



CIVIC CENTER

CAMPUS CHRONICLE

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A Real Estate Division Property Management newsletter created specifically for City employees

DEAR TENANTS:

Given the responses received to date, it seems that the inaugural issue of the *Civic Center Campus Chronicle* was a success! Thanks to those who provided positive feedback and ideas for future articles. I am delighted that all employees throughout the civic center area currently have access to a unified publication that keeps them informed of programs and services in their workplace neighborhood.

The Real Estate Division continues to be committed to providing clear and consistent communication to its Civic Center tenants. Much of the information you will find in this edition focuses on workplace safety, health, and environmental awareness.

This edition's feature is the Mayor's Universal Recycling and Composting Ordinance. We encourage each and every employee to contribute to the effort of reaching the goals of 75% diversion from landfills by next year, and 100% diversion by 2010. The Department of Environment, working closely with Real Estate staff, will provide recycling and composting containers for all buildings, along with education materials, in the coming months.

Congratulations to Ken Nim from OEWD who won the Caption Contest for the "take the stairs" Shape-Up sign campaign! It's great to see everyone involved and interested in being part of a larger Civic Center community.

Lastly, I'd like to continue to encourage comments and feedback regarding this publication or any building issue of concern that you might have.

Enjoy!

Amy L. Brown

DEPUTY CITY ADMINISTRATOR & DIRECTOR OF REAL ESTATE
CITY AND COUNTY OF SAN FRANCISCO



MAYOR SPEARHEADS CITY-WIDE RECYCLING AND COMPOSTING PROGRAM

On June 23rd, San Francisco Mayor Gavin Newsom signed the Mandatory Composting and Recycling Ordinance which requires all San Franciscans to separate refuse into recyclables, compostables, and trash. This includes those who live or work in residential, commercial, and municipal buildings. While several other cities have passed various forms of mandatory recycling, San Francisco is the first city to require it for food scraps and other compostables. Central to this effort, is to have the city government of San Francisco lead by example.

Currently, San Francisco diverts 72% of its waste stream from landfill. A goal of 75% is set by 2010, and a goal of Zero Waste by 2020. This legislation will allow San Francisco to move toward that goal, and to save resources and reduce our impact on the environment at the same time.

The Ordinance takes effect citywide on October 21, 2009. By that time, all buildings are required to provide containers for recycling and composting. The Mayor is hopeful that all of our municipal buildings will achieve full compliance with the law ahead of that date.

Successful recycling and composting programs start with solid educational efforts and agency-wide participation. By the end of July, every City employee should be aware of the requirements outlined in the Universal Recycling and Composting Ordinance, as well as how to participate.

Each department within the City should have a Recycling Coordinator. The Recycling Coordinator acts as a liaison between their department and SF Environment and should be proactive, supportive of environmental initiatives, and able to motivate and mobilize employee participation. SF Environment hosts annual workshops for all recycling coordinators and provides guidance and support with your office recycling efforts.

Significant environmental and economic benefits will accrue to our City government by leading the way on compliance with our new law. Together we can meet our waste diversion and climate change goals and continue to lead the nation with our environmental achievements.

To view a copy and description of the Ordinance, to become a Recycling Coordinator or to identify your department's coordinator, or for more information, please visit www.sfenvironment.org/sfgovrecycles.

We Welcome your Feedback!

City employees can send "Civic Center Campus Chronicle" questions and suggestions to Lori.Mazzola@sfgov.org 415-554-5702

SHAPE UP: SODA FREE SUMMER!



DO YOU KNOW HOW MUCH SUGAR YOU'RE EATING?

The average person eats almost 175 pounds of sugar a year—that's about **half a pound of sugar a day!** The single biggest source are sugary drinks. It's no wonder that two out of three Americans are overweight or obese—extra calories from all this sugar leads to weight gain, putting people at risk for lifelong health problems such as diabetes and heart disease.

Challenge yourself to make a difference in your health. Instead of soda, commit to drinking:

- Water (every day—all you want)
- Non-fat or low-fat milk
- 100% fruit juice (limit juice to 1/2 cup daily)
- Unsweetened iced tea
- Diet soda (once in a while)

Did You Know?

- Soda is the #1 source of sugar in the American diet.
- Over 30 percent of all calories from added sugars consumed daily are from sweetened beverages.

