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San Francisco will have a hard time affording the expected increase in police officers’ salaries, benefits, housing credits, equipment, and jail. Remember that the city’s budget and revenue are at an all time high!

Let’s Get Mikey!

any of you remember the old San Francisco commercial “Let’s Get Mikey.” Two boys are pushing a bowl of cereal over to Mikey and he digs in with his big spoon. “Mikey likes it!” one kid yells euphorically, giving the cereal the stamp of approval. The other one says, “Let’s get Mikey. He won’t eat it. He hates everything. They push the bowl over to Mikey and he really digs in with his big spoon. “Mikey likes it!” one kid yells euphorically, giving the cereal the stamp of approval. In the case of City Hall officials, it is not “Mikey,” it is City Hall officials.

This $250M bond for affordable housing could have been handled with existing and future city funds if prioritized, without asking taxpayers to pay the bill and cost millions in bond interest payments. But City Hall gets its cake and eats it too...

Why did District seven Supervisor Norman Yee, heretofore a staunch supporter of police, vote against increasing a depleted San Francisco police force?

Representing District seven, San Francisco’s most conserva- tive District, Yee did the unthinkable—he voted against adding more police classes. Yee is now paying the price as many of his District Seven supporters are angry with him.

A simple non-binding Board of Supervisors resolution regarding new police staffing levels suddenly became a battleground over how many police officers are needed to effectively stop crime in San Francisco.

Presented on Tuesday, June 23rd, the resolution (150628) is the first step in establishing a Board of Supervisors policy that police staffing levels be adjusted to account for population and neighborhood growth, including adjusting the definition of “minimum staffing” upward by several hundred officers. The term “minimum staffing” is open ended and not defined.

The resolution became contentious and passed on a 6–5 vote. Supervisors Wiener, Farrell, Cohen, Tang, Christensen and Breed voted “yes” to pass the resolution and Yee, Avalos, Campos, Mar and Kim voted “No.”

Yee has already cast city budgets which have allowed eight police academy classes to graduate. He has always stated the need for more police, but still people are mad because he did not support a poorly-written, non-binding resolution.

The current number of sworn police officers is supposed to be a primary cost to the homeowner. The Statement will provide a cost to the homeowner.

The voter pamphlet comes out, the Controller’s Office and the City Auditor are supposed to go through the budget and see how much is available.

The mayor or Board President who funded the campaign is the person who will inform the voters sooner.
Laguna Honda’s Patient Gift Fund
By Dr. Maria Rivero and Dr. Derek Kerr

Health Commissioners and Laguna Honda Hospital (LHH) executives hold monthly public meetings at the hospital to discuss LHHi-specific issues. Few from the public bother to attend these Joint Conference Committee meetings as they conceal more than they reveal. Case in point, hushing changes to the Patient Gift Fund that provides amenities for the “pleasure, comfort and happiness” of LHH residents.

On 3/10/15, LHH Finance Chief, Chia Yu Ma, added this afterthought to her Gift Fund report: “Based on the Controller’s Office recommendation, we have been working … to slowly move our (Gift Fund) stocks from the Treasurer’s Office control to Charles Schwab.” At LHH, such afterthoughts and mumbo jumbo aside, warrant scrutiny. Turns out that Ma buried something about the $2.4 million Gift Fund, most of which is in donated stocks. A week before, the City Treasurer’s Office had advised her to sell the Gift Fund’s $1.3 million stock portfolio. After receiving the written “sell” recommendation on 4/13/15, Ma again withheld it from her 5/12/15 Gift Fund report. Also omitted was a $480,000 donation received weeks before from retired LHH physician Milka Rols.

These non-disclosures resembled those preceding the Gift Fund scandal of 2009-10. Briefly, the Gift Fund then held $2 million, including stocks donated in 2009-10. Briefly, the Gift Fund then held $1.3 million in donated stocks. Another $835,000 was frozen in stocks and $543,000 was locked in the interest account. This cash crunch triggered warnings that the Gift Fund was bankrupt. Patient activities like bus-trips were curtailed, yet impermissible expenses for staff perquisites surged.

Pillaging and mismanage-
ment depleted cash hold-
ings to $185,000 in late 2009. Another $835,000 was frozen in stocks and $543,000 was locked in the interest account. This cash crunch triggered warnings that the Gift Fund was bankrupt. Patient activities like bus-trips were curtailed, yet impermissible expenses for staff perquisites surged.

The Controller dropped the promised follow-up audit to quell negative publicity. Fortunately, a $500,000 bequest from the Knight estate returned Gift Fund assets above $2 million in March 2013. Amidst bullying allegations in July 2013, Bill Frazier, Director of LHH’s Activity Therapy Department, was reassigned as Gift Fund Program Director, a newly created post. The move also freed him from justifying cuts in patient activities due to misappropriations upstream.

Ma’s censored Joint Conference Com-
mittee presentations contained grains of truth. In a lashing 2010 audit, the Controller did urge LHHi to “actively manage” Gift Fund stocks, but Ma said nothing about the 4-year delay. Schwab’s role, selling the stocks, or Rols’ $480,000 donation. Instead, CEO Miscio Hirose took center-stage at DPH headquarters to spin highlights before the full Health Commission, leaving crumbs for Ma to dispense at LHH. As in 2010, the WSD had to dig for answers.

A visit with Michelle Durgy, the Treasurer’s Chief Investment Officer since September 2010, revealed that her “tremendously understaffed” team began organizing the stocks in mid-2011. A collaboration with Merrill-Lynch collapsed, so Schwab began managing the stocks in July 2012. By May 2014, $660,000 in Gift Fund stocks had been quietly transferred to Schwab. According to the Administrative Code, the Treasurer is only authorized to sell or hold stocks, not trade them. Licensed brokers are better equipped to handle stocks. The Treasurer’s spokesperson, Stephanie Prof-
itt, assured that so far, “there are no costs” and that Schwab “has no decision-making role in transactions.”

Records show that since May 2014, Bill Frazier’s patient advocacy and energetic tracking of Gift Fund assets got results. He lobbied the City Treasurer to 1) transfer all Gift Fund stocks to Schwab, 2) collect the dividends and interest held by Schwab, 3) check the status of all Gift Fund stocks, and 4) reconcile LHH’s records with Treasury logs. In typical e-mails, Frazier empha-
ized, “We want the dividends in order to enhance the lives of our residents” and “We want it all.”

Frazier and Treasury Investment Offi-
cier Hubert White powered through a mess of scattered, neglected stocks until the $1.3 million portfolio was consolidated under Schwab in January 2015. However, there was a $120,000 discrepancy between stock values reported by LHH and the Treasurer. Elisa Sullivan of the Controller’s Office explained that “the amount is not missing,” just spread among various stock transfer agents. But 185 shares in General Motors, Delphi and Bethlehem Steel became worthless due to bankruptcies. The fact that LHH didn’t receive any statements about its 104 Delphi shares since 1999 didn’t raise alarms. In 2009, LHH lost track of 2241 shares in Sprint-Nextel. In 2012, they landed in the State’s Unclaimed Prop-
erty Fund. When located two years later, they had been sold for $17,736, which Fraz-
er and Treasury}
The June meeting of the West of Twin Peaks Central Council featured updated information on the Balboa Reservoir Project survey, the election of new officer candidates for the 2015-16 term and lots of debate and discussion on "surplus" land in the city.

The meeting, the agenda for which was already ready, opened with President Roger Ritter introducing the agenda so that discussion could be held early on to the WOTPCC’s support a resolution to Increase the staffing of the San Francisco Police Department. The SFPPD has been understaffed for several years and the resolution, authored by District 8 Supervisor Scott Weiner would move to not only bring staffing to the Charter allowances of 1971 officers, but also increase the concept of declaring what city-owned land, terming the process as "un transparent government of determining what is "surplus" land, and inviting attention to a district attorney's lack of performance; he has endorsed the District Attorney for reelection and co-sponsored a fundraising party for him. No amount of court has sought to contest such reelection.

