

# *Lower Haight Local*

December 2025



## ***Inside:***

pg 1. Wiggle/Waggle/Woggle

pg 2. Fence at Koshland

pg 3. Profile: Lisa Z

pg 4. Madrone Bathrooms

pg 5. Haight of Flavor

pg 6. Volunteer!

back. Cozy Cubs Puzzle Club

# You know the Wiggle, but do you know... The Waggle? The Woggle?

By Dylan Harris

If you've ridden a bicycle much in San Francisco, you've probably heard about the Wiggle; the zig zagging bike path that cuts through Lower Haight to take riders on a flat route in between the hills. But do you know about the **Waggle**?

How about the **Woggle**? These are lesser known routes that my friends and I have created, and I'm writing this to officially coin the terms. If you pass through the area often or live close by, these small variations can be an exciting and convenient addition to your downhill bike routine.

Even though the Wiggle is "mostly flat," you'll quickly notice that it is slowly uphill to the Panhandle, and slowly downhill to Market St. The general consensus is that the original Wiggle route is the best way to go uphill, since it's the most gradual incline in between the hills.

However, when going downhill there is much more route variety that keeps you on the flats of Page for a little longer before having a bigger downhill towards Market.

My first Waggle ride happened one day when I was biking home with my friend Steven Lundy (he coined the term). We rode two extra blocks on Page and turned on Steiner to go down and merge in with the Wiggle route. The benefits of this are multiple: fewer turns (especially the left turns), avoiding the busyness of Haight St. altogether, and the fun potential to bomb



the hill if you're lucky enough to get a green light crossing Haight. I loved the variety, and as a Lower Haight Local I began to share some other tips, resulting in this ride to be referred to now as the Waggle V1.

Living at the top of the Webster hill myself, I've discovered that Church St. is in fact now a very bike friendly street with its traffic calming measures and bus lanes. With the simple addition of a bikes-only filter crossing Market St., Church St. is mostly devoid of car traffic resulting in a mostly peaceful ride all the way to Dolores park (although take care of the tracks on 17th!). I almost never bike on Sanchez St. anymore, since Church St. has better light timings, fewer cars, and no low visibility 90 degree parking.

Once Steven was enlightened with the benefits of riding a bike on Church St., he created the downhill Waggle V2, in which one bikes farther down Page St. all the way to Fillmore, and then bombs down that hill on the way to Church St. avoiding the Wiggle entirely. The Waggle V2 is nice, but it does contain more elevation change to go up to Fillmore, so Waggle V1

(turning on Steiner) is still a good option for less elevation gain. I also wanted to explore other routes that could be useful going uphill but also avoiding the rush hour crowds of the Wiggle. This led me to create the Woggle. First ridden uphill, it starts on Church St., and runs parallel to the Wiggle but one block north or east, ending at Scott & Page when it merges with the other bike routes.

If you live along the Woggle instead of the Wiggle, try making that your standard bike route and see how it feels! Maybe the elevation change will be more gradual. This is just the tip of the iceberg when it comes to different routes through Lower Haight. I have another favorite route I found that has nearly zero elevation change between the top of Wester hill and the Castro. (these are at nearly the same elevation!) You can find it on my website, along with other bike commuting tips and tricks. I hope to see you out there unleashing your creativity to explore more routes. Tell us the name of your Wiggle or Lower Haight route!

[www.BikeToEverything.com](http://www.BikeToEverything.com)  
@BikeToEverything



# Fence at Koshland

*By an anonymous neighbor*

The idea of the installation of a locked fence has created a controversy dividing the community. Do we prioritize safety? Or do we prioritize access to public land?

Koshland Park, located on the corner of Page and Buchanan, is a beautiful park that many people enjoy. The park includes a basketball court, playground, community garden, walking paths, and a few grassy areas. Koshland Park also has had a long history of vandalism, theft, and destruction.

It was recently proposed and signed into action that the park would receive infrastructural changes. This includes a new ADA-compliant circular path, additional garden beds, playground resurfacing, drinking fountain, upgraded fences, and introducing a lock to the garden fence. All of this renovation is great! The lock is what's creating controversy.

