings account for a rainy day, water can be stored underground and withdrawn on a 'dry' day.

Allen. Let the water flow slowly over permeable soil much as 1.3 billion acre feet! and the water will soak into the underground aquifers. It will be waiting for you when you need it.

One example of "spread and sink" is the Yolo Bypass. You may have driven to Sacramento on Interstate 80, passing over a long causeway that looks out over usually dry fields. The Yolo Bypass

ENVIRONM With Kathy Howard



Oroville Dam Spillway Photo: Sierra Club California website

biggest challenge when she waded into researching was created in the early 1930's as a flood plain to protect Sacramento and the surrounding areas when water rushes out of the Sierras and down to the Bay. An unplanned benefit of the bypass is that the water spreads out over the open land and slowly soaks into the soil, replenishing the aquifer below. The Yolo Reservoirs lose a lot of water to evaporation, which Bypass also provides habitat for hundreds of species will increase as world temperatures rise. Dams can throughout the year. Birds literally flock to it. It has fail if there is too much rain or if there are structural become a major habitat area both for resting and

But how much water can we really store with water banking? Amazingly, a lot! Right now, above-ground water storage in California is only 50 million acre feet. (An acre foot is one acre of water, one foot deep, or 326,000 gallons.) California needs storage exceed-Yes, water can be banked! Just as you put your ing an additional 50 million acre feet. In other words, we need what we have now -- more than doubled! There is nowhere in the state to build enough dams to meet this need. But estimates of available ground-How is water banked? "Spread and sink," says water storage range from 850 million acre feet to as

> To achieve this storage, in addition to bypasses, water can be encouraged to percolate into aquifers by restoring mountain meadows, creating levee set-backs, and getting rid of the concrete in river channels.

Cont. p. 15

SFERS Underperforms (Cont. from p. 6)

At the May 2018 Retirement Board meeting, Commissioner Joe Driscoll attacked the integrity of my articles and the editorial quality of the Westside Observer, claiming I was disseminating "incorrect information" and "misinforming the people." I served Joe Driscoll and Chief Executive Officer Jay Huish with a public records request asking them to cite the authority for Driscoll's claims.

Huish never responded to the public records request. Driscoll's 49-day overdue response confirmed that he has no written documentation — "no responsive records" to support the statements he made in the public board meeting. Apparently, no Prudential attorneys were available to spoon-feed Driscoll a rebuttal. Of greater concern: The public records response indicates Joe has never sought a second opinion from any financial professional to determine the validity of the serious issues I have raised as to the whereabouts of city employee \$3.0+ billion in deferred comp assets.

Essentially Driscoll, a San Francisco fireman for 45 years who maximized his pension (percentage-wise) 15-years ago, performed absolutely no fiduciary due diligence on behalf of his coworkers, while slandering me and blindly defending Prudential. Driscoll's public records response confirms that it was Driscoll who "misinformed" the public and "incorrectly" labeled an insurance annuity product as a mutual fund.

Driscoll's Attitude Is Emblematic of SFERS' Culture

It should not instill city employees' confidence in the Retirement Board that when Driscoll conducted his fictitious and slanderous ramble promoting Prudential, no board member understood the Prudential annuity well enough to interrupt — and correct — his false nonsense. One question is: Are the blind leading the blind?

Yet, Driscoll's unwavering defense of the unnecessarily complex Prudential annuity is frighteningly similar to CIO Coaker's, board members', and Mike Hebel's campaign to steer the larger pension fund to expensive and opaque hedge funds — to consistently accommodate the rich financial product salespersons' wallets, rather than San Francisco taxpayers who may face a future parcel property tax.

SFERS will respond to this article with a barrage of excuses and financial jargon about the larger pension fund, while those of us who focus on investment performance will continue to reap superior returns from our deferred comp accounts.

This article involves the same underlying theme in my previous reporting: City government needs to prioritize meritocracy over mediocrity.

