



THE NOE VALLEY VOICE

Community Benefit District Up for Renewal

24th Street May Be the Cleanest, Thanks to Members of the Noe Valley Association

By Matthew S. Bajko

Walk along 24th Street, and the handiwork of the Noe Valley Association is visible on nearly every block from Church Street west to Douglass.

The tree canopy along the neighborhood commercial corridor is largely due to the work of the association, known formally as the Noe Valley Association—A Community Benefit District. Since its establishment in 2005, the local CBD has planted more than 133 trees along the street.

It also installed all of the hanging flower baskets, and pays for their watering and upkeep. The eight street benches dotting the boulevard, as well as the tables and chairs in the two sidewalk parklets, are also the result of the association’s work.

The improved crosswalks at several intersections and the street gardens, such as those found on Noe Street outside the Starbucks, are due to the CBD’s advocacy. The association was also a backer of the community efforts to turn a former gas station and parking lot into the Noe Valley Town Square. Now it serves as the

CONTINUED ON PAGE 9



Keeping Up With the Upkeep. Deangelo Hargrave spiffs the sidewalks of the 24th Street main business blocks. Photo by Art Bodner

Noe Valley Then And Now

Bill Yenne Pens New (Color) Pictorial of Neighborhood

By Olivia Boler

It’s been 15 years since the publication of local author Bill Yenne’s book *San Francisco’s Noe Valley* (Arcadia Publishing 2004). That book combined black-and-white photos, illustrations, and maps dating back to the mid-1800s, and had extended captions explaining the history and development of the neighborhood.

Yenne’s latest book, *Noe Valley Past and Present*, which Arcadia will bring out Sept. 30, is a sort of companion to the first book. It’s filled with paired color photos, beginning in the 1950s, that compare the neighborhood’s more recent past with its present.

Yenne has published more than three dozen books, both fiction and non-fiction. He might be best known, at least locally, for his best-selling pictorial book *San Francisco Then and Now* (Thunder Bay Press 2002), which juxtaposed photos of the city from the past with those from more modern times.

“Through the years, a lot of people have asked me when I was going to do a Noe Valley ‘then and now’ book,” Yenne says. “They also asked me when I was going to do a book about Noe Valley with some color in it. Well, I finally did it.”

Yenne is thrilled about the number of

CONTINUED ON PAGE 11



1954: The backstop was primitive, but the play was intense in the early days of Upper Noe Rec Center. Before the gym and auditorium were built, kids rounded bases in the open turf along 30th Street. Photo courtesy San Francisco History Center, San Francisco Public Library



2019: The ball field, with home plate now facing Day Street, is much improved today and attracts kids from all over San Francisco. While bats are swinging, toddlers congregate in the children’s playground, and dogs sprint along two grassy alleys to Joby’s Run. Photo by Jack Tipple

Upper Noe Recreation Center—A Place for Gardeners, Dogs, and Balls of All Sorts

The Crown Jewel of Noe Valley Parks Hosts Many Activities

By Christopher Pollock|
Historian-in-Residence, San Francisco Recreation and Parks Department

Upper Noe Recreation Center was born after a long labor of love by its neighbors.

Occupying some three-quarters of a block, the playground had a 31-year-long gestation period, starting in 1935 and culminating in 1957 with the dedication of a

new recreation center. Sometime around 1970, the park unofficially became known to many residents as Day Street Park.

A Short History of the Area

In 1845, pre-dating the United States era, a vast tract of the peninsula known as the San Miguel Rancho was granted to José de Jesús Noé, the last Mexican alcalde or mayor of Yerba Buena in the Mexican era of California history.

In 1853, John Meirs Horner purchased the tract from Noé and platted his pur-

chase to develop the city’s first residential suburb, which became known as Horner’s Addition. Horner’s Addition remained un-built throughout the 1850s due to the economic downturn at the end of the decade. Horner was forced to sell his mostly vacant land at a loss, and large portions became the property of homestead associations.

The Southern Pacific Railroad, Ocean View branch, started rolling in 1864. The trains connected downtown with points south, aiding development of the neighborhood. With the turn of the 19th to the

20th century, the area became home to many working-class German and Irish immigrant families. Schools sprung up nearby, including the secular Kate Kennedy School, which was active by 1910, and St. Paul’s School, which opened in 1916.

With no park existing in the substantially built-out neighborhood, over time residents began to seek recreation in the area. In 1926, representatives of the Upper Noe Valley Improvement Association

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OPENSFHISTORY



What Was Modern Then: This mid-century home at 1435 Douglass Street was built in 1950. It sat on the eastern edge of what would become the Diamond Heights development. One of the three 1910's houses immediately north of this still exists. (SF Assessor's Collection)

Photo and information courtesy OpenSFHistory.org / Western Neighborhoods Project / David Gallagher

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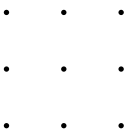
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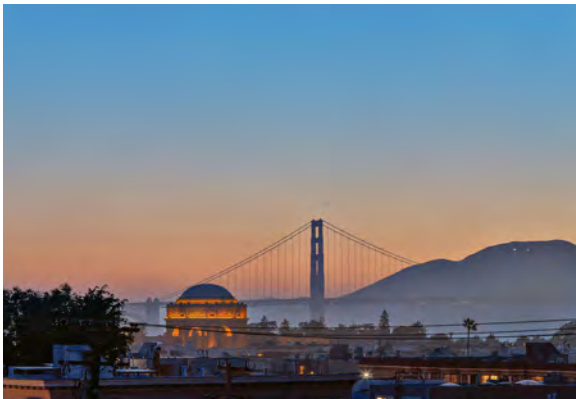
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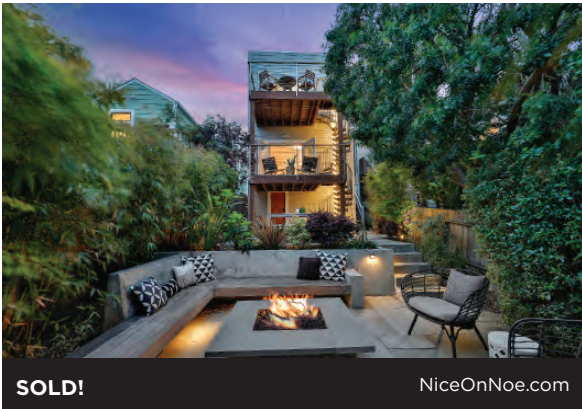
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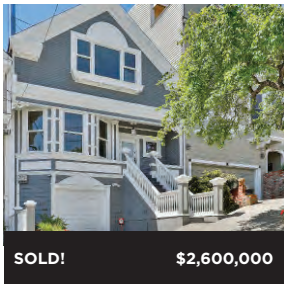
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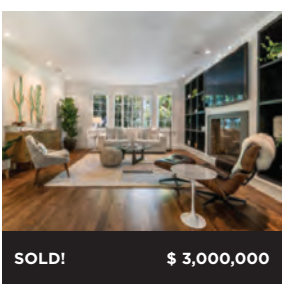
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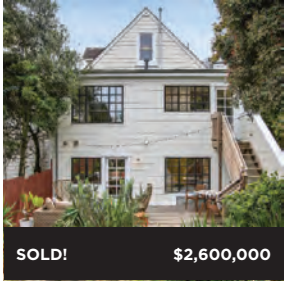
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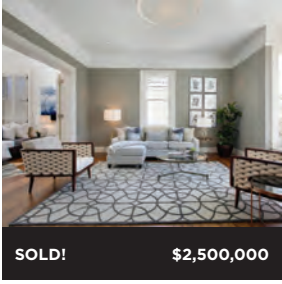
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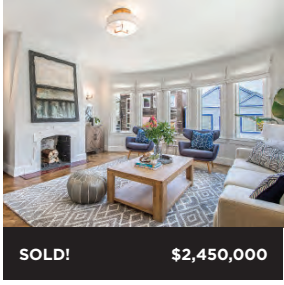
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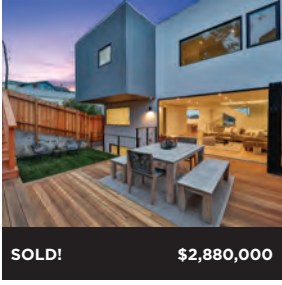
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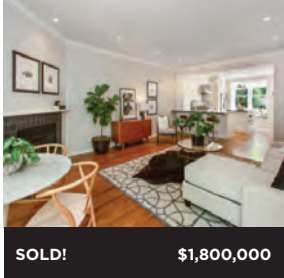
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LETTERS 55¢

Grandma Bell Riding High

Editors:

My grandma, Isabella “Bell” Moen, has been a proud Noe Valley resident since 1972, and on Aug. 6, 2019, she turned 90!

She decided for her 90th that she wanted to accomplish a very exciting bucket-list goal. She went for an hour-long horseback ride at Mar Vista Stables in Daly City with her close family, and very proudly brought along an issue of the *Noe Valley Voice* to document the occasion. We took a picture of her holding up the newspaper as soon as she got on the horse in hopes that her beloved newspaper would publish it and make her “home-town” famous.

She has been attending 430 p.m. Saturday mass at St. Paul’s religiously (pun intended) since 1972 and is a staple in the parish community. She is originally from Grand Forks, North Dakota, and has raised three generations of San Francisco native children. My grama Bell is a farm girl at heart and brings her community spirit with her to the big city. We’re a proud SF family and our grama Bell inspires us every day to live our lives to the fullest.

Shannon Zatzkin-Moen

Damaging Story on Vaccines

Editors:

I was appalled to read the lead article in the June 2019 *Noe Valley Voice*, “Vaccine Medical Exemptions Examined.” This article devotes 25 (count ‘em!) column inches to the *unsupported* views of a pediatric chiropractor with a degree in *sports* medicine, who encourages her clients to put their ill-informed fears ahead of science and the lives of vulner-

able people in our communities. That’s simply dangerous.

In contrast, San Francisco’s Communicable Disease Controller gets one sentence, the American Academy of Pediatrics gets an inch, and the City Attorney gets three inches to make the case for vaccines and warn of the dangers of fraudulent medical exemptions.

Meanwhile, chiropractor Hicks’ “facts” are left unsupported: Vaccines are such an “assault” on the young immune system they should be spaced out over longer periods than the medical community recommends—where’s the corroborating evidence? The youngest children have the most aluminum in their brains—do they? Could be true, but support for that claim—none. Did the author ask Hicks if she spends as much time urging her patients to toss their aluminum cookware as she does encouraging them to delay and forego vaccines?

I hope many readers, and at least a few of your regular contributors (Mazook, lookin’ at you) and advertisers, respond with calls for the NVV to take its journalistic responsibilities seriously. But hey, if not, I live in Noe Valley and have a degree in human biology from a prestigious university. Surely that qualifies me as a primary spokesperson for a feature-length article on how aliens in UFOs are seeding our microbiomes in an effort to control human behavior. No kidding, I’m game. It would certainly be less damaging than your article on vaccines.

Susan Green

In Defense of Medical Exemptions

Editors:

I’m tired of the angry rhetoric about those questioning the vaccine program. Vaccine manufacturers have no liability, and neither do the doctors who wrote letters to the *Noe Valley Voice* objecting to the article about Kristine Hicks. They likely reject a vaccine caused an injury or death, and probably rarely, if ever, report an adverse event to the Vaccine Adverse Events Reporting System while over \$4 billion has been paid by the little known Vaccine Injury Compensation Program. How these concerns have set the bar to negatively label one as an “anti-vaxxer” is ludicrous.

After 54 years, Californians *lost the right to informed consent* with the elimination of philosophical and religious exemptions to vaccination for our children (SB277, Pan-2015). 125 measles cases in Disneyland, of which 28 were unvaccinated due to personal beliefs, were the Trojan horse. SB277 was enacted only because Senators Richard Pan and Ben Allen agreed to a robust medical exemption.

The legislation being considered today is SB276. Senator Pan would have you believe the intention of this bill is to protect kids by ending fraudulent vaccine



Accompanied by her loving family, Noe Valley resident Bell Moen saddled up and took an hour-long trail ride on her 90th birthday. The horse enjoyed having some news to chew on.

medical exemptions, but in fact it is the Trojan horse to *eliminate medical exemptions*.

SB276 closes the last loophole in the corporate takeover of our medical decisions. It is being steamrolled by the Democratic supermajority, which is completely dismissive of any opposition. It is oppressive, cruel, and discriminatory, and is forced vaccination.

Read the bill. It is too massive to justify it as the solution to a non-existent problem. Most participants in the study used to justify the bill “reported reviewing no or few problematic medical exemptions.”

Doctors who submit five or more medical exemptions a year will be reviewed. Medical exemptions will be entered into a database. Doctors won’t be able to evaluate their pediatric patients and recommend not vaccinating without state approval—a state bureaucrat, who never sees a patient, will review and deny/revoke medical exemptions, using these guidelines: <https://www.cdc.gov/vaccines/hcp/acip-recs/general-recs/contraindications.pdf>

Medical exemptions are for each vaccine type. Anaphylaxis, a contraindication common to every vaccine type, qualifies for a medical exemption. Potential allergens causing anaphylactic reactions are in *every* vaccine listed by the Institute for Vaccine Safety of the Johns Hopkins Bloomberg School of Public Health.

A baby must get each vaccine type first. Reactions other than the CDC guidelines are irrelevant. Read the adverse reactions listed in any vaccine insert.

Supreme Court Justice Sonia So-

tomayor in the 2011 *Bruesewitz v Wyeth* dissenting decision stated: “Its decision leaves a regulatory vacuum in which no one ensures that vaccine manufacturers adequately take account of scientific and technological advancements when designing or distributing their products. Because nothing in the text, structure, or legislative history of the Vaccine Act remotely suggests that Congress intended such a result, I dissent.”

SB276 legislates predictable, harmful consequences without liability. If it is signed into law, adults are next. It would be wise to consider the minority view now. SB276 was in Assembly as of mid-August. Take action now. Oppose SB276! Thank you.

Janina, a concerned parent

A Single Shot

Editors:

Parents, there is no need to vaccinate all of your children. Only the ones you want to keep.

Tom McIntyre

Eat Here Now!

Editors:

I was sorry that Contigo on Castro and 24th closed, but I am happy to report that Mahila (Store Trek, July/August *Voice*) is a worthy successor to the location.

Featuring owner/chef Azalina Eusope’s Malaysian Mamak cuisine, it is the only restaurant in San Francisco with such a unique melding of marvelous ingredients. The key is Azalina’s connection to her brother on the Malaysian island of

CONTINUED ON NEXT PAGE

THE NOE VALLEY VOICE

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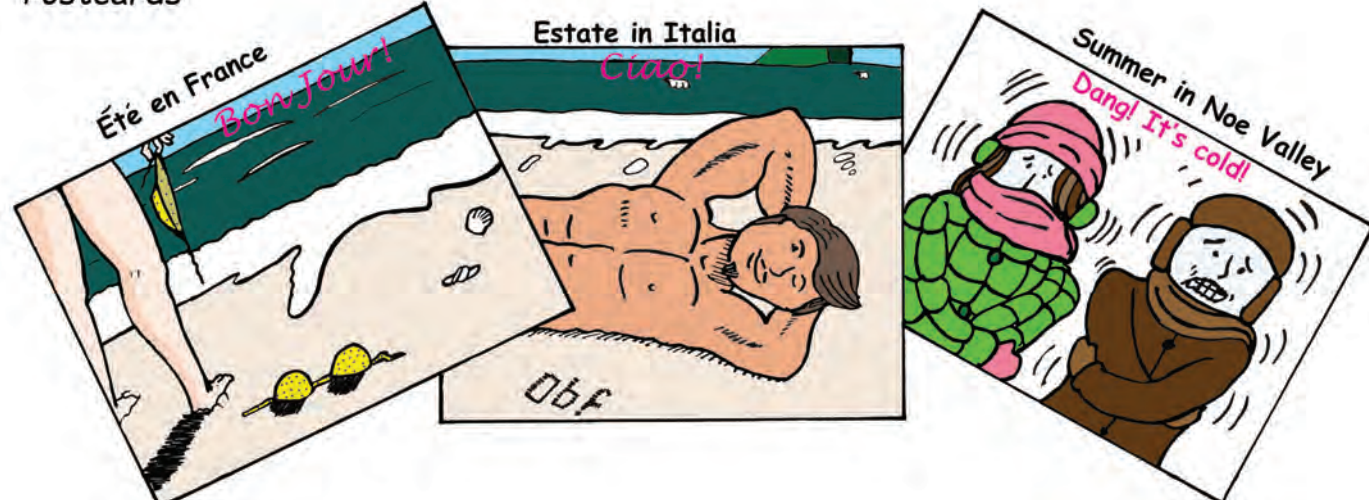
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THE CARTOON BY OWEN BAKER-FLYNN

Postcards





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LETTERS

CONTINUED FROM PREVIOUS PAGE

Penang, who regularly ships fragrant spices to her from their homeland.

Each dish presented to us during a recent dinner was an exciting gustatory feast. Sweet potato dumplings, duck kurma, and a noodle dish with shrimp (Mee Mamak) were standouts. And don't skip dessert! Service was friendly and efficient, and Chef Azalina took time out from the open kitchen to come to our table to chat.

As a 35-year Noe Valley resident, I have seen many restaurants come and go. Please frequent this little gem or it will go the way of Chez Marius on 24th Street, which recently closed.

Monica Levin

They Met at the Soda Shop

Editors:

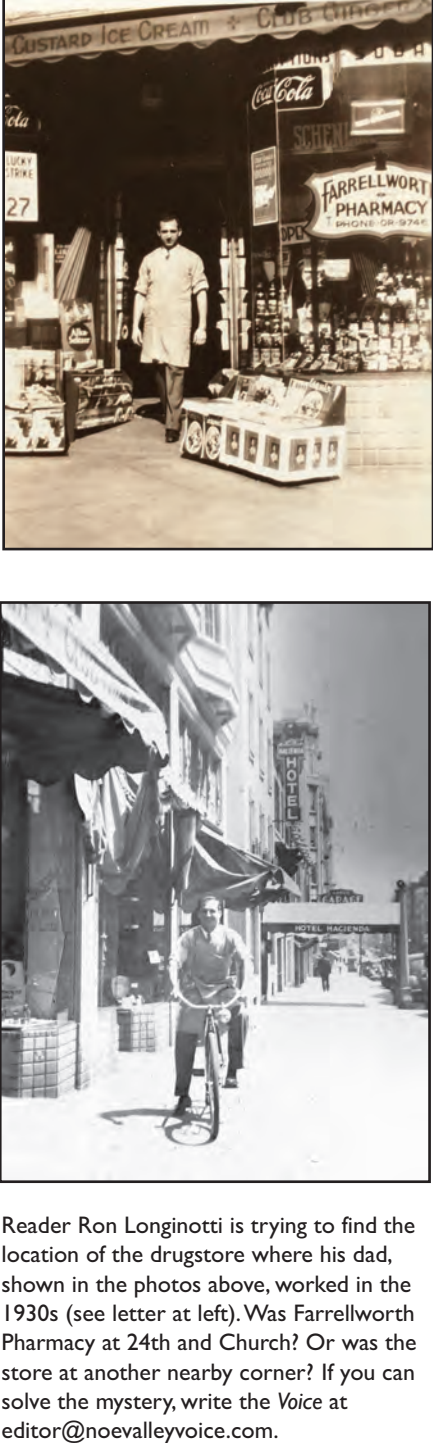
I enjoy reading the paper and thank you for being a neighborhood asset.

A recent "Rumors" column ("What Do You Noe?") got me on a hunt. I'm trying to find the building history for 3801 24th St. It's currently Happy Donuts. I'm not having any success in my search.

I have some great pictures of my dad circa 1935 standing at a drug/soda counter on 24th and Church streets as well as outside the building. I'm trying to determine if that corner was the drugstore where my dad worked and met my mom, then a student at ICA (Immaculate Conception Academy).

If anyone in Noe Valley knows the answer, tell the *Voice* or send an email to ronlonginotti@gmail.com.

Ron Longinotti



Reader Ron Longinotti is trying to find the location of the drugstore where his dad, shown in the photos above, worked in the 1930s (see letter at left). Was Farrellworth Pharmacy at 24th and Church? Or was the store at another nearby corner? If you can solve the mystery, write the *Voice* at editor@noevalleyvoice.com.

