



Catherine Wargo

Web Contributor

September 1, 2005

Stitch

182 Gough St • 415-431-3739 • www.stitchlounge.com

Hours: Mon-Fri 12 pm-6:30 pm; Sat & Sun 11 am-6 pm; closed Tues



photo: Catherine Wargo

A sewing lounge? Yeah, that's what we said. Urban lounges have morphed through many different incarnations—the martini lounge, the cigar lounge, the hookah lounge, and now San Francisco has its own sewing lounge. Stitch is supporting and enhancing the do-it-yourself fashion movement by providing a creative and inspirational space for all levels of seamstresses and...seamsters...to make that perfect deconstructed tee that they just can't find on any sales rack. Stitch offers classes in a well-equipped sewing

studio. The "Hems and Basic Alterations" class for beginners can make retail shopping a whole different experience; if you know how to hem and take the seams out a bit, you're golden. For a more advanced experience, try "Custom Dress Forms from Duct Tape" and learn how to make a custom mold of your own measurements to get you mere steps away from a dress that fits you perfectly. Another bonus is that some of the regulars at Stitch peddle their wares on the front rack. You can buy a handmade garment from a local artist for a reasonable price. Fancy that.

Kabuki Springs & Spa

Japan Center • 1750 Geary Blvd @ Fillmore • 415-922-6000 • www.kabukisprings.com

Hours: 10 am-9:45 pm daily

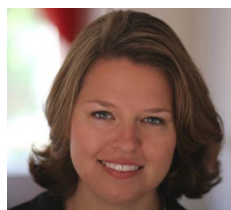


photo: Catherine Wargo

When urban life proves a little frenetic and hassled, the place to soak that feeling away, Japanese-style, is the Kabuki Springs in Japan Center. (Located in the bottom of the Kabuki Theatre building, the springs are a little difficult to find.) The spa offers myriad treatments including the heavenly-sounding "Grounding Foot Treatment" and the exotic "Japanese Lulur Body Treatment," as well as the usual variety of

facials, massages, and acupuncture. For those who don't want to throw down bank for expensive treatments (read: most of us) the steal here is the \$20 pass (\$16 before 5 pm) to the communal baths. The relaxing wood-paneled bath space includes a dry sauna, steam room, and the hot and cold pools. Insiders recommend hitting the sauna or steam room first, then a plunge in the cold pool to stimulate circulation, followed by a short breather before taking the challenge of the 104-degree hot pool. Sea salt body polish, aromatic water, towels, and bath products are included. The week is divided up in an egalitarian way between men's days (M-Th-Sa) and women's days (Su-W-F), with Tuesday as the co-ed day (clothing required). Take photo ID with you.

Catherine Wargo is a freelance writer, editor, and translator who resides in fabulous San Francisco. She is most at home while traveling, and has done so extensively on every continent except Antarctica. You can also find her writing in the *Newspaper for the Expo for the Artist and Musician*. She is working on her first novel, "Uncommon Ground," forthcoming from anyone who wants to publish it.



Flight 001

525 Hayes St • 1.877.FLIGHT1 • www.flight001.com

Hours: Mon-Sat 11 am-7 pm; Sun 11 am-6 pm



photo: Catherine Wargo

Located in the hip neighborhood of Hayes Valley, Flight 001 is by far the coolest shop on the block. Inspired by the historic Pan Am Flight #001 that, from 1942-1984, left San Francisco on an around-the-world circuit via Honolulu, Tokyo, Hong Kong, Bangkok, Delhi, Beirut, Istanbul, Frankfurt, London, landing in New

York 48 hours after take-off. The shop's interior is designed to mimic that of an airplane's interior, and within those curved white walls, a seasoned traveler can find everything they need; tiny tubes of toothpaste, multicolored striped carry-on bags, calming sleep masks, and multi-time zone watches. Flight 001 makes up various traveler care packages, including Evian spritz, mouthwash, miniature toothbrush and toothpaste, and a washcloth in a smart-looking pre-packaged Ziploc bag. For your next journey, say adieu to dowdy roller suitcases, boring passport covers, and tame umbrellas...

Ferry Plaza Farmer's Market

1 Ferry Bldg • 415-391-3276 • www.cuesa.org

Hours: Sun & Tue 10 am-8 pm; Thu 4 pm- 8 pm; Sat 8 am-2 pm



photo: Catherine Wargo

This Farmers Market began as a one-time event in 1992 and stuck around due to its phenomenal popularity. Local farmers sell the products of their labor including fresh cheese, yogurt, artisan bread, flowers, fruits and vegetables, meat, fish, poultry, and shellfish as well as herbs, spices, and dried fruits and nuts. Saturday is the best day to go, but be sure to get yourself there on the early

side, as the tourists descend in droves post 10 am and the crowds become unpleasant. No need to stop for sustenance on the way because organic coffee is roasted and ready, as well as breakfast sandwiches from the grill and, of course, all the fruits and veggies you can carry. The market is run by the Center for Urban Education about Sustainable Agriculture, whose mission is to educate consumers about where food comes from and who grows it. Leisurely shop for organic kumquat preserves with java in hand and a view of the Bay, or attempt to reach ramming speed with your cart at Whole Foods on a Saturday morning. You pick.

Zeitgeist

199 Valencia St • 415-255-7505

Hours: 9 am-2 pm daily

Zeitgeist is a dangerous place. It's the most tempting way to spend a lazy Sunday afternoon in the sun-soaked beer garden; except suddenly you realize that it's Monday morning. Past the fairly average-looking indoor bar, you'll emerge into what looks like someone's big back yard party. This biker bar is patronized by an interesting mix of motorcycle riders, mountain bikers, road cyclists, and, well, everyone else. If you come by bicycle, feel free to wheel that sucker through the bar to the bike rack out back. The cash-only bar has experienced bartenders who know their stuff and make a mean Bloody Mary—some swear the best in the city. The outdoor garden has long, picnic-style tables to hold crews large or small, and the family-style atmosphere promotes expansion of your gang by a friend or seven. Beware of the line for the bathroom: two stalls for a packed house can mean torturous legs-crossed waiting time, but you'll probably make some new friends too. The kitchen serves up basic but tasty burgers, dogs, veggie burgers and the like, and when your order is up, you'll hear the cook scream your name from behind the wall of smoke that encompasses the grill.