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# THE NEW FILLMORE

SAN FRANCISCO ■ APRIL 2012



PHOTOGRAPHS BY DANIEL BAHMANI

## Dinner at the Boulangerie

FOR A FEW DAYS EACH WEEK, a limited number of people can now share dinner and a behind-the-scenes look at one of the most beloved spots in the neighborhood.

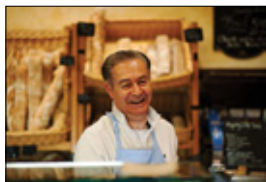
For the fixed price of \$20, Boulangerie Bay Bread at 2325 Pine Street has begun offering a traditional French *table d'hôte*. The evening's entree is served with roasted potatoes or vegetables, a salad, bread still warm from the oven and a slice of fruit tart. Diners are encouraged to bring their own wine; there's no corkage fee.

Ever-genial counterwoman Rudy Guglielmo welcomes guests into the space between the display cases and the ovens, which is transformed into a cozy dining area with wood plank tables preset

with French dining essentials: ample pots of butter, cornichons, mustard and sea salt. French President Nicolas Sarkozy looks on approvingly from a portrait on the wall. Diners are treated to the sights, sounds and smells of the bakery's inner workings, with heaps of fresh-baked *macarons* bustled in to restock for the morning rush.

On a rainy Saturday night, the warmth of the ovens was especially inviting. The featured entree was braised beef short ribs, served in generous portions. Other entrees for other nights include roast chicken, lamb confit and roast pork loin.

Seating is limited to 20, first come first served, from 5:30 to 7:30 p.m. Wednesday through Sunday. Weekly menus are posted at [laboulangebakery.com](http://laboulangebakery.com).



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## DISPATCHES



### Under the rainbow

During a break in the rains in mid-March, photographer Susie Biehler captured the promise of springtime from the top of the Fillmore hill.

## Not Everybody Likes It Here

### TO THE EDITORS:

I do enjoy the articles in the *New Fillmore*. But I wonder why you do not report on some of the problems that plague Fillmore Street.

In my opinion the two major problems that should be addressed are the condition of the uprooted sidewalks from Jackson Street to Post Street and, secondly, how dirty the street is.

The first problem is definitely a city problem. Walking can be hazardous, particularly for older citizens.

The second problem could probably go away if merchants would assume some responsibility for keeping their areas clean. I have seen one shop owner with a broom in the 20 years I have lived in this area. When I suggested to one restaurant owner that the filth outside his restaurant should

be swept away, he laughed at me and said it was the city's problem.

The broken-down unsightly newspaper racks are a big part of the problem. Why are there only three of the standard green racks?

Bird droppings are becoming another problem. Check out the entrance to Kichl's.

What can be done to get the shop owners to address this issue?

Bob LA CAVA

P.S. Is it really a good idea to encourage more outdoor dining areas? The congestion at the northwest and southwest corners at California should answer that. And will I be able to use the Fillmore Stoop without ordering a pizza?

## THE NEW FILLMORE

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### Connecting the neighborhood

Every month, 20,000 copies of the New Fillmore are delivered to homes and businesses in the Fillmore, Pacific Heights and Japantown. We thank you for your support and encouragement and welcome your ideas and suggestions.

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## STREET TALK

### The Fillmore shuffle: more change is coming

Farewell to the COFFEE BEAN & TEA LEAF, one of Fillmore's many coffee shops, which closed on March 25 at the corner of Fillmore and Sacramento. . . . And hello to STARBUCKS, which is taking over the busy corner for its new chain of juice bars called EVOLUTION FRESH, offering fresh and bottled juices, smoothies and food. Even though this is the beginning of a new chain from Starbucks, it squeaks in under the ban on chain stores because it's just starting and has fewer than 11 outlets. So far.

**NAMASTE PRANA:** The end is near for the Danish furniture store BOCONCEPT, which opened less than two years ago at 1928 Fillmore. It's retreating to its larger showroom in the design district and will be replaced by PRANA, a brand of activewear for yogis, climbers and other sports enthusiasts. . . . Across the street, STEVAN ALAN will bring a selection of stylish clothing for men and women to the empty space at 1919 Fillmore. . . . And just north at 1923 Fillmore, ROAM BURGERS has begun construction in the longtime home of the OSAKA Japanese restaurant.

**THE CHASE IS ON:** On April 3, CHASE will open a new branch bank at 2429 California Street, just in time for the unveiling of the parklet across the street it funded. The parklet will be officially consecrated on Friday, April 6, with a public celebration and refreshments from DELFINA PIZZERIA from 5:30 to 7 p.m. . . . A couple of doors east of Chase, many food purveyors are said to be vying for the former home of DUMPLINGS & BUNS. Think sushi.

## NEIGHBORHOOD NEWS



## LAFAYETTE PARK or PEYTON PLACE?

By MONTE TRAVIS

FROM my ninth floor office near Lafayette Park, I've been watching a pair of red-tailed hawks engage in aerial courtship flights since early this year.

In late March I saw the hawks carrying sticks to a large nest high in a eucalyptus tree in the park, undertaking a little remodeling. A few days later, I observed the head of one of the hawks poking up above the rim of the nest. This suggested at least one egg and probably more had

been laid in the nest. If all goes well, we should have chicks in about a month.

As I was photographing the female hawk on the nest, I was alerted by the screams of about 20 red-masked parakeets — the famous parrots of Telegraph Hill — who suddenly bolted into the air from the treetops directly overhead. I looked up, and there came the male redtail swooping in from the west. When the male arrived at the nest, the female, who is larger, rose up, and for a short time both stood on the nest. Then the female took

off and the male settled in for his shift. Redtails are monogamous and generally mate for life. But later that same day, I witnessed a mystery: three adult birds on the nest. For 45 minutes, all three alternately flew to and from the nest. A *menage a trois*, perhaps? Or maybe redtails, like certain other species, sometimes employ one of their young from the prior year as a helper. This will bear watching in the coming days.

It's a domestic ornithological mystery. But it seems appropriate for San Francisco: an alternative avian family.