THE CROSSWORD BY MICHAEL BLAKE

Looking for a Restaurant

CONTEST! A new Noe Valley business name is hidden (in order) in the four longest entries of this puzzle. What is it? (Hint: It's a restaurant.) Put your answer in the subject line of an email to mogasima-fallcontest@yahoo.com and win either a *Voice* T-shirt or a year's free delivery of the *Voice*. The winner will be chosen at random from correct entries. Submissions must be received by 12:01 a.m. on Sept. 21, 2019.

ACROSS

1. "Skeleton walks into a bar. Says, 'Gimme a beer and a ____'"

4. Belgrade residents

9. Battery for a large flashlight

14. "____ bin ein Berliner": JFK

15. Chris of tennis

16. '61 Loren-Heston epic

17. From ____ Z (completely)

18. Ore digger

19. SF Rec & ____

20. Exit for downtown Sunnyvale off 101

23. *My Cup Runneth Over* musical

24. Facial twitch

25. Love of all things Teutonic

32. Yacht pronoun

34. Hairy Himalayan

35. Install in office

36. Bingo-like casino game

38. Big name in candy wafers

41. ROFL alternative

42. Like The Dubliner

44. Sartre's ____ Clos (No Exit)

46. Onetime Washington State brewski,

for short

47. Treacherous, especially in politics

51. Tire-gauge abbreviation

52. Not a rightie

55. Bikini, e.g., or any of 1,500+ other ocean dots in its nation

60. Break a commandment

61. Emaciated-looking

62. Toupee

63. Like ewes and rams

64. ____-Roni

65. Neckwear

66. Passover dinner

67. Jawbone of ____ (Samson's weapon)

68. Chlamydia, e.g.

DOWN

1. City name before Heat or Vice

2. Tetrad times two

3. Always gorgeous for the camera

4. Like some rieslings

5. Really, really bad sign

6. Tear (apart)

7. La ____ tar pits

8. With "lounger," big name in recliners

9. Rock band ____ Mode

10. Family group

11. Pantyhose shade

12. Facebook action

13. Mormon Church, for short

21. Get a move on, quaintly

22. Luminary

26. Had a bite

27. Recess in a wall

28. Sick

29. Sourish, custardy buys at Noe Valley Bakery

30. Mac program whose icon is today's date

31. "This bag is not ____"

32. 0% fat, say

33. Wife of Zeus

37. Hardware chain sold to Lowe's in 2013, for short

39. ____-de-sac (dead-end street)

40. Conduits leading away from derricks

43. Tech bro, slangily

45. Nogales naps

48. Can opener?

49. Pfizer's "little blue pill"

50. CIO's union partner

53. Native Alaskan

54. Used a weed whacker, say

55. Relocate

56. Enthusiastic


57. Actress Russo

58. Past participle of "lie" (not "lay")

59. *The Godfather* villain Brasi


60. Kin of sin and tan

Solution on Page 28
Find more Crosswords at www.noevalleyvoice.com




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Administrators Say Time to Renew CBD on 24th St.

CONTINUED FROM PAGE 1

public park’s fiscal sponsor.

The CBD is also responsible for a number of things that go unseen by visitors to the area. The lack of trash and graffiti on 24th Street can largely be attributed to the association’s oversight and to the power-washing of the sidewalks it pays to have cleaned 10 times a year.

“You can’t find a cleaner street in the city,” says Eric Alexanderson, who with his father owns a property management firm based in Noe Valley.

The Alexanderson family also owns the northwest corner building at 24th and Castro streets that is home to the children’s bookstore Charlie’s Corner. They bought the property, which is within the boundaries of the CBD, from the original owners two decades ago.

Prior to the formation of the CBD, the Alexandersons or their business tenants were responsible for cleaning the street in front of the building. Now, for a surcharge of 1 percent on the family’s property tax bill, the Noe Valley Association takes care of it. The benefit district has four part-time employees who work from 7 a.m. until 3 p.m., Monday through Sunday.

“It is a bargain. You have somebody cleaning the streets seven days a week. You have someone power-washing. You have somebody taking care of the plantings,” noted Alexanderson, who has served as the CBD’s treasurer since its formation. “You have someone taking care of the garbage on the street that is abandoned. I never see any mattresses anymore.”

Fifteen years on, the Noe Valley Association must now seek its renewal by the

property owners within its boundaries. It is seeking approval from the property owners on both sides of 24th Street from Church to Diamond streets, as well as by those on Castro Street between 24th and Jersey streets.

It is also looking to shrink its boundaries, as it no longer plans to include the intersection of 24th and Douglass streets or the city-owned Noe Courts park, since that section of the CBD doesn’t see the same foot traffic as other areas. It will mean a loss of \$20,000 for the CBD, which in 2019 collected \$266,060 in assessments. (Its total budget was \$321,624, due to other income such as grants and donations.)

But because of the city’s recent move to take over responsibility for the upkeep of street trees, which was costing the CBD roughly \$15,700 per year, the lost revenue from having a smaller footprint for the CBD will largely be “a wash in terms of income,” says Debra Niemann, the Noe Valley Association’s executive director.

Benefit District Pioneers

In 2004, Niemann began working with Bevan Dufty, at the time the District 8 supervisor, and the administration of former mayor Gavin Newsom to form the Noe Valley Association. It was one of two CBDs approved by the city that year, the other being in the Castro District, which is also working with property owners to secure its own CBD renewal.

A number of Noe Valley neighborhood groups and the city’s Office of Economic Development came up with \$15,000 to conduct a feasibility study on starting a CBD. As defined in a city report about the entities, “Community Benefit Districts are public/private partnerships in which property and/or business owners elect to make a collective contribution to the maintenance, development, and promo-



The flower baskets, cherry trees, and verdant parklets in “downtown” Noe Valley are funded by an association whose members are property owners along 24th Street. Photo by Art Bodner

tion of their mixed-use neighborhoods, that may contain both commercial and residential properties, through a special assessment to their property or business.”

The need for such an entity in Noe Valley was self-evident to anyone living in the neighborhood back then, argued Niemann, at the time serving as president of the Friends of Noe Valley residential association. “Just look at pictures of what the place looked like back then,” said Niemann. “The place was filthy.”

After the Noe Valley Association formally launched in August 2005, Niemann said it took two years for the employees she hired to scrub off the gum stuck on the sidewalks in the commercial corridor.

Self-Taxing Hard to Do

Today, with newer residents and merchants in the neighborhood, many have no recollection of the state the street was in prior to the CBD’s existence.

“People aren’t going to remember what it was like,” Niemann said.

And that makes the CBD’s renewal no

slam dunk, she said. Also, because property owners’ costs have gone up over the last 15 years, they may question whether there is still a need for the extra assessment on their tax bill.

As of now, the Noe Valley CBD plans to keep the amount of assessment the same. It’s currently set at \$0.164 per square foot of lot size, plus \$8.83 per linear foot of lot frontage, plus \$0.170 per square foot of non-exempted building square footage. According to the NVA’s list for 2018, current owners may have fees as low as \$72 or as high as \$14,000.

“The toughest task is convincing property owners of assessing themselves,” said Niemann, who works part-time for the association and earned \$42,000 in 2018.

Alexanderson echoed Niemann’s sentiment when asked if he expected there would be resistance toward renewing the CBD.

In October, the association will be

CONTINUED ON NEXT PAGE





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Bill Yenne Again Explores Noe’s Past

CONTINUED FROM PAGE 1

photos in the book with “vintage” color. Most are from the 1950s and 60s, and come from his private collection, the city of San Francisco’s History Center, and from friends. Some are from Paul Kantus, a Noe Valley resident and archivist who passed away in 2008.

Yenne took all of the present photos with his digital Nikon between last December and this past February. “I spent day after day driving all over the neighborhood dodging rainstorms.”

It was a meticulous process. He’d made up a long list of locations he wanted to include and aimed for capturing them in morning or early afternoon light. An

accomplished photographer, Yenne explains that winter light is preferable for outdoor landscapes, especially panoramic shots.

“It’s my experience that we get a lot of days in winter after a rain when the air is perfectly crystal clear.” He recalls going up to Portola Drive a couple of days after Christmas and seeing Mt. Diablo in the East Bay with great detail.

“I got a lot of good pictures, especially of Billy Goat Hill looking north,” he says. “I had the sun behind me. In winter, the sun is lower in the sky and the colors are more intense than summer, when the sun is higher and the colors are flatter, washed out. There’s also fog in summer, so you just can’t depend on clear weather. In winter, the colors can be just luxurious.”

Yenne emphasizes that the new Noe Valley book “does not supersede the previous one and is not intended to do so. It complements it.”

The new book has many more photos and less text than the previous book. Yenne is especially excited about a photo from the 1960s of an automobile called the Pioneer. It was the first auto produced west of the Mississippi, and this one was “built on 24th Street in Noe Valley in 1896.”

He’s also happy about a section in the new book that features maps of the neighborhood. One is the 1863 diagram belonging to John Meirs Horner, a land developer who owned over 5,000 acres of what approximates modern-day Noe Valley. He called it Horner’s Addition.

On his map, Horner included street names for the Addition, and a few have survived, such as Elizabeth Street, named after Horner’s wife. In the book, Yenne has superimposed current street names on Horner’s map.

Yenne is also excited to share a map that shows how streets in Noe Valley were



In his new book, Bill Yenne documents that a Standard gas station occupied the southeast corner of 24th and Diamond streets in 1967 (top) and then was replaced by an apartment building “a few years later” (below). The pair is just one of many then-and-now images of Noe Valley he’s sharing in *Noe Valley Past and Present*. Photos courtesy Bill Yenne/Arcadia Publishing

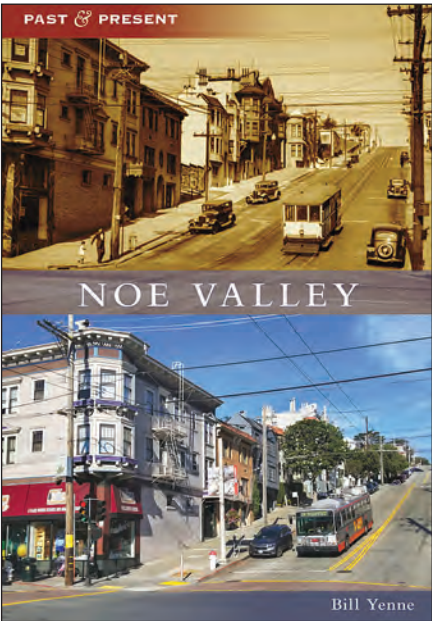


paved in 1927. Several at the time were still dirt roads, mostly in the hills. Some streets were also paved in brick, including part of Yenne’s own street, Alvarado.

“When we look at old pictures of Noe Valley or San Francisco, we can’t help but think about what it looks like now,” says Yenne. “A lot of this book is architectural—comparing the buildings, because so much of Noe Valley hasn’t changed. If you get up on top of Billy Goat Hill and look down into Upper Noe Valley, there’s

a whole line of Queen Anne Victorians that are exactly the same as they were 100 years ago or more. So many buildings are still there.”

Folio Books will carry copies of *Noe Valley Past and Present*, and will host a launch party for the book on Oct. 9, 6:30 p.m. The store also sells copies of some of Yenne’s other books, including *The Other Custers* and *San Francisco Beer: A History of Brewing by the Bay*. For more information, visit Billyenne.com. ■



Noe Valley Past and Present is scheduled to arrive from Arcadia Publishing on Sept. 30. A book party will follow on Oct. 9 at Folio.

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Senior Center Not As Old As You Think

30th Street Celebrates Its 40th
With Art and Gala Evening

By Richard May

The 30th Street Senior Center, at 225 30th St., has been celebrating its 40th birthday this year with a series of events. The culmination is a gala dinner Friday, Sept. 27, from 6 to 10 p.m. at the Intercontinental Hotel, 888 Howard St.

The event will feature dinner, dancing, and a new video on the center’s four decades of providing meals, a place to exercise and meet others, arts and crafts classes, and lectures to stimulate the mind. Tickets are available at Eventbrite.com, and all proceeds will go to support the work of the center.

According to center director Valorie Villela, 40 percent of her budget comes from fundraising events like the dinner.

Other commemorations of the anniversary have included a month of lectures on aging in June and an 850-square-foot mural in the center’s half-acre third-floor garden, created by senior volunteers. The mural, designed with the help of Precita Eyes muralists, depicts the history of the center, including many people who have made it what it is today.

In the Beginning

Forty years ago, Villela says, the center began with a group of older Nicaraguan women who wanted a place to meet. At the time, 225 30th St. was home to the San Francisco Home Health Service. Before that, it had been a small psychiatric hospital. The Nicaraguan ladies approached Hadley Hall, director of SFHHS, and asked for meeting space. They knew Hall



Valorie Villela, director of 30th Street Senior Center, shows off the design—and the history—that was depicted by seniors with the help of muralists from Precita Eyes. Photo by Sally Smith



Precita Eyes director Susan Cervantes (with sunflower) and Miranda Bergman, lead muralist on the project (in white), pose with senior center staff, community members, and other volunteer artists who contributed to the new mural that adorns a long wall in the garden at 30th Street Senior Center. Photo courtesy Saul Bromberger, Sandra Hoover Photography

wanted to start a multi-use senior center on the site, and they, and other groups of seniors, helped him realize his dream.

First, Hall obtained a grant to buy equipment and supplies, which included a piano, a plate warmer, and a salad cooler. Additional grants and donations increased what he could buy. Then the seniors took over. Hall remembers they said, “Hadley, we want this room for exercise. We need this other room for playing cards,” and so on. Seniors also volunteered to help start the meals program, which is the largest center function today.

Outreach extended to other organizations and agencies. On Lok, a San Francisco nonprofit that in the 1970s created some of the first senior centers around the country, became the center’s sponsor in 1995. Always Active, 30th Street’s exercise and fall-prevention program, began in collaboration with the city’s Department of Aging and the University of San Francisco. Lectures were added to the mix, with experts from San Francisco colleges and lifelong learning organizations.

What’s Next?

That’s a great history, but Villela says plans are being made for the future, too. Activities of the center are being extended, in partnership with other neighborhood groups, to other parts of the city. There are now 21 Always Active sites around town.

Villela encourages everyone to use the Noe Valley center. “Boomers work out in the health and healing program,” including, she noted, her own husband. Older seniors avail themselves of the meals. Everyone likes to rendezvous with friends there. The garden is a peaceful respite for all. “The center provides connection,” Villela says, “to services, to people, and to yourself. Seniors make this place work for them, wherever they are in their aging process.” ■

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Upper Noe Park More Than 30 Years In the Making

CONTINUED FROM PAGE 1

and the 29th and Castro Improvement Club sent a letter to the city’s Playground Commission, requesting that a playground be built and suggesting that the location be the vicinity around Kate Kennedy School, at the intersection of Noe and 30th streets (today’s Mission Education Center Elementary School).

The request apparently went unheard. In 1932 a similar call was made by the Central Council of Civic Clubs, but this was the Great Depression, and the request was put on hold. Finally, in 1935, the commission made its first move to purchase property for the park. A budget of \$25,000 was set aside to purchase as much land as possible within Block 6638, encompassing Day, 30th, Church, and Sanchez streets.

Lots Acquired One by One

Creation of the playground would turn out to involve dozens of lot acquisitions over time, some by eminent domain. A 1938 aerial photograph of the block shows it mostly occupied by buildings. With little exception, properties were purchased year after year, and in 1950 the last was bought.

Based on a 1950 fire insurance map, some 17 structures on various parcels were still left to be demolished—although one structure is known to have been moved—to make way for the new park. Early on, discussions implied that the whole block would be desired for the playground. But, when the project was finally completed, Victorian-era properties still resided along the entire east end of the block.

One recorded use of the future park land came in 1942, when 15-year-old Teddi Bowman and eight other girls requested a garden plot within the undeveloped park, for a “Victory Garden” to assist in the World War II effort. The Recreation Department assisted by providing seeds and tools.

Development of the playground was part of a large grouping of other city recreation properties by Proposition 6, approved by voters in 1947. Prop. 6 provided \$12 million, to improve, enlarge, and acquire the new facilities. Despite the go-ahead, the playground was delayed by the needs of the U.S.–Korean conflict, which began to heat up in the late 1940s. The National Production Authority (NPA) withheld approval, due to construction materials, especially steel, being put toward the war effort.

Frustrated with not being able to proceed with the playground’s construction, the city decided to keep the residence at 213 Day St. as a temporary field house until the new playground could be built. (The building was apparently demolished later.) In addition, grading and installation of playground apparatus were authorized to proceed.

Some sort of facilities existed during the 1950s, based on photographs. These show kids playing in an undeveloped area, which had a raw ball field and swings. From a community standpoint, there was a junior chess team representing the playground in 1952.

A New Park

A break came in 1952 when the NPA allowed civilians to resume using steel. Plans for the new recreation center were approved by the Recreation and Park Commission on Dec. 10, 1953, with an estimated price tag of \$390,618.

Significant grading took place to flatten the double slope of the site, and con-



Though neighbors started petitioning the city in 1926, it wasn’t until the late 1950s, when this photo was taken, that a new rec center and gymnasium began to take shape at 30th and Sanchez streets. The park, finally dedicated on July 1, 1957, also included a baseball diamond, tennis courts, and children’s play areas. *San Francisco History Center, San Francisco Public Library*

crete retaining walls were put up. In preparation for the playground’s opening, the Board of Supervisors appropriated \$10,000 in April 1957 for the Department of Public Works to repair streets immediately located around the playground.

Mayor George Christopher dedicated the new park during an evening ceremony on July 1, 1957. The project included a gymnasium with regulation court and two practice courts with bleachers. Additionally, there were meeting rooms, kitchen, office, toilets, and an auditorium with stage. Outside, there were playground areas with a baseball diamond, tennis courts, volleyball and basketball courts, and two tot lots.

Donald B. Kirby was the building’s original architect. Ted Moulton stepped in after Kirby’s promotion to the city’s planning commission. The structural engineer was Baird Heffron, who designed a unique roof system, consisting of 96-foot-long laminated wood beams that allowed for wide column-free spans. The final construction bill was \$687,000, and James I. Barnes was the general contractor.

In 1982 the playground area was rehabilitated at a cost of \$3,571. The work was carried out by Sibbald Construction. Further work was done in 1984, when Transco Builders won the bid to perform work on the fieldhouse building for the sum of \$252,300. The work was finished

by 1986 with final payment to the contractor.

Shortly thereafter, conceptual approval for a mural, to be painted on the building’s north side, was approved, and in 1988 the work was carried out. (Despite documentation, no one seems to remember the piece.) New irrigation and sodding were installed in 1999. This was funded with a \$50,000 grant.

Major Renovation

The park’s grounds were closed in 2006 to start work on a major renovation of the entire facility. On Sept. 6, 2008, the playground was rededicated. Its cost of \$11 million was one of the final projects funded by Proposition A, a \$110 million bond passed by city voters in 2000. State Assemblyman Mark Leno and Supervisor Bevan Dufty attended the ceremony. The most visible improvements were the ball fields and the children’s play area, which featured a sandbox and new swings and climbing structures.

The recreation center building was rehabilitated and seismically retrofitted. Some of the gym’s clerestory windows were re-glazed using a variety of green, blue, and gray reflective glass lights.

Another feature was a low, colored-concrete wall separating the play area from the rec center entrance, which was inset with glazed ceramic tiles remember-

ing donors to the project.

The Friends of the Noe Valley Recreation Center, a local neighborhood group, raised \$75,000 to help pay for extras such as children’s toys, a sound system for the auditorium, art supplies, and sports equipment. Artwork in the form of six stainless steel sculptures, each representing local native flora, was provided by the San Francisco Art Commission. The stainless steel and glass plant forms represent the coastal dune and coastal prairie plant communities that once dominated this region of San Francisco. The pieces, mostly mounted on some of the entry gate support posts, are by Troy Corliss, and titled *Noe Valley Natives*.

The dog play area was developed over time. Initially, it included just the strip along the east end of the property. A later extension along Day Street enlarged the area. Neighbors petitioned for the space to be named “Joby’s Run” and on July 17, 2008, the Recreation and Park Department Commission authorized the naming. Supervisor Bevan Dufty attended the dedication ceremony, which included the planting of a cherry tree outside the 30th Street entrance. John “Joby” Shinoff had championed the area set aside for the dog run. He died prematurely in late 2007.

