

New

FILLMORE

SAN FRANCISCO ■ AUGUST 2006



Hospital Plans Garage, New Buildings

Local construction is in addition to major facility on Van Ness

By DON LANGLEY

An 11-story parking garage at Webster and Clay, an 89-foot-tall research building at Buchanan and Clay, a 72-foot-tall medical office building and a 126-foot-tall ambulatory care center in the middle of California Pacific Medical Center's Pacific campus are on the drawing boards as the hospital revamps its facilities.

The catalyst for the major project is new California seismic standards for acute care hospitals. It is not economically feasible to upgrade the hospital's existing facilities at the Pacific and California campuses.

The plans are predicated on construction of a new acute care facility on Cathedral Hill, where CPMC proposes a 20-story, 331-foot hospital on one side of Van Ness Avenue and an additional medical office building on the other.

The hospital building on Buchanan Street would then be converted to provide ambulatory care.

On the Pacific campus, demolition and construction would span four years, from 2013 into 2017, except for the medical office building on Clay, which would be built between 2022 and 2025.

Lubor Mrazek, director of the hospital's

CONTINUED ON PAGE 5

Photograph by DAVID JOHNSON

The Fillmore meets Japantown, late 1940s

Then as now, the intersection of Fillmore and Post was also the intersection of two neighborhoods. Japanese-Americans had returned from the internment camps of World War II to find that, in their absence, African-Americans had arrived in record numbers as part of the war effort. What had been Japantown had been transformed into an all-night party of jumping jazz joints. This photograph captures the energy of the neighborhood. In the background, at Geary and Fillmore, stands the Fillmore Auditorium — then as now. To its right is the Congregation Beth Israel Synagogue, which would later become the People's Temple, presided over by the Rev. Jim Jones before he and his followers decamped to Guyana and died in a mass suicide. **NEIGHBORHOOD HISTORY, Page 11**

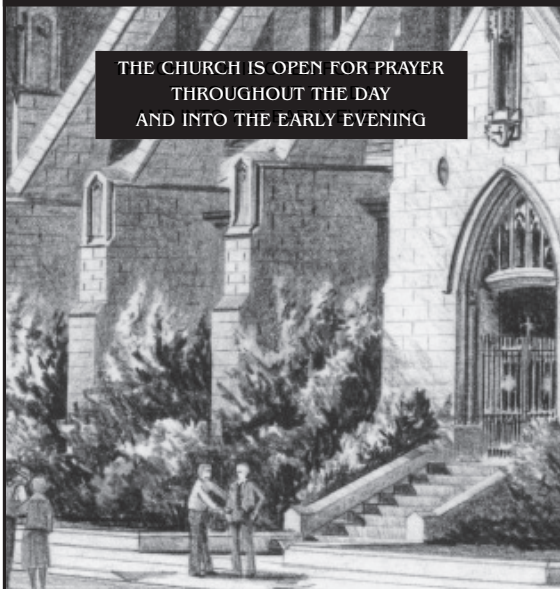
Photographer David Johnson has been capturing images of the neighborhood since he arrived in the city in the 1940s. **ART, Page 10**

A SIMPLE SUMMER SUPPER

Carlo Middione finds the fixings for a feast at the Fillmore Farmers Market.

Page 9

St. Dominic's Catholic Church



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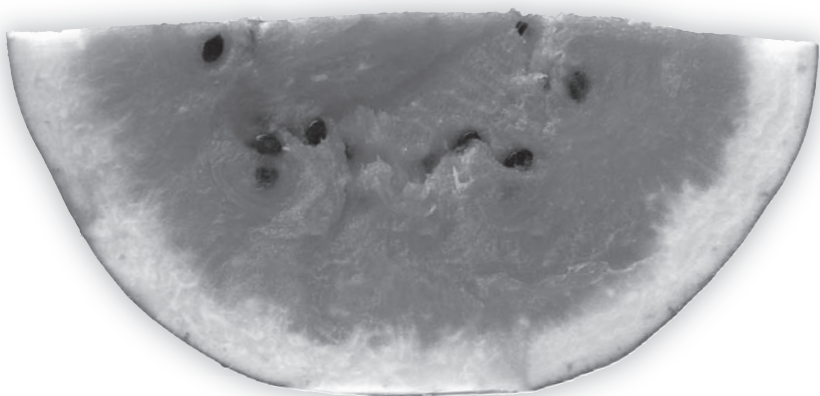
Join us in celebrations making St. Dominic's Month throughout the month of August. A variety of activities, anchored by the Feast of our Holy Father Dominic, will beguile you, including:

- July 30 SOLEMNITY OF DEDICATION OF THE CHURCH**—all Masses
- Aug 7 ANNUAL ST. DOMINIC LECTURE** "Upside Down Church" by John Allen, Jr., Vatican correspondent and noted author, who will speak on his upcoming book that explores the phenomenal growth of Catholicism in the Southern Hemisphere—7:30
- Aug 10 MEDIEVAL DINNER**—our annual Feast evoking the tastes and time of St. Dominic, 6:30 pm
- Aug 13 FEAST OF ST. DOMINIC**—all Masses
- Aug 15 FEAST OF THE ASSUMPTION**—Masses at 6:30 & 8:00 am and 5:30 & 7:30 pm. Fr. Robert Christian, O.P., native San Franciscan and professor at the Pontifical University of St. Thomas in Rome, will celebrate and preach the 7:30 pm Solemn Mass, which will be Schubert's Mass with orchestra.
- Aug 20 EYE ON THE DOMINICAN MISSIONS**—Mexico-based Fr. Martin Walsh, former pastor and now director of the Dominican Mission Foundation, will preach and make an appeal for the Dominican Missions throughout the world—all Masses.
- Aug 24 POPE BENEDICT'S 7 PRINCIPLES FOR A DEEPER STRUCTURE OF THE CHURCH** presented by Fr. Xavier Lavagetto, O.P., pastor—7:30 pm.
- Aug 30 "MAKE A JOYFUL NOISE"** concert by the St. Dominic's Contemporary Choir directed by Mark Lizama—7:30 pm.

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Post Street from Laguna to Fillmore
nihonmachistreetfair.org

The 33rd annual celebration of the Bay Area's diverse Asian and Pacific Islander communities brings artisans, musicians and other performers to the neighborhood.

DURUFLE'S REQUIEM CONCERT

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San Francisco Choral Society
Calvary Presbyterian Church
2515 Fillmore St., 415.566.8425

IMPORTANCE OF FORGIVENESS FOR HEALTH & HEALING

Thurs, August 10, Noon to 1 p.m.
Osher Center at UCSF
1701 Divisadero St., Suite 150
osher.ucsf.edu or 415.353.7700



HOME MOVIE DAY

Sat, August 12, noon to midnight
San Francisco Media Archive, 275 Capp St.
homemovieday.com or 415.558.8117

As part of an international celebration of amateur films and filmmaking, this event features a screening of "San Francisco in Cinemascope," a 1961 panorama that includes footage from the Fillmore (above) and a film short of Playland at the Beach being demolished, among other rare films.

■ FROM THE EDITORS

Your response to our changes in the New Fillmore continues to be overwhelmingly positive, and we thank you. As we create new features that celebrate the neighborhood, we invite you to participate.

WHY I LIVE WHERE I LIVE

Tell us a personal story that explains why you live here.

RANTS & RAVES

Something you especially love about the neighborhood?
Something you don't? Say so.

HIDDEN TREASURES

Know a special spot in the neighborhood you're willing to share?
Know someone who quietly goes about doing good? Tell us.

Join us as we work to make our neighborhood newspaper more lively and more local. We welcome your submissions and your suggestions.

THE NEW FILLMORE

2130 Fillmore Street #202 ■ San Francisco, CA 94115
415.441.6070

Editors Barbara Kate Repa & Thomas R. Reynolds
editors@newfillmore.com
Art Director Ginny Lindsay
News Editor Don Langley

Advertising inquiries ads@newfillmore.com or 415.441.6070
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Special districts advance for Japantown, Fillmore

Creation of the Japantown Special Use District and the Fillmore Jazz Preservation Community Benefit District moved ahead June 27 when the Board of Supervisors, without discussion, passed supporting resolutions.

District 5 Supervisor Ross Mirkarimi, author of both resolutions, said the Japantown measure will preserve the historic and cultural history of Japantown.

In community benefit districts, property owners agree to tax themselves to fund supplemental services such as marketing, special events, sidewalk cleaning, security and tree maintenance. Starting the process required a petition signed by 30 percent of the property owners; 58 percent signed up. Implementation requires approval by 50 percent of property owners.

Asian Heart Center opens

The Asian Heart and Vascular Center has opened at UCSF Mount Zion. It is the first center in the country to focus on the specific cardiovascular needs of Asian Pacific Islanders, who account for about one-third of San Francisco’s population. Heart disease is their leading killer.

“Many people in the Asian population are at risk,” said Dr. Gordon Fung, director of the new center. “They don’t receive the medical care they deserve because it’s not in their language and it’s not presented in a way that is respectful of their culture.”

Park gets a gardener

Lafayette Park has a full-time gardener once again, and Ron Harwell’s work is already showing results. He’ll get help from Friends of Lafayette Park, which gathers on the first Saturday of each month from 9 a.m. to noon to clean, plant and pull weeds. The next workday is August 5.

The previous gardener went on disability six months ago. Since then the Recreation and Park Department assigned someone to work with the Friends on their workdays — volunteers are not allowed to work in the parks without professional supervision — but nothing has happened between those sessions.

NEIGHBORHOOD NEWS

Ski Jump Won’t Return to Fillmore Hill

Last year it snowed in the neighborhood on the hottest day of the year — and 15,000 people showed up to watch world-class skiers jump down the Fillmore hill.

The ski jump is back, but this year it won’t be on Fillmore.

And it won’t be free.

Organizers have announced that the extreme event will move to AT&T Park. A 100-foot ski and snowboard jump will descend from the scoreboard and extend 350 feet. It will again be covered by 200 tons of snow. It is slated for Saturday, November 4, and tickets will cost from \$10 to \$48.

Last year’s event — a kind of extreme 30th birthday party for local Olympic ski champ Jonny Moseley — was strenuously opposed by many neighbors, some of whom cited concerns over security and insurance coverage.

