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Smiles were rare at the meeting to discuss the future of the Balboa Reservoir (shown on left) Photo above: Jeremy Shaw

“...City officials remained impressively unflappable against the barrage of opinion. A roughly twenty-strong team managed the room of dissenters...”

Public Uneasy at Balboa Reservoir Meeting

By Maya Lakach

At the second meeting of the many that are planned for the 17-acre Balboa Land Trust owned by the SF Public Utilities Commission, the discussion progressed from initial plans to specific ideas. It's been over four months since the community last met with the SF Planning Department and the Public Utilities Commission (SFPUC).

Attitudes toward the development appeared to have made little progress since four months ago, when the last meeting took up the issues. During the discussion in the overcrowded Multipurpose Room at City College, many indignant local residents continuing to bemoan traffic on Plymouth Street and NIMBY (Not In My Backyard) attitudes were plentiful.

As the crowded room's mostly progressive-leaning constituents continued to decry the influx of outsiders into the area, and expressed their worries about the changing social environment, NIMBY seemed to be the word of the hour. The continued use of the phrase, implied a certain self-awareness among the meeting's attendants as many charged the others with self-righteous and impossible-to-please attitudes, — all evidence of the basic disagreement and the futility of the input. And who could blame them?

Amidst the seemingly thousands of newspaper articles on rising housing prices (“we’re the second highest in the country!” “No! Now we’re the highest in the country! “\$3,000 average rate of a room!”), attendees found it hard to remain stoic in the face of what seemed an impossible problem: how to create more housing for every income level while maintaining the character of the City that encouraged such rapid growth.

Of the demands called for by the voters, only market rate housing was meeting the target, low income was around 30%

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Hey City Hall! What's the Game Plan?

By John Farrell

On April 27th I attended a meeting of the West of Twin Peaks Council. District 8 Supervisor Scott Weiner was on hand to speak on several issues. One in particular was the increase in our police force. Currently there are three academy classes going on and they expect the police to be in full force reflecting 1971 mandated full duty officers by 2018. Supervisor Weiner was saying that this staffing level was dated back to the Mayor Diane Feinstein years and believes that more staffing is needed.

Let's look at the full picture. When Police staffing levels were set in the early 1980's the population of our City was approximately 700,000. Today we have over 850,000 residents. Despite the rapid growth in our City's cost of living, the population is projected to increase to 1 million over the next 15 years or much sooner. There is a direct correlation between increased population and police needed, as well as fire and other City services.

First off, what is the City's strategy to achieve this 1 million population growth? We have an aging infrastructure and our transit system needs to be addressed. Muni needs \$10 billion but the City has only committed \$4 billion, which includes \$500 million from the recent passage of Prop A in November. Traffic downtown is horrendous. Our Homeless program is mediocre. The Planning Department is understaffed and backlogged 18 months. We are in drastic need of affordable housing. Panhandling is an epidemic. Buildings are going up like crazy but our infrastructure and water are at risk. Should I go on?

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Best of the Net: www.48hills.org

Violence and Intimidation at the DCCC?

I didn't see it, and I was there

By Tim Redmond

The Chron's story, by a reporter who wasn't there, presents a very misleading picture of how people expressed their feelings on the Mission Moratorium

Protesters chant "shame" (while Examiner reporter Joe Fitzgerald Rodriguez videos the scene) — but I didn't see anyone acting violent or intimidating

I am, I have to say, a bit boggled by a story that ran in this morning's Chron. The report made it sound as if the Democratic County Central Committee meeting on the Mission Moratorium was a near-riot, with supporters of the Campos measure threatening and shoving the committee members who didn't vote with them:

Campos' frequent sparring partner on the Board of Supervisors, Scott Wiener, described the moratorium supporters as scary. "It was going well beyond passionate advocacy and attempting to intimidate and silence people who oppose the moratorium."

"Some of them got in my face," he added. "I had a concern I was going to be assaulted."

By the end of the night, one committee member said she had been assaulted.

Leah Pimentel said the meeting had ended minutes earlier when she felt someone shoving her. Pimentel said the person — who she identified as Rosario Cervantes, a consumer affairs representative at the California Public Utilities Commission — told her, "you've shown your true colors."

I was there. The Chron reporter, Emily Green, wasn't. And I didn't see anything remotely resembling what Wiener and Pimentel complained about.

Neither did any of the folks I talked to who were at the meeting with me.

"We were chanting 'shame' at the end, but I didn't see anyone push or attack anyone," Tommi Avicolti Mecca, who was among the leaders of the movement in favor of the moratorium. "It was a pretty typical San Francisco political meeting."

There are strong feelings on both sides of this issue. Both sides showed up at the meeting. Both sides applauded when their speakers made points, and both sides made noises when the other side spoke.



The chair, Mary Jung, had to keep reminding people not to make noise when others were speaking.

If you've been to contested hearings at the Board of Supes, that's pretty standard practice. And it's not surprising that there's so much passion and even anger in the air — people who live in the Mission are seeing the fabric of their community literally ripped apart by displacement and speculation.

This has been going on for several years now — and it's not surprising that a lot of people believe City Hall doesn't see it as a crisis and has been ignoring the disaster that just keeps escalating.

The difference between the board and the DCCC is that the supes operate from behind a railing, and leave through a back door. At the DCCC, the elected members and the crowd have to exit together, through a fairly narrow doorway.

So the people who voted with the developers and the people from the Mission who are terrified of what is happening to their neighborhood were all forced together for a few minutes.

Wiener told me:

"As I was walking off the stage and out of the auditorium, a number of the moratorium supporters crowded around me and made it pretty hard for me to even get out of the room. I was definitely concerned that I was going to be assaulted. After I left the building, a few of them followed me down the empty street for a block or so screaming at me."

I don't know what happened to Leah Pimentel. I didn't see it happen. I've tried to get the police report from SFPD public affairs, but I haven't heard back.

I know that I didn't see any police arrive on the

Cont. p. 9



Residents join union picket line at Parkmerced

Parkmerced Weakens Prop M

By Glenn Rogers, PLA

Last August, the First District Court of Appeals issued its decision in favor of Parkmerced development interests in the case *San Francisco Tomorrow et al. vs. the City and County of San Francisco et al.* Now that decision has been upheld. At issue in the case is the fate of Parkmerced, the serene mid-twentieth-century neighborhood that is a San Francisco landmark. Developers, along with City and County politicians, propose to demolish Parkmerced and replace most of its existing 3,221 residences with 8,900 housing units.

Parkmerced in the Future:

When the project, which currently houses about 8,000 residents, is completed in 2040, an additional 14,000 people will be living in the 152-acre neighborhood. Units that are currently rent-controlled will stay that way, but new units will be rented or sold at market rate. The rebuilt Parkmerced will have a maximum of 3,200 rent-controlled units, the same number it has today. The Court stated it will not limit San Francisco growth because of a lack of, or because of a poorly designed, transportation system. The decision cited as a precedent, from a Los Angeles court case, is perhaps not unrelated to the traffic gridlock present there today.

What Proposition M Looks Like:

In 1986, as well as today, San Francisco was in the middle of a real estate boom. Citizens here decided that there was a need to limit growth in San Francisco and so Proposition M came to pass. The language of Proposition M was adopted into Planning Code Sec.1 01 .1, requiring that the City adhere to eight “Priority Policies” of the Master Plan when it approves projects, covering issues such as promoting existing neighborhood businesses, providing and preserving affordable housing, solving commuter congestion, providing blue collar jobs, preserving historic buildings and neighborhoods, protecting open space, and lastly, promoting earthquake safety.

There were three aspects of Proposition M considered to be fundamental to a successful growth strategy. First, there should be a correct relationship between new office space and housing for the projected new work force; secondly, there should be adequate transportation for them; and lastly, there should be a cap on the amount of office space built in one year. Mayor Feinstein believed, as does Mayor Lee today, that allowing a

“When the project, which currently houses about 8,000 residents, is completed in 2040, an additional 14,000 people will be living in the 152-acre neighborhood.”

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building boom to occur would be desirable for the economy. A referendum petition gained enough signatures but the measure was put on the ballot by four Supervisors instead. Although the eight guidelines were regularly ignored, a cap of 875,000 square feet a year on office construction remained inviolate until recently.

Proposition M a Success:

Proposition M curtailed a serious real-estate collapse in the early 1990s, after the savings and loan institutions created a building boom. Houston, Boston and other cities faced a financial backlash due to surplus office space unable to be rented. San Francisco was hit by the same recession, but since its economy was more diverse, it weathered the recession better.

Growth, a Recipe for Success or Failure?

This January, the City announced its draft income report for 2014, which was substantially up from the year before. However, the bad news is that the \$8.6 billion budget nearly matches its expenses being spent in unfunded retiree health care liability (\$3.9 billion) and in unfunded pension liability (\$3.9 billion). A large sum of revenue came from property taxes (\$1.2 billion). In San Francisco and elsewhere, luxury condominiums can sell for up to \$20 million each; if there are 50 condos in one building, the taxes generated can be as high as \$11.4 million in one structure. (\$20 million X 50 X 1.14%). This solution of building wealthy condominiums, where few people live, causing a minimum impact on growth and mass transit, seems harmless enough, until you realize that market rate housing is the predominant type of construction in San Francisco, representing 200% of the total growth in one sector. This means construction for market rate housing satisfies all of the needs of this sector, then builds another 100% on top of that! When it comes to

low income housing, 50% of the total housing needs are being met. This is because federal dollars match private dollars in the construction of this type of housing. Where real difficulty occurs is satisfying the housing needs for middle class citizens in San Francisco. With no matching funds, and a smaller profit margin to excite developers’ interest, only 30% of the housing needs for middle class families are being met.

We ask you, the public, to make a difference and change the discussion from unfettered growth, to a “quality of life” issue here in San Francisco. We ask you to support a strengthening of the language of Proposition M, either by voting for a referendum, or asking your Supervisor to support this measure.

Glenn Rogers, PLA, Landscape Architect lives and works in District 7



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airbnb

Belong Anywhere



Ruminations From a Former Supervisor By Quentin Kopp



Henry Ward Beecher, in a sermon on December 3, 1882, presciently stated: “Any law that takes hold of a man’s daily life cannot prevail in a community, unless the vast majority of the community are actively in favor of it. The laws that are the most operative are the laws that protect life.” Some might characterize that statement as a truism. So be it. It still reflects the lessons of experience and morality.

“The result is preordained by the District Attorney’s decision to upstage the Police Commission, the Chief of Police, the Bureau of Internal Affairs, and even the Mayor. Yet, not a single member of the Police Commission possesses the independence and integrity to object, let alone comment, on such interference and self-aggrandizing by this district attorney, who also faces the voters November 3rd.

In a decade which features constant denunciation of those who protect us from the criminal, pertinent news is regularly distorted by elected officials and so-called “activists.” (That, incidentally, is one of several lazy, contemporary media words which deserve a holiday. Regular participation in civic issues should not an “activist” make!) San Francisco, unsurprisingly, reflects the excessive use of unelected committees, with members not sworn to protect life, as experts and arbiters of law enforcement conduct.

Two months ago, in the aftermath of allegations of San Francisco sheriff’s deputies encouraging, even compelling, county jail prisoners to assault each other, a daily San Francisco newspaper reporter claimed a rising movement existed to establish yet another “civilian” San Francisco committee, this one to advise and probably order the elected San Francisco Sheriff and such department how and in what manner to execute its duties. It doesn’t matter that the Sheriff is elected by San Francisco voters and can be turned out of office by those same voters if he or she is incompetent. As I reminded readers last month, in the 1970s the Board of Supervisors and then-Mayor allowed the establishment of the Office of Citizen Complaints to issue pronouncements about behavior of San Francisco police officers who function under direction of a Chief of Police selected by a five-member Police Commission answerable to the elected mayor, and to some different degree, elected Board of Supervisors members. The Office of Citizen Complaints usually duplicates efforts of the Police Commission and now contains a staff of 35, spending approximately \$5,162,717 just this fiscal year as part of an ever-swelling City budget.

Coincidentally, the incumbent Sheriff is running for reelection on November 3, 2015. Two other candidates, including the former Chief Deputy Sheriff, who has retired, will contest his reelection. If voters believe the incumbent Sheriff incompetent, they can act accordingly in five months with their ballots. They don’t need a costly committee to decide whether the Sheriff should be deposed.

Similarly, last month the San Francisco District Attorney, a man without any criminal trial personal experience as a lawyer, after announcing in April he would investigate San Francisco police officer bias, decided to appoint three retired judges to constitute his means of interfering and usurping the Chief of Police, the Police Commission, and even the limp Office of Citizen Complaints.

He selected three non-San Francisco judges. Let me tell you about them. One is a one-time California Supreme Court Justice, Cruz Reynoso. He is a pronounced liberal from Southern California who has the distinction of being one of only three California Supreme Court Justices ever recalled from office by California voters. That was in 1986. A second appointee is a one-time Santa Clara County Superior Court Judge, described in some circles as a “feminist” who, while a Superior Court Judge, openly opposed the so-called “three-strikes law” adopted by California voters fed up with repeat criminals in 1994. She resigned as leader of the Sierra

Club’s vaunted Legal Defense Fund on the grounds of inadequate effort for minorities affected by environmental matters. Astonishingly, she was appointed later as San Jose’s Auditor of Police, denying bias against police officers. (I don’t believe it!) The third is a former U.S. District Judge in Los Angeles who three years ago as a member of the Los Angeles County Citizens’ Commission on Jail Violence condemned the Los Angeles Sheriff’s Department.

If you’re a San Francisco police officer, do you rest easy with a prosecutor who chooses three well-known historical adversaries of police officers to investigate bias in San Francisco police officers by reviewing thousands of arrests and decide whether such arrests culminated in unjustified convictions? Their report could even result in guilty criminals, whom these three “worthies” believe were convicted by reason of bias, being released from confinement after sentencing! The result is preordained by the District Attorney’s decision to upstage the Police Commission, the Chief of Police, the Bureau of Internal Affairs, and even the Mayor. Yet, not a single member of the Police Commission possesses the independence and integrity to object, let alone comment, on such interference and self-aggrandizing by this district attorney, who also faces the voters November 3rd.

More than 35 years ago, as a Board of Supervisors member, I advocated that all negotiations of city employees’ collective bargaining agreements be conducted publicly, and not behind closed doors. That concept had been advocated by a Yale Law School Professor of Labor Law who had been a law school classmate of mine. The concept should apply to all government worker labor contracts. (Note that the Bureau of Economic Analysis found that pay of public employees nationally has increased 21% over the past 15 years, while private employee pay has risen only 9% in the same period.) My Board of Supervisors colleagues, with the exception of John Barbagelata, rejected the notion.

Times, however, are changing. In April, Idaho enacted a law requiring public negotiations of all state labor contracts. Colorado passed a similar bill for public school district contract negotiations. Similar laws are pending in Washington and Pennsylvania. Pennsylvania’s Senate passed a bill, which requires independent cost estimates of state government employee union contracts be publicly disclosed before adoption. A second measure requires state public employee union contracts to be placed on government websites at least two weeks before gubernatorial ratification. A similar bill has been passed by the Nevada legislature. The *Wall Street Journal* reports that 12 states provide some degree of public access to public employee union negotiations. Public employee union officials in Pennsylvania have denounced such laws as “anti-labor, anti-worker legislation.” But, the Albuquerque Teachers Federation supports public contract meetings on the theory it enables the public to better understand the positions of the teachers union. There’s no question that conduct of collective bargaining

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WEST OF TWIN PEAKS CENTRAL COUNCIL By Doug Comstock



Mayor Ed Lee listens carefully

Due to Memorial Day on the regular meeting time (the last Monday of the month) this May meeting was held on June 1st. June 1st is also the day the Mayor submits the budget and Mayor Edwin Lee appeared at the Council meeting to present a synopsis of the “No Cuts” budget. District 4 Supervisor Katy Tang and District 7 Supervisor Norman Yee also appeared and spent most of their time defending their position on **AirBnb** (Tang voted for it—Yee voted against) before a crowd that was obviously opposed to the measure. Lt. James Aherne brought an update on public safety from the Taraval Police Station.

Mayor Lee explained that the budget is now for two years, and that capital planning is a five-year process. “This is the first ‘No Cuts’ budget in a long time,” he said. Highlights included the addition

of **400 police officers** to bring the numbers up to the required strength. There will also be more **firefighters** and **paramedics** and **dispatchers**. The goal is to bring a paramedic to every firehouse, “more of the **911** calls are not so much about fires as they are about people with all kinds of health issues.” The police are also resurrecting the **Cadet Program** that hires just-graduated students to go through a training to prepare them for the Police Academy. Increased spending on **chronic homelessness**, especially Vets. Other increases included arts, senior homecare, and children and families. He stressed the **philanthropic donations** that SF’s many new businesses are making and that the City is matching funds in these areas.

He listed the main business forces in SF as: 1. Healthcare, 2. Tourism and Conventions, 3. Technology, and 4. Manufacturing, especially in the fashion industry. “All these forces have contributed to our 3.4% unemployment rate,” he said. He stressed also the increases to build more affordable housing along the transit corridors, and his hopes for increases in areas like the **290 acres** that



Supervisor Katy Tang faced an unappreciative crowd. Her vote on AirBnb took some ‘splainin’

the Navy has turned over in Hunters Point. He announced that he will be presenting a **\$250 million bond** for affordable housing measure to the November ballot, and he encouraged everyone to vote for it. He also announced the addition of \$48 million for new busses and trolleys to improve transit. He fended questions about affordable housing, Balboa Reservoir, AirBnb, gridlock, vehicle license fees and speed cameras.