A few years later, an unusual problem cropped up in the children’s sandbox area. Apparently, local felines were not to be outdone by dogs, and the cats were finding their way into the playground and using the sand as a cat box. On June 16, 2012, a \$1,700 canvas cover, funded by the Friends of the Noe Valley Recreation Center, was dedicated with Supervisor Scott Wiener in attendance.

In the mid-2000s, park volunteers started a digital newsletter to keep neighbors informed about classes, special events, and park maintenance needs. To sign up to receive the newsletter, edited by Friends chair Chris Faust, go to <http://www.noevalleyreccenter.com/>.

Community Appreciation

A 2014 Certificate of Appreciation hangs over the gymnasium doors for neighbors Kate Haug and Joan Lionberger, who developed a native plant garden and organized work parties of Ladybug Gardeners.

Another plaque, located in the auditorium, was dedicated to community leader Vicki Rosen in October 2015 by the Upper Noe Neighbors group in honor of her exemplary service to the community.

A stylized mural of waves and flowers was painted on a portion of the Day Street concrete retaining wall face. The mural was envisioned by Upper Noe Neighbors and was executed jointly by UNN, Friends of the Noe Valley Recreation Center, and local children from the art school Little Artistas. It was dedicated on July 22, 2017.

In the last two years, the park offered a full calendar of sports activities, from CYO baseball and Tot Soccer to Junior Warriors Basketball and Flag Football for Girls. There also were classes in yoga, tennis, karaoke, volleyball, zumba, pilates, tango, theater, qi gong, baking, and pickleball.

A recent piece of housekeeping was the resurfacing of the exterior tennis and basketball courts. The new pavement came just in time for the Upper Noe Block Party, to be held at the park on Saturday, Sept. 28, noon to 3 p.m. ■

Christopher Pollock is a 40-year resident of San Francisco and the author of Reel San Francisco Stories: An Annotated Filmography of the Bay Area. As historian-in-residence at the city’s Recreation and Park Department, he has written histories of the more than 200 parks in San Francisco. The Voice thanks him for sharing the local stories in his collection.

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Jocelyn and Paul Startz enjoyed the wine and music in Tuscany when they weren't reading the Noe Valley Voice,



Jody Patra and Rachel Schochet proved their reading loyalty in Christiania, Copenhagen.



The Voice visits Chimborazo with Noe Street residents and newlyweds Kelly and Aaron. Chimorazo is an Ecuadorian volcano boasting the furthest distance from the earth's core.



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The Cost of Living in Noe

Houses Expand to Fit

By Corrie M. Anders

Is “the bigger the better” the new mantra among homebuyers in Noe Valley?

It sure seems so, based on the size of homes people were buying in the neighborhood this summer.

Thirty-four single-family homes closed escrow in June and July, according to sales data provided to the *Noe Valley Voice* by Zephyr Real Estate. And more than a third of the residences (12) came with four or more bedrooms. In June, a house selling for close to \$6 million had five bedrooms, six baths, and nearly 5,000 square feet of living space.

“There is an increased desire for larger homes with additional bedrooms,” Zephyr president Randall Kostick said



Noe Valley’s costliest home in July was this hillside dwelling on 27th Street near Douglass Park, originally built in 1939. The \$4,360,000 price tag gave the buyer keys to a house with four bedrooms, 3.5 baths, a top-of-the-line kitchen, open floor plan, and decks with downtown and bay views.

about the latest generation of buyers in Noe Valley, a neighborhood once dominated by two- and three-bedroom properties.

One reason, the real estate executive said, is that “larger families with multiple children are looking for added bedroom accommodations, and also reasonable yard space.”

Buyers increasingly favor newly constructed or substantially renovated properties with modern style, he said.

“Contemporary styling has also become more desirable,” said Kostick, “based on busy households that do not wish to spend a lot of time on remodeling or maintenance.”

Prices Heat Up

The high-end sales over the summer also precipitated a surge in home values in Noe Valley. The average value of a detached house in July (\$2.7 million) was 24 percent higher than in July 2018 (\$2.2 million), according to the numbers.

There also were some hefty price hikes among the condominiums sold in July. In a year-over-year comparison, the average



This Marina-style home on Chattanooga Street, featuring five bedrooms, six baths, and 5,000 square feet of living space, sold in June for \$5.9 million, making it the month’s price leader. Photos by Corrie M. Anders

Noe Valley Rents**

Unit	No. in Sample	Range August 2019	Average August 2019	Average June 2019	Average August 2018
Studio	5	\$2,000 - \$2,800	\$2,389 / mo.	\$2,425 / mo.	\$2,450 / mo.
1-bdrm	30	\$1,790 - \$5,900	\$3,179 / mo.	\$3,167 / mo.	\$3,223 / mo.
2-bdrm	24	\$3,050 - \$7,500	\$4,687 / mo.	\$4,593 / mo.	\$4,859 / mo.
3-bdrm	26	\$4,900 - \$13,000	\$7,323 / mo.	\$7,433 / mo.	\$6,189 / mo.
4+-bdrm	8	\$6,500 - \$16,500	\$11,544 / mo.	\$11,450 / mo.	\$11,811 / mo.

** This survey is based on a sample of 93 Noe Valley apartment listings appearing on Craigslist.org from Aug. 5-11, 2019. NVV9/2019

Noe Valley Home Sales*

Total Sales	No.	Low Price (\$)	High Price (\$)	Average Price (\$)	Avg. Days on Market	Sale Price as % of List Price
Single-family homes						
July 2019	17	\$1,550,000	\$4,360,000	\$2,712,647	24	110%
June 2019	17	\$1,305,000	\$5,900,000	\$2,556,618	22	110%
May 2019	9	\$1,815,000	\$5,395,000	\$3,050,000	23	109%
July 2018	12	\$1,267,500	\$4,500,000	\$2,178,042	16	111%
June 2018	21	\$1,255,000	\$4,000,000	\$2,373,042	21	114%
Condominiums/TICs						
July 2019	12	\$1,170,000	\$2,850,000	\$1,623,000	15	115%
June 2019	10	\$847,500	\$1,730,000	\$1,332,100	11	122%
May 2019	11	\$580,000	\$1,740,000	\$1,442,727	10	119%
July 2018	13	\$530,000	\$1,650,000	\$1,193,462	28	117%
June 2018	9	\$1,050,000	\$1,912,500	\$1,415,000	25	115%
2- to 4-unit buildings						
July 2019	9	\$1,410,000	\$4,250,000	\$2,198,543	37	112%
June 2019	2	\$1,277,211	\$2,700,000	\$1,988,606	13	117%
May 2019	4	\$2,000,000	\$3,736,495	\$2,864,124	17	114%
July 2018	2	\$1,725,000	\$2,300,000	\$2,012,500	14	103%
June 2018	4	\$1,375,000	\$2,700,000	\$2,118,750	31	109%
5+ unit buildings						
July 2019	1	\$2,775,000	\$2,775,000	\$2,775,000	100	93%
June 2019	0	—	—	—	—	—
May 2019	3	\$7,600,000	\$9,900,000	\$8,833,333	189	96%
July 2018	1	\$1,870,000	\$1,870,000	\$1,870,000	26	94%
June 2018	0	—	—	—	—	—

* Survey includes all Noe Valley home sales completed during the month. Noe Valley for purposes of this survey is loosely defined as the area bordered by Grand View, 22nd, Guerrero, and 30th streets. The Voice thanks Zephyr Real Estate (zephyrre.com) for providing sales data. NVV9/2019

condo sale jumped from \$1.2 million to \$1.6 million — a 36 percent increase.

The biggest surprise in the July data, however, was the sale of nine small apartment buildings.

“We haven’t seen numbers like that in a long time,” said Kostick. A couple of sales of two- to four-unit buildings per month was more typical.

Still, he said, “it was probably just happenstance that all these property owners decided to sell at the same time.”

Living Large

The most expensive detached home sold in July was a four-bedroom, 3.5-bath house in the 700 block of 27th Street between Diamond and Douglass streets. Buyers paid \$4,360,000—3 percent less than the asking price (\$4,495,000)—for the hillside home designed by architect Mark Topetcher.

Originally built in 1939, the structure had been remodeled and expanded to 3,463 square feet. It featured an open floor plan, chef’s kitchen, media/ family room, office, a one-car garage, and decks affording views of downtown San Francisco and the East Bay.

In June, the most expensive residence sold was a five-bedroom house in the 300 block of Chattanooga Street between 24th and Jersey streets. The three-story manse sold for \$5.9 million, \$90,000 below its

asking price. The 1923, Marina-style home, with an impressive 4,843 square feet of living space, had been remodeled with contemporary flair. Amenities included radiant heat, a state-of-the-art kitchen, Smart home eco-features, a rooftop garden, an au-pair suite, decks offering panoramic views, and a garage with space for two cars.

Buyers paid \$2,850,000 for the most expensive condo sold in July. The final price was a tad less than the \$2,895,000 wanted for the unit, located in a 1904 building in the first block of Valley Street between Dolores and Guerrero streets. The remodel contained four bedrooms and 3.5 baths within its 2,670 square feet of living space—huge for a condo—and included a private elevator, an open living space, modern kitchen, two master suites, a great room with views, a private, south-facing deck with sweeping views, and one-car parking.

A two-bedroom, two-bath condominium in the 1200 block of Church Street was the costliest attached unit in June. Buyers paid \$1,730,000—24 percent more than its asking price (\$1,395,000)—for the renovated unit in a two-flat, 1907 building. Located between 25th and Jersey streets, the condo had 1,321 square feet of living space and featured a luxe kitchen, radiant heat, a deck, and one-car parking. ■



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NOE
KIDS

A Star Is Born
in Autumn

By Katie Burke

Twenty-fifth Street resident Autumn Galatti discovered at 4 years old that she was a performer.

“My first performance was a tap-dancing show,” she says. “Someone messed up right next to me, and then I was all confused, but I still got a giant lollipop after.”

Since that day, audiences have showered her with “lollipops.”

At age 10, Autumn performed two ensemble parts in a 32-show American Conservatory Theater production of *A Christmas Carol*. “I ran around with this box of fake chickens,” she says.

Musical Theatre Works cast her in *Alice in Wonderland*, *The Music Man*, *Seussical*, and *Hairspray*, and gave her the lead role in *Oliver*. With Bay Area Children’s Theatre, she acted in *Willy Wonka* and *Annie*.

In elementary school, Autumn performed in two plays: *The Odyssey* and a musical adaptation of *The Princess Bride*. As Princess Buttercup, she wrote her own monologue and sang a funny song she wrote called “Save Me Bravely,” about the princess wanting to leave Prince Humperdinck to be with Wesley.

Now 11 and a sixth-grader at Alta Vista School, Autumn is planning to enroll in the theater program at Ruth Asawa School of the Arts (SOTA) for high school. Then she’ll major in theater at UCLA and go on to a career in theater, movies, or TV.

In the meantime, she’ll have fun in her drama classes.

Last year, she and fellow students played an improv game where they had to pie themselves in the face if they said the word “explode.” In the excitement of the game, Autumn said “ex,” but stopped herself in time to point to a friend, who then blurted out “plode!” She and her friend laughed as they pie’d themselves in defeat.

When she’s in the audience, Autumn sometimes analyzes plays from a technical perspective. “When I saw *Beetlejuice*,” she says, “a giant snake popped out from the floor. I’m like, *How do they do that effect? I know for a fact that’s not real.*” She saw the show in New York this summer, along with *Come From Away* and *Ain’t Too Proud*, while attending New York’s Broadway Artist Alliance summer camp.

Her favorite movies are *Rent* and *Mean Girls*. For TV, she likes *The Good Place*. “They have to deal with a bunch of demons,” she says. “Every episode ends on a cliffhanger. It’s addictive.”

Autumn enjoys playing the board game *Ravine* with her family, which includes Mom and Dad—Ellen Galatti and Christian Galatti—and three cats: Diego, Bb, and Kona Bean. Mom is a legal assistant, and Dad is a financial research analyst and writer.

Autumn has recently gained permission to walk around Noe Valley



Autumn Galatti

Photo by Art Bodner

by herself. She likes going to Kama Sushi on Church Street, where she orders rice, gyoza, and steak skewers. She also enjoys hanging out in Day Street Park. On 24th Street, she goes to Haystack for mac and cheese and Easy Breezy for frozen yogurt, which she tops with brownies or cookie dough.

She also likes browsing at Just for Fun. “There’s always something there that I want,” she says.

She takes singing lessons at nearby Songbird Studios. “I once had to hold

the word ‘is’ in a song for a super long time, and then my teacher said to say ‘as’ instead, and that helped a lot. They teach little tricks like that.”

When not performing, Autumn likes visiting her friend Zoe, who lives in a house right behind her house. Autumn still uses the little door her family cut into the backyard fence when she was 4, so she could walk straight into her friend’s back yard instead of going all the way around.

“Now it’s way too small,” she says. ■

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Katie Burke is a writer and family law attorney, who lives where Noe Valley meets the Mission. Her Noe Kids column features interviews with Noe Valley kids ages 4 to 12. In April 2020, Burke will publish a collection of profiles of San Francisco kids, titled *Urban Playground* (SparkPress). Know a great Noe Valley kid? Email katie@noevalleyvoice.com.


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The Ledge Above the World

By Avalon Edwards



The cheap alarm clock on the lodge nightstand blares and flashes “4:00 a.m.,” waking me from my already forgotten dream. The frigid air nips at my nose, which peeps out just above the blanket hem. I groggily reach over to my phone. It says 3:59 a.m.—a minute more I could have slept in. I move my legs like treading water in the too-scratchy sheets in order to warm them up, but the attempt is futile. I know it’ll take me longer to get ready than my parents, so I reluctantly roll over to slouch across the edge of the mattress.

Through the smudged window, I see a hazy view of rock formations, which makes me question if I removed my contact lenses the night before, until I remember the current fires surrounding Zion. My gaze shifts over to the pile of clothes laid out the night before, jumbled into a quick attempt at preparedness, as I recall our itinerary for the day: more hiking. All we’ve been doing is hiking since we arrived in the national park.

I take my turn in the bathroom over-shared between three people. I can hear my parents beginning to prepare for the day. Excited whispers of whether or not to bring beef jerky for more protein and to remember the water-bottle holders and oh don’t forget to absolutely slather on the suntan lotion to protect yourself from becoming a cancerous piece of orange leather.

I can hear my parents beginning to prepare for the day. Excited whispers of whether or not to bring beef jerky for more protein and to remember the water-bottle holders and oh don’t forget to absolutely slather on the suntan lotion to protect yourself from becoming a cancerous piece of orange leather.

I consider the “fashionable yet comfortable” clothes my mother and I compromised on: a lightweight, long-sleeved cotton shirt and dust-stained chunky sneakers (her choice) over a lacy black bralette paired with blue-jean shorts that are called “shorts” for a reason (my choice). I step back from the scratched mirror to examine the figure looking back at me, who is dressed far too similarly to my mom. I knot the front shirttails and tuck in the excess fabric to improve the situation and look a bit more trendy.

I don’t feel motivated today to trudge up a seemingly endless trail in the heat, sweating and still aching from yesterday’s activities.

Angels Landing. It’s labeled as “one of the most dangerous hikes in America,” by United Airlines’ *Hemispheres* magazine, which stared at us on our flight to Utah. The hike’s listed as five hours round-trip on average. I know that means it will take us at least seven.

On the shuttle ride to the trailhead, I catch a glimpse of my reflection. My face looks naked without the elongated eyelashes, accentuated eyebrows, and porcelain china-doll skin of my normal beautification routine. I’m tired and it shows. The whole idea behind arising at 4 a.m. was to “beat the crowd,” as my mother said. But the bus is already filled with stereotypical tourist types, all geared out and sunburned despite the

omnipresent white tint of suntan lotion, and most are dressed in khaki with an abundance of pockets as if going on a safari expedition.

“I got my binoculars, and the GoPro too. Gonna take some awesome footage out there.”

“Yeah, I’m psyched to try out my new lightweight, ultra-tractioned, breathable, center-stabilizing, water-repellent, arch-supporting, trailblazing, extra-strength-nylon-laced boots.”

We emerge at the trailhead depicted on the map as leading toward a steep incline of switchbacks, which will eventually bring us to the ledge of a narrow precipice that drops down thousands of feet on each side. In the misty morning, so early the dewdrops have not yet had the chance to fall, we see creatures roaming about, before hikers overtake their terrain. A speckled grey fox with orange ears darts by. A backward-facing owl rotates its head to look at us with a round-eyed penetrating glare, before silently floating off. Binoculars are whipped out and a chorus of “oohs” and “aahs” follow the owl’s gliding descent into a distant tree.

My parents seem infinitely impressed and in awe of our surroundings, going so far as to stop and marvel over a small, simple flower, reciting both its common and Latin names. In my opinion, any amount of time longer than it takes to see a flower in passing is too long. When I look back on my life, will I remember that one hawk we saw far off in the distance? Will a flower really matter to me?

Enough with this unnecessary dawdling. I’m impatient and just want to get to the adventurous part. The part with an 18-inch pathway and sheer drops on either side. The part where there’s no railing, only a thin link chain and the dusty rocks for support. The calculated risk of walking the line between life and death makes it all the more thrilling.

Back and forth we zigzag, slowly trekking up the layers of orange sedimentary rock. Two-thirds through the hike and my father has passed me, but my mother stays by my side.

“Just lean into the hill. Let gravity propel you forward.”

Her unasked-for advice does nothing to lessen the steep slope of the hill I’m struggling against, nor does it decrease the pools of sweat forming under my shirt that cause my daypack to suction onto me. It’s scorchingly hot, which makes me feel gross because I know that the coldness I’m sensing, though relieving to some degree, is the result of my skin bathing in its own sweat. My clunky, outdated sneakers, once white, have been tinted a rusty red from energetic hikers passing me by and kicking up dirt—talk about eating dust. I know that when I peel off my damp socks, there will be a line of filth circling my ankle.

“Just keep putting one foot in front of the other.”

I’m obviously not a hiker, but I do know how to walk.

I’m tired, and the filter on my snarkiness is not awake either.

AS THE TRAIL shrinks in width, there are warning signs posted along the way, telling us to turn back if storms, snow, or ice is present. If it’s windy, turn back. If it’s late in the day, turn back. If you’re not fit, turn back. People have died here. The sign says that too. It doesn’t say how exactly, but I’m imagining a sunburned, khaki-clad adventurer losing their footing while attempting to take the perfect selfie, then tumbling down, down, down the cliff, ricocheting off rocks until, at last, their limp body goes splat onto the canyon floor. A sign we’d seen below depicted a hand graciously offering a chipmunk a peanut, crossed out in bold, red lines. It’s more eye-catching than the safety warning, which is text-heavy and, to be honest, written in an awfully ugly font. It seems to me that anyone with a fear of falling to their death would stay off this hike. A sign mentioning risk has so much appeal hikers take photos with it.

In front of us is a couple whom, as they passed me on the way up, I’d imagined snickering to each other about the obvious sweat stains showing through my cotton shirt. She cannot go on but is urging her husband to continue.

“Honey, I can’t. I want to, but I just

can’t. I’m feeling a little dizzy and... look at the sign: ‘Turn back if not fit.’ You know I haven’t been to the gym in ages.”

We see this again and again—people all of a sudden realizing they cannot deal with the dizzying height and narrow path we are approaching—wanting to do it having come so far, but instinct and primal fear holding them back. The word “vertigo” is being thrown around left and right. But what’s the point of coming this far if you’re not going to follow through?

The boring section is over. Now comes the time when my risk-taking, action-craving, intensified personality is on alert. My energy surges as I rush up the path, paying no mind to the mile-drop ledges on either side. The danger fuels me. Adrenaline pulses through my veins. I ignore my mother’s frantic requests to hold onto the support chains, and climb the rocks without manmade reinforcements, partially to prove to myself that I can, partially because I’m feeling invincible. If I fall, so be it—at least I’m not dressed in khaki.

Chipmunks pop out of rock crevices, greeting the first hikers of the day to almost reach the summit. They race up the trail, knowing which shortcuts to take to end up where the snacks are. If a pipsqueak chipmunk can climb this mountain, I know goddamn well that I can too!

