

# Lower Haight Local

August 2025



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# Notes from Neighbors

## A few selected responses to neighbors from last month...

*First is the original post, followed by the comment, followed by a response*

**GS // Prefer not to say**

I made 99% of my friends in SF playing spikeball in the panhandle // More block parties!

**Keyan //** I'm probably not going to be good at Spikeball but I'd love to join! Just moved into the neighborhood - when and where?

**GS //** Welcome to the neighborhood! Panhandle, every Tuesday 6-8!

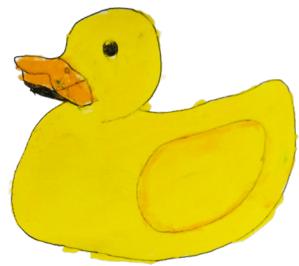
**MS // Duboce & Fillmore**

I wish I was skiing; canadian

**MS (2) //** Let's make a Canadians of Lower Haight meetup!!

**MS // Duboce & Fillmore**

We should! And we can celebrate Canadian holidays locally such as Canada Day and thanksgiving!



## And some emails we received! ([hello@lowerhaightlocal.com](mailto:hello@lowerhaightlocal.com)), lightly edited

In the 1990's, in the dark ages before internet, there was a zine/newsletter called Western Edition. The copies are archived in the SF Main Public Library, 6th Floor, SF History. You can find a lot of pix of Lower Haight from the last century as well.

<https://library.usfca.edu/westernaddition/news>  
I'm looking forward to getting my hands on your first issue!

Lynn  
Sent from my fancy iPhone

Hi [Editor],

I acquired your July addition and found it to be absolutely delightful. I have been a proud resident of Lower Haight since 2008. Every day (almost) when I leave my building or return home from work or travels I am grateful to call this neighborhood my home. Your newspaper captures many of the nuances that make the Lower Haight such a lovely place to live. I look forward to future issues as well as seeing you around the neighborhood. - Michael

Dear Editor,

I'm saddened by the closure of The Center. When neighborhood spaces close, we lose more than just the services they provide. We lose a meeting point, a magical tea house, and a welcoming space not only for individuals but also for ideas.

I left my job to pursue a dream my late husband and I shared: opening a Greek Korean restaurant. I regularly spent entire days at The Center, taking care of my body, meditating on my loss, sketching menu concepts, and dreaming big, knowing I could go at my own pace within its walls.

I encourage us, as a community, to reimagine our commercial spaces as more than just places of transaction.

P.S. We must've crossed paths HG! (Neighbor: Issue 1)  
Anji

**HG // Oak and Fillmore**

Frequently found at yoga at The Center // Watch out for bumblebees on the ground! Don't step!

*(from first issue)*

## Say hi!

Anything here you want to respond to?

<https://lowerhaightlocal.com/respond-to-neighbor>

### Cover art:

Photographer: Michael Mishali  
<https://michaelmishali.myportfolio.com/>

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# Lower Haight, Pitch Your Friend!

Looking for a catch? Come pitch your friend!

by Annalise Wulf

Friends like:

**“Robyn”** 26, Straight Woman

**Ideal first date:** Maybe a little hike, maybe a picnic in a park with a cute walk, maybe some pool (I'm bad) or some darts (I'm less bad)

**Hobbies:** Running (physically and away from my problems), sharing food, hiking, listening to audiobooks on 2.5x

**Hot take:** You actually CAN forget how to ride a bike

**Favorite thing about lower haight:** I would die for the trees on Waller



**Sign up** to attend or pitch your friend:  
[lowerhaightlocal.com/pitch](http://lowerhaightlocal.com/pitch)

Friends like:

**“Eleanor”** 26, Straight Woman

**Hobbies:** Climbing plastic rocks, rolling around in the dirt, and fully booking my calendar 2 weeks in advance

**Past halloween costumes:** Troy Bolton, Justin Bieber, Jack Skellington, Stanley Yelnats from Holes (yes, they're all guys, what about it)

