

The Local Magazine of Lower Haight, SF

A collection of 12 hand-drawn Christmas ornaments. The ornaments vary in style and color: some are covered in colorful checkered or grid patterns (red, green, blue, yellow, purple), one is a pumpkin with a carved face, one is a simple wireframe sphere, one is a solid blue sphere with a grid pattern, one is a solid pink sphere with a starburst pattern, and others are smaller spheres with different patterns or colors. The drawings are done in a sketchy, artistic style with visible pencil or crayon marks.

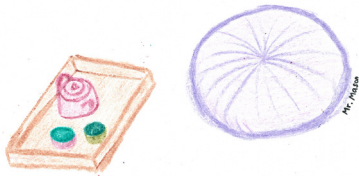
Vaniya Khan (@vaniyakhan), Batool Fatima, Zoe Malen, JP, Catriona Bernard, LOHENDO, @jiinlarakim

Live music, Halloween, and neighborhood gatherings

An Interview with Tanto Tim of SF Zen Center

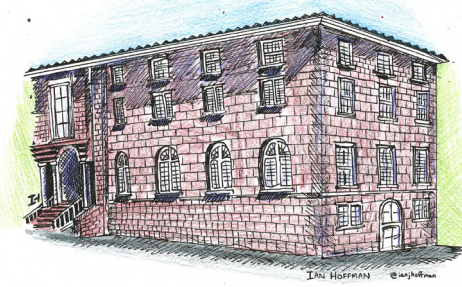
by Annie McElvein

I'm sitting in Cafe International on Haight Street waiting for Tanto Tim Wicks of the SF Zen Center. I remember him as my favorite monk from my semi-regular attendance at SFZC meditations; he's unpretentious and animated in discussions. He breezes in wearing his signature look— pinstripe overalls and a well-worn denim jacket, smiling warmly and seeming generally unbothered despite arriving nearly 30 minutes late. He apologizes graciously, but I'm a little disappointed. The evil part of my brain wonders what it would be like to see a flustered Zen monk.



What is SFZC?

The SF Zen Center (SFZC) is the pretty brick building on the corner of Page St and Laguna St. I've noticed that no one employed by the Zen Center can talk about the Zen Center without mentioning its founder, Shunryū Suzuki (also known as Suzuki Roshi). Tim is no exception. He describes how Suzuki Roshi spread Zen Buddhism in the Bay Area in the 1960s to his devout beatniks, which I understand was one of the catalysts for Zen Buddhism popularizing throughout the USA. Today, the Zen Center hosts meetings and meditations, runs businesses (Greens Restaurant is one of them!), and accommodates some live-in monks like Tim.



What is Tanto?

Tim begins detailing the pyramid structure of SFZC leadership. At the top: the Abbot or Abbess. Then, the Tanto, Tim, who supervises the Ino (meditation manager) and the Doan Ryo (bell ringers). Tim explains that the Tanto is the spiritual second-in-command next to the Abbot/Abbess; which is an important distinction because also underneath the Abbess sit various administrative posts such as the president and CFO. Tim mentions that 'monk' loosely refers to anyone that lives in a Zen Monastery, meaning while Tanto Tim is technically a live-in monk, that's actually one of the least relevant descriptors for his current role.

What is Zen Buddhism?

Tim describes how Zen Buddhism was formed: Indian Buddhism arrived in Japan by way of China and mixed with Japanese Shinto to become Zen, resulting in some concepts and frameworks that are both Buddhist and uniquely Zen. The author is flawed and cannot provide more detail than that, but surely there are some online resources available to the reader. Tim explains that Zen Buddhism in the USA is also a product of mixing cultures, and therefore has a distinct flavor; here it's been mixed with psychotherapy and the average American Zen Buddhist is skeptical of the deist practices, despite Zen being a religion at its