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**Thursday April 5: Community Health**  
Introduction by William B. Stewart, M.D.  
Co-founder and Medical Director, Institute for Health & Healing, CPMC

**Childhood Stress, Adult Disease and a Brighter Future**  
Nadine Burke, M.D., CEO, Center for Youth Wellness

**The Role of Housing in Well-being**  
Josh Bamberger, M.D., MPH, Medical Director, SF Department of Housing and Urban Health

**Thursday April 12: Global Health**  
From Africa to India: The Joy and Challenge of Medical Service  
Sri Shamasunder, M.D., Assistant Clinical Professor, UCSF

**The Era of the Global Health Citizen**  
May Jordan, Ph.D., R.N., CWP, Chair of the Integrative Health Studies Program, CIIS

**Thursday April 19: Inspired Healthcare**  
Compassion without Borders: Bringing it Home  
William B. Stewart, M.D., Co-founder and Medical Director, Institute for Health & Healing, CPMC

**Healing and Hope: Lessons from the Third World**  
Stephen Lookhart, MD, PhD, Regional Vice President and Chief Medical Officer, Sutter Health East Bay

**Thursday April 26: The Spirit of Service (Marin)**  
Spirituality, Compassion and Service in Right Relationship  
Grace Dammann, M.D., Physician, Laguna Honda Hospital and Zen Buddhist Practitioner

**Be Inspired: Your Path to Purpose, Joy and Fulfillment**  
Jenai Lane, Spirit Coach Founder and Award-winning Entrepreneur

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 Tuesday, April 9th, **Bone and Joint Health**  
 Wednesday, April 10th, **Heart Health**  
 Thursday, April 11th, **Stress and Sleep**  
 Friday, April 12th, **Energy Supplements**  
 Saturday, April 13th, **Regulations & Science**  
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## CRIME WATCH

### Vehicle Tampering Webster Street and Geary Boulevard February 22, 8:08 p.m.

Plainclothes officers working an auto theft abatement operation saw a man peering into the window of a Mercedes Benz. While they watched, he manipulated the window down, then reached inside and snatched something. When the officers moved in, the man fled on his bicycle. The officers broadcast the suspect's description to other officers in the area. One of them stopped an individual matching the description. He ran a computer check on the man, who was not the car burglar, but was on probation. When a search revealed several baggies of methamphetamine, the suspect was arrested. While this was occurring, the plainclothes officers caught up with the individual who had taken the property from the car. He was cited for vehicle tampering and for obstructing police.

### Robbery Webster Street and Geary Boulevard February 25, 11:38 a.m.

A man entered Safeway and took several bags of charcoal. When store security guards confronted him outside, he dropped the charcoal, pulled a knife from his waistband and threatened to cut the security guards. The guards backed away and the suspect ran south on Fillmore. The guards followed him while calling 911. As the suspect fled past Northern Station, police personnel ran outside and stopped him. The suspect, who was carrying bags of property taken from stores in Japantown, was booked at Northern Station.

### Terrorist Threats Webster and Laguna Streets February 29, 9:30 a.m.

Officers responded to call from a residence regarding a man who was threatening a woman's life. The woman said she had been having problems with her husband for the last five years and they were in the midst of a divorce. The couple was arguing when the man grabbed the woman by the throat and said, "I am going to die if you leave me. If I die, you have to die with me." Officers arrested the suspect for threatening her life, which is a felony. The woman was not injured.

### Drugs Van Ness and Daniel Burnham Court February 29, 11:37 p.m.

Officers received a call concerning a man who had passed out inside his running vehicle. His foot was on the accelerator, the engine was revving and the car was overheating, with smoke billowing out from under the hood. Officers shut down the car but could not wake the man, so they summoned an ambulance. As the

medics removed the man from the car they came upon multiple baggies of various illegal narcotics and stacks of small bills. The medics managed to rouse the man and officers then placed him under arrest. He was booked for possession of methamphetamine for the purpose of sale.

### Burglary from Vehicle Sutter and Franklin Streets March 2, 7:51 p.m.

Plainclothes officers responded to a call from Walgreens security personnel who were watching a group of men moving down the street with flashlights, looking into cars. Officers went to the scene on foot and saw them. The group turned a corner, and shortly afterward the officers heard glass breaking. They watched while the men removed numerous items from the car, then quickly walked away. The officers moved in to stop them, and a foot chase began. The police caught the individual who was serving as a lookout and also detained the driver of a getaway car and the original auto burglary suspect. The car contained property that the officers believed had been stolen from other cars, including laptops and personal items. The suspects were transported to Northern Station and booked on charges of auto burglary, conspiracy and possession of stolen property.

### Loitering for the Purpose of Prostitution Van Ness Avenue and Clay Street March 3, 2:25 a.m.

Officers in a patrol car observed a scantily clad woman talking with the occupants of a car blocking the flow of traffic along Van Ness. The officers made a U-turn, but by the time they came back the woman and the car had disappeared. They located the woman crouching down behind a car. When questioned, she told the police she was just walking around. Officers issued her a citation for loitering for the purpose of prostitution.

### Unauthorized Video Recording California and Fillmore Streets March 4, 2:12 p.m.

Officers received a call from a business regarding an employee who reported finding a video camera in the restroom. When the officers investigated the bathroom, they found a black duffel bag; inside was a cardboard box with a hole in it. Inside the box was a video camera directed toward the toilet. Officers soon located an individual who admitted that the bag belonged to him. One officer played the footage and viewed several videos of men and women using the toilet. The bag owner was issued a citation for illegal videotaping and advised by the staff that he was no longer allowed on the premises.

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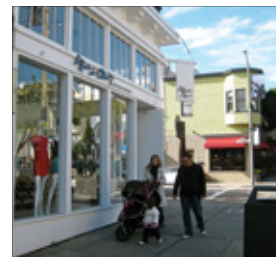
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## NEW NEIGHBORS



### Alice + Olivia opens on a key corner

With a bright coat of white paint and a vibrant logo tagged onto the Clay Street side of the building, Alice + Olivia burst into the neighborhood at the end of March, adding still more women's clothing and accessories. The open design and mod furnishings — including comfy chairs and a sectional sofa — make the store a visual standout on the street. It's showing a profusion of color that characterizes this season's fashions, including brights, corals, pastels and a shocking shortage of black.

Alice + Olivia — located by the Clay Theater at 2229 Fillmore, former home of Blu women's boutique — is part of the fashion empire of New York-based designer Stacey Bendet, who early on earned the moniker "Stacey Prints" by fabricating one sought-after item: the perfect pair of pants. Cheesy striped bell bottoms became her signature. In 2002, she launched her own line, eventually adding everything from casual pieces to office attire to resort wear to evening wear, along with jewelry, scarves and shoes, plus offerings for children and men.

The new Fillmore shop features its own edited version of selections for women, a piece or two for men, but no children's wear. A+O designs are also available in boutiques and department stores throughout the city, including Saks Fifth Avenue and Nordstrom. This is the eighth stand-alone A+O shop.