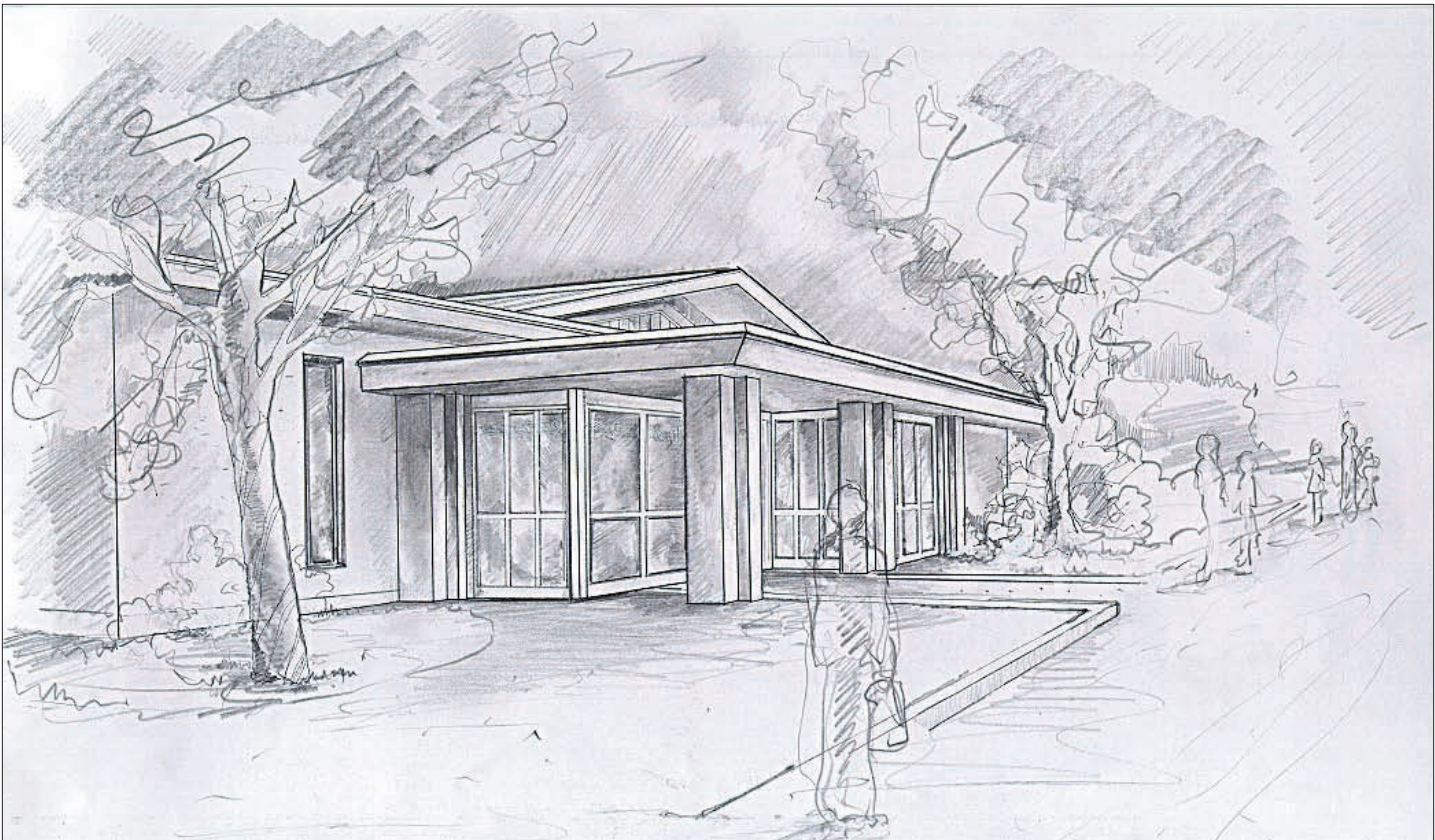
But Mayor Gavin Newsom avidly supported the event, calling it “another chapter in San Francisco’s long history of oddity,” and eventually the opposition was overcome.

“Last year’s event was amazing and will certainly go down in the history books,” said Esurance Icer Air president Glen

Griffin, whose group sponsors the event. “But we knew we had to do something different and more outrageous this year.”

The Fillmore jump “was a novel event and it’s not going to look like that exactly again,” Moseley said. “It will be a different flavor, but the same excitement.”

Connie McCole, one of the opponents of last year’s event, said, “We maintained throughout the controversy last year that the ski jump could be a great event if held in an appropriate place. They have found the perfect location, and we wish them a successful event.”



The entrance to the Western Addition branch library will be expanded as part of a complete renovation.

Library Closing This Month as Renovation Begins

Renovation of the neighborhood branch of the San Francisco Public Library will proceed on schedule, thanks to a vote July 20 by the Library Commission to transfer additional funds from a reserve account.

The library, at 1550 Scott Street, will close August 19.

A closing party is being organized for that day from 12:30 to 2:30 p.m. Friends of the Library is planning for the event to spill out onto Hamilton Field. The Buchanan Street Y may participate by organizing games.

The 18-month reconstruction program was threatened with delay when the low bid came in substantially above budget. The work will cost almost \$4.3 million, but only

\$3.3 million was available from a bond issue approved by voters several years ago.

The Library Commission’s vote makes the extra money available and allows the renovation to begin.

In addition to a seismic upgrade, the library will get a new entrance with automatic doors. The front of the building will be expanded slightly.

Inside there will be updated restrooms, a quiet adult reading section, a program room, areas designated for teens and children and improved work areas for library staff.

Friends of the Library is raising \$500,000 for new furniture and computers. The local committee’s share of that is \$100,000,

of which about \$40,000 has been raised.

During the renovation, library services will be provided by increasing the hours at nearby branches. Children’s story hours will be held at Parents Place, at 2150 Post at Sutter. A bookmobile will be located at Post and Steiner.

Part of the Japanese language collection will be temporarily relocated to the international languages collection on the lower level of the Presidio branch library at 3150 Sacramento Street.

Drawings of the completed project will be on view at the closing party, as will more information about interim services. Questions about the project should be directed to 415.626.7512, extension 101.

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Dogs Being Poisoned in Local Parks, Officials Warn

Officials from the city's Animal Care and Control unit are warning dog owners in Pacific Heights that someone has been putting out poisoned meat.

Signs alerting dog owners to the problem posted at Lafayette and Alta Plaza Parks have been pulled down.

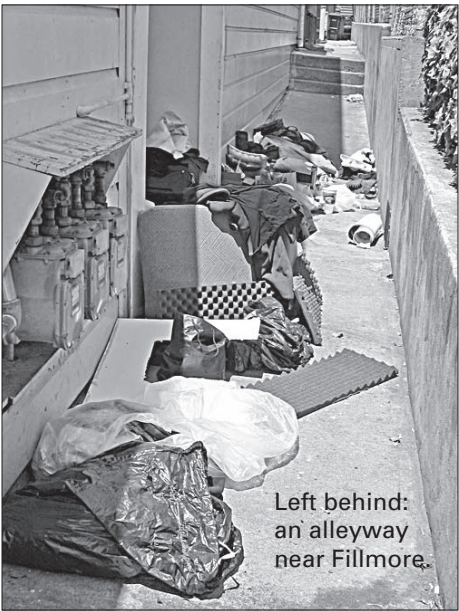
One dog owner quoted ACC as saying there were two incidents on June 28. Dogs ate meatballs laced with rat poison in Lafayette Park and on a doorstep near Alta Plaza Park. The two dogs got emergency treatment and recovered.

A staff member of Pets Unlimited, the animal shelter and hospital at Fillmore and Washington Streets, said an ACC officer reported that a dog ate poisoned meat and had a seizure on June 13 across the street from Alta Plaza Park. The officer said warning signs ACC posted on the corner of Steiner and Clay Streets were taken down by someone without permission from ACC.

Sally Wortman, the administrator at Pets Unlimited, said a police officer visited the hospital as part of an investigation of dog poisonings in neighborhood parks, including Alta Plaza, Lafayette and Alamo Square.

In a separate incident, another dog brought to Pets Unlimited recently also died of poisoning. The distraught owner said he suspected a neighbor.

Anyone who sees or suspects poisoning should report it to police officer Matt Lobre at Northern Station at 415.614.3400.



Homeless in Alley Spur Neighbor's Ire

Sleeping bags, personal belongings and garbage are strewn along a public walkway behind Fillmore Street businesses between Sacramento and Clay Streets.

A tenant in one of the buildings said as many as four or five people camp there, leaving behind hypodermic needles and other drug paraphernalia.

It is a recurring problem. The tenant called Northern Station and an officer was dispatched. He called the Department of Public Works to clean out the area.

Capt. Kevin Dillon, head of Northern Station, said there is little the police can do, since sleeping on the street or in an alleyway is not illegal.

The police step in, he said, when an encampment is built. They roust the campers and call Public Works for cleanup. Because of the volume of calls, he said, Public Works is sometimes slow to respond.

■ CRIME WATCH

Methamphetamine Offense Geary Street July 7, 2:01 a.m.

An officer who had stopped at a traffic signal on Geary Street observed a man traveling westbound on a bicycle. The man quickly pedaled through the red traffic signal, directly in front of oncoming traffic from Steiner Street. The officer pursued the cyclist and conducted a traffic stop. The cyclist carried no identification, but provided his name and date of birth. A computer check revealed that he was on probation for domestic violence. As his probation included a search condition, officers opened his backpack. Inside were numerous needles and a plastic baggie containing a white crystalline substance that the officer believed to be methamphetamine. The cyclist was arrested and transported to Northern Station.

Neglect of a Child 2402 Clay Street July 7, 3:05 p.m.

Officers responded to a call concerning a 4-year-old child who had been left alone for 20 minutes in a white Acura. The witness noted that one window had been left open two to three inches, and the vehicle was parked in the direct sun. The officer was able to convince the girl to open the door. She said her mother had gone to the eye doctor. Officers had her mother paged throughout California Pacific Medical Center; there was no response. They then checked at the hospital desk to see whether the child's mother had an appointment. She did not. When the police felt they had exhausted all means of locating the child's mother, they took the girl to Northern Station. The vehicle was secured, and the police left a note for the mother explaining the situation. After an hour and 15 minutes, the child's mother called the station. She claimed she had been going to the hospital to get a prescription filled and had passed out in the lobby of the waiting room. She appeared addled and changed her story several times, claiming she had not passed out when the policeman pointed out that he had been in the lobby and had not seen her there. The child said she had been left alone in the car in the past. The child is now a dependent of the City and County of San Francisco.

Battery 1739 O'Farrell Street July 9, 7:55 a.m.

Officers were met at the above address by a man who said to them, "Are you guys looking for me?" He claimed he had only been trying to leave his apartment and that his girlfriend would not let him. She blocked the door and demanded \$20 from him. During this conversation, the woman emerged from the apartment and claimed that she had come home to find another woman inside with her boyfriend. They argued. She told officers that the man had hit her in the face and neck, and pushed her. She stated that she has had violent encounters with this man before, but never filed a report. The man was cited and released, as the woman showed no visible signs of injury.

Burglary Arrest Fillmore and O'Farrell Streets July 12, 12:52 p.m.

Officers responded to a store owner's report that a woman was attempting to use a stolen credit card. When the owner of the store tried to verify the card, the woman began shouting at him, stating, "I'm going to kick your ass!" The suspect then opened her cell phone and started screaming into it, "Get down here and kill this mother-fucker!" The woman then dashed out the door, where she was quickly cornered by responding officers. The police discovered

she had an accomplice waiting outside. Both suspects were booked at Northern Station.

Robbery Arrest Bush and Laguna Streets July 13, 9:15 p.m.

A man called police to report a robbery in progress. Officers arrived at the scene to find one man pinning another to the sidewalk. When they sorted out the situation, they discovered that a man had tried to snatch a woman's purse. The woman, however, refused to let the purse go; she fought back and eventually dragged the suspect back to her house. Her husband saw her engaged in a struggle and ran from the house to help. The suspect then fled. The victim's husband gave chase and caught him two blocks away, where he held the man down until police arrived. The suspect was arrested and booked at Northern Station.

Burglary Arrest Laguna and California Streets July 14, 9:14 p.m.

Officers responded to a report of a "hot prowler" burglary. A woman was sitting in the kitchen of her apartment when she heard a chair moving in one of the rooms above. She was aware that the tenant in that apartment was not home. As officers entered the upstairs apartment, they heard someone making a hasty retreat out a window, evidently climbing through blinds. The officers searching the apartment alerted officers waiting outside. As the suspect climbed down a scaffolding, he was greeted by the policemen below, then arrested and handcuffed. Property from the apartment was found in the suspect's possession.