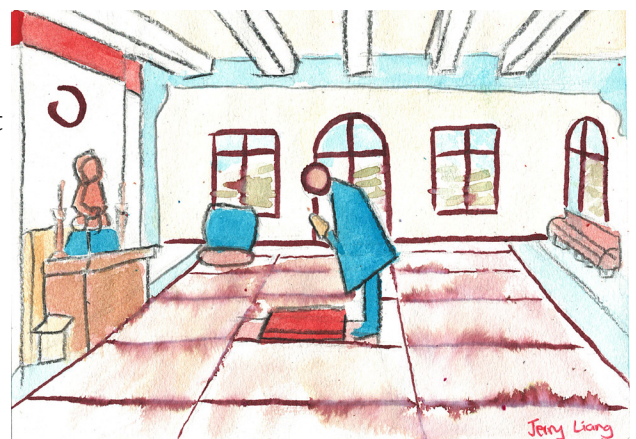
core. I, moronically, asked the spiritual second-in-command of the SFZC what he believes. Tim: "It's definitely a religion to me."

What do you spend your time thinking about?

Tim's face lights up. He's recently been reading about Zen aesthetics. Before finding Buddhism, Tim graduated with an MFA from California College of Arts (Formerly CCAC) and you can see vestiges of his art degree in moments like this; he relishes in the details of Zen ceremonial forms (like the tea ceremony) and how its elements convey the Zen idea of interconnectedness. Tim mentions the Japanese aesthetic concept of 'wabi-sabi' as an outgrowth of Zen practice, but is unfamiliar with the way that word has worked its way into TikTok vernacular; confirming my suspicion that TikTok is likely not Zen.

How can a beginner get involved with SFZC?

The Zen Center hosts the Young Urban Zen group from 7:15-9 every Tuesday night; where local 20-40ish year olds gather for group meditation and listen to a speaker, sometimes Tanto Tim. The Zen Center also hosts longer meditations daily with instruction every other Saturday morning, as well as monthly half-day (4 hour) meditations. Check out sfzc.org for more information.



"Artisanal" Asylum In the Lower Haight

by Joel Pomerantz

The first building on Haight was locally-sourced. It was constructed by local artisans of stones quarried from the Lower Haight ridge. The stones were donated by the Spring Valley Water Works, owners of Mint Hill, where they eventually made a reservoir. The Protestant Orphan Asylum moved in before Haight Street was finalized. Haight Street got its name from this institution—or to be more exact, one of its managers, Weltha Haight.

Weltha worked there for 45 years, then penned a pamphlet about its early years in which she mentions that “out of consideration of the work done,” two streets were named for “two of the managers”. In her modesty, she left out for whom. Weltha described overgrown paths as the only access in the early days. “The property was considered remote.... For a purchase price of \$100, a two block lot bounded by Haight, Buchanan, Hermann and Laguna Streets became the new site...” (FoundSF.org)

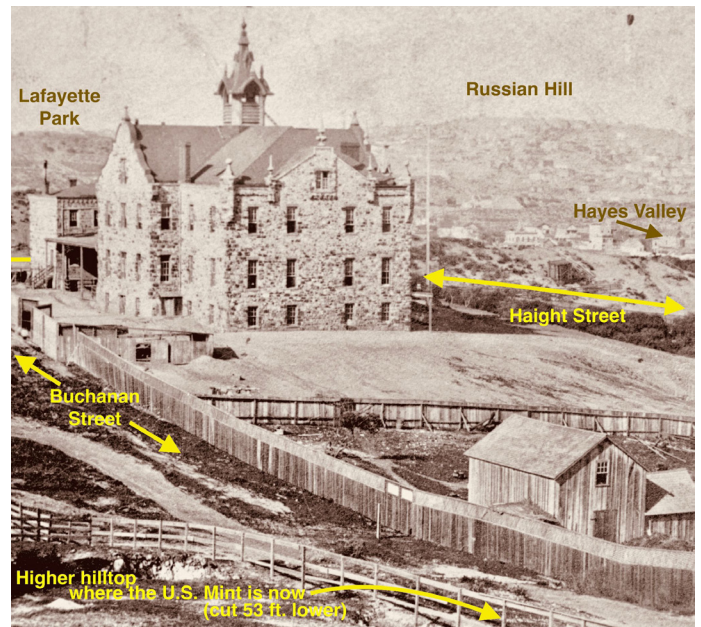
The name Elizabeth Waller might have a familiar sound. Waller was the other manager honored with a street and one of the asylum’s founders.