When I peak the crest of the final ascent, a flow of relief and accomplishment and vigor courses through me, pumping and throbbing along with my heartbeat, which I can feel beating.

“Gorgeous,” is all I can manage to whisper through my still-heavy breaths.

Crouching on this ledge above the world with the chipmunks, we watch the rising sunlight change the gorge below from a deep crimson to apricot marmalade to golden honey made from the nectar of gods. I bask in the transforming glow while the radiant light washes over me. I can see beyond what my eyes see: luminescent waves of pure beauty.

Here we are huddled at the crack of dawn, a ramshackle group of elated people from around the world sharing their snacks and marveling at nature’s gifts, scampering chipmunks expecting a handout, red-tailed hawks soaring on thermals above, the khaki-clad and “real” hikers taking photos of one another, my parents pointing to flowers on cliffs afar, and me—in the moment—realizing we are all a part of everything else. We are *all* connected. ■

Avalon Edwards is a rising senior at Urban School of San Francisco, where she has found her passion for creative writing and science. She also enjoys gourmet baking, singing, and photography, as well as insect preservation and mounting. When she is not trying new flavors at Easy Breezy, you can find her in the great outdoors.

The Noe Valley Voice invites you to submit fiction, creative nonfiction, or poetry for possible publication in Other Voices. Email OtherVoices@noevalleyvoice.com or write Other Voices, Noe Valley Voice, P.O. Box 460249, San Francisco, CA 94146. Please include your name and contact information.

SHORT TAKES

Origami Art by Lilli Lanier

Artist Lilli Lanier will exhibit her unique origami works and acrylic geometric paintings at Lola's Art Gallery, 1250 Sanchez St., this month. The opening reception is Friday, Sept. 6, from 5 to 7 p.m. The exhibit will be on display through Sept. 30.

It will feature paintings, wall hangings, tables, and earrings—all created using origami, the Japanese art of folding paper. An origami table, according to the artist, starts with a 32-inch-square coffee table. She weaves colorful quilts, using the origami technique, and fits them between panes of clear glass, which are then placed on top of the table.

Lanier's origami paintings often contain 10,000 pieces of paper. She has created portraits, using folded paper, of Frida Kahlo, Steph Curry of the Golden State Warriors, and the late sculptor and Noe Valley celebrity Ruth Asawa, who happened to be Lanier's grandmother.

"I grew up folding origami with my grandma," she says, "and I enjoy continuing our family traditions. I also find it meditative and relaxing to fold origami."

Lanier received her degree in art from California College of the Arts in 2007. She currently lives on Castro Street and is a teaching artist in the San Francisco Unified School District and with the Alameda County Juvenile Justice Center. She says she likes to introduce children to different art forms, let them experiment, and find out what they enjoy.



Lilli Lanier's origami paintings, such as this one of Frida Kahlo, will be on display through September at Lola San Francisco, the art gallery and studio at the corner of Sanchez and Clipper streets. A reception will be held Sept. 6 from 5 to 7 p.m.

The September exhibit was funded through a grant from the Kelly Ann Brown Foundation of Marin. Find out more about artist Lanier at lillilanier.com and about the Kelly Ann Brown Foundation at kellyannbrownfoundation.org.

Rock Spider Born Cool

The Noe Valley Town Square will be rocking from the beginning of September through the end of the month with free events and activities for all.

First off is the Record Hop, Friday, Sept. 6, from 5 to 8 p.m. Bring your vinyl 45s for DJ Rich Hildreth to spin and then do the Milly Rock, the Shoot, or the Reverse Nae Nae. What the heck.

Saturday, Sept. 14, it's Movie Night with the 2018 animated film *Spider-Man: Into the Spider-Verse*. In the movie, teen Mike Morales is bitten by one of those pesky radioactive spiders and morphs into a web-slinging superhero who teams up with the original Spider-Man, now an elderly 38, to fight the evil-doers in the world (who never seem in short supply). Also on the bill at the square are the winning films from the 2019 Noe Valley Girls Film Festival and a short film from the Women Sports Film Festival, founded by Noe locals Susan Sullivan and Jennifer Matt.

The movies start at 7:30 p.m. Sterling Bank & Trust will supply the caramel corn.

The third free event in the square will be Acoustic Sunday on Sept. 29 from 1 to 3 p.m., featuring the band Born Cool, which is Kurt Noble on nylon-string guitar, Paul Daro on mandolin, and Ed Grossman on steel-string acoustic. The trio describes itself as "techies and marketers by day" and musicians by night, or in this case afternoon. They'll play everything from bebop to funk to gypsy music.

For updates on town square events, go to noevalleytownsquare.com.

Tell It to the D.A.

Yes, Virginia, there is an election Tuesday, Nov. 5, for citywide offices and issues. No statewide election will be held until the Presidential Primary March 3, 2020.

There are contested city races for Mayor, District Attorney, the Board of Education, and a special election in Supervisorial District 5. No other supervisorial district is up for a vote this fall.

There will also be six ballot measures for voters to consider, including an affordable housing bond, restrictions on vaping products (to counter an outright ban), and a tax on Uber and Lyft rides.

You may not be familiar with the four people running for District Attorney: Chesa Boudin, Leif Dautch, Suzy Loftus, and Nancy H. Tung. To give voters more information, the Dolores Heights Community Association is holding a candi-

dates forum Saturday, Sept. 21, from 2 to 4 p.m. at St. Aidan's Church, 101 Gold Mine Drive in Diamond Heights. Everyone is welcome. All four candidates will attend.

If you're 18, a U.S. citizen, and a resident of San Francisco, you can register to vote. To register online, go to register-tovote.ca.gov. To request a paper voter registration application, call 415-554-4375, go online at sfelections.sfgov.org, or pick up a form at most post offices, the Noe Valley Library, or a DMV office. Mail-in ballots will start going out a month before the election.

Speaker on Racial Justice

International peacemaker Rev. Arlington Trotman will discuss racial justice and how it can inspire greater religious faith at Noe Valley Ministry Presbyterian Church on Monday, Sept. 30, at 7 p.m. The event is open to the public. Admission is free.

Rev. Trotman has served on several international ecumenical councils, including the Churches' Commission for Migrants in Europe and the Churches' Commission for Racial Justice. He is an ordained Methodist minister and resides in England, where he immigrated from Barbados at the age of 17. His visit to the Bay Area is sponsored by the Presbytery of San Francisco, the local presiding body of the Presbyterian Church.

For more information, contact Noe Valley Ministry at 415-282-2317. The Ministry is located at 1021 Sanchez St.

Seasoned and Green Films

Is September film festival month? It sure seems so. Aside from the Women Sports Film Fest (see right) and the Noe Valley Girls Film Fest (see next page), there is the ninth annual **Legacy Film Festival on Aging**, running Sept. 20-22 at New People Cinema, 1746 Post St.

Over 20 dramas and documentaries will play at the event, with subjects ranging from overcoming loneliness to senior sexuality to fighting ageism.

Oscar-winner Hilary Swank and Tony recipient Blythe Danner will appear in *What They Had*, a three-generation saga of a family and Alzheimer's. There's a documentary about three Mexican brothers caring for their 93-year-old grandmother and a biopic of blues legend Sterling "Mr. Satan" Magee. Comedian Josh Kornbluth makes a live guest appearance at the screening of his whimsical film, *Age Without Ageism*.

More information and tickets for screenings are available online at legacyfilmfestivalonaging.org. Individual films cost \$10 each. A three-day pass, good for 20-plus films, is only \$50.

After Aging, you can attend the **San Francisco Green Film Festival**, also in its ninth year. The international festival will screen 50 new environmental films over six days, Sept. 24 to 29. Opening night at the Castro Theatre will feature *Push*, a film by Fredrik Gertten that examines who is getting pushed out of cities and why. The festival centerpiece is *Cooked: Survival by Zip Code*, by Judith Helfand, a film about climate disasters that disproportionately affect lower-income people, shown Sept. 28 at the Roxie on 16th Street.

A major special event will be the Sept. 26 "takeover" of Piers 15 and 17 on the Embarcadero, with indoor and outdoor screenings, a labyrinth of interactive eco-arts exhibits, catwalks across the water, talks, drinks, and music. The event is a collaboration of the Swiss Consulate, the Exploratorium, and Swissnex, which aims to connect West Coast and Swiss people for cultural exchange.

For more information and to purchase tickets, go to greenfilmfest.org.

—Richard May

Women Sports Film Festival Tackles Big Topics

The Women Sports Film Festival holds its fourth annual salute to female athletes Sept. 26-28 at the Brava Theater, 2781 24th St.

Inspired and produced by a Noe Valley couple, the event includes 15 documentaries, narratives, and short films depicting more than a dozen sports. The lineup represents seven countries, including Syria, Japan, and South Africa.

Festival executive director Susan Sullivan says this year's event is especially exciting because it comes at a time when women's sports are front-page news—from the U.S. Women's National Soccer Team's World Cup victory to the Larry Nassar sexual abuse scandal.

"People are talking about women's sports in a way they hadn't been doing before," said Sullivan, who,



Susan Sullivan

besides being a festival producer, is a documentary filmmaker and a birth doula.

Sullivan and executive producer Jennifer Matt, who are partners in life as well as in film, launched



Jennifer Matt

the festival in Oakland in 2016. The women, longtime sports enthusiasts, had connected in 2005 at Ironman Canada, a triathlon in swimming, cycling, and running.

They have maintained their interest in athletics, but Sullivan admits they "got a little out of shape" during their first two years of presenting the festival.

"We are not in Ironman shape anymore," Sullivan laughs, "so our main exercise is walking up those hills" to the Elizabeth Street home where they have lived for 13 years.

The festival at the Brava gets under way Thursday, Sept. 26, at 7 p.m., with what Sullivan acknowledged was "a tough film to start." *At the Heart of Gold: Inside the USA Gymnastic Scandal*, directed by Erin Lee Carr, "is an indictment of Nassar and a dangerous culture of winning over safety," the festival program reads. The documentary draws on archival footage and the victim impact statements of hundreds of women who say Nassar, the gymnastic team's doctor, sexually abused them over a period of decades. (Nassar is currently serving time on two separate convictions for child pornography and sexual abuse of women.)

Other notable films include the Sept. 27 screening of *Changing the Game*, which looks at the high school athletic careers of three transgender teens, and the Sept. 28 presentation of *Hardball: The Girls of Summer*. That film takes up the cause of members of the U.S. Women's National Baseball Team who want to be recognized as baseball—not softball—players.

As a run-up to the festival, an animated short film, *Belly Flop*, will be shown at the Sept. 14 Movie Night at the Noe Valley Town Square, on 24th near Vicksburg. The event starts at 7:30 p.m.

Festival tickets range from \$15 per screening to \$140 for a pass to all events. For more information, go to womensportsfilm.com.

—Corrie M. Anders

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SHORT TAKES

How's Your Life So Far?

Sheila Malkind, executive director of the Legacy Film Festival on Aging, and Nan Narboe, editor of the anthology *Ag-ing: An Apprenticeship*, will discuss “Ag-ing: Representations on Screen and in Print” at the Odd Mondays reading and discussion series Monday, Sept. 9, from 6:30 to 7:30 p.m. at Folio Books, 3957 24th St. Information on the film fest, which runs Sept. 20 to 22 at New People

New Radio Station Starts Broadcasting From Sutro Tower

A new public radio station has taken to the airwaves in San Francisco, but without a proposed antenna in Noe Valley.

San Francisco Public Press launched KSFP from 102.5 FM at 8 a.m. Monday, Aug. 19, with the premiere episode of *Civic*, hosted by reporter Laura Wenus and produced by Mel Baker. The program focuses on local policy issues and is the channel's marquee daily show and podcast.

“Our goal with *Civic* is to present timely interviews and discussions about local news and public affairs,” stated Public Press publisher Lila LaHood. “With an expanded newsroom, our daily audio journalism will integrate with and support our long-term investigative reporting. We'll turn radio segments into stories for web and print, and vice versa.”

KSFP had initially looked at placing a low-power FM radio transmitter and antenna on the roof of the Upper Noe Recreation Center on Day Street. But nearby residents and parks officials had expressed concerns about the equipment, leading the radio station to look elsewhere.

It decided to co-locate its antenna on Sutro Tower with the one used by culture and music oriented station KXSF, which is sharing the home on the local radio dial with KSFP. KXSF started broadcasting last September.

San Francisco Public Press executive director Michael Stoll told the *Voice* that the new radio station “in the future” would be looking to install “booster” antennas in several neighborhoods, including Noe Valley.

“The community center site faced opposition from at least one neighbor, I am told, though we were not provided clear reasons,” he explained. “There may be other buildings that can accommodate a low-power transmitter nearby.”

Now that KSFP is on the air, the radio station plans to broadcast live at times and host events. It is airing programs from the Public Radio Exchange and rebroadcasting *The California Report*, created by KQED Public Broadcasting.

KSFP airs daily from 4 a.m. to 10 a.m. and from 4 p.m. to 10 p.m. KXSF, run by San Francisco Community Radio, fills the rest of the time with independently produced music and culture programming.

To learn more about San Francisco Public Press, visit its website at <https://sfpublicpress.org/>.

—Matthew S. Bajko

Cinema, will be available, as will copies of Narboe's book, published by Red Notebook Press in 2017.

Maxine Einhorn, of the Mostly British Film Festival and Noe Valley Word Week, will moderate the discussion, which is free and open to all.

Summer Music Eases Into Fall

The summer music scene will flow into September, with concerts at the rec center and musical performances at the Noe Valley Ministry.

Performing at the Upper Noe Recreation Center, 295 Day St., are the Brother Spellbinder Trio, on Saturday, Sept. 7, and E.G. Phillips on Saturday, Sept. 21. Both concerts are outdoors and free, and run from 10 a.m. to noon.

Brother Spellbinder is the vision of Alzara Getz, daughter of Dave Getz, who was the original drummer for Big Brother and the Holding Company, Janis Joplin's band. The new Brother incorporates sounds of Eastern European, classical, folk, and rock music.

E.G. Phillips is a San Francisco songwriter who uses whimsy and jazz-folk infusion to create, he says, his “take on dealing with the longings of the heart and the madness of existence.”

At the Ministry, Josie's Place is back with a Beatles Night fundraiser for the Inner Sunset nonprofit, which provides bereavement support in the Bay Area for children suffering the loss of a loved one, as well as other programs for at-risk youth. Saturday, Sept. 28, 10 musicians will cover an evening of Beatles songs from 7 to 10 p.m. Tickets are available at josiesplace.org.

Lieder Alive! also returns to the Ministry for its ninth annual *liederabend* (song recital) series. Sunday, Sept. 1, is its grand opening concert, with soprano Sarah Cambridge and pianist Peter Grünberg singing and playing last songs by Strauss and Wagner. Sunday, Sept. 29, is a program of songs based on the work of German and Italian poets, with Grünberg returning to perform with baritone Eugene Villanueva. Both concerts begin at 5 p.m. Tickets are available at lieder-alive.org.

The Noe Valley Ministry is located at 1021 Sanchez St. near 23rd Street.

Word Week Preverbal

Word Week is Noe Valley's annual literary festival, organized by the Friends of Noe Valley. Planning has begun for the March 2020 event, the 14th year for the festival, and ideas for events from the public are welcome. Anything involving words—written, spoken, or sung—is a possibility.

If you have an idea for an event or are



Meet the producers of the Noe Valley Girls Film Festival: Ella Marks, Caitlin Kane, Charlotte Kane, Hannah Tawadrous, Maggie Marks, and Eleanor Mullen. Then go online to reserve your free ticket to the Sept. 7 event, which this year will welcome the production team from Pixar Studios' award-winning film *Bao*. Photo by Katie Burke

Oscar Winners to Speak at Girls Film Fest

The Noe Valley Girls Film Festival will roll out the red carpet for some special guests this year. Four members of the crew that made *Bao*—film producer Becky Neiman-Cobb, production manager Lourdes Alba, production technical manager Lucy Laliberte, and lead coordinator Connie Lee—will be the keynote speakers at the event, which takes place Saturday, Sept. 7, from 4 to 6:30 p.m., at the Noe Valley Ministry, 1021 Sanchez St. *Bao*, Pixar Studios' first female-directed short film, won an Oscar this year for best animated short.

After the keynote address, the festival will show the best of the five-minute films from girls ages 15 and younger among the 120-plus submissions received from as far away as Iran, Germany, China, Canada, Croatia, and India.

Launched in 2016, the festival is entirely organized and run by girls 16 and under. The current team includes Ella Marks, Maggie Marks, Hannah Tawadrous, Eleanor Mullen, Charlotte Kane, and Caitlin Kane.

Caitlin Kane, who will turn 14 this month, says of this year's submissions: “A lot of the films had a mystery quality, like there was something you didn't know and it all clicked in the end. We also had some cool animation and comedy films,” and a few that were like music videos.

Festival winners will receive prizes up to \$350, and there will be a special audience choice award.

The event will also feature a raffle, with donations from Charlie's Corner, Just for Fun, Chocolate Covered, and Skin Spirit. As in past years, Another Planet Entertainment will donate concert tickets. Festival sponsors also include the Noe Valley Association, Noe Valley Ministry, Sterling Bank, Droubi Team Real Estate, and therapist Dr. Robert Solley.

People can reserve their free seats at www.nvgff.com.

“Come to the film festival because it's a really great event,” Caitlin Kane says. “It's so cool to see these kids who are your age make these amazing films. And it's an experience you won't forget.”

—Katie Burke

an author, storyteller, or songwriter living or working in Noe Valley and would like to perform, contact the Word Week committee at wordweeknoevalley@gmail.com.

This month's Short Takes were compiled and written by Richard May.

CONTEST!

See the Crossword by Michael Blake on page 8 of this edition.

Can You Solve It and Win?

•••••

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STORE TREK

Store Trek is a regular Voice column profiling new stores and restaurants in Noe Valley. This month we introduce two new businesses: a yoga studio that specializes in energetic Vinyasa flow movement, and a restaurant blending Indian and California cuisine.

BON APPETIKKA INDIAN RESTAURANT
4166 24th St.
415-648-4416
bonappetikka.us/

A staple menu item for Indian restaurants in the United States is chicken tikka masala, a creamy mixture of poultry, tomato, onion, and spices served with rice or naan. Its popularity has proved true for chef Rustam “Tom” Chamlagai, as the dish has been the entrée of choice for many of his customers since he opened his first restaurant this spring.

It is no wonder then that he and his co-chefs and investors in the business, Amrit Ghising and Tirtha Ghising, allude to the dish in the name of their restaurant, which plays on the French inducement for diners to *bon appétit*.

“At any Indian restaurant in the country, you will find chicken tikka masala. It is the customers’ favorite plate,” said Chamlagai, who is from Nepal and has lived in San Francisco for 12 years.

If diners at Bon Appetikka are interested in branching out from their

standby order, Chamlagai recommends they try his dum chicken biryani (\$13.99), made with basmati rice, onion, mint, and saffron. It is cooked ‘dum’ style, meaning all the ingredients are slow-cooked in one pot for hours.

“We cook it in the oven. People love it,” said Chamlagai.

He initially landed in New York City when he came to live in the U.S., but was lured out west because “the weather is better here.” Working as a line chef at the Intercontinental Hotel in South of Market, where he continues to cook in the mornings, Chamlagai dreamed of opening his own restaurant in the city.

After a four-year search for the right location, he and his partners in February signed the lease for the storefront at 4166 24th St. near Diamond Street, which had long been a restaurant. For decades it was home to Swatdee Thai Restaurant, and after its closure in 2013, briefly became Indian restaurant Holy Kitchen.

It is only a five-minute drive to Chamlagai’s home on Potrero Hill, where he lives with his wife, a school-teacher, and their 13-year-old daughter. With no other Indian restaurant in the immediate vicinity, he felt the 24th Street location was the perfect spot to try his luck as a restaurateur.

“I thought maybe there was a lot of potential here, especially with all the beautiful people here,” he said.

Since opening June 5, he said business has been “so far so good. On weekends we are always busy here. Weekdays have also been good. I have no complaints.”