To clarify: The 24/7 lock would only be for the garden, not the whole park itself. The park will continue to observe the normal SFRPD park hours. Descendants of the Koshland Family and nonprofit partners urge for the changes.



*Emma Amnesty-Good*

**Pro-Lock:** Will prevent vandalism to the garden. Every Community Gardener at an SF Rec and Park site has waited multiple years on the waitlist to receive a plot and pays yearly dues to sustain it, so it is upsetting to the gardeners when they find their plot different than how they left it. Members have shared stories of the fruits of their labors disappearing, finding human and dog feces in the garden, finding people under the influence of drugs lingering or sleeping in the pathways. Other than the gardeners, the garden also hosts weekly classes of young students during the summer and school year. A safe and clean area for the students to enjoy would be ideal.



*Illustration by Sage*

**Anti-Lock:** Many community members enjoy strolling around the garden and taking in its beauty. It can be a serene place for people to enjoy with their friends, family, children, etc. Adding a lock would essentially privatize this stretch of public land. Some neighbors have proposed limited lock hours during classes and events, more signage, and neighborhood members' participation in ensuring the safety of the garden.

I am hopeful that both sides will come together to find a compromise that will benefit all. If you want to see what so many people are passionate about, come volunteer in the garden with Community Grows on December 19th at 1pm.



*Illustration by Lucy*

**Cover art:**  
Aidan Gabriel

**Editor:**  
Joel Reske

**Edits and other help:**  
Siena Applebaum  
Lucy Segraves  
Molly Hayden  
Annalise Wulf  
Emma Conroy

**(continued)**  
Roan Beck  
LoHaMNA  
Chloe Reske

**Printed by:**  
PrintingPlus  
(707) 459-9401  
printingplus.ink  
1074 Folsom Street  
San Francisco, CA 94103

# Lisa Z Will Teach You How to Buy a House!

By Lana Marks

On a chilly Friday morning, I sat down with my neighbor Lisa at her brightly-lit kitchen table to talk about her roots in the Lower Haight and her work as a real estate agent demystifying the home-buying process.

If you've been out and about in the Lower Haight, you've likely crossed paths with the force of nature that is Lisa Zahner. She probably had her bright-eyed dog, Misty, in tow or a listing sign in hand. Lisa and her husband, Jonathan, recently celebrated 25 years of homeownership in the Lower Haight. Over mugs of ginger turmeric tea and beneath a banner of San Francisco's waterways, she grins and says that after eight rejected offers, their home is her "best real estate deal ever." Years later, Lisa's love for this corner of San Francisco is still palpable. Throughout our conversation she periodically jumps up, animated, to rave about the Page's live music and owner Bob's homemade wine (not for sale—sorry!), memories of her child's fourth birthday party on Carmelita Street ("We had fire

dancers from Burning Man—the other parents were like, 'I've never been to a party like this!'), and the time she and her neighbors built planters to block off the newly minted Page Slow Street.

"This is where I'm totally biased in favor of our neighborhood," Lisa says, sincerely. "There's this ethos of: let's roll up our sleeves, be super creative, and make things happen." In a city where so many people cycle in and out, Lisa's commitment to real, in-person community feels both rare and necessary.

Lately, Lisa has rolled up her sleeves to host a series of free informational workshops about the nuts and bolts of buying a home. With decades of experience in real estate, she wanted to give back and help first-time buyers who feel unsure of where to start. Her workshops, held in homes she's selling, are intentionally small, casual, and honest. Attendees are free to ask **anything**, including financing fears, down payment myths, and even how to have uncomfortable conversations about financial help. "You are so vulnerable," Lisa acknowledges. "But my mom always taught me that you don't get what you don't ask for."



She aims to create a safe environment where people can learn practical answers with a sense of humor and empathy. It's her own vivid memory of buying a home ("I was dry heaving on the side of the road... I'll never forget that feeling.") that helps her connect so deeply with clients. That, plus her signature persistence and bluntness. She belly-laughs, reminiscing about the time she got locked out of a showing, scaled a fence, and slid through a doggy door in business casual attire to let her clients in. Yes, the house sold.