**Fact:** Will use any occasion to wear a wig

**Current obsessions:** The Sundays, writing poetry about mundane things, line dancing, trying to replicate Yamo's house noodles



Friends like:

**“Jersey Mike”** 26, Straight Man

**Favorite bar in SF:** Royal Cuckoo Organ Lounge (I actually haven't been but it seems cool)

**Hobbies:** Magnets, long walks up steep hills, watching YouTube shorts of movies I've already seen multiple times

**Artist I'm most excited to see at OSL:** Ludacris, obviously

**Hot take:** Hot dogs are technically hoagies, not sandwiches, because they're covered by bread on three sides

## Note from the Editor

July, our first issue, was a huge success! We passed out ~750 magazines, and the reaction from our neighbors made it all worth it. So many expressed their thanks, neighbors gave random donations, and so many offered their help. I need it! For July's issue, I was mostly unemployed while making it, so I had time to write content and do everything to get it started. For August and for all future issues, my primary goal is to make this a truly sustainable project, even while I'm working full time. The only way this can happen is if, each month, neighbors offer time to make content and resources to fund printing. For August, there eight different authors and eleven other people that helped out - an incredible show of the help that we need each month.

Going forward, I've created a way to make a pledge and become a member as a way to make the magazine a bit more financially sustainable. If you can, consider making a donation.

- Joel Reske, Editor

To learn about making a pledge, go to [lowerhaightlocal.com/pledge](http://lowerhaightlocal.com/pledge)  
To help write/edit/anything, go to [lowerhaightlocal.com/help](http://lowerhaightlocal.com/help)



## Community Gardener Spotlight

# Elizete Barbosa

by Lucy Segraves

On the corner of Page and Buchanan, behind the playground, lies a charming community garden called Koshland Community Gardens that is cared for by nearby neighbors. Elizete Barbosa is one of many dedicated community gardeners that is passionate about cultivating a beautiful, plentiful, and welcoming space. Many people wait years to be plucked off the waitlist and given a garden bed, Elizete included.

She obtained a plot in 2020 during the height of the pandemic and began gardening with no formal training. Growing up in Brazil, she used to watch her grandma garden but really became passionate about it after doing her own research by watching videos, reading books, and joining clubs. The main driver was that she wanted to live a simple life and learn how to live off the land. Teaching friends how to garden, propagating plants, foraging for mushrooms, drying flowers and herbs for tea, reusing materials for new projects... now THAT is fighting back against consumerism.

“Gardening is resistance” is the theme that our conversation kept going back to. Gardening promotes self-reliance and it challenges dominant systems that have been taught to us that we cannot live without. Along with the joy of growing and harvesting your own produce, gardening brings many other qualities that better gardener’s lives.

“This garden has helped me so much. After working here for 3 or 4 hours, I can get my head off of whatever is going on out there... I’ll take it. It releases my stress, makes me really tired to get home and have a good night sleep to prepare to fight the next day.”

Being able to relieve your stress, anxiety, and pent up energy in a healthy way is so necessary in these days of constant technological stimulation and pressures. Elizete’s advice for people that want to start their gardening journey would be to start small. She also reminds us that gardening at Koshland is “more for your mind, not for your belly.”

If you would like to check out Elizete’s plot, make your way to plot #1. She is currently growing corn, tomatoes, peas, lettuce, and marigolds.

*Disclaimer: Koshland is a space for anyone to enjoy but please be aware that harvesting is only to be done by the individual community gardeners of that plot. Please do not take produce, herbs, or flowers from the garden. If you would like to get involved in the garden, apply to be placed on the wait list or join volunteer days!*

Go to [lowerhaightlocal.com/koshland](http://lowerhaightlocal.com/koshland) to learn more.



Illustration by Natalie Quek: [@nataliequek.studio](https://nataliequek.studio)

## Haight of Flavor

# August

Tamara Kakhale

Welcome to the first edition of the Haight of Flavor, a seasonal produce column.

What's so important about eating produce in season, you may ask? Well let me tell you!