Malicious Mischief Vandalism to Vehicle 1561 Fillmore Street July 14, 10:01 p.m.

Officers were on patrol driving north on Fillmore Street when they were flagged down. A man stated that he witnessed vandalism to his car. He had been standing outside It's Market when a man exited the store and kicked a newspaper bin, causing the bin to fall against the witness's parked vehicle. The bin scratched his car and made a deep dent on the right rear fender. The owner of the vehicle shouted, "Hey, what are you doing?" The vandal took off at a run. The owner of the damaged car sprinted off after him and caught him. The damage to the vehicle was estimated at \$2,000. While conducting a search of the suspected vandal, officers noticed the strong odor of alcohol emanating from him; his eyes were droopy and bloodshot. He was transported to Jail # 9, where he was booked.

False Report of an Emergency Franklin and McAllister Streets July 17, 7:42 a.m.

Officers were driving north on Franklin Street when they saw a fire engine with flashing lights halted in the middle of the intersection at McAllister. The firefighters hailed the police. The engine had been dispatched by a manual pull alarm. A man stood waiting for the firefighters, babbling incoherently. When officers spoke to the suspect, he demanded to know where the Witness Protection Program was. The suspect was directed to the FBI office. Everyone then left the area. A short time later, the manual alarm was activated for a second time, and then a third time three blocks away. The Fire Department is required to investigate whenever an alarm is pulled, and the engines must respond with lights and sirens. When the firefighters responded to the third alarm, they found the suspect standing near the alarm pull. The man fled when officers arrived. Three officers joined in the chase and after a brisk run, they cornered him. The suspect was booked at Northern Station, as officers considered it likely the offenses would continue.

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Hospital Plans Major Building Program in Neighborhood

FROM PAGE ONE

institutional master plan, conceded at an earlier meeting with neighbors at the Pacific campus that the plans presented were, as one resident put it, the “worst case scenario.” He also acknowledged that revised state seismic standards that take effect in 2013 do not require an expanded research building at the Pacific campus.

The plans, which hospital officials call their preferred alternative, are subject to an environmental impact report that will include other alternatives, including no building.

The report was the subject of a Planning Department hearing on July 18. More than 100 neighbors of both campuses turned out to protest. While tempers remained under control, the depth of emotion was clear.

Beyond the height and bulk concerns, neighbors protested that CPMC would exacerbate traffic gridlock and worsen parking problems all around Cathedral Hill and the Pacific campus. They expressed concern about demolition and construction dust, noise and traffic interruption. They pointed out problems with the shadows and wind the proposed buildings would create. And they questioned the need for the facilities.

Clay Street resident Ralph Romberg asked, “If the anticipated traffic requires an 11-story garage, how could the narrow residential streets around it handle those cars? They can’t handle present traffic.”

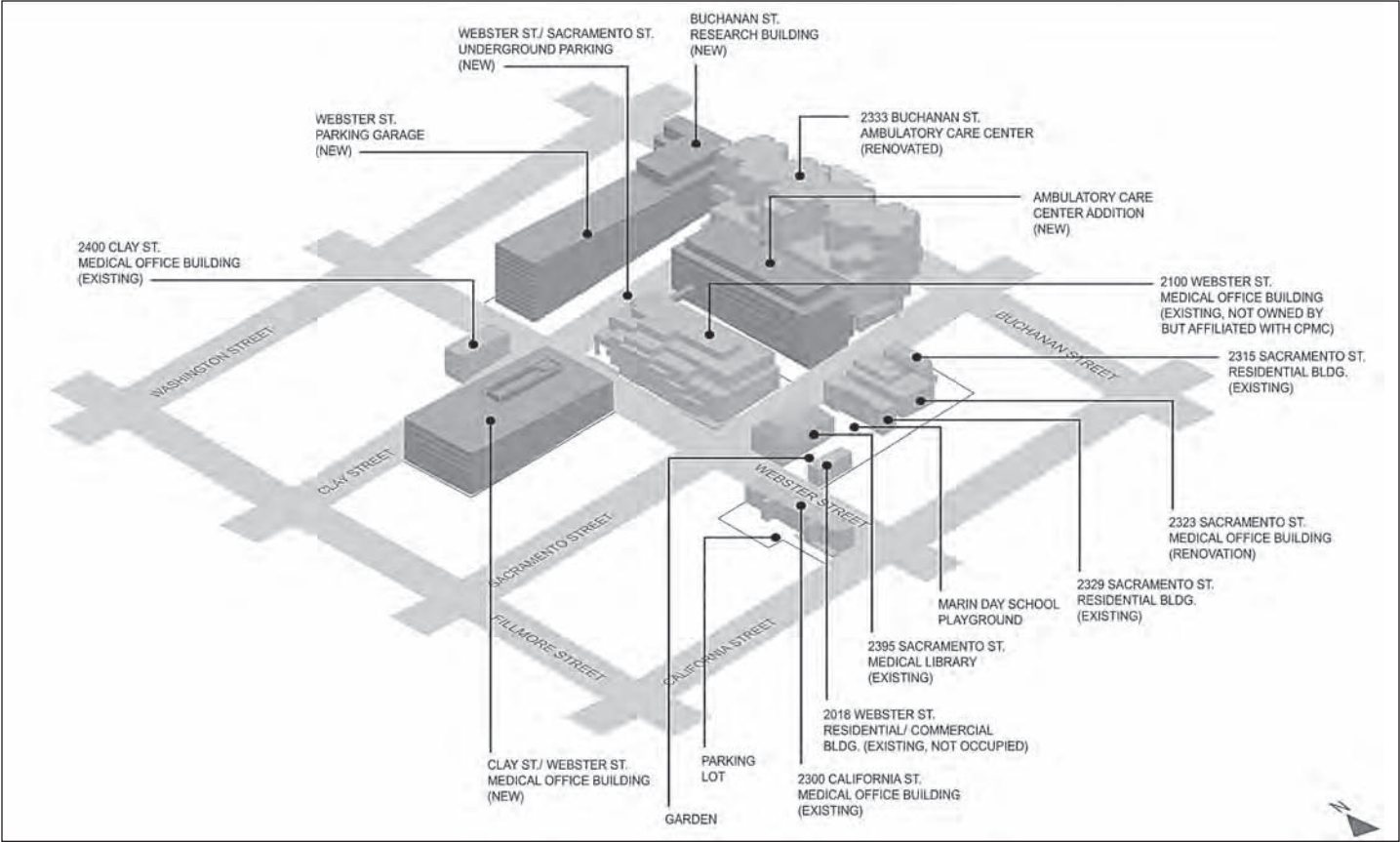
The new parking structure, looming over the Webster Street Historic District, would abut the backyard fences of houses on the 2300 block of Washington Street. Next to it, the proposed research building would extend to Buchanan Street. At the corner of Buchanan and Clay, it would stand 89 feet tall on what is now a parking lot.

“This complex has no business in this neighborhood,” said Ian Berke, who lives near the Pacific campus. “We should be looking at mitigation of the current hospital.”

Gabrielle Bravo, who lives just above the Pacific campus on Clay Street, said recent construction there has caused her child to develop asthma. She also noted that she had to have a car towed from her driveway to get to the Planning Department hearing. Double parking and blocked driveways have become routine in the area.

On the same theme, retired Judge Ollie-Marie Victoire, who lives at Daniel Burnham Court across the street from the Van Ness site, said that because of the anticipated dust and noise, she and her husband, who is ill, would not be able to live at home during the demolition and construction.

Among the traffic concerns at Cathedral Hill were that Franklin Street, where ambulances would enter the proposed hospital, is often impassable and that the in-



WHAT CPMC IS PROPOSING

CATHEDRAL HILL A 20-story, 331-foot-tall hospital over the entire block between Van Ness and Franklin, Geary and Post. It would have 620 beds at full capacity, replacing acute care now provided at the Pacific and California campuses. There would be a drive-through between Post and Geary, mid-block, for patient dropoff and access to underground parking. The emergency entrance would be on Franklin. A nine-story medical office building with underground parking across Van Ness and along Geary would replace five existing two- and three-story buildings. A tunnel under Van Ness would connect the two structures. Development would be from 2007 to 2012.

PACIFIC CAMPUS The hospital at 2333 Buchanan would be renovated for ambulatory care. The Stanford Building, which sits between the hospital and the medical office building at Sacramento and Clay, would be demolished and replaced by an extension of the ambulatory care center, 126 feet tall, over underground parking. The Gerbode Research Building at Webster and Clay and buildings above it on the closed portion of Clay Street

would be replaced by an 11-story parking garage. The Stern Building and a surface parking lot at Clay and Buchanan would be the site of an 89-foot-tall research building. The existing 30-foot-tall parking garage at Clay and Webster would be replaced by a new 72-foot-tall medical office building. Work would be carried out in stages between 2013 and 2017.

CALIFORNIA CAMPUS This will become the administrative center of the CPMC system and would provide skilled nursing space. The Marshall Hale building at 3698 California Street and the 3773 Sacramento Street parking garage would be replaced with a six-story, 201-unit assisted living residence, occupied in 2017.

DAVIES CAMPUS This campus will focus on neurosciences and related areas of rehabilitation and skilled nursing and continuing emergency room services. After 2020, a parking garage at Castro and 14th Streets would be replaced by a new three-story medical office building over underground parking.

tersections of Franklin at Post and Geary have a high accident rate. Gough Street’s congestion was also noted.

One speaker emphasized that Cathedral Hill is densely populated by seniors, one of whom testified that he drives to the post office to mail a letter because he is afraid to cross Gough to get to a mailbox.

Bertie Campbell-Ward, president of the Cathedral Hill Neighbors Association, said the gridlock and road rage would be even worse with the construction.

Several speakers testified that at both campuses, the proposed buildings would create windy micro-climates.

Of the 28 speakers, only two said that the proposed hospital on Van Ness would improve the neighborhood.

Susan Colton, a 30-year resident of the area, said the Bell Market at Post and Franklin wouldn’t have closed if the hospital were in place. “If you live near a street like Van Ness, you have to expect it to grow,” she said.

Other speakers, including Sue Hestor, attorney for the Cathedral Hill Neighbors Association, urged that the environmental impact report look at the whole city’s medical needs, including the facilities and locations of the three other major provid-

ers: Kaiser, Catholic Healthcare West and UCSF.

CPMC’s plans include building and renovating its California and Davies campuses. No one spoke in favor or opposition to the California Street plans. A single person objected to a proposed medical office building at Davies, scheduled for construction starting in 2022.

Written comments will be accepted until Monday, August 14. They should be addressed to Paul Maltzer at the San Francisco Planning Department, 1660 Mission Street, 5th Floor, San Francisco, CA, 94103.

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Q&A | Shari Spakes: Shun the Sun

As a skin care expert, you're adamant about telling clients to avoid the sun. But we don't get that many sunny days in San Francisco. And the sun just feels so good.

It won't feel good when you're dead.

That's an awfully dire thing to say about fun in the sun. What's so bad about it?

If you go out without protection, you're simply more prone to get skin cancer, which is the most common of all cancers. More than 1 million people die from it every year. Men are twice as likely to get it. And it's three times more likely to occur in blacks and Hispanics.

I'd think darker-skinned people would naturally be more protected from sun damage.

Not true. Everyone should wear sunscreen. Put it on every morning. And even though we're in San Francisco, where it's not usually hot, it's wise to wear protective clothing and try to stay out of the sun between 11 and 2.

Have you always been such a killjoy?