## RETAIL REPORT

# Solving the Floor Covering Puzzle

New shop's modular carpet tiles can be rearranged, moved, recycled

A WELCOMING CARPET in jaunty shades of brick, brown and purple on the sidewalk at 2226 Bush Street beckons buyers into Flor, a new store selling a modular system of floor covering that can be assembled as rugs, runners or wall-to-wall carpeting.

Flor's founders say they divined the concept to tap into the resurgence of urban living and the growing demand for modern design options.

To meet the needs of nomadic urban dwellers, the floor covering is offered in 20-by-20-inch carpet tiles that range in cost from \$8 per square for short nylon pile to \$40 for plush wool. The squares can be assembled and changed to fit space and use needs. The squares, held together with adhesive dots, also offer ease of cleaning in case of errant pets or wine-spilling guests.

Individual squares can be replaced if damaged or worn.

For residents on the move, the squares can be disassembled, packed up and reassembled in the next living space.

Flor makes a promise, stenciled on its newest store's walls: "Unlike carpet rolls, the squares will not be at the curb on garbage day. They can move with you and if you are ever finally done with them, we take care to retrieve every square." The company says consumers can simply call and arrange to return used carpet squares, which will be recycled. Flor will even pay the freight.



The colorful welcome mat is out at Flor's new shop at 2226 Bush Street.

Flor's products have previously been available through other stores, including Zinc Details around the corner on Fillmore. Now they are opening their own stores. The Bush Street shop is the eighth stand-alone location; the only other California shop is in Santa Monica.

It's the do-it-yourself design component that seems to be drawing people into the new neighborhood shop, which opened March 23. The spacious spot beside Charles Phan's OTD restaurant formerly contained a temporary art gallery and a women's boutique. The space has been opened up and sparsely furnished with selections from Zinc Details.

On the store's first weekend, dozens of consumers squatted

and puzzled while arranging and rearranging the squares to fit their imagined floorspace, choosing from a wide variety of colors, textures and designs.

Those in need of more personal handholding can consult with sales associates in the store. The more tech-savvy can use a software program, FLORbuilder, at [flor.com](http://flor.com) that gives guidance and previews the design and cost. And the hands-off customer can simply pay for the company's installation service to do the job.

The company proudly professes its environmental awareness. The offerings are made mostly from recycled materials, and Flor promises "to eliminate any negative impact it may have on the planet by the year 2020."

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STORY & PHOTOGRAPHS  
BY CARINA WOUDEBERG

ASK MICHAEL LeVesque, the owner of Vitamin Express, at 2047 Fillmore near California, how old he is and he'll give you two numbers. His chronological age — the one most people count by — is 69, but his "real age," LeVesque says, is only 34 and a half.

Dietary supplements play a large role in the nutrition enthusiast's sense of well-being and ease of living in a body that feels half its age. He regularly consumes a myriad of supplements, including large amounts of vitamin C, essential amino acids and homeopathic remedies, and says he personally tests several of the products offered in the store.

A personal quest led LeVesque to start his health and nutrition business when he was at the tail end of his chronological 30s.

"I got into it because there were some products I wanted but couldn't get for my own health," he says.

The main product he sought was a calcium magnesium supplement for natural pain relief. After treatment for polio as a child, LeVesque had regained the use of his paralyzed limbs and body, but was left with excruciating pain following any form of exercise.

Years later, his wife at the time introduced him to the supplement. It was the catalyst for LeVesque, then a teacher of English as a second language, to embark on an informal but rigorous study of nutrition.

"I got instant relief from the muscle spasms," LeVesque said. "I was blown away."

A decade later, finding his favorite sup-



Owner Michael LeVesque (center) with staffers Michael Pelarossa and Yvonne Whitehead in the store at 2047 Fillmore Street.

## Vitamin Express Is Turning 30

But it looks younger, given its attention to maintaining good health

plement difficult to come by, he opened his first shop on Irving Street, just across from its current location.

"Thirty years ago I had seven shelves filled with herbal teas and a few bottles of vitamins," says LeVesque, who eventually owned five shops in the Bay Area. "The store was 350 square feet."

He has since pared his business down to two stores, letting go of a Menlo Park location that was "just too far away" and, more recently, selling his Berkeley and Mill Valley locations because he says it was time to cut back on his workload. Living in the Richmond neighborhood, LeVesque can now commute to both his stores on Fill-

more and Irving in less than 10 minutes.

This month he celebrates being in business for 30 years. His Fillmore location just celebrated its 10th birthday as well.

The Fillmore store is loaded with shelf upon shelf of vitamins, herbs and teas. The upstairs space is dedicated to lotions and bath products. While the 30-year celebra-



A customer considers one of thousands of vitamins and supplements in the store.

tion is in effect, balloons and colorful posters also adorn the place.

Sprinkled throughout the store are samples of LeVesque's own comic series titled "Life As It's Lived." In the series, a cheery bespectacled Professor Health offers knowledge and advice about nutrition to his primary-colored inquirers. LeVesque writes the comics; his friend David Steinhardt illustrates them.

LeVesque says he created the series because it was a fun and artistic activity. In addition to the sciences, he has also nurtured a lifelong interest in the arts.

"If you come to my office you'll find a keyboard and a violin," he says. "Then you'd find charcoal and paintings I've done."

Yvonne Whitehead, the Fillmore store manager, said the location is great, "being on a fun busy street where there are extra activities going on." Whitehead, who's been working for Vitamin Express for the past 13 years, said she got into nutrition when she realized she could improve her health

with the help of supplements and good nutrition.

On a recent afternoon customers trickled in with various concerns. LeVesque and the staff took turns addressing them.

One customer asked for a supplement she'd heard about on *The Dr. Oz Show*; assistant manager Michael Pelarossa told her they were out due to the sudden popularity.

"Dr. Oz has made a lot of references to natural supplements," Whitehead said later. "We wish we had a little advanced notice on that."

Though the population responds to the media's portrayal on certain supplements, LeVesque stresses that the store doesn't rely on fads. "Our business is really built on good medical science," he says. "We're very careful about what we sell."

In celebration of 30 years of business, Vitamin Express at 2047 Fillmore Street this month will offer discounts, coupons and a drawing for gift baskets.

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But we also have to point out that if you want something like it from another store, you might have to wait years.