The opinions expressed in this article are for general educational and information purposes only, and are not intended to provide specific investment advice. To determine which investments may be appropriate for you, consult your licensed financial advisor prior to investing. This article is not a solicitation to invest, or to invest in index funds. All financial investments involve risks and possible loss of principal capital. All investment performance figures referred to were disseminated by the San Francisco Employee Retirement System. Read the Prudential prospectus before you invest. Current performance may be lower or higher than past performance, which cannot guarantee future results.

Lou Barberini's family lives in the West Portal area. He has an MBA in Taxation, and worked for investment companies and a Big Four CPA firm. He currently provides fiduciary retirement, investment, and tax planning to clients of Nich Capital Partners. (Nichcapitalpartners.com) lou.barberini@ gmail.com

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The Reality of Stress

By Anise J. Matteson

here is an old saying: "What doesn't kill you makes you stronger." Not true! Stress can lead to high blood pressure, heart attack or stroke and other conditions (migraines, hay fever, asthma, uticaria, mild forms of dermatitis, peptic ulcer of stomach and duodenum, ulcerative colitis, mucous colitis, dysmenorrhea).

Analogy

Think of stress as a paper bag and your problems as the items. The bag is filled with items beyond its capacity and the bottom bursts or the sides tear.

The body has a tolerance threshold. When it is exceeded it sends warnings. If the warnings are not heeded medical

"Stressed-out" is not a term meant to be used casually in conversation. When used, it should be clarified: 1. Are you taking on too many projects [saying yes when you should say no] because you want to be helpful? Or, 2. Are you worrying about money-related issues?

Expressions most frequently used in conversation are:

In over your head. Biting off more than you can chew. I've got my hands full. He's got a lot on his plate. Trials and tribulations. Burden. Burdened down. Put-upon. Stressedout. I feel like I'm losing my mind.

STRESS

Stress. 1. Is a mental or emotional strain or tension resulting from difficult or challenging situations.² 2. Is wear and tear on the body in response to stressful agents (stressors). Could be physical, physiological, psychological, or sociocultural.³ 3. Can cause a number of physical health problems.44. Is your body's natural reaction to any kind of demand that disrupts life as usual. GOOD STRESS: When it helps you conquer a fear or gives extra endurance and motivation to get something done. BAD STRESS: Caused by worries such as money, jobs, relationships, or health, whether sudden and short or long-lasting.⁵ 5. Body's way of responding to any kind of demand or threat. Stress response: The Jitters. Irritability. Short temper. Anxiety body's way of protecting you.6

NOTE: Prolonged stress can cause imbalances in the brain and lead to anxiety and even more stress.7

Stress Symptoms

Stress symptoms can affect your body, your thoughts and feelings, and your behavior.8

Stress seems to worsen or increase the risk of conditions like obesity, heart disease, Alzheimer's disease, diabetes, depression, gastrointestinal problems, and asthma.9

of life stress.¹⁰

NB: Ongoing chronic stress, however, can cause or exacerbate many serious health problems, including: Mental health problems such as depression, anxiety and personality disorders. Cardiovascular disease, including heart disease, high blood pressure, abnormal heart rhythm, heart attacks, and stroke.11

Common effects of stress on your body

Common effects of stress on your body are: headache, muscle tension, chest pain, fatigue, change in sex drive, stomach upset, and sleep problems.12

Common effects of stress on your

Common effects of stress on your mood are: anxiety, restlessness, lack of motivation or focus, feeling overwhelmed, irritability or anger, and sadness or depression.¹³

Common effects of stress on your your doctor. behavior

behavior are: overeating or undereating, angry outbursts, drug or alcohol abuse, tobacco use, social withdrawal, and exercising less often.14

Stress and high blood pressure15

Hypertension is one of the major risk factors for coronary artery disease, congestive heart failure, stroke, peripheral vascular disease, kidney failure and retinopathy.

and 160/100 mm Hg.

Stage 2: BP from 160/100 to 179/109 mm Hg.