Supervisor Tang announced the goal of **1000 additional residential units** in District 4’s transit corridors and that Muni improvements are the subject of focus groups. But when she turned to the audience for questions, it was clear that **AirBnb** and her support for it was the current focus of the group. She said that she would support enforcement amendments that would keep it from becoming a problem.



“Gotta have six votes” Supervisor Yee laments

Supervisor Yee spent his time talking about the amendments he would like to bring to the **AirBnb** legislation, noting that he needed six votes to get anything passed. He detailed his wish to amend the listings of property to **require a permit** which would be subject hearings if it is requested by any neighborhood organization. With regard to the current **petition that is circulating**, he said he hadn’t read the complete text, but if it is the toughest limitation available, he would support it.

Lieutenant Aherne announced that Taraval Station’s Captain Lum had been transferred to the Airport and that the new Captain, Denise Flaherty (Denise.Flaherty@sfgov.org) would assume his duties. In response to a question, he accounted the rising crime rates as an effect of **AB109** and **Prop 47** as well as the population growth. “There are just a lot more people out there to commit crimes.”

The internal business matters were dispensed with since quickly as the 9 O’clock hour approached. The reports were from-Treasurer Carolyn Squeri and the Nominating Committee’s Dave Bisho said that he would ask the current officers to continue for the next year. President Roger Ritter noted that nominations would still be open at the next meeting and that anyone wishing to serve should be encouraged to step up.



Lt. Aherne had some good news and some not so much

The next meeting of the West of Twin Peaks Central Council will be at 7:30 pm on June 22nd at the Forest Hill Clubhouse, 381 Magellan Ave. Next month, we hope Mitch Bull will kick the flu and be back to bring you the play-by-play. Get well Mitch!

Commentary

Drought 101 for SF

The state may be sucking dry winds, but San Francisco is in a relatively good place in this drought. We have the Hetch Hetchy water system, and we have conserved early on.

Most of the Hetchy watershed is above eight thousand feet in elevation. This means that we have snow pack. Our water officials call the snow pack “pathetic” this year, but there is some. News flashes braying “no snow” are based on watersheds that are lower in elevation than ours. It is expected that the Hetchy reservoir will be close to 100% full on the fourth of July.

San Franciscans have reduced usage to lows that are envied. Residents are using less than forty-five gallons per person per day. And we accomplished this feat last year.

Consequently, San Franciscans are not being asked to greatly reduce this year. We need to do a little better. Profligate jurisdictions are being asked to reduce thirty-five percent.

How is San Francisco to accomplish this year's drought goals? Here's the plan; it could change: • Retail customers to reduce use by 10% (last year residential use was down about 8%); • Reduce irrigation use by a higher amount (25%) with excess use charges for non-compliance; • Potentially suspend flow factor reductions for sewer rates; • Target a subset of our biggest users for focused water use reduction. This would include universities and other big users, especially where they have not used our conservation services; • Implement leak identification and repair programs; • Public outreach campaign by SFPUC targeted to begin around June 1.

San Francisco's wonderful water system has about three years supply in storage. It is said that the state has a one year supply stored.

While we don't want to be complacent, as a much longer drought than usual could befall the state, we San Franciscans should celebrate our diligence and our luck in having an amazing water system.

Ten-year Capital Plan

Attempting to look ahead and plan ahead, the City makes a ten-year plan for capital improvements. What's in the latest plan?¹

Over the past nine years SF has spent \$13 billion on capital work. Over the next ten it plans to spend \$32 billion; in addition, \$3.6 of need is recognized but deferred. Of the planned spending, 43% is on transportation, 30% is infrastructure (sewer, water, power, etc.), 13% is on economic and neighborhood development, with less than ten percent each for health and human services, safety, and recreation-culture-education-government.



If there are 835,000 San Franciscans, and ignoring population increase, SF plans to spend about \$38,000 per resident over the next ten years on capital projects.

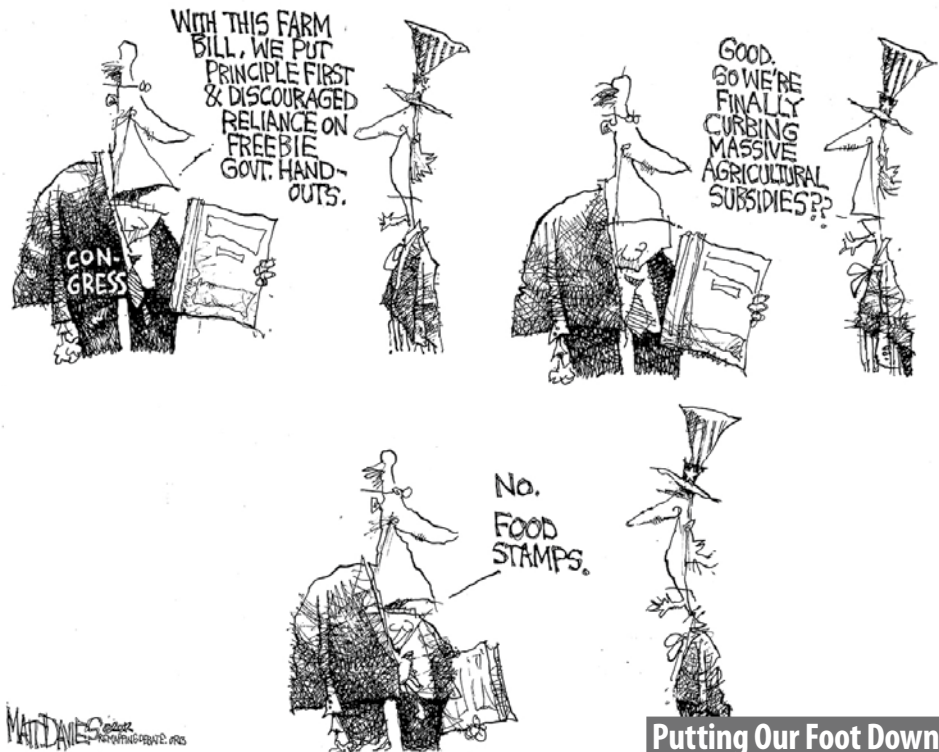
One surprise is affordable housing. Once upon a time housing was provided by the private market (oh, say it: developers). Then the City made that more and more difficult. So today only the City can provide (drum roll here) affordable housing. Almost every election voters are asked to vote favoring affordable housing. This upcoming election it's a \$250 million bond on the November ballot. (Might end up higher, if Supes can jack up the dollar amount.) Two point seven billion dollars of public money is planned to be spent on affordable housing in the upcoming twenty years, and \$1.2 billion is to be spent funding housing subsidies over thirty years. (Subsidies, by the way, serve a “middle-income” couple earning up to \$140,000 a year.) Plans are to rehabilitate housing, and reorganize, shifting ownership to nonprofits.

But when one tries to find out what the Mayor's Office of Housing plans to do with the next chunk of change, \$250 million, well good luck. The Mayor's Office's presentation to the city Capital Planning Commission is incomprehensible, and contains errors of simple arithmetic. Such presentations have become SOP with the city. Those subjected to the presentation are not supposed to understand; they are supposed to be (and are) cowed.

Proponents will say that the General Obligation Bond Oversight Committee will ensure proper spending. Don't believe it. Such committees are filled with sycophants who spin their wheels a few times a year for show. They are there so that you can be falsely assured.

But, hey, affordable housing is needed, right? And greedy developers want to make a profit, god-forbid, plus they have failed to provide much housing—no little thanks to over-regulation and restriction by the city. So let's see what City Hall can do. Who knows, our \$250 million, along with more than ten times more upcoming, might not be frittered away. And if it is, surely our intentions were good. We believe that the City will be able to spend to solve our housing shortage and affordability crisis, don't we?

Steve Lawrence is a Westside resident and SF Public Utility Commission stalwart. Feedback: lawrence@westsideobserver.com
1. onesanfrancisco.org/wp-content/uploads/Complete-CapitalPlan_Final2.pdf.



My 2¢ • Will Durst © 2015

THIS WEEK IN POLY TICKS.

And now for your weekly update in the world of poly ticks.

Run for your lives, people, because it's complete chaos out there. In the pre- summer rush to wrangle positive press: current presidential candidates, potential presidential candidates, former presidential candidates, former presidents, and current presidents viciously competing for track space in a freakish spectacle of careening into walls and spinning out of control like souped-up bumper cars during a power surge. To say it is not a pretty sight is similar to intimating that encountering hot oily transmission parts in the bowels of your sleeping bag is not an optimal proposition.

Here's a sampling of the carnage that occurred over the past week:

- Jeb Bush managed to give 5 different answers to the single question, “If you knew what you know now, would you have invaded Iraq?” The former governor of Florida ran the gamut from “indeedie do” to “didn't understand the question” to “is Iraq the one with the Pyramids?” to “not by the hair of my chinny- chin- chin,” which was criticized by family members as a thoughtless slur aimed at Barbara Bush, especially so close to Mother's Day.

- Rick Perry answered the same question with a resounding “no” even though it has yet to be determined whether anybody asked.

- That other Bush boy, George W, gave a commencement address at SMU wherein he exhorted C students to not despair, because they too could lead a country into two useless wars and the brink of bankruptcy. Laughter and applause ensued.

- Mike Huckabee defended a member of the extremely fertile Duggar family for the youthful indiscretion of child molestation because apparently the Bible says all white male heterosexual Christians deserve a second chance. Gays and women, not so much.

- Chris Christie was hailed for finally disproving that whole “too big to fail” theory.

- Hillary Clinton deigned to speak to the press after not taking questions for almost a month. Highly unusual for a non-incumbent to run a Rose Garden Strategy, but she does know where it is.

- The questions were in response to the State Department releasing a load of her emails, but it is generally acknowledged

that as far as Benghazi is concerned, there were no smoking guns. Not even a slightly tepid fireplace poker. A sultry cat-o' nine-tails, maybe. But that could be left over from a conjugal visit with Bill.

- Lindsay Graham told CBS's “Good Morning” he will announce whether he'll run for President on June 1st then said “I'm running because I think the world is falling apart.” Sort of ruining the surprise.

- Graham will become the 7th Republican to announce his candidacy, which means the GOP is that much closer to achieving its goal of matching each voter with his or her own individual candidate.

- In a charity boxing match that raised over a million dollars, Mitt Romney went 2 rounds with Evander Holyfield, making some psychologists suggest his predilection for getting beaten by African American men borders on the pathological.

- President Obama posted on his new Twitter account. His profile reads, “Dad, husband and President of the United States.” A disconcerting indication of where we stand.

And with 70 weeks before the election, you might want to fasten your seat belts. It's going to be a bumpy ride.

Will Durst is an award- winning, nationally acclaimed comic. Go to willdurst.com for info about the documentary, “3 Still Standing” screening at the Mendocino Film Festival May 29 & 30. Also for calendar listings featuring future appearances such as his new one-man show, “BoomeRaging: From LSD to OMG” on June 5 & 6th at the Belrose Theatre in San Raphael. thebelrose.com. For a sample, <https://www.youtube.com/watch?v=HCMU8TnYBqg>

Letters to the Editor

Land at Laguna Honda

I love my Westside Observer paper — but, a subject you seem reluctant to carry is why all the vacant land on the Laguna Honda Campus is not being discussed as available for moderate income housing? You seem very focused on the Balboa Reservoir site with your coverage — is that because it is located in a lower income area where the residents have less political clout — I surely hope not as the Laguna Honda site is located at a Transit Hub and would make an excellent multi-family housing site. Please investigate why that site hasn't been put forward by the City as potentially available for high density housing.

Bill Pomeranz, Managing Director, Cain Brothers & Co.

Not Cafeteria Catholics

Mr. Hall needs to realize that Roman Catholics are no longer the descendants of Druids from Gallia Celtica blindly following St. Pdraig. He'd be wise familiarize himself with the teachings of the Roman Catholic Church. Most specifically with

respect to conscience and the requirement to follow one's conscience. (Catholicism Anyone? Westside Observer, May 2015)

Fr. McGuire's Baltimore Catechism is insufficient for educated Catholics. I am a practicing Roman Catholic (I go to church, read contemporary Catholic Books, practice my faith — not in fear of going to hell but to thank my God for what I have) and they of the open letter do represent me.

Suggesting we, who do not agree with him should work from within the theocracy, makes little sense. You can only work from within if both parties will dialogue honestly. They were flat wrong on Galileo. They may be flatly incorrect about other teachings / interpretations. Many are rules not founded in the teachings - Old or New. They represent interpretations for simplicity in speaking to uneducated converts. Many are for economic necessity and have long been quietly set aside without informing the body of the church e.g., unmarried Priests, living wages that could support a family, women Priests (women were considered chattel - men were making the rules), cremation (the church had land to sell / fill up), being a member of

Cont. p. 8

WESTSIDE OBSERVER

Award Winning News for the Neighborhood — Society of Professional Journalists



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Secret City Attorney Opinion Overturns Prop Q

Detrimental Skilled Nursing Cuts
By Patrick Monette-Shaw

Imagine being admitted to a local private hospital suffering from a stroke, brain injury, or heart attack. As you're recovering, imagine you're told you need 12-day, short-term skilled nursing care to re-learn how to feed, groom, and dress yourself, and to re-learn how to walk safely without falling.

Then imagine being told the hospital is dumping you into a short-or long-term skilled nursing facility out-of-county because there are no skilled nursing beds in San Francisco to provide you with short-or long-term rehabilitation.

You might find yourself wondering how such a scenario developed in the City of St.



Health Commission President Edward Chow

“DPH has adamantly refused to provide historical data on discharges to ... out-of-county facilities since 2003.

It's suspected that the probable significant number of out-of-county discharges would be politically embarrassing to City officials from the Mayor on down, given implications about patient “dumping.”

Francis by just changing up the language required by a City Ordinance, based on an Orwellian secret City Attorney opinion. **Voters Spoke in 1988**

In November 1988 — nearly 30 years ago — San Franciscans were so concerned about private-sector hospital mergers eliminating needed medical services suddenly, without advance notice and without community input, that 16,900 citizen petition signatures qualified “Proposition Q” the *Health Care Community Service Planning Ordinance*, for the ballot, which passed with a resounding 129,257 votes in support — 59.8% of ballots cast.

“Proposition Q” provided that before private hospitals or clinics can eliminate or reduce any healthcare services, they are required to notify San Francisco’s Public Health Commission at least 90 days in advance, and the Health Commission, in turn, is then required to hold two public hearings to evaluate and decide whether the proposed service reductions will or will not have a detrimental impact on provision of healthcare services in the community.

Although an April 29, 2015 Department of Public Health (DPH) memo summarizing projections shows on page 5 that hospital-based skilled nursing facility (SNF) beds (beds affiliated with and operated by private-sector hospitals, as opposed to community-based free-standing SNF units) will have declined from 2,166 beds in 2002 to just 1,240 beds in 2020 — a whopping 42.8% decline and loss of 926 hospital-based SNF beds — the four Prop Q hearings held since 1988 document that the Health Commission has apparently only held hearings on the closure or reduction on a total of 90 of the 926 hospital-based SNF beds lost since 2002.

How did San Francisco lose 43% of its hospital-based SNF beds without adequate Health Commission Prop Q oversight hearings? Isn't that negligence?

According to the Health Commission’s Executive Secretary, the Commission appears to have only held four Prop Q hearings during the past 13 years since 2002.

What About Out-of-County “Patient Dumping” Discharges?

In the Health Commission’s May 5 minutes, Commissioner Chung asked whether discharges to out-of-county SNF’s are common due to a lack of SNF beds in San Francisco. St. Mary’s Ms. Yeant side-stepped a direct answer, saying out-of-county discharges are not ideal.

The Health Commission has an obligation to transparently report just how widespread SNF out-of-county discharges are, and to what types of out-of-county facilities.

As reported in “*The Big Squeeze: Dys-Integration of “Old Friends”*” in the *Westside Observer* in July 2014, out-of-county discharge data is more than likely being collected by San Francisco’s Department of Public Health and San Francisco’s Department of Aging and Adult Services

(DAAS) in a database called *SF GetCare*. Tracking the name of a facility a patient is discharged to and the facility’s location are necessary data elements for post-discharge follow-up.

DPH has adamantly refused to provide historical data on discharges to, or admission “diversions” to, out-of-county facilities since 2003.

It’s suspected that the probable significant number of out-of-county discharges would be politically embarrassing to City officials from the Mayor on down, given implications about patient “dumping.”

DPH and DAAS surely have this out-of-county discharge data, but simply don’t want to provide it. The Health Commission’s current vice-president, Commissioner Singer, formally requested out-of-county discharge data from DPH staff, but was rebuffed, receiving no response.

Sabotaging the Will of Prop Q Voters

Health Commission president Edward Chow may be all too willing to assist in changing what is required of the Health Commission under Prop Q mandates.

Dr. Chow has been involved in the dearth of Prop Q hearings conducted by the Health Commission since 2002, resulting in the loss of the 926 hospital-based SNF beds, with just four Prop Q hearings, during his tenure. Perhaps it’s time the good Dr. Chow be replaced with new blood on the Health Commission.