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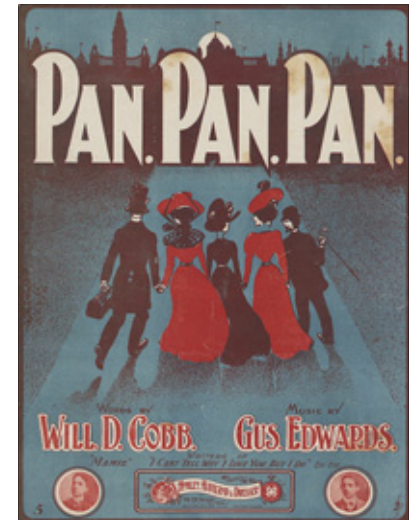
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## Remembering the Panama-Pacific Exposition

By WALTER DE VECCHI

**B**ET NOBODY'LL ever forget the fascinating arch-light system that illuminated Fillmore Street from Sacramento to Fulton Street. But what about the 1915 World's Fair? 'Twas somethin' peop'l'll never forget.

Gates opened February 20th and closed December 4th. In my way of thinkin' the Panama Pacific International Exposition was the most spectacular and most interesting fair I've ever seen. The grounds ran from Chestnut to the bay and Fort Mason. Entrances were at Van Ness & Bay Street, Fillmore & Chestnut, Scott & Chestnut, Baker & Lombard.

Who remembers some of the midway attractions? The reproductions of the Panama Canal and of the Grand Canyon, the Mexican Village, Toyland, the Lilliputians, the high-flying aeroplane, the big dipper and of course "Stella" and all the different eateries along the way.

The Ghirardelli Company displayed their chocolate manufacturing process; the Orange Blossom Company sold delicious candy and sent it to various parts of the world.

And how those double-decker omnibuses wowed us, as they used to transport passengers out to the fairgrounds from the downtown area.

Professor Iverson of Selma, California, brought his band to march from the Ferry Building to the fairgrounds; they played different tunes along the way — especially the song he himself composed and titled *Selma, the Home of the Peach*.

Throughout the fair's duration one could be wheeled in a chair within its borders; and walking canes initiated PPIE were also obtainable.

Can you remember the Avenue of Palms, where people could promenade and rest with a bite to eat at the White Lunches?

There was the big Machinery Building and the very interesting Mines Building. The entire

Oregon Building was made of logs from that state; the big flagpole in front flew the Oregon flag. In the California Building every county's products were distributed, but large quantities of goods could also be purchased. The Underwood Company demonstrated the biggest typewriter I'd ever seen, and Victor Victrola brought along their famous pup-dog listening intently to "his Master's voice" from the huge horn. One booth sold scones for only five cents.

**W**HAT GREATLY ADMIRER the very artistic Japanese Building with so many beautiful gardens, ponds and bridges. Many other countries were also represented.

And what did you make of the Inside Inn on Baker Street, a hotel right within the fairgrounds? Remember the Horticultural Building filled with all kinds of flowers, plants and shrubs imaginable? A sunken garden lent an attractive appearance to the entrance.

There was a livestock show under the

### History through sheet music

A new year-long exhibition at the Society of California Pioneers Museum called *SINGING THE GOLDEN STATE* features popular songs about the State of California dating from the Gold Rush through the vaudeville era. Curated by

supervision of Mr. D. O. Lively. Luxurious yachts came from all over the world to compete in the many races. Also a group of French girls danced on stage before the audiences. They were the La Olie Fuller Dancers. Daily horse races were even run on a track; I must've spent a lot of coins at that fair, but at least it's worth the truth that I never got stuck on the ponies.

**H**EY, YAH, what about that Tower of Jewels, splendid in the variety and arrangement of its beautiful gems; when illuminated at night, it seemed to pierce the sky and was a sight to behold. At a concession near the base you could buy souvenir jewels and postcards of the tower. Also there was a very high column built as a monument to progress.

But how does one describe the Palace of Fine Arts, with its thousands of art and sculpture exhibits; in front of the lagoon was the

bandstand, which hosted bands and symphonies from every part of our country.

And let's not forget Art Smith's airplane stunts in the night sky; one of his special attractions that always kept my attention was the smoke-writing. Another aviator, Lincoln Beachey, also did stunts; but his fatal nosedive into the bay one afternoon was a tragic accident mourned by all the fairgoers. There was also the Court of Concourse for bands and symphonies.

There were several tiers of searchlights that crisscrossed their beams in the evening sky. At night the whole fairgrounds were lit up; and do ya remember the rainbow picture of all those whopping fireworks?

Each day of the fair was dedicated to a different city in California. The officials admitted public school children for only five cents when accompanied by their teachers.

It would take two weeks just to highlight a few more of the countless places to visit and things to see and do. But we can't fail to

describe the final night of the fair.

When the lights were turned off at 12 o'clock, the people seemed to walk around as if in a daze, just remembering what a wonderful year they had shared at the fair. Tears came to the eyes of some as they walked in silence, recalling everything they had seen. Hundreds of people hiked up Fillmore from Chestnut to Broadway because the cars were overloaded. Many would look down from the top of the hill to catch one last glimpse of the fairgrounds. But by then it was screened under darkness.

**W**ORDS CANNOT express the beauty of the fair, but if I had to choose one adjective, then call it magnificent. I think maybe the old-timers would agree.

*Excerpted from My Memoirs of Cow Hollow, copyright 1966 by Walter De Vecchi, a typewritten manuscript in the Golden Gate Valley branch library on Green Street.*

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By YULIYA POPOVA

THE 55TH San Francisco International Film Festival, opening April 19, will feature showings in two neighborhood venues: the Sundance Kabuki Cinemas at 1881 Post and the Film Society's own year-round cinema, newly opened down the street at 1746 Post.

With a tapestry of film woven together from more than 80 countries, here are highlights of this year's festival that will be shown locally.

Wear something special for the screening of **DIANA VRELAND: THE EYE HAS TO TRAVEL**. One of the most prominent fashion icons of the 20th century, Vreland takes the audience on the most marvelous — a word she tends to abuse in the most elegant way — tour of what it means to be born in Paris, live in London and work in New York. An editor at *Harper's Bazaar* and *Vogue*, Vreland considered fashion "the intoxicating release from the banality of the world." This delicious documentary is peppered with lifestyle quotes any woman would want to remember when looking for an excuse to buy another pair of shoes.

For those in the mood for an extravagant, high-life evening, time-share mogul Daniel Spiegel's story about building the largest modern home in America, unveiled in the documentary **THE QUEEN OF VERSAILLES**, should indulge that fancy. Spiegel is a proud 74-year-old man who likes to test life with unruly contrasts — a wife 30 years younger and a 90,000-square-foot neo-palace in Florida.