The next *Lisa Z Teaches You to Buy a House* workshop is scheduled for December 3rd at 17 Perego Terrace #7 in Twin Peaks. Learn more at [lisazahner.com](http://lisazahner.com) or on Instagram at [@lisazahner\\_sf](https://www.instagram.com/lisazahner_sf)

## Note From The Editor

Hello neighbor! You are holding the FIFTH issue of Lower Haight Local, a local newsletter / zine for all of the amazing people and things happening in Lower Haight. This zine is the direct product of your neighbors' writing, doodling, and designing. Some fun updates:

- This month, our monthly art night had 20 people come by to make art (next one will be mid-December)
- We are applying for nonprofit status, in the hopes of getting grants. If you know about this process or of available grants, or would like to donate in a tax deductible way, please reach out.

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](https://www.instagram.com/lowerhaightlocal)

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

To help write/edit/anything, go to [lowerhaightlocal.com/help](http://lowerhaightlocal.com/help)

Anything here you want to see in the zine / respond to? Email [hi@lowerhaightlocal.com](mailto:hi@lowerhaightlocal.com)

- Joel Reske



[lowerhaightlocal.com](http://lowerhaightlocal.com)



# A bathroom without art is stupid

by Alberto Rodriguez-Garcia

When I enter the first of the three single use bathrooms in Madrone Art Bar (each one a distinct color and distinct experience, like portals) I can feel the deep and thumping bass of the We Work Here collective's blend of deep house, disco, and techno through the cracks of the door that is just a few feet from the heart of a sparsely-bodied dancefloor, which means there is no need to stop dancing, or, in my case, no need to stop moving my head forward and back and forward and back to the repetitive, high-BPM rhythm that gently takes control of my body, but still, there is a distance between me and the music, and it seeps in as a muffle of itself, allowing the other senses space to explore — the pale, sky-blue color of midsummer days on the walls and door and ceiling, the two shallow and mysterious black wall-mounted cabinets full of an overwhelming diversity of stickers ("Life without art is stupid," "Stand with Hong Kong," "Yes, you can," "My ass belongs to the bluegrass," "Joy is resistance"), the aftermath of those before me as grimy paper towels embedded in the black floor and clear half-full glasses on the soap dispenser and on the modest sink with almost boiling-hot water and even on top of the white toilet that a man must have used before me since the lid and seat are both up, that unmistakable mixture of cleaning supplies and piss

mercifully subtle — though I am eventually forced to notice a tiny woman staring up at me and me junior in terror, with wide-eyed obsidian pits and dirty blonde hair and deep red lips and a harsh shadow slicing her neck in half, stuck on the bottom third of the toilet lid by some brave and clearly somewhat germophilic soul hoping to shock someone like me awake with an unignorable statement. It works; I am here.

I dance and drink more water in hopes of checking out the other two bathrooms tonight, holding down the uncompetitive space near the three water pitchers at the back of the bar, cooled down by the wisp of a breeze from the open door to the smoking area out on Fell St where I tend to sit with a cigarette or joint whenever the self-consciousness of the dancefloor wins another battle in the eternal war, or when the mood to strike a conversation with a stranger overcomes me. But if I keep drinking water, I'll eventually have an excuse to go back to the dancefloor and maze through the dark mass of bodies to the bathrooms, the little sanctuaries.