It is clear from the Health Commission’s May 5 and May 19 hearings on St. Mary’s SNF closure that DPH and the Health Commission are desperately attempting to overturn the intent and will of Prop Q voters, without having to ask those pesky voters to weigh in again on whether Prop Q should now be changed, 27 years later.

First, Director of Public Health Garcia stated at 1:03:45 on the Commission’s May 5 audio tape “Prop Q is from 1988 and it’s not where we are today.” How’s that for chutzpah?

Not to be outdone, Commissioner Chow stated at 1:06:02 on May 5:

“Under Prop Q — because it is from the 80’s, and was focused on facilities — we also indicate that we’re [now] looking more broadly, because it [Prop Q] does say whether or not it [will have detrimental] impacts on care in the community”

Chow went on at 1:06:30 on May 5:

“It might be something we would like to look at in terms of maybe the prop Q itself and working with the [Board of] Supervisors to perhaps have a different approach towards Prop Q [hearings]. Which would be more towards that we should really be concerned about the system [as a whole] rather than discussing whether or not loss of particular beds is going to be detrimental.”

City Attorney Wades In

On May 19, Commissioner Chow suddenly claimed — but had not mentioned on May 5 during the Commission’s first

Cont. p. 18



Photos: Nenita Quijano

Swingout or Breakaway—the Lindy is Back!

By Henry Wong

As a lifelong San Franciscan I am very fond of the many different things to do around just about any corner in this lively city, whether it’s eating, sightseeing, shopping or just people watching.

Living just a block from the Golden Gate Park, it had become a routine for me and my two daughters to ride our bikes every Saturday morning along JFK Boulevard. Sundays were usually reserved for Penny’s swim classes and Chloe’s soccer games. But recently the schedules changed and our bike routine switched to Sunday mornings instead. As it turned out,



venue in San Francisco having recently celebrated their 19th year running on April 27, 2015. They are a group of volunteers that host free outdoor swing dance every Sunday 11:00am-2:00pm, and even have free beginner lessons that start at 12 pm-12:30 pm taught by LitP mem-

this change was ideal for us since many of the streets are closed in the park to traffic on Sundays, which allowing people to go everywhere safely, walking, talking and enjoying all the sights.

On one particular beautiful Sunday riding through the park we suddenly hear the sound of laughter and music drifting among the trees. The sound blends together with the carefree setting so naturally that it draws us closer to investigate. Just down the road heading west from the entrance to the Academy of Sciences we see a group of about 80 people twirling, swinging and bouncing to the rhythm of the music playing from the nearby loud speakers. Many of the dancers are holding hands with their feet tapping and arms swinging in tune with one another, while others were content to dance with no one in particular. The scene is complete with spectators, watching and commenting among a growing crowd of visitors and local residents.

I pull up closer to watch with both my girls and we are amazed at the excitement and apparent joy of the dancers as they skipped along with the beat. The dancers were a mix of young and the not so young. Although some dancers were obviously more skilled than others, they were all definitely having a great time, and to my untrained eyes somehow able to coexist in a choreographed type of confusion. I have seen many different things in San Francisco, but this was the first time I had witnessed Lindy in the Park.

According to their website, Lindy in the Park (LitP) was started in August of 1996 by Chad Kubo and Ken Watanabe, and is the longest running swing dance

ber Hep Jen. The schedule seems to be the only rule, and the only exception to that rule is rain or inclement weather. LitP is inspired by an amazingly energetic dance called Lindy Hop, an American dance that originated in Harlem, New York City, in the 1920s and 1930s and was heavily influenced by the jazz music of that time. It was very popular during the Swing era of the late 1930s and early 1940s. Lindy Hop is sometimes referred to as a street dance, referring to its improvisational and social nature.

The music is very catchy and in no time my two girls were off their bikes and began mimicking the dancers by holding hands and swinging, jumping and swirling in circles. I soon caught myself tapping my feet and nodding my head, so lost in the camaraderie and excitement that I almost forgot to get the girls home in time for lunch. In a city with so much to discover it was a delight to come across Lindy in the Park, which evokes a different time and era, yet is obviously still very relevant to many that appreciate it today. Since that Sunday we always try to find time during our bike rides to stop by Lindy in the Park to take in the spectacle of inspiration that seems to materialize from out of nowhere to capture our attention and imagination.

And for those that can't get enough, there is even Lindy on Thursday nights at the 920 Special; Tuesdays at Swing Central (with a live band); Friday Swing & Lindy Hop Classes at UCSF Millberry Center with Hep Jen; and with LitP co-founder Chad Kubo on Saturdays at the Doghouse.

Henry Wong is a life-long San Franciscan living on the Westside.

Money Matters By Brandon Miller

Reinventing Yourself in Retirement

Retirement offers people a great opportunity to start something new. In addition, life expectancy trends indicate that an increasing number of baby boomers should be prepared for a long life in retirement. While this is good news, it also creates a few things to think about:

- Financial resources may need to extend for a retirement that could last two-to-three decades or longer
- Healthy, vibrant individuals may not be prepared to “shut down” and enter into a traditional retirement

In light of these dual considerations, it may be time to rethink plans to retire at a traditional age, such as 65. For many, extending work into later life may be necessary to ensure long-term financial security. For others, it may not be a financial necessity as much as a desired lifestyle choice. Those who are healthy and energetic might not be ready to give up on work just yet. What do you do now?

Changing career focus

As you enter your late 50s and early 60s, you may be thinking about what’s next in life. High on the list for many is maintaining a sense of purpose as you grow older. In many cases, continuing to work in some capacity is part of this equation. A number of people view the period approaching and entering retirement from their career as a time to begin a new chapter in their lives.

This may mean reinventing yourself and the role you play as a contributor in the workforce. It requires “out-of-the-box” thinking to determine what you may be suited for that differs from what you’ve already been doing in your career. The range of options at this stage in life may be broader than you think. They include:

- Building on your experience by becoming a consultant for your former employers and others with a similar need
- Taking on a part-time role with your current employer, something that gives you more flexibility to pursue other interests
- Pursuing a long-held dream to start a business, possibly in a field completely different from what you’ve pursued in the past
- Providing your services to benefit organizations and people in a volunteer capacity

Looking for purpose

A developing trend is the desire among many baby boomers who want to keep working to find an occupation that provides an increased sense of purpose in life. Money may not be the prime motivation to keep working. Particularly for those who are more financially secure, the drudgery of the workaday world they may have experienced before can be set aside. Now is a time to seek work that is more engaging and purpose-filled.

Older Americans should not rule out the opportunity to take advantage of their available time to relax as well. Taking time off after spending years dedicated to a career and accumulating wealth is well deserved. It might also give you an opportunity to “re-tool,” reconsider your options and determine the best course of action for the next phase of your life.

The idea of “reinventing yourself” later in life can be a viable option for you. Make sure you have your financial house in order and avoid taking steps that might put your long-term financial security at risk. This can be an exciting time in life full of new opportunity. You’ll want to be certain that any choices you make are consistent with your abilities, energy and financial capabilities.

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

Letters (Cont. from p. 8)

the Masonic Order. The leaders have been disingenuous with the people.

Mr. Hall’s guidance to “find other churches that already exist that might better suit their needs,” only supports his

naivete about Catholicism. We are not Cafeteria Catholics. The PEOPLE are the church.

Jack E. D’Angelo, San Francisco 94132



When Sunshine Casts a Shadow

– David Lee’s Ballot Proposal

By Dr. Maria Rivero and Dr. Derek Kerr

On 4/23/15, long-time Sunshine activists were surprised when “San Franciscans for Open Government 2015” filed a Ballot Initiative to amend the City’s Sunshine Ordinance. It calls for; 1) City public meetings to be live-streamed, 2) enabling the public to testify remotely with translation services, 3) time-certain agendas items if 50 citizens request them. The proposal is spearheaded by David E. Lee, whose political consultant Jim Ross helped craft the measure. Former Supervisor Fiona Ma, who attended the City Hall filing, said; “Too often, we just hear from the same people during meetings, and this will open that up.”

One day before, a supportive *Chronicle* article merely identified David E. Lee, who heads San Franciscans for Open Government, as “a political science instructor” at SF State University. But since 1993 Lee has also been Executive Director of the non-profit Chinese American Voters Education Committee (CAVEC) - the sponsor of this initiative. CAVEC’s mission is to register voters, provide polling services, research voting trends, and work with ethnic media. Its 4-person Board includes Lee and his wife Jing Lee, who is Vice-President. Its Chair is Adrienne Tong, the deputy City attorney assigned to Laguna Honda Hospital, and its Secretary is Sandy Close, Director of New America Media. The Lees own a State Farm Insurance business and a 4-unit rental building in the Richmond. Strangely omitted from the recent *Chronicle* piece was Lee’s controversial run for District 1 Supervisor in 2012.

In 2005 Mayor Newsom appointed Lee to the Recreation & Park Commission as it advanced a privatization agenda. Lee resigned in 2012 to run against Eric Mar for Supervisor in District 1, pointing to former Supervisor Carmen Chu as his role model. Lee got 11,019 votes or 38.6% to Mar’s 53.5%. In this costly clash, \$90 was expended for each Lee vote. According to Ethics Commission data, Lee spent \$320,589 in individual donations and



public matching funds compared to Mar’s \$360,100. The shocker was the cash tsunami from independent expenditure committees that spent \$673,960 for Lee versus \$164,625 for Mar. All told, 68% of the \$994,549 supporting Lee’s campaign came from shadowy special interests compared to 31% of Mar’s \$524,725. Most of Lee’s contributions came from real estate, construction, insurance, banking and corporate interests. Notable Lee backers included attorneys Jim Sutton and Jim Haas, tech investor Ron Conway, “broker” Mel Murphy, banker Dick Kovacevich, real estate magnate Doug Shorestein, and philanthropists Nancy Bechtle, Dede Wilsey, and Roselyne Swig. In 2012, the *Chronicle* endorsed Lee, although his cause was “boosted by a sleazy independent expenditure campaign” funded by the SF Association of Realtors.

Lee’s stewardship of CAVEC has been problematic. CAVEC’s available IRS statements (Form 990) show years of operating deficits, and sharp declines in revenues and assets. Revenues in 2002 exceeded \$475,000. In the 4 years between 2008 and 2011 they averaged \$178,859, plunging to \$82,677 in 2012 and \$18,285 in 2013. Interestingly, CAVEC’s media and research expenses have increased since 2011, while voter registration and education outlays steadily dropped to \$22,780

Cont. p. 16

Happy Pride 2015

Thank you for another year of serving the LGBT community.

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Violence at DCCC? (Cont. from p. 1)

scene. Neither did anyone else I know who was there.

I am told that the police report mentions an 11:17pm call from a woman who said she was pushed. Maybe that happened. Maybe it was accidental – there were a lot of people in a small space. Again, I didn't see it.

My friend Joe Fitzgerald Rodriguez was there reporting for the Examiner. I am pretty sure we were the only reporters in the room.

He took video that shows the end of the meeting. In the video, Wiener walks back to talk to other DCCC members while some activists shout "shame." I see nobody threatening him.

The person in the red jacket, who is at the front of the protest, shouting and gesturing, is Avicolli Mecca. Tommi's loud; he's also a die-hard pacifist who was a conscientious objector in the Vietnam War. Tommi disdains violence.

In fact, he told me that he was watching the crowd pretty carefully because he didn't want to see anything ugly break out. "We were making a lot of noise," he said. "I even had some discussions with the folks from the other side. But I didn't see anything resembling violence."

Kay Karpus Walker, who was at the meeting, told me:

The people chanting were nowhere near Wiener but situated near the front of the seats and near the door. He might have passed through them (as I did) but so did a lot of other people at that time and the group made room to pass. Scary? What a crock. The chanters behaved like the small groups of people who express their anger on the steps of City Hall on a weekly basis. Considering the conditions in the city, they, we, are restrained and behaving in a traditional and time honored manner.

I don't know everyone who was on the scene, but I know a lot of them, and I can't see anyone in that group doing anything violent to anyone.

The video gets messy at the end because there was, in fact, someone following Wiener out the door and down the hall – that was Fitz the reporter. A consummate professional, doing his job. I saw him walk out with Wiener, politely talking to him about housing policy. I saw them standing at the door to the building.

Then I saw Wiener walk away down the street. Some of the activists shouted at him. I saw nobody follow him.

Laura Clark, who is on the board of GrowSF, told me that some of her members were afraid to speak because they felt intimidated. "People have said they felt uncomfortable," she said.

I feel bad about that; everyone in the city has the right to speak at any public hearing, and shouldn't feel intimidated. But honestly, from everything I've ever seen, the folks from the Mission who were at this hearing, and who will be at the Board of Supes Tuesday, are not a violent group.

They are, as I said, upset, scared, angry. But they aren't out in the streets breaking things (all of the very large marches have been peaceful; even the occupation of the Maximus development meeting was peaceful).

Folks: This was not a riot. The people who are complaining are way, way, overreacting.

And the message that gets sent is disturbing. It suggests that supporters of the moratorium (many of them Latino) are somehow thuggish, while the opponents (many of them white) are victims of fear and intimidation.

It wasn't like that. At least, not the meeting I attended.

Tim Redmond is the Editor of 48 Hills.org. He is the former editor of the Bay Guardian. We're proud to feature "The Best of the Net" —stories that are exceptional. To see the video of the event, go to <http://www.48hills.org/2015/05/27/sf-democratic-party-votes-against-the-mission>.

No Bonds Without Real and Independent Oversight

By Brian Browne

The underprivileged of San Francisco are getting big-time relief, according to Mayor Ed Lee, in the form of \$750 million in proposed affordable housing developments. Work is already commenced and well ahead of schedule, as you can see from the workers shown in the picture. It is s most reassuring to see politicians and bureaucrats working hard on "good works" and not the least concerned about their reelection, or subsidizing the financial, consulting, and construction sectors.

The proposed funding will come from \$250 million in general obligation bonds and \$500 million to be issued by the San Francisco Office of Community Investment and Infrastructure.

Ever cognizant of Adam Smith's concern that when people speak of the public good, individuals must concern themselves with their private wellbeing, I believe a thorough monitoring and investigation by a truly independent entity of the financing, development, and allocation of this project must be in place.

To protect these proposed housing units must be in place.

An objective system, untarnished by political favoritism, for allocating these proposed housing units must be in place.

To protect the truly needy in our midst, there must be a strict definition of what constitutes an affordable-housing candidate, and what exactly do they mean by affordable housing. An objective system, untarnished by political favoritism, for allocating these proposed housing units must be in place. Criteria such as "need" must be rigorously defined. Applicants from all walks of life, not just politically connected, must have an equal and unbiased chance of owning or renting one of these units. The criteria for distributing units must be in stone well before any voting on this large public expenditure takes place.

Without a firm and legally



They only have their own actions to thank for people not granting them this huge amount of money with the usual near blank check.

The failed history of oversight commissions and committees to independently check on the financing and expenditure of bonds in San Francisco mandates that these bond monies must not be approved until there is a truly independent bond oversight committee that reports only to the people, and is not controlled by the bureaucrats, financial intermediaries, lobbyists, and politicians.

Without cast-in-stone legal steps that objectively allocate these affordable units, and a real and truly independent oversight entity, a NO vote must be recommended.

Brian Browne was coauthor of 2002 Prop P and former member of the Revenue Bond Oversight Committee it created. Feedback: brian@h2oecon.com

Quentin Kopp (Cont. from p. 5)

openly and publicly is in the public interest. It's good government and common sense, because taxpayers pay those salaries, pensions, and health benefits. Their elected representatives, on the other hand, solicit and receive campaign contributions from the very employee unions whose pay agreements they approve.

Speaking of the November 3 election, voters can pass judgment on a project of the San Francisco Giants called the "Mission Rock Affordable Housing, Parks, Jobs and Historic Preservation Initiative." The initiative is required under Proposition B, adopted by San Francisco voters last year, since it allows construction of buildings on a 28-acre waterfront site that will exceed the present height limit. Since the site is now used as a parking lot, and zoned

only for a park, the height limit is zero. The project includes between 1,000 and 1,950 housing units, mostly rentals, with one-third affordable to low and middle-income households, together with about eight acres of parks, pedestrian plazas, and rehabilitated public piers and wharves. Pier 48 will be renovated. The three housing structures will rise 240 feet each. Obviously, new housing is desirable and the tax benefits through the new businesses, temporary construction jobs, and thousands of new permanent jobs are persuasive of approval. That's why I have endorsed the initiative and have signed the petition to qualify it for the ballot.

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

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Newly appointed Captain Denise Flaherty with ABC News' Cheryl Jennings

Taraval Station's New Captain

Captain Denise Flaherty has just been appointed to head the Taraval Station. It is too close to press time to gather information about the appointment. We understand that Captain Curtis Lam is now at the Airport, the division is not yet known. Our congratulations and best wishes to the new captain, and our gratitude to Captain Curtis Lam.

IRS Scam on the Rise!

There has been a rash of reports about criminals posing as IRS (Internal Revenue Service) agents who are demanding money over the phone!

IRS-Impersonation Telephone Scam

An aggressive and sophisticated phone scam targeting taxpayers, including recent immigrants, has been making the rounds throughout the country. Callers claim to be employees of the IRS, but are not. These con artists can sound convincing when they call. They use fake names and bogus IRS identification badge numbers. They may know a lot about their targets, and they usually alter the caller ID to make it look like the IRS is calling.