Information showed last month that San Francisco’s arrests decreased 42% last five years, including serious or violent crime arrests, while on the other hand, the first five months of this year serious or violent crime rose 16% and property crimes 20%, including arson, which increased 48% from 2014. The District Attorney sought unsuccessfully in June an appropriation for a panel of three hand-picked, famously liberal retired judges to investigate the possible dismissal of about 3,000 convictions on the premise many resulted from “racism” by San Francisco police officers.

It is interesting to note there was little to no support for the following items: Affordable Housing, Public Art, Education Programs, Social Programs, Office Space. Another issue in the process is that the CAC (Citizens Advisory Committee) has not been activated, as the Mayor’s office has not completed all of the appointments necessary to activate the CAC process. A “dominant” proposal to build a new Performing Arts Center at City College has come back onto the radar (now that City College has made a site decision). Bond money was earmarked for the center, and has to be used for that purpose. As the proposed location of the center is adja cent to the Balboa Reservoir, the development challenges and discussions become even more detailed.

Guest speaker Peter Cohen, from the Council for Community Housing, also spoke about "surplus" land and that properties listed as “surplus” by city government challenges and discussions become even more detailed.

"We want to have a transparent government of determining what is "surplus" land, terming the process as "un transparent," with no public hearings. In addition there seems to be no one person who has an accurate tally of what each department has in land parcels.

In the final piece of activity for the evening, a motion was forwarded for the WOTPCC to co-sponsor a Transportation panel on Monday, June 29 at 6:30 PM at the Squat and Gobble Restaurant at 1 West Portal. There is no cost for the co-sponsorship. The motion was seconded and approved by a unanimous voice vote.

As this was the final meeting prior to the summer recess, the next regular meeting will be on Monday, September 28th at 7:30 PM at the historic Forest Hill Clubhouse.

For more information see the WOTPCC website (www.westoftwipeaks.org).
full duty officers in the City is 1,730, down from 1,951 in 2010. The City Charter as adopted in 1994 defines full staffing as 1,971 officers. Yet, that number has not changed in the last five years, said San Francisco has grown significantly since 1994 – from 742,000 to 811,000, an increase of 13.3%.

How may police officers should we hire before the city starts over-hiring?

The June Board of Supervisors “police hiring resolution” led to a lead in hiring. At least 283 more police officers, all at the cost of more than $40 million a year, is an addition to the 241 new police who are already in the mayor’s existing budget.

San Francisco will have a hard time affording the expected increase in police officers’ salaries, benefits, housing credits, equipment, and jails. Remember that the city’s budget and revenue is at an all time high. Five years ago, the Supervisor Budget Committee said, “The Reduced Penalties for Some Crimes Initiative,” “has created its own crime wave. California has created its own crime wave.

Mirkirimi further stated, “this program allowed police officers and events and have them work with the police. This number of sworn officers (sheriffs) that work with prison-staffing decisions.

or 51-percent of jail capacity is currently being used. There is no legislative mandate as to what these new numbers mean. Those are not included. The Jury notes 

“High Costs of City Attorney's Advice (Retaliation and Civil Rights of City Employees) in May 2011 to a whole host of Observer articles across the years by former Laguna Honda Hospital whistleblowing physicians, Derek Kerr and Maria Rivero.

On June 8, San Francisco Civil Grand Jury released its report “San Francisco’s Whistleblower Protection Ordinance Is in Need of Change.” It’s a damning indictment of San Francisco’s Whistleblower Protection Ordinance (WPO), which promises to protect City employees, expand the scope of covered disclosures, and provide meaningful remedies to allow the Ethics Commission to order cancellation of a retaliatory job action, along with other recommendations.

The Grand Jury reports San Francisco’s WPO protects only employees who make disclosures “in-house.” In other words, the WPO only covers those government wrongdoing complaints only to certain City government agencies and in certain approved ways; otherwise, the WPO doesn’t apply and provides no protections.

WPO doesn’t apply and provides no protections. The jury noted “[The WPO] does not protect disclosures that are made by other entities, or to persons or entities that are not listed in the ordinance: for example, to news media, to outside law enforcement agencies, or to elected officials outside City government.”

Nor are complaints filed with the FBI. The WPO does not protect disclosures that are not listed in the ordinance, in certain approved ways. The jury notes whistleblower protections for City employees.

The WPO prohibits only a few types of retaliation: termination, demotion, suspension, and similar actions. It’s a far cry from the wide range of protections for City employees, expand the scope of covered disclosures, and provide meaningful remedies to allow the Ethics Commission to order cancellation of a retaliatory job action, along with other recommendations.

The WPO’s Evolution

The Grand Jury reports San Francisco first addressed whistleblower protection when then-Mayor Art Agnos signed the Improper Government Activities Ordinance (IGAO in 1984). That covered employees injured by retaliation to sue for a patently $500,000 in civil damages. Agnos hired Ed Lee to be the whistleblower protection ordinance’s first investigator.

Within 11 years, the Board of Supervisors managed to repeal the IGAO in 2000, replacing it with the WPO. When Mayor Lee’s re-election victory provided increased funding, the Board of Supervisors in 2007 further expanded the WPO to cover City Attorney employees. Since 2007, the City Attorney’s costs have increased from $256,162 to $1,078,488 in 2010, a 328.6% increase, pointing to a culture of increasing retaliation during Mayor Lee’s tenure.

In the wake of shrinking protections for City employees, voters passed the 2003 Proposition C, the Grand Jury reports the WPO essentially remains as it was before the 2003 Charter change because the Board hasn’t made substantive changes in anti-retaliation provisions.

The Jury also recommended that the Ethics Commission should recommend an amendment to the WPO that would amend the WPO. The Jury also recommended amendments to the WPO to expand the definition of whistleblower, the scope of covered disclosures, and provide meaningful remedies that would allow the Ethics Commission to order cancellation of a retaliatory job action, along with other recommendations.

The Surge of Cases Since 2012

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Upick In Retaliation Lawsuits Against Mayor Lee’s Tenure

My May 3, 2013 Westword Observer article on the high costs of retaliation and bullying of City employees explored 105 cases involving prohibited personnel cases between 2007 and 2012. That article included a pie chart showing the 105 settlements cost $121 million to settle with Plaintiff victims, including at least $1.4 million to settle 14 “wrongful termination” cases.

In addition, costs were substantially higher when City Attorney costs were added in. Deputy City Attorney spent a total of 43,195 hours at a total cost of $8.3 million defending the 105 cases, bringing the combined total actual settlement awards plus City Attorney time to settle 14 “wrongful termination” cases. It’s a far cry from the wide range of protections for City employees, expand the scope of covered disclosures, and provide meaningful remedies to allow the Ethics Commission to order cancellation of a retaliatory job action, along with other recommendations.

In response to a records request seeking updated records involving prohibited personnel practices lawsuits filed between mid-2012 and May 15, 2015, the City Attorney’s Office provided additional data. In response to a records request seeking updated records involving prohibited personnel practices lawsuits filed between mid-2012 and May 15, 2015, the City Attorney’s Office provided additional data.

An analysis shows the 105 previously reported prohibited personnel practices lawsuits between 2007 and mid-2012 has soared to an additional 126 wrongful termination cases between 2007 and 2012, a 128.6% increase, with more than half of them filed by employees injured by retaliation to sue for a patently $500,000 in civil damages. Agnos hired Ed Lee to be the whistleblower protection ordinance’s first investigator.

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The additional 121 cases settled between 2012 and 2015 have cost the City another $122 million, including $3.6 million in settlement awards and $8.6 million in City Attorney costs involved in litigation, bringing the total to at least $52.6 million since 2007, and that’s not counting settlement amounts and the City Attorney’s costs for time and expenses for the 66 pending cases that still haven’t been concluded.