I grew up in Southern California. I went to the beach — and I used baby oil to get a tan. But the more education you have about what the sun can do, the more you know how important it is to guard against it.

OK, OK. What's the best protection?

To find a smart sunscreen, look for one with at least 4% zinc oxide; the mineral is an actual physical block that acts as a shield from the sun. Also, make sure you get a broad spectrum product — one that protects against both UVA rays, the ones that tan or burn the skin, and UVB rays, which damage it over time. Look for an SPF of at least 15. And don't just apply

sunscreen to your face; put it on every exposed body part. Use at least an ounce. That's a shotglassful. Don't ask how I know that.

What about getting a healthy tan?

There's really no such thing. That whole concept came from Coco Chanel, who came back from a vacation in the south of France with a tan in the 1920s. Before that, if you had a tan, you were assumed to be poor, someone who labored outside. She made tans seem cool and fashionable.

Like our sometime neighbor, George Hamilton. He looks marvelous.

I predict he will soon shrivel up like a prune. The sun destroys elastin and collagen fibers — the very things that keep skin flexible and young-looking. For every hour you spend in the sun, it takes your body 24 hours to repair the damage.

That doesn't sound so marvelous. So to keep healthy, we have to walk around looking pasty?

No. It's fine to use tinted moisturizers, self-tanners, bronzers. And some make-ups now have sunscreen, too.

Doesn't that stuff turn you orange?

Not any more. They've mastered that in the last couple years. And they got rid of the smell, too. Those products used to smell bad. Now they smell like pina coladas. Don't ask how I know that, either.

How about those tanning beds?

They're like toasting in a microwave — not at all safe. You can get skin cancer from them, too.

What about the theory that we all need vitamin D to be healthy — and the most natural way to get it is from the sun?

Everyone should have about 10 minutes a day of exposure. But you get that in ways you don't even suspect — like through a window. Just think of your typical day. You wait on the corner to catch the bus. You walk to your office. You stop by the ATM. Total up all that sun exposure in a year's time. Would you lay out in the sun for, say, 24 hours?

I'd rather not answer that.

Alright, don't. But going out without sunscreen is like having unprotected sex. It's idiotic. And as an aesthetician, I see a huge difference between the skin of someone who has had the good sense to stay out of the sun and those people who have added years to their looks by basking at the beach.

Sounds hopeless for those of us who basked in the past. Any way to turn back the clock?

No. And yes. There are some corrective treatments that have been found to be effective: laser treatments, chemical peels, products with strong ingredients. No matter what your skin color or history, have a regular full body scan by a dermatologist. And there's more bad news ahead: The sun is getting more dangerous. In the years to come, we're going to be wearing all kinds of stuff to keep it from killing us — maybe even weird-looking capes and helmets.

Shouldn't I get just a little tan to look more fashionable in them?

No.

Aesthetician Shari Spakes owns Pacific Heights Skin Care at 2000 Van Ness Ave., 922.5694, pacificheightsskincare.com.

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■ SUN PROTECTION

Aveda Dual Nature Face Protection
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Aveda Tourmaline-Charged Protecting Lotion
Tourmaline is the active ground mineral that penetrates the skin to protect against the sun's damaging rays. Oil-free with an SPF of 15, it has a matte finish, which makes it a favorite of men. \$38 for 2.5 oz. at Treat, 1928 Fillmore.

Glymed Plus Photo-Age Environmental Protection Gel 15
This light water-based formulation absorbs immediately. SPF 15 protection shields skin from overexposure. \$29.70 for 4 oz. at sfskincare.com.

Kiehls' Vital Sun Protection
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RETAIL REPORT



The market at Pine and Webster is under new ownership.

New Life at Corner Market

“The little corner stores are an integral part of the neighborhood,” says one local resident. “Where else would we go late at night for a carton of milk?”

She notes new life and a new look at the Natural Market at Pine and Webster.

“The place is immaculate,” she says, “and the people who own it could not be nicer.”

The person doing much of the hard work is Wassim Rimehy, the new owner, who came from Lebanon to San Francisco in 1999. He was one of the owners of the Fenway Market in the Castro until he and his partners sold it earlier this year.

Then one day he was driving down Pine Street and noticed the Pine & Webster Market, which had been in decline for several years and was little more than a liquor

store. He bought it and took over in April.

“Everything you see is new — even the floor,” says Rimehy. “I did it myself.”

He has painted and repaired the store and begun bringing in fresh fruit, vegetables and flowers. He hopes to add an organic section, and eventually a deli.

“I’m trying to make it more health food than liquor store,” he says.

The improvements are continuing, and the nearby residents are responding. The corner is again becoming a place to shop, and a gathering place.

“People come by and hang out with me,” says Rimehy. “I like this neighborhood. The people are sweet.”

The Natural Market is open every day from 7 a.m. to 11 p.m.

THE PERFECT T

Cool as Crockett, and just right for summer

White T-shirts just look so cool when it’s hot — former neighbor Don Johnson back in his Miami Vice heyday comes to mind, and stays there. But not if they’re so diaphanous that they expose what lies beneath. **Metro 200, at 2116 Fillmore**, offers plush Ts by Carilyn Vaile that are substantial enough to preserve your cool. “It’s the fabric and fit that sells,” according to Metro owner Eddy Shahamiri, who confesses he first feared the T was “not funky enough.” But customers sold him on it — heralding the shirt’s ability to hold up after years of washing. It can be ordered in various styles. White Ts, including a camisole version with a built-in bra, range from \$70 for the tank to \$88 for the long-sleeved model. Colors are available, too.

You too can be a supermodel

Those seeking a sophisticated slant to the classic T can find it in local designer Rebecca Beeson’s luxuriously soft model with cap sleeves and drapey cowl neck. It’s cut longer — just below the hip — providing welcome relief from the belly baring style of the recent past. And it’s inset with ribbed and plain knit panels to make it dressier than the standard T. “It gives you a waist if you don’t have one,” says Tonya Milteer, who carries the Ts at **Her boutique, at 2053 Fillmore**. And if you do have a waist? “Then you’ll look like a supermodel,” she promises, while also extolling how well the shirts hold up in the wash. Summer colors for Beeson’s T, priced at \$68, include light olive, ocean blue and — because it’s San Francisco — black.

It’s magic when you put it on’

For a thin shirt that can be layered without looking like a sausage casing, check out the many styles and colors by Majestic, a manufacturer that now has its own line of premium Ts. “A designer label would cost three times as much,” says Miyo Ota, owner of **Mio, at 2035 Fillmore**. “And it’s magic when you put it on — the fit and the feel.” Eye-catching finishing on the neckline makes the T an especially good fit under jackets or sweaters. Fall offerings, coming soon, will include versions with turtlenecks and in tissue-weight cashmere described as “yummy” by a sales associate who has felt them. Prices range from \$55 for the sleeveless version to \$73 for long sleeves.



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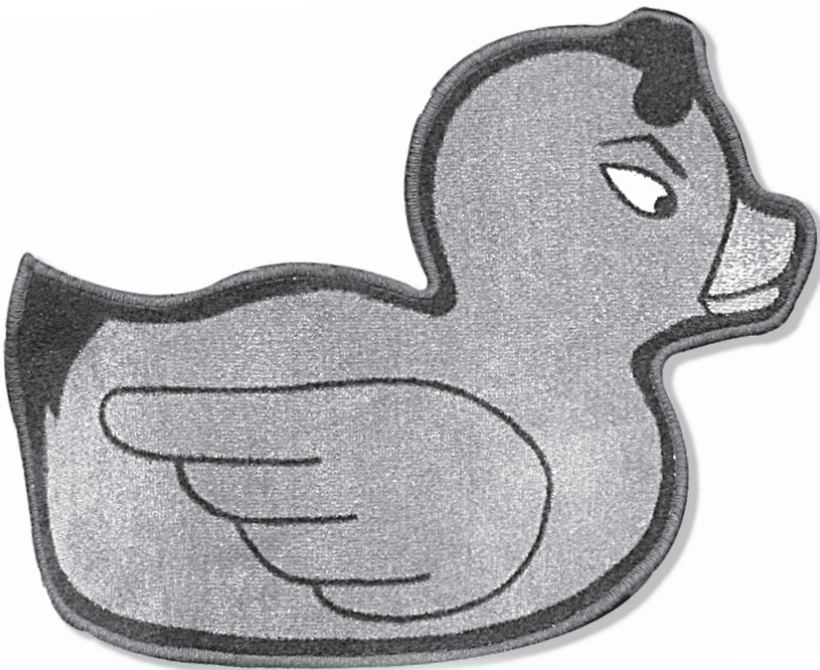
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FOOD & WINE



Former neighbor Delia Gray planted the patio garden at Via Veneto.

Dining al Fresco on Fillmore

“Like Via Veneto in Rome, San Francisco's Fillmore Street is lined with fashionable cafes and shops.”

So says a new book on outdoor dining in the Bay Area, *Patio Escapes* by Judith Kahn, which singles out the patio at Fillmore's own Via Veneto and owner Massimo Lavino for special praise.

“Massimo, a native of Naples, goes out of his way to make you feel welcome,” Kahn writes.

The timing is perfect, since the patio — secluded behind Via Veneto at 2244 Fillmore — just got a facelift and new plantings. The work was masterminded by Delia Gray, former owner of Dobson-Gray, which stood just around the corner on Sacramento Street.

Gray embellished the serene setting with wall sconces, pots of roses and red-flowering vines that tumble down the patio's walls, which protect diners on windy days.

Outside dining and drinking is popular on Fillmore. Many of the neighborhood's eateries spill outside onto the sidewalk, especially in the daytime, encouraging a sense of community and an interchange between diners and strollers.

Sidewalk seating is available at Chouquet's, Fillmore Grill, La Mediterranee, La

Salsa, Curbside Cafe, Zao, La Boulange, Harry's and The Grove. Most of the coffee shops also have outside seating.

The Elite Cafe is the latest Fillmore Street establishment to take advantage of the growing popularity of sidewalk dining. Signs went up in its window recently announcing its application for permits.

Crepevine has benches outside but does not serve there. The city ordinance requires that tables be brought in at night. What were once tables are now planter stands.

Outdoor tables are also being encouraged elsewhere in the city. Evidence of the al fresco movement is legislation introduced by District 5 Supervisor Ross Mirkarimi, which would amend the planning code to permit outdoor dining in certain zones where it is currently prohibited.

The change will not affect Fillmore Street, which is zoned as a neighborhood commercial district in which outside tables and chairs are already allowed.

When an application for sidewalk tables is filed, the Department of Public Works measures the site to see how many tables are allowed, leaving a six-foot clearance for pedestrians, according to Mirkarimi's office. Bars and restaurants serving alcohol must amend their liquor licenses with the state's Alcohol Beverage Control office.

■ GOOD CHOICE

An Italian white wine from off the beaten path

Compared to their more famous mainland cousins, the wines of Sardegna — the Mediterranean island commonly referred to as Sardinia that sits just over a hundred miles off the eastern coast of Italy — are relatively obscure. That's a shame, because wines from this area can be quite elegant and distinctive. When well made, they offer tremendous value.

The wines from the producer Argiolas are among the best. One in particular — the white S'elegas Nuragus di Cagliari DOC (\$13.95 at Vino) — has long been a favorite among Fillmore neighbors in the know, especially when the sun comes out. Clean and fresh, with flavors of peaches, cream, citrus and almond, this is a beautiful, seductive, food-friendly wine, perfect with seafood or roast chicken with herbs.