Produce grown in season is far richer in nutrients, making it much healthier for us, not to mention far tastier. It encourages a diverse diet which ultimately leads to a more robust gut health, and is much better for the soil the plants grow in. Plus, if you can manage to make it over to the Divisadero Farmer's Market, you can support our local farmers and meet the people actually growing your food! Added bonus of getting to see how lucky we are to live in an area with such an abundance of amazing seasonal produce.

*(Divis Farmer's Market: Sundays, 9am - 1pm, DMV parking lot, Fell/Oak)*

### Blueberries

We all know and love the small berry. While you can just eat these as they are (and watch as the whole pint disappears in mere minutes), add blueberries to a scone, lemon loaf, or cheesecake for a bright addition to tasty desserts. Pro tip: when baking, coat them in flour so they don't sink to the bottom!

### Green Beans

One of the tastiest and crunchiest veggies out there (no, I'm not biased). Make green beans the star by adding them to a pasta and pesto dish (cutting them about the same size as a penne). Or, pickle them for an amazing snack (for those of us who don't have the patience: google "quick pickle" recipes).



### Nectarines

Ah, stone fruit. Whether you prefer white or yellow, the nectarine is one of the sweetest and juiciest fruits out there. For a delicious dessert, make this (very forgiving) nectarine crumble recipe:

#### Crumble:

$\frac{3}{4}$  cup (90g) all-purpose flour  
 $\frac{3}{4}$  cup (68g) oats  
 $\frac{1}{2}$  cup (100g) sugar  
1 teaspoon baking powder  
1/4 teaspoon salt  
 $\frac{1}{2}$  teaspoon cinnamon  
1 stick unsalted butter (8 tablespoons, 113g)  
- room temp

#### Fruit:

6 - 7 nectarines (pitted and diced)  
 $\frac{1}{2}$  (100g) cup sugar  
2 tablespoons lemon juice  
1 tablespoon cinnamon

#### Instructions:

1. Heat oven to 375°F.
2. Mix all fruit ingredients - feel free to adjust sugar to your taste. (if mixture is looking too liquidy, add a little cornstarch)
3. Pour fruit into a 9x9 baking dish.
4. Prepare the crumble: mix all dry ingredients, then cut the butter into the mixture using your hands until it resembles coarse bread crumbs.
5. Scatter crumble on top of the fruit mixture.
6. Bake for about 35 - 45 minutes, just until the fruit is bubbling up the sides and the crumble is nice and browned.
7. Let cool for about 15 minutes before serving, ideally with ice cream :)

*You can add any additional fruit to this recipe. The total amount of fruit should be about 6 - 7 cups (~900g). Want to take your dessert to the next level? Look up how to make a "buckle" - this also works with any seasonal fruit!*





### Poem

## Let's meet at Duboce

by Marco Alvarez, Duboce Triangle Resident

The halcyon sun glares.  
Still, we hide from its rays in each other's arms,  
drawn by magnetic attraction.  
Lounging on green grass endowed with spiritual mysticism,  
we spend a beautiful day at the park:  
An afternoon buzzing - dogs walking, kids playing, birds chirping.  
For this second, I believe perfect moments do exist.  
I have not felt a romantic bliss like this before.

Illustration by Natalie Quek: [@nataliequek.studio](https://@nataliequek.studio)

### Story

## Zahra

by Alanna Hill

I have this one ring, nestled carefully in a box among my many other rings, that's just slightly out of place. It's checkered in black-and-white and has gems at its points, fits only on my pinky, and occasionally it falls off, but it was a gift from Zahra, the lovely owner of Cafe International on Haight Street, and so I wear it anyways.

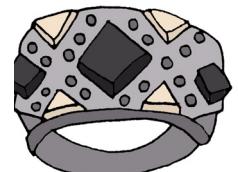


Illustration by Beth Cole

When she gave it to me, she called me up to the counter and told me to close my eyes. I opened them to a ring in my hand and a proposal of marriage. You wear a lot of rings, she said. Do you want this one that someone left behind? I said yes, obviously, and I am pretty sure that we are technically still engaged to this day. Zahra is someone who is not only really good at building community, but also tending to it. She remembers the names of her patrons, speaks an impressive multitude of languages, and I commonly see her sitting out back on the (sometimes) sunny patio, smoking and having a chat with regulars. One time, she wrote my roommate Luiza's name in the foam of her giant latte, and I've never forgotten it.