Victims are told they owe money to the IRS and it must be paid promptly through a pre-loaded debit card or wire transfer. If the victim refuses to cooperate, they are then threatened with arrest, deportation or suspension of a business or driver's license. In many cases, the caller becomes hostile and insulting.

Or, victims may be told they have a refund due to try to trick them into sharing private information.

If the phone isn't answered, the scammers often leave an "urgent" callback request.

Note that the IRS will never:

- 1) call to demand immediate payment, nor will the agency call about taxes owed without first having mailed you a bill;
- 2) demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe;
- 3) require you to use a specific payment method for your taxes, such as a prepaid debit card;
- 4) ask for credit or debit card numbers over the phone; or
- 5) threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.

Not all crimes are reported in the weekly reports. Reports below are partial excerpts from www.taraval.org

Fri – May 1

Theft

8:54 am • 100 Corona St

A victim had hired movers to help move. She alleged the movers took her belongings while they were moving. They had been told to stay out of one area where her belongings later disappeared.

Suspect #1 – Hispanic male :: 25-30 years

Suspect #2 – Hispanic male :: 25-30 years

Suspect #3 – Hispanic male :: 25-30 years

Suspect #4 – Hispanic male :: 25-30 years

Sat – May 2

Assault-Arrested

9:45 am • 3900 19th Ave

A driver & his passenger were assaulted. The driver was attacked with a chemical spray & an electric shock weapon. The pedestrians got upset when the driver stopped to allow the pedestrians to cross a roadway. The pedestrians were placed under citizen's arrest for assault with weapons. One of the pedestrians was also placed under citizen's arrest for possession of a weapon by a convicted felon.

Vandalism-Trespassing-Arrested

4:29 pm • 100 Majestic Ave

Report of trespassers at a vacated home. The home was on the market for sale. A real estate agent found squatters inside. There was damage to the front door frame. One of them was arrested for trespassing & vandalism.

Theft

4:41 pm • 1500 Sloat Blvd

Two suspects were seen in a recorded surveillance footage grabbing an arm full of merchandise items & exiting without paying for them.

Suspect #1 – Black female :: 20-30 years :: shoulder length black hair :: LSW green

button down shirt, blue jeans

Suspect #2 – Black female :: 20-30 years :: black hair :: LSW light color shirt with a design on front, dark pants.

Sun – May 3

Battery

1:23 pm • Lincoln Wy & 9th Ave

Officers responded to a report of a battery. A vehicle driven by a victim rear ended another vehicle. Six occupants of the vehicle exited & surrounded the victim. The victim gave cash & his insurance card. But the occupants yelled at the victim & then hit him. They also caused damage to victim's property. The suspects then got back in their vehicle & fled.

Suspect 1 – Hispanic male :: brown Hair :: 16-22 years :: 5'01" tall :: 190 Lbs :: LSW white shirt

Suspect 2 – Hispanic male :: brown Hair :: 16-22 years :: 5'01" tall :: 155 Lbs :: LSW white baseball cap, yellow shirt

Suspect 3 – Hispanic male :: 16-22 years

Suspect 4 – Hispanic male :: 16-22 years

Suspect 5 – Hispanic male :: 16-22 years

Suspect 6 – Hispanic male :: 16-22 years.

Tue – May 5

Exhibiting Imitation Weapon -Arrested

2:50 pm • Noriega St & 22nd Ave

A driver & a pedestrian got into an argument. Later the driver went to his outdoor work location. The pedestrian then drove by & pointed a weapon at the driver whom he had argued with earlier. Officers detained the suspect & found the weapon was an imitation. The suspect was placed under citizen's arrest for showing an imitation weapon.

Thu – May 7

Counterfeit Bills

1:40 pm • 3200 20th Ave

A suspect paid with five \$100 bills before

leaving. When the store attempted to deposit the bills, they were found to be counterfeit.

Suspect – Black female :: black Hair :: 30-40 years :: 5'05" tall :: 140 lbs :: LSW gray shirt, sweat pants

Burglary

3:07 pm • 200 Magellan Ave

Officers responded to a report of burglary. Victims were standing in front of their house when their alarm turned on. Upon entry they saw that several panes of glass were broken. They noticed two suspects & a parked vehicle watching them.

Suspect 1 – Hispanic female :: brown hair :: 25-30 years

Suspect 2 – Hispanic male :: brown hair :: 20-25 years

Suspect vehicle – black Nissan sedan

Fri – May 8

Robbery

2:50 pm • Mt Vernon Ave & San Miguel St
A victim was walking home when a suspect stood in front of her with a gun. The suspect demanded her purse & the victim complied. He fled with her purse.

Suspect – Black male :: 20-30 years :: 6'02" tall :: 180 lbs :: brown hair :: LSW black hoodie, dark pants

Mon – May 11

Assault

1:54 pm • Vidal Dr & Higuera Ave

A woman was walking in a crosswalk when an SUV screeched to a stop for her. The driver yelled at her & a dispute erupted. The driver drove the SUV forward, making contact with her numerous times. She did not suffer any injury. The woman got out of the way & the driver fled in his SUV.

Suspect – White male :: 40-50 years :: white hair
Suspect vehicle – black 2001 Ford Explorer Sport

Theft

5:13 pm • 2200 Lincoln Wy

A man was moving out of a residence. He hired movers to help. The man left his unsecured belongings unattended. Upon return they were gone. He alleged one of the movers may be the suspect.

Suspect – White male :: 30-45 years :: 5'06" tall :: 160 lbs :: brown hair :: LSW white jumpsuit, black shoes

Tue – May 12

Residential Burglary

4:51 pm • 400 Plymouth Ave

Officers responded to a report of burglary. A man left his secured home unattended. When he returned home he saw two suspects exit his house. He did not recognize them. They fled on foot. The suspects had pried open the back door, gained entry, burglarized the home, & then fled on foot.

Suspect #1 – Black male :: 20-25 years :: 5'07" tall :: 150 lbs :: black hair :: LSW black shirt, dark pants

Suspect #2 – Black male :: 20-25 years :: 6'00" tall :: 150 lbs :: black hair

Robbery

10:44 pm • 3000 San Jose Ave

Officers responded to a report of activated holdup alarm. A suspect walked into a convenience store & picked up a candy. He brought the candy to a cashier as if to pay for it. When an employee opened the cash register the suspect pulled out a gun & demanded money from the register. The employee complied. The suspect took the money & fled on foot.

Suspect Black male :: 20-30 years :: 5'10" tall :: 165 lbs :: LSW bright orange hat, white T shirt, black hooded sweatshirt, black pants

Wed – May 13

Burglary of Vehicle

2:22 am • 34th Ave & Vicente St

Officers responded to a report of burglary of a vehicle in progress. The suspects were seen fleeing in a getaway vehicle. Officers stopped the vehicle & found stolen property inside. A record check revealed two of the three occupants of the vehicle were on probation. A search of the vehicle revealed burglary tools commonly used to break into cars. They were all arrested for burglary of a vehicle, possession of stolen property, possession of burglary tools, & conspiracy to commit crime.

Vandalism

3:35 pm • 1200 15th Ave

An officer responded to a report of vandalism. He saw a surveillance footage of his neighbor putting super glue inside his deadbolt lock.

Suspect – White male :: 60-70 years :: 5'07" tall :: 160 lbs :: white hair

Theft

8:13 pm • Lincoln Wy & 14th Ave

A woman was walking on sidewalk when a suspect ran up behind her & snatched her purse. He fled on foot with her purse.

Suspect – Asian male :: 20-29 years :: 5'07" tall :: 150 lbs :: shaved head with black hair stubble :: LSW black hoodie, black pants

Sat – May 14

Robbery-Arrested

7:49 pm • 100 West Portal Ave

A suspect took money from a tip jar & concealed them in his bag. When he tried to flee, an employee blocked the exit to prevent his escape. The suspect tried to shove the employee out of the way. Meanwhile another employee grabbed the suspect's bag that contained the money. The suspect then turned his attention to her & tried to hit her. She feared for her safety & let go of the bag. The suspect threw the money down & fled on foot. Officers found the suspect & arrested him for robbery.

Residential Burglary

Reported 10:53 am • 200 Crestlake Dr

Reported 5:49 pm • 2000 17th Ave

Suspect #1 – White male :: 6'03" tall :: red hair :: average build :: LSW plaid shirt

Suspect #2 – White male

Suspect vehicle – red van camper

Fri – May 16

Battery-Battery on a Peace Officer

2:12 am • 600 John Muir Dr

A woman who recently broke up from her boyfriend became enraged & became intoxicated. She hit her former boyfriend numerous times. She also hit one of the officers. She was arrested for battery & battery on a peace officer. Paramedics transported her to a hospital where she hit one of the attending nurses. The nurse placed her under citizen's arrest for battery.

Burglary

5:02 pm • 1500 23rd Ave

A suspect claimed to be a "city inspector" looking for a gas leak at a victim's home. He took her wallet while inside. When he asked the victim for money to have the gas leak fixed, she became suspicious & asked for his work identification. The suspect replied he left his work ID in his car & then fled on foot.

Suspect – Hispanic male :: 45-48 years :: 5'07" tall :: black hair :: heavy set :: LSW white long sleeve shirt, black sleeveless vest, dark pants, dark shoes

Wed – May 20

Burglary

Cont. p. 11



TENNESSEE GRILL

1128 Taraval St. • (415) 664-7834 • Open 6am-9pm

Where Friends Meet

**Next Taraval Community Meeting: Tuesday – June 16, 2015, 7pm – 8pm
at Taraval Station Community Room on 2345 24th Avenue**



It may be cold and foggy throughout the town, but things are heating up as we look forward to the NBA basketball finals, and the upcoming election season...

Voter Initiative Update... it's easy to ignore the petitions that are making the rounds as we go about our busy day, but the familiar "Are you a registered San Francisco voter?" is a clarion call to civic duty that never fails to peak our interest. Here's a quick look at the current crop of SF initiatives that are being circulated just in time for the November Election.

There are currently five initiatives submitted to the Department of Elections and awaiting signatures as we go to press. Any petition to be included on the November ballot must submit 9711 valid signatures by July 6. (5% of the vote totals in the last Mayoral election).

The first one is to "Save the Flower Mart" and limits the application for development that has been submitted to the planning department for the property at Sixth and Townsend.

Another submittal adds language to the **Sunshine Ordinance** that makes public testimony easier for people who have to work. It would require that pre-recorded video testimony be played during the public testimony period and would, by request of 50 persons, require that an item's discussion be scheduled at a specific time.

The third petition places **limits on Airbnb and other short term rentals** to residents who have lived in the unit for 60 days and limits the rentals to no more than 90 days per year if the resident does not occupy the property.

A "Mission Rock" project would allow the construction of a parking lot and three residential towers above the current height limits, with affordable, below-market housing being a component of the project. Sponsored by the San Francisco Giants, who own the property, there have been two mass mailings that have been recently sent to voters.

The last initiative calls for a moratorium on new **housing in the Mission District** that also requires the City to "develop a Neighborhood Stabilization Plan to preserve and Develop Affordable Housing in the Mission District." After Supervisor John Campos and neighborhood activists failed to garner enough votes from the Board of Supervisors to enact this legislation they filed the initiative; it will be headed to the ballot box in November if it reaches the magic 9711 signatures.

Remember, an informed voter is one of the most important parts of any democratic institution, and signing a petition doesn't mean you have to vote for it, just that it will be on the ballot so you still have time to learn all about it.

Randall Museum News...the Randall Museum, SF's one of a kind interactive community learning center, run by SF Rec and Park closed on June 1st for a projected 2-year renovation. This wonderful, hands-on center is slated to reopen in late 2016 / early 2017.

While under renovation, the Live Animal Exhibits (consisting of more than 100 animals) and some of the "drop-in" public programs will move to SF Rec and Park's **Mission Art Center** facility, located at 745 Treat Avenue. If you, your kids, or grandkids are interested in art, science and nature, these exhibits are a great way to bring learning into your life. The programming will start at Mission Arts on **July 1**.

Like Film??...if you're a film fan, June is a great month in the city. Two of our largest film festivals share the highlights during the month. **SF Indiefest**, is featuring local films at the **14th SF Documentary Film Festival**, from June 4-18th. For additional information check out the website at www.sfindie.com. **Frameline 39, the SF LGBT International Film Festival**, now in its 39th year, will screen 180 films from 33 countries during its' run from June 18 to June 28. For more information on this festival, see www.frameline.org.

Cont. p. 17

Pancakes, Deconstructed

By Sharone Franzen, LAc



Common dietary wisdom advises us to read the labels on food products before we buy them so that we know what we are really eating. However, product labels can be dazzling, mysterious, and misleading. A better rule of thumb might be to avoid packaged foods altogether: preparing most of what we eat from scratch would help to cut through a lot of trans-fat/carbohydrate/cholesterol/sodium red tape. But can we really do without our favorite ready-made foods?

Packaged foods generally start with inexpensive basic ingredients that are processed in some way to make them: 1) appealing to the palate; 2) convenient; and 3) unlikely to spoil anytime soon. The price to be paid for this miracle is twofold: 1) the finished product is now much more expensive than the original ingredients; and 2) much of the nutrition has disappeared in the process. It's up to us to decide if the former three points are worth the latter two.

As an example, consider store-bought "fruit leather," a staple in many children's lunch boxes. It's made of various mashed, strained, and cooked fruit that has been spread into a lovely flat sheet, dried, and conveniently wrapped into single servings. A few brands have added sweeteners, but all have enough concentrated fruit sugars to create a serious cavity risk.

Nonetheless, one can fit an entire week's worth of "fruit" into a small crevice of the kitchen cabinet. So great is its convenience that parents often stash a few packages in their glove boxes for their kids' "emergencies" – and if they find *themselves* wolfing down a couple of forgotten packages a few months later when they didn't have time for lunch, so much the better! The awkwardness of a round, perishable apple just cannot compare.

Nonetheless, we may take some common food products so for granted that we forget to question how much more convenient than homemade they really are. Take, for example, pancakes. Most folks have only made them with the ubiquitous boxed mix. But once you've added the egg and milk that most mixes call for, you could have just as easily made them from scratch for a fraction of the cost, and with a great deal more nutrition. Now, before you waste time looking for that dusty old Better Homes and Gardens Cookbook, here is the basic recipe for pancakes: 2 cups flour, 2 cups milk, 1-2 eggs, ½ teaspoon baking soda. That's it! Put it all in

the blender if you don't have a whisk, and use a hot, buttered skillet to cook them up. Use more flour if you like thicker, more cake-y pancakes, and more milk if you prefer them crepe-style. Add honey and vanilla extract to make them sweet, green onions and diced pancetta to make them savory, and whatever else you can think of to make them yours.

Now, the above recipe is much like "Doe-Ray-Mi-Fa-So-La-Ti" before Maria replaced the notes with words. It's just the beginning. Once you get the basics down, you can up the nutritional ante quite considerably by swapping out one ingredient for another. For example, you can replace the flour with some you've made from ground steel-cut oats (you can use a coffee grinder). Or you can use nut flours to boost the protein content (just lower the heat a bit while cooking, because the oilier nut flours can burn quickly). Substitute the milk with almond milk for a lactose-free version. Try using protein-rich quail eggs in the batter. If you want to make the flour as digestion-friendly as possible, soak it in 2 cups of yogurt and leave it on the counter overnight; finish making the batter in the morning without the milk.

Once you've mastered this simple skill, see which other packaged foods you can deconstruct and re-make yourself. If you don't know what something on an ingredients label is, chances are good that you can do without it in your homemade version.

Whenever you have doubts about whether it's worth it to make something from scratch versus just buying the processed version, remember that we either pay now, or pay later. Make your health a priority. And don't forget that some food can be nutritious, delicious, *and* ready-made, like the lovely, round, and incomparable apple!

Sharone Franzen is an acupuncturist and herbalist in Lakeside Village.

Crime Report (Cont. from p. 10)

5:02 pm • 1500 23rd Ave

A suspect claimed to be a "city inspector" looking for a gas leak at a victim's home. He took her wallet while inside. He asked the victim for money to have the gas leak fixed, she asked for his work identification. He fled on foot.

Suspect – Hispanic male :: 45-48 years :: 5'07" tall :: black hair :: heavy set :: LSW

white long sleeve shirt, black sleeveless vest, dark pants, dark shoes

Theft

5:10 pm • 19th & Eucalyptus
A man boarded a MUNI bus & left his bicycle unattended on the bicycle rack in front of the bus. The bus became crowded & he was unable to keep his sight on his bicycle. When he got off the bus, he saw no bicycle.

Residential Burglary

5:19 am • 1300 8th Ave
Suspect #1 – White male :: 25-35 years :: 6'00" tall :: 180 lbs :: brown spiky hair :: LSW goatee, light gray long sleeve shirt, light blue jeans
Suspect #2 – White male :: 25-35 years :: 6'03" tall :: 170 lbs :: LSW black "SF Giants" hat

Suspect vehicle – silver 1990s Honda or Toyota 4 door with a dent on hood top

Thu - May 21

Warrant Arrest- Burglary Tools

7:16 am • Taraval St & 33rd Ave
A suspicious couple possibly casing an area for burglary was reported. One of them was found & detained. She had an arrest warrant. She was also in possession of common burglary tools. She was arrested.