Better yet, grab some fresh vegetables at the Fillmore Farmers Market to add to a summer pasta. For an authentic touch, top it off with grated Pecorino Romano or other sheep's milk cheese from Sardegna, where shepherds have been producing these tangy cheeses for centuries. Settle in with a chilled bottle of S'elegas for a perfect summer supper.

— JENNIFER NICKEL, manager of Vino on California Street



Scenes from a Saturday morning at the Fillmore Farmers Market.

IT'S TOMATO SEASON!

STORY AND PHOTOGRAPHS
BY CARLO MIDDIONE

Even if you say tomahto and I say tomato — start eating them now.

The heirlooms have just begun in earnest and should be abundant all month long. As summer ripens, so do tomatoes. If you don't eat your fill in the next few short weeks, you will have to wait another year.

On a tomato tour of the Fillmore Farmers Market one recent Saturday morning, the colors were exploding — yellows, reds, purples, all variegations of the rainbow. It looked like eating time. The vendors offered advice — to me, the chef — on how to cook and eat their produce. I loved it.

Along with Cherokee Purple, Black Plum, Brandywine and Great White heirloom tomatoes, I bought a huge bunch of basil, zucchini, Japanese eggplants and scallions. That's my dinner. For dessert, I found some beautiful dead-ripe Mission figs, and Bing cherries as plump and sweet as candy.

Who needs meat?

The tomatoes are good as is. I had a few slices as compensation for doing the shopping.

Then I got to work.

Fillmore Farmers Market
Saturday mornings from 9 to 1
Fillmore Plaza at O'Farrell Street

Carlo's Summer Market Supper

First chop the tomatoes into a large dice, slice the scallions thin and tear the basil into large bits. Mix them all together in a wooden bowl rubbed with garlic — I use one big enough to bathe a baby.

Then grill the eggplant in long, medium-thick slices drizzled with a little extra virgin olive oil, sea salt and ground black pepper. Same with the zucchini. Lay them out on a serving platter and scatter still more basil on them, some fine diced garlic, a few chopped anchovies and another dousing of olive oil.

There now. They need to rest and soak up the goodness. Here is the secret to large, delicious, Italian meals: Serve the food at room temperature. It does wonders for the flavors, and you can forget the nervous-wreck aspect of putting out all the food hot, restaurant style.

While the flavors mingle, take thick slices of Italian bread and scorch them here and there. I use my trusty black iron stovetop grill, but you can use a toaster if you don't have a grill. Then rub the bread with a Brandywine tomato cut in half to anoint the toasty surface. Of course this needs a bit of garlic and olive oil, too.

Rain fresh lemon juice and lots of dark green extra virgin olive oil onto the tomato mixture, with a blessing of salt and a veil of black pepper. Then, Roman-style, toss it like a madman and divide onto large heavy, ceramic plates. Add the grilled zucchini and eggplant.

What about wine? Montepulciano d'Abruzzo was my choice. We set the table and had a delicious summer supper.

Bruschetta with Cherries and Figs

With some of the ruby-colored wine left in the bottle, we revved up again for the fruit. Have you eaten bruschetta with cherries and figs?

This time rub the bread not with tomato, but just with garlic and oil. For six thick slices of bread you'll need two or three large cloves of peeled garlic. Scrape the pointy end of the garlic over the entire surface of the toasted bread. Drizzle on lots of extra virgin olive oil.

You can slice the figs and put them on the bruschetta, or do as I do: Have a bite of bread, a bit of fig and savor the flavors. Then change gears and do the same with the cherries — watch for the pits!

Don't forget to sip the wine between bites. And don't stop until you have eaten all the bread and fruit. It is not only different from creamy, rich, dense ice cream, it is much better.

■

What a meal! From earth to hearth to stomach, by way of the soul, and from our very own local farmers market. This is the kind of simple feast that makes life worth living. I grew up eating meals like this and still do. I hope you will follow my lead.

See you down at the Fillmore Farmers Market on Saturday mornings. And next Saturday, I'm taking my string shopping bag — the really big one.

I need a lot more of those tomatoes.

Carlo Middione is the chef and owner of Vivande Porta Via on Fillmore Street.

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ART

The Fillmore Is the Focus of a Photographic Career

DAVID JOHNSON has been an established Bay Area photographer for more than five decades.

Born in 1926 in Jacksonville, Fla., he first came to San Francisco when he shipped out with the U.S. Navy during World War II. He returned in 1946, becoming a pioneer as a photographer and a community member.

He was the first African American student in Ansel Adams' photographic class at the California School of Fine Arts, now the San Francisco Art Institute, and also studied with renowned photographers Minor White and Imogen Cunningham.

Johnson later had a photography studio in the Fillmore, and his work has appeared in many exhibitions.

Johnson still resides in San Francisco and continues to photograph the Fillmore.

DAVID JOHNSON: I fell in love with photography at age 12. I was very interested in music, but my foster mother didn't appreciate music practice in the house, and she wanted me to find something else to do. I happened to win a small camera in a contest and began snapping photos. When I started seeing the results, I was fascinated. I now had a hobby that didn't create any noise!

In my late teens, I registered for the draft and joined the Navy. After four weeks of training in San Francisco, which took place at the Tanforan racetrack out by the San Francisco airport, I remember being on liberty and ending up on Seventh Street, near Market, where the Greyhound bus station was for many years. I got over to Market Street and asked someone, "Where are the black people?" So this gentleman told me, and I remember this very well, "You get on the B car, and you tell them to put you off on Fillmore. Fillmore and Geary."

So I landed on Fillmore and Geary, the very same spot that, much later in my life, I was to photograph. I walked up and down the streets, which were very crowded. People were hustling and trying to run a game on me or sell me something because I was a sailor and they thought I had money. There were lots of bars open. Lots going on. I was 17 years old.

After the war, I returned to Jacksonville and decided I wanted to study photography. There was nothing else that excited me as much as the magic of getting a picture out of the little box. But there wasn't any place to study, so I wasn't sure what to do. Browsing through an issue of *Popular Photography*, I saw a small article announcing

that Ansel Adams was setting up a photography department at the California School of Fine Arts in San Francisco. I wanted to return to California, so I wrote directly to Ansel, telling him I wanted to come to San Francisco and study photography, but I wanted to make it clear that I was a Negro. I didn't want to come all that way and have them not know who I was. Back then, all your decisions were made around race, and they still are, to a certain extent.

Ansel Adams answered me right away via telegram. He said that it didn't matter if I was a Negro, and if I wanted to study photography there, that was fine. Funny thing was, I knew nothing of Ansel Adams. But I knew the school was in San Francisco, and that was good enough for me.

I hopped on a segregated train at the Jacksonville depot and headed for San Francisco. Ansel had written that a gentleman named Minor White would meet me when I arrived, and he knew I was to live at Ansel's house until I found a place to live. I think they were just excited a black man was going to come 3,000 miles to be in their school.

I arrived on August 27, 1946, and Minor and I took the B car all the way out to Sea Cliff, to 121 24th Avenue, where Ansel lived. Also living there were Ruth-Marion Baruch, Pirkle Jones and several other photographers.

When Ansel and I finally met, we shook

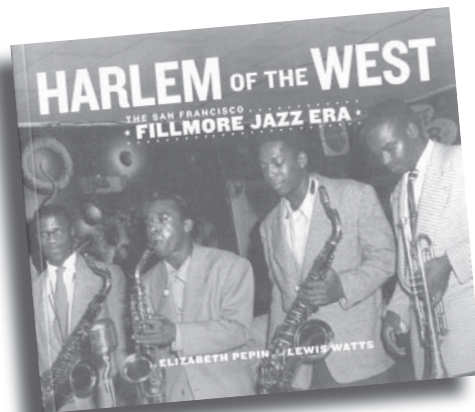
hands and he told me he was glad I was there, so that was reassuring. I learned a lot. Since I lived in his house, I also worked in his darkroom. We had a great time, and he showed me different things to do. Eventually I moved out and rented a room in the Fillmore, but I'd still come over to get private lessons from Minor. As a result of those sessions, I became an excellent printer.

At the same time, I began meeting people interested in having photographs of the black community. I met Ed Howden, head of the Council for Civic Unity, an organization set up to improve relations between the races, who asked me if I had photographed the Fillmore. I asked him, "Where's the Fillmore?" He said, "Where do you live?" I told him I lived between Sutter and Bush Streets, and he said, "You live in the Fillmore, and there are a lot of social problems there you should be capturing."

So I did. The neighborhood became significant in my photographic life.

— *Excerpted from Harlem of the West: The Fillmore Jazz Era.*

■ LAST CHANCE



David Johnson's photographs are included in an exhibition of photographs and other memorabilia from Fillmore's jazz era, which continues through August 26 at the Performing Arts Library & Museum, 401 Van Ness Ave. More information: sfpalm.org or call 415.255.4800.

First Europeans, Then Japanese, Then Blacks Found a Home

BY ELIZABETH PEPIN
AND LEWIS WATTS

BY THE 1880s, San Francisco was a crowded metropolis that lacked enough housing to meet the demands of the continuously expanding population.

City officials, needing to alleviate some of the congestion, decided to expand the street grid to include the area west of City Hall. They called the hundreds of new square blocks the Western Addition and began encouraging home building in the area. A multitude of large Victorian mansions began to spring up, many of them among the most ornate in the city.

Fillmore Street, which ran north-south through the middle of the neighborhood and carried a streetcar, became the commercial district. Residents began referring to the 20 square blocks around the street as “the Fillmore.”

At first, the Fillmore was mainly white, settled by European and Jewish home owners. As the neighborhood grew, several large synagogues were built in the area, and restaurants, grocery stores and dry goods stores sprang up along Fillmore Street.

By the late 1890s, Japanese immigrants began to move in and establish shops around Post Street near Fillmore Street, instead of the more popular Japanese area in Chinatown. Several African American families also moved into the area.

The earthquake and fire of April 1906 changed the course of the city forever. With most of downtown in ruins, the closest area left relatively untouched happened to be the Fillmore. The first streetcar to begin operating again went down Fillmore Street.

Within days, City Hall, most of the newspapers and many of the major department stores relocated to the neighborhood, setting up shop and erecting makeshift hand-painted signs on the Victorians along Fillmore and nearby side streets. The Fillmore became San Francisco’s downtown, financial center and seat of government.

To accommodate the huge number of homeless, many of the large Victorian homes in the surrounding area were turned into boardinghouses. People from all over



“Maya Angelou worked at the Melrose Record Shop. Marguerite Johnson, that’s her original name.”

PHOTOGRAPH BY DAVID JOHNSON

the city flocked to the Fillmore, transforming the once quiet community into a noisy, bustling urban center.

Within a few years after the earthquake, the neighborhood became a melting pot. Japanese Americans living in Chinatown before the earthquake moved to the Fillmore around the few Japanese-owned businesses already in the neighborhood, and the area became known as Nihonmachi (Japantown). Filipinos, Mexicans, African Americans and Russians joined the Japanese Americans and the Jewish population.

Japantown activist STEVE NAKAJO: South Park (in the South of Market neighborhood) was the first Japantown in San Francisco. The second was on Grant Avenue, right in the heart of Chinatown. The third one, the one I grew up in, was in the Western Addition. Japantown was created because Japanese immigrants had to come together because of all the racist laws that restricted them and prevented them from owning property.