- Americans spend \$56 billion annually on purchasing sugary soft drinks.
- U.S. teens consume twice as much soda as milk.
- Drinking just one 20-ounce bottle of soda each day for a year can result in gaining 25 extra pounds.

Rethink Your Drink!

Take a look at how much sugar is in these popular beverages and consider drinking healthier alternatives:

	Soda	Orange Drink	Sweetened Tea Drink	Tamarindo	Big Pouch	Grass Jelly Drink	Sports Drink	Water
								
	20 oz.	16 oz.	16 oz.	13.5 oz.	11.25 oz.	11 oz.	20 oz.	
Calories	240	260	220	186	152	143	140	0
Teaspoons of Sugar	17	15	13	12	9.5	8.6	9	0

For more info, please visit www.sodafreesummer.org.

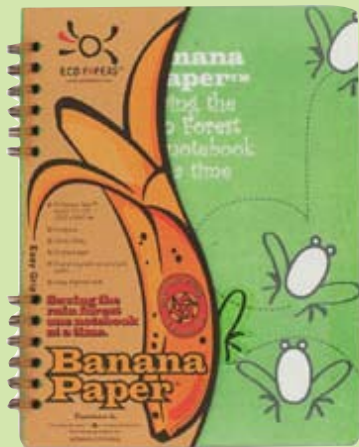
TOP TEN REASONS TO PACK A LUNCH

Do you go out to eat lunch during the work day? Have you thought about the many reasons to start packing your lunch instead? Take a look at the **Top 10**:



- 1. Cost.** Packing lunch instead of buying it somewhere will save you money. Just take your beverage for example. The average drink price at a fast food restaurant is \$1.39. The average cost for a bottle of water from a 24 pack at the grocery store is \$0.32. That saves you \$5.35 per week, or \$278 per year!
- 2. Environment.** Packing lunch is better for the environment. Toting a reusable lunch bag and bringing your lunch in washable plastic containers keeps restaurant food packaging out of landfills.
- 3. Nutrition.** Even with new healthier options most restaurants now offer, packing your lunch will allow you to bring the healthiest options available, including fresh fruits and vegetables.
- 4. Calories.** Not only do packed lunches have better nutrition, they typically also have fewer calories and fat. Packing your lunch ensures you eat what you brought instead of making the hasty decision to get a triple cheeseburger, fries, and soda.
- 5. Time.** Even if the closest restaurants are just a 5 minute walk from your office, you still waste time going to and from the restaurant during your lunch break. Pack your lunch instead and spend a more relaxed and restful lunch break.
- 6. Portion Control.** When you eat out for lunch, you tend to order larger portions of fattier foods. Packing your own lunch allows you to avoid supersized salads with high calorie dressings, bread and butter served at sit down restaurants, and fatty sides like potato salad and French fries.
- 7. Variety.** You can only eat at CPK, Max's, and the taco truck so many times. A packed lunch lets you to change things up and enjoy some favorites from home like a hot thermos of homemade chicken soup; hummus and pita bread; or some crisp, farm-stand apples.
- 8. Ease.** Write a list and shop once a week for your lunch. If you plan ahead and put your lunch together each night, you will experience an easy morning ritual of just grabbing your premade lunch and heading out the door!
- 9. Control.** A healthy packed lunch makes it easier for you to avoid temptations like doughnuts, muffins, and candy which can find their way onto your conference room table. Bringing your own lunch helps you control exactly what types of food you eat.
- 10. Taste Better.** Bringing your own lunch makes eating out at restaurants more unique and fun. You will enjoy the rarer stops at your local favorites and avoid burn-out on the familiar menus.

• GREEN SCENE •



Make Going Back to School Green!

Helping your kids get ready to head back to school? Consider purchasing green and eco-friendly school supplies this year.

A number of major retailers, including Home Depot, Wal-Mart, Office Depot, and Amazon, have started stocking "green" merchandise for customers who prefer eco-friendly purchasing

options. Each of these retailers offers ways in which you can minimize the environmental impact of your purchases, such as notebooks made from recycled and post-consumer recycled paper, certified AP non-toxic pencils, crayons and paints, and solar powered calculators.

Paper takes up a huge amount of landfill space and requires enormous amounts of water and chemicals, not to mention living trees, to produce. These days, a wide range of recycled (and chlorine-free)

paper and notebooks is becoming increasingly available, as well as price competitive.