For generations, the assumption was that Haight Street was named for a man: not for the man who years later became State Governor Henry Haight, but for his uncle, a banker named Henry Welles Haight who married Weltha Ann Buell. This error is still doctrinal in many records. Edit Wikipedia, anyone?

Long unchallenged, this assumption had “become true.” Research by a lifelong local, Angus MacFarlane, has unearthed this correction. To complicate the story, MacFarlane found that an earlier proposal marked what is today’s Page Street as “Haight Street” in 1850. At the time, Weltha’s brother-in-law Samuel Haight was established in the city, making him the most likely reference at that time.

Some man named Haight may have been the namesake for other Bay Area institutions, but not Haight Street!

In 2019, Haight Elementary School in Alameda changed its name to Love! This was based on the conclusion that the school was named for the problematic guy who became governor in 1867.



The Asylum in 1866 as viewed from Hermann and Buchanan, by Lawrence & Houseworth, Source: OpenSFHistory.org detail from wnp37.00640

Governor Haight was public about his racism, even in his inaugural address. He said Asian Americans and African Americans should be barred from voting.

Ashbury Street was named for Uncle Henry’s business partner Monroe Ashbury. That fact is thin evidence for claiming Haight was named for Henry, but it’s all they had. And clearly wrong, since the naming of Ashbury Street was later: Stanyan, Shrader, Cole, Clayton, and Ashbury, the first five streets east from Golden Gate Park, were named by the members of the Outside Lands committee...after themselves! Nothing modest there. The committee established the legal foundations and boundaries creating the park.

You’ve read here, last month, that the Outside Lands were the “sandy wastes” beyond the city line which was near Devisadero.

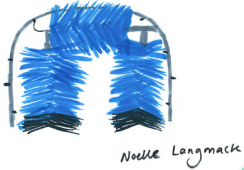


[This illustration by Emily Underwood, of the Devisadero Road passing through a gap in the Hayes Street dune at Scott Street, was mistakenly left out of last month’s article.]

Housing at Former Car Wash on Divis

By Rachel Wong

When the new apartment buildings go across the street at 400 Divisadero, previously the Touchless Car Wash, Nabil Musleh will lose some of his view, but he doesn't mind.



He lives across the street in an apartment unit on the second floor and paints in the basement. From his window, he's watched the lot sit empty for most of a decade.

"It's gonna be a little crazy for a year or two," he told me, "but we need progress."

After nearly ten years, three supervisors, and two developers who walked away, there's finally a start date for the building project. Greystar has financing lined up for 203 apartments at the location, including 20 affordable units, with ground-floor retail.

How we got here is still up for debate. Supervisor Bilal Mahmood blames years of fights over how affordable the project should be, while his predecessor Dean Preston points to developers leaving and costs spiking. Either way, the result is the same: nothing.

And for the businesses around the corner, nothing has cost a lot.



Walt Bell, who runs Black Nose Trading Co., spent years calling the city about the encampment along Oak Street. "It kind of makes the whole area not somewhere you want to go," he said. Shoppers tend to stay north of Oak and Fell, and the dead lot didn't give anyone a reason to cross. Across the street, JP Kempt Barber got vandalized so often that they covered a wall in rubber duckies.

Walt thinks more neighbors could make the block feel continuous again, but he's also watching for the next bottleneck. "[I heard Greystar] got permission to build the building, but they weren't able to get permission to do the demolition," he said. "That makes no sense."

Permits came up in almost every conversation I had on this block. Pablo, the general manager of Olive Juice, a healthy café opening a pop-up garden across the street, said permits have set them back. Walt says new shops wait eight to ten months, paying rent the whole time. A new corner won't help much if the storefronts can't open.

