



Destination San Francisco

GET READY FOR THE JOINT MEETING

PART ONE OF FIVE

WELCOME

Destination San Francisco is designed to give you a heads-up on Joint Meeting news. In the next few issues, *EyeNet* will focus on the AAOE Practice Management program (June), Sub-specialty Day (July/August), free events (September) and the Exhibit Hall (October).

This month, *EyeNet* asked four local Eye M.D.s to provide an insiders' guide to The City by the Bay. If you visit some of the attractions and restaurants listed below, you may find yourself rubbing elbows with Emmett T. Cunningham Jr., MD, PhD, David G. Hwang, MD, Andrew G. Iwach, MD, or Terri Pickering, MD.

For more tips, see a longer version of this article at www.eyenetmagazine.org.

WHAT TO SEE

Four Old Favorites Get a Makeover

"The beauty of San Francisco is that you don't have to spend much money to have a lot of fun," said Dr. Iwach. While he has plenty of recommendations—from a bike ride across the Golden Gate Bridge to a stroll



Five Days, 800 Ophthalmic Events. Join your colleagues in San Francisco for this year's Subspecialty Day (Oct. 23 and 24) and Joint Meeting (Oct 24 to 27).

through one of the city's historic neighborhoods—there are four attractions that have had dramatic makeovers since the Academy's Annual Meeting was last held in San Francisco.

"The California Academy of Sciences, which reopened last September, is phenomenal," said Dr. Iwach. It includes a planetarium, an aquarium, a natural history museum and "an incredible, four-story rainforest exhibit." If you're tight for time, Dr. Iwach believes you can hit all the highlights in less than two hours. All these exhibits are housed in a building that has made headlines for its living roof, which features seven hillocks and more than a million native plants.

(California Academy of Sciences—Golden Gate Park, 415-379-8000, www.calacademy.org.)

Facing the Academy of Sciences is another building that turns heads—the de Young Museum, which reopened in 2005 in a state-of-the-art facility. While the de Young has long been famous for its American, African and Oceanic art, the new building's 144-foot observation tower provides yet another reason to pay this museum a visit. "Don't forget to go up the tower for a remarkable view of the park and the city," said Dr. Iwach. (de Young Museum—Golden Gate Park, 415-750-3600, www.deyoungmuseum.org.)

"The Asian Art Museum is spectacular," said Dr. Iwach.

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ch. In 2003, it reopened in its own building after previously being housed in the de Young. There are more than 2,500 items on display in its permanent collection, with major galleries devoted to China, India, Korea, Japan, western Asia and Southeast Asia. A special exhibit—Emerald Cities: Arts of Siam and Burma—will open on Oct. 23. (Asian Art Museum—200 Larkin Street, 415-581-3500, www.asianart.org.)

In 2003, the San Francisco Ferry Building reopened with a popular food market on its ground floor. Stock up on artisanal cheeses and breads, farm fresh produce and locally produced olive oils. "The Ferry Building is wonderful, and it is very reachable from the convention center and the downtown hotels," said Dr. Iwach. (Ferry Building—1 Ferry Building, 415-693-0996, www.ferrybuildingmarketplace.com.)

WHERE TO EAT

Savoring San Francisco

The San Francisco-based Web site www.yelp.com lists thousands of restaurants—but which ones do the locals prefer? Your Bay Area colleagues offer the following recommendations.

DOWNTOWN. Near Union Square, **Farallon** “is great for seafood,” said Dr. Pickering, “and it has a very eclectic design,” featuring sea-urchin lights, kelp-covered columns and jellyfish

chandeliers. (*Farallon*—450 Post Street, 415-956-6969; www.farallonrestaurant.com.)

“For sushi, I recommend the **Anzu** restaurant at the Nikko Hotel,” said Dr. Cunningham. “The ambience is nothing special, but they do have very good, very fresh sushi.” (*Anzu*—222 Mason Street, 415-394-1100, www.restaurantanzu.com.)

A little farther away from Union Square, visit **Fleur de Lys** for a “great—and pricey—meal,” said Dr. Cunningham. The restaur-

ant serves contemporary French cuisine and is noted for its plush décor. (*Fleur de Lys*—777 Sutter Street, 415-673-7779, www.fleurdelyssf.com.)