Fri - May 22

Theft

2:19 pm • 1100 Plymouth Ave
A suspect jumped over into a victim's backyard, took an unsecured bicycle, & rode it away.
Suspect – Black male :: 18-25 years :: 5'09" tall :: 140 lbs :: black hair :: brown eyes :: LSW maroon hoodie, maroon shorts, black backpack, riding on a white bicycle

Fraud-Counterfeit Money

9:00 pm • 1600 25th Ave
A man placed an online ad to sell a printer. A suspect answered & arranged to meet him to complete the sale. The suspect handed him a counterfeit bill before taking the printer. The suspect fled in a vehicle with the printer

NOTE: Crimes are reported as space is available, this is not a complete report, nor is the report online at taraval.org, but that site is a more complete source.

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Stern Grove Festival 2015

Sunday Concerts • June 14 – August 16, 2015 • 2:00 pm • Stern Grove, 19th Ave & Sloat Blvd

Stern Grove was purchased by Rosalie M. Stern and given as a gift to the City in 1931, in memory of her husband Sigmund, a prominent civic leader. George Greene originally homesteaded the Grove - a tract of sand dunes and marshes - in the 1840's. The Greene family planted the first eucalyptus trees in the Grove and built the Trocadero Inn, a popular recreation spot until its closure in 1916.

Mrs. Stern determined that the site would be preserved as a park in which the public could enjoy admission-free music, dance, and theater performances. On June 4, 1932, Stern Grove was dedicated. Two weeks later, the San Francisco Symphony played the first concert in the Grove. Mrs.

Stern, then President of the San Francisco Recreation Commission, formed the non-profit Stern Grove Festival Association in 1938, stipulating that all concerts were to be free to the public and designed for everyone's enjoyment.

Mrs. Stern chaired the Festival until her death in 1956. Today Stern Grove, a natural amphitheater surrounded by giant eucalyptus, redwood, and fir trees, is one of Northern California's favorite concert sites. Every summer Sunday for over seven decades, family and friends gather to relax, picnic, and enjoy performances by some of the world's greatest artists.

Admission-free - to the people of the Bay Area.

June 14

The Doobie Brothers
The California Honeydrops

June 21

Pacific Mambo Orchestra with
Sheila E. and Marlow Rosado
Salsamania

June 28

Randy Newman
Hot Club of San Francisco

July 5

San Francisco Symphony
Edwin Outwater, Conductor

July 12

Amy Hanaiali'i & Grove Festival Orchestra
Halau'o Keikiali'i

July 19

tUnE-yArDs
DakhaBrakha

July 26

San Francisco Ballet
Helgi Tomasson, Artistic Director

August 2

Mary Chapin Carpenter
Bhi Bhiman

August 9

Morris Day And The Time
Con Brio

August 16

Talib Kweli
Zakiya Harris featuring Elephantine

June

C A L E N D A R

EVERY SUNDAY • FARMERS MARKET

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

EVERY TUE • COMPUTER SKILLS

Tue | 1:15-2:45 pm | Get help setting up email accounts, word processing & basic computer related tasks. Most Tuesdays at this time. Learn the basics of using a computer! Main Library, 100 Larkin St.

EVERY TUES • QUE SYRAH HAPPY HOUR

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

EVERY THURS – NIGHTLIFE

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

JAZZ FRIDAYS @ THE CLIFF HOUSE

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

FRIDAY NIGHTS @ THE DEYOUNG

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

FRIDAYS @ OFF THE GRID/FT. MASON

Every Fri | DJs 5-7:30/Bands 7:30-10:30 pm | Off

the Grid: Over 32 food trucks and street food carts in a huge circle with a full bar and bands in the middle? That's a party! Ft. Mason Ctr. Two Marina Blvd.

TUE • NEW TECH / GG PARK HISTORY

Tue Jun 9 | 7:30 pm | A new application guides you through GG Park history as you tour ite Park: A Thousand and Seventeen Acres of Stories. SF Historical Society. Milton Marks Aud, 455 Golden Gate Ave.

TUE • SF JAZZ FESTIVAL KICKOFF

Tue Jun 9 | 5 pm | Live music from Brass Magic, Gaucho, plus a beer garden, videos and food trucks. Free: 453 Hayes St. Info: sfjazz.org

TUE • FIRE ENGINE VISIT

Tue Jun 9 | 10:30 - 11:30 am | Come meet local firefighters, check out their fire engine, and learn about fire safety. For children of all ages. West Portal Branch, 190 Lenox Way.

WED • GREEN BUILDING TOUR

Wed Jun 6 | 1:45 pm | State-of-the-Art tour at the SFPUC building Features on-site wastewater treatment, recycled wastewater, rainwater harvesting, solar panels, wind turbines. Free, but an RSVP is required. (Limit: 20-age: 18) 525 Golden Gate .

MON • BUZZY BEES TRAVELING HIVE

Mon Jun 8 |10:30 am | Buzzy Bees Traveling Hive veteran beekeeper Tim Muhrlin's complex behavior of the honey bee with honey tastings! Children ages 3 and older. Merced Branch Library, 155 Winston.

WED • WATERCOLOR CLASS

Wed Jun 10 | 7 pm | Make a tape painting using watercolors, for a beautiful stained glass effect! Ages 12-up. Registration from 5/27. Call 355-5770 psimg@sfpl.org Parkside Branch, 1200 Taraval.

THU • AUTHOR FRANK DUNNIGAN



Thu June 11 | 7pm | *Growing Up in San Francisco's Western Neighborhoods: Boomer Memories from Kezar Stadium to Zim's Hamburgers.* From football games to a perfectly broiled Zim burger—fond memories. Bookshop WP, 80 West Portal

FRI • LOPEZ AND WELLBORN, PIANISTS

Fri Jun 12 | 8 pm | Works by Mozart, Alkan and Comellas Old First Church 1751 Sacramento. Info: 474-1608, \$20 general, 17 Seniors.

SAT/SUN • 9TH GG BAND FESTIVAL

Sat/Sun Jun 13/14 | 11 am – 5 pm | Music Course Golden Gate Park: 10 Band Extravaganza the 133rd season. The weekly concerts feature music of specific nationalities or cultures, including costumed guest performances from dancers, singers and speakers—always free.

SAT • OCEANSIDE WASTEWATER

Sat Jun 13 | 10 am to 12:30 pm | FREE SF Public Utilities Commission's tour of the city's Wastewater Treatment Plant to find out how your sewer system works, tips on preventing pollution of our bay and ocean. Oceanside Wastewater Treatment Plant. 3500 Great Hwy, RSVP by Jun 11.

SAT • TEEN COMPUTER CORPS

Sat Jun 13, 20, 27 | 2-4 pm | Drop-in and get one on one help with a teen tech savvy volunteer! Bring your laptop, ereaders, gadgets, digital cameras, tablets, cell phones. We will try to help you figure it out. W. Portal Branch, 355-2886, 190 Lenox Way.

TUE • COMMUNITY SAFETY MEETING

Tue Jun 16 | 7 pm | Meet with Captain Curtis Lum. 3rd Tue of the month. Taraval Police Station 2345 24th Ave. 759-3100.

SAT • FANTASTIC MR. FOX (OUTDOORS)

Sat Jun 20 6:00 pm to 10:00 pm | The first outdoor movie series in Rossi Playground. Come early with blankets, picnic and warm layers to reserve your spot. (Low lawn chairs permitted). Begins at sunset. FREE Rossi Park, Anza and Arguello Blvd.

SUN • CIRCUS BELLA

Sun Jun 21 | 1 pm | Circus Music & Circus Acts. The Golden Gate Park Band's whimsical circus-themed music while performers from Circus Bella perform circus acts (usually juggling, unicycling and some comedy routines) Concourse/ Golden Gate Park Free

TUE • MARRIAGE OF FIGARO

Tue Jun 23 | 6:30 | Larry Oppenheim, Opera for the People lecture of Mozart's immortal and revolutionary comedy where servants triumph over their aristocratic masters. West Portal Branch, 190 Lenox.

WED • THE BEATLES AND THEIR SONGS

Wed Jun 24 | 7 pm | Musician Dulais Rhys outlines the history of the group's formation and focuses on

their songs, influences, form, stylistic development, and legacy – singing along is encouraged! Merced Branch Library, 155 Winston.

THU • OMI NEIGHBORS IN ACTION

Thu Jun 25 | 7 pm | Meets last Thu each month. This meeting is at Temple UMC 65 Beverly/Sheilds.

THU • AUTHOR MARY PAT KELLY

Thu Jun 25 | 7 pm | Kelly weaves historical characters such as Maud Gonne, William Butler Yeats, Countess Markievicz, Gabrielle Chanel, Gertrude Stein, James Joyce, and Nora Barnicle, into *Of Irish Blood*, inspired by the life of her great-aunt. Bookshop West Portal, 80 West Portal.

FRI • SF GIANTS FIREWORKS

Fri Jun 26 | 10:15 pm (Appx) | AT&T Park 24 Willie Mays Plaza. As soon as the Giants defeat the Rockies, enjoy a spectacular fireworks display over the stadium. Free viewing locations at Willie Mays Plaza, the 3rd Street Bridge, or across McCovey Cove. No entry to stadium without a game ticket.

SAT • PRIDE SATURDAY

Sat Jun 27 | Noon - 6 pm | Pride Festival: the Main Stage brings the best of local musical talent and cultural performances to the Civic Center Plaza.

SUN • 45TH PRIDE PARADE & FESTIVAL

Sun Jun 28 |10:30 am | Art meets politics in a fleet of floats, vehicles, and marchers along Market Street to Civic Center. One the nation's largest LGBT events.

MON • CENTRAL COUNCIL

Mon Jun 29 | 7:30 pm | West of Twin Peaks Central Council meets to discuss topics of interest to West-side residents. Meets the last Monday each month. Forest Hills Clubhouse, 381 Magellan Ave.

MON • CRIME WRITERS PANEL

Mon Jun 29 | 7 pm | A panel discussion of Soho Crime authors. Confirmed so far: Cara Black - *Murder on the Champ de Mars*, Mette Ivie Harrison - *The Bishop's Wife*, Lisa Brackmann - *Hour of the Rat & Rock Paper Tiger*. Hosted by Juliet Grames of Soho Crime. Bookshop West Portal, 80 West Portal.

THU • FREE VEGGIE DINNER

Thu Jul 2 | 6 pm | Eat with others in a communal setting at this free vegetarian dinner gathering sponsored by USF Community Garden class. St. Cyprian's | 2097 Turk St.

TUE • LEGION OF HONOR FREE DAY

Tue Jul 7 | 9:30 am - 5:15 pm | 4000 years of ancient and European art in the exquisite Beaux-Arts building in an unforgettable setting overlooking Golden Gate Bridge. 100 34th Ave. Free first Tues.

TUE • DE YOUNG FREE DAY

Tue Jul 7 | 9:30 am - 5:15 pm | Art from the 17th -20th centuries, and native Americas, Africa, & Pacific. 50 Hagiwara Tea Garden Drive. Free first Tuesdays.

SUN • ASIAN ART MUSEUM FREE DAY

Sun Jul 5 | 10 am-5 pm | Every first Sunday is free at the Asian Art Museum (save \$12) -17,000 artworks spanning 6 thousand years. 200 Larkin St.

Join us for these Cliff House Weekly Favorites

- Wine Lovers' Tuesday – Half Priced Bottled Wines*
- Bistro Wednesday Nights – \$28 Three-Course Prix Fixe
- Friday Night Jazz in the Balcony Lounge
- Sunday Champagne Brunch Buffet

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

Guided Historical Walks

Spend a memorable Saturday morning exploring Lands End. Start with a continental breakfast at the historic Cliff House then walk through Adolph Sutro's magical 'kingdom by the sea' with historian guide John A. Martini. Regarded as the ultimate authority on this part of the City's fabled past, John's walks will be offered on July 11, August 1, September 5, and October 10.

For more information and to make reservations please visit www.cliffhouse.com/history/Johns_Walk.html



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Now At the Movies / By Don Lee Miller

AVENGERS: AGE OF ULTRON

Eight of the Marvel comic super heroes have gathered together to fight off gigantic powerful metal monsters from the planet Ultron. Tony Stark/Iron Man: Robert Downey, Jr., Bruce Banner/Hulk: Mark Ruffalo, Thor: Chris Hemsworth, Steve Rogers/Captain America: Chris Evans, Natasha/Black Widow: Scarlett Johansson, Clint Barton/Hawkeye: Jeremy Renner, James Rhodes/War Machine: Don Cheadle, and head honcho Nick Fury: Samuel L. Jackson battle Ultron: James Spader. Director/writer Joss Whedon has based his screenplay on the Marvel comics by Stan Lee and Jack Kirby. Fortunately, they have managed pretty well to spread the action time fairly equally and it rarely slows down or stops. Well worth seeing for a good time ride. The big budget all shows up on screen. Sequences of sci-fi action, violence and destruction. Some suggestive scenes.

CLOUDS OF SILS MARIA

Actress Maria Enders: Juliette Binoche is chosen to honor her mentor, the director who gave her her first hit. When barely 20 she played Sigrid, a sexy youth who drove her employer Helena to suicide. Her personal assistant Valentine: Kristian Stewart keeps Maria on schedule, reminding her of names and appointments as they journey to Sils Maria, a remote Alps location with few comforts. Irresponsible young actress Jo-Ann Ellis: Chloe Grace Moretz has been selected to play Sigrid with Maria cast as the older Helena, but Enders doesn't think of herself as a Helena. She finds it an unsettling notion but goes ahead with the play. Maria is also wanted for a film where she would play a mutant. After some arguments, Valentine resigns and is replaced. The film ends with Maria becoming more comfortable with her role of Helena by opening night. Director/writer Olivier Assayas handles both Binoche and Stewart in some of their finest performances. Moretz, while good, isn't quite at the A-level of her leads. Brief graphic female nudity. Profanity.

DIOR AND I

New fashion director at the Dior fashion house in Paris takes the viewer inside the final two months

of preparation for introduction of a new line. Seeing decisions being made re fabrics and how designs are altered on the models is fascinating. Director-writer-photographer Frédéric Tcheng observes the cutters, seamstresses and stylists on a daily basis, showing what happens behind the scenes. Christian Dior opens the Paris doors as fashions are developed. Innovations abound! Attending the first public showing are Marion Cotillard, Jennifer Lawrence, Sigourney Weaver and Sharon Stone.

FAR FROM THE MADDING CROWD

In Victorian Dorset, southern England, the independent, headstrong Bathsheba: Carey Mulligan attracts three very different suitors: wealthy landowner William Boldwood: Michael Sheen; rascal Sgt. Francis Troy; Tom Sturridge, who has gotten a local girl pregnant and deserted her; and a steady farmer Gabriel Oak: Matthias Schoenaerts who has the worst luck. Which one will she choose? Filmed in Dorset. Director Thomas Vinterberg has the screenplay by David Nicholls based on Thomas Hardy's popular novel and the rolling natural rural countryside for inspiration. Some sexuality and violence.

MAD MAX: FURY ROAD

Max Rockatansky: Tom Hardy finds he's the ally of Imperator Furiosa: Charlize Theron who has liberated the five "brides" of the ugly warlord Immortan Joe: Hugh Keays-Byrne, who just happens to be "Mad Max's" Toecutter. Aussie director-writer George Miller has an epic without character development or plot. He has ripped away all but a road tale filled with extreme violence. His heroine has a one-inch cut of dirty hair, no makeup, an artificial leg and an amputated arm, but she can drive a six-wheeler wid da best of da guys. Your inner 12-year-old will giggle gleefully at the two hours of deafening thunder, appreciating the last 30 years that Miller has labored on this high-octane flick, sequel to the film to which Mel Gibson owes his stardom. Intense sequences of violence throughout. Profanity. Some disturbing images.

Cont. p. 18

At the Theater / Flora Lynn Isaacson & Linda Ayres-Frederick

THE CLEAN HOUSE

The Clean House at Ross Valley Players Scores As Best Play of 85th Season! With thanks to expert Playwright Sarah Ruhl and the artistic talent of Director JoAnne Winter (Co-Founder and Director of Word for Word Performing Arts Company), and Set Designer David Shirk's Academy Award-winning (Visual Effects) design experience, as well as a talented cast, it is a big hit!

A 2005 Pulitzer-Prize-finalist, *The Clean House* is a comic drama that mixes fantasy and reality as it tells the story of five dissimilar people. Throughout the play, the actors address the audience to talk about themselves or imagine situations involving other characters. The play opens with three characters coming out to address the audience. Matilda (Livia Demarchi) comes out first, with a tantalizing untranslated joke told with an exuberance that transmits a fair amount of its humor. As we learn, she is from Brazil. Some of the jokes and comments are translated for the audience on a projection screen at the back wall of David Shirk's elegant white set, which also includes a small stage behind a painting which is lifted to enact Matilda's description of her parents. Matilda tells us in her long opening monologue that when she's not thinking of jokes she gets depressed, and when she get depressed, she doesn't like to clean.

Next, Lane (Sylvia Burboeck), a doctor in her 50s, comes out to explain that Matilda, her Brazilian maid, is depressed and has been failing to clean her house. She is followed by Virginia (Tamar Cohn), Lane's older sister, a housewife who argues that people who do not clean their own homes are "insane."