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The latest policy development provides more cause for concern. Competitive bidding is how public works have traditionally been contracted out. The public entity (here SFPUC) prepares detailed plans and specifications, and contractors bid. The low bidder wins the contract, and the public gets what done at lowest cost. It is fair to bidders.

As public contracts have become less about physical work and more about social work—local business promotion, and local gratitude factor—proponents do not apply these restrictions to the current power monopoly. This has been given (or paid?) for space in your newspaper. The Westside Observer is a free monthly newspaper serving the entire West of Twin Peaks area of San Francisco.

I was dismayed to see you published Tony Hall’s article “Catholicism Anyone.” His comments are not related to the Westside, nor should they have been published under the banner of “Former Supervisor.” He was responding to the ad in the Westside Observer, which is part of the Westsider Chronicle and as such should have paid for an ad (in the Chronicle) to respond, not been given (or paid?) for space in your newspaper. Mr. Hall may be unhappy with his fellow Catholics, but his is a religious issue, not a political one. The point at which the days neither lengthen nor shorten. In other words, when time stands still. That may be the astronomical beginning of summer in the Northern Hemisphere, but it is much less of a fixed date, neither lengthen nor shorten. In other words, when time stands still. That may be the astronomical beginning of summer in the Northern Hemisphere, but it is much less of a fixed date, neither lengthen nor shorten.
John Farrell/Bonds (Cont. from p. 1)

The city is still asking homeowners for cost millions in bond interest payments. But City Hall gets its cake and eats it too, in compliance with the City of San Francisco’s Inclusionary Housing Program, as proposed 12½ percent of the newly created housing units (not including the rent controlled units) will be rented at below market rate. Together with the 86 rent controlled units, approximately 30% of the homes in this project will be either rent controlled apartments or below market rate units.

The project is at the beginning of a multi-year entitlement process. There is no immediate activity contemplated on this property for several years. Residents are not being asked to make plans or commitments of any kind at this time. While the planning process is proceeding, while it is too early in the process to provide exact details, Westlake’s goal is to minimize the need for residents to relocate during construction to the extent reasonably possible. More info at the kirkhamproject.com/

Laguna Honda (Cont. from p. 2)

The redevelopment plan complies with the existing zoning’s density and 40 foot height limit. The redevelopment plan includes 86 rent controlled units, and the project’s plan if prioritized, withuture could have been handled with existing and the future city is still prioritized, with out asking taxpayers to pay the bill and cost millions in bond interest payments. But City Hall gets its cake and eats it too, because it knows what Mikey likes. I can’t get over the fact that the May- or’s FY2015-16 budget of $8.96 billion was $1 billion more than it was 2 years ago and City Hall is still asking homeowners for more. Something is really wrong here.

I wish everyone a wonderful and safe summer!

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

Kirkham Project: Replace 86 units with up to 460 units

Located near the intersection of 5th Ave. and Kirkham St. in the Inner Sunset Dis- trict, the Kirkham Heights Apartment complex was built in 1950 and was designed around the car as the primary mode of transport. Westlake Urban is proposing to redevelop the 86-unit property, creating up to 460 new residential units. The project will be built within the currently developed area of the 6.35 acre site, preserving two acres of the property’s existing forest. The proposed site plan complies with the existing zoning’s density and 40 foot height limit. The redevelopment plan includes 86 rent controlled units, and the project’s plan includes the opportunity for all existing tenants to return to new rent controlled units. Throughout the redevelopment process, Westlake Urban intends to comply with all requirements of the San Francisco Rent Control ordinance and other applicable San Francisco laws and agreements.

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The mayor’s position on the issue I would have welcomed it. To be fair, the Board of Supervisors did not exactly distinguish itself for know- ing key facts when it approved the short- term rental measure last fall. But after people on all sides of the debate acknowled- ged that a rushed process made for bad legislation, six months of additional time—plus very detailed policy analysis—would have welcomed it. The Board of Supervisors did not exactly distinguish itself for know- ing key facts and engaging in a more knowledgeable discussion to the extent reasonably possible. More info at the kirkhamproject.com/
On Tuesday, the Board of Supervisors took a vote on a non-binding resolution to establish a district policy to support increasing the number of police officers in San Francisco based on population growth. We have heard from many District 7 residents who were perplexed by our decision to oppose this resolution. Since the media did not cover my perspective or the reasons for our unaltered position, it was my duty to explain my decision.

The resolution introduced by my colleagues did not simply state that we wanted to increase the number of officers in our current needs. In essence, the resolution requested that the new officers be trained to support any future needs. Instead, the resolution called for increasing our police force beyond 2,200 officers. The 2,200 figure is based on an old report completed in 2008. The sponsors of the resolution did not even bother to have a discussion with the San Francisco Police Commission, the straight body of the SF Police Department, about this goal. I have an issue with supporting a policy statement that does not offer an open, transparent dialogue about the real needs to support an increase.

I also want to point out that this resolution is not impactful. It is merely a statement—nothing is to be gained by it. If we really want to talk about increasing public safety, we should be looking at proactive ways to determine the needs of our city. We have at least two years before the SFPD can even reach the 1,971 goal established by our Charter. I wanted to get to a point where we are able to make the call to increase the number of officers based on a comprehensive process. I offered to amend this resolution to include a process to determine how many police officers are needed in the City based on current trends. I wanted to take the politics out of this vote.

I completely support our police force and look forward to getting our District 7 stations fully staffed to serve our residents. But, as we plan for the future, I want to continue this conversation and approach the question of appropriate staffing for all our Public Safety departments in a comprehensive way.

I hope this helps to clarify my position on this resolution. Let’s make sound, logical decisions rather than political ones. It’s only fair to the residents of our District and this great City that we take the time to do it right. (June 24, 2015)

West of Twin Peaks Central Council: Letter to Supervisor Yee

As a district supervisor, you were elected to serve the constituents of District 7 as one of eleven on the Board of Supervisors, the legislative branch of government, as our voice in City Hall.

As the West of Twin Peaks Central Council, comprised of 20 homeowner associations and neighborhood organizations, sent a detailed letter to the Board of Supervisors stating our unimpaired support for the population-based police staffing resolution, after discussion and a vote at our June 22, 2015, meeting. The matter was on the board’s calendar for the next day, and the organizations present at our meeting wanted our position to be known to you. Additionally, your legislative aide, Matthias Morrow, attended the WTPCC meeting and seemingly supported the statements by a delegate that, as the elected district supervisor, you understood clearly that your duty and responsibility is to represent our interests in City Hall. That’s your vote—opposing the resolution to increase police staffing—came as such a disappointment to us. We have read your statement outlining why you voted against the resolution. With all due respect, we believe that it does not adequately address our concerns, as set forth below.

A taxpayer funded, independent study by the City Controller, published on June 10, clearly outlines the relationship between increased population and decreased police staffing. Moreover, the resolution had the support of a majority of your colleagues, so what was to be gained by opposing a non-binding resolution supported by your constituents?

The Controller’s audit clearly stated that San Francisco’s total crime rate (violent and property) per resident and daytime population in 2013, was the second highest among the six other cities studied. The property crime rate was also the second highest in the survey group, only lower than Oakland’s rate. At the same time, the staffing levels of San Francisco’s sworn staff per 100,000 residents (239 officers) and daytime population (201 officers) were lower than the peer group averages. San Francisco was the most densely populated city, and compared to others, it falls below the peer trend line for number of sworn officers per square mile. The resolution simply supports the data gathered by City Hall’s trusted auditors. So aligning your vote with a minority of members on the Board of Supervisors is perplexing.