When I was growing up in the mid-1950s, my world in the Western Addition started at Octavia and Bush, where Morn-

ingstar School was located, and then west about four blocks to Buchanan Street, down to where the heart of Japantown was located. Usually, I’d leave school with a couple of friends and by the time we walked down Pine to Laguna Street, and turned the corner and walked down Bush Street, there’s nine more guys behind us because the guys know that we’re going to hang out and fool around, and there’s going to be a bit more action than what mama wants you to do back home.

I had a mixed group of friends. Japanese, Filipino, black. Mixed, like the neighborhood. We had the J-town walk. The J-town feel. When we got down to the Fillmore, we’d check everyone out and they’d check us out, because you had to know who your rivals were. The Fillmore was tough, but happenin’.

Walking down Fillmore Street with my friends was so cool. There were movie theaters. Soul food restaurants. Pool halls. A bowling alley and a roller-skating rink. You walked by different doorways, and you started to hear doo-wop. In the middle of the afternoon, these guys are cutting it up, singing in the doorway because the marble floor gives a better sound.

The Melrose Record Shop, at 1226 Fillmore, in 1947.

You know how kids in the suburbs go to amusement parks, or some place like that where kids go there all day for amusement? Well, Fillmore Street was like that for me.

Singer SUGAR PIE DESANTO: We used to go to the Melrose Record Shop and buy all our records. The Caucasian owner [jazz historian David Rosenbaum] was very, very nice to everybody. You were welcome. He sold everything. Jazz, blues, classical. It was a neighborhood store.

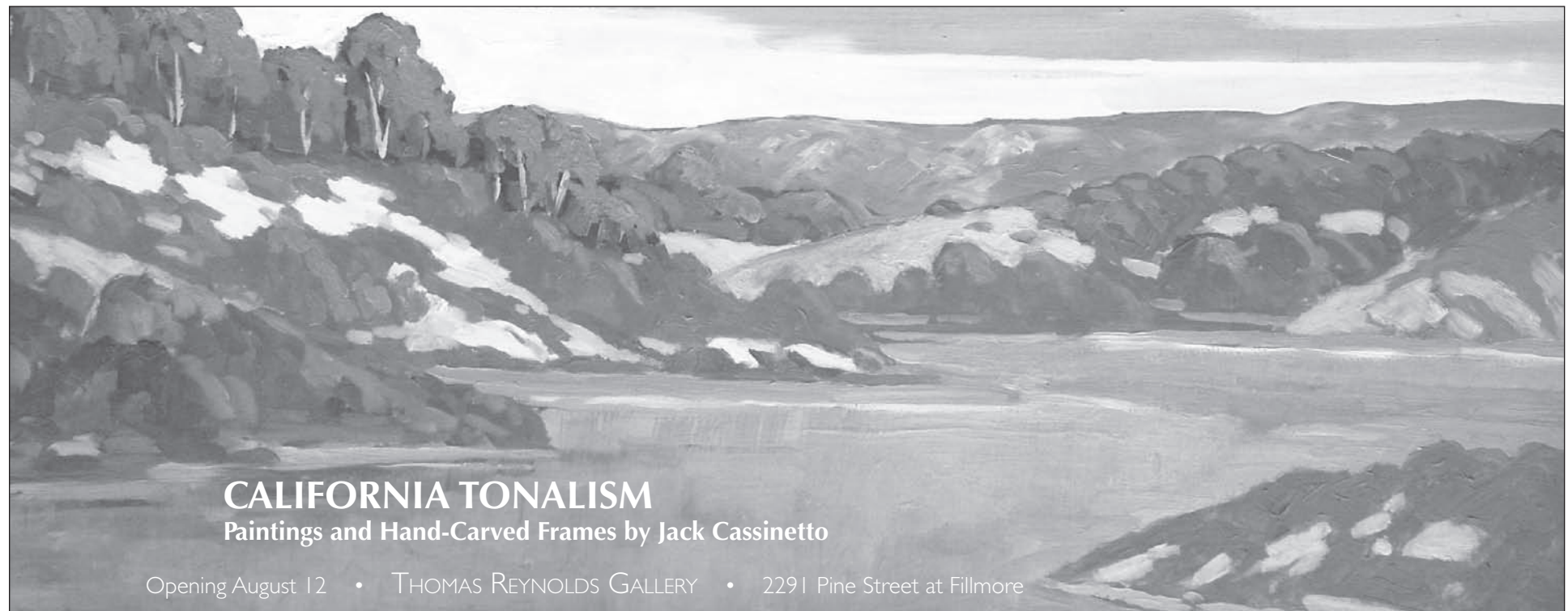
Pianist FRANK JACKSON: Maya Angelou worked at the Melrose. Marguerite Johnson, that’s her original name. I remember her from my school days. We grew up together. She and I would sit on the porch and she’d read her poetry to me. I would sit there for hours sometimes and listen to the things she would write. And we would talk about things. She was always writing and reading. She left the neighborhood to get on with her books and poetry.

Neighborhood native ARMANDO P. RENDON: Once World War II was declared, the neighborhood changed. Overnight, the Japanese families that I had grown up with were gone. For a while, when they left, there was a quietness over the neighborhood that was unnerving. When the African Americans relocated to the Fillmore from the South, they began moving into the houses left behind by the Japanese and putting in businesses where Japanese-owned businesses once stood.

STEVE NAKAJO: I often wonder what kind of community we Japanese Americans would have had here in the Western Addition if camp didn’t happen. Japantown was changed forever because of camp. When the Japanese residents finally returned to San Francisco four or five years later, it was really like starting over all over again.

Drummer EDDIE ALLEY: When the war started, a lot of people from all over came to San Francisco to work in the shipyards, and they ended up in the Fillmore. A lot of clubs formed in the Fillmore to entertain the new war workers. We were working every weekend. Regular nightclubs. Private parties. Movie stars used to come out to the Fillmore District for the clubs. It was Harlem on a small scale. Harlem of the West.

— *Excerpted from Harlem of the West: The Fillmore Jazz Era.*



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REAL ESTATE

Local Market Is Cooling, But Prices Still Going Up

By KEN BOERI

The results are in for the first half of the year and all is well with the real estate market in Pacific Heights.

Comparing the first half of 2005 with that of 2006, the median sale price for a house in the neighborhood has increased by 20 percent, with a new median sale price of \$3,625,000. That's a gain of \$625,000 in a year.

Before you conclude that only the rich are getting richer, consider similar statistics for neighborhood condominiums. During the same period, condos in Pacific Heights increased in value by 7 percent, sending the median price from \$888,000 to \$952,500.

Not that the slowing housing market hasn't reached the neighborhood. The market has definitely shown signs of cooling off. House sales have fallen by a third and the time it takes to sell them has increased by more than 25 percent, to approximately 66 days. Condo sales have also cooled, with approximately 25 percent fewer sales and an extra five days required to complete a sale.

A slower market may eventually translate into some reduction in value of homes and condos in Pacific Heights, but probably

not as much as in other neighborhoods.

Historically, homes in the neighborhood have held their values better than those in other parts of the city.

Consider, for example, that the median price of houses in the Inner Richmond fell by almost 20 percent in the past year as the number of sales has fallen by half. Pacific Heights didn't see numbers like those even after the Loma Prieta earthquake in 1989.

Why is Pacific Heights a better place to invest in real estate? The short answer is name recognition. Pacific Heights has a more recognizable and desirable name than perhaps any other part of the city. Because demand for housing almost always exceeds the supply here, seismic price and demand shifts are unlikely in our neighborhood.

So who is buying these ever-more-expensive homes in Pacific Heights? One real estate broker specializing in exclusive properties says the demand is fueled mainly by three types of buyers: tech executives, wealthy foreigners and celebrities.

See, not all celebrities have to live in L.A.

Ken Boeri is a real estate broker with Pacific Union. Contact him at 415.447.6253 or ken.boeri@pacunion.com.

NEIGHBORHOOD HOME SALES

HOUSES	Address	Description	Sale Price
	3075 Pacific Avenue	4 bedrooms/5.5 baths	\$4,250,000
	2535 Vallejo Street	3 bedrooms/3 baths	\$4,820,000
CONDOS	Address	Description	Sale Price
	1963A Clay Street	Studio	\$400,000
	2295 Vallejo Street	1 Bedroom/1 Bath	\$650,000
	2410 Pacific Avenue	1 Bedroom/1 Bath	\$710,000
	2299 Sacramento St.	2 Bedroom/1 Bath	\$710,000
	1855 Sacramento St.	1 Bedroom/1 Bath	\$819,000
	1966 Pacific Avenue	2 Bedroom/2 Bath	\$839,000
	2040 Laguna Street	3 Bedroom/3 Bath	\$899,000
	1805 Pacific Avenue	1 Bedroom/1 Bath	\$995,000
	3011 Jackson Street	2 Bedroom/1 Bath	\$950,000
	1835 Franklin Street	2 Bedroom/2 Bath	\$980,000
	1750 Jackson Street	2 Bedroom/2.5 Bath	\$1,395,000
	2019 Green Street	2 Bedroom/2 Bath	\$1,395,000
	1880 Jackson Street	3 Bedroom/3 Bath	\$1,475,000
	2440 Jackson Street	2 Bedroom/2.5 Bath	\$1,610,000
	1999 Broadway	3 Bedroom/3 Bath	\$1,965,000
There were 16 condominiums sold with the averages below.			
	List Price	Sale Price	Difference
	\$995,188	\$1,021,625	+2.7%
			38 Days

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AND NOW, HURRY UP AND WAIT

By David Landis

BY THE BEGINNING of July, we could use our driveway again. And because of the new configuration, we can actually open our car doors when parked in the driveway. No more street parking — and even better, no more parking tickets!

Our long-awaited guests, Scott and Susan, made their visit from Phoenix. We earlier decided to tough it out and have them stay at our house instead of a hotel. You never really think about how to handle guests during construction. My advice? Don't do it. Luckily, S&S were up for the adventure. Despite the dust and construction detritus, they oohed and aahed over the house. They'll be invited back.

JULY 5 We meet with our team: contractor Andrew McHale, architect Gary Jerabek and designer Claudia Juestel. We're more than halfway through the project and inquiring minds want to know: Are we — or aren't we — on time? We think our completion date now may be closer to the end than the beginning of August. The answer? Andrew has to get back to us.

We go through the laundry list. Has the pseudo-vintage garage door we decided upon been ordered? (No, but it will be.) Has the marble platform for the top steps been selected? (No, because the quarry won't hold onto it for more than a couple of days. But Gary is on the case.) Has the front door with the frosted glass and iron-work been ordered? (No, but that's on the list for this week.) Have those ugly banisters required by the disabilities act been ordered? (No. But not to worry, David.)

JULY 6 It's raining wood! They're



The designer's rendering of the completed renovation at 2032 Scott.

starting to attach the detail, but that means, as the workers move about on the scaffolding, pieces of wood fall willy nilly. So, we're contemplating hard hats for ourselves — and our dogs — as we enter and exit the house.

The process of constructing the detailing is fascinating. I assumed they just tacked up the detail and painted over it. But it's a lot more complicated. First, after the stucco is stripped, plywood is attached to the original detail, providing another layer. Then, two-ply waterproof paper is attached over that. Finally, waterproof flashing membranes are attached at the seams for further insulation. Only then will the detail begin to be attached. So with this renovation, there is now a triple exterior layer protecting our house. Dry rot, begone.

JULY 11 We notice that large cracks have appeared on the inside of our living room walls opposite the hammering workers. Ever optimistic, Claudia says maybe this is an excuse to repaint.