Stage 3: BP 180/110 mm Hg and has no upper limit.

Normal: BP 100-120 MM Hg (systolic). Below 80 mm Hg (diastolic).

Prehypertension: 120-140 mm Hg (systolic). Between 80 and 90 mm Hg (diastolic).

Hypertensive crisis: BP 180/120 mm Hg. (Requires urgent treatment even if there are no accompanying symptoms.)¹⁶

Stress and Hair Loss¹⁷

Three types of hair loss that can be associated with high stress levels are:

Telogen effluvium. Significant stress pushes large numbers of hair follicles into a resting phase. Within a few months, affected hairs might fall out suddenly when simply combing or washing your

Trichotillomania. Is an irresistible urge to pull out hair from your scalp, eyebrows or other areas of your body. Hair pulling can be a way of dealing with negative or uncomfortable feelings, such as stress, tension, loneliness, boredom or frustration.

Alopecia areata. A variety of factors are thought to cause alopecia areata possibly including severe stress. With alopecia areata, the body's immune system attacks the hair follicles — causing hair loss.

Warning Signs of Stress¹⁸

Headache, muscle tension, neck or back pain. Upset stomach. Dry mouth. Chest pain, rapid heartbeat. Difficulty falling or staying asleep. Fatigue. Loss of appetite or overeating "comfort foods." Increased frequency of colds. Lack of concentration or focus. Memory problems or forgetfulness.

NB: The warning signs of stress are not anything to take lightly or ignore.

STRESS MANAGEMENT STRAT-**EGIES**¹⁹*Take care of yourself. (Remember* you are the #1 priority). Take rest breaks: enjoy a cup of herbal tea, tea, coffee (your favorite beverage); enjoy the outdoors with your favorite beverage, a good book, and a lawn chair. Listen to music. Outside interests: get a hobby; read--visit a bookstore or the neighborhood public library. Become informed: ask questions. Communicate at your convenience: telephone, visit or write The workplace is the number one cause a letter. Accept phone calls and visits during prearranged times. Take a respite. Attend a support group. Ask for help. Delegate. Accept help. Write a TO DO List each day. Write a diary. Organize important information for easy access. Problem-solve: identify problem(s) and have an approach ready to use as needed. Postpone making major decisions in your life.

> If you are a caregiver, can you recognize the signs of caregiver stress?

> Anger; Denial; Insomnia; Health Problems; Depression; Withdrawal; Exhaustion; Loss of concentration; Irritability.

> *Senior World Online - Northern California Article. Ten Signs of Caregiver Stress. @2003.

WHEN TO SEEK HELP²⁰

If you are not sure if stress is the cause or if you have taken steps to control your stress but your symptoms continue, see

NB: If you have chest pain, especially Common effects of stress on your if it occurs during physical activity or is accompanied by shortness of breath, sweating, dizziness, nausea, or pain radiating into your shoulder and arm, get emergency help immediately.

STRESS VS. ANXIETY

Anxiety.21 1. A sustained mental health disorder that can be triggered by stress. 2. Doesn't fade into the distance once the threat is mediated. 3. Hangs around for Stage 1: BP readings between 140/90 the long haul. <chronic illness> 4. Can Cont. p. 13

Do you have a pinched nerve? We can help.

Dear friend,

Last year more Americans were killed by prescribed correctly. More people died last

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 Clem-

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, midback 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; 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... It's hard to believe, I know, but it's true. and 160,000 were when the drugs were

> 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;

ent Street). Well, that's me. I'm also the 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.

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

"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

My assistants are Miranda and Nancy and they are friendly and helpful and I adjust them to keep them healthy... as 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 sec-

ond family member this same examination for only \$17. P.P.S. Can you imagine not having to

wait at a doctor's office? Well, your time is as valuable as mine. That's why we have a no-wait policy. You will be seen within minutes of your appointment.