Mahmood says previous attempts at this project were stuck in a version of that same trap. Under city law, a project that dragged on long enough had to be redesigned to meet each new building code, which happened every three years. Once the city's laws were brought in line with state law, the developer saved roughly \$4 million.

"It was kind of this doom loop," said Bilal. "The longer the project goes, the more fees we effectively add on top of it."

The plan moving forward includes considerably less affordable housing than earlier proposals: about 10%, down from 25-30%. "I

wish it was more affordable," Bilal said, "but that's what's feasible at this point." For Brett, who has lived nearby for 14 years, the long wait has made the immediate choice feel straightforward. "Right now, I think any housing is good housing," he said.

The date to watch is Oct. 19. If demolition starts on schedule, it'll be the first major market-rate building to break ground in San Francisco this year. When Mahmood's office asked neighbors what they wanted in the ground-floor storefronts, requests were practical: groceries, a drugstore, and cheap food now that Popeyes has closed. Those businesses would give people a reason to cross the intersection even if they don't live in the new building.

Nabil is preparing for an opening of his own. His gallery, Studio Nabil, is set to open late this fall or early next year. His family owns his building, and he says that when a unit becomes available, it's gone within minutes. He's tired of watching a city with that much demand struggle to build.

"If we gotta complain about every single thing," Nabil said, "nothing's gonna happen."



Bo's Sausages

A Conversation With Owner Joe Hargrave

By Nandini Novarr

The 300-square-foot space at 545 Haight Street that's sat empty since Berliner Berliner's short run has a new tenant: Bo's Sausages, from Tacolicious and Popi's Oysterette co-owners Joe Hargrave and Mike Barrow. Beaux's Franks was just a placeholder that leaked to the press before approval. The real name, Bo's, comes from a dog belonging to Bill Lewis. The original idea goes back to 2022, when the two flew to Green Bay to watch the 49ers, a heavy underdog, knock the Packers out of the playoffs on a cold January night. They spent the next day in Milwaukee and wandered into a sausage hall, full of steins of beer, sausage plates, fogged-up windows, cheese curds, and kraut. They talked about recreating that feeling for years before they had a place to put it.

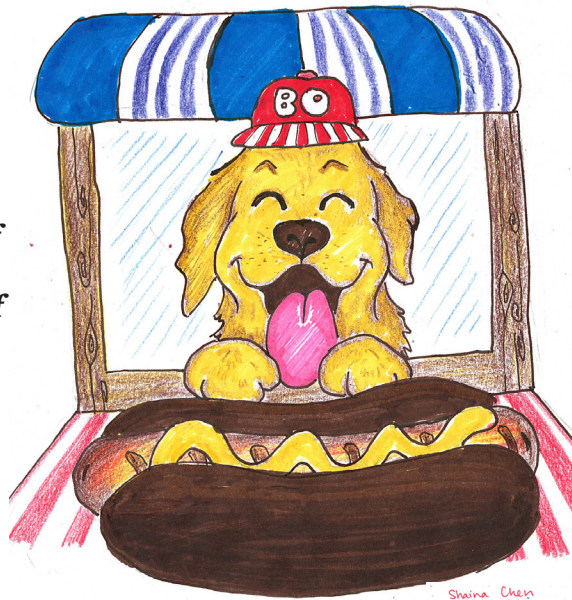
Let's talk about the birth of Bo's Sausages. Can you tell us more about the origin of the name?

My business partner Mike and I were trying to figure out names, and of course you give two adolescent-minded guys the chance to name a sausage restaurant, and the subtext is let's make a million [crude] jokes. We got close, we were going to call it Dick's, after Mike's uncle Richard. Then we bounced a couple names off Bill Lewis [the new owner of Toronado and owner of the space], and he said, why don't you name it after your dog? My dog's name is a High Five, which is a pretty good name. The problem is Mike also has a dog, and his dog has a cooler name

than mine, Lou, short for Lucinda. We love Bill, we're honored to be part of his project. He's got this amazing dog named Bo, and Bo is going to be a fixture at the bar. So we named it after him. We'll still hang up pictures of our own dogs too, they're just subtext now.