As word has spread that the restaurant is open—it took months to rebuild the kitchen and then receive signoff from the city—more and more cus-



In June, Bon Appetikka, an Indian restaurant with three experienced chefs, filled the spot formerly occupied by Holy Kitchen on 24th Street near Diamond. Photo by Jack Tipple

tomers have been discovering it, said Chamlagai. When the fall school semester started in mid-August, he noticed a bump in diners, particularly during weekday lunch service.

“Lunch has been getting better, now that summer vacation is over,” he said.

The chefs have incorporated locally grown ingredients and organic Himalayan-grown herbs and spices into their dishes. A hit starter item has been their samosa (\$5.99), a crispy turnover stuffed with potatoes and peas.

Other appetizers include idly (\$6.99), a steamed rice cake that can be ordered with chutney and sambar or a chili tomato sauce and peppers, and palak chat (\$6.99), crispy fried spinach served with chutney and seasonal fruits.

There are a variety of dosas (\$9-\$13), Indian crepes that can be ordered plain with rice and lentils or stuffed with potatoes and spinach, cheese and potatoes, spiced potatoes and peas, or layered with egg. Another choice is uttapam

(\$9-\$10), a rice and lentil pancake served with sambar and chutney or topped with onion and green chili.

The menu also features a wide selection of vegetarian, fish, or meat curry pots (\$9-\$16.99) and different tandoori dishes, such as shrimp (\$16.99), marinated in yogurt and spices served with pineapple chutney, or salmon (\$15.99), prepared with carrom seeds, yogurt, and homemade spice.

The restaurant, which can seat 40 people in either the front or back dining rooms, serves beer, including Taj Mahal, and various wines, such as a Sula chenin blanc from Nashik, India (\$28 a bottle or \$7 per glass). Lassi drinks (\$3) are also available made with mango or coconut water, as is chai iced tea (\$3) and soft drinks (\$2) Coke, Diet Coke, or Sprite.

Once the co-owners, who also include the restaurant’s general manager, hire additional staff, they plan to offer a special brunch menu on weekends.

To drive up business during weekdays, they have been offering a \$15.99 “Happy Lunch Special” that includes a salad, entrée choice from a limited menu, and rice or naan.

The restaurant is open seven days a week from 11 a.m. to 2:30 p.m. for lunch, and reopens at 5 p.m. daily for dinner. It closes at 9:30 p.m. Monday through Thursday and at 10 p.m. on Friday, Saturday, and Sunday.

—Matthew S. Bajko

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STORE TREK

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yogaflowsf.com/schedule/yoga-in-noe-valley/

A mountain cabin is the inspiration for the interior design of Yoga Flow SF's third location in the city, at 4049 24th St. between Noe and Castro streets. The storefront that had long housed a Radio Shack has been completely gutted and remodeled to fit the needs of yoga practitioners.

The \$500,000 rebuild features a new entry area that feels like checking into a Sierra lodge. A triangular wooden reception desk is covered by an arched roof structure.

A small retail area selling yoga clothing and mats lines one wall, while the opposite wall sports cubbies for shoes and bench seating. A door to the left of the reception area leads to a 1,300-square-foot yoga room that can accommodate 55 students.

The floor is made from oak, the ceiling is hemlock, and the posts are cedar. False skylights line the ceiling on each side of the space to provide a sense of natural light.

"I wanted the space to feel like a retreat in the city," said Steven Holm, who launched the business with his wife and partner, Kathleen Holm. "It is hard being in the city, with all the concrete and tech buses. It is stressful. Here you feel like you are in a Bali yoga retreat or in Tahoe."

The woodsy ambience extends to the bathroom, which features three carved-rock sinks, a rock tile floor, and walls sporting tile made to look like wood. There are two showers for clients to use.

A door in the bathroom leads to a back room with two skylights built into its ceiling. This is where child care will be provided, including yoga classes for children. At least once a week, the owners say, they will offer a kids yoga class, with a focus on mindfulness and breathing exercises, at the same time as an adult class.

The Holms opened their first Yoga Flow SF on Union Street in 2011, and followed it two years later with a location in the Ingleside on Ocean Avenue. They had always wanted a spot in Noe Valley, though.



The spacious interior of the new Yoga Flow assists in creating a feeling of serene energy.

Photo courtesy of Kathleen and Steven Holm.

"We spent 10 years driving up and down 24th Street trying to find a space," recalled Steven Holm.

Why Noe Valley? Kathleen Holm said, "There is something so sweet about this community."

The Holms signed their new lease last September, and construction began in March. They had hoped to be open by mid-August, but due to the build-out taking longer than expected, they now plan to open Sept. 1. A formal ribbon-cutting for the business will take place later this fall.

"We want it to be a community center for healing," said Kathleen Holm.

The couple, in their mid-40s, first met at Burning Man in 1998. They now have three children and are living in the East Bay. They hope to soon move back into the city.

Steven Holm was born in San Mateo but moved to Seattle with his family at age 5. His mother taught yoga, as did his paternal grandmother in Denmark. His father, a pilot, also taught self-guided meditation, which he said was similar to the practice of yoga nidra.

For five years Steven Holm worked as a Seattle firefighter, but in 2000 he moved to New York City to pursue acting in the theater. Kathleen Holm, who grew up in Chicago, was working as a graphic artist near the World Trade Center and saw the second plane fly into the downtown complex on 9/11.

For three days Steven Holm volunteered at the site. He suspects it led to his now dealing with lung issues. When Kathleen lost her job within days of the terrorist attack, she landed a job with a yoga studio and he became a regular client.

class, as his project led him to securing investors to open the yoga studio on Union Street.

He said they "took a leap of faith" in opening the Noe Valley location. Theirs is the second yoga studio currently located on 24th Street (Yoga Mayu can be found at 4159 24th St.), but the couple believe the neighborhood is underserved when it comes to yoga outlets.

Because he suffers from breathing issues, Steven Holm installed a system to ensure there is a steady flow of fresh and clean air at the 24th Street location. Infrared radiant heaters keep the temperature between 85 and 90 degrees.

They specialize in Vinyasa flow yoga, described as "heated, vigorous, athletic, and fast-paced." For people new to yoga, they also offer beginner classes that are non-heated and at a slower pace.

They are offering several discounts for their Noe Valley customers, such as a free first week or 25 percent off for signing up for a three-month autopay unlimited class card. A monthly autopay membership for the 24th Street location runs \$145, or \$175 if mat and towel service is added.

It costs \$22 to drop in on a class. Discounted passes run \$100 for a five-class card, \$180 for 10, and \$299 for 20. For children, the drop-in rate is \$15, while a 10-class card costs \$150.

On weekdays, the first class will be held at 6 a.m. and the last at 8 p.m. Classes will begin at 7:30 a.m. on Saturday and Sunday, with the last class at 6:15 p.m.

—Matthew S. Bajko

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• SEPTEMBER 2019 •

Sept. 1 & 15: SF City Guides offers a free WALKING TOUR of Noe Valley on first and third Sundays at 1:30-3:30 pm. Meet at the Noe Valley Library, 451 Jersey. 557-4266; sfcityguides.org.

Sept. 1-29: A free T'AI CHI class at the Noe Valley Town Square is scheduled for Sundays, 9 to 9:45 am. 3861 24th. noevalleytownsquare.com.

Sept. 1-29: Bring your own mat to a free YOGA CLASS at the Noe Valley Town Square. Sundays, 10-11 am. 3861 24th. noevalleytownsquare.com.

Sept. 1-29: Meet at the gold fire hydrant at 20th and Church at 11 am Sundays for a City Guides walking tour of the area around MISSION DOLORES. 557-4266; sfcityguides.org.

Sept. 1-29: Meet under the rainbow flag at Harvey Milk Plaza (Castro and Market) for a City Guides walking tour of the CASTRO. Sat., Sun. & Tues., 11 am. 557-4266; sfcityguides.org.

Sept. 1-30: Charlie's Corner offers children's STORY TIMES every day. Mon.-Fri., 10 am, noon, 3 & 5 pm; Sat. & Sun., 10:30 am, 12:30 & 3:30 pm. 3813 24th; 641-1104.

Sept. 1 & Oct. 6 The Asian Art Museum offers FREE ADMISSION on the first Sunday of the month, courtesy of Target. 200 Larkin. 581-3500; asianart.org.

Sept. 2-30: Noe Valley OVEREATERS Anonymous meets Monday through Saturday, 7 am, at St. Aidan's Church, 101 Gold Mine. oasf.org.

Sept. 2-30: BootCampSF conducts FITNESS training Mondays, Tuesdays, Thursdays, and Fridays at 8:30 am. SF Rec Center Basketball Court, 30th and Whitney. 567-9009; bootcampsf.com.

Sept. 2-30: The 30th Street SENIOR CENTER's Mission Nutrition program serves lunches for people over 60, weekdays and Saturdays, including holidays. Noon and 1 pm. 225 30th. 550-2226.

Sept. 2-30: Volunteer on Tuesdays to make meals for the hungry at Civic Center Plaza at "Curry Without Worry." 1:30-5 pm. Bethany UMC,

1270 Sanchez. 647-8393; bethanysf.org.

Sept. 2-30: John McClean Wolf leads SACRED YOGA Tuesdays at Holy Innocents. 7-8 pm. 455 Fair Oaks. 824-5142; holynsf.org.

Sept. 3 & 17: Bethany United Methodist Church offers free KNITTING lessons with Ray Capiral on first and third Tuesdays; free yarn, needles, and instruction. 7-8:30 pm. 1270 Sanchez. 647-8393; bethanysf.org.

Sept. 3-24: TOWN SQUARE TUESDAYS feature a farmer's market, music, and kids' activities in the Noe Valley Town Square. 3-7 pm. 3861 24th. noevalleytownsquare.com.

Sept. 3 & Oct. 1: The de Young Museum and the Legion of Honor have FREE ADMISSION on the first Tuesday of the month. 750-3600; deyoungmuseum.org.

Sept. 4-25: The Castro FARMERS MARKET is open every Wednesday, 4 to 7 pm, through Nov. 20. Noe at Market. pcfma.com.

Sept. 4-25: Folio Books offers STORYTIME for toddlers Wednesdays at 10 am. 3957 24th. 821-3477; foliosf.com.

Sept. 4-25: Chris Sequeira leads free senior QIGONG classes Wednesdays 1 to 3 pm, at Upper Noe Rec Center, Day & Sanchez. 773-8185; livingtaichi@yahoo.com

Sept. 4-25: The Eureka Valley Library hosts BABY RHYME and play time on Wednesdays, 1:30 to 2:15. I Jose Sarria Court (16th & Market). 355-5616; sfpl.org.

Sept. 4-25: Holy Innocents Episcopal Church holds Candlesong, a TAIZE-style service followed by a potluck on Wednesdays from 6 to 8 pm. 455 Fair Oaks. 824-5142.

Sept. 4-25: Anthony Holdsworth teaches OIL PAINTING for beginners and advanced students on Wednesdays in the gallery of Alley

Cat Books. 6:30-10 pm. 3036 24th. 824-1761; anthonyholdsworth.com.

Sept. 4-25: AL-ANON meets Wednesdays 8 to 9:30 pm at St. Philip Church. 725 Diamond. 834-9940; al-anonsf.org.

Sept. 4 & Oct. 2: The GLBT HISTORY Museum is free on first Wednesdays. 11 am-7 pm. 4127 18th. 621-1107;

Sept. 5: The monthly self-guided Castro ART WALK features exhibits by local artists in various neighborhood businesses. 6-9 pm. For a map and list of artists: castroartwalk.com.

Sept. 5: Toru Nakamura and John Van Hagen discuss their writings in "Religion, Civilization, and the Human Imagination." 6:30 pm. Folio Books, 3957 24th. foliosf.com.

Sept. 5-26: The Noe Valley Town Square offers group MEDITATION Thursdays, from 8 to 9 am. 3861 24th. noevalleytownsquare.com.

Sept. 5-26: Miss Catherine tells TODDLER TALES with books, rhymes, music, and movement on Thursdays. 10:15 & 11 am. Noe Valley Library, 451 Jersey. 355-5707; sfpl.org.

Sept. 5-26: Newcomers welcome at the AL-ANON Literature Discussion, meeting Thursdays at Bethany UMC, from 7:15 to 8:30 pm. 1270 Sanchez.

Sept. 5-26: Bring your storehouse of knowledge to TRIVIA NIGHT on Thursdays at the Dubliner, 3838 24th. 8 pm. 285-0674; brainstormer.com.

Sept. 6: Dancers' Group's free Rotunda DANCE performance features Cuicacalli, founded by Mexican native, Jesus "Jacoh" Cortes. Noon. SF City Hall. dancersgroup.org; 920-9181.

Sept. 6: Come to the Noe Valley Town Square for a RECORD HOP, from 5 to 8 pm. 3861 24th. noevalleytownsquare.com.

Sept. 6-27: Chris Sequeira leads a free Friday KARAOKE for Adults gathering at Upper Noe Rec Center. 6:30-8:30 pm. 295 Day. 970-8061.

Sept. 6-27: The Friday night JAZZ series continues at Bird & Beckett bookstore, from 5:30 to 8 pm; Saturday night JAZZ is 7:30 to 10 pm. 653 Chenery. 586-3733; birdbeckett.com.

Sept. 6-27: (Sub)Mission Cocktails & Comedy features local and national comedians performing Fridays at 7 pm and 8:30 pm. SF Armory Club basement, 1799 Mission. submissioncomedy.com.

Sept. 6-30: Lilli Lanier exhibits her ORIGAMI paintings at Lola's Art Gallery. Reception Sept. 6, 5-7 pm. 1250 Sanchez. 642-4875.

Sept. 7: The fourth annual Noe Valley GIRLS FILM FESTIVAL, featuring short films from girls ages 5 to 15, screens at the Noe Valley Ministry. 4 pm. 1021 Sanchez. nvfff.com.

Sept. 7: Brother Spellbinder Trio performs at the CONCERTS music series at Upper Noe Rec Center, 10 am-noon. 295 Day. 970-8061; noevalleyreccenter.com.

Sept. 7: Author ROB POLIVKA discusses A Dream of Flight at Charlie's Corner Bookstore. 4102 24th. 12:30 pm. 641-1104; charliescorner.com.

Sept. 7: Learn to knit at the Noe Valley Library's KNITTING CIRCLE. 2-4 pm. 451 Jersey. 355-5707; sfpl.org.

Sept. 7-28: Each Saturday, the Noe Valley FARMERS MARKET brings you fresh produce and live music from 8 am to 1 pm. 3861 24th. 248-1332; noevalleyfarmersmarket.com.

Sept. 7-28: The de Young Museum and the Legion of Honor have FREE ADMISSION for San Francisco residents, every Saturday of the month. 750-3600; deyoungmuseum.org.

Sept. 7-28: Upper Noe Rec Center offers free Vinyasa YOGA CLASSES Saturdays 9:15-10:15 am. Day & Sanchez. 970-8061; noevalleyreccenter.com.

Sept. 7-28: The Randall Museum's close-up of California wildlife, "Meet the ANIMAL KEEPER," happens Saturdays at 2 pm. 199 Museum Way. 554-9605.

Sept. 8: Political group ACTION SF meets from 1 to 2:30 pm on the second Sunday of the month. Noe Valley Library, 451 Jersey. actionsfsolidarity@gmail.com; resistry.net.

Sept. 8: Adeena Sussman introduces *Sababa: Fresh, Sunny Flavors from My ISRAELI KITCHEN*. 3-4 pm. Omnivore Books, 3885A Cesar Chavez. 282-4712; omnivorebooks.com.

Sept. 9: ODD MONDAYS hosts a discussion by Sheila Malkind and Nan Narboe, "Aging: Representations on Screen and in Print." 6:30 pm. Folio Books, 3957 24th. No-host supper, 5 pm, Haystack Pizza, 3881 24th. oddmondays.com.

Sept. 9, 16, 23 & 30: The ACC Conversation Club meets on Mondays from 4:30 to 5:30 pm at the Noe Valley Library. 451 Jersey. For details, email krismoser@aol.com.

Sept. 9-30: The Eureka Valley Library tells TODDLER TALES on Tuesdays, 10:30 am. I Jose Sarria Court (16th & Market). 355-5616; sfpl.org.

Sept. 10: The Noe Valley Library hosts an eReader and ONLINE RESOURCE "Drop-In" from 10:30 to 11:30 am. 451 Jersey. 355-5707; sfpl.org.

Sept. 10: Learn to search the 1865 to present DATABASE of the SF Chronicle. 3-4 pm. Noe Valley Library, 451 Jersey. 355-5707; sfpl.org.

Sept. 10: The Noe Neighborhood Council's fall community MEETING covers J-Church improvements and the Nov. 5 election. 6:30 pm. Noe Valley Library, 451 Jersey. noeneighborhoodcouncil.com.

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Sunday Communion

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Morning Prayer

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Contemplative Prayer

Tuesday, Thursday at 9:00 am

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And at Upper Douglass Dog Park
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Sunday, October 6 at 2:30 pm

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OCT 16 - ZADIE SMITH

OCT 21 - LIZ PHAIR

OCT 25 - GOV. JERRY BROWN

OCT 30 - JOHN LITHGOW

NOV 6 - ANDRÉ ACIMAN &

ANDREW SEAN GREER

NOV 7 - CHRIS HUGHES

NOV 8 - SALLY ROONEY

SOLD OUT - GLORIA STEINEM

NOV 15 - MARIA BAMFORD

NOV 18 - MO ROCCA

NOV 21 - BEN LERNER

DEC 11 - MELISSA BRODER

DEC 12 - IBRAM X. KENDI

DEC 16 - RAPHAEL BOB-WAKSBERG

TICKETS: 415-392-4400 or CITYARTS.NET

Sept. 10: PFLAG meets at the Women’s Building, 3543 18th, on the second Tuesday of the month, 7 to 9 pm. 921-8850; pflagsf.org.

Sept. 11: Lisa Ludwinski discusses *Sister Pie: The Recipes and Stories of a Big-Hearted BAKERY* in Detroit. 6:30-7:30 pm. Omnivore Books, 3885A Cesar Chavez. 282-4712; omnivorebooks.com.

Sept. 11: The GREAT BOOKS discussion group meets from 6:30 to 8:30 pm at the Noe Valley Library. 451 Jersey. 355-5707; sfpl.org.

Sept. 11 & 25: Children 4 and up can read to a dog named Herbee at PUPPY DOG TALES. 4:15-5:15 pm. Eureka Valley Library, 1 Jose Sarria Court (16th & Market). 355-5616; sfpl.org.

Sept. 13: Author MEENAL PATEL discusses *Neela Goes to San Francisco* at Charlie’s Corner Bookstore. 10 am. 4102 24th. 641-1104; charliescorner.com.

Sept. 13: The Noe Valley Library screens the 1954 FILM *On the Waterfront*, starring Marlon Brando. 2-4 pm. 451 Jersey. 355-5707; sfpl.org.

Sept. 14: LADYBUG GARDENERS work on the Upper Noe Rec Center park grounds on second Saturdays. 9 am-noon. Day & Sanchez. noevalleyreccenter.com.

Sept. 14: Erin Gleeson introduces *The Forest Feast Mediterranean: Simple VEGETARIAN Recipes Inspired by My Travels*. 3-4 pm. Omnivore Books, 3885A Cesar Chavez. 282-4712; omnivorebooks.com.

Sept. 14: The Noe Valley Town Square’s MOVIE NIGHT features a screening of *Spider-Man: Into the Spider-Verse*. 7:15-10 pm. 3861 24th. noevalleytownsquare.com.

Sept. 15: A Bookstore and CHOCOLATE CRAWL begins at Charlie’s Corner Bookstore, 4102 24th, and ends in the Mission. 1 pm. 641-1104; charliescorner.com.

Sept. 17: Ingleside POLICE STATION holds a community meeting on third Tuesdays. 7 pm. Community Room, 1 Sgt. John V. Young Lane. Confirm meeting location at 404-4000; inglesidepolicestation.com.

. CALENDAR .

Sept. 18: The Noe Valley Ministry offers a LABYRINTH WALK, on third Wednesdays, at 6 pm. 1021 Sanchez. 282-2317.

Sept. 18: The Noe Valley BOOK DISCUSSION group reads *The Friend* by Sigrid Nunez. 7-8:30 pm. Noe Valley Library, 451 Jersey. 355-5707; sfpl.org.