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

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Reconstruction of West Portal Station to Expand Passenger Waiting Area and Raise Platforms for New Muni Metro System and New Light Rail Vehicles in 1976 and 1977. November 16, 1976 Reproduction by permission of SFMTA Photo Gallery

cause significant impairment in social, occupational, and other important areas of functioning. 5. A normal reaction to danger, the body's automatic fight-or-flight response that is triggered when you feel threatened, under pressure, or are facing a stressful situation.22

Symptoms that can interchangeable:23

Sleepless nights, Exhaustion, Excessive worry, Lack of focus, Irritability, Rapid heart rate, Muscle tension, Headaches.

Symptoms of Stress (Common)²⁴

Frequent headaches, Sleep disturbance, Back and/or neck pain, Feeling light- a direct result of stress. That is 7 people headed, faint, or dizzy, Sweaty palms or every 2 seconds.²⁸ feet, Difficulty swallowing, Frequent illness, Irritability, Gastrointestinal problems, Excessive worry, Rapid heart rate, Muscle tension, Feeling overwhelmed, Having difficulty quieting the mind, Poor concentration, Forgetfulness, Low energy, Loss of sexual desire.

NOTE: Symptoms of stress can vary and change over time.

ANXIETY DISORDER

or anxiety out of proportion to the situation at hand. NOTE: Anxiety disorders are among the most common mental health issues—and are highly treatable.²⁵

Signs and symptoms of anxiety disor $ders^{26} Primary \ symptom:$

Excessive and irrational fear and worry, Common emotional symptoms:, Feeling of apprehension or dread, Watching for signs of danger, Anticipating the worst, Trouble concentrating, Feeling tense and jumpy, Irritability, Feeling your mind's gone blank, Physical symptoms:, Pounding heart, (25%)

Sweating, Headaches, Stomach upset, Dizziness, Frequent urination or diarrhea, Shortness of breath, Muscle tension or twitches, Shaking or trembling, Insomnia

STATISTICS

According to the American Psychological Association, chronic stress is linked to appear the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide. And more than 75 percent of all physician office visits are for stress-related ailments and complaints.²⁷

110 million people die every year as

Anxiety is the most common mental illness in the U.S. impacting 18% of Americans.29

Stress Factors³⁰

In the American Psychological Association 2017 survey on Stress in America, the stress factors increasingly affecting Americans' well-being are: lying awake in the past month (45%); experienced one symptom of stress in the past month (75%). Of Anxiety disorder. Illicit an intense fear the symptoms reported: feeling nervous or anxious (36%); irritability or anger (35%); fatigue due to their stress (34%).

Health-related stressors

Cost of health insurance (66%)

Health care policy changes and having good health insurance (60%)

Stressors related to money

Worry about unexpected expenses

Thinking about saving for retirement

The ability to pay for life's essentials

Stressors in the economy

Tax increases (33%)

Uncertain about the economy in general (30%)

Feeling unable to get ahead financially

Methods for Coping with Stress Exercise or physical activity (53%) Yoga or meditation (12%)

Emotional support (74%) Psychologists (42%) Pray (29%) Listen to music (47%)

 $SUICIDE^{31}$

More women attempt suicide. More men complete suicide.

Elderly and ages 15-24 are highest rates. Eighth leading cause of death in the U.S. **COMMENTARY**

Socioeconomic status (SES) is an important predicator of a range of health and illness outcomes. Lower SES is reliably associated with a number of important social and environmental conditions that contribute to chronic stress burden, including crowding, crime, noise, pollution, discrimination, and other hazards or stressors. Lower SES is generally associated with distress, prevalence of mental health problems, and with health impairing behaviors that are also related to stress.³² (e.g., smoking)

Other Stressors

More of one's income will be needed for medical and mental health care because of increased life stress.

Confidentiality: With medical records online, patients will disclose less information to their health care providers. There is also the concern about health care providers' computers being infected with malware or identity theft of their private data.

Stressors not mentioned in the American Psychological Association 2017 survey on Stress in America: commuting, caring for an aging parent or spouse, self-care, or a heartless neighbor.