Virginia persuades Matilda to let her clean her sister's house on the sly, thereby setting in motion a series of events that gradually deepens the relationships among the play's other characters, including Lane's husband Charles (Steve Price), a surgeon, and his new mistress Ana (Sumi Narendran), on whom he recently performed a mastectomy, instantly falling in love with her during a breast consultation.

The Clean House is a play that keeps revealing surprising secrets and layers of rich feelings as it goes along. Director JoAnne Winter blends its contrasting tones with subtle precision. Her cast displays a keen understanding of Sarah Ruhl's ability to see the absurdity in extremes of emotions with authenticity. We may never come to a full understanding of the jokes life plays on us, but the wisest and possibly noblest response is to have a good laugh, anyway.

Through June 14th. Thur 7:30 pm; Fri/ Sat 8 pm; Sun 2 pm, 30 Sir Francis Drake Blvd., Ross. 415-456-9555, x1 / www.RossValleyPlayers.com.

Coming up next at the Ross Valley Players will be *The Pirates of*

Flora Lynn Isaacson

Linda Ayres-Frederick

Cont. p. 14

Theater (Cont. from p. 13)
Penzance, by Gilbert and Sullivan from July 17 through August 15, directed by James Dunn. **Flora Lynn Isaacson**

Trouble Cometh

The World Premiere of *Trouble Cometh* at the SF Playhouse is the latest work by playwright Richard Dresser. His earlier *Below the Belt* and *Gun-Shy* (produced in the 90's locally at the Phoenix Theatre) moved from Actors Theatre of Louisville to Off-Broadway, and then regionally. He has penned numerous plays that have enjoyed additional success.

Trouble takes place in a world of reality TV writers who are up against a deadline. Like the world they write about, the characters are obsessively narcissistic. One is immediately struck by their stylized language, which is exceedingly clever and exaggerated. These are not people you would want to have over for dinner, do business with, or trust with your lovers. Which brings up the main problem with the play: Why do we want to spend 90 minutes with people so hard to care about who only care about themselves? Without giving away the twist at the end, Dresser takes us on a whirlwind journey as we follow them through the machinations of selling their story ideas to their superiors to its startling and somewhat unsatisfying conclusion.

Production values are high with an excellent ensemble of actors including: Kyle Cameron (as Joe the newbie writer in awe of his job), Marissa Keltie (my favorite, as the fiancée obsessed with her skin condition), Patrick Russell (the over the top writer willing to lie to make a buck), Nandita Shenoy (who moves with panache in her lovely sari), and Liz Sklar (whose quick costume changes add to her precarious climb up the career ladder). Director May Adrales keeps the pace moving. And Nina Ball's set serves the play well, moving back and forth from office to bar with a minimum of blackout. and clever use

of blinds that become a leafy mural. Costume Designer Tatjana Genser coordinates color elements with set pieces--especially noticeable are the shocking red shoes with the blood red glow of the lamp.

Trouble Cometh continues at SF Playhouse, 450 Post Street, SF through June 27. For tickets (\$20-\$120) 415.677.9596 or www.sfplayhouse.org. **Linda Ayres-Frederick**

Fringe of Marin One-Act Play Festival

The Fringe of Marin is one of the oldest Fringe Festivals in the country and the oldest in the San Francisco Bay Area. The Fringe of Marin is now celebrating its 25th season with some of the most innovative work of San Francisco Bay Area playwrights, directors, and actors.

Established by Dr. Annette Lust in 1985, who was a professor at Dominican University, and who continued to run the festival until her death two years ago in late February. Gina Pandiani, a Dominican alum who graduated in 1985, then stepped up to the plate as Managing Director to make sure that the show will continue to go on at the Fringe of Marin.

This review is centered on Program B, which consists of four plays and one monologue. Program B was presented on Saturday, May 2, and Friday, May 8 at 7:30 PM, and Sunday, May 10 at 2:00 PM at Angelico Hall at Dominican University. Program B opened with *Chill*, written and directed by Nathan Day. In *Chill*, a bickering young couple, Suzy (Iris Mallgren) and Bobby (Nick Coelius) are dressed in bathing suits and sitting in beach chairs. It is supposed to be warm, but they're freezing to death. They wrap their beach towels around themselves. Bobby's towel is very patriotic - like the American flag. *Chill* was well cast with a good contrast in character. It was well directed with a lot of laughs from the audience.

That light satirical play was followed by *Wii*, written and directed by Gary Green. Stacey Anderson plays Sharon, a

Cont. p. 15

Balboa Reservoir (Cont. from p. 1)

fulfillment and moderate income lagged at only 18%. Despite all other suggestions, housing is certainly on the agenda for the space - at least at some level - and all other plans will need to work around that.

This consideration for housing was indeed contested, but City officials remained impressively unflappable against the barrage of opinion. A roughly twenty-strong team managed the room of dissenters while also lending an open ear to residents: those who understand the subject firsthand.

These neighborhood locals, especially those that have lived in the Ocean Corridor for twenty years or more, proved to have valuable input on the subject. After years of experience in the neighborhood, their suggestions rang true despite understandably raised tones.

One complaint ran common between both the City officials and the community: traffic. Many were looking to public transportation upgrades as a fix to this problem. Unfortunately, there is an awkward placement of the multiple transit centers that grace the area. In the half mile between Balboa Park Station and the north side of City College, the J K,L and M lines run, as do the 29, 43, and 49 MUNI lines, and the ever-useful BART train (so long as it's between the hours of 6 and 12am).

Despite all of this transit, nearly as much as downtown, it surprised few that almost all neighborhood residents choose to drive, aggravating traffic and causing conflict. One resident, responding to the most important issue question, said "I hate to say it, but traffic." This suggestion, paired with the realistic need for more parking, led some to suggest using the space as a parking lot, an idea that seemed unfashionable compared to the more glamorous visions such as open space areas, small-use parks and even an arts center. Despite this, parking and traffic suggestions seemed to be the most necessary, especially when considering that it is almost inevitable that

some part of the space will be converted into moderate-income housing with a new collection of commuters (and their cars).

Transit options mentioned included creating a below or above ground center that would unite the disparate stations and bus stops, even something as future-forward as a gondola going from Balboa Park Station to the top of the hill.

As the City inches closer to creating the Request for Proposal (RFP), which they plan to show to prospective developers by the end of this year, it became increasingly obvious that the only agreement was to disagree on everything, and that the problem of a changing City landscape is a difficult one to resolve. Consensus was far away, with everyone seeming to have a different opinion, and some were anxious about seemingly small aspects of infrastructure.

The meeting ended with less fanfare than when it began, as people slowly trickled out without any final closing statements. But nothing needed to be said to the group at large, who already knew that it would be difficult for the City to incorporate the varied ideas of the large group.

As the deadline for the RFP looms, which the Planning Commission plans to submit by the end of this year, the plans solidify as each meeting brings the City closer to understanding the wants and needs of the citizens, mostly by first finding out what it is that they don't want.

To continue the conversation with the City apply to join the Citizens Advisory Commission to have direct impact on the Request for Proposal.

The Balboa space itself may turn out to be the ideal place to function as an example for developments in the rest of the City. Even if it does not, these community meetings highlight opportunities for citizens to share in opinions and hear things straight from the people - yes people - who work for the government.

Maya Lakach is a local reporter.



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Second Thoughts / by Jack Kaye



The British Are Coming!

I admit that one of my many pleasures is television. I have loved it ever since the early 50s. Back then in the days of black and white reception, we had comedies with people like Milton Berle, Groucho Marx, Jack Benny, Lucy, Burns and Allen, Bob Hope, Sid Cesar, Jackie Gleason, Laurel and Hardy, and the Three Stooges, and later Don Rickles, Rodney Dangerfield, and Flip Wilson, to name a few. We had family comedies that reflected our middle class values like *Father Knows Best*, *Leave It to Beaver*, *Donna Reed*, and *Make Room for Daddy*. We had several popular Western shows with heroes like *Hopalong Cassidy*, the *Lone Ranger* with his trusty friend, Tonto, Matt Dillon in *Gunsmoke*, *Roy Rogers* with Dale Evans and Trigger, *Maverick*, and *Paladin*. We had a few police shows like *Dragnet*, and variety shows like *Ed Sullivan* and Steve Allen's show.

That was then. This is now and very different.

Now we have "reality T.V." shows, many of which seem to me to be neither reality nor T.V. shows. We have shows like *Big Brother*, *The Biggest Loser*, *The Bachelor*, *The Bachelorette*, *Dancing with the Stars*, *Survivor*, *American Idol*, *So You Think You Can Dance*, *Hell's Kitchen*, and *Real Housewives* from everywhere, et al. *Project Runway* is the only one I actually watch.

And we have endless crime shows with violence and sequels. How many NCIS, C.S.I. or *Law and Order* variations are there? Do we now have one for every major city? For those of us who enjoy even more violence, there is always 24, sure to return for yet another season, *Blacklist*, and *Homeland*, shows that allow us to actually watch T.V. characters being tortured. For those of us who enjoy soft crime stories we have what used to be 60 Minutes style news magazines like *Dateline* and 48 Hours now showing us exclusively real life stories about murder among our middle class population, proving that even doctors, lawyers and business executives kill people, usually their spouses.

But with the *Mentalist* gone, along with *Covert Affairs*, *Fairly Legal*, *Human Target*, *House*, and now *Mad Men* and probably soon *Suits*, I find little left on American T.V. to look forward to watching. There will still be *Grey's Anatomy* next season, but with so many good characters dying off, it's beginning to resemble *Death's Anatomy*. *X Files* and *Twin Peaks* are supposed to return, giving American viewers like me some hope.

For comedy, I am left with the *Big Bang Theory*. The *Colbert Report* is gone, as will soon be *The Daily Show*.

What is this T.V. lover to do? Fortunately, thanks to PBS, the British are coming and many have already arrived. Our friends back in England have brought us shows like *Downton Abbey*, *Foyle's War*, *Inspector Morse*, *Inspector Lewis*, *Poirot*, *Sherlock Holmes*, *Sherlock*, *Endeavor*, *Miss Fischer's Murder Mystery*, *Mrs. Bradley Mysteries*, *Rosemary & Thyme*, *Father Brown*, *Grantchester*, *Midsomer Mystery*, *Vera*, *Zen*, and *George Gently*. And these are just my favorite English shows.

These productions are not all on during the same season or even the same year, and some were first broadcast in England as long ago as the 1980s. Many are period pieces ranging from the late 19th century to the beginning of the 21st.

These English shows are mainly murder mysteries, *Downton Abbey* being the exception. But they are different from American crime shows in almost every way.

While American crime dramas take place mainly in large cities like New York, Chicago, L.A., Baltimore and Miami, English crime dramas mainly take place in small villages such as those in Yorkshire and Oxfordshire. While in America we see the urban plight, and ruthless, brutal murderers, British shows feature nice, middle class, civilized people who sometimes commit murder.

While on American T.V. the criminals are extremely diverse and violent, those on British T.V. shows are much less so. While American crime stories show us every part

of the murder, including all of its brutality, in the English versions the murder usually has already been committed and all we see is the result, without gruesome detail. We see the inspector's reaction to the corpse more than the body itself.

And while America's mainstream news media have made much of the term "unarmed victim," trying to equate "unarmed" with "harmless innocent," in British T.V. shows most murders are committed by unarmed assailants. England has a very strict gun control system. We are slowly learning in America that an unarmed man can also commit murder, sometimes with his bare hands or by using someone else's weapon.

The detectives on American crime shows always carry a gun and make frequent use of it, along with their hand-to-hand fighting skills so necessary in our violent environment. Inspectors on British shows are unarmed and almost never use force. Their challenge is usually intellectual, trying to figure out what really happened and getting the witnesses and guilty parties to tell the truth, even if it kills them.

While American police seem to have minimal education, many of those on English shows are almost erudite. Inspector Morse and his young version, Endeavor (Morse's first name, his mother was a Quaker), attended Cambridge and is a lover of classical music. His sergeant, Lewis, went on years later to get his own show and has a sergeant, James Hathaway, who attended Oxford in the hope of becoming a priest and seems to know every subject in its entirety. Many of their suspects are brilliant college professors who are amazed at how knowledgeable Hathaway is.

After watching some of these shows, I feel more educated, more civilized and even more intelligent. The feeling soon wears off.

And the majority of lead officers in these shows are not only educated, but extremely kind and compassionate.

Father Brown is a Catholic priest in this Protestant country. He is not only educated but wise. He is able to solve crimes by mentoring the suspects and getting them to realize their moral obligations while at the same time offering solace and forgiveness. Grantchester is a young, handsome, and Protestant version of Father Brown.

Some, like Foyle, George Gently and Zen, a police inspector in Rome with a name said to be Venetian, are solving crimes while fighting their own police bureaucracy. They are opposed in their efforts by corrupt superiors who usually do the wrong thing but for understandable, though sometimes misguided, reasons. Most are decent people who made some judgment errors.

These British murder mysteries show that even murderers can be civilized and that even civilized people can commit murder. I'm all for people being civilized.

Although we declared our independence from England back in 1776, I have become dependent on the British for my evening entertainment.

Please don't think me unpatriotic. Feedback: kaye@westsideobserver.com

Senior Smarts by Anise J. Matteson

Aging: Its Gerontology, Psychogerontology and Socioeconomic Implications

By Anise J. Matteson

The Older Americans Act (Aging Magna Carta), a Bill of Rights for Older Americans was passed by Congress in 1965. "Its purpose strengthened by amendments in 1975 and 1978 is to "make available comprehensive programs which include a full range of health, education and social services to our older citizens..." In 1973, the Act was amended for eligibility to anyone 60 or older. Congress in cooperation with state and local government, established a structure of agencies that have become popularly known as 'the aging network.'" (READER'S DIGEST. You and Your Rights.)

The Older Americans Act and National Aging Network can be found at www.aoa.gov.

CARING FOR THE AGED

Geriatrics is a branch of health care concerned with the diagnosis and treatment of diseases associated with the aged.

A geriatrician specializes in diseases and care of the aged for falls resulting in fractures, impaired memory, multiple diagnoses, hospitalizations due to heart disease, heart failure, cancer, hematologic conditions, accidents, enlargement of the prostate gland, rheumatoid arthritis, digestive disorders, pruritis and dermatology disorders. [geriatric specialist]

Geriatric specialists keep abreast of the different medications that an elderly person is prescribed to treat their more common health issues in order to decrease adverse side effects and avoid dangerous drug interactions. (www.vitals.com/geriatric-doctors/ca/san-francisco)

There are more than 122 geriatric doctors in San Francisco, according to www.vitals.com.

A gerontologist is a scientist who studies the process of aging and its biologic, mental and socioeconomic implications.

Gerontology is the study of aging and its affects—physiological, pathological, psychological and socioeconomic.

Psychogeriatrics is a branch of health care concerned with the psychiatric disorders associated with the aged.

Psychogerontology is a science that deals with the mental and emotional life of the aging, their ideation, memory and level of consciousness.

PHYSIOLOGICAL

Physical Disorders (Diagnostic)

Some physical disorders that may affect the elderly are:

Senile degeneration: The bodily and mental changes that occur during

pathologic aging.**

Macular degeneration: Loss of pigmentation in the macular region of the retina, produces central visceral fluid loss.**

Senescent osteoporosis: A disorder of protein metabolism marked by increased porosity of bone.*

Physical Disorders (Symptomatic)

Blepharochalasis: Baggy eyelids.

Geroderma: Atrophic thickening and wrinkled skin of old age.*

Presbycusis (pesbyacusia): Progressive loss of hearing with aging.**

Presbyopia: Defective vision resulting from changes in accommodation in the aging process,* marked by the inability to maintain focus on objects held near the eye. [farsightedness].**

Progeria: Premature aging—early graying, baldness, sparse eyebrows, fine wrinkles around the mouth.*

Senescent pruritis: Itching of brittle dry skin of the aged, leading to scratching followed by excoriations and eczematoid changes.*

Senescent tremors: A benign essential tremor, marked by rapid alternating movements of the upper extremities.**

PSYCHOLOGICAL

Mental Disorders (Diagnostic)

Some mental disorders that may affect the elderly are:

Alzheimer's disease: A chronic progressive cognitive disorder.**

Organic brain syndrome: Acute and chronic mental disorder associated with brain damage or impaired cerebral function.**

Senescent psychosis: A variety of states from mild senescent mental disorders to the extreme deterioration of senile dementia. Clinical types: delirium and confusion; depression and agitation; paranoia; presbyophrenia; senile dementia.*

Mental Disorders (Symptomatic)

Agnosia: Inability to recognize or Cont. p. 18

Theater (Cont. from p. 14)

transgender (who was Liam's father but is now Liam's mother). Nico Canivet, a child actor, plays Liam, who was trying to make a difficult adjustment. Director Gary Green should have moved the important scene on the couch forward toward the audience instead of at the back. Nico Canivet is wonderful as Liam in a challenging role.

The last play before intermission was *Alby and Me*, written, directed, and acted by veteran Fringe favorite, Steve North. Steve North is a real pro, who has performed stand-up comedy at the Marsh in Berkeley. Steve has a great sense of comic timing, and he had the audience roaring with laughter as an aging actor trying to remember his lines. He carries a script as a prop. "Alby," in the title, comes from the albatross, which he drags in at the end from the Rime of the Ancient Mariner. Steve North has the skill to keep the audience in the palm of his hand.