Sept. 18: The UPPER NOE Neighbors meet at 7 p.m., at the Upper Noe Rec Center, 295 Day. uppernoeneighbors.com.

Sept. 18-27: A BOOK SALE at Fort Mason’s Festival Pavilion benefits the SF Public Library. 10 am-6 pm. sfpl.org.

Sept. 19: Julia Skinner discusses *AFTERNOON TEA*. 6:30-7:30 pm. Omnivore Books, 3885A Cesar Chavez. 282-4712; omnivorebooks.com.

Sept. 19-Nov. 7: CREATIVITY EXPLORED hosts an art exhibit, “Fractures + Resistance.” Reception Sept. 19, 7-9 pm; Mon.-Fri., 10 am-5 pm (Thurs. until 7 pm), Sat., noon-5 pm. 3245 16th. 863-2108; creativityexplored.org.

Sept. 20: The BOOKWORMS Club (and pizza party) features local author Travis Nichols and a Maze Quest adventure. 6-7 pm. Folio Books, 3957 24th. RSVP required: 821-3477, tiny.cc/followorms.

Sept. 20-21 & 24: Recology hosts an ART EXHIBIT by artists-in-residence Mansur Nurullah, Genevieve Quick, and Ariel Huang. Reception Friday, 5-8 pm and Saturday, 1-3 pm; additional viewing Sept. 24, 5-7 pm. 401 & 503 Tunnel. Recology.com.

Sept. 20-22: The ninth LEGACY Film Festival on Aging features 20 documentaries and dramas, including *What They Had* starring Hilary Swank and Blythe Danner. New People Cinema, 1746 Post St. Legacyfilmfestivalonaging.org.

Sept. 21: E.G. Phillips plays at the CONCERTS IN THE PARK music series at Upper Noe Rec Center. 10 am-noon. 295 Day. 970-8061; noevalleyreccenter.com.

Sept. 21: The Noe Valley Library hosts “Jelly Jam Time STORYTELLING” with Rita Dye and her handmade puppets, for ages 3 to 5 with caregiver. 10:30-11:15 am. 451 Jersey. 355-5707; sfpl.org.

Sept. 21: The Diamond Heights Community Association hosts a CANDIDATES FORUM for district attorney, and Supervisor Rafael Mandelman. 2 pm. St. Aidan’s Church, 101 Gold Mine. dhcasf@gmail.com.

Sept. 21: SF NEON hosts a walking tour, “Market-Mission-Castro,” from 6:45 to 8:45 pm. sfneon.org.

Sept. 22: Bethany UMC presents musician Amy Obenski in CONCERT, from 5 to 7 pm. 1270 Sanchez.

Sept. 24: MISSION POLICE STATION holds its community meeting the last Tuesday of the month. 6 pm. 630 Valencia. 558-5400; missionpolicestation.org.

Sept. 24: Don Holmgren and MIKE Phipps discuss “Visiting the Folks: Taking Cable Cars to the Cemeteries” at the SF HISTORY Association. 7 pm. 2266 California. 881-7342; sanfranciscohistory.org.

Sept. 24-29: The ninth San Francisco GREEN FILM Festival screens at the Castro Theater, the Roxie Theater, 516 Valencia Gallery, Manny’s (3092 16th), Swissnex (Pier 17), and the Exploratorium. greenfilmfest.org.

Sept. 25: State Senator Scott Wiener hosts his 3rd annual Craft BEER BASH fundraiser at the Barebottle Brewery. 6-8 pm. 1525 Cortland. RSVP to scottwiener.nationbuilder.com/beerbash2019.

Sept. 26: Danny Mena introduces *Made in MEXICO: Classic and Contemporary Recipes from Mexico City*. 6:30-7:30 pm. Omnivore Books, 3885A Cesar Chavez. 282-4712;

omnivorebooks.com.

Sept. 26-28: The fourth annual Women Sports FILM FESTIVAL screens at the Brava Theater. 2781 24th. 641-7657; womensportsfilm.com.

Sept. 27: The 30th Street Senior Center celebrates its 40th anniversary with a GALA DINNER. 6-10 pm. Intercontinental Hotel, 888 Howard. 550-2210; 30thstreetseniorcenter.org.

Sept. 27: Jeffrey Larsen discusses *GLUTEN-FREE BAKING at Home*. 6:30-7:30 pm. Omnivore Books, 3885A Cesar Chavez. 282-4712; omnivorebooks.com.

Sept. 28: Coffee and pastry are provided for volunteers on the JURI COMMONS gardening work crew, 9 to 11 am, on the last Saturday of the month. The park is between Guerrero, San Jose Avenue, 25th, and 26th. RSVP to meetup.com/juri-commoners.

Sept. 28: The Upper Noe BLOCK PARTY includes live music, arts & crafts, games, food, a Kidz Zone, and a dog parade. Noon-3 pm. Upper Noe Rec Center, Day and Sanchez. 205-5855; info@uppernoeneighbors.com.

Sept. 28: The Noe Valley Library screens “Have You Seen Her, La Mision?” short films about the Mission chosen by Vero Majano and Sergio de la Mora. 3-5 pm. 451 Jersey. 355-5707; sfpl.org.

Sept. 28: “BEATLES NIGHT 2” is a benefit for Josie’s Place. 6:30-9:30 pm. Noe Valley Ministry, 1021 Sanchez. josiesplace.org.

Sept. 28 & 29: A SIDEWALK SALE at the Noe Valley Pet Company features “cool stuff half off.” All day, at 1451 Church. 282-7385; noevalleypet.com.

Sept. 29: Bring your furry or feathered friend and some food (for humans too) to a Feast of St. Francis and Blessing of the ANIMALS at Holy Innocents Church. 10 am. 455 Fair

Oaks. 824-5142; holinsf.org.

Sept. 29: The Noe Valley Town Square hosts live ACOUSTIC MUSIC from the band Born Cool. 1 to 3 pm. BYOB. 3861 24th. noevalleytownsquare.com.

Sept. 29: LIEDER Alive performs a concert at the Noe Valley Ministry. 5-7 pm. 1021 Sanchez. liederalive.org.

Sept. 30: Ivan Orkin and Chris Ying introduce *The Gaijin Cookbook: JAPANESE RECIPES from a Chef, Father, Eater, and Lifelong Outsider*. 6:30-7:30 pm. Omnivore Books, 3885A Cesar Chavez. 282-4712; omnivorebooks.com.


Sept. 30: International PEACEMAKER Rev. Arlington Trotman discusses racial justice at the Noe Valley Ministry. 7 pm. 1021 Sanchez. 282-2317.

Oct. 4: EMMY LOU HARRIS is scheduled to appear at the Bummers Ball 3, a benefit for Rocket Dog Rescue. Castro Theatre, 429 Castro. Time tba; rocketdogrescue.org.

Oct. 9: BILL YENNE introduces his new title, Noe Valley Past and Present, at a book launch party at Folio Books. 6:30 pm. 3957 24th. billyenne.com.205-5855; info@uppernoeneighbors.com.

Don’t Be Scared!

The next *Noe Valley Voice* Calendar will appear in the **October 2019** issue, distributed the first week of October The deadline for items is September 15. Please email calendar@noevalleyvoice.com.



SEPTEMBER EVENTS AT OMNIVORE BOOKS

SUN SEP 8	ADEENA SUSSMAN • SABABA: FRESH, SUNNY FLAVORS FROM MY ISRAELI KITCHEN • 3:00-4:00 P.M. FREE 125 recipes for dishes inspired by the bustling stalls of Tel Aviv’s Shuk Hacarmel market.
MON SEP 9	ALICE FEIRING • NATURAL WINE FOR THE PEOPLE: WHAT IT IS, WHERE TO FIND IT, HOW TO LOVE IT • 6:30-7:30 P.M. FREE A James Beard Award-winner’s guide to natural wine.
WED SEP 11	LISA LUDWINSKI • SISTER PIE: THE RECIPES AND STORIES OF A BIG-HEARTED BAKERY IN DETROIT • 6:30-7:30 P.M. FREE Meet the baker who’s making Detroit sweeter one slice at a time.
FRI SEP 13	CAROLYN JUNG • EAST BAY COOKS: SIGNATURE RECIPES FROM THE BEST RESTAURANTS, BARS, AND BAKERIES • 6:30-7:30 P.M. FREE Featuring 40 of the East Bay’s best eateries!
SAT SEP 14	ERIN GLEESON • THE FOREST FEAST MEDITERRANEAN: SIMPLE VEGETARIAN RECIPES INSPIRED BY MY TRAVELS • 3:00-4:00 P.M. FREE The latest book in this magical series.
SUN SEP 15	KATHRYN LUKAS & SHANE PETERSON • THE FARMHOUSE CULTURE GUIDE TO FERMENTING: CRAFTING LIVE-CULTURED FOODS AND DRINKS WITH 100 RECIPES FROM KIMCHI TO KOMBUCHA • 3:00-4:00 P.M. FREE Fermentation rules!
THURS SEP 19	JULIA SKINNER • AFTERNOON TEA: A HISTORY • 6:30-7:30 P.M. FREE An exploration of the ways tea and colonialism intersect in both the colonial and postcolonial worlds
SAT SEP 21	JANE LOPES • VIGNETTE: STORIES OF LIFE AND WINE IN 100 BOTTLES • 3:00-4:00 P.M. FREE Part memoir and part wine book from a Master Sommelier (and wine director at Melbourne’s Attica!)
THURS SEP 26	DANNY MENA • MADE IN MEXICO: THE COOKBOOK: CLASSIC AND CONTEMPORARY RECIPES FROM MEXICO CITY • 6:30-7:30 P.M. FREE A renowned chef’s love letter to Mexico City.
FRI SEP 27	JEFFREY LARSEN • GLUTEN-FREE BAKING AT HOME: 102 FOOLPROOF RECIPES FOR DELICIOUS BREADS, CAKES, COOKIES, AND MORE • 6:30-7:30 P.M. FREE
SAT SEP 28	CAROLE BUMPUS • SEARCHING FOR FAMILY AND TRADITIONS AT THE FRENCH TABLE, BOOK ONE (CHAMPAGNE, ALSACE, LORRAINE, AND PARIS REGIONS) • 3:00-4:00 P.M. FREE
SUN SEP 29	ALLISON AREVALO • THE PASTA FRIDAY COOKBOOK: LET’S EAT TOGETHER • 3:00-4:00 P.M. FREE 52 comforting pasta recipes with seasonal sides and wine pairings.
MON SEP 30	IVAN ORKIN & CHRIS YING • THE GAIJIN COOKBOOK: JAPANESE RECIPES FROM A CHEF, FATHER, EATER, AND LIFELONG OUTSIDER • 6:30-7:30 P.M. FREE

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Noe Valley Town Square Events



Noe Valley Movie Night

Saturday, September 14 • 7:15 PM - 10:00 PM
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selections from the 2019
Noe Valley Girls Film Festival
& Women Sports Film Festival
Bring your own blankets,
small lawn chairs/picnic.



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Town Square monthly music events:

9/6, 5-8 PM: 1st Friday Record Hop
9/29, 1-3 PM: last Sunday Acoustic Sunday w/Born Cool

Town Square weekly classes:

Thursdays 8-9 AM: Meditation
Sundays 9-10 AM: Tai Chi • Sundays 10-11 AM: Yoga

Events take place weather permitting.
All events and classes are free and open to the public.
24th Street between Sanchez and Vicksburg.
www.noevalleytownsquare.com



Health Disparities Plague San Francisco

BY MICHAEL IACUESSA

Well-being in San Francisco is all too often tied to race and income according to the 2019 Community Health Needs Assessment (CHNA), a report produced every three years with input from hospitals, the Department of Public Health (DPH) and an assortment of health and human services providers. The 2019 CHNA identifies a number of healthy improvements. More San Franciscans than ever have health insurance with just 3.6 percent uncovered. Life expectancy is up. Mortality due to influenza, pneumonia and lung, colon and breast cancers has declined. Cigarette smoking is down; just 11 percent of residents say they're regular users.

However, the study reveals stark racial disparities, affecting African Americans in particular. While there are negatives for European Americans, such as elevated rates of binge drinking – 25 percent – and cigarette smoking – 15 percent – among high school students; and Latinas, who have the greatest level of food insecurity during pregnancy – 26.5 percent – for Blacks disparities occur across almost all health measures.

Michelle Kirian, a DPH epidemiologist who is listed as a major contributor to the study, explained that for African Americans the social determinants and economic disadvantages that can contribute to poor health are a factor in nearly every category looked at. "African Americans have poorer health by almost all measures as a result of the social and economic conditions they have to live in," she said.

Heart disease-related hospitalizations of African Americans in their 40s and 50s are comparable to those seen in people over 75 years old in other races. Emergency room visits are 7.5 times higher for Blacks than other San Francisco residents. Life expectancy is 72 years of age compared to 87 for Asians and 82 for Whites. Hospitalization for depression, at 23.7 per 10,000 people, is greater than Whites, at 15.1.

People with less education and lower income and social status have a high risk for mental illness, made worse if they're also experiencing discrimination and racism. "The accumulation of those experiences has been associated with hypertension, preterm birth and other conditions mediated by stress," the study reads.

Currently 19 percent of African American children in San Francisco are living in poverty compared to seven percent of Latinx, four percent of Asians

and one percent of Whites.

Low income can be a factor in accessing resources that promote health such as good schools, safe neighborhoods, healthy food and ability to avoid hazards from poor quality housing and pollution. Which is why the CHNA isolates poverty along with racial inequities as the two foundational issues affecting health in the City. These elements influence five areas the CHNA identifies as heavily impacting health and disease in San Francisco: social, emotional and behavioral health; food insecurity, healthy eating and active living; housing security and homelessness; and safety from violent and trauma.

"Poverty underlies all these health needs because there is a lot of research that what zip code you live in determines the kind of life you lead," says Jim Illig, a community health manager at Kaiser who co-chairs the San Francisco Health Improvement Partnership, which works to address

five to 17; 150 minutes of moderate and 75 minutes of vigorous intensity for adults weekly. Eighty three percent of high schoolers and 67 percent of middle schoolers fall short of this benchmark. In one study, 60 percent of African Americans and Latinx ninth graders didn't meet fitness standards compared to 30 percent for White and Asian students.

Many San Franciscans are food insecure. The United States Department of Agriculture (USDA) recommends that fruits and vegetables make up at least half of what's eaten during a given meal. However, two out of three pregnant women in the Women, Infants and Children Eat program and two out of three youths don't eat five or more servings of fruits and vegetables daily.

The USDA has designated Oceanview, Merced, Ingleside, Visitation Valley, Bayview Hunters Point and Treasure Island as neighborhoods with low food access. The latter two, in addition to the Mission, have just one public

People with less education and lower income and social status have a high risk for mental illness, made worse if they're also experiencing discrimination and racism.

the needs outlined by the CHNA. He said that a heat map of San Francisco outlining health problems displays an upside down T. "That's where the lowest income people live. That's where the most tobacco stores and liquor stores are," he explained.

The study states, "people who live in communities with higher income disparity are more likely to die before the age of 75 than people in more equal communities." San Francisco has the highest income inequality in California with the wealthiest five percent of households earning 16 times more than the poorest 20 percent. Twenty-two percent of residents live below 200 percent of the federal poverty level, \$51,500 for a family of four.

Aerobic fitness is 10 percentage points lower for economically disadvantaged students although the study reports many San Franciscans aren't meeting World Health Organization standards for exercise. Those are one hour of moderate to vigorous activity daily for those ages

access water fountain.

Illig recalled a study that Kaiser did a few years ago. "What we discovered in Bayview was there was no healthy eating. There are no grocery stores that sell good fresh produce and the corner stores are selling bad food," he said, adding that attempts to add a grocery store in the Tenderloin have so far failed.

Housing insecurity is a contributor to poor health. It's estimated that 24,000 people in San Francisco live in crowded conditions, including one-third of Chinatown residents. Individuals without permanent shelter face obstacles beyond not having a safe place to rest including storing medication, eating well, maintaining relationships and going to the doctor.

While the City is exceeding requirements for developing above moderate-income housing, the study notes that it's building less than a third of the units needed for moderate and low-income residents.



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Photo by Art Bodner

San Francisco Neighborhood Newspaper Association

Sports Medicine Center

Now Open at Mission Bay Medical Offices

As part of its mission to bring high-quality health care to recreational and everyday athletes in the Bay Area, a Sports Medicine Center has opened at Kaiser Permanente's Mission Bay Medical Offices.

Members have access to highly trained clinicians who are available for comprehensive sports medicine care, physical therapy, and concussion care in a facility that includes advanced technology in diagnostic, evaluation, and rehabilitation equipment.

"The center will contribute to a healthier community by helping injured people return home to live healthy, active lives," said Maria Ansari, MD, cardiologist and physician in chief, Kaiser Permanente San Francisco. "As an organization that stands for total health, we're dedicated to the health and well-being of our members and the communities we serve."

At the sports medicine center, injuries related to sports or recreational activities will be diagnosed and treated. The 16,000-square-foot facility includes a 7,000-square-foot open gym, onsite imaging, nine physical therapy rooms, and will provide sport-specific rehabilitation with simulated environments.

The location features a team of on-site skilled clinicians including sports medicine physicians, orthopedic surgeons, physical therapists, and health and fitness specialists to meet the growing demand for sports medicine expertise among those of all ages and abilities.

Services include:

Sports medicine

- Integrated multispecialty care
- Treatment of acute and chronic athletic injuries
- Comprehensive pre-and postoperative treatments
- Musculoskeletal ultrasound
- Sports-related concussion program

Physical therapy

- Evaluation and management of acute/chronic sports injuries
- Functional movement and pre-exercise screenings
- Sport-specific return to play
- Group and individual rehabilitation

Kaiser Permanente was also recently named official team physician of the Golden State Warriors.

"The new center enhances our comprehensive delivery of sports-related specialty care services throughout the Bay Area," said Robert Nied, MD, medical director of the Sports Medicine Center and a team physician for the Warriors. "Our care emphasizes early intervention and correcting injuries to return athletes to peak functionality as quickly and safely as possible. Members can receive the same great sports medicine care as a championship basketball team."

The sports medicine services are exclusively for members and by referral only.

OUR TEAM HELPS YOU GET BACK OUT THERE



Open now in Mission Bay is Kaiser Permanente's new Sports Medicine Center. So whether you play sports or enjoy recreational activities, our sports medicine physicians, physical therapists, and sports trainers work as a team to diagnose and treat your injuries. And they will work to help you prevent injuries in the future.

kp.org/missionbay



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sible and caring. Noe Valley resident. Kathleen Marie 415-374-0813.

Handyman Services: Custom and refaced cabinets. Replacing dry rot deck planks. All carpentry, painting and demolition services. Miguel 510-333-0732.

Submissions: The Noe Valley Voice welcomes submissions of short fiction, essays, or poetry, particularly those relating to Noe Valley. Email editor@noevalleyvoice.com or write Noe Valley Voice, P.O. Box 460249, San Francisco, CA 94146. Please include a phone number.



How to Place A Class Ad

Type or print the text of your ad, multiply the number of words by **40¢ per word**, and send us a check for the total. (A phone number, including area code, counts as one word.) Then mail your ad text and payment, made out to the *Noe Valley Voice*, so that we receive it by the **15th of the month** before the month in which you'd like to advertise. The address is *Noe Valley Voice* Class Ads, P.O. Box 460249, San Francisco, CA 94146. (Sorry, we don't accept Class Ads by phone or email.)

10 for 10 discount: The *Noe Valley Voice* publishes Class Ads 10 months a year. (We're on vacation in January and August.) If you place the same class ad in 10 issues, you get a 10 percent discount. To figure your cost, deduct 10 percent from the total due for 10 issues. The next *Voice* Class Ads will appear in the **October 2019** issue, distributed in Noe Valley the first week of October. **The deadline for Class Ads is September 15.**

The Class Ads are also displayed at www.noevalleyvoice.com.

Only the first few words of the ad will be set in bold. Also, receipts and tear sheets are provided only if your order is accompanied by a self-addressed, stamped envelope. Refunds are not granted unless we have made an error. .

UPPER
NOE
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CENTER



A New Season: Everything is outstanding, say Josh Raeburn, Joaquin Mann, Ford Leary, and Gabriel Zhu as they try out the new court surface and backboard at Upper Noe Rec Center. In early August, the basketball court was completely rebuilt and painted a bright blue. The park’s tennis court also had a makeover.