Words of Wisdom

If you are a compliant patient, you do not have time to dwell on your problems. You have doctors and other health care providers appointments, prescription pick up, medication schedule and monitoring for adverse reactions, and patient education (becoming informed about your treatment plan).

Everyone can benefit from words of wisdom by adhering to the Serenity Pray: Accept the things I cannot change. Courage to change the things I can. Wisdom to know the difference.

RESOURCES(For a list of Resources, and associated footnotes, please see the website: westsideobserver.com/ health.html)

REMINDER: MEDICARE OPEN ENROLLMENT OCTOBER 15 – DECEMBER 7, 2018

Anise J. Matteson is a retired Registered Health Information Technician and writer of reference books for seniors, including excerpt from Who Takes Care Of The Caregiver? Stress - Diet - Exercise (©2003) referred to in this article. Information is educational only. For medical questions and advice, contact your physician and/or health care professionals.











By Julie Casson

Money Matters By Brandon Miller

Invest Like a Girl (That's a Compliment!)

favorite taunt of schoolyard bullies trying to bolster their fragile egos is to tell other boys that they do something "like a girl"—as if that was the worst insult in the world. The truth is, we could all benefit from doing a lot more things the way women get them done.

women really are better investors than behold, patience is exactly what's needed men, and that's demonstrated in study for the buy-and-hold strategy stressed by after study. Research from Fidelity Investments in 2017 showed that women earn higher returns than men while taking on less risk—an ideal combination. They also found that women save more then men, which is good because they probably earn

These findings are supported by a 2016 paper from Australian economics professors, a 2015 study from a computerized portfolio management company, and all the way back to a 2001 scholarly article that found women earned 1.4% more in annual risk-adjusted net returns than men.

So what's their secret?

Turns out, some of the traits we think of as inherently feminine are perfectly suited to successful investing. Which means employing women's strategies—whether you're a he, she or they—can potentially help you yield better investment results.

What Women Do Right When They Invest

- Save more. The best thing women do for themselves as investors is put aside more of their earnings than men generally do. The Fidelity Investments study shows that women contribute an average of 9% of their paychecks into workplace retirement accounts vs. an average 8.6% for their male counterparts. Outside of the workplace — IRAs and brokerage accounts for example — the average percentages are 12.4% for women vs. 11.6% for men. At first glance these percentages may seem small. But with the miracle of compounding, over many years, these fractions can add up to hundreds of thousands of extra dollars.
- Focus on goals. Perhaps women save more because they tend to view investing as a way to accomplish life goals for themselves and/or their families. Men too often view investing as a competition, a perpetual game of "beating" the market. Rather than make investing decisions based on whether they advance life goals, too many men resort to that stereotypical male trait of focusing on performance. And my, my, my that can lead to bad decisions.
- Take less risk. Another trait that works in their favor for investing is that women are generally more risk-averse than men. Trying to maximize the efficiency of their investments, women are apt to use an assetallocation strategy—just as every financial professional suggests. Women are particularly drawn to target funds, which manage risk based on when you need the money.

And then there are men. Overconfidence often leads them to take on more risk than is appropriate for their circumstances, or is needed to achieve similar results. They're also more prone to commit that financial sin of chasing returns, often watching their "sure things" and "best" investments fizzle out months after buying.

• Buy and hold. Patience is most often considered a feminine virtue, perhaps because you have to be highly patient to choose to sacrifice your body for nine

Police Report (Cont. from p. 8)

treatment.

Battery

Investing is one of those areas. Yes, months to welcome new life. But lo and financial professionals.

Men, well, need I bring up that competition thing again? "Hey, how can you beat the market if you don't buy and sell?" may explain why the Fidelity Investments study found that men are 35% more likely to make trades than women. This can lead to higher fees and a lower return, which is obviously no one's goal.