This past week, I made a return to Cafe International after being gone for a while — I had brought Zahra a coffee mug as a gift, and I was a little nervous to present it to her. What if she'd forgotten my name? It had been months! When I gave it to her, she smiled at me and said, it's been so long, and I'm happy you're back!

I am also happy to be back, and especially so to return to a Lower Haight staple. I love that there are first dates and people working and large chairs next to big windows. I love that there are sometimes musicians playing that Zahra has invited in, and I love watching her make introductions between customers. But perhaps most importantly, I simply love to catch up with Zahra, forever effusive at the counter with friendly chatter, and whom I am always excited to see!

## Events

# August

DM @lowerhaightlocal to get your event featured! Go to [lowerhaightlocal.com/events](http://lowerhaightlocal.com/events) for full up-to-date event listing.

*Every Sunday*

### Sunday Trash Pickup

Starts at 10am at TERRAGON cafe every Sunday. Meet your neighbors, care for your community, and get some generously provided breakfast at TERRAGON cafe!

*Opening Reception on Saturday, August 16th, 6pm-9pm*

### C Kemp: Welcome to the Future

A street photography exhibition by local photographer C Kemp, presented at Wave Collective on Haight Street. Exhibition Period: August 16 - September 7, 2025. Preview weekend: August 9-10

## Feature

# Sage, Cozy Cubs Puzzle Club

by Liz Schilling

Sage Kitamorn is the puzzle guy behind Cozy Cubs Puzzle Club; every month, he crafts and distributes a new themed sheet of puzzles. In our July issue, we included a few of his puzzles from the May 2025 Bees edition. If you want more of these unique, themed puzzles, you can find them at [www.cozycubs.club](http://www.cozycubs.club). If you want to meet him and tell him how much you love being a Cozy Cub, you can find him most weekends on the lawns near the Conservatory of Flowers, where he passes out his original puzzle sheets free of charge. This is exactly how we discovered the club earlier this year. We are honored to share his “casual games for consenting adults” with you on this puzzle page.



Photo by In The Park  
@inthepark\_sf

## August Sponsors

*This paper is only possible because neighbors have given to make it happen. Like the issue? Help the next one get printed with a small donation! Head to <https://lowerhaightlocal/sponsor> to have your organization featured!*

### Lower Haight Line Dancing

Line dancing, have you heard of it? We teach line dancing in our garage every (yes, every) Sunday 6-10pm in Lower Haight. For free! Follow us on Instagram @lowerhaightlinedancing DM us for details + location!

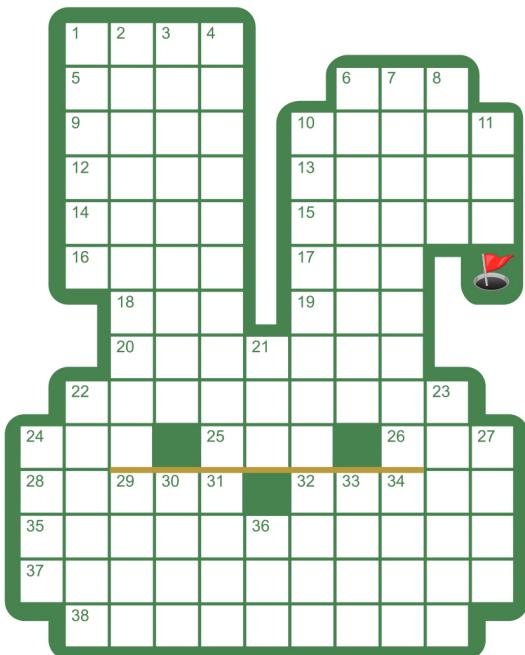


New Owner! Everything has been upgraded, cleaned and fixed. It's a pleasure to step into this laundromat. It now feels like a high end place you'd actually want to visit. Excellent machines, too!