JULY 12 We speak with Andrew about the cracked plaster. Of course, our contract stipulates that any damage inside the house is our responsibility. Ka-ching, ka-ching. Now Claudia has visions of a redone, luxe living room. She's got great ideas for a new, contemporary look that's even dog-resistant. But we have to order quickly if we want that Italian furniture for my big 50th birthday party in October.

JULY 19 Still no word from Andrew on the revised finish date. We leave for a part-business, part-fun long weekend in New York. We're hoping when we get back we'll see some substantial change.


And next month had better be the final installment in this series. . . .

David Landis lives and works in the neighborhood. He owns Landis Communications Inc., a consumer public relations agency.

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■ ON THE PLUS SIDE

The Person I Made

BY HANK BASAYNE

It would be lovely if I could blame the results on somebody else.

It's true, there's been some input from outside: my genetic inheritance, a certain amount of luck — both good and otherwise — geography and my interaction with others.

But in the end, looking in the mirror at my accumulation of almost eight decades, the person looking back at me is the person I made. Can't pin the outcome on anyone else.

Dammit.

It's been a while since I embarked on my second adulthood. The striving, the impatience, the burning desire to store up lots of things and experiences and achievements that marked most of my grownup years have — thankfully — turned into a gentler, more contemplative and less acquisitive way of being.

The "golden years" turned out to be more like gold foil. They are still attractive, somewhat glowing, but backed not by more gold, but by the limitations and somewhat unwelcome surprises that come along with aging.

As I observe most of the older adults I know, it seems that many of them want to go directly from middle age to death. It's as if they'd like to skip the rich transition period of performing the tasks appropriate to elderhood. They prefer to stay stuck in behavior that suited them well at 50 but seems desperate and slightly ridiculous at 70.

Yes, my advancing years have brought unexpected surprises — occasional loneliness, unanticipated bodily weaknesses, unwelcome pains in body parts I didn't know I had. Yes, aspects of old age are often lonely and some indulgences I earlier loved may now seem less fulfilling, emptier. Yes, mobility is frequently compromised; my dreams of daring will likely continue to remain just dreams, instead of being vigorously pursued.

This is not to say that my life is barren. I still work some, and take pleasure in both the work and the outcomes. I have friends I love and spend time with. I live many other lives through books and movies and plays.

I look forward to each new day to see what it will bring and try to be accepting of what it will not.

But a rosebud is not an imperfect rose. A raisin is not a defective grape. And a leaf that flames into yellow or red is not a defective leaf, just a leaf at a different stage of its cycle.

So I don't go jetting across the country on a whim anymore. I drink fewer strawberry milkshakes, although I enjoy them just as much. I spend more time remembering than I do formulating grand new plans.

I watch my blossoming adult children with intense interest, but now at a distance.

It has been many years since it was my job to steer, shape, influence or guide them. I ache for their mistakes, I cheer and applaud their triumphs. I observe with pleasure the loving and competent parents they have each become. I'm filled with pleasure in their company, but I know they are no longer mine to manage.

I retain my interest in the world at large, but grudgingly recognize the limits of my ability to change it. I'm increasingly appalled at what my species seems intent on doing to itself. It nurtures old hatreds, indulges in violence that marks the bankruptcy of reason, twists the meaning of faith to excuse the act of mass murder.

But I nonetheless remain optimistic and hopeful, remembering that the Renaissance followed the Black Plague, that rainbows come after the storm.

I still think little girls are made of sugar and spice and everything nice. Some grown women are, too. As for the ingredients that combine to make little boys, I'm not sure about the snakes and snails. I do know that little boys become bigger boys and men and finally elders by what they think, what they decide, what they do and fail to do, and what they believe. Who they are and who they will become is very much up to them. Who I am today is entirely my own fault.

Hank Basayne is an active senior in the neighborhood and a minister with the Humanist Society of Friends. Contact him at hankbasayne@sbcglobal.net.

*Who I am today
is entirely my
own fault.*

Dept. of Journalism

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FALL 2006 COURSES

Jour 19: Contemporary News Media

3 units	M/W/F	9:00-10:00 a.m.	ArtX 185	Gonzales
3 units	M	6:30-9:30 p.m.	1220 Noe St./304	Graham

Jour 21: News Writing and Reporting

3 units	M/W/F	10-11 a.m.	ArtX 185	Gonzales
3 units	R	6:30-9:30 p.m.	1800 Market/306	Rochmis

Jour 22: Feature Writing

3 units	W	6:30-9:30 p.m.	1800 Market/306	Rochmis
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Jour 24: Newspaper Laboratory

3 units	M/W/F	12:00-1:00 p.m.	Bngl. 214	Gonzales
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Jour 29: Magazine Editing & Production

3 units	T	7-9 p.m.	Bngl. 214	Graham
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Jour 37: Intro to Photojournalism

3 units	W	7-10 p.m.	Bngl. 214	Lifland
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SOUL FOOD...

Everything around us is changing. It's hard to keep our balance when all that we thought we could depend on is disappearing. Our once-solid foundation has been replaced with quicks and. Our standards, our way of life, our sources of employment — all those things that have been the bedrock of our society — are being transmuted into new forms.

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99¢ store closes,
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You have noted, perhaps, the end of the Korean lady’s 99 cent store [at 1655 Fillmore, just north of Geary] as well as the last remaining pawnbroker on Fillmore next door to her.

And then there is the new Dollar Store [at 1633 Fillmore] next to John Lee Hooker’s place. This may actually be a spot where North Fillmore and South Fillmore can meet.

It’s a fun place to shop and it is very clear that no one has yet written them a manual on “how to treat the general public.” They just respond like people. Should that day come, when they are taught how to be nice, they will descend to the level of the chain stores and such similar entities — where we all go gladly enough for the conveniences but, not very far down, if we are slightly aware, we smell, we see and we resent the corporate abuse.

I only started out to say that the return of the Dollar Store is an interesting development.

— RONALD HOBBS

More Jazz in
Jazz District

The ongoing effort to reawaken the Fillmore area’s jazzy past took another step forward at the end of July with the addition of live music at the Sheba Piano Lounge.

Sheba, at the entrance to the Fillmore Center at Fillmore and O’Farrell Streets, is open from 5 p.m. to midnight every evening. The club will present jazz piano weeknights and a trio on weekends.

The lounge area is appointed with stylish leather couches, creating a relaxed and unpretentious atmosphere.

The dining area offers Italian, Ethiopian



and American dishes. Daily happy hours, with discounted drinks and hors d’oeuvres, began on July 27. Saturday and Sunday brunch start on July 29.

The lounge opened its doors on May 5, but the entertainment license took a bit lon-

ger. The whole process, in fact, took longer than planned. Owner Netsanet Alemayehu originally expected to open in time for the Fillmore Jazz Festival — last year.

The Sheba lounge joins the Boom Boom Room and Rasselas as sites for live music in the area. The opening of Yoshi’s San Francisco at the corner of Fillmore and Eddy Streets next spring or summer will complete the Redevelopment Agency’s efforts to restore the musical nexus destroyed when it leveled the Western Addition in the 1950s and 1960s.

Sheba Piano Lounge helps bring more activity to a block on which Happy Donuts and Happy Shabu Shabu have opened in the past year.

Sheba Piano Lounge
1419 Fillmore St., 415.440.7414

An Inner Voice Kept Needling Her

Some combination of serendipity and synchronicity motivated Melody Sams to affiliate with longtime acupuncturist Dong Hoon Lee in his Japantown office.

She originally sought Lee’s help a few years back for a personal condition when she noted his sign hanging over her neighborhood cleaner. But the two didn’t click. A sticking point for her was that he didn’t take insurance — and a sticking point for him was that she asked.

Sams was in training for a position with the San Francisco Fire Department when she was involved in a serious motorcycle accident that thwarted her plans.

“About a year after I first saw Dr. Lee,” she says, “I was walking down the street and

something said, ‘Go back and talk to him.’ I tried to ignore it, but it kept at me.”

By then, Sams had become both a licensed acupuncturist and a massage therapist.

She heeded that inner voice. “I went back and laid my cards on the table,” she said, asking Lee whether there was anything she could do to help him in his business: answer phones, dispose of acupuncture needles, interview patients. He simply said, “You can work in this room.”

Sams joined Lee a few months ago and has been working in that room ever since, practicing acupuncture and traditional Chinese medicine.

Melody Sams, Acupuncturist
1610 Post St., Suite 210, 415.350.2343



Melody Sams

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Fall Semester 2006 FREE NONCREDIT Classes start Wednesday, August 16th. Space is still available in the below listed noncredit classes at various CCSF Campuses. You can enroll anytime during the semester by going to class.