The second half of Program B opened with *Sheroe* by Nick Hadikwa Mwaluko, and directed by Sydney Painter. In this play, Jasmine Williams plays Cheryl, who is visited by the ghost of her dead Mother, skillfully played by Paige L. Mayes. This play was beautifully acted and directed.

The final play of Program B was *Safe House*, written and directed by Fringe Festival veteran Charley Lerrigo. In *Safe*

House, a hurricane drives the Sheriff John Hurlbut, solidly performed by Bruce Carlton, to the safe house of Hattie Peterson, a long-time friend, seductively portrayed by Sanna Cook. She offers the sheriff something warm to drink and sets about to seduce him.

Program A was performed on Friday, May 1, Saturday, May 2, and Saturday May 9 at 7:30 PM, and Saturday May 2, at 2:00 PM at Angelico Hall.

At the end of the program, Gina Pandiani announced the 2015 Fringe of Marin winners. All of the winners were from Program B, except for the Best Ensemble, called *Pizza Man*, from Program A. These are the results:

Best Director, Sidney Painter; Runner-Up Best Director, Gary Green

Best Male Performance: Nico Canivet; Runner-Up Best Male Performance, Nick Coelius

Best Female Performances: Jasmine Williams and Paige L. Mayes;

Runner-Up Best Female Performance, Iris Mallgren

Best Play: *Sheroe*; Runner-Up Best Play, *Chill*

What a wealth of talent there was in Program B, of directors, actors, and playwrights! Congratulations to Gina Pandiani to keep the show going on! *Flora Lynn Isaacson*

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FACT: INVENTORY HAS NEVER BEEN LOWER WHEN COMPARED TO BUYER DEMAND

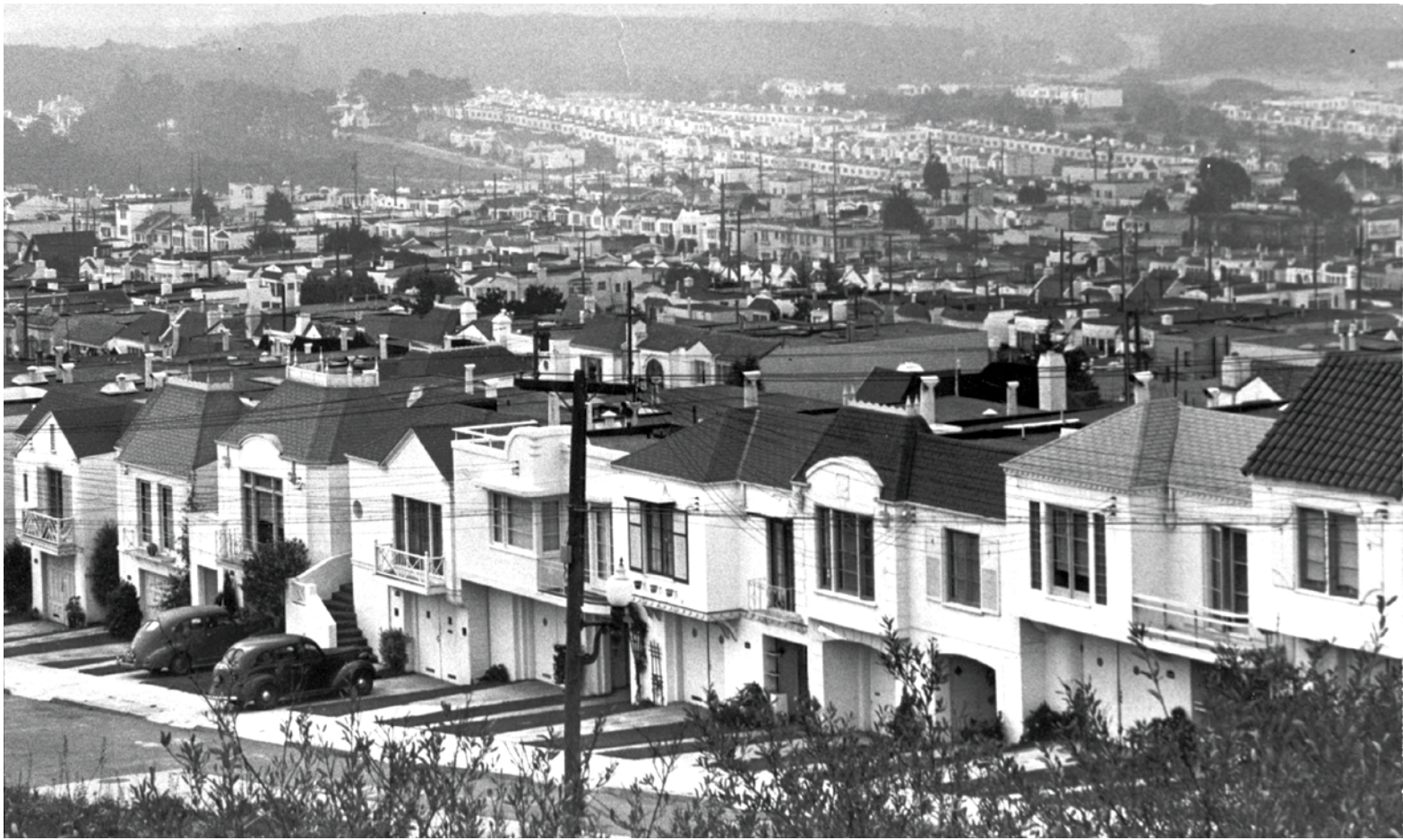
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440 Dellbrook Ave	Midtown Terrace	3	2	1	998,888	1,360,000	136.15
115 San Pablo Ave	St. Francis Wood	3	2.5	1	2,200,000	2,015,000	98.29
830 Rockdale Dr	Miraloma Park	3	2	1	1,095,000	1,400,000	127.85
82 El Sereno Ct	Miraloma Park	3	2	2	1,375,000	1,600,000	116.36
98 Rockaway Ave	Forest Hill Extension	5	3.5	1	2,995,000	3,025,000	101
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View of the Sunset District from the Sunset Reservoir at 26th Avenue and Quintara Street • Nov. 24, 1945 Permission: San Francisco History Center, San Francisco Public Library.

Sunshine's Shadow (Cont. from p. 8)

in 2013. According to the City's Department of Elections, in the 4 years between May 2011 and May 2015, CAVEC registered only 64 San Francisco voters – 16 annually. We e-mailed CAVEC, asking for the numbers of non-City voters registered, but received no response.

Between 2008 and 2011, Lee's salary at CAVEC averaged \$90,211 annually (range \$86,461 to \$91,980). In October 2012, Friends of Ethics filed a complaint against Lee for failing to disclose this outside income while serving as a Rec & Park Commissioner. Later that month, UC Berkeley Prof. Ling-chi Wang and Henry Der, founding members of CAVEC and of Chinese for Affirmative Action, publicly denounced Lee's exorbitant \$91,980 salary that then comprised 55% of CAVEC expenses – despite its revenue shortfalls. They also challenged the role of Lee's wife on CAVEC's board, his exaggerated voter registration claims, the mingling of his business and CAVEC pursuits, plus the "behind the scenes" and "downtown and out-of-town" money pouring into his campaign. They asked "who will he be accountable to?" In 2013, Lee's salary was cut to \$46,828, though it remained CAVEC's biggest line-item expense. Other Chinese-American activists say that CAVEC has been losing touch with the community, becoming more politically and finance-driven.

Despite Lee's ties to business and moneyed interests, who already have influence at City Hall, he has previously served on the boards of the California First Amendment Coalition and the minority-based New America Media. Both promote public

access to government activities. Plus, he has long advocated for immigrant participation in civic affairs. So Lee's pushing this Sunshine measure makes sense.

In appeals for a "generous donation" Lee claims that his ballot proposal arose from "working with my students" and that "students don't have the resources to fund a campaign." However, the campaign's kick-off at SF State's Student Center on 5/14/15 barely drew a handful of students to collect 14,000 signatures by July 6th. It's interesting that Lee would take on a ballot initiative with such sparse front-line support, and while CAVEC is caving financially. Next year, District 1 will need a new Supervisor. Will an appealing Sunshine measure enhance Lee's political profile – and CAVEC's viability?

Lee's Sunshine amendment emphasizes that "professional activists and lobbyists are the only ones who can spend the time at City Hall to influence decisions" and that it will empower "working people, small business owners, students and caregivers who have set schedules." There's no mention of the costs and contract opportunities associated with the proposed technology. Tracking the funding for this ballot measure will show whether the "busy people" served will the same donors who rallied behind him in 2012.

Dr. Maria Rivero and Dr. Derek Kerr were senior physicians at Laguna Honda Hospital where they repeatedly exposed wrongdoing by the Department of Public Health. Contact: DerekOnVanNess@aol.com

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

Sudoku-fun!

Rules:
Each puzzle is a 9 by 9 grid of squares divided into nine 3 by 3 square blocks, with some of the numbers filled in for you.

The Object:
Fill in the blank squares so that each of the numbers 1 to 9 appears exactly once in each row, column and block.

Answer:
The answer appears below.

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

BRAIN FUD

Hidden Categories

Remove a letter from each of the words below and rearrange the remaining letters to form new words. The 10 words will all fall into a certain category. For example, given the words DEAR, ANGRY, and RENEGE, you could drop the "A" in DEAR to get RED, drop the "N" in ANGRY to get GRAY, and drop an "E" in RENEGE to get GREEN. These would all fall into the category of "Colors".

If you're stuck, the hint will name the category. The tough part is getting all 10 words.

EPOCH
EXPEL
WRIST

BUNDLE
INWARD
REPUTE

UNSEAT
ASCRIBE
MEMOIRS

PHRASING

GARNISH
SIMMER

BRAISE
SAUTE
PUREE
DRAIN

BLENDE
STIR
PEEL
CHOP

Answer: These are all recipe directions.

Education

Summer Learning...or Not

By Carol Kocivar ©2015

Ironically, one of the best ways to address the achievement gap is not just during the school year but also during the summer.

Why?

According to the National Summer Learning Association, more than half of the achievement gap between lower- and higher-income children can be explained by unequal access to summer learning opportunities.

The graph below, from www.summer-matters2you.net, illustrates how children fall behind year after year.

High-quality and engaging summer programs can help close this income-based achievement gap. And note, we are not just talking about "summer school." High quality summer learning encourages

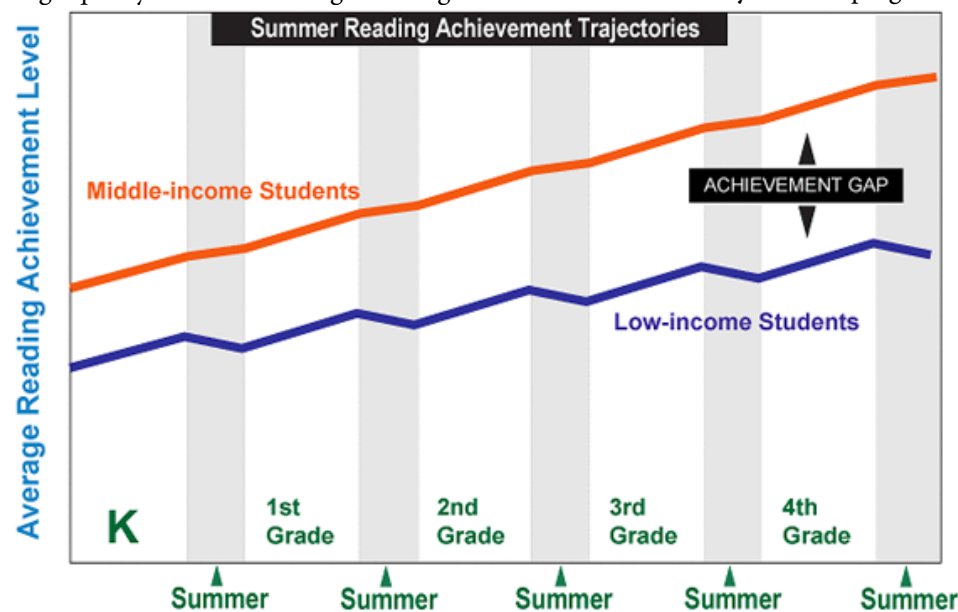
to 5. Every weekday from June 1 to August 14, 2015, anyone under the age of 18 can receive a free lunch and a free snack at over 65 sites throughout San Francisco. www.dcyf.org

California Academy of Sciences: Science-based youth leadership development programs for Teens. 55 Music Concourse Drive (415) 379-8000 www.calacademy.org

Stonestown Family YMCA: A wide variety of summer camp experiences.

333 Eucalyptus Drive San Francisco, <http://www.ymcasf.org/stonestown>

SF Public Library: Lots of programs



students to be lifelong learners, rather than solely classroom learners.

Here are six signs of a great summer learning program from Summer Matters:

Broadens horizons – Exposes students to new adventures, skills and ideas such as a nature walk, new computer program, museum visit or live performance.

Includes a wide variety of activities – Such as reading, writing, math, science, arts and public service projects – in ways that are fun and engaging.

Helps youth build mastery – By improving something they enjoy and care about, such as creating a neighborhood garden, writing a healthy snacks cookbook or operating a robot.

Fosters cooperative learning – By working with their friends on team projects and group activities such as a neighborhood clean-up, group presentation or canned food drive.

Promotes healthy habits – By providing nutritious food, physical recreation and outdoor activities.

Lasts at least one month – Giving youth enough time to benefit from their summer learning experience.

Summer in the City

There is good news on this front in San Francisco. This summer, an additional \$1.8 million supports summer programming. These additional funds, approved by San Francisco voters in November 2014 as part of Proposition C, will help children and youth access high quality summer programs throughout San Francisco.

Resources to check out:

The Department of Children, Youth and Their Families: An extensive list of summer camps and programs: Free, low cost. Offering scholarships and for ages 2

including a Family Pass to enjoy 23 SF attractions from museums to the zoo to swimming pools. Big News is *The Mix at SFPL*, a youth-designed, teen learning space for ages 13-18 to explore, create and develop digital media and computer skills as well as discover and engage with the Library's traditional books and materials. In addition to a physical location at the San Francisco Main Library, other youth-focused digital media programs will take place throughout SFPL's 27 branch libraries in a program called *The Mix on the Move*.

You can also find calendars of events for activities at our local libraries—story time, pre-school films, teen activities etc. on the www.SFPL.org calendar

de Young Museum in Golden Gate Park: Free Saturday Classes for children ages 4 through 12; Art After School for children in 1st through 8th grades;

Summer Art Camp for children ages 6–12; Artist Studio for Families with Children. <https://deyoung.famsf.org/families>

2015 San Francisco Summer Camps! Provides an extensive list of summer camps in arts, sports, academics and specialty camps <http://www.sanfrancisco-summercamps.org>

SF Kids.org: Not only provides lists of summer programs but also a calendar of family events.

Want to find out more about summer learning loss? Check out lesson 4.6 *Summer: Time to Learn, or Time to Forget?* on www.Ed100.org

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

Around the Town (Cont. from p. 11)

Bicycle Ed...The **SF Bicycle Coalition** is sponsoring a bicycle education workshop on Sunday, July 18th at the Ingleside Police Station Community Room, from 10 AM -2 PM. Entitled, **Traffic Skills 101**, this free classroom course will teach the Rules of the Road; Biking in City traffic; Handling Intersections and How to avoid collisions. No bicycle is needed for the class. To register, visit: sfbike.org/education.

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.



Our City is flourishing and money is coming in hand over fist. Our tax revenue has increased substantially. For example, property assessments alone increased 6% or \$10 billion for fiscal year 2014-15, reflecting approximately \$117 million in property tax revenue, and our City is collecting hotel taxes and penalties from Airbnb estimated at 25 million."

Game Plan? (Cont. from p. 1)

Do you realize how serious this drought is? California is in its fourth year of an extreme drought. The major sources of water are rain and snow melt in the Sierras, ground water, and imported water. The future looks bleak because of climate change and the decrease of snow and rainfall and continued ground water use. Even though our City is working to conserve our precious drinking water and to use our resources as effectively as we can, other CA cities are running out.

On the November ballot the Mayor is putting a \$250M general obligation bond for affordable housing. This bond requires a two-thirds vote to pass and would include funding for affordable housing that targets low-income and middle-class San Franciscans, and rehabbing existing public housing. It must be an election year.

In a *Chronicle* interview, Lee stated that "We can do \$250 (million) without raising anybody's taxes." As Former President Ronald Reagan used to say, "There you go again." Just like Prop A's general obligation bond approved last November, the Mayor states this housing bond will have no cost to the property taxpayer. Let's be honest, it will cost the taxpayer. What the Mayor implies is that since certain bonds are retiring there would be no increase in the property tax rate if this measure is passed. However if it doesn't pass then the tax rate would drop, reflecting a savings to the taxpayer. I guarantee that when the voter pamphlet comes out the Controller's Statement will provide a cost to the homeowner.

This \$250M Bond paid by property owners is to help our City housing needs, since the Mayor has promised to have 30,000 new units by 2020. Do we really need to increase property taxes to property owners? What is the projected property tax revenue increase from 30,000 units once completed? If we took a conservative \$1 million average sales price per home, then the assessed value would be \$30 billion or \$317.43 million annually in property tax revenue (based on the 2014 tax rate of 1.1743%). This doesn't even take into account transfer tax revenue of \$225 million from the sales of these 30,000 units (based on the transfer tax rate of \$3.75 for each \$500 portion of \$30 Billion). We are not even looking at increases from other property transfers and new construction, business tax, hotel tax, etc... Also how do you expect to get projects through when the Planning Department is backlogged 18 months?

