



# under the dome

A City Hall Building Management newsletter created specifically for City employees

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## Dear Tenants:

Welcome to the latest edition of  
*Under the Dome*!

Let's hope you are all able to file your taxes on time! Maybe some of you are even looking forward to a refund! Tax time is almost behind us and Spring is here, so let's get out and have some fun!

Spring always presents a good backdrop for outdoor exercise. This issue includes lots of good tips and ideas to keep fit outside. So load up your Ipod with the latest hits and get moving!

Many of you are beginning to plan your summer vacations and are getting used to the good weather we are having. Don't forget that the city offers plenty to do if you stick around here, SFArts.org will help you make some great plans.

Enjoy!

**Lori Mazzola**

BUILDING SERVICES MANAGER  
CITY HALL BUILDING MANAGEMENT

## We Welcome your Feedback!

City employees can send  
"under the dome" questions  
and suggestions to  
[Lori.Mazzola@sfgov.org](mailto:Lori.Mazzola@sfgov.org)



Your Comprehensive Guide to San Francisco Arts



## SFARTS.ORG OFFERS ONE-STOP SHOPPING FOR ARTS & EVENTS

When was the last time you spent your lunch hour listening to Beethoven? Lost yourself in an Impressionist exhibition? Laughed out loud at the lightning-speed antics of improv? The arts have a remarkable ability to transport, inspire and recharge us. San Francisco is fertile ground for creativity; at any given time, there are hundreds of events—dance performances, poetry readings, film festivals, theater premieres, exhibitions and so much more—from which to choose. But how to choose?

SFArts.org, your comprehensive guide to San Francisco arts, will help you with that. This new and improved website has been thoughtfully redesigned, employing new technology to make San Francisco arts events easy to find and attend. Through a powerful interactive search tool, visitors and locals alike can locate arts and entertainment events using several different criteria to find those that are best suited to their taste, budget, and calendar. In addition, SFArts.org offers "one-stop shopping": after you locate an event you wish to attend, in many cases you can also purchase tickets (including half-price tickets) through a link on the site. You can also find a map of the venue, locate nearby restaurants and bars, and check nearby parking options.

One of SFArts.org's most popular features is the arts highlights on the homepage. Ten arts writers with excellent radar for finding engaging and noteworthy events offer their favorite picks for the month, including a "More for Less" column that describes special arts values—many of them \$10 and under. SFArts.org also offers feature articles with in-depth coverage of upcoming festivals, plays, exhibitions, and more.

The next time you are wondering what is going on, log on to SFArts.org, where you'll find a world of arts waiting to be explored.

SFArts.org is underwritten by Grants for the Arts of the San Francisco Hotel Tax Fund, an agency of the City and County of San Francisco, with support from the Wallace Foundation.

# TACO TRUCK

THE PHANTOM LUNCH SPOT

In a parking lot not so far away, in the Galaxy known as the Civic Center, a light shines bright in the darkness. A four-wheeled mobile of magnificence: officially identified as Los Compadres, but more affectionately known to the community of co-workers at City Hall as the Taco Truck.

If you have worked at City Hall for an extended period of time, you have likely noticed the lack of nearby lunch options in the surrounding area. While several enjoyable restaurants are right next door, most City Hall employees have busy schedules with not enough time for a sit-down lunch. We all need a lunch spot where we can grab a quick meal to go. Los Compadres brings us not only fast service, but delicious food at an affordable cost.

The history of Los Compadres is an epic saga, with our beloved truck at one point on the edge of oblivion, only to be saved by one of its loyal followers. Once the truck was rescued, City Hall co-workers rejoiced as they could, once more, take a leisurely walk down Polk Street confident that the Taco Truck they call their own will be waiting for them.

This magical truck can be found parked just a few blocks away at the corner of Polk and Hayes Streets. Super burritos, plus or minus jalapenos, with cheese and guacamole cost about \$7.50. Super-soft tacos are \$6.00, with the choice of chicken, steak, pork, or barbequed pork (al pastor). Quesadillas and tasty vegetarian options are also available on the menu. A big bag of corn chips and salsa tops off your meal for only \$1.50.

The taco truck, like the force, will be with you. Always.



## Civic Center Changes

The Civic Center Plaza has been bustling with more people, more activity, and more life recently. A new outdoor café, free Wi-Fi, and the installation of an environmental sculpture have led to the increased use and enjoyment of the plaza.

Mayor Newsom recently announced a partnership with the UC Berkeley Extension Sustainability Program to make improvements to the Civic Center Plaza and to turn the Civic Center area into a more vibrant and attention-grabbing center of our great city.

What perfect timing! Spring is here and we're starting to see some sunshine. This great weather offers a fine opportunity to take a closer look at "The Upper Crust" art sculpture nesting atop several of the sycamore trees in the plaza. This sculpture will continually change and look different as the trees undergo cyclical changes throughout Spring, Summer, and Fall.