Just before the bathrooms is a sign on the wall that says "This is not about you," a helpful reminder against all of the distracting evidence to the contrary. The red bathroom's main priority is its color, which is intense and bright and hard to not be affected by, but there are also drawings and words written on the walls and far fewer stickers. I can't help but think of the San Francisco MOMA's second floor bathroom whose

## Poems

### Lactose Tolerant

by Aidan Gabriel

"Don't drink that"  
My tummy grumbles  
I chug it instead  
"You can't tell me what to do"  
The voice comes from my head  
Nooooooooo whispers out  
Of places unseen  
Words drifting on the wind  
I'm a struggler  
A survivor -  
So I clench and don't give in

### Holiday Haiku

by Gus and Tamara

Come to the table  
Where warmth and joy await you  
Eat and be merry

red is somehow more intense and ubiquitous and shockingly abrasive (in my humble opinion, the best bathroom in San Francisco), and unfortunately the Madrone version is just far less interesting and fails to adequately punch me in the face, so I am unable to really be there as much as I'd like, and I let the undercurrent of hurry I usually fail to notice rush me through the universal activities.

*This article continues online.  
Scan the QR code to see the full story.*



[lowerhaightlocal.com/madrone-bathroom](https://lowerhaightlocal.com/madrone-bathroom)

# December Haight of Flavor

By Tamara Kahhale

We made it to the last month of the year!

I want to note that it can feel a little dreary to eat seasonally in the winter months, which is totally understandable. With fewer options overall, and very little fruit, it can be intimidating and might even seem a little boring. I tend to feel it's worth it for a few reasons, mainly because the flavor of food in season is so much better. A tomato in December will be watery and bland, while the humble pomegranate will burst with a sweet tartness. If you like a challenge in the kitchen, cooking with less options opens up creative meals. I also deeply believe there is beauty in not being able to eat all of the things all of the time — it makes me appreciate those flavors so much more when I do eat them.

All that said, eating seasonally exists on a spectrum, and what really matters is that you're enjoying what you're eating, and sharing with loved ones. I hope you get the chance to do that over and over again this December!

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

## Kabocha Squash

A type of winter squash, the kabocha has a sweet, earthy, almost nutty flavor. Compared to other squash, the kabocha gets more fluffy when cooked (like a potato) and roasts beautifully.



## Artichoke

December is the last month these ground forks are in season (in Arabic, my native language, “artichoke” literally translates to “fork of the earth”). Growing up, my family’s go-to was to steam artichokes and eat them with some form of creamy sauce. My friend and fellow Lower-Haighter Gus makes a delicious aioli dip:

## Recipe: The Perfect Aioli

by Gus Brown

### Prepare the artichoke:

1. Fill a pot with a few inches of water, and place a steamer basket inside.
2. Add the artichoke and bring water to a boil.
3. Cover, then steam for about 30 minutes, or until the artichoke stem is fork-tender.
4. When it's ready to eat, peel each leaf and dip the fleshy part into the aioli! The center of the artichoke, “the heart,” is the prize waiting for you at the end and should be cherished.

### In a bowl, mix together:

- 1 egg yolk, room temperature
- 1 clove of garlic, finely grated
- A generous pinch of salt
- A splash of water (less than a teaspoon)

### Then drizzle in:

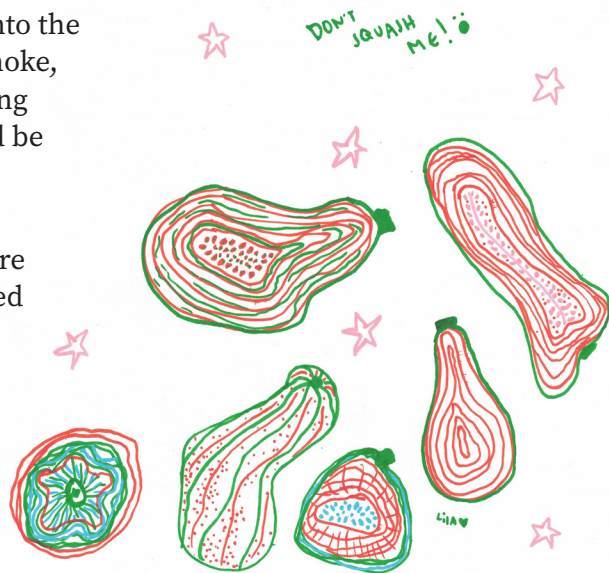
- ¾ cup extra virgin olive oil

Incorporate the oil very slowly at first (seriously, start with one drop at a time), while whisking constantly. As you see the sauce thicken and the emulsion taking form, gradually begin drizzling a thicker stream of oil as you whisk. After about half of the oil is added, the emulsion will become more stable and you can add the remaining oil more quickly. When all the oil is incorporated, you should be left with a stiff, smooth emulsion. Taste for salt and adjust as needed. If at any point you notice the aioli looking greasy or heterogeneous, the emulsion likely broke. Fear not! This is quite common and there's lots of good advice online on how to fix your emulsion.