No general obligation bond measure should put to the voters until an all-inclusive strategy is in place to handle the increase in population to 1 million and 30,000 new units within the next 5 years. and its ramifications on our City and our City Services. These ramifications include increases in crime, traffic, transportation, homelessness, panhandling, the City's universal health plan, police and fire services, jobs, new businesses, etc... All City departments should report on the effects that the proposed increases will have on their service levels.

Supervisor Farrell is considering a ballot initiative for November for more funding for homeless housing and services. Mayor Lee graded the homeless program a "C", which is mediocre, and a Chamber of Commerce poll found 58% of San Franciscans think homelessness and street behavior is getting worse (9% think it's getting better). If there is a plan to overhaul the homeless program than I would like to see it. I do not believe in throwing good money after bad, or for someone's political agenda to run for higher office.

Hey, didn't we elect the previous Mayor whose platform was to eliminate homelessness? It didn't work, but it did have a catchy name, "Care Not Cash."

It's all good that our City officials want more affordable housing, to improve services, and to maintain our infrastructure. As concerned citizens we all want that. But before you start inundating the voters with initiatives, I would highly recommend you look into your own backyard. Because if you did, then you would not be putting measures like these to the voters.

Our City is flourishing and money is coming in hand over fist. Our tax revenue has increased substantially. For example, property assessments alone increased 6% or \$10 billion for fiscal year 2014-15, reflecting approximately \$117 million in property tax revenue, and our City is collecting hotel taxes and penalties from Airbnb estimated at 25 million.

In good times like now, programs and services are not as scrutinized in the budget process as they would be in a recession or depression. It's easy for our public officials to look the other way since we are flush with cash. Let me just stress the fact that I am a strong advocate for affordable housing and not just during an election year. But I am also for accountability.

Mayor Lee, before any monies are requested from taxpayers in the future, audit the revenue practices of our revenue generating City Departments. Have Grand Jury and Harvey Rose audit recommendations been implemented? Are all City department lands that are rentable leased out, and if not, why not? Have all backlogs, such as building permits, been addressed? Audit non-profit agencies and City contracts to insure that services are being provided and determine if they are even necessary. Cut unnecessary fat to ensure vital City needs are met. We need to prioritize essential services and programs and ensure they have sufficient funding before lower priority programs are funded.

Over the past year I have written articles identifying over \$200 million in tax revenue to the City that is not currently being appraised by the Assessor's Office, such as the unconstitutional loophole in the Presidio Trust that tax exempts tenants, the non assessment of naming rights at AT&T Ballpark and of the PG&E franchise fee by the SBE, and the appalling appeal by the Giants to reduce their Ballpark value to \$140 million after they built it in 2000 for over \$350 million, to name a few. If these high profile properties are not being assessed appropriately, then what about other properties in the city. Just think, this \$200 million in tax revenue not being addressed appropriately is just from a handful of properties and represents 10% of the City's total annual property tax revenue. This \$200 million would go along way for our affordable housing without asking taxpayers to pay the bill and save hundreds of millions in bond interest payments.

Mayor Lee will be re-elected in November 2015. Whether you vote for him or not, we want our Mayor to do what is in the best interest of the City and to lead us in this time of prosperity.

We are the City that knows how. We all need to work together. But let's have a plan.

John Farrell Broker/Realtor – Farrell Real Estate, MBA, Former City Asst. Assessor-Budget/Special Projects, 5th Generation San Franciscan, Westside resident - farrell-reinvestments@yahoo.com

Secret City Attorney (Cont. from p. 7)
hearing on St. Mary’s proposal — that the City Attorney has apparently recently reviewed Prop Q.

When Chow started to take a vote May 19 on whether to adopt changes to the final Resolution. Commissioner Singer thoughtfully interjected: “The Resolution doesn’t have in the first sentence ‘will or will not.’ Just to be clear for the record, you are proposing ...”

Chow responded:

“We’ll correct the title of the Resolution. It is not ‘will or will not.’ It’s actually ... we have to revise the title of the resolution because we are not finding ‘will or will not.’ We are instead Resolving that skilled nursing beds closed will need to have post-acute care, or [will] be found not to be helpful to the health of the City. It’s a different finding.”

Chow repeated: “And once again I will reemphasize that the City Attorney has indicated that we have discretion [regarding language in the Resolution].”

The legal text of Prop Q did **not** provide that the Health Commission could simply make other kinds of “findings”; it provided that the Commission had to reach a single finding of whether proposed actions “will” or “will not” be detrimental.

Unanimously Passes Final Resolution

Predictably, a records request placed May 20 for the final Resolution adopted by the Health Commission revealed that Dr. Chow did, in fact, creatively edit the title of the Resolution striking out the “will or will not” clause, and the body of the Resolution also removed an up or down vote on whether St. Mary’s SNF closure would be detrimental.

On the May 19 video, Dr. Chow indicated a first “Resolved” statement would be changed to read “The closure of short-term skilled nursing facility beds without ensuring an appropriate level of post-acute care is available may result in short-term skilled nursing needs of the community not being met.”

A new second Resolved would read:

“SFDPH is *encouraged* to work with other City agencies, local hospitals, and community-based organizations to research the needs for short-term SNF’s and post-acute care services in San Francisco, and submit a report back to the Health Commission within six months [emphasis added].”

This is clearly a long-overdue admission that for fully eight years, the Department of Public Health failed to conduct an analysis of short-term SNF needs in coordination with other City agencies as the Commission had requested in 2007.

Interestingly, in response to a second records request also placed on May 20 for any written City Attorney “opinion” regarding interpretation for the Health Commission regarding Prop Q, the Health Commission’s secretary responded saying that to the extent the Health Commission has any responsive records, advice and opinions from the City Attorney are protected by attorney-client communications, and/or attorney work product privileges, and won’t be provided to members of the public.

City Attorney’s Orwellian Pride

Not only does our City Attorney

illegally advise City Departments on how to evade complying with the Sunshine Ordinance (which City Attorney advice is explicitly prohibited under Sunshine), the St. Mary’s Prop Q hearing offers proof that our City Attorney apparently also advises Departments on how they can overturn the will of voters by simply ignoring the legal text of citizen-initiative ballot measures in voter guides and the official question placed before voters at the ballot booth.

This is completely Orwellian: How can the Health Commission refuse to release a secret City Attorney “opinion” granting it authority to overturn the intent of citizen-initiatives that voters passed, without going back to the voters to ask permission to rescind previously-passed legislation? The City Attorney’s Office also refused on June 1 to disclose any City Attorney opinions regarding Prop Q, apparently to keep them secret.

How did we get to the point when voter-initiatives can be overturned using ultra-secret City Attorney opinions the City and the Health Commission refuses to release?

What would be so wrong allowing citizens to read the City Attorney’s written opinion parsing Prop Q that purportedly permits the Health Commission broad latitude and “discretion” to simply drop reaching a finding of “will” or “will not” be detrimental? After all, this secret City Attorney opinion — albeit Orwellian — effectively neuters Prop Q, rendering any future Prop Q hearings moot. If allowed to stand, it will effectively end any need to hold Prop Q hearings, taking us right back to 1988 when private facilities could do as they pleased closing or eliminating health care services without any community involvement and oversight.

Under the Affordable Care Act (Obamacare) private hospitals will have even more incentive than in 1988 to eliminate medical services suddenly and without input from the community. A “strict” reading of Prop Q as enacted by the voters is actually needed now, much more than ever, to prevent the Dr. Chow’s and the Barbara Garcias of the world from dictating to the rest of us what the healthcare “system” *should* look like, and to get out of having to rule on whether service reductions will or will not have a detrimental impact on our healthcare. Without the focus being “facility centered,” you can expect private facilities to dictate to us how “patient-centered” will be defined, by whom, and without any oversight.

As you face being dumped out-of-county for skilled nursing care following your stroke, brain injury, or heart attack, you may find yourself asking “Please remind me again. How did we get here?”

Monette-Shaw is an open-government accountability advocate, a patient advocate, and a member of California’s First Amendment Coalition. He received the Society of Professional Journalists–Northern California Chapter’s James Madison Freedom of Information Award. Feedback: monette-shaw@westsideobserver.

The expanded version of this story will be on our web site shortly.

Rosemary DeWitt have moved into a new tract house, not knowing it’s built over a graveyard of angry tenants who soon show their displeasure. Initially, the clown dolls move in the night, then Madison, the youngest: Kennedi Clements is swallowed by her closet and speaks from the inside of her TV. The son Griffin: Kyle Catlett is scared of his shadow to begin with, then terrorized by a tree that pulls him through a window. The feisty teen Kendra: Saxon Sharbino has her own battles. The parents have moving furniture. Director Gil Kenan and screenwriter David Lindsay-Abaire give story credit to Steven Spielberg. Along the way this remake has lost the freshness and pizzazz of the original.

Brief suggestive material. Some profanity.

TOMORROWLAND

A twelve-year old boy presents his “in progress” rocket suit to Nix: Hugh Laurie, who turns it down as not ready yet. His daughter Athena: Raffey Cassidy, also 12, forms a helpful attachment to young Frank Walker, who as an adult is George Clooney. The structure of the script has Frank disappearing after a few minutes at the beginning until midway through the film when the daughter of Eddie Newton: Tim

McGraw, a teen scientific genius, Casey: Britt Robertson has discovered the magic Tomorrowland transporter left by Athena for Casey. Together they have a road trek looking for Frank. When Casey finds him, they escape from space patrolmen wanting to destroy them. Their only escape is to travel through time. Theme park sequences were filmed in Disneyland in Anaheim and Walt Disney World in Florida. Sequences of sci-fi action and peril. Thematic elements. Profanity.

Senior Smarts (Cont. from p. 15)

comprehend sights, sounds or other sensory information.**

Apraxia: Inability to perform purposive movements although there is no sensory or motor impairment; Inability to use objects properly.**

Confabulation: A behavioral reaction to memory loss in which a person fills in memory gaps with inappropriate words or fabricated ideas, often in great detail.**

*Understanding Medical Terminology
**Taber’s Cyclopedic Medical Dictionary

SOCIOECONOMIC

In 2013, the percentage of persons 65 years and older in San Francisco was 14.2% and 12.5% in California (<http://quickfacts.census.gov/qfd/states/06/06075.html>)

Financial Income during retirement affects the life of seniors. Some seniors receive social security payment with no other source of income. Other seniors receive funds from earnings, savings, private insurance or pension plans.

An adequate income is needed to: maintain the standard of living to which seniors are accustomed to; afford home health services; long-term care (assisted living, care home, skilled nursing/rehabilitation facility); pursue interests or hobbies; afford transportation (owning and driving your own vehicle for as long as you are able); burial expenses (life insurance).

Health Some seniors who have health problems cannot afford health care. Public health insurance (Medicare and Medical) pay only a percentage of the total medical expense. Fewer service providers are accepting Medicare.

A senior’s income affects the ability to: experience good physical and mental health to maintain self-care; find happiness in their life—‘doing what makes you happy.’

Family Income affects seniors ability to engage in their relationships with family and friends because of related expenses (long distance or toll telephone calls, travel fares, gasoline costs, entertaining, etc.).

Housing Seniors who are homeowners prefer independent living—aging in place in their own home, or, transitioning to senior apartment, retirement community, or independent living center. Low-income seniors housing choice is a

low-income apartment.

There are 50 affordable senior housing facilities listed in New LifeStyles Guide to Senior Living and Care.

Assistance Programs

Special benefits for seniors: reduced property taxes; free legal services [60 years and older]; reduced fares for public transportation; reverse mortgage; HUD 202 Program [affordable senior housing].

RESOURCES

Administration on Aging (AOA). www.aoa.gov. An agency of the U.S. Department of Health and Human Services designated to carry out the provisions of the Older Americans Act of 1965. Programs: Office of Supportive and Caregiver Services; Office of Nutrition and health Promotion Programs; Office of Elder Justice and Adult Protective Services; Office for American Indian, Alaska Natives and Native Hawaiian Programs; Office of Long-Term Care Ombudsman Programs; National Aging Network.

City College of San Francisco. www.ccsf.edu/en/educational-programs-/school-and-departments/school-of-health-and-physical-education/older_adults.html. Non-credit classes designed for those 55 plus, but all are welcome to attend. Course offerings span several different disciplines, including computer, health and wellness, language arts, and the arts. Contact: Shelley Glazer, (415) 452-5839.

Department of Aging and Adult Services. www.sfhsa.org. Intake and Information Referral: (415) 355-6700; Adult Protective Services: (800) 814-0009 or (415) 355-6700; In-Home Supportive Services; Transitional Care Program; Meals for Seniors; SF Connected Program; Information Resources, Advocacy and Legal Services; County Veterans Service Office; Services for Active People with Disabilities and Seniors.

Editor’s Note: This is a shortened version, for the complete text, go to: www.westsideobserver.com/health.html

Anise Matteson is an elder care consultant, retired Registered Health Information Technician, writer of reference books for seniors (Caring for an Aging Loved One: The Family Caregivers’ Guide Book), forum host Caring for an Aging Loved One. mattesonecs@yahoo.com.

Movies (Cont. from p. 13)

MONKEY KINGDOM

Disney’s latest True Life Adventure has Tina Fey for its narrator. The natural born entertainers steal scenes from each other as one monkey slaps another, swings on the hanging vines, falls, gets back on, and they wrestle. When their natural habitat is endangered and a mother and baby are separated temporarily, their story becomes more interesting. The photography and sound recording are extraordinary. G rating.

POLTERGEIST

Eric Bowden: Sam Rockwell and Amy:

Sterling artchitech and Influential Image Consulting



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First Impressions can make all the difference...
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Real Travel By Sergio Nibbi



Standing Room Only

Western style barbequed ribs, enchiladas with rice and refried beans, cellophane noodles with Dungeness crab, Belgian Pearl sugar waffles or falafel. Does that sound like food enjoyed on an around the world cruise on Crystal or Seaborne? Do you have to travel far and wide to enjoy these and other world cuisines?

I traveled no further than Burlingame and San Francisco to indulge. If you don't mind eating alfresco or being scared half to death by the sound of a speeding Cal-Train just inches from your table, then you might want to join those traveling gourmets and visit the food trucks every Tuesday night that park themselves on California Drive at Broadway Avenue in Burlingame. Each truck is uniquely painted with interesting names, but don't expect a Slanted Door, a French Laundry or Poggio, although the food is unique and delicious. The Burlingame lot is appropriately called Off the Grid, and yes, they do have an app to let you know where the trucks are appearing on any given day and all the services they provide. I've attended a few private parties where the food truck pulled up, served the guests and headed off... no fuss, no muss.

In the process of checking out the trucks



I ran into a very nice young man by the name of Rich Mainzer whose 6-wheeler goes by the name of Boneyard. As another train went screaming by, the rush of air engulfed me with the aroma of ribs and baked beans, so a few minutes later I headed back to my car with a container of delicious food that served as dinner for that night.

But what's a nice dinner without dessert? How about a donut truck with every variety of crispy donuts hanging on wooden pegs

ready to be enjoyed with a nice espresso or a cold beer?

The San Francisco truck farm is located on the corner of 11th and Bryant Streets, tucked under the Central Freeway, and is appropriately known as Soma Street



Food Park. This location is much larger than its Peninsula counterpart and has outdoor tables with umbrellas, covered sheds with tables and chairs, and an old streetcar that found a new life outfitted with benches and tables. There again you'll find more of the colorful trucks with



names like Bacon/Bacon, KasaIndia, The Fish Tank, Firetrail Pizza, and of course, Cookie Time. And if you're in the mood for a little refreshment, how about some Sangria or a Mimosa? The trucks shuttle from location to location, and there's always something new and different to be enjoyed every day, seven days a week. With such a variety of different food one would think that boredom would not an issue, but should one desire a change what better place than Costco, which is right across the street, where you can grab a hot dog and a giant soda for \$1.25. Don't forget the Softie ice-cream while you're there - it'll go great with that treat from Cookie Time.

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San Francisco Village is a membership organization dedicated to empowering older adults to continue to live active and full lives in their own homes and neighborhoods. Village members have access to expert guidance and support so that they remain independent and connected as they age.

To join San Francisco Village or learn more about the benefits of becoming a member, please attend one of our upcoming meetings in your neighborhood.

Saturday, June 20, 2015
2:30 – 4:00pm

St. Francis Episcopal Church
399 San Fernando Way



My life here



Margaret Handelman, resident since 2011

The Life She
WANTS
In The City She Loves.

The wonderfully fashionable mix of a life well lived is right here at San Francisco Towers, the city’s most appealing senior living community. Margaret finds time to help organize both our fundraiser fashion show and our annual holiday trunk show. Be our guest, come by and meet people like Margaret who still pursue their passions and are writing their next, best chapter right here. To learn more, or for your personal visit, please call 415.447.5527.



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SERIES ONE | Paul Marino | Unique Client
A third generation San Franciscan with deep roots in The City, Paul Marino has made a successful career as the owner of Columbus Café in North Beach. When not at work, Paul is addicted to the ocean and is an avid surfer. There is no other place he'd rather live than right across the street from Ocean Beach. We are proud to have him as our client!
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