We stated that we support investment in community policing. As neighborhood leaders, we also support programs and philosophies that promote organizational strategies that enhance the systematic use of partnerships and problem-solving techniques, to proactively address the immediate conditions that give rise to public safety issues, such as crime, social disorder, and fear of crime. Our members know public safety issues are complex and how important it is for our neighborhoods to prevent crime and try to eliminate the atmosphere of fear it creates. Earning the trust of our communities enables law enforcement to better understand and address both the needs of the community and the factors that contribute to crime.

In this case, the San Francisco Police Department staffing is a continuous, increasingly complex challenge, given our City’s rapid population increase, compounded by overall affordability issues, making recruitment and retention of officers difficult. We understand that police staffing in a time of increasing attrition, expanding law-enforcement responsibilities, and increasing public perception of police, is no small matter for City government.

As your constituents, we simply want to ensure that the number of police officers meet the demands placed on them in a cost-effective and ethical manner for the safety and peacefulness of our neighborhoods and property. We sincerely hope you will do the same.

We would be happy to meet with you to discuss this matter further.

Roger Ritter, President, West of Twin Peaks Central Council • July 1, 2015

MUNI Service Improving?

By Glenn Rogers, PLA

The City believes mass transit needs improving. Does anyone see an improvement of the “on time” performance of MUNI today from yesterday? With construction going on at a record pace, and traffic often blocked with utility improvements, not to mention additional laborers, traffic is worse. One solution for better MUNI performance has been to limit or restrict service, creating hardships for the elderly, the disabled and the handicapped. Even eliminating bus stops to hospitals is considered an improvement in service. However, with an outcry from the public, the 33 bus will postpone canceling its service to San Francisco General until 2020, then review this policy again. No doubt, there will be fewer elderly activists present then to stop this idea. Usually, seniors and those with disabilities move to locations where mass transit provides services to health care. Now, these same citizens will need to move to gain MUNI.

The Private Taxi Congestion:

Unable to drive and Lyft are to remove congestion in San Francisco, reducing the need for individuals to travel downtown. Well, with 16,000 to 11,000 vehicles working for Uber alone on a daily basis, it is adding to traffic congestion, not solving it. In addition, Uber wishes to add an additional 120 vehicles to improve service. Uber is the largest of these private taxi services but Sidecar and Lyft also contribute to congestion. SFMTA controls the 1,812 taxis operating in San Francisco today, preventing more taxis from causing gridlock. Uber has no such control over its service providers.

Private Buses a Boom or Bust to Neighborhoods:

Assembly Bill 61, which would make permanent the Commuter Shuttle Pilot Program, whereby private buses use MUNI bus stops, is presently on hold. Private buses for employees of Google, Apple and Salesforce are prime examples of those that would benefit from this bill. At first glance this pilot program that was to last 18 months would seem to benefit the public, with less commuters on the road; however, let’s look at this further. Studies have shown that renters who live beside private bus stops are finding their rents increase, allowing well paid tech workers to replace them.

Cont. p. 9
When life gets busy it’s easy to become more passive about managing your bank accounts and credit cards by letting receipts, bills and statements pile up. Even if you regularly keep up with your finances, it can be beneficial to take a fresh look at them. Simplify your financial life with these three strategies.

1. Go paperless.

It’s easier than ever to access financial documents online. Choosing paperless convenience will not only make your life more efficient and clutter-free, it’s also environmentally friendly. A good place to start is by requesting electronic statements and opting out of printed ones from the companies who send you regular bills. Consider going paperless with your bank, credit card companies, your cell phone and cable providers or your electric company. You’ll then receive an email when your statement or bill is ready each month. This gives you the option to download and store your statements electronically and also to print as needed and file if needed.

If you’re not already enrolled in direct deposit with your employer, make sure to get this set up. It saves a trip to the bank on pay day and you get to enjoy the fruits of your labor sooner. While you’re at it, go ahead and request electronic receipts at the store when they’re offered in lieu of stuffing them in your pockets or purse.

2. Consolidate where you can.

There are several corners of your financial life that can be simplified through consolidation. Retirement accounts are one of those areas. If you’ve worked for several employers during the course of your career, you’ve probably acquired a few retirement accounts along the way. Accumulated assets left in a former employer’s retirement account are still yours, but they sometimes offer less investment flexibility. If you like the idea of having fewer accounts to keep track of, or if you prefer to actively manage your retirement dollars, consider consolidating them into a single retirement account. There’s a lot to consider when it comes to rollovers so it’s important to weigh all of your options carefully. (Consider a direct rollover, as withholding tax and tax penalties may apply for cash withdrawals.) Credit cards and debt are two other areas where consolidation may be wise. Is it time to chop up the card that carries a hefty annual fee? Are you carrying a credit card balance that is snowballing due to high interest rates? It may be financially advantageous to pay off the cards with the highest interest rates and either close the account or put it away for emergency use only. It’s a relief to have fewer cards to manage, along with a plan for extinguishing debt.

3. Turn to the professionals.

As you sort through your financial choices, enlist the right team of professionals to assist you. Helpful professionals may include a tax advisor or an accountant, who can provide guidance on how to put your best tax situation, and a lawyer who specializes in estate planning. Also consider consulting a financial advisor who can help you streamline your financial life and accelerate your financial goals by recommending specific strategies based on your individual situation. Each of these professionals can share insights with you and help you eliminate unnecessary financial clutter.

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

Jerry Cadagan (Cont. from p. 1)

Cadagan was very much aware of the decline of the Lake and its natural habitat. His concern for it went beyond just a small circle of family and friends. His love for Lake Merced was part of his passion for all the waterways and great outdoors. As Morten explained, “the depth of his water resources knowledge, legal analysis, political acumen gained in various water wars, was immense. And so was his media savviness and most of all, his tenacious advocacy for nearly 20 years. He did not give up in his efforts to revive the City’s environmental jewel, Lake Merced.”

Ironically as Morten pointed out, “Jerry’s initial profession was as a corporate attorney for Crown-Zellerbach, a major supplier of paper. But when Jerry discovered river rafting in the 1970s his life took on a new direction.”

He and his wife Kristin Ann (Sullivan) Cadagan shared a love for the outdoors and concern for the environment, so much so that they moved from the SF Bay Area to Seneca, to be closer to another one of Cadagan’s concerns, the Tuolumne River.

Staff at Tuolumne River Trust, like Peter Derkmeier, hold Cadagan in high esteem because of the work he did not just for Tuolumne or Lake Merced, but for all of the waterways. Organizations like “Friends of the River” remember Cadagan for his commitment to preserve, protect and defend the natural habitat of the rivers, not just in the Bay Area but throughout the State of California and the nation.

John Amadio, who worked with the Sierra Club back in the 1980s and 90s, admitted he was a bit wary of a former corporate lawyer who had worked for a paper company. Yet like Morton, he too recognized that Cadagan’s legal training and sharpness served the cause of environmental issues very well. “He brought the rare combination of a keen strategic mind that could dissect both policy and political ramifications, and then devise strategies that were not only effective, but fun to pursue,” said Amadio.

While Cadagan’s interest and concern for environmental issues broadened, the Westside Observer witnessed Cadagan’s deep affection for Lake Merced. Even though he had to commute from Seneca, Cadagan was in attendance at just about every meeting and proceeding concerning the lake. His voice was at times the only one that could withstand the on-going bureaucracy that entangled Lake Merced and its future.

“Jerry was often the only one able and willing to fight ‘the two headed monsters,’ the San Francisco Public Utilities Commission and SF Recreation and Parks,” said Morten. The SFPU, often referred to as SF Water Power Sewer, Assistant General Manager of the Water Enterprise, Steven Ritchie and Cadagan would clash, as some of the various meetings and community gatherings could get heated and go on for hours.

“But Jerry was never antagonistic,” said Morten. Jerry always maintained his ground very respectful of the opposition or adversaries he faced.”