• Admit they don't know it all. We could call this the "women will stop and ask for directions" trait. I hate to keep beating the same drum, but male overconfidence can also be blamed for men's tendency to plunge in and buy or sell something without always understanding if it actually benefits them. Women are more apt to ask questions, do research, and consult with friends and professionals before making

What I'm trying to emphasize is that, if you want to pump up your portfolio, it might be smart to get in touch with your feminine side, regardless of how butch you consider yourself. In a nutshell, you'll probably benefit from taking a long-term view, saving more, and trading less-just like women do.

Sources:

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Brad M. Barber and Terrance Odean, Boys Will Be Boys: Gender, Overconfidence, and Common Stock Investment, Quarterly Journal of Economics, February 2001.

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Responding officers investigated a stationary auto in a middle lane of traffic. person started shooting at him. The victim The subject was reportedly unconscious then transported himself to a hospital for (by the SFFD who had arrived earlier.) Observing that the car was in neutral they made a search revealing a large bag if cash, black tar heroin and small bags containing The victim said he told two suspects, who pills in the subject's possession. After the were sitting in a vehicle, to stop smoking hospital discharged him, he was arrested. marijuana. When he attempted to walk

Concealed Weapon - Arrested

away a suspect challenged him to a fight 2:11 am | 100 Howth St and tapped him on the head with a cell

An officer was on scene regarding a possible auto boost suspect and located a subject matching the description given. A computer check found an arrest warrant. A search of the subject also located a knife.

Cont. p. 15



FACT: Women are **Better Investors***

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These findings are supported by a 2016 paper from Australian economics professors, a 2015 study from a computerized portfolio management company and all the way back to a 2001 scholarly article that found women earned 1.4% more in annual risk-adjusted- net returns than men. Brio Consultants, LLC, is a Registered Investment Adviser. Investing involves risk and possible loss of principal capital. Advisory services are offered where Brio Consultants, LLC or its representatives are registered or exempted from registration.

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and the suspects left the area. Sunday | September 23

4:35 pm | 100 Cambon Dr

Possession of Heroin for Sale - Arrested

phone. The victim contacted the police

12:15 am | Ocean Ave & Lakewood Ave



🗏 Real Travel By Sergio Nibbi 📃

Eighty-Three and Me

he view from the tail-mounted camera on "Big Bird" gave us great views of our approach and landing at Charles de Gaulle airport as we pondered what we enjoyed more, the amazing Air France A380 double decker flying machine that defies gravity or that delicious gourmet meal. After the usual cocktails we started with pickled quail's eggs and salmon, followed by a rack of lamb with all the trimmings, beautiful desserts and more drinks. Truly a delicious French meal, except this one was obviously prepared in San Francisco. I wonder if they cater.

Another easy flight. but a slight hiccup

and moments later a text informed us that he had an accident and was not able to be there. Our tired eyes spotted a counter with a great big sign on it, and after a brief conversation with a very helpful young St. Vitus Cathedral, Prague



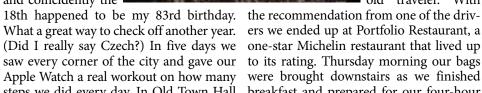
woman she told us to wait here and a driver the armed security guards taking one picwould be here in a minute and sure enough ture after another and yes, we took one Joseph appeared, wheeled our bags to his also. Once inside the huge courtyard we waiting car and away we went without the made our way through security, which was usual standing in line outside, fighting for tighter than going through SFO. We spent a cab. As it turned out Joseph spoke perfect the morning visiting St. Vitus Cathedral, English and after asking him if he had time the Old Royal Place, Basilica of St. George

to give us a quick tour of Prague he spend the next hour driving by all the major tour-"must see" spots. It's amazing how much we saw in that little time and how nice he

Our hotel, the Art Deco Impe-

rial Hotel, was in a perfect location, close to were asked to follow the waiter where he the main train station and an easy 15-min- escorted us to the kitchen area and proute walk to Old Town. After a two-night ceeded to lift the lids to the various pots stay on our own, our "Gems of the Dan- showing us the specials of the day. A great ube with Prague" cruise on Scenic's Amber meal followed, and certainly a first for us.