Recycled school supplies are environmentally preferable as they help to reduce waste, decrease pressure on forests, and lessen energy, greenhouse gases, and water and air emissions. Alternative fibers such as banana fiber, sugarcane, and straw can be used to make paper. This helps convert agricultural waste byproducts into useful raw materials.

Many supplies are now available with recycled content, including scissors, paper clips, and sticky notes. Pencils, crayons, and paints that are certified AP (approved product) non-toxic contain fewer harsh chemicals than non-certified products. Using pencils that are tree-free (made from recycled newspaper and cardboard) and biodegradable pens (made from cornstarch or recycled paper, instead of petroleum plastics) will teach your kids that all those incidental supplies can really add up in terms of resource use.



Composting & Recycling at City Hall: The New Deskside Blue Bin



After reading the feature article on the front page of this edition of the *Campus Chronicle*, many employees may have been left wondering what they can do at work to implement the new recycling and composting practices which Mayor Newsom requires in the Universal Recycling and Composting Ordinance. With the help of the Department of Environment, City Hall

is leading the way to full compliance with the introduction of new deskside recycling bins.

Department of Environment staff is working with City Hall maintenance staff to distribute blue deskside recycling containers. Individual deskside trash bins are being replaced with blue recycling bins and a caddy insert. In shared areas, grey recycling containers are being replaced with blue "Slim Jim" recycling containers. Already, the Mayor's Office, Board of Supervisors, Treasurer/Tax Collector's, and the Assessor/Recorder's offices' deskside bins have been uniformly replaced. City Hall Maintenance and Department of Environment staff will be working to change containers to the remaining City Hall departments in the coming months.

City Hall is already composting in the kitchen areas and restrooms. Most of the material that was going in the trash bins can now be put in the green bins – it then gets made into compost for local farms. Items like paper to-go containers, paper coffee cups, left-over food, napkins, paper towels, milk cartons, and plastics labeled "compostable", should be placed in the new green bins. These containers will be conveniently located in kitchens and break rooms. Paper towels placed in the containers near the sinks in the restrooms will also be composted. Using the receptacles properly by not placing anything other than paper towels in the restroom bins will help reduce waste.

A study conducted by SF Environment found that 36% of what San Francisco is still sending to landfills is compostable (primarily food scraps), and another 31% is recyclable (primarily paper). Mayor Newsom predicted that if all of the recyclable and compostable materials currently going to landfills were captured by our programs, San Francisco's diversion rate would soar to 90%.

To learn more about City Hall's compost and recycling programs, call Julie Bryant at 355-3726. For a comprehensive list of what's recyclable and what's compostable, visit www.sfreycling.com

Green Tip:

Support a paperless world and say no to unsolicited delivery of phone books. Click on "Opt Out" at www.yellowpagesgoesgreen.org.

BUILDING MANAGER SPOTLIGHT



Jason Hinson
Property Manager, Public Safety Campus

Jason's career in public service began as a legislative aid for US Senator Barbara Boxer and then for California State Assemblyman Lou Papan. Jason currently serves the City and County of San Francisco as a Real Property Officer for the Real Estate Division. Given that Jason is a graduate of the San Mateo County Police Academy, it was a natural fit for him to oversee Property Management for the Hall of Justice, Police Stations, and the San Francisco Police Academy. In 1997, he worked with then Supervisor Gavin Newsom to promote the idea for a California AIDS License Plate which resulted in successful legislation authorizing the License Plate to benefit HIV/AIDS treatment and research. Jason has served as the San Francisco

District Coordinator for the Human Rights Campaign, as a steering committee member for the American Foundation for AIDS Research, and as a co-chair for the District Eight Democratic Club.



Jess Myers
Property Manager, OSVN, 1660 Mission, 1680 Mission

Jess brought to the City a wide spectrum of professional background; including Land Surveying, Civil Engineering, Right-of-Way, Leasing & Land Acquisition, License Real Estate Broker, California Credentialed College Teacher, High Rise Fire Director, NERT certified, and BOMA designated Real Property Administrator and Facility Management Administrator.