Along with Morten, many referred to Cadagan as “a warrior.” Cadagan was always willing to go up against the larger powers that can often sweep away any concerns a local community might have about something as monumental as Lake Merced.

Despite his wit, humor, tenacity, fortitude and charm, Cadagan was only human. His son Brent told the Westside Observer that the death of his wife Kristin was a tremendous loss to the Cadagan family. She had been driving to visit with friends during the Thanksgiving season this past November of 2014 and died from a car accident.

Morten said, “Kristin’s death was too much for Jerry.” The family of Jerry and Kristin Cadagan ask that donations be made to a favorite environmental charity in their memory.

Jonathan Farwell is a local journalist.
Proposition 218 – The courts are speaking – listen!

By Brian Browne

Finally, a way to fight utility cost increases, also known as local property tax increases, that can actually help citizens. Proposition 218, changes for utility services (local government taxes) are forecast. Ascending tier pricing, where each additional block of water (or gas, electric, etc.) costs more, could be scrapped and the right to issue revenue bonds ceded back to the voters. Such changes will depend on how assertive citizens are in demanding their constitutional rights to vote on local government tax increases, which include utility services.

A marginal cost approach to setting rates is good news for rate payers and overall macroeconomic efficiency of utilities working in the United States and other drought areas, particularly Australia, have concluded that marginal cost pricing leads to a more efficient use of water resources, and more optimally complements the economy than is found under ascending tier pricing regimes. This, of course, is based on valuing water supplies with a cost (alternatives forsaken) cost.

Prior to 2002 all revenue bonds issued by the SFPUC had to be approved by the voters. This is clearly not allowed under Proposition 218.

The Revenue Bond Oversight Committee (RBOC) was created to ensure independent oversight over bond issuances and bond expenditures. The RBOC has been nullified by the SFPUC. The Water Supply Improvement Program (WSIP) would increase the cost of each unit (748 gal) by an additional $2.69. The RBOC was created to issue up to $15 billion in revenue bonds to fund their overall capital improvement programs (water, and power). Proposition P created the Revenue Bond Oversight Commit- 

ment Coalition. It received the Society of California Landscape Contractors "Outstanding Achievement Award" in 1997.

Janet Moyer Landscaping specializes in the creation of custom residential landscapes that address the unique challenges posed by San Francisco's climate, terrain and architectural constraints.

Glenn Rogers is a local landscape architect at Janet Moyer Landscaping. His work has been recognized with an "Outstanding Achievement Award" by the Society of California Landscape Contractors in 1997.
Next Taraval Community Meeting: Tuesday – July 21, 2015, 7pm – 8pm at Taraval Station Community Room on 3345 24th Avenue
Crime Report

Cont. from p. 10
A woman was notified by the Internal Revenue Service (IRS) that her tax return was rejected because someone else used her information to file a separate return.

June 6

Battery
2:43 am • 2290 Taraval St
A fight between two men caused officers to find one male lying on the sidewalk, and saw another fleeing the area. The officers detained the fleeing suspect and he was brought in to process the other suspect once, in an attempt to get him away from the officers. The officers offered medical attention but he declined any assistance.

Child Abuse
9:30 am • 390 Brighton Ave
Victim's mother stated that her ex-
husband had inflicted bruises on their child.

Accidental Death
5:12 am • 1200 34th Ave
Officers determined that a victim acciden-
tially slipped down a staircase. The fire medical examiner arrived on scene and took over the investigation.

Public Intoxication – Arrest
12:25 pm • 600 19th St
A aggressive man was warming and, spitting. Officers determined the sus-
ppect he intoxicated and was unable to care for himself. The officer arrested the individual.

Robbery with Force – Arrest
1:25 pm • 1200 Ocean St
In a restaurant, a suspect stole food from the victim when she went to order a drink. The management confronted the suspect and he fought with her twice on the face with a clenched fist and walked away. The officers arrested the suspect for robbery.

Fri. June 12

Warrant Arrest
7:38 am • 19th Ave & Randolph St
An officers observed two males sitting in a vehicle acting suspicious in an area that is known to be high in crime. A computer check of the vehicle discovered that the registered driver had a warrant for his arrest. The officers arrested the driver.

Expired Registration Tabs – Suspended
7:45 am • 19th Ave & Sloat Blvd
Officers observed a vehicle with expired registration tabs. A computer check dis-
covered that the driver had an active war-
rant for his arrest. The driver was given a court summons for traffic violations and arrest for the warrant.

Stealing, Grand Theft
9:05 am • 250 Brighton Ave
An employee observed the suspect take a few items and walk out without making any attempt to pay. Officers searched the area for the suspect with no result.

Suspect – Black male : 57 years : 6’0” tall :: 150 lbs :: LSW gray hat, and a gray sweatshirt with a hoodie.

Battery
9:04 am • 200 Stratford Dr
An employee observed the suspect take a few items and walk out without making any attempt to pay. Officers searched the area for the suspect with no result.

Suspect – Black male : 40 years : 5’10” tall :: 200 lbs :: Black sweatshirt, black pants, black shoes, and a beard.

Warrant Arrest
11:22 am • 1700 San Pablo Ave
Officers observed a suspect who is wanted and identified as a Wanted Person. A computer check dis-
covered that the driver had an active war-
rant for his arrest. The driver was given a court summons for traffic violations and arrest for the warrant.

Stealing, Grand Theft
9:00 am • 2100 25th Ave
Officers observed a suspect who is wanted and identified as a Wanted Person. A computer check dis-
covered that the driver had an active war-
rant for his arrest. The driver was given a court summons for traffic violations and arrest for the warrant.

Warrant Arrest
5:15 pm • 1900 19th Ave
Officers observed a suspect who is wanted and identified as a Wanted Person. Officers attempted to arrest the suspect. He resisted and caused injuries to one of the officers. The officers arrested the suspect for resisting arrest and for the above listed warrants.

Jun. Sun 14

Suspicious Deaths
9:00 am • 100 Apts Ave
An elderly person at a care home was found unresponsive with a wound. Paramedics pronounced the person deceased. Homicide investigators responded & took over the investigation.

Warrant Arrest – Resisting a Peace Offi-
cer – Arrested
10:15 am • 1900 19th Ave
Suspect was arrested and given a court sum-
mons for resisting arrest.

Mon. June 15

Vehicle Fire
2:34 am • 1700 16th Ave
Officers responded on a report of a fire. The victim said that one of her employee's pushed her down onto the floor and then kicked her. The suspect subsequently fled the area.

Area for the suspect with no results.

Aggravated Assault – Arrested
7:30 am • 300 Brighton Ave
An employee observed the suspect take over the investigation.

Vehicle Fire
2:00 am • 200 25th Ave
Officers responded on a report of a fire. The victim said that one of her employee's pushed her down onto the floor and then kicked her. The suspect subsequently fled the area.

Police report that the victim was able to see her suspects face. The victim stated that the suspect was wearing a light blue shirt and had a light blue camera.

Vehicle Burglary – Possession of Stolen
1:17 pm • Skyline Blvd & John Muir Dr
Officers responded to a report of a burglary. A vehicle was seen with a person in the vehicle. Officers then noticed the suspect vehicle and arrested him.

Vehicle Burglary
1:17 pm • Skyline Blvd & John Muir Dr
Officers responded to a report of a burglary. A vehicle was seen with a person in the vehicle. Officers then noticed the suspect vehicle and arrested him.

Summing… anyone?...: a new study, conducted by researchers at UCSF has deter-
mined that the therapy helps men with prostate cancer. The therapy is a form of radiotherapy, and many people, even those who cannot quit will remain, quite the opposite was the case in the study. Spanning 18 years in the US and six years in the European Union, what the research determined was that as the fraction of the total population that smoked declined, the remaining smokers actually smoked less and were more likely to quit than to stick with it.