With the first phase of improvements complete, including improved lighting, new drought-tolerant plants installed in front of the Orpheum Theater, and new fencing at the Civic Center BART entrance, more upgrades are on the way. Future projects include the installation of solar power, water conservation fixtures, and living roofs, all which will contribute to transforming the plaza into a sustainable and eco-friendly environment.

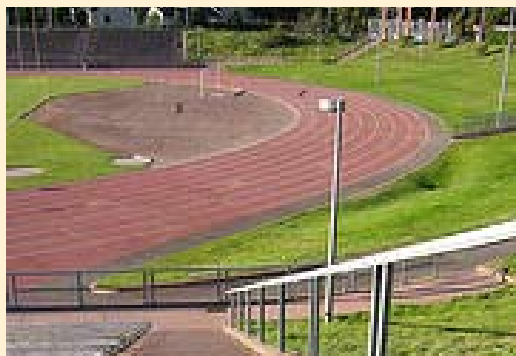




# STEP BY STEP



Bored at the gym using the same-old stairmaster? Check out these San Francisco outdoor locations for stair climbing in the fresh air with panoramic views:



**KEZAR STADIUM:** *Golden Gate Park, 755 Stanyan Street at Frederick Street.*

At this handsomely rebuilt stadium, 20 rows of 35 steps ascend the bleachers above an eight-lane running track. Many runners combine step climbs with longer jogs around the track or through the park. The stadium is open to the public from 6:30am until 9:30pm, seven days a week. For post-sunset workouts, the lights are usually on. Kezar does host quite a few events throughout the year, so call 415-753-7181 to check before you go.



**LYON STREET STEPS:** *between Green Street and Broadway.*

This historic “stairway street,” built in 1916, begins with a steep set of 62 steps, followed by a more forgiving set of 63 steps. Then a curving balustrade guides you up 35 steps into what could be the garden of a Florentine palazzo. Head up 128 more steps, past flower gardens and manicured hedges, to Broadway. An iron gate opens into the Presidio, where you can continue your workout. Or, go a block east to Baker Street, where a narrow stairway descends 206 steps to Vallejo Street and another 163 steps to Green Street.



**FILBERT STREET STEPS:** *above Sansome Street.*

Another of the city’s venerable stairways, it scales the sheer eastern face of Telegraph Hill in 377 steps. An initial stretch of steeply climbing concrete gives way to a charming set of wooden steps that lead through the verdant, hushed domain of the Grace Marchant flower garden and past tiny Napier Lane, a plank walk leading to 19th-century cottages. Cross Montgomery Street, and take a stairway to Coit Tower and a panoramic view of the city and bay.



## MAY 25, 2009

Memorial Day is a United States Federal holiday observed on the last Monday of May. Formerly known as Decoration Day, it commemorates U.S. men and women who died while in military service to their country. First enacted to honor Union soldiers of the American Civil War, it was expanded after World War I to include American casualties of any war or military action.

Originally, this day was a time set aside to honor the nation’s Civil War dead by decorating their graves. Many observe this holiday by visiting cemeteries and memorials. Another tradition is to fly the U.S. flag at half-staff from dawn until noon local time. Volunteers usually place an American flag upon each grave site located in a National Cemetery.

In addition to remembrance, Memorial Day is also used as a time for picnics, barbecues, family gatherings, and sporting events. One of the longest-standing traditions is the running of the Indianapolis 500, which has been held in conjunction with Memorial Day since 1911. Most Americans view Memorial Day as the unofficial beginning of summer.

On May 25<sup>th</sup>, as you start your grills and begin your summer kick-off celebrations, make sure to take a moment to remember all of the men and women who gave their lives for our country.

# GREEN WEDDING TIPS

It's a nice day for a GREEN wedding!



Any of you who have planned a wedding know how hard it is to keep up with the latest trends. Not this time! For any newly engaged couples, planning a green wedding is an easy way to keep your wedding current and to take it easy on the environment.

A green wedding is one which is planned so that the ceremony and reception offer the least damage to the environment. Planning a green wedding takes just a little creativity and ingenuity on the part of the couple. Protecting the environment can be done each and every day, yet creating an entire wedding which is completely eco-conscious and friendly to the environment gives you an opportunity to make a big impact on your guests while making little impact to the environment!

Tips a couple can use to ensure that their wedding is green are:

- Get married outside to save on the amount of energy used
- Minimize the amount of driving your guests will need to do - have the ceremony and reception in the same location
- Rent dishes, silverware, and glasses to save on the waste produced from the celebration
- Serve a green menu with organically and locally produced food
- Use green invitations and paper goods: 100% recycled, partially recycled, or completely tree free
- Instead of printing one menu for every place setting, frame one large menu for each table
- Donate leftover food rather than throwing it out
- Don't register for things you don't need: give your guests the option of giving donations in your name instead



Use some or all of these green tips and you are sure to impress your guests and probably save some money, all while knowing that your Big Day helped the environment in a big way!