FINANCIAL DISTRICT. “Visit **Kokkari Estiatorio** for really good Greek food,” said Dr. Cunningham. This warm, homey restaurant is well known for its Mediterranean appetizers, its grilled fish and its rotisserie specialties. (*Kokkari*—200 Jackson Street, 415-981-0983;

www.kokkari.com.)

“**Bix** is a beautifully designed art deco, jazz-age supper club,” said Dr. Pickering. It offers live jazz every night. (*Bix*—56 Gold Street, 415-433-6300, www.bixrestaurant.com.)

On the edge of the Financial District and North Beach, “**Coi** is very high end,” said Dr. Pickering. “It is a little pricey, but if you want a decadent, over-the-top evening, you will enjoy some excellent food.”

Asia on a Plate: 10 Restaurants

The Asian influence in the vibrant San Francisco restaurant scene is inescapable. There are hundreds of restaurants, ranging from rarefied culinary temples offering quintessential California cuisine—for example, **Michael Mina**, in the Westin St. Francis (335 Powell Street, 415-397-9222, www.michaelmina.net)—to Asian fusion cuisine—such as **Silks** in the Mandarin Oriental Hotel (222 Sansome Street, 415-986-2020, www.mandarinoriental.com) and **E&O Trading Company** (314 Sutter Street, 415-693-0303, www.eotrading.com). You also can explore a dazzling array of region-specific establishments, whose distinctive tastes redefine and refine traditional notions of Asian cuisine. To those who may know Asian cuisine only by the “big three” (Chinese, Japanese and Thai), these nuanced micro-cuisines can be a culinary revelation.

Visitors from Hong Kong flock to **R&G Lounge** (631 Kearney Street, 415-982-7877, www.rnglounge.com) for food that is fresh, well-prepared and imaginative, with a menu featuring standard Cantonese favorites as well as nouvelle Cantonese dishes. The salt-and-pepper Dungeness crab is a must-have house specialty when in season, but other canonical nouvelle Cantonese dishes, such as honey walnut prawns, receive equally loving attention in their preparation. In the South of Market district is **Shanghai 1930** (133 Steuart Street, 415-896-5600, www.shanghai1930.com), which features a modern take on delicate Shanghai cuisine in a sophisticated setting. Diners enjoy Dragonwell shrimp, Shanghai dumplings (xiao long bao) and minced duck in lettuce cups while listening to live jazz music.

Those who have never sampled Indonesian cuisine will be delighted by **Borobudur** (700 Post Street, 415-775-1512, www.borobudursf.com). Featuring influences from Chinese, East Indian and Southeast Asian cuisine, this simply decorated eatery features authentic and reasonably priced Indonesian delights such as roti prata (pan-fried bread with curry dipping sauce), nasi goreng (fried rice) and rendang (beef in coconut milk).



Dim sum aficionados will enjoy the consistently well-prepared bite-sized preparations at **Yank Sing** (see next page).

For the adventurous diner willing to take a 20- or 30-minute cab ride, the Richmond District is a culinary mecca for Asian cuisine. **Ton Kiang** (5821 Geary Boulevard, 415-752-4440, www.tonkiang.net) is a local stand-out and features the delicious cuisine of the Hakka people of China, including salt-baked chicken, stuffed tofu and clay pot dishes.

Japantown is just one mile due west from Union Square and features a number of excellent Japanese and Korean restaurants. For those who haven't yet sampled Korean cuisine, **New Korea House** (1620 Post Street, 415-563-1388, no Web site) is arguably one of the best Korean restaurants in the city and features such diverse dishes as barbecued marinated beef (bul go gi, kal bi), aromatic and spicy silken tofu broth (soondubu chigae), mixed rice (dolsot bibimbap) and pan-fried noodles (japchae). Accompanying each meal is a house-selected variety of small side dishes (pan chun), such as refreshing and crisp cucumbers and classic pickled spicy cabbage (kim chee).