## Variations

When pairing it with artichokes, I like to thin the aioli out with a bit of water or lemon juice to produce a smoother dip. This base aioli is delicious as is, or you can make any number of variations. Some of my favorite additions are:

1. The zest of 1 lemon, or a squeeze of lemon juice
2. A teaspoon or so of adobo sauce from a can of chipotle peppers
3. Finely minced herbs and capers



Illustrations by Lila

# Volunteer in Lower Haight!

by Ariel Feingold-Shaw

Listed below are some fun opportunities to help improve our wonderful Lower Haight neighborhood. All these events are a great way to connect with amazing community members and make an impact. Let's go Lower Haight!

## Buena Vista Park Greening

**When:** Every 3rd Saturday

**Time:** 9am - 12pm

**Meeting spot:** Children's playground at Buena Vista West and Waller St.

**Focus:** Help with planting, weeding, and maintenance projects throughout the park

**More info/sign up:**

<https://bvna.org/work-days/>



## Alamo Square Park Greening

**When:** Every 1st Saturday

**Time:** 10am - 12pm

**Meeting spot:** Meet at the Hayes and Steiner Tennis Courts near the restrooms

**Focus:** Help with planting, weeding, and general park maintenance

**More info/sign up:**

<https://sfrpd.my.salesforce-sites.com/SFRPDCalendar>

## Lower Haight Trash Pick Up

**When:** Every Sunday

**Time:** 10am - 11am

**Meeting spot:** Tarragon Cafe, 200 Fillmore St.

**Focus:** Picking up trash from the sidewalks and median strips, free lunch is provided

**More info/sign up:**

<https://www.mobilize.us/civicjoyfund/event/756056/>



## Duboce Triangle Cleanup

**When:** Every 1st Sunday

**Time:** 12pm - 1pm

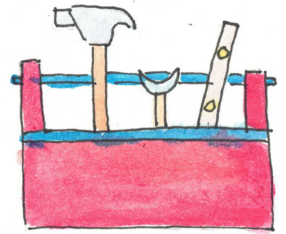
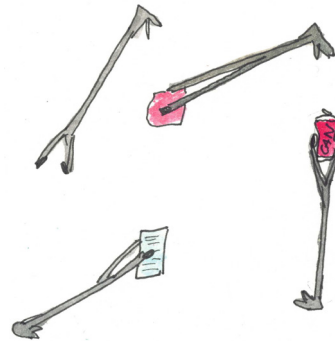
**Meeting Spot:** Duboce Park

**Focus:** picking up trash around the neighborhood

**More info/sign up:**

<https://www.mobilize.us/civicjoyfund/event/756121/>

If your affinity lies in a different neighborhood, there are trash pickups through RefuseRefuse / Civic Joy Fund and park cleanups with Rec and Park in all neighborhoods throughout the city!



illustrations by Ariel Feingold-Shaw

## Other Events

### Holiday Art Walk

**When:** December 6th, 2025

**Time:** 4pm - 8pm

**Where:** Haight Street, Lower Haight

FREE Art Walk highlighting Lower Haight Bars, Merchants and Restaurants with LIVE music, arts, and more

### Slow Steet Party

**When:** December 7th, 2025

**Time:** 10am - 2pm

**Where:** Lyon St. between Fulton and McAllister  
Live music, coffee, neighbors!





# Cozy Cubs Puzzle Club™

"Casual Games for  
Consenting Adults"

## Kenny's Login

Outside the Cozy Cove Bar and Grill, someone from your shift finds a lost laptop. The lid is adorned with cryptic post-it notes.