The neighborhood's high-tech professionals may find **TARGET** an arresting glimpse into the future. Set in 2020 Russia,



Opening festivities are at the Castro Theater, but much of the action takes place locally.

## The 55th Film Fest

Annual two-week extravaganza opens April 19

this sci-fi drama follows a group of affluent Muscovites on a trip to Asia in search of a secret abandoned astrophysical facility. After spending a night inside the mirror-like aerial, they stop aging and start chasing their dreams at a maddening pace, but find there is a price for everything.

People in **WAITING ROOM**, by Bay Area filmmaker Peter Nicks, don't have the means to find the source of eternal youth. Ranging from the underemployed to the chronically destitute, they come in daily to Oakland's Highland Hospital seeking emergency help. Their vulnerability — and

the inadequacies of the medical system — also inspires extraordinary acts of kindness.

Humanity and true love are two things missing from **TRISHNA**, a visual masterpiece by Britain's most prolific director, Michael Winterbottom. Based on Thomas Hardy's classic novel, *Tess of the d'Urbervilles*, the film throws a peasant Indian girl into the arms of a British businessman who came to India to help his father. What first appears as a relationship drama with intense sex scenes turns into a profound portrait of caste-ridden modern India.

Israeli director Nadav Lapid's debut feature, **POLICEMAN**, provides a different perspective on family life. The perfect picture of loving homes takes a treacherous turn when members of a police unit go on trial for alleged misdeeds. Another dramatic 180-degree turn midway through the film introduces a completely new narrative involving a separate but connected reality, as youths plan a violent act of guerrilla class warfare.

The urban documentary **TOKYO WAKA** takes a lyrical look at contemporary Japan. Drawing from art, culture, Buddhist and Shinto spirituality and everyday anecdotes, the directors explore Tokyo's elusive crowds from all angles: gathering remarkable footage of the whip-smart animals making twig tools to find juicy insects in trees, using cars to crack walnuts and pouncing on hapless passerby who happen to walk beneath their nests. Avian outsiders present a perfect metaphor for a post-bubble Tokyo, where people struggle to find their own flocks in the city.

Local residents seem more at home with dogs than birds. But **DARLING COMPANION** by American director Lawrence Kasdan may ring an alarm bell for pet owners who have a better relationship with their pets than their spouses. Diane Keaton leads the star cast on a journey of a dog lost in the Rocky Mountains.

In the French documentary **STEP UP TO THE PLATE**, a master chef retiring from his Michelin-starred restaurant reluctantly passes the keys to his son, who wants to re-imagine the menu and make his own mark. It's sure to whet audience appetites for apres-theatre degustations on Fillmore.

For tickets and a complete schedule of events, go to [festival.sffs.org](http://festival.sffs.org).



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# A Day of Exploring the Options for Aging Parents

By FRAN MORELAND JOHNS

"MOM'S MEMORY IS SLIPPING."

Betsy Dodd and her two sisters finally said it aloud. Baby boomers with busy lives, they faced the common dread of their generation: what to do about aging parents who need care. Dodd lives in Pacific Heights. Her sisters are in Colorado and Montana.

"Mom lived by herself in a condo in Grand Haven, Michigan," Dodd explains. "She had just turned 80. We began to notice personality changes: She was becoming more forgetful, often frustrated, generally having a hard time and showing signs of oncoming dementia. She would do things like leave stove burners on — and we were really concerned about her driving."

The daughters finally began what would be an arduous, expensive, years-long struggle to keep their mother, Penny Sherwood, safe and cared for as her life wound down. She had moved to Grand Haven when she married their stepfather, a banker who left her financially well off when he died.

"We tried everything to keep her in the condo," Dodd says, "but we were increasingly concerned. When we did move her here, we didn't tell her it was for good. We just said it was for her to try it out." Dodd had recently cut back on her law practice, but she had a husband, Jim Boddy, also an attorney, and two teenagers at home, and no way to care for an aging mother with dementia issues in a multi-level Victorian house.

They found the answer in an assisted living facility near their home, which fea-

## For boomers, suddenly the conversation shifts

Author Paula Span noticed not long ago that conversations had suddenly, quietly shifted. "I lived in the same town for 30 years," she says. "All the people I would see in the grocery store, or the drug store — people with kids about the same age as my daughter — would always talk about our kids. School, music lessons, those sorts of things. But about the time I turned 55, suddenly it's all about our parents. How long could they live independently? Where should they move?"

A noted writer for *The New York Times* and the *Washington Post* magazine — and now author of *The New Old Age* blog for the *Times* — she realized that what she and her friends were talking about was a near-universal issue for the baby boomer generation. The realization led to her recently released book, *When the Time Comes: Families with Aging Parents Share Their Struggles and Solutions*.

Span will bring the lessons learned from these experiences to her keynote speech at Calvary Presbyterian Church's one-day caregiving event, **THE FAMILY CIRCUS: WALKING THE TIGHTROPE OF ELDER CARE AND AGING**, scheduled for Saturday, April 28, at the church at 2515 Fillmore Street. For more information or to register for the free event, call 469-6300 or e-mail [info@eldercareanswers.com](mailto:info@eldercareanswers.com).



tered an excellent memory enhancement program.

"She had a one-bedroom apartment, with very good care," Dodd says. "The memory enhancement group met twice a week, sitting around a table, having a lot of fun. But after she'd been there for a year she had a stroke. She went from the hospital to a rehab facility. She had bad knees, and it became clear after several months that she would be wheelchair-bound. This meant she couldn't go back to the assisted living place, because she needed help to get from wheelchair to bed — more assistance than they could give."

When she stopped showing progress, the rehab facility said she'd have to leave. Discharged to an upscale continuing care retirement community, Sherwood did no better.

"The rehab person there just said, 'It's not working,'" Dodd recalls. After another discouraging experience at one more rehab facility, the Dodds found a one-bedroom apartment in an elevator-equipped building almost directly across the street from their home. And there, with a round-the-clock caregiver — luckily, the same excellent caregiver throughout — Penny Sherwood spent the last three years of her life.

There were happy moments, when a

strong son-in-law and grandson would carry her wheelchair up the steps to their home for Sunday dinners; she was well loved and well cared for until her death at age 88.

But it was not cheap or easy. And caregiving can be complicated by a host of other issues.