Do you have any information, news, or other tidbits that you would like to share with the neighborhood? just drop a line to me at: mitch@westsidetavern.com

Batkid (the Movie)...I recently saw a trailer for “Batkid” the movie which details the true story of Miles Smith, a five-year-old boy with leukemia. The City of San Francisco came together to grant the wish of five year old Miles Smith, who has battled leukemia throughout his life. The “wish” generated a tremendous amount of media and was truly inspiring to the San Franciscans and our region and (for a change) gave the television news programs and the periodicals some breathing room and warming to report on. Now we have the movie of how it all came to be. Although we report on items that need attention within the city, I cannot help but to say Thank You to all of those who made the wish a reality. That Wish was granted in truth and we will warm to report on. Moving forward, we will continue to report on the myriad of programs offered. Now we have the movie of how it all came to be.

Smoking…anyone?...: a new study, conducted by researchers at UCSF has determined that the therapy helps men with prostate cancer. The therapy is a form of radiotherapy, and many people, even those who cannot quit will remain, quite the opposite was the case in the study. Spanning 18 years in the US and six years in the European Union, what the research determined was that as the fraction of the total population that smoked declined, the remaining smokers actually smoked less and were more likely to quit than to stick with it.

Do you have any information, news, or other tidbits that you would like to share with the neighborhood? just drop a line to me at: mitch@westsidetavern.com

photo courtesy Nancy DeStephanis

Cont. p. 18
Guided Historical Walks

Spend a memorable Saturday morning exploring Lands End. Start with a continental breakfast at the historic Cliff House then walk through Adolph Sutro’s magical ‘kingdom by the sea’ with historian guide John A. Martinetti. This walk is offered as part of the City’s Câbles past, John’s walk’s will be offered on July 11, August 1, September 5, and October 10.

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

Summer Fun at the Cliff House

Join us for these Cliff House Weekly Favorites

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

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

Page 12
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415-974-1303

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Dine in • Pick up  
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Counter Service • Delivery • Pick up  
170 West Portal Ave  
415-242-GOAT (4628)

**Now At the Movies**

**DoP**

_Inner-city geeky teen Malcolm: Shameik Moore innocently goes to a neighborhood night club when the shooting starts, he grabs his backpack and runs, little realizing it has been filled with drugs meant for a dealer. His new girlfriend Lisa: Kiersey Clemons and best pal Jib: Tony Revolorio (Grand Budapest Hotel) attempt to help him get out of the mess. Writer-director Rick Famuyiwa combines serious life-or-death situations with comedic sequences, occasionally at the same time. Profanity. Drug content. Sexuality/nudity. Some violence—all involving teens._

**MAX**

_Spielberg’s fourth film in the series has had ample gestation period. Genetically produced dinosaurs roam the theme-park island off of Costa Rica. Mom shuttles off her two sons, Zach: Nick Robinson and Gray: Ty Simpkins to her sister, Claire: Bryce Dallas Howard, the manager of Jurassic World. The timing couldn’t be worse. Claire has a new deadly dino wreaking havoc on the park. Owen: Chris Pratt, the trainer couldn’t be worse. Claire has a new deadly dino wreaking havoc on the park. Owen: Chris Pratt, the trainer couldn’t be worse. Claire has a new deadly dino wreaking havoc on the park. Owen: Chris Pratt, the trainer couldn’t be worse. Claire has a new deadly dino wreaking havoc on the park. Owen: Chris Pratt, the trainer couldn’t be worse. Claire has a new deadly dino wreaking havoc on the park. Owen: Chris Pratt, the trainer couldn’t be worse. Claire has a new deadly dino wreaking havoc on the park. Owen: Chris Pratt, the trainer couldn’t be worse. Claire has a new deadly dino wreaking havoc on the park. Owen: Chris Pratt, the trainer couldn’t be worse. Claire has a new deadly dino wreaking havoc on the park. Owen:

- **SOMA**  
  Delivery • Pick up  
  171 Stillman St  
  415-974-1303

- **Potrero Hill**  
  Dine in • Pick up  
  300 Connecticut St  
  415-641-1440

- **West Portal**  
  Counter Service • Delivery • Pick up  
  170 West Portal Ave  
  415-242-GOAT (4628)
Fix leaky toilet parts. It’s a DROUGHT.

California remains in a drought and water use restrictions are in effect. San Franciscans are being asked to reduce water use by 10%.

Renters and property owners alike can help protect our water supplies by taking these simple actions:

• Repair or report plumbing leaks
• Shorten showers
• Reduce landscape irrigation
• Sweep don’t spray outdoors
• Equip hoses with shutoff nozzles
• Upgrade toilets and clothes washers

Learn techniques to maintain beautiful water-wise gardens, even in a drought. Free gardening workshops kickoff in July. Pre-register at sfwater.org/landscape

For details, water conservation tips, and free services: sfwater.org/DROUGHT or call (415) 551-4730
Aging: Macular Degeneration and its Affect on the Eyes

More than 3.3 million Americans aged 40 and over are either legally blind (having best-corrected visual acuity of 6/60 or worse (<20/200) in the better-seeing eye) or are low vision (having best-corrected visual acuity less than 6/12 (20/40) but equal or better in the better eye). The leading causes of blindness and low vision in the United States are primarily age-related macular degeneration, cataract, diabetic retinopathy, and glaucoma.

Twenty-five percent of persons aged 75 and over have nonexudative ARMD and five percent have exudative ARMD. Early diagnosis of this treatable condition is crucial to preserving vision.

Low vision is a significant loss of vision that cannot be corrected medically, surgically, or with eyeglasses.VISION: A Nobel and Pulitzer prize winner, who was able to avoid paying inheritance taxes, became the man with the most base hits ever because he hit the most home runs in a single season and the most in a career, while a religious group’s members are accused of using performance enhancing drugs. Should he be eligible for the Baseball Hall of Fame? What about the baseball player who lost his career for betting on baseball?

In the case of awards for economics, literature, science and politics, they are also very subjective, while there are objective criteria that are recognized for these fields. In economics there are clear winners and losers. Who are the winners? The first is the person with the most votes. The second is the person who is most influential. The third is the person who is most successful. The fourth is the person who is most respected. The fifth is the person who is most admired.

This disproportionality has also affected international awards like the Nobel and Pulitzer. Members of one religious group may win an award because they are able to avoid paying inheritance taxes, become an alleged narcissistic traitor, and a woman who was able to avoid paying inheritance taxes on her wife’s multi-million dollar estate.

President Obama won the Nobel Peace Prize when he was first elected. Since then he has done everything possible to earn it retroactively. He got us out of Iraq and Afghanistan and kept us out of Libya, Iran, Syria, and Ukraine. He has realized that the affected countries and their regional organizations should deal with the conflicts in their areas. Our influence will no longer be the 911 of the world. His next step should be to close many of our 700+ foreign military bases. But he would have denied himself the award.

We already have many ways of voting for our favorites. In sports, we have the statistics which give an objective evaluation of the player’s greatness. In baseball we have batting averages and the number of the numbers run hit, the number of runs batted in, the number of bases stolen, etc. We know who the best players are in that area. We also have objective statistics in football, basketball, hockey, etc. Our best athletes are known, clearly identified by accomplishments, and are awarded high honors. They make as much as $20 million a year; surely that is a reward and an award.

In the entertainment world we have other solid criteria and rewards to honor the best. The best actors get the best parts in the best movies. They are awarded good roles, and most importantly are paid generously for their accomplishments.

In the case of awards for economics, literature, science and politics, they are also very subjective, while there are objective criteria that are recognized for these high-level positions in academia and the business sector that profit from the ideas and are awarded generous salaries. However, the awarding of awards in economics warned us about the crash of 2008? How many have come out with a simple and fair federal tax code?