Rosamunde was here for two decades before closing in 2019, and they now operate out of the Mission. How do you feel inheriting that space?

If we can be 75 percent as good as they are, we'd be thrilled. It's funny, once this became real and we were signing the lease with Bill, we started actually studying what Rosamunde does. When it's your business, you start scrutinizing everything: the chips, the salsa, the heat level. Rosamunde is the bar.



Tell me about Sean Canavan and how he became your partner on this.

Sean was our executive chef [at Tacolicious] for years - big hands, sweet as hell. He eventually left to raise pigs at Channa Ranch, out in the Capay Valley near Guinda, where everything is hand-cranked, one sausage at a time. I went to buy his sausages at the Napa



farmers market at 7 a.m. expecting a whole team. It was just him. That man must leave the farm at 4 in the morning. We've now partnered with Sean directly, and he's making Bo's sausages for us using his own recipes, not just supplying us wholesale.

What does it mean to open in the Lower Haight specifically?

I moved to San Francisco in the mid-90s and used to hang out at Club DeLuxe after my shifts. I know Jay Bordeleau, who bought that space. We worked together at Frisson in 2004, and I think he's going to make it the best version of itself. Bill's the same way about Toronado. He's not a restaurant or bar guy, he just loves that place and wants to fix what needs fixing without touching what makes it Toronado. We've been friends with Bill for twenty years. Mike and I met in 2009, and this is just the next thing we're building, next door to a friend.

Bo's Sausages is aiming to open the second week of October at 545 Haight Street.



Haight of Flavor - October

By Tamara Kahlale

We have officially entered fall and with it comes shorter days, and the start of cooler weather. With our summer produce coming to an end, we have a whole new season of fruits and veggies to enjoy, many of which go well with what we call our “warming spices” – things like nutmeg, cinnamon, and ginger – that help to create a sense of warmth and comfort inside our bodies when we eat them. Two of the produce items highlighted this month go extra well with such spices, so be sure to stay warm and satiated this fall!

(Divis Famer's Market: Sundays from 9am - 1pm in the DMV parking lot on Fell/Oak - open year round!)

Sweet Potato

These delicious tubers grow best in tropical weather, and are sown using cuttings rather than seeds. Sweet potatoes are botanically different from yams and come in a variety of colors. No matter the color, they are nutritionally dense and rich in fiber and many other nutrients. They can be roasted, sauteed, mashed, or added to a sweet treat to up those nutrients.

Pear

There are two main categories of pears: Asian, ready to eat immediately after being picked due to being tree-ripened, and European, which are picked before they are fully ripe and require time on the counter to ripen from the inside out. European pears tend to hold their shape more when cooked, while Asian pears are often crisper and slightly less sweet.

Parsley

This herb grows quite happily year round in the Bay Area, so to fight off the fall scares (if you have such a thing) let's use it now! Parsley pairs well with light citrus flavors, and can brighten up a pasta dish or add a pop to buttery roasted veggies. My personal favorite way to eat parsley is in a Lebanese salad called *Tabbouleh*. You can think of it as one large chopped salad, and it makes an incredibly simple but delectable side dish. To go full Lebanese, I recommend



pairing it with hummus, grilled chicken, or just scooping it up with pita or lettuce leaves. Adding cucumber to your Tabbouleh is common practice in Northern Lebanon, but the following recipe is the one that I grew up eating:

Tabbouleh

- 2 large bunches of parsley
- 4 medium tomatoes (any will work, but I especially like roma since they hold their shape)
- 3 - 4 stalks of green onion
- A couple sprigs of fresh mint
- ¼ cup bulgur
- ½ cup olive oil
- Juice of one freshly squeezed lemon
- Sprinkle of Lebanese 7-spice
- Sprinkle of salt

Wash the parsley, mint, and tomatoes. Bring to a paper towel and pat dry, then let them sit to dry while you prep the bulgur.