## MOTHER'S DAY IS MAY 10TH

Most moms will tell you that Mother's Day is too commercial. They will say that they don't want any gifts. They will claim that Sunday, May 10<sup>th</sup>, is just like any other day. Some moms will even tell you that you shouldn't waste your time or money on them. What you don't know is that most moms lie, especially around Mother's Day!

In your younger days, your mom cooked your meals, washed your clothes, made your bed, and corrected your homework. Nowadays, she babysits your kids, walks your dog, councils you and your spouse, and does your taxes. So skip the overpriced floral arrangement and try one of these ideas this year:

- Take mom shopping and let her pick out her own gift
- Bring mom a new magazine to read while you vacuum and clean her house
- Take the time to sit down and teach mom how to use her digital camera, new laptop, or blackberry
- Help mom complete a list of household chores and repairs too big for her to handle alone
- Wash mom's car
- Help mom with a gardening project
- Offer to pick up mom's dry-cleaning or groceries
- Drop off a homemade casserole, pie, or batch of cookies

These are sure-fire ways to show mom you appreciate and love her!



## BAY TO BREAKERS 12K

*Celebrating 98 years*

*May 17, 2009*

*San Francisco*

It's that time again. Put your game face on or just paint it on. Wear some strange outfit or wear nothing. Run, walk, or just watch people wearing strange outfits run and walk. It's fun! Set for Sunday, May 17<sup>th</sup>, 2009, this year's annual Bay to Breakers 12k run will enjoy all the freedom of its past glory. If you are interested in participating in this unique event, you may register online by visiting **[www.baytobreakers.com](http://www.baytobreakers.com)** where you will also find other important event information.



# Mike's Movie Review

## Who Watches (or watched) the *Watchmen*

With the influx of superhero movies in recent years, one might expect another story about the evolutionary transformation of ordinary men to world-saving supermen found in most any hero-based movie. Movie-goers who set out to see *Watchmen* should not expect blood-splattered scenes from beginning to end, yet while it does deliver action, it also delivers more drama.

Based on a series of comic books written by Alan Moore, creator of graphic novels such as "V for Vendetta," the first issue of *Watchmen* debuted in 1986 and ran 12 issues. In Moore's vision of 1985, superheroes and freelance vigilantes, who first emerged in the 1940's but were subsequently outlawed in the 1980's, play a large role in addressing the country's crime problems and dealing with international incidents and wars. With their help, President Richard Nixon is able to win the Vietnam War and is the first president since F.D.R. to forgo term limits to remain the President of the United States in 1985. The U.S. and Russia come closer to nuclear war with each passing day, and a "Doomsday Clock" sits at 5 minutes to midnight, representing the immediate and looming threat of Armageddon. It's kind of like being at Threat Level Red.

While much of the story's plot revolves around the murder of the Comedian, a government sanctioned vigilante, the real focus is the subsequent conspiracy that's substance isn't fully understood until the very end of the movie. While you keep expecting these heroes to rise up and save the world, the way they go about it leaves you scratching your head and somewhat unsatisfied.

Between the blue glowing full male nudity and the grinding sex scenes, *Watchmen* does deliver some exciting action scenes, as well as some disturbingly graphic dramatic scenes that show the novel's truly dark nature. Told from the perspective of the last active vigilante, most of the movie is spent depicting washed-up superheroes trying to lead normal lives, yet not really succeeding. What makes this movie unique is that little glorification of the masked vigilante occurs. It could be the most accurate depiction of what a superhero would be like in real life. While many of them suffer from the same inadequacies as the rest of us, some are truly demented individuals that found an outlet for their insanity.

Overall, *Watchmen* is visually stimulating and covers the gambit of the human condition: fragile, yearning to be more than normal, more than human, gritty and ugly at times, but true to form. Though it does drag a little, some memorable moments make this a movie worth experiencing in a theater. Just be prepared for the ugliness in some of the scenes, which is a little unexpected if you haven't read the novel.



## Ohh...Ahh...

What's better than listening to music or watching fireworks? Listening to music **and** watching fireworks! KFOG's annual Kaboom Fireworks Event takes place at Piers 30-32 on Saturday, May 9<sup>th</sup>. Enjoy one of the city's favorite outdoor events while watching a fantastic fireworks display choreographed to music. For event information, visit **[www.kfog.com](http://www.kfog.com)**.

# SHAPE UP!



## 10 GREAT REASONS TO TAKE A BRISK WALK EVERYDAY

Walking can:

1. Help control your weight
2. Help you avoid cigarette smoking
3. Help control your blood pressure
4. Increase your HDL (good cholesterol)
5. Give you more energy
6. Relax you and make you feel less tense
7. Tone your muscles and keep your bones strong
8. Make you look and feel better
9. Aid in appetite control
10. Improve your ability to fall asleep quickly and sleep well