in Prague as part of the cruise package. With a total of five days to sightsee, we got a great feel for this beautiful ancient city, packed with wall to wall tourists at the time. We arrived on Saturday the 15th and coincidently the



steps we did every day. In Old Town Hall breakfast and prepared for our four-hour

After a two hour layover in Paris, we we visited the Astronomical Clock, which boarded another but smaller Air France was covered with tarps and under repair. plane for a 90 minute hop to Prague. But we did make our way to the 3rd floor and bought tickets to the small, round when we arrived. The driver that was elevator that took us to the very top of the scheduled to pick us up pulled a no-show, Town Hall's tower where we enjoyed the

> spectacular views of the entire city as well as the twin Gothic towers of the Tyn Church.

> An early morntaxi ride brought us to Castle Prague where we watched tourist after tourist stand next to

and various other before exhibits crashing for lunch. The restaurant off the entrance to the square had great dining outside areas. After sitting down, drinks were ordered. When we asked for the menu we

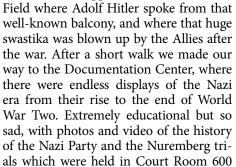
started with the first three days being spent Another must see was the Charles Bridge,

and again there were hordes of tourists as we crossed, admired all the statutes on either side before heading back to our hotel.

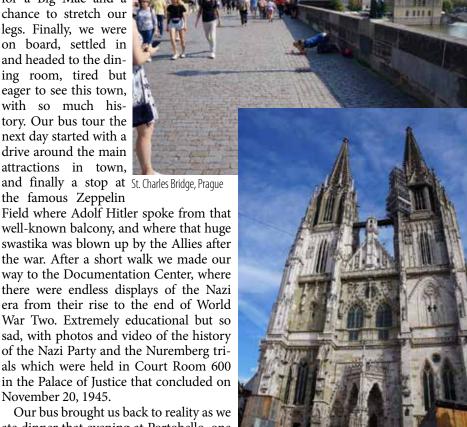
That evening was the birthday bash for this poor, tired old traveler. With

ride to Nuremberg. A pit stop along the way gave us enough time for a Big Mac and a chance to stretch our legs. Finally, we were on board, settled in and headed to the dining room, tired but eager to see this town, with so much history. Our bus tour the next day started with a drive around the main attractions in town, and finally a stop at St. Charles Bridge, Prague the famous Zeppelin

November 20, 1945.



Our bus brought us back to reality as we ate dinner that evening at Portobello, one of the specialty restaurants, and had a delicious Italian meal. Our overnight cruise brought us to Regensburg, and after arriving mid-morning we took an escorted walking tour of this beautiful old town. All good so far except the word is coming down that there may not be enough water in the river up ahead to float this boat.



St. Peter's Cathedral in Reagansburg

Worst case, we may have to be bussed to our next stop, Passau and then what? Is our 7-day river cruise turning into a bus trip? Hopefully not.....

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

Dam or Not to Dam? (Cont. from p. 11)

These 'spread and sink' methods can replenish the groundwater basins better

than dams, provide more habitat than dams, save more water than new dams, cost less to build than new dams, and are cheaper and easier to maintain than dams. And last, but certainly not least, they avoid the danger of having a dam collapse and flood out your town.

There is an additional benefit with encouraging groundwater storage. Much of California's existing ground water is suffering from over-pumping. Over-exploitation of groundwater can result in devastating impacts such as salt-water

intrusion into the groundwater and even still a lot to do! compaction and eventual collapse of the aquifer in which it is stored. Both conditions are irreversible.

Farmers in the Central Valley, who are experimenting with groundwater recharge. For example, almond farmers are flooding their fields in the winter; the trees don't seem to mind, and the depletion of california/cnrcc/water the groundwater can be slowed down and, hopefully, eventually reversed.