Soak the bulgur in a bowl with about half of the lemon juice and a sprinkle of salt. Let sit while you chop.

Cut the stems off the parsley, then chop finely. Spread the chopped parsley on paper towels and let rest for a few minutes to really get rid of excess moisture.

Cut the stems off the mint and finely chop the leaves. Spread on a paper towel like the parsley to let it dry. (Feel free to pat the herbs dry!)

Finely chop the tomatoes. I recommend straining them after you chop to get rid of excess juice.

Finely chop the onion, making sure to use only the green parts.

Once you are ready to serve, mix all the ingredients together in a bowl and add the spices, remaining lemon juice, and a healthy drizzle of olive oil. Feel free to add more salt to your taste preferences.

Serve and enjoy!



October Events

DM @lowerhaightlocal to get your event featured! Full listing at lowerhaightlocal.com/events

Recurring Events

Every Sunday, 10am **Lower Haight Cleanup** Meet at Tarragon Cafe (200 Fillmore) to care for our streets. Coffee and breakfast provided.

Every Sunday, 6–10pm **Free Line Dancing** Learn to line dance with neighbors in a Lower Haight garage. DM @lowerhaightlinedancing for the location.

Every Monday, 7pm **Motown on Mondays** DJ Gordo Cabeza spins Motown at Madrone Art Bar (500 Divisadero). Free before 8pm, \$5 after.

Every Monday, 7–9pm **Jazz Jam at Woods Lowside** Lucien Muir hosts an open jam at 530 Haight. Singers welcome.

Every Tuesday, 7–9pm **Bar Bingo at Danny Coyle's** Free bingo and prizes at 668 Haight.

Every Wednesday, 8pm **Trivia at Danny Coyle's** Bring a team for Brainstormer Trivia at 668 Haight.

Every Thursday, 7–9pm **Jazz Night at Mercury Cafe** Live jazz at 201 Octavia.

October 6 & 20, 6–10pm **Open Mic at The Faight** Bring a song or a joke to 475 Haight. Free entry, all welcome.

Every Monday, Wednesday & Saturday **Faight Yoga** Donation-based classes at 475 Haight: Mon 5pm yin/restorative and 6:30pm candlelit vinyasa; Wed 4pm jazz yoga; Sat 10am groovy morning yoga. Sign up: thefaight.com/ yoga; walk-ins welcome.

Events This Month

Saturday, October 3, 10am–1pm **October Issue Distribution** Pick up issue 13 at Scott & Page. Pancakes and neighbors included.

Saturday, October 3, 4–7pm **Game Night at Madrone** Gamescape brings board games to Madrone Art Bar (500 Divisadero). Come play or learn something new.

Sunday, October 4, 4pm **Comix Experience x MACE** Alex Sodari and Muchos Art and Comic Expo artists talk comics, zines, and immigrant stories at 305 Divisadero. Free.

Wednesday, October 7, 4pm **JO1 Signing at Amoeba** The Japanese group signs its new EP *ANIMAL* at Amoeba SF (1855 Haight). An in-store CD preorder and wristband are required; space is limited.

Saturday, October 10, 10am–2pm **K9 Heroes at Duboce Park** Meet working dogs and their handlers at this free Fleet Week neighborhood event.

Saturday, October 10, 2–4:30pm **Repair Cafe** Bring a broken household item to Park Branch Library (1833 Page) for help from volunteer fixers. Free.

Saturday, October 10, 8pm **IDP 11th Anniversary** Live electronic sets, DJs, and visuals at Underground SF (424 Haight). \$20.

Friday, October 16, 7:15pm **Hoppers at PROXY** Free outdoor screening of the animated adventure at PROXY in Hayes Valley.

Sunday, October 18, 7pm **Bluegrass Roots: Travis Book & Andy Falco** The musicians play Jerry Garcia songs inside *Forever Grateful* at Golden Gate Park's County Fair Building (1199 Ninth Ave). Doors 6pm.