700 Page Street, open 7am – 10pm every day

### \$200 from random donors!

Help fund the magazine - make a pledge now!  
[lowerhaightlocal.com/pledge](http://lowerhaightlocal.com/pledge)



## burrowed time

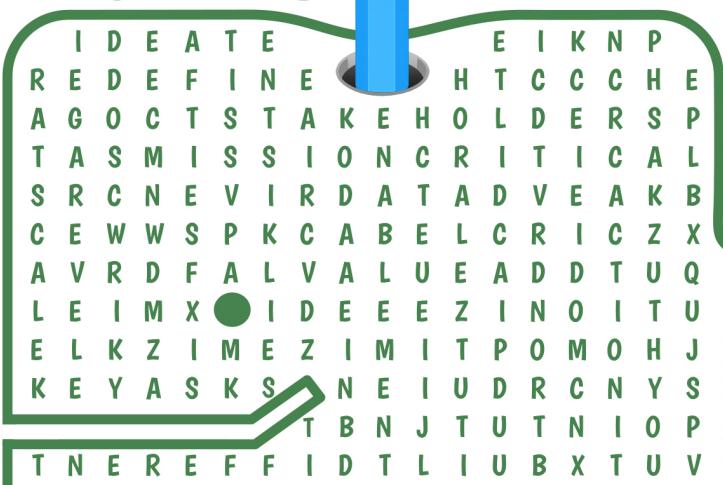
Come and join the party.

### Across

1. Tortoise competitor
5. Original sin site
6. Winter hrs. in Denver
9. Ovaltine ingredient



## upward trajectory



There is water at the bottom of the ocean.

action item · alignment · at scale · built different · circle back · data-driven · deep dive · disrupt · enablement · ideate · impact · key asks · learnings · leverage · mission critical · optimize · quick sync · redefine · reimagine · revolutionize · stakeholders · takeaways · thought leadership · touchpoint · value-add

10. "Gymnopédies" composer Erik
12. Practice boxing
13. Ancient Greek market
14. \_\_\_-bitty
15. Cruise ship
16. Get perfectly
17. Get perfectly
18. "Little piggy"
19. Cheer word
20. Bill
22. Bit of a bloom
24. Egg maker
25. Acid
26. Beaver barrier
28. Black and white whales
32. "Guernica" painter Picasso
35. Conclude negotiations successfully
37. Pasta often served with Bolognese
38. Words at the top of a wish list

### Down

1. Traps, in a way

2. A film made from a book, or the title of a 2002 movie starring 29-down
3. They may be foreign or sexual
4. Like many first jobs
6. It may involve a rabbit and a hat
7. Easter Island artifact
8. Grow weary
10. Not paid hourly
11. One receiving aural stimulation
21. Black \_\_\_ (secret missions)
22. Enjoy a book again
23. Fingers-in-ears syllables
24. Party thrower
27. Backyard burrower
29. Actor Nicolas \_\_\_
30. "It was \_\_\_ dream"
31. Brownie mix direction
32. Animal org. with a bunny in their logo
33. Gulf near the Red Sea
34. Word after asteroid or safety
36. "It \_\_\_ a nice ring to it"

Bearnard presents  
**cozy putt**  
a hole for everyone



## first principles

Everyone I know has a big putt. Change one letter with each stroke until you get it in the HOLE.

**P U T T**  
short-range shot

— — — — —  
mixed pup

— — — — —  
shush button

— — — — —  
select someone

— — — — —  
+ - x ÷ =

— — — — —  
sonic number

— — — — —  
fugue composer

— — — — —  
"I'll be \_\_\_"

— — — — —  
dollar nickname

— — — — —  
Costco quantity

— — — — —  
mope

— — — — —  
Takei's "Star Trek" role

— — — — —  
"Paradise" streamer

— — — — —  
ship's shell

— — — — —  
hip dance?

— — — — —  
"hi, amigo"