Both the State and the various groups

who need California's water recognize the problems and are working to come up with new solutions -- without dams. But there is



Yolo Bypass Photo: California Department of Fish and Wildlife

What you can do:

To learn about the range of water issues including groundwater banking - and what you can do to make sure that all Calidepend completely on groundwater, fornians can count on a safe and reliable water future, contact Allen at the Sierra Club California Conservation Committee (CalConsCom) www.sierraclub.org/

> Katherine Howard is a member of the Executive Committee of the SF Group of the Sierra Club.

Police Report (Cont. from p. 14) The subject was arrested.

Battery - Hit and Run Traffic Collision

2:34 am | Junipero Serra Blvd & 19th Ave The victim of a hit-and-run said he pulled behind a car that appeared to be backing up. He began honking to notify him of his proximity and to avoid being struck by the suspect's car. This angered the suspect, who got out and punched the victim in the face several times, then sped off, hitting a tree shortly afterwards. The victim followed him and called the police. After further investigation, the suspect was cited.

Driving Under the Influence of Alcohol - Suspended Driver's License - Arrested 11:14 pm | Capitol Ave & Montana St

When responding officers arrived at a reported hit-and-run, they determined that there were no damages to the victim's car. They stopped the speeding car and observed the driver with obvious signs of intoxication despite a baby, who was asleep

in a car seat. The driver failed a field sobriety test and was arrested.

Monday | September 34

Trespassing - Theft of a Bicycle

1:38 am | 2500 26th Ave

The victim saw a trespasser in the backyard and saw the suspect carrying the his bicycle, attempting to climb over the fence. He unsuccessfully grabbed at his bicycle but the suspect fled with the bicycle.

Wednesday | September 26

Battery - Resisting Officers

4:57 pm | 00 West Portal Ave

The manager of a bar, said the suspect followed a woman into the bar before harassing other women who were already in the bar. The manager told to him leave but responded angrily and spat at the victim and left the bar. When officers found and him, he refused to comply with orders or to provide information. He was cited.

Note: this is an abridged version of the

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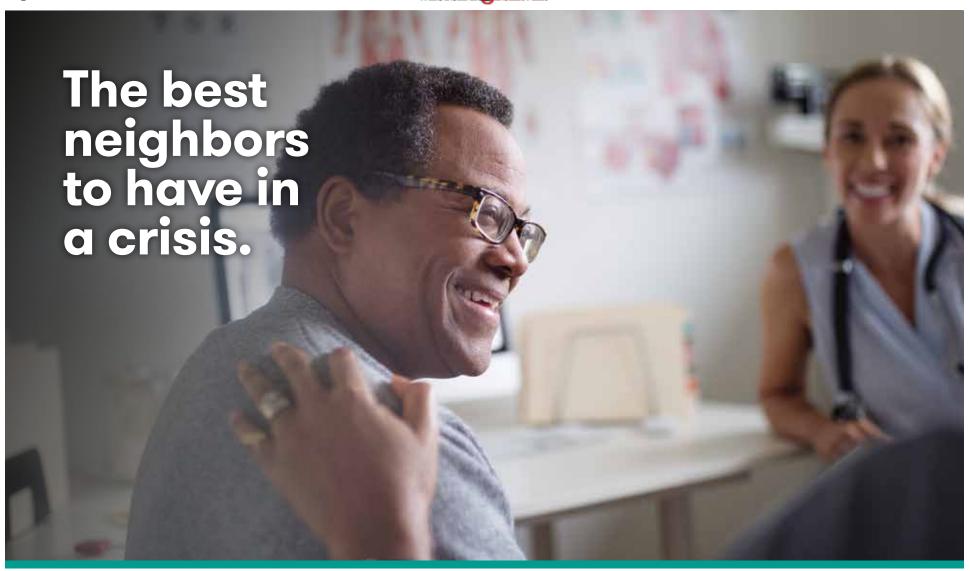


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