Thursday, October 22, 7pm **Schwartzzy Release Party** Live music at The Faight (475 Haight).

Thursday, October 22, 8pm **Frankie Cosmos at The Independent** Celebrating ten years of *Next Thing*, with Gabby's World (628 Divisadero).

Friday, October 23, doors 8pm **Gimme Gimme Disco** A Halloween dance party with ABBA and other '70s and '80s favorites at Rickshaw Stop (155 Fell). Show 8:30pm.

Tuesday, October 27, 4:45–6pm **Buena Vista Social Club** Meet neighbors for a drink and fresh air. Bring a mug and layers; pets welcome. RSVP for location.

Friday, October 30, 9pm **Fixed Gloss Halloween** An electro Halloween party at Underground SF (424 Haight).



Ellie Geller King

As always, this is your paper. Get involved and help make it what you want!

To stay up to date, follow us on Instagram @lowerhaightlocal

To support us financially (we need it!), go to lowerhaightlocal.com/donate

To help write/edit/anything, go to lowerhaightlocal.com/help

Anything here you want to see in the zine / respond to? Email hi@lowerhaightlocal.com



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They Only Come Out at Night

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Bat · Civet · Cricket ·
Firefly · Flying Squirrel ·
Hedgehog · Horseshoe
Crab · Kakapo · Kiwi ·
Moth · Opossum · Owl ·
Raccoon · Salamander ·
Scorpion · Skunk ·
Tarantula · Tawny
Frogmouth

it's
**JUST A
PHASE**

change one letter
with each step



F U L L
maximum moon

word on a door

oj option

'90s shoe feature

camel storage

rope fiber

"wanted" sign word?

"like a bat out of ____"

Oates' partner

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stop marching!

pepper's partner

fine deposit

soy milk seller

one way to call in

"___ it to me"

linger in the bath

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bad, like milk

speak sloshedly

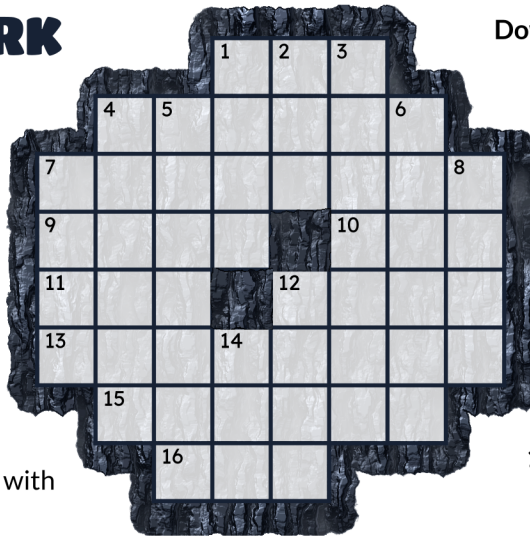
make fuzzy

rare moon

AFTER DARK

Across

1. "Just as I suspected!"
4. They may be bitter
7. Monster hit song that begins "It's close to midnight and something evil's lurking in the dark ..."
9. ... and continues "There ain't no second chance against the thing with forty ____"
10. Fiancée of Trav
11. Fuel additive initials
12. Actress Kunis of "That '70s Show"
13. A synthesized version of this eerie, touchless instrument is heard in 7-Across beneath the words "The foulest stench is in the air / the funk of forty thousand years"
15. First, as a voyage
16. Cable TV channel that is mostly just reruns of *The Big Bang Theory*



Down

1. Rental car brand with a red logo
2. Fictional computer whose name is "IBM" shifted one letter left
3. Like some records
4. Blues partner
5. "In case you didn't hear me..."
6. Lock up airtight
7. "This is only a ____"
8. Gosling or Seacrest
12. Rx supply
14. Skeleton element



WHERE WOLF?

Find the three WOLFs.



These puzzles first appeared in Cozy Cubs issue #34 - After Dark. Answers and more at www.cozycubs.club

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with the
zine!



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