And finally, when you just want familiar Chinese entrees, give a call to **Yum Yum Hunan** (1828 Divisadero, 415-346-8235, no Web site). They do a good job with all the standard dishes—such as Kung Pao chicken—and they deliver fast.

—David G. Hwang, MD
(pictured above with his wife, Janet L. Hwang, MD.)

In the dining room, you can choose from a four-course prix-fixe menu or an 11-course tasting menu, or visit the lounge, where the menu is a la carte. (Coi—373 Broadway, 415-393-9000, www.coirestaurant.com.)

THE FERRY BUILDING. “The Slanted Door serves excellent Vietnamese food and is very trendy,” said Dr. Pickering. “Twelve years ago, when the Phan family opened The Slanted Door, it was a small restaurant in the Mission district, and now it is a 150-seat establishment in the city’s iconic Ferry Building—a classic ‘local boy makes good’ story.” (1 Ferry Building, 415-861-8032, www.slanteddoor.com.)

One block from the Ferry Building, the Audifred Building, built in 1889, provides a belle époque backdrop for diners at Boulevard. “This is a good place to eat, and it isn’t too far from the convention center and downtown hotels,” said Dr. Cunningham. The menu offers contemporary, regional American cuisine with a French accent. (Boulevard—1 Mission Street,



GO ONLINE TO PERSONALIZE YOUR ADVANCE PROGRAM. New this year—both the 2009 Advance Program and the Spouse and Guest Program will be published online. You can turn the page with a click of the mouse (Fig. 1), and you can personalize them by adding notes and bookmarks. You also can click straight through to housing and registration forms, and to the Online Program (Fig. 2), which is a searchable database. These will launch in early June at www.aao.org/2009. (Please note: These Web resources replace the print programs.)

415-543-6084, www.boulevardrestaurant.com.)

SOUTH OF MARKET. “Town Hall is good and is very popular,” said Dr. Cunningham. “It is lively,” added Dr. Pickering, “and can be good for political sightings—I spotted Willie Brown, our former mayor, there. It serves really solid, classic American food.” (Town Hall—342 Howard Street, 415-908-3900, www.townhallsf.com.)

“Yank Sing is great for dim sum and dumplings,” said Dr. Cunningham. “And it is child-friendly.” (Yank

Sing has two locations—49 Stevenson Street, 415-541-4949, and 101 Spear Street, 415-957-9300, www.yank-sing.com.)

RIDE AN HISTORIC STREET-CAR. On Market Street, two blocks from the convention center, you can ride a vintage streetcar on the F-Line. Take it toward the bay for the Ferry Building and Fisherman’s Wharf. Take it in the other direction for one of San Francisco’s classic restaurants—Zuni Cafe. “This is a see-and-be-seen restaurant,” said Dr. Pickering. “It has been serving good, solid fare for 30 years. One of my favorites is the hamburger, though you also should consider their roasted chicken, which comes with a warm bread salad.” (Zuni Café—1658 Market Street, 415-552-2522, www.zunicafe.com.)

with the Pan-American Academy of Ophthalmology (PAAO).

- **June 1:** Advance Program available online.
- **June 24:** Registration and housing open to Academy, PAAO and AAOE members.
- **July 8:** Registration and housing open to nonmembers.
- **Aug. 5:** Early registration deadline.
- **Aug. 26:** Last day to register and have your badge and meeting materials mailed to you before the meeting.
- **Sep. 30:** Preregistration deadline.
- **Oct. 23–24:** Subspecialty Day meetings.
- **Oct. 24–27:** Joint Meeting.

Visa Information

Many international visitors will require a visitor visa. If this applies to you, you should submit your application early; the process can take up to six months in some countries.

For detailed visa information and to personalize a Letter of Invitation, visit www.aao.org/2009 and select “Hotels and Travel.”



CAFFEINATE THE DEBATE AT THE ACADEMY CAFÉ. The hit of last year’s meeting is back. Enjoy free coffee and lively conversation in a relaxed setting. Participate in moderated discussion sessions. Bring your cell phone, PDA or laptop and text message your questions to the panelists.

BEAT THE CLOCK

Note These Key Dates

Mark your calendar with the following dates for the Academy’s Joint Meeting