Consider local resident Marion Stanton's father, a retired physician in a rural Alabama town. He is 92 and has been widowed for six years. The closest of his five children is a four-hour drive away.

"While there are home health agencies in Alabama that provide limited services, there are no full-service agencies for private pay care like there are in a large city," Stanton says. "So hiring is by word of mouth, and emails to old friends to see who they might know. I visit about every two months, alternating with three of my siblings. One brother is not really able to help much, as his wife has Parkinson's, so he has his own caregiving challenge."

Stanton and Dodd, with several friends at Calvary Presbyterian Church — all of whom had been caregivers to family members — started listing the big questions: When to start "the conversation"? How to protect assets? What kind of housing is best? What level of care? Where can I turn for help?

Along with Calvary's associate pastor Tici Truly, they have planned a one-day event this month that will offer local resources, talks and break-out sessions on asset management, housing choices, hospice and palliative care and other issues. See sidebar for details.

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## HOLY WEEK

### Palm Sunday, April 1

5:30 pm (Saturday Vigil Mass); 7:30 am (Quiet Mass)  
9:30 am (Family Mass); 11:30 am (Solemn Mass)  
1:30 pm (St. Jude Pilgrim Mass in Spanish)  
5:30 pm (Contemporary Choir)  
9:00 pm (Taizé music by candlelight)

### Twilight Retreat, Tuesday, April 3

7:30 pm – A Time to Prepare for Reconciliation

### Sacrament of Reconciliation, Wednesday, April 4

12:00 noon – 1:00 pm & 7:30 – 9:00 pm

### THE SACRED TRIDUUM

#### Holy Thursday, April 5

7:30 am – Tenebrae – followed by breakfast  
7:30 pm – Mass of the Lord's Supper

#### Good Friday, April 6

7:30 am – Tenebrae – followed by breakfast  
12:15 – 12:45 pm – Stations of the Cross  
1:00 – 3:00 pm – Seven Last Words  
3:00 – 4:00 pm – Confessions  
7:30 pm – The Passion of the Lord

#### Holy Saturday, April 7

8:00 am – Tenebrae – followed by breakfast  
5:30 – 6:30 pm Confessions  
8:00 pm – The Easter Vigil

#### Easter Sunday, April 8

7:30 am (Mass with Easter Hymns);  
9:30 am (Family Mass); 11:30 am (Solemn Mass);  
1:30 pm (St. Jude Pilgrim Mass in Spanish);  
5:30 pm (Contemporary Choir);  
9:00 pm (Taizé music by candlelight)  
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## There's Room at Their Inn

Lynne and Bernie Butcher Remake a Historic Hotel — and Themselves

By CAROLINE WAMPOLE

LONGTIME neighborhood resident Lynne Butcher was on a visit to Upper Lake in June 2003 when she saw a “for sale” sign on the historic Tallman Hotel. She had just sold her equipment leasing business and was looking for a new project.

“The ‘for sale’ sign had been there for 41 years,” she says.

But the Tallman’s days were numbered. The county had just red-tagged the 1880s building and it was slated for demolition. In fact, the local fire department wanted to use it as a training ground for a controlled burn.

“We must have been the 500th person in 40 years to look at the property,” says her husband, Bernie Butcher, laughing and shaking his head. “But if you wait long enough, the greater fool will arrive.”

Most people would not consider a plunge into the hotel and restaurant busi-



ness a relaxing way to spend their retirement years. But then Lynne and Bernie Butcher have always had a sense of adventure.

Before they met, Bernie traveled with the Peace Corps and coached basketball in Uruguay. During the early years of their marriage they lived in Hong Kong and London before settling back in San Francisco in 1982, where they bought their home on Pierce Street, a few steps from Alta Plaza Park, just as the neighborhood was undergoing a revival.

They also built a country home on Clear

Lake and spent the next 20 years vacationing there, 2 1/2 hours north of San Francisco.

Still, there is a vast difference between building a weekend home and operating a hotel. The original complex of land and buildings contained the hotel, a livery stable and a saloon designed to serve passengers traveling to Clear Lake and the hot springs resorts nearby. It later had incarnations as a guest house, nursing home and housing for transient agricultural workers. Then it sat vacant for decades before the Butchers bought it and set about

restoring its historical roots as a hotel.

“My business friends in San Francisco thought I was crazy,” Lynne admits. “They said, ‘Why are you doing this? Here you are at a stage of your lives when you can travel and enjoy life. You can’t make any money owning a hotel.’”

Bernie reflects on their decision: “We were too old to get jobs,” he says. “But we needed to find something meaningful to do.”

The historic aspect of the hotel appealed to Lynne’s New England roots and to Bernie’s background as an American history



*“We were too old to get jobs. But we needed to find something meaningful to do.”*

—BERNIE BUTCHER and his wife Lynne in their Tallman Hotel on Main Street in Upper Lake

teacher. Bernie also saw Lake County’s potential as an affordable spot for baby boomers to retire. And there was a growing wine industry in the area just north of Napa County.

Neither could have predicted what a massive job it would be to restore the Tallman into a 17-room hotel with gardens, pool, spa and restaurant. Among other things, the main building needed a new foundation, and the adjacent restaurant — now operating as the Blue Wing Saloon and serving lunch, dinner, snacks and Sunday brunch — had to be rebuilt entirely.

There were times when the project seemed doomed, especially when their energy contractor went bankrupt six weeks before the hotel’s opening. Looking back, the Butchers seem amazed they took on such a task.

“What hubris!” Bernie says. “Talk about babes in the wood.”

It was Candra Scott, a San Francisco interior designer specializing in renovating historic hotels, who helped keep them going while renovating the property, now registered as a Point of Historical Interest. Her approach of “decorating timelessly” suited the Butchers perfectly. Scott’s idea was to augment the Tallman’s Wild West saloon facade with a series of surrounding buildings that looked like they were built over time, not all at once.

“Candra told us, ‘Don’t go western, don’t go Disneyland,’” remembers Lynne. “She’s the author of this place. Her faith and skills gave us confidence that we could turn the hotel into a real business. I couldn’t have imagined doing this without her vision.”

The Bay Area has provided the Butchers with a steady stream of creative talent

to import to Upper Lake, alongside local offerings. The hotel’s calendar boasts an ambitious and eclectic range of cultural and culinary events, including a popular monthly Winemaker Dinner, regular concerts and a blues festival in August and early September. There are also literary adventures, such as this month’s writer’s retreat for 10 published and aspiring writers wishing to hone their memoirs, essays or fiction.