One Nobel Prize winner economist supported the mistake idea that the tax code was the key to the recovery; that our problems are caused by not Wall Street but by the top 1%, making 99% of us work for the 1%. A doctor of medicine earning $400,000 or more is the enemy. This includes all successful actors, professional athletes, musicians, comedians, writers, educators, directors, producers, surgeons, and economists. He didn’t realize that he himself was in the group. Or maybe he did.

(We are now being told by the senator) from Vermont that the tax really lies with our top 0.002%, our 3.6 billionaires. That would make 99.9998% of us helpless, economic and political victims - a nation of underdogs.

In literature we have best-selling authors, as well as those who produce great classics. Shakespeare never won a Pulitzer or Nobel prize, but we still know how great he was. The same with Salinger, Peter Beagle, John Barth, etc.

(Full Disclosure: I did not get a Pulitzer for my novel, “Reflections of a Freelance Character”, as they were the only case that was not considered for the Pulitzer or Nobel prize."

CARING FOR THE AGED


Vision Rehabilitation Services: Certified Low Vision Therapist (CLVT) instruct individuals in the use of residual vision with optical devices, non-visual devices, and assistive technology, and help determine the need for environmental modifications in the home, workplace, or school.

Certified Vision Rehabilitation Therapist (CVRT) teach adaptive living independent skills to individuals who are blind or have low vision to confidently carry out a range of daily activities. Certified Orientation and Mobility Specialists (COMS) teach the skills and concepts that people who are blind or have low vision need in order to travel independently and safely in the home and in the community. They teach safe and independent indoor and outdoor travel skills, including the use of a long cane, electronic travel devices, public transportation, and sighted guide, human guide, and pre-cane mobility aids.

Macular Degeneration: Age-related macular degeneration (AMD) is a progressive eye condition affecting as many as 15 million Americans,
Newscopy: “A small city is rapidly springing up west of 19th-av, on the shores of Lake Merced. It’s Stonestown, 23-million-dollar project of Ellis and Henry Stoneson, and this photo shows the rapid progress being made on the four 10-story apartment houses (in the rear) and the smaller two- and three-story buildings in the foreground. Company spokesmen say the smaller buildings will be ready for occupancy about Aug. 1, while it will be another six months before the apartment houses are completed. Work on a complete shopping and recreational area will begin soon.

“The project will consist of 28 smaller apartment houses, the four large ones, each with 90 apartments, and an extensive shopping center. Between 3000 and 3500 persons will live in Stonestown in the 783 rental units. The project covers 67 choice acres. The picture was taken from Vernon and Shields-sts, a hill just east of the project.”
Do you have a pinched nerve? We can help.

Many people are beginning to understand that health comes from within. This is why chiropractic helps so many people. You see, your body can heal itself. Your body doesn’t need any help, it just can’t have any interference. With chiropractic, we don’t add anything to the body or take anything from it. We find interference in the nervous system and then treat it to enhance the healing capacities of the body.

If you get true, sound results... it really is as simple as that.

I have treated the past eight years people from San Francisco and the surrounding area have come to see me with their pinched nerve problems.

• Headaches
• Migraines
• Chronic Pain
• Neck pain
• Shoulder/arm pain
• Hip/Butt
• Numbness in limbs
• Athletic injuries just to name a few.

Here is what some of your neighbors have had:

“I had back pain for 15 plus years and two back operations. Now I play tennis, at my computer and enjoy life.”

Thank you Dr. Mecklin!” — A. McGrath

“All possible medicines and doctors, you made a huge difference away from the pain. I am a happy wife and mother again!” — I. Igudesman

“I have had chronic neck, shoulder and arm pain for the last 4 years. After seeing Dr. Mecklin I can now twist off caps, button/zip my own pants and there is no longer a need for me to use my arm in the morning as it feels more energetic, and can move my arm and neck pain free!” — C. Brubaker

Now I find for yourself and benefi from an AMAZING OFFER! Look, it should not cost you an arm and a leg to correct your health. You are going to write a check to someone for your health expenses, you may as well write a lesser one for chiropractic. And know you’re smart. You want to get to the cause of the problem, and not just cover it up with drugs. When you are one of the first 20 people to call and schedule a new patient exam (by August 15) you will receive that entire exam for $37. That’s with a consultation with the doctor, examination and x-rays... the whole nine yards. And there are no hidden fees. But call right away because we expect to be flooded with calls as this month’s promotion costs only $37.00. If you miss these slots so don’t mess up. I hope that there’s no misunderstanding about the quality of care just because I have a lower exam fee. I will get you at a great savings and offer that low exam fee to help more people who need care.

My qualifications:

I am a graduate of Palmer College of Chiropractic. I have published articles in leading chiropractic journals and I’m an expert on pinched nerve problems. I’ve been helping your neighbors in San Francisco since 2004. I’ve been entrusted to take care of tiny babies and athletes that you may know.

My assistants are Mary and Raquel and they are friendly and helpful and ready to assist you to set up an evaluation appointment. Our clinic is both friendly and warm and we try our best to make you feel at home. We have a wonderful service at an exceptional fee. Our clinic is called San Francisco Family Spinal Care and it is at 505 Beach Street (we are at the corner of Beach and Jones on the edge of North Beach). Our phone number is 415-771-7071. Call today for an appointment. We take most major insurances.

—— Dr. Max Mecklin D.C. and Dr. Gigiotti D.C.

P.S. When accompanied by the first 10 people, I try to make people well, those then who take the most should be the healthiest, but this simply isn’t the case.

Results of the PROPPR study at San Francisco General Hospital and Trauma Center Results from the National Institutes of Health funded study known as PROPPR (Pragmatic, Randomized Optimal Platelet and Plasma Ratios) which was conducted at San Francisco General Hospital and multiple sites nationwide, compared the results between the two ratios of blood products which was conducted at San Francisco General Hospital and Trauma Center. Results of the PROPPR study at San Francisco General Hospital and Trauma Center were published in The Journal of the American Medical Association (JAMA) on January 30, 2015. To learn more about the PROPPR trial results, visit the PROPPR website at http://ctv4-ltm.nctrc.org/research/proppr/

How much do you know about education? Let’s take a short quiz.

How well are California’s children doing on the Nation’s Report Card?

☐ Above the national average?
☐ At the national average?
☐ Below the national average?
What gets more funding in the state budget?

☐ Pensions and corrections
☐ Schools
Social Services

As the economy improves, more people are enrolling in courses to become teachers in California.

☐ True
☐ False

What are your hopes for the future? What do you think about how much the city spends on education?

Common Core and STEM are concepts that are learned in biology:

☐ True
☐ False

BONUS Question

How do you think our local schools are doing?

How do you do?

We have opinions. No one is short on that score. But how much did you really know?

ANSWERS

Question 1. Read Lesson 1.1 in www.Ed100.org

California Context: Are California’s Schools Really Behind? (Hint: I would not bet the house on answers 1 and 2.)

Question 2. Read Lesson 8.1 in www.Ed100.org

Does California Skimp on Education? (Hint: There are a lot more students in school than prisoners in prisons.)

Question 3. Read Lesson 3.2 in www.Ed100.org

Certification and Certification: How To Make a Teacher. (Hint: Thousands and thousands of education jobs disappeared in the last decade.)

Question 4. Read Lesson 6.8 The Arts in www.Ed100.org and Education 6.9 FE and Athletics. (Hint: Think about the skills our children need:
Theater

The boys' sharp prep-school uniform and their smooth, enigmatic demeanor suggest an air of sophistication. The setting, a dimly lit room with a stage, enhances the mood.

Scene

A victim found the suspect inside the house. There were also damages to the furniture. The suspect was arrested for the above violations. The victim was given a court summons and then released.