Photo by Chris Faust

Block Party Time

You won’t want to miss the **Upper Noe Block Party** happening **Saturday, Sept. 28**, noon to 3 p.m., on the newly renovated courts at Upper Noe Rec Center, at Day and Sanchez streets. The event is free and open to all, and features special activities for kids, fun and treats, and a pet parade.

Meanwhile, the music keeps playing at the **Concerts in the Park** series on first and third Saturdays, 10 a.m. to noon. This month, the lineup includes **Brother Spellbinder (Sept. 7)**, a band whose songs have been described as “folky, gypsy jazz, dance hall, and cabaret camp,” and **E.G. Phillips (Sept. 21)**, “a songwriter in the vein of Bob Dylan or Leonard Cohen.”

And you can still sign up for Fall Session classes, which run through Dec. 20. Want to play **Junior Warriors** basketball? Sign up now. Games start Nov. 11.

For more information, go to **sfrecpark.org**. To find out about volunteering, see **www.noevalleyreccenter.com**, drop by the rec center office at 295 Day St., or call 415-970-8061.

UPPER NOE REC CENTER FALL SESSION AUG. 20 – DEC. 20, 2019

To register, visit **sfrecpark.org**. Check **www.noevalleyreccenter.com** for updates.

MONDAY (Closed; outside activities only)

TUESDAY (Center open 9 a.m. to 9 p.m.)

Open Gym	6:45-8:30 p.m.*
Auditorium Free Play	2:30-5:30 p.m.*
Petite Bakers (ages 3-6) Drop in or register	10-11 a.m.
Rec-N-Tot Soccer	10-11 a.m.
Simply Fun for All	10-11:30 a.m.
Pickleball (all ages)	12:30-3:30 p.m. FREE
Feldenkrais	1-2 p.m.
Soccer	4-5 p.m.
QuickStart Tennis (age 8-13)	5-6 p.m.
Soccer	5:30-6:30 p.m.
Tennis Intermediate/Advanced (18+)	6-7 p.m.
Yoga-Vinyasa (18+ all levels)	6:30-7:30 p.m.
Adult Boot Camp	7:45-8:45 p.m.

WEDNESDAY (Center open 9 a.m. to 9 p.m.)

Open Gym	9:30 a.m.-3:30 p.m.
Auditorium Free Play	3-5 p.m.*
Pilates intermediate (18+)	9:30-10:30 a.m.
Pilates all levels (18+)	11:30 a.m.-12:30 p.m.
Qi Gong for Seniors (55+)	1-3 p.m.
Volleyball Girls beg. (age 7-9)	4-5 p.m.
Tennis High Performance Juniors (ages 9-11)	4-5 p.m.
Tennis beg./intermediate (18+)	6-7 p.m.
Drop-in Volleyball (18+)	6-8:30 p.m. FREE

THURSDAY (Center open 9 a.m. to 9 p.m.)

Open Gym	9:30 a.m.-12 p.m., 4:30-8:30 p.m.*
Auditorium Free Play	9:30-11 a.m.
Petite Bakers (age 3-6) Drop in or register	10-11 a.m.
Movin’ & Groovin’ (age 2-4)	11:30 a.m.-12:15 p.m.
Pickleball (all ages)	12:30-3:30 p.m. FREE
Argentine Tango, advanced (55+)	1-4 p.m. Drop-ins welcome. FREE
Theater-Mini Players (age 5-6)	4:30-5:30 p.m.
Zumba (family)	5:30-6:30 p.m. FREE
Yoga-Gentle Hatha (18+)	6:45-7:45 p.m.

FRIDAY (Center open 9 a.m. to 9 p.m.)

Open Gym	9:30 a.m.-3:30 p.m.*
Auditorium Free Play	1-5:30 p.m.*
Pilates intermediate (18+)	9:30-10:30 a.m.
Pilates all levels (18+)	11:30 a.m.-12:30 p.m.
Shred N Butter (ages 6-13)	3:45-4:45 p.m.
Volleyball League Girls – Interm (ages 10-14)	4-5:30 p.m.
Karaoke for Adults (18+)	6:30-8:30 p.m. FREE
Drop-in Volleyball (18+)	6-8:30 p.m. FREE

SATURDAY (Center open 9 a.m. to 5 p.m.)

Open Gym	None
Auditorium Free Play	12-4:30 p.m.*
Yoga-Vinyasa (18+ all levels)	9:15-10:15 a.m.
Rec-N-Tot Soccer (ages 2-3)	10-11 a.m.
Zumba (family) Drop-in only	10:30-11:30 a.m. FREE

SUNDAY (Center closed; outside activities only.)

*Hours are subject to change.



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above all literary art.
Every block is a short story,
every hill a novel.*

— William Saroyan



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ADULT/TEEN EVENTS

Adult Craft Night: Make a paper flower brooch from recycled books; all materials are provided. Sign up at 355-5707 or at the info desk. Wednesday, Sept. 4; 7 to 8:30 p.m.

Noe Valley Knitting Circle: Learn how to knit or crochet or just hang out with other knitters and crocheters on the first Saturday of every month. The library has supplies to practice on, or bring your own yarn. Saturday, Sept. 7; 10:30 a.m. to 12:30 p.m.

AAC Conversation Club: Practice the use of Alternative and Augmentative Communication devices including Dynavox, QuickTalker, Tobii Sono Flex, Talk Bar, smart phones, and tablet applications. For more information, contact Kris Moser at krismoser@aol.com. Mondays, Sept. 9, 16, 22, and 30; 4:30 to 5:30 p.m.

eReader and Online Resource “Drop-In”: Bring your mobile device or laptop, your library card and PIN (and any passwords you might need) to an informal workshop about the SFPL’s digital resources, including the library catalog and databases, Kanopy for streaming films, Flipster and RBDigital for magazines, and OverDrive and Axis360 for eBooks. Tuesday, Sept. 10; 10:30 to 11:30 a.m.

Great Books Discussion Group: The non-profit Great Books Council of San Francisco invites you to come discover, discuss, and learn from outstanding works of writing. For more information, contact Elena at eschmid@sonic.net. Wednesday, Sept. 11; 6:30 to 8:30 p.m.

Friday Matinee: The library screens the 1954 Oscar-winning *On the Waterfront*, starring Marlon Brando as a dock worker and washed-up boxer who struggles with the mobsters who control his environment. Friday, Sept. 13; 2 to 4 p.m.

The Noe Valley Book Discussion Group meets at the Noe Valley Library to discuss *The Friend* by Sigrid Nunez. Copies of the book are held at the circulation desk for checkout. Wednesday, Sept. 18; 7 to 8:30 p.m.

The Historical San Francisco Chronicle database: Learn tips on searching the *Chronicle*’s current and historical database, started in 1865. Bring your laptops if you prefer or laptops will be provided on site. Thursday, Sept. 10; 3 to 4 p.m.

Have You Seen Her, La Misión? Vero Majano, artist and San Francisco Mission District native, and Sergio de la Mora, Chicana/o Studies associate professor at UC Davis, have curated a program of short films that explores life in the Mission District during the late 1990s dot.com boom. Saturday, Sept. 28; 3 to 5 p.m.

All events take place at the Noe Valley/Sally Brunn Library, 451 Jersey St. between Castro and Diamond streets. For information, call 415-355-5707 or visit www.sfpl.org.

CROSSWORD SOLUTION

Looking for a Restaurant

By Michael Blake

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MORE BOOKS TO READ

Shelf Service

An analysis of the 1957 obscenity trial that followed the publication of Allen Ginsberg’s *Howl*. Speeches, essays, and meditations by the late Toni Morrison. The colorful story of the man who invented crayons. All these and more are in the books now circulating at the Noe Valley/Sally Brunn Library, say Branch Manager Denise Sanderson and Children’s Librarian Catherine Starr.

To check on their availability, stroll over to the branch at 451 Jersey St., or call the librarians at 415-355-5707. You’re welcome every day this month except Monday, Sept. 2. That’s when the San Francisco Public Library will be closed in celebration of Labor Day.

If you can’t resist a trip to the library, take a virtual tour at sfpl.org. Here are some of the free books that await you.

Children’s Fiction

❖ A boy makes friends with a girl in a wheelchair in *When Charley Met Emma*, written by Amy Webb and illustrated by Merrilee Liddiard. Ages 3 to 5.

❖ A young girl takes on the world like a brave explorer in *I Will Be Fierce!* written by Bea Birdsong and illustrated by Nidhi Chanani. Ages 4 to 6.

❖ Life changes when a war-loving hawk becomes a peaceful dove in Paul Kor’s parable *The Hawk and the Dove*. Ages 5 to 7.

❖ The half-fairy, half-vampire girl visits a spooky castle with her classmates in *Isadora Moon Goes on a Field Trip*, the latest in a series by Harriet Muncaster. Ages 6 to 9.

❖ Nie Jun’s 2019 Batchelder Honor Book *My Beijing: Four Stories of Everyday Wonder* is translated from the French by Edward Gauvin. Ages 7 to 11.

❖ In *Island Book*, a graphic novel by Evan Dahm, a girl discovers the world beyond her island. Ages 8 to 11.

An 11-year-old immigrant boy dreams of opening a bakery in *Pie in the Sky*, by Remy Lai. Ages 8 to 11.

❖ In *Beast Rider*, by Tony Johnston and Maria Elena Fontanot de Rhoads, a boy travels by train from a small town in Mexico to meet his brother in Los Angeles. Ages 12 and up.

Children’s Nonfiction

❖ In 1930, an 11-year-old decides a new planet could have a name taken from Roman mythology, in *The Girl Who Named Pluto: The Story of Venetia Burney*, written by Alice B. McGinty, illustrated by Elizabeth Haidle. Ages 4 to 8.

❖ Edwin Binney is the creative entrepreneur in *Crayon Man: The True Story of the Invention of Crayola*

Crayons, by Natascha Biebow with illustrations (in color) by Steven Salerno. Ages 6 to 9.

❖ *Trees: A Rooted History*, written by Piotr Socha and illustrated by Wojciech Grajkowski, describes the various parts of trees, their purpose and history, and the state of deforestation. Ages 8 to 12.

❖ *Step Into Your Power: 23 Lessons on How to Live Your Best Life*, written by Jamia Wilson, illustrated by Andrea Pippins, helps ages 9 to 12 make decisions in the modern world.

Adult Fiction

❖ *Exhalation* is a collection of nine new and classic science-fiction stories by Ted Chiang.

❖ Lauren Kate’s debut novel, *The Orphan’s Song*, is a love story set in 18th-century Venice.

❖ *The Second-Worst Restaurant in France* is Alexander McCall Smith’s comedic sequel to his first Paul Stuart novel, *My Italian Bulldozer*.

❖ An eccentric economist changes his life in *Professor Chandra Follows His Bliss* by Rajeev Balasubramanyam.

Adult Nonfiction

❖ Ina De Clerq replicates popular skin-care products in the guide *DIY Beauty: Easy, All-Natural Recipes Based on Your Favorites From Lush, Kiehl’s, Burt’s Bees, Bumble and Bumble, Laura Mercier, and More!*

❖ Wildlife photographer Larry Laverty’s *Power and Majesty: The Plight and Preservation of the African Elephant* examines the challenges that these endangered animals face in their natural habitat.

❖ Frank DeCaro recounts the history of cross-dressing over the last hundred years, in *Drag: Combing Through the Big Wigs of Show Business*.

CHILDREN’S EVENTS

Come delight in **Jelly Jam Time Storytelling** with performer Risa Dye and her handmade puppets; for ages 3 to 5 with parent or caregiver. Saturday, Sept. 21; 10:30 to 11:15 a.m.

Join Miss Catherine for books, songs, chants, and movement at **Toddler Tales** every Thursday, from 10:15 to 10:45 a.m., or 11 to 11:30 a.m. Ideal for ages 16 through 36 months with parent or caregiver.

All events take place at the Noe Valley/Sally Brunn Library, 451 Jersey St. between Castro and Diamond streets. For information, call 415-355-5707 or visit www.sfpl.org.

❖ Ronald K.L. Collins describes the 1950s fight for free speech in *The People v. Ferlinghetti: The Fight to Publish Allen Ginsberg’s Howl*.

eBooks

❖ Richard Kirshenbaum’s novel *Rouge* tells the story of the rivalry between two beauty industry magnates.

❖ *The Last Tsar’s Dragons*, co-authored by Jane Yolen and Adam Stemple, is set in the days just before the October Revolution (the Russian Revolution of 1917).

❖ In *The Source of Self-Regard: Selected Essays, Speeches, and Meditations*, Toni Morrison shares her thoughts on Martin Luther King Jr., James Baldwin, and the dead of 9/11.

❖ Dan Albert describes the history of cars in *Are We There Yet? The American Automobile, Past, Present, and Driverless*.

DVDs

❖ A young man searches for his home in the 2019 drama *The Last Black Man in San Francisco*.

❖ In the 2019 sci-fi adventure *Avengers: Endgame*, a band of superheroes tries to correct the damage caused by Thanos in *Infinity War* and restore the balance in the universe.

❖ The 2017 documentary *Michelin Stars: Tales From the Kitchen* examines the culinary rating system.

❖ The documentary *They Shall Not Grow Old* explores the lives of 69 English high school boys, who were later killed in World War I.

❖ The 2018 documentary *Sinatra in Palm Springs* is set in the late 1940s through the early 1950s, and features film clips and interviews with celebrities of the era.

❖ A streetwise 14-year-old transforms into an adult superhero in the 2019 film *Shazam*.

Annotations by Voice bookworm
Karol Barske

BRANCH HOURS

Noe Valley/Sally Brunn Branch Library 451 Jersey St., 355-5707						
Sun 1-5	Mon 12-6	Tues 10-9	Wed 1-9	Thurs 10-6	Fri 1-6	Sat 10-6
Mission Branch Library 300 Bartlett St., 355-2800						
Sun 1-5	Mon 1-6	Tues 10-9	Wed 10-9	Thurs 10-9	Fri 1-6	Sat 10-6
Glen Park Branch Library 2825 Diamond St., 355-2858						
Sun 1-5	Mon 10-6	Tues 10-6	Wed 12-8	Thurs 12-7	Fri 1-6	Sat 1-6
Eureka Valley–Harvey Milk Branch Library 1 José Sarria Ct. (3555 16th St.), 355-5616						
Sun 12-6	Mon 12-6	Tues 10-9	Wed 12-9	Thurs 10-6	Fri 1-6	Sat 12-6



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and now for the
RUMORS
behind the news

Chow for Now

By Mazook

NEW TO WHET YOUR APPETITE is plentiful in our quaint urban village. New eateries are opening in long-vacant spots. Here are the headlines:

The Noe Valley Farmers Market has now expanded to bring you “Town Square Tuesdays.” More on that later.

The restaurant site SFEater.com published an article in August called “Where to Eat and Drink in Noe Valley—From Kid-Friendly Chicken Fingers to Date-Night Sushi and Pasta.” More on that, too.

A new eatery will reportedly serve Burmese cuisine at 1298 Church St. at 25th Street—the space that once housed Le Cupboard. The full-service restaurant application for “Inle Burmese Cuisine” has cleared a hurdle in the city planning process. But when the restaurant might open remains a mystery.

There are major rumors about the space vacated over two years ago by the PastaGina Italian food takeout/grocery, at 741 Diamond St. The “For Lease” sign was removed last month. However, everyone is mum. Word is the space will be occupied by another food takeout. But other sources say it’s a “food tech startup.” Hopefully they will have fresh healthy pasta.

If you have noticed any changes at Patxi’s Pizza, it is because the founders—and longtime supporters of the Noe Val-

ley Town Square—William Freeman and Francisco “Patxi” Azpiroz, who built it into a multi-state restaurant chain, sold out to Los Angeles-based Elite Restaurant Group at the end of last year. The Group has recently streamlined their Noe Valley branch operations. Sources say half of the business is now takeout/delivery.

The local favorite for Mexican cuisine, the Little Chihuahua, is not so little anymore. The restaurant will open its fifth location at 1431 Polk, on or around Labor Day.



FARM TO SQUARE TO TABLE: Noe Valley foodies will be happy to know they can now pick up fresh fruits and vegetables at “Town Square Tuesdays,” on Tuesdays of course, from 3 to 7 p.m. The weekly event started July 23 in the square at 24th and Vicksburg. Besides the mini farmers market, TST has kids’ activities and live and recorded music.

Several regular vendors from the Town Square’s Saturday morning event are selling their produce and prepared foods.

“We have had a good start,” says Jimmy Egoian from Twin Girls Farms, located in Sultana, California, “and we will know after about three months if it will be viable. It takes about six months for things to be really good.

“When Whole Foods was doing their rebuilding of the Noe Valley market about six years ago, we were given some space in the parking lot to sell our fruits on Tuesdays, and we had a lot of success,” says Egoian. “There were lots of shoppers on the street, so I’m optimistic that our Tuesday market will do well.”

Also setting up shop is the Herr Family Farm. “My mom and dad were one of the original vendors of this farmers market, back in 2003,” says Kou Herr. “We love the neighborhood and it fits right into our schedule for a midweek market. We are

planting more greens right now, which should come in mid-September.”

The Herr Family Farm is in Sanger, California. Regular market visitors will probably see dad Jay Herr helping his son at the market stand.

Also, Swanton Berry Farm, a Saturday vendor for many years, has set up a stand. They are located in Davenport, down the coast on Highway 1, just north of Santa Cruz.

The prepared foods are being offered by Native Baking Company and Juicy Lucy’s.

During my last Tuesday visit, music was being provided by Jose Segue. He described what he was playing as “an up-tempo festive thing—you know, with some old-school rhythm and blues.”

By the way, the Saturday market is busy-busy, and the crowds of kids and strollers have grown to epic proportions, with as many as 2,000 shoppers on a sunny day. The toddlers seem to be very attentive to their parents. The music draws the kids into a circle, and it has become a “cry-free” zone.



A MAP TO THE EATS: “Where to Eat and Drink in Noe Valley” was an article published by SFEater Aug. 2, written by Becky Duffett. Duffett started out by declaring that Noe Valley was “rolling deep in strollers and puppies but [not] particularly known as a dining destination.”

Then she named what she thought were the 15 best food spots in the neighborhood. Her list, though numbered, was organized geographically, she said, not hierarchically. It included Firefly Restaurant (4288 24th St.), the Little Chihuahua (4123 24th), Mahila (1320 Castro), Noe Valley Bakery (4073 24th), Vive la Tarte (4026 24th), Novy (4000 24th), Douglas (1598 Sanchez), Saru Sushi Bar (3856 24th), Hi-Way Burger & Fry (3853 24th),

Noe’s Cantina (1199 Church), Uma Casa (1550 Church), Lovejoy’s Tea Room (1351 Church), and Chloe’s Café (1399 Church).

In response, some local residents took to the social-networking site Nextdoor to gripe that their favorites didn’t make the list. Some of the preferences on Nextdoor’s long thread were Noeteca (1551 Dolores), Haystack Pizza (3881 24th), Rin’s Thai (4301 24th), and Bacco (737 Diamond). Nextdoorians also said Chloe’s should have been higher on the list (but then Duffett would have had to start at that end of the neighborhood).