San Francisco is now the Butchers’ weekend destination, with the weekend redefined as Tuesday, Wednesday and sometimes Thursday. But Lynne says the neighborhood around Fillmore Street still feels like home. They still vote, take Pilates classes and get their hair cut in the city. They do their grocery shopping at Mollie Stone’s and Lynne still buys her clothes at Mio on Fillmore.

“People don’t say ‘Hi Bernie’ as much as they do in Upper Lake,” Bernie says. “Like any big city, it’s less personal. But we still feel very connected to the neighborhood.”

There are a few drawbacks to their double life. Bernie jokes that it would be nice to have a helicopter to make the 200-mile commute. And Lynne says that sometimes it’s hard to keep track of two households. “I’ll have two bags of sugar in one place, and none in the other,” she says. But otherwise, they say, they are enriched by their divided existence.

Bernie sees the Tallman project as something that will last beyond them, and something that is already making a contribution to the local community in Upper Lake and keeping a sense of history alive.

For more information about the hotel, go to tallmanhotel.com.

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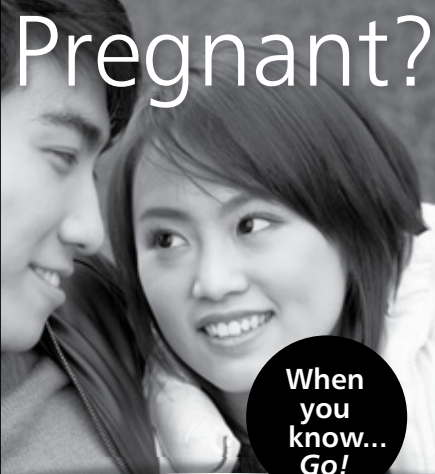
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### NEIGHBORHOOD HOME SALES

Single Family Homes	BR	BA	PK	Sq ft	Days	Date	Asking	Sale
2608-B Sutter St	1	1	1	700	34	2/21/12	395,000	385,000
2609 Post St	2	2	1	149		3/7/12	898,000	879,000
3022 Pine St	3	3	2	2350	116	3/6/12	1,299,000	1,299,000
2424 Green St	4	3	1	3024	20	3/2/12	2,500,000	2,500,000
2373 Filbert St	3	3.5	1		0	2/28/12	2,560,000	2,650,000
2414 Webster St	4	3.5	2	2955	37	2/17/12	2,798,000	2,670,000
2337 Vallejo St	4	3	1		38	3/1/12	3,300,000	3,252,500
3196 Pacific Ave	6	4.5	1	4510	19	2/28/12	5,100,000	4,995,000
2615 Union St	6	5.5	2	6800	111	2/21/12	7,500,000	7,350,000
3855 Washington St	6	6.5	2	126		3/8/12	8,455,000	8,200,000
2500 Broadway	6	5	2	7086	28	2/28/12	8,850,000	8,215,000
3636 Washington St	8	6.75	3		97	2/29/12	12,000,000	10,000,000

Condos / Co-ops / TICs / Lofts	BR	BA	PK	Sq ft	Days	Date	Asking	Sale
1545 Buchanan St #6	3	2	1	1050	63	2/16/12	339,000	330,000
1775 Broadway #2	0	1	1		21	3/15/12	359,000	333,585
2701 Van Ness Ave #605	0	1	1	547	13	3/9/12	319,000	345,000
2701 Van Ness Ave #409	1	1	1	785	199	3/7/12	525,000	525,000
2737 Bush St	2	2	1	1100	44	2/17/12	569,000	569,000
2077 Jackson St #206	1	1	2		33	3/8/12	550,000	585,000
2529 Post St	2	1	0	1510	141	3/1/12	599,000	586,000
3140 Clay St #8	1	1	1	840	22	2/21/12	699,000	675,000
1311 Baker St	2	1	1	1242	22	3/14/12	689,000	685,000
1626 Vallejo St #4	2	1.5	1		126	2/29/12	789,000	740,000
1840 Washington St #303	1	1	1	837	8	2/23/12	759,000	759,000
1998 Pacific Ave #204	2	2	1	1105	31	2/29/12	799,000	845,000
2950 Clay St #302	3	2	1	1300	15	2/17/12	799,000	873,000
3042 Jackson St #3	2	2	1	146		2/17/12	949,000	955,000
2628 Greenwich St #2	3	2	1	1650	45	2/28/12	989,000	985,000
1840 Washington St #704	2	2	1	955	0	3/8/12	1,039,000	1,039,000
2238 Divisadero St	3	2	1	1810	371	2/17/12	1,100,000	1,100,000
1655 Baker St	4	2	1	2563	321	3/14/12	1,199,000	1,110,000
2090 Pacific Ave #501	2	2	1	1613	18	2/22/12	1,199,000	1,250,000
2273 California St	3	3	1	2797	47	3/13/12	1,400,000	1,350,000
2900 Pacific #201	3	3	1		120	2/29/12	1,795,000	1,738,000

#### Closings are up, and buyers are moving quickly

Closings during the last month were up a remarkable 14 percent from a year ago. Inventory is low and well-qualified buyers are acting quickly. Real estate sales are competitive in many areas of the city. Multiple offers are driving sales over the asking price, as they did before the slowdown. Equally interesting: Many homes that have been on the market for a long time are now finding buyers in this active market. The spring real estate season is reflecting consumer confidence and putting a smile on many sellers' faces as pent-up demand drives prices upward.

**NEW LISTINGS:** A charming single family home just came on the market at 2225 Divisadero (left) for \$1.5 million. It was once owned by noted architect Julia Morgan and has been tastefully remodeled, retaining period detailing and its Italianate Victorian essence. Next door at 2229 Divisadero, Morgan's own former home, including two rental units, is also for sale, for \$1.65 million. Another offering, 2375 Broadway, with its feel-good family vibe and south-facing garden, provides an environment both for kids to grow in and for elegant dinner parties. The \$5.5 million price includes a peek at the Golden Gate Bridge from the top floor.

New condo listings are led by an unusual offering at 1925 Gough, situated in Lafayette Park. Elegant, spacious unit #22 is surrounded by an abundance of natural light and greenery. Completed in 1908, this Beaux-Arts influenced building designed by Conrad Meussdorffer set a new standard for luxury, which remains to this day. It is listed for \$3.5 million. Equally interesting and even more unique is the 1920s townhouse at 2151 Sacramento #4, with a glass ceiling in the living room and skylights throughout, offered for \$2.5 million.