Jess's varied job career includes Residential Real Estate Agent, Land Surveying Party Chief with Towell Inc, 23 years with PG&E's Land Department, in positions as Engineering Designer, Legal Document Writer, Appraiser, Land Sales & Leasing Agent, Right-of-Way & Land Supervisor of PG&E's Mission Trail Region, Department of Defense/Department of the Navy's BRAC program responsible for various Bay Area Naval Base Closures, and for the past 11 years with the City's Real Estate Division as a Real Property Officer, Supervisor of Property Management, Principle Real Property Officer/Property Manager. Jess's main focus is management, operations, and tenant and capital improvement projects at 1 South Van Ness, 1660 & 1680 Mission Street.

Jess is a native San Franciscan, raised in the Mission's Hispanic District. He attended Riordan High School and is a graduate of City College and the University of Phoenix. Jess and his wife of 37 years, Rosanna, have 2 children, Jennifer and Alex, who are both college graduates with blossoming professional careers.

BAY BRIDGE CLOSURE

The Labor Day weekend closure of the Bay Bridge will begin at 8:00PM on Thursday, September 3rd.

The bridge will reopen by 5:00AM on Tuesday, September 8th as Caltrans completes an essential and unprecedented construction feat.

While the Bay Bridge was closed during Labor Day weekends in 2006 and 2007, vital and complex seismic retrofit work was successfully completed ahead of schedule. Taking advantage of historically light holiday traffic on the bridge during the holiday weekend helps minimize disruptions to motorists, residents, and businesses.

During the closure, motorists are encouraged to take public transit and/or alternate driving routes. The public can find the latest information on transportation alternatives at **511.org**.

While the bridge is closed this year, a 300-foot-long double-deck section of the East Span will be cut and rolled out of the way, 150-feet above Yerba Buena Island (YBI). A new double-deck section

will be moved into place to connect the bridge with a short detour.

Traffic will flow on the half-mile-long detour connecting the East Span to the YBI Tunnel until the new Bay Bridge opens. The traffic shift will allow crews to demolish a portion of the original bridge, and build a new (permanent) connection from the tunnel to the new East Span.

The new eastbound and westbound roadway alignment will require traffic to slow down to 40 mph on the detour.

For more information, please visit <http://baybridgeinfo.org/>.





CITY EMPLOYEES OFFERED DISCOUNTED COFFEE BY JAVA DETOUR

Java Detour Coffee, a local owned business providing drive-thru coffee service, offers 10% discount to City employees as long as you show your City ID at the time of purchase.

To find out more about Java Detour, visit www.javadetour.com.



CAPTION CONTEST RESULTS!!

The Caption Contest, inspired by the Shape-Up Initiative which promotes use of the stairs when able instead of the elevators, included in the last issue of the *Civic Center Campus Chronicle* elicited many spirited responses from readers. Ken Nim, from the Office of Economic and Workforce Development, captured the winning title with his entry. See also the entries from the two runners-up below.

1st Place: "One Small Step for Mouse... One Giant Step for Your Health-Take the Stairs!"

-Ken Nim, OEWD

2nd Place: "Don't Mickey Mouse Around -Take the Stairs!"

-Peter Summerville, TIDA

3rd Place: "Take a Walk on the Wild Side -Take the Stairs!"

-Ed Campos, Human Rights Commission

Take a look in the elevator lobbies of the Civic Center Campus Buildings for the newest Shape-Up sign featuring the winning caption. Thanks again to those who responded!

MIKE'S MOVIE REVIEW

BRUNO

In Sasha Cohen's latest movie, titled *Bruno*, otherwise known as *Borat 2*, Cohen plays an Austrian fashionista whose antics and attempts at becoming world famous get him ridiculed and banned from every establishment and venue he tries to gain access to. Cohen's attempts at humor will likely strike a chord with many, and despite the depravity and utter ridiculousness of this character, there are humorous moments. The majority of the movie, however, puts viewers into a constant state of cringing and averting their eyes.

In the tradition of a modern day shock jock, *Bruno* pushes the envelope of taste and humor with male nudity and vulgar content that will leave some people wondering, "What was so funny about that?" The movie also lacks flow as it jumps from one far-fetched situation to the next. At one point in the movie, Bruno attempts to gain fame as an interviewer to the stars, whose pilot show has him dancing for 20 minutes before failing to get an interview with Harrison Ford. When that fails to gain him fame, he decides to get kidnapped by the Taliban in an effort to gain world recognition.

While this movie's predecessor, *Borat*, was able to successfully poke fun at many of