Course Title	Day	Time	Campus & Room Number	Course Title	Day	Time	Campus & Room Number
Accounting (computerized)	MW	6:00 PM – 8:30 PM	John Adams Campus – Rm 234	Comp Spreadsheets – Beg (8/17-10/17)	TTh	7:30 PM – 10:00 PM	Downtown Campus – Rm 514
Acctg – Quickbooks (8/16 -10/18)	M-Th	12:20 PM – 2:50 PM	Chinatown/NB Campus – Rm 102	Comp Spreadsheets – Beg (8/16-9/15)	M-F	8:15 AM – 10:15 AM	John Adams Campus – Rm 228
Acctg – Quickbooks (9/29 -10/27)	F	12:30 PM – 3:30 PM	Downtown Campus – Rm 516	Comp Spreadsheets – Level 1	M	8:00 AM – 11:00 AM	Southeast Campus – Rm 407
Basic Auto Maint	MW	6:30 PM – 9:30 PM	Evans Campus – Rm 114	Comp Spreadsheets – Level 2	Th	5:30 PM – 8:30 PM	Southeast Campus – Rm 407
Basic Auto Maint	TTh	6:30 PM – 9:30 PM	Evans Campus – Rm 114	Comp Windows XP (8/22 -9/19)	T	6:00 PM – 9:00 PM	Chinatown/NB Campus – Rm 103
Comp Access – Intern (9/18 -10/18)	M-F	10:15 AM – 12:15 PM	John Adams Campus – Rm 228	Comp Word Proc – Level 1	T	5:30 PM – 8:30 PM	Southeast Campus – Rm 407
Comp Access 2003 – Lev 1 (8/16-9/13)	W	6:00 PM – 9:00 PM	Chinatown/NB Campus – Rm 103	Comp Word Proc – Level 1	M	8:00 AM – 11:00 AM	Southeast Campus – Rm 407
Comp Access 2003 – Lev 2 (9/20 – 10/18)	W	6:00 PM – 9:00 PM	Chinatown/NB Campus – Rm 103	Comp Word Proc (Multi Lvl) (8/16-10/18)	M-F	8:00 AM – 10:00 AM	Mission Campus – Rm 319
Comp Adobe InDesign (10/7 -10/21)	SAT	8:15 AM – 1:15 PM	John Adams Campus – Rm 228	Comp Word Proc (Multi Lvl) (10/19-12/20)	M-F	8:00 AM – 10:00 AM	Mission Campus – Rm 319
Comp Adobe Photoshop (8/19 -9/23)	SAT	12:00 PM – 3:00 PM	Chinatown/NB Campus – Rm 208	Effective Business Comm (8/16 -10/18)	M-F	8:15 AM – 10:15 AM	John Adams Campus – Rm 226
Comp Adobe Photoshop (9/30 -10/28)	SAT	12:00 PM – 3:00 PM	Chinatown/NB Campus – Rm 208	Electrical Appl in Construction	TTh	11:30 AM – 2:30 PM	Evans Campus – Rm 252
Comp Adobe Photoshop CS (8/25 -9/22)	F	12:30 PM – 3:30 PM	Downtown Campus – Rm 516	ESL Intermediate	M-Th	6:30 PM – 8:35 PM	(ALE) 3141 Ortega St, SF – Rm 203
Comp Desktop Pub–Beg (10/19 -11/16)	M-Th	10:30 AM – 1:00 PM	Downtown Campus – Rm 516	ESL Intermediate Level	M-Th	6:30 PM – 8:35 PM	Alemany Campus – Rm 303
Comp Desktop Pub–Beg (8/16 -10/18)	MW	3:00 PM – 5:30 PM	Mission Campus – Rm 319	ESL Keyboarding	M-F	8:15 AM – 10:15 AM	John Adams Campus – Rm 216
Comp Desktop Pub–Beg (8/16 -9/14)	M-Th	10:30 AM – 1:00 PM	Downtown Campus – Rm 516	ESL Literacy (A-B-C)	M-F	10:15 AM – 12:00 PM	(ALE) 4301 Geary Blvd., SF – 2nd Fl
Comp Desktop Pub-Intern (10/19-12/20)	MW	3:00 PM – 5:30 PM	Mission Campus – Rm 319	ESL Using Computers	M-F	12:05 PM – 1:05 PM	Alemany Campus – Rm 205
Comp Dreamweaver (8/25 -9/22)	F	9:00 AM – 12:00 PM	Downtown Campus – Rm 516	ESLF Speaking – Beginning High	M-Th	5:15 PM – 6:30 PM	John Adams Campus – Rm 313
Comp Dreamweaver 8 (10/18 -11/17)	M-F	10:00 AM – 12:00 PM	Mission Campus – Rm 320	ESLN English – Beginning Low 2	M-F	1:15 PM – 3:15 PM	John Adams Campus – Rm 309
Comp Dreamwvr 8/Flash 8 (11/20-12/20)	M-F	10:00 AM – 12:00 PM	Mission Campus – Rm 320	ESLN English – Intern Low 5	M-Th	6:30 PM – 9:00 PM	John Adams Campus – Rm 306
Comp Excel – Level 1 (8/19 -9/23)	SAT	9:00 AM – 12:00 PM	Chinatown/NB Campus – Rm 208	ESLV Comm Skills for Culinary Workers	TTh	3:00 PM – 5:30 PM	Downtown Campus – Rm TBA
Comp Excel – Level 2 (9/21 -10/19)	Th	6:00 PM – 9:00 PM	Chinatown/NB Campus – Rm 102	ESLV CommSkills for Construc Workers	TTh	7:00 PM – 9:30 PM	Mission Campus – Rm TBA
Comp Excel – Level 2 (9/30 – 10/28)	SAT	9:00 AM – 12:00 PM	Chinatown/NB Campus – Rm 208	Fashion Sewing and Alteration	M	9:00 AM – 3:00 PM	Evans Campus – Rm 310
Comp Excel – Special Proj (9/26 -10/24)	T	6:00 PM – 9:00 PM	Chinatown/NB Campus – Rm 103	Fashion Sewing and Alteration	Thr	12:00 PM – 6:00 PM	(Evans) Lawton St at 29th Ave, SF
Comp Flash (11/03 -12/15)	F	9:00 AM – 12:00PM	Downtown Campus – Rm 516	Fashion Sewing and Alteration	M	9:30 AM – 3:30 PM	(Evans) 890 Beach Street, SF
Comp FrontPage 2003 (9/26 -10/24)	T	6:00 PM – 9:00 PM	Chinatown/NB Campus – Rm 102	Fashion Sewing and Alteration	Thr	9:00 AM – 3:00 PM	Evans Campus – Rm 310
Comp Graphics for Bus (10/19 -12/20)	MW	12:30 PM – 3:00 PM	Mission Campus – Rm 321	Food Tech & Dining Services	M-F	9:00 AM – 3:00 PM	Downtown Campus – Educ Palate
Comp Graphics for Bus (8/16 -10/18)	MW	12:30 PM – 3:00 PM	Mission Campus – Rm 321	Food Tech & Dining Services	M-F	6:00 AM – 12:00 PM	Downtown Campus – Educ Palate
Comp Internet/Email (8/22 -9/19)	T	5:30 PM – 8:30 PM	Southeast Campus – Rm 407	Intro to Construc Trades (8/16 - 9/27)	MW	8:00AM -12:00 PM	Evans Campus – Rm 256
Comp Intro to Computers	TTh	6:00 PM – 7:30 PM	(SEC) 1000 Cayuga Avenue, SF	Intro to Construc Trades (8/16 - 9/27)	MW	12:30 PM – 2:30 PM	Evans Campus – Rm 256
Comp Intro to Internet (8/17 -9/14)	Th	6:00 PM – 9:00 PM	Chinatown/NB Campus – Rm 102	Intro to Construc Trades (10/2 -11/13)	MW	8:00 AM – 12:00 PM	Evans Campus – Rm 256
Comp Intro/Personal Comp (8/21 -10/30)	M	6:00 PM – 9:00 PM	Chinatown/NB Campus – Rm 103	Intro to Construc Trades (10/2 -11/13)	MW	12:30 PM – 2:30 PM	Evans Campus – Rm 256
Comp Micro Appl/Cur Topics (8/16 -9/15)	M-F	10:00 AM – 12:00 PM	Mission Campus – Rm 320	Intro to Construc Trades (11/15 -12/20)	MW	8:00 AM – 12:00 PM	Evans Campus – Rm 256
Comp Micro Appl/Cur Topics (9/18 -10/17)	M-F	10:00 AM – 12:00 PM	Mission Campus – Rm 320	Intro to Construc Trades (11/15 -12/20)	MW	12:30 PM – 3:00 PM	Evans Campus – Rm 256
Comp Microcomp Open Lab	SAT	12:30 PM – 3:00 PM	Chinatown/NB Campus – Rm 102	Keyboarding	M-F	8:15 AM – 10:00 AM	Alemany Campus – Rm 102
Comp Microcomp Open Lab	TTh	3:15 PM – 5:45 PM	Chinatown/NB Campus – Rm 102	Keyboarding – All levels	M-F	10:30 AM – 12:30 PM	Chinatown/NB Campus – Rm 103
Comp Micros – Individual Projects	M	11:00 AM – 1:30 PM	Southeast Campus – Rm 407	Keyboarding – All levels	M-F	12:20 PM – 2:20 PM	Chinatown/NB Campus – Rm 103
Comp Microsoft Ofc Suites Simul Projects	M	6:00 PM – 9:00 PM	Chinatown/NB Campus – Rm 102	Keyboarding Lab	SAT	8:15 AM – 12:15 PM	Chinatown/NB Campus – Rm 103
Comp Microsoft Word – Beg (8/16-9/15)	M-F	10:15 AM – 12: 15 PM	John Adams Campus – Rm 234	Lingerie Design & Construction	SAT	9:30 AM – 12:30 PM	Evans Campus – Rm 310
Comp PC Upgr/Optimization (9/29-10/27)	F	9:00 AM – 12:00 PM	Downtown Campus – Rm 516	Office Technology Lab	TTh	1:15 PM – 3:45 PM	John Adams Campus – Rm 222
Comp PC Upgrade/Optimization	M	8:00 AM – 11:00 AM	Southeast Campus – Rm 407	Office Technology Lab	TTh	5:00 PM – 7:30 PM	John Adams Campus – Rm 222
Comp PC Upgrade/Optimization	M	11:00 AM – 1:30 PM	Southeast Campus – Rm 407	Trans Studies Beginning Algebra	TTh	8:15 AM – 10:45 AM	John Adams Campus – Rm 225
Comp PowerPoint (11/03 -12/15)	F	12:30 PM – 3:30 PM	Downtown Campus – Rm 516	Trans Studies Civics	MW	1:15 PM – 3:45 PM	John Adams Campus – Rm 219
Comp Publisher (9/26 -10/24)	T	5:30 PM – 8:30 PM	Southeast Campus – Rm 407	Trans Studies GED Preparation	MF	9:45 AM – 12:15 PM	John Adams Campus – Rm 208
Comp Spreadsheets – Beg (8/16-10/16)	MW	1:00 PM – 3:30 PM	Downtown Campus – Rm 514	Trans Studies Math Skills Dev 2	MW	10:45 AM – 1:15 PM	John Adams Campus – Rm 225

Campus locations and phone numbers at area code 415: Alemany Campus (ALE), 750 Eddy St., 561-1020, Chinatown/NB Campus, 40 Filbert St., 561-1071, Downtown Campus, 88 4th St., 267-6543, John Adams Campus, 1860 Hayes St.,561-1935, Mission Campus, 375 Alabama St., 551-1126, Southeast Campus (SEC), 1800 Oakdale Ave., 550-4344. www.ccsf.edu

ANTIQUES & DOLLS

Narumi Japanese Antiques
1902-B Fillmore 346-8629

ACCOUNTING

**California Accounting
Center CPAs**
Union & Buchanan 474-1111

BANKS

Union Bank of California
1675 Post 202-0350
Wells Fargo Bank
2100 Fillmore 396-4453

BOOKS

Browser Books
2195 Fillmore 567-8027

CATS & DOGS

Pets Unlimited
2343 Fillmore 563-6700

CHURCH

Unity Church & Bookstore
2222 Bush 474-0440

CLEANERS & LAUNDRY

Pacific Heights Cleaners
2437 Fillmore 567-5999

CLOTHING

Mio Inc.
2035 Fillmore 931-5620

COSMETICS

Neja
1850 Fillmore 345-8301

EYEWEAR

Invision Optometry
1907 Fillmore 563-9003

Wong, Totsubo, & Hom
1826 Buchanan 931-1903

HARDWARE

Fillmore Hardware
1930 Fillmore 346-5240

HEALTH & HEALING

The Healing Store
2300 California 600-1311
Vitamin Express
2047 Fillmore 922-3811

HOTEL

Queen Anne Hotel
1590 Sutter 441-2828

HOME FURNISHINGS

Pacific Heights Interiors
1942 Divisadero 409-2277

LINGERIE

Toujours
2484 Sacramento 346-3988

MUSIC

The Piano Care Company
2011 Divisadero 567-1800

PACKING & SHIPPING

Jet Mail
2130 Fillmore 922-9402

The UPS Store
2443 Fillmore 922-6245

PHOTOGRAPHY

Covelli Productions
1767 Union 860-9503

REAL ESTATE

Keynote Properties
1801 Fillmore 563-5900

McCauley, Wilson & Butterfield
2190 Bush 346-6300

McGuire Real Estate
2001 Lombard St. 296-0123

**Robert L. Speer
& Associates** 864-3663

SERVICE STATION

Pacific Heights Chevron
California & Steiner 567-1136

RESTAURANTS

Curbside Cafe
2417 California 929-9030

Curbside Too
2769 Lombard 921-4442

La Cave
1345 Bush 923-1375

India Palace
1740 Fillmore 567-7789

La Méditerranée
2210 Fillmore 921-2956



Mozzarella DiBufala
1529 Fillmore 346-9888

Osaka
1923 Fillmore 346-6788

Pizza Inferno
1800 Fillmore 775-1800

Vivande Porta Via
2125 Fillmore 346-4430

TAX SERVICES

**Complete Business
Services**
1734 Divisadero 202-8555

THRIFT STORE

Goodwill
1700 Fillmore 441-2159