— Data and commentary provided by MARIA MARCHETTI at Sotheby's International Realty. Contact her at [maria@mariamarchetti.com](mailto:maria@mariamarchetti.com) or call 699-9008.



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## Native Plant Garden Tour



Sunday, April 15, 2012

- Visit anytime 11am to 3pm
- No registration required
- Free & self-paced
- For map, garden list & more, visit [sfnativeplantgarden.org](http://sfnativeplantgarden.org) or phone 580-759-3179.

Native plant gardens conserve water and provide habitat for native wildlife. Join us for this special chance to see beautiful native plant gardens throughout San Francisco, meet their gardeners and savor the peak of springtime.

Presented by The Yarns Bureau Chapter of The California Native Plant Society, on the web at [cnpa.org/yarnsbureau.org](http://cnpa.org/yarnsbureau.org)

## Go ahead and get nosy.


Finally find out what the neighbor's house really sold for. Register a free account to search active and sold properties. Only on [zephyrsf.com](http://zephyrsf.com).

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**Please join District 5  
Supervisor Christina Olague and the  
UCSF Department of Dermatology for a  
FREE SKIN CANCER SCREENING  
Saturday, April 21, 2012  
8:30 am — 4:00 pm**

**UCSF Department of Dermatology  
1701 Divisadero Street, 3rd Floor  
San Francisco, CA 94115**

**Insurance and appointments are not required.**

**Fact:** One American dies of melanoma almost every hour

**Fact:** More than 3.5 million skin cancers in more than 2 million people are diagnosed annually

**Fact:** Melanoma is the most common form of cancer for young adults 25-29 years old.

**Fact:** Exposure to tanning beds increases the risk of melanoma.

**Fact:** One in five Americans will develop skin cancer in their lifetime.

Screenings will only be performed to determine the possibility of skin cancer. Medical consultation will not be provided for other skin conditions such as rashes, abrasions, etc. UCSF fully subscribes to the Americans with Disabilities Act. If you require accommodation please contact the Community & Governmental Relations Office at (415)476-3206 with your suggested accommodation, or email [cgrassist@ucsf.edu](mailto:cgrassist@ucsf.edu) with questions.



## FOOD, DRINK & ENTERTAINMENT

### DINING

**1300 on Fillmore**  
1300 Fillmore 771-7100

**BaySubs & Deli**  
2486 Sacramento 346-3888

**Bun Mee**  
2015 Fillmore 800-7696

**Chouquet's**  
2530 Washington 359-0075

**Curbside Cafe**  
2455 California 929-9030

**Dosa**  
1700 Fillmore 441-3672

**Elite Cafe**  
2095 Fillmore 346-8668

**Fat Angel**  
1740 O'Farrell 525-3013

**Florio**  
1915 Fillmore 775-4300

**Fresca Peruvian Cuisine**  
2114 Fillmore 447-2768

**The Grove**  
2016 Fillmore 474-1419

**India Palace**  
1740 Fillmore 567-7789

**Jackson Fillmore Trattoria**  
2506 Fillmore 346-5288

**Jane**  
2123 Fillmore 931-5263

**Johnny Rockets**  
1946 Fillmore 776-9878

**La Boulange**  
2043 Fillmore 928-1300

**La Mediterranee**  
2210 Fillmore 921-2956

**Mehfil Indian Cuisine**  
2301 Fillmore 614-1010

**OTD**  
2232 Bush 923-9575

**Pride of the Mediterranean**  
1761 Fillmore 567-1150

**Roostertail**  
1963 Sutter 776-6783

**State Bird Provisions**  
1529 Fillmore 795-1273

**Sweet Lime**  
2100 Sutter 674-7515

**Sweet Maple**  
2101 Sutter 855-9169

**Tacobar**  
2401 California 674-7745

**Ten-ichi**  
2235 Fillmore 346-3477

**Thai Stick**  
2001 Fillmore 885-6100

**Via Veneto**  
2241 Fillmore 346-9211

**Woodhouse Fish Co.**  
1914 Fillmore 437-2722

**Yoshi's Japanese Restaurant**  
1330 Fillmore 655-5600

### PIZZA

**Bruno's**  
1375 Fillmore 563-6300

**Dellina Pizzeria**  
2456 California 440-1189

**Dino's Pizza**  
2101 Fillmore 922-4700

**Extreme Pizza**  
1732 Fillmore 929-9900

**Pizza Inferno**  
1800 Fillmore 775-1800

### BAKERY & DESSERTS

**Boulangerie Bay Bread**  
2325 Pine 440-0356

**Fillmore Bakeshop**  
1890 Fillmore 923-0711

**Noah's New York Bagels**  
2213 Fillmore 441-5396

### COFFEE

**Cafe Murano**  
1777 Steiner 771-0888

**Coffee Bean & Tea Leaf**  
2201 Fillmore 447-9733

**Pee't's Coffee & Tea**  
2197 Fillmore 563-9930

**Royal Ground Coffee**  
2040 Fillmore 567-8822

**Starbucks Coffee**  
2222 Fillmore 673-3171

**Tully's Coffee**  
2455 Fillmore 929-8808

### WINE & SPIRITS

**D&M Wine and Liquor**  
2200 Fillmore 346-1325

**Vino**  
2125 California 674-8466

**Wine Jar**  
1870 Fillmore 931-2924

### MARKETS

**Fillmore Fine Foods**  
1981 Sutter 563-0190

**Friends**  
1758 Fillmore 346-3226

**Gino's Grocery**  
2500 Fillmore 775-1908

**Mayflower Market**  
2498 Fillmore 346-1700

**Mollie Stone's**  
2435 California 567-4902

**Pacific Food Mart**  
2199 Sutter 614-2385

### ENTERTAINMENT

**Boom Boom Room**  
1601 Fillmore 673-8000

**Clay Theater**  
2241 Fillmore 352-0810

**The Fillmore Auditorium**  
1805 Geary 346-3000

**Harry's Bar**  
2020 Fillmore 921-1000

**Rasselas Jazz Club**  
1534 Fillmore 346-8696

**Sheba Piano Lounge**  
1419 Fillmore 440-7414

**Sundance Kabuki Theaters**  
1881 Post 931-9800

**Yoshi's Jazz Club**  
1330 Fillmore 655-5600



Not many cities can boast a vibrant section of town that is upscale but approachable, fashionable but not elitist, comfortable without being boring. San Francisco's Fillmore is all these — and, best of all, it's not striving to be original. It just is. — *Gourmet magazine*

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