### big dog

8769 is a little horse

2743 is a game with clubs

57621 are buffet grabbers


3 7 7 5 4 7 6 2

"These are supposed to help  
us identify the owner?"

### red dust


 is a tear

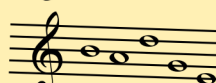
 is milky stuff

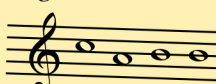
 is Noah's craft



### get a head

 is a nest item

 is a form of ID



"It might be a cry for help..."

"... or just the way he  
remembers his password."

USERNAME

KENNY

PASSWORD



"We have access to the system?"

"Yeah! Mount up—we're on a  
mission to find Kenny."

## Fool's Errand

You find one file on the desktop: fools\_errand.txt

"It looks like one of those word ladders where you change one letter at a time to make new words."

"I can't believe it. Kenny is MISSING, and all you can think about is playing games?!"

"Or he left a trail of clues that will LEAD us to him..."

### GOLD

color of successful records

make a crease

something to chew on

he believes what he sees (or vice versa)

thwart, as a plot

blow it

go with the wind

mentioned earlier

hourglass grain

went down, nautically speaking

everything but the kitchen \_\_\_\_

material known for its smoothness

fluid known for its whiteness

word after wind or grist

where a bartender keeps the change

narrate, as a story

green-blue hue

wood used on yachts

covert source or shipboard problem

a \_\_\_\_ of faith

tip, to a sleuth

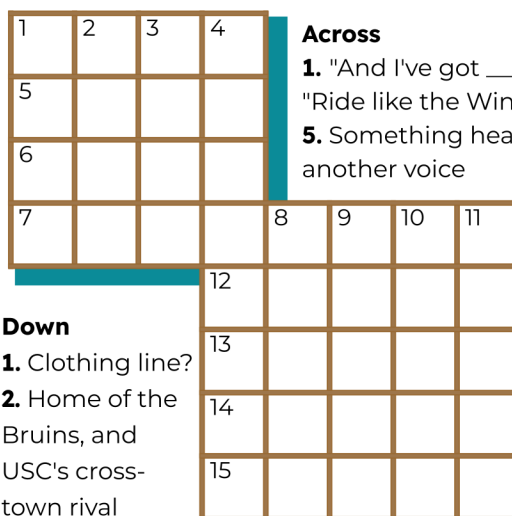
### off the record

here's your tip: listen to this  
[www.cozycubs.club/smooth](http://www.cozycubs.club/smooth)



## Double Cross

Rough town. Smooth music. Comb the mean streets of Cozy Cove and keep your ears open for clues about the mysterious disappearance.



### Across

1. "And I've got \_\_\_\_ a long way to go," line from "Ride like the Wind" by Christopher Cross

5. Something heard again, as if sung by another voice

6. Landed, like a bird after riding the wind

7. One of the members of Kris Kross who will make you "jump jump"

12. Farewell in France

13. Containing poison

14. Kindle content

15. Cher's lost love

### Down

1. Clothing line?

2. Home of the Bruins, and USC's cross-town rival

3. Fashionable

4. Certain tapas or potentially romantic encounters

8. Filipino national dish

9. Mason-\_\_ Line

10. "Coach Prime" Sanders

11. Not appetizing, in tot-speak

### COZY CUBS PUZZLE CLUB

is a creative project of Sage Kitamorn.



This work is licensed under CC BY-NC-SA 4.0. You are welcome to reprint and share, for free, with this attribution and license intact.



The games in this month's Lower Haight Local are excerpted from **COZY CUBS PUZZLE CLUB** issue #30: Cozy Cove (A Yacht Rock Fantasia).

Continue the search for Kenny, check your answers, and find more puzzles by Sage at [cozycubs.club](http://cozycubs.club).

[www.cozycubs.club](http://www.cozycubs.club)

[sage@cozycubs.club](mailto:sage@cozycubs.club)

[cozycubspuzzleclub](https://www.instagram.com/cozycubspuzzleclub)