The Birthday Party

Around the corner at the Phoenix Theatre at 414 Mason Street, Off-Broadway West just completed its run of Harold Pinter's modern classic The Birthday Party. Ably directed by Richard Harder. The Birthday Party is about Stanley Webber (Adam Simon), a one-time piano player in his 30s, who lives in a boarding house run by Meg (Celia Maurice) and her tenant, Cheeky (Gael Green) in an English seaside town. Two sinister strangers, Goldberg (Keith Kirkland) and McCann (James Centofanti), who arrive supposedly on his birthday and who appear to have come looking for him, turn Stanley's apparently innocuous birthday party, organized by a guest, into a nightmare. This ensemble acting at its best. Sound and Lighting Design by Ian Walker. The show is directed by Stuart Wright, music by Scott Frankel, Lyrics by Michael Korie, and scenic is the elegant design by J.jeremy Thompson and lighting by Bert Van Aalsburg's believable setting.

The Birthday Party: the fusion of creativity, energy and technology

The IMT provides improved central and peripheral vision for normal eyes.

Clinical Trials: Dry AMD

Advanced Cell Technology (ACT) is a cell-based therapy using transplants of retinal pigment epithelial cells derived from stems.

Clinical Trials: RestinSta®

RistineSta® is a gene therapy that blocks the growth of fatty, unhealthy blood vessels under the retina.

Clinical Trials: Therapies

Therapies include: eye drops, injections, and laser treatments.

Sterling archtech salon and Bar

Art-chi-tech: the fusion of creativity, energy and technology

25 years of experience creating looks for image conscious clients

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An American in Paris

It was a bright, sunny, Sunday afternoon as our United Airlines flight sits anxiously waiting on the tarmac, listening for that familiar message, “United Flight 990 ready for takeoff!” With a June 22nd Westside Observer deadline looming in the wings, what better excuse than to spend seven days in the City of Light for some great food, fun, and festivities. Although our flight was almost two hours late in leaving, we did arrive at Charles de Gaulle on schedule and fairly rested. Our driver, Nalen, who was born in Sri Lanka, was there to help us with our two bags and direct us to his waiting car, and we listened to his curses sotto voce as we were told that the traffic was horrible due to the air show that’s in town all week.

Our flight for the next seven days would be at the Hotel Brighton at 218 rue de Rivoli, a first for us but certainly not the last. A close friend who preceded us by a few weeks at the hotel struck up an acquaintance with the director, John Rodrigues, and told him that we would also be staying at the Brighton. Actually we’re the ones that recommended the hotel to him, but whatever was said it certainly worked. Room 408 sits on a corner of the building and faces the Tuileries Gardens, and our view stretches from the towers of Notre Dame to the Eiffel Tower and beyond. Not the typical European small, cramped room, this could pass for a studio apartment in today’s San Francisco, so much so that we’ve never spent so much time in a hotel room admiring the gardens, the buildings of the Louvre, and enjoying the two brightly lit clocks on either end of the d’Orsay Museum, directly across from us.

Tuesday morning we were joined by our cousin Giulia, who lives in Lucca but is presently teaching at the University of Bordeaux. We had also set up a lunch with some Marin County friends who are in Paris, and the five of us had a very Parisian lunch and lovely visit. By late afternoon our daughter, her husband, and our grand-daughter arrived from London and are also staying at the Brighton.

Wednesday and Thursday we devoted to touring the museums, and our two day pass served us well as we started interesting, but lacked the grandeur of its bigger brother, but again we were treated to two large rooms whose walls were covered by Claude Monet’s water lilies. An afternoon stop at the Opera House was the perfect way to end the Galerias Lafayette, a ten story department store that has one of the most spectacular glass and steel domes and Art Nouveau staircases ever seen. We were tempted to have lunch at MacDonald’s on the second floor, but settled for the main dining area which is on the 6th. But as spectacular as the Galerias is, nothing could have prepared us for our visit to the Foundation Louis Vuitton on Friday. Designed by American architect Frank Gehry, the ultra-modern, glass and steel structure is beyond words. Imagine taking a sheet of paper, crumpling it up and then designing a building that looks like it. Truly a masterpiece. After touring the various exhibits and gardens we wrapped up our cameras and headed out. Our driver Sylvain Inzani asked us if we wanted to make a few other stops. With three women in the car the unanimous choice was the Louis Vuitton store on the Avenue des Champs Elysees. It quickly became a tossup as to what cost more, Frank Gehry’s building or our quick stop at Notre Dame to say a few prayers for our American Express cards, and then after a brief lunch stop we headed to Montmartre, which was packed with tourists, followed by a brief visit to the Basilica of the Sacre Coeur. Those prayers must have worked…... we bounced checks yet. Thursday evening we enjoyed a true Parisian experience as we joined a group of 15 others for a nighttime tour of the Eiffel Tower. The tour started at 9:30 and ended at 11 pm. The young tour guide handed us all our earphones and receiver and spoke of the history, construction, and the politics of the day before they ever drove a rivet. We were then boarded a two level elevator that followed the shape of the tower and dropped us off at the 2nd level viewing area. At night Paris was spectacular.

Saturday we spent the day walking around the area, sat in the metal reclining chairs that surround the huge pond in the Tuileries, and had a nice dinner before starting to pack for our Sunday afternoon flight to Florence. It’s been a remarkable stay but much too short. We’ve seen a lot and what more can one say about Paris? Great fun and memorable as always, but I must admit to one indiscretion which I hope that the good Lord will see to forgive me. Certainly not like me but we all make choices that we carry throughout our lives and hope for forgiveness at some point…… God forgive me…. in a weak moment, I bought a selfie-stick!!

Kaye (Cont. from p. 15)

when they venture outside their very specific area of expertise.

One Nobel Prize winner recently made some absurd comments regarding working in a lab with women and was forced to resign his unpaid position in humiliation. Award-winning physicians embarrass themselves when they venture into philosophy, especially metaphysics. Their genius is as limited as is their award to one indiscretion which I hope that the good Lord will see to forgive me. Certainly not like me but we all make choices that we carry throughout our lives and hope for forgiveness at some point. Could we ever live without these awards, bold symbols of our meritocracy? Could we establish people’s authority with out knowing their provenance? I think that it would be nice to try.

Feedback: kaye@westsideobserver.com

Macular Degeneration (Cont. from p. 16) ocular injections, gene therapy and pharmaceti- cal agents.

Visual Field Testing

Amsler grid is an examination that can detect dysfunction in central and peripheral vision which may be caused by various medical conditions. 6

Tangent screen (Bjerrum screen)

A simple device used in perimetry to test the central position of the visual field. 7

Amsler grid

A grid of horizontal and vertical lines used to monitor a person’s central visual field.

A diagnostic tool that aids in the detection of visual disturbances caused by changes in the retina, particularly the macula, as well as the optic nerve and the visual pathway to the brain. Patients with macular disease may see wavy lines or some of visual disturbances caused by changes in the retina, particularly the macula, as well as the optic nerve and the visual pathway to the brain. Patients with macular disease may see wavy lines or some
MEJORAMIENTOS PARA LA ESTACIÓN DE BALBOA PARK
EXHIBICIÓN ABIERTA AL PÚBLICO ORGANIZADA POR MUNI Y BART

LA EXHIBICIÓN MOSTRARÁ

• Proyecto de SFMTA Balboa Park Station Area and Plaza Improvements: www.sfmta.com/balboaparkarea.

• Proyecto de SFMTA Green Light Rail Center Track Replacements: www.sfmta.com/greenlightrail.

• Proyecto de BART Balboa Park Eastside Connection: www.bart.gov/about/projects/balboa.

Por favor únase con nosotros el 24 de agosto, de 6 a 7:30 p.m. en el Ocean Campus de CCSF en 50 Phelan Ave en el Multi-Use Building, numero 140.

Para obtener más información sobre los proyectos o la exhibición, por favor póngase en contacto con Cristina Padilla en Cristina.Padilla@sfmta.com o 415.701.2474.