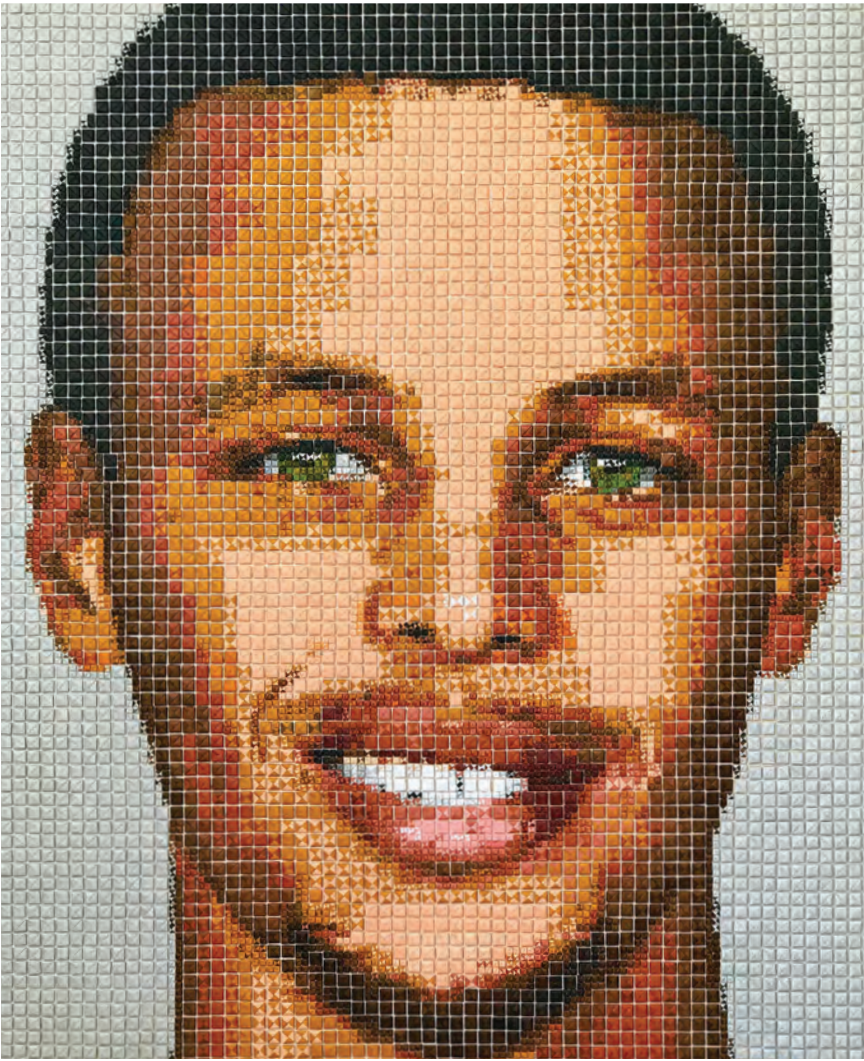
One question I had was, where are the chicken fingers? (The article failed to mention that they can be found at Hi-Way Burger.)

Noe Valley was also featured in *SF Weekly* last month. The Aug. 15 “Noe Valley Issue” included Nuala Sawyer’s story about the 1992 filming of the Whoopi Goldberg movie *Sister Act* at St. Paul’s Church; “Get to Know Your Local Cheesemonger” by Ida Mojada, about the 24th Street Cheese Company’s Charles Kung; and a story about the uncertain fate of our movie-rental store Video Wave, which finds its lease ending on Halloween this year.



FIVE-STAR HAIR: Speaking of lists, Noe Valley salon Fahrenheit was ranked among the top five hair salons in San Francisco in a Hoodline survey of Yelp reviews in late August. The salon, at 1195 Church St., came in third, with Yelpers giving it a five-star rating among 73 reviews. Numbers one and two were Backstage Salon on Polk Street, scoring 4.5 stars out of 218 reviews, and diPietro Todd Salon on Washington Street, which averaged 4.5 stars out of 307 reviews.

CONTINUED NEXT PAGE



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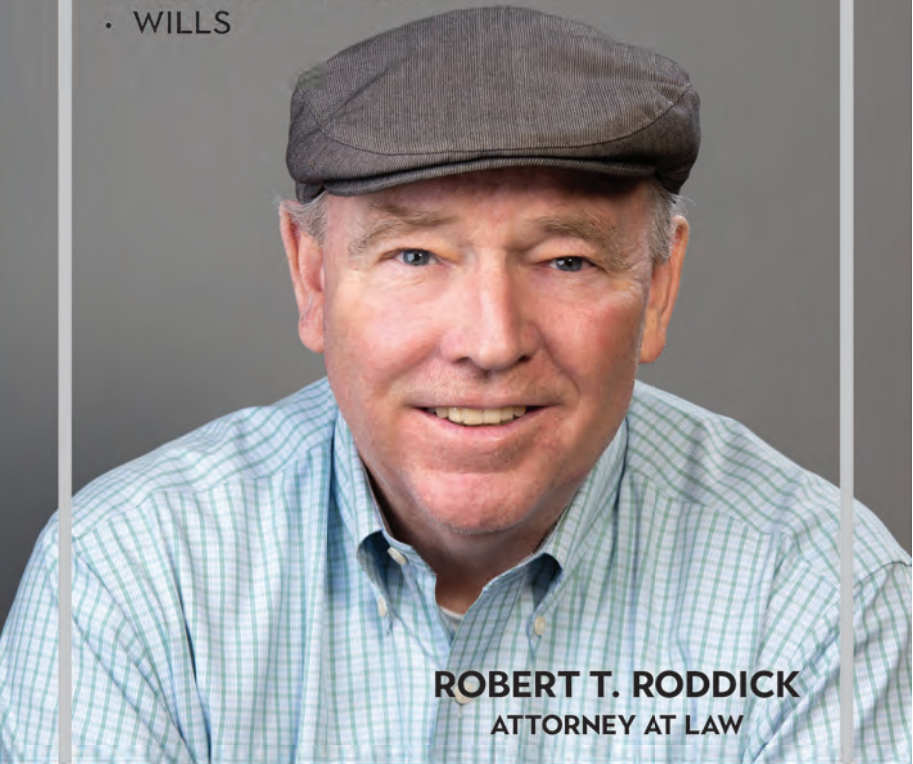
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The Faling Season: Some sidewalks and curbs in Noe Valley are showing evidence of the coming times of harvest. Photo by Najib Joe Hakim

RUMORS

CONTINUED FROM PREVIOUS PAGE

Nobody asked me, but isn’t five stars better than 4.5?



WHERE THE ART IS: Several neighborhood artists are painting every day for 50 days to be part of a group show at Sanchez Art Center in Pacifica, running Aug. 30 to Sept. 22.

“The art center has provided each of us with 50 six-by-six-inch panels, which we can then paint, collage, or whatever,” says watercolorist Kit Cameron, who works out of her studio/home on 28th Street. Cameron is among 65 artists from around the Bay Area who have been selected to contribute. Also exhibiting are Glen Park resident (and Little Chihuahua co-owner) Camila Fernandez, who is doing portraits, and Mission artist Jill Andre, who says her theme will be “single servings.” Sanchez Art Center is known for its innovative shows, so check it out.

The June release of the Netflix miniseries *Armistead Maupin’s Tales of the City* has inspired some viewers to go back and see the first *Tales of the City*, a series broadcast on PBS in 1994. *Voice* writer Matthew Bajko says, “My husband and I were watching the original *Tales of the City* series on Netflix over the weekend, and I kept seeing facades of buildings that looked familiar. I finally realized they had filmed in Noe Valley and used 24th Street as a stand-in for Russian Hill. Was a kick to see the old brick facade for the Italian restaurant where La Boulangerie now is with a sign that said Russian Hill Restaurant. The scene ends with Mary Ann Singleton meeting her creepy neighbor in the pedestrian alley that leads

to Savor’s back patio. I googled and see the *Voice* covered the filming when it took place in 1993.” You can read the *Voice* story in the June 1993 issue (Vol. XVII, No. 5) in the San Francisco Neighborhood Newspapers Collection at Archive.org.

Don’t miss local artist Lilli Lanier’s show of origami paintings at Lola’s Art Gallery on the corner of Sanchez and Clipper. Lanier is sure a chip off the old block, being the granddaughter of Noe Valley’s world-class artist, teacher, and mentor Ruth Asawa, who left us on Aug. 5, 2013, at age 87.

The opening reception will be Friday, Sept. 6, from 5 to 7 p.m. Lanier promises to show some of her origami earrings, which are available in local gift shop Wink (4107 24th).

“I am really excited about my show at Lola’s,” says Lanier. “You know, this is the first show of just my own art in about 10 years, and I am so happy that it’s in my very own neighborhood.”

Lola’s also hosts poetry readings on select Fridays. The last event was on Aug. 9 and featured SF Poet Laureate Kim Shuck, and poets Marvin Hiemstra, Kathleen McClung, and Cesar Love.



IT’S ONLY ROCK AND ROLL but I like it. On July 29, On Lok’s 30th Street Senior Center was feted at a “Cocktails for a Cause” fundraiser at Noe’s Cantina. The Cantina’s Liam Mayclem partnered with Ben Fong-Torres to host and emcee the event. As you are no doubt aware, Fong-Torres is a rock journalist, author, and radio broadcaster best known for his association with *Rolling Stone* magazine and the *San Francisco Chronicle*.

“I was very happy that we raised \$1,000 for On Lok senior services, and pleased that so many people attended the fundraiser,” said Fong-Torres. “I was

practicing mixing a ‘Reverse Manhattan’ for my stint there as bartender, which is from Maggie Hoffman’s book of batch recipes, which she calls ‘Happiness,’ but what I call ‘Warm Gun.’” By the way, that mix got its name merely because there is more vermouth than bourbon, says Cantina owner Tommy Basso.

Basso says the next big event coming to the restaurant will be a gathering on Oct. 4, 9 p.m., for a 12-year-old girl who has been fighting cancer for six years. The guest celeb will be Hooman Khalili, who is a morning show radio personality on Alice Radio 97.3 FM, which is sponsoring the fundraiser. Basso says the night will be “a big event.”



SHORT SHRIFTS: The Noe Valley branch of the Bank of America, at the corner of 24th and Castro, is modernizing the interior of its building for the first time in probably over 75 years. The plans are illustrated in artistic renderings on the temporary plywood wall that is creating a private office space so you can meet with your friendly banker.

After waiting six months for a PG&E hookup, the three residential units above St. Clair’s Liquors are finally tenant-ready, and the owners are now able to offer them for rent.

“It was a long wait for PG&E to complete hooking up the building,” says Mousa Khouri, one of St. Clair’s owners, “but what are you going to do?” He says all three units—two three-bedroom two-bath and the two-bedroom apartment on the top floor—are being offered at \$6,500 per month.

The contractor building the new fish market and café next door to the Noe Valley Town Square, to be called Billingsgate, says to all of you who are waiting with great anticipation, “We will be finished in about two months.”

The space last occupied by Rare Device, at 4071 24th, has now been taken over by “Third Eye Psychic—Chakra.” Someone answered the phone, but they must have foreseen I was a reporter for the *Noe Valley Voice*, and had no comment.

Everyone keeps asking what’s up with Shoe Biz, on 24th near Church. Wasn’t it closing? Well, they say they have reconfigured the store and will not be closing after all. But the 50 percent sale on shoes will continue.



KUDOS GO OUT to Just for Fun, which achieved entry into San Francisco’s Legacy Business Registry Aug. 12, having been recognized by the Small Business Commission as a “valuable cultural asset.” To be considered for legacy status, the for-profit or non-profit business must have operated for 30 or more years and “must contribute to the neighborhood’s history and/or identity.”

It was 33 years ago that David Eiland and his business partner Robert Ramsey started the gift store, now at 3982 24th St.

When we asked his reaction, Eiland referred us to his comment in the SBC announcement: “What started as a lark for a good time became our legacy, and it seems we have become a legacy for all. When we left the corporate world to start Just For Fun, we never imagined how much fun it would be, how many friends we would make, and what an impact it would have on us or the community.”

Eiland said he wished he had added a few more words: “Our greatest hope is that the store exists in Noe Valley for another 33 years.”



THAT’S ALL, Y’ALL: Have a great autumnal equinox on Sept. 23. Ciao for now. ■

Action SF, the National Movement in Your Neighborhood

www.facebook.com/actionsfsolidarity
Email: actionsfsolidarity@gmail.com
http://www.resistrypac.org
Meetings: Second Sunday, 3 to 4:30 p.m.,
Noe Valley Library, 451 Jersey St. All
welcome.

Al-Anon Noe Valley

Contact: 834-9940
Website: www.al-anonsf.org
Meetings: Wednesdays, 7:30-9 p.m.
St. Philip Church, 725 Diamond St. (park on
Elizabeth Street side; enter on 24th Street
through parking lot)

Castro/Eureka Valley Neighborhood Association

Website: www.evna.org
Address: P.O. Box 14137, SF, CA 94114
Meetings: See website calendar. Castro
Meeting Room, 501 Castro St., 7 p.m.

Diamond Heights Community Association

Contact: Betsy Eddy, 867-5774
Address: P.O. Box 31529, SF, CA 94131
Website: www.dhcasf.org
Meetings: Second Thursday, 7 p.m. Call for
location.

Dolores Heights Improvement Club

Email: info@doloresheights.org
Website: www.doloresheights.org
Meetings: Third Thursday of every second
month. Bank of America, 18th and Castro.

Duncan Newburg Association (DNA)

Contacts: Deanna Mooney, 821-4045;
Diane McCarney, 824-0303; or Sally Chew,
821-6235
Address: 560 Duncan St., SF, CA 94131
Meetings: Call for details.

Fair Oaks Neighbors

Email: hello@fairoaksneighbors.org
Address: 200 Fair Oaks St., SF, CA 94110
Street fair is the day before Mother's Day.

Fairmount Heights Association

Contact: Kathy Keller, 912-9365
Email: Kathy.Keller44@gmail.com
http://fairmount-heights.org
Meetings: Monthly social mixer and
discussion, 350 Amber Drive

Friends of Billy Goat Hill

Contact: Lisa and Mo Ghotbi, 821-0122
Website: www.billygoathill.net

MORE GROUPS TO JOIN

Friends of Dolores Park Playground

Contact: Nancy Gonzalez Madynski,
828-5772
Email: friendsofdolorespark@gmail.com
Website: www.friendsofdolorespark.org
Meetings: See website.

Friends of Glen Canyon Park

Contact: Jean Conner, 584-8576
Address: 140 Turquoise Way, SF, CA 94131
Plant restoration work parties, Wednesday
mornings and third Saturday of the month.

Friends of Noe Courts Playground

Contact: Laura Norman
Email: lauranor@yahoo.com
Address: P.O. Box 460953, SF, CA 94146
Meetings: Email for dates and times.

Friends of Noe Valley (FNV)

Contact: Todd David, 401-0625
Email: info@friendsofnoevalley.com
Website: www.friendsofnoevalley.com
Meetings: Two or three annually; held at
St. Philip's Church or James Lick School

Friends of the Noe Valley Recreation Center (Upper Noe Rec Center)

Contact: Chris Faust
Email: info@noevalleyrecenter.com
Website: www.noevalleyrecenter.com
Meetings: Email or check website.

Friends of 30th Street Senior Center

Contact: Marianne Hampton, 601-7845
Address: 225 30th St., SF, CA 94131
Meetings: Occasional. Call for details.

Friends of Upper Noe Dog Owners Group (FUNDG)

Contacts: Chris Faust, David Emanuel
Email: info@fundogsf.org
Website: www.fundogsf.org

Glen Park Association

Contact: info@glenparkassociation.org
Website: glenparkassociation.org
Address: P.O. Box 31292, SF, CA 94131

Juri Commoners

Contact: Dave Schweisguth, M17-6290
Email: dave@schweisguth.org
Website: www.meetup.com/Juri-Commoners
Meetings: Most last Saturdays, 9-noon.

Liberty Hill Neighborhood Association

Contact: Dr. Lisa Fromer, president
Email: efromer3@gmail.com
Meetings: Quarterly. Email for details.

Merchants of Upper Market and Castro

Contact: 835-8720
Email: info@castromerchants.com
Address: 584 Castro St. #333, SF, CA 94114
Meetings: Call for details.

Noe Neighborhood Council

Contact: Ozzie Rohm or Matt McCabe,
Co-founders
Email: info@noeneighborhoodcouncil.com
Website: www.noeneighborhoodcouncil.com
Meetings: Quarterly at Sally Brunn Library,
451 Jersey St., with date publicized on
website and Nextdoor.com.

Noe Valley Association-24th Street Community Benefit District

Contact: Debra Niemann, 519-0093
Dispatch: To report spills, debris, or garbage
on 24th Street, call Ron Vanini, 596-7089.
Email: info@noevalleyassociation.org.
Website: www.noevalleyassociation.org
Board meetings: Quarterly. See website.

Noe Valley Democratic Club

Contact: Hunter Stern, 282-9042;
hls5@ibew1245.com
Website: noevalleydems.com
Meetings: Fourth Tuesdays, Noe Valley
Ministry, 1021 Sanchez St., 6:30 p.m.

Noe Valley Farmers Market

Open Saturdays, 8 a.m. to 1 p.m., 3861 24th
St. between Vicksburg and Sanchez.
Contact: Leslie Crawford, 248-1332
Email: info@noevalleyfarmersmarket.com

Noe Valley Merchants and Professionals Association (NVMPA)

Contact: Rachel Swann, 225-7743
Meetings: Last Thursdays, Old Republic,
4045A 24th St., 9 a.m. Call to confirm.
Website: www.NoValleyMerchants.com

Noe Valley Parent Network

An e-mail resource network for parents
Contact: Mina Kenvin
Email: minaken@gmail.com

Noe Valley Parents, San Francisco

Listserv contact: noevalleyparent-owner@yahoogroups.com. Subscribe:
noevalleyparentssubscribe@yahoogroups.com

Outer Noe Valley Merchants

Contact: Jim Appenrodt, 641-1500
Address: 294 29th St., SF, CA 94131
Meetings: Call for details.

Progress Noe Valley

Facebook: facebook.com/ProgressNoeValley
Email: progressnoe@gmail.com
Website: progressnoe.com
Meetings: Check Facebook page for current
meeting and event schedule.

Resilient Noe Valley Initiative

Co-sponsor: Neighborhood Empowerment
Network (NEN). Host: David Brown, Pastor,
Noe Valley Ministry, sfreydab@gmail.com,
Noe Valley Ministry, 1021 Sanchez St.
Details: 282-2317.

San Francisco NERT (Neighborhood Emergency Response Team)

Contact: Noe Valley NERT Neighborhood
Team co-coordinators Maxine Fasulis,
mfasulis@yahoo.com; Carole Roberts,
carole_roberts@faludi.com
Website: http://www.sf-fire.org/index.aspx?page=879
Meetings: See website for trainings
scheduled throughout the year.

San Jose/Guerrero Coalition to Save Our Streets

Contact: Don Oshiro, 285-8188
Email: contact@sanjoseguerrero.com
Website: www.sanjoseguerrero.com
Meetings: See website.

Stand Up San Francisco

Contacts: Laura Shapiro, Phyllis Ball,
Paul Silverman
Email: info@standupsf.net
Website: www.standupsf.net
Meetings: At offices of members of
Congress, weekly.

Upper Noe Neighbors

Contact: Olga Milan-Howells, 756-4455
Email: President@UpperNoeNeighbors.com
Meetings: Bi-monthly on third Wednesday.
Upper Noe Recreation Center, 295 Day St.
Call to confirm.

All phone numbers are in the 415 area code.

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...at The Good Life Grocery



Back to Nature Crackers
6-8.5 oz -reg 4.99

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4.25 oz -reg 4.29

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\$ 2.49



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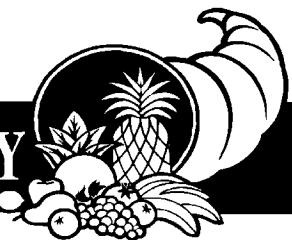
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What the World Needs Now. The prime ingredient of a healthy neighborhood was advertised outside Green Twig salon on Church Street in August.

Photo by Jack Tipple

Become a Friend of the Noe Valley Voice

Help the *Voice* Continue to Serve our Community



“... the *Voice* is the best neighborhood newspaper in the city, if not the state, if not the country.”

Kristin Anundsen, Noe Valley Resident

For over 40 years, the *Noe Valley Voice* has told the stories of many of the people, merchants, and animals who make this neighborhood one of the most sought after places in San Francisco to live, work, and shop. During that time, the *Voice* has become known as the best community resource of its kind.

Local businesses, institutions, and individuals who have purchased advertising space help us pay production costs and most of our contributing writers, artists, and photographers. We offer our heartfelt thanks to them.

But the past decade has seen a steady decline in our revenue, mostly due to competition from internet advertising options. It’s becoming ever more difficult to produce the paper.

If you appreciate what we do and are able to help financially, please send a contribution check or money order (payable to the Noe Valley Voice) to:

Friends of the Noe Valley Voice, PO Box 460249, San Francisco, CA 94146

Questions? Email editor@noevalleyvoice.com

Thank you! Jack Tipple and Sally Smith, Editors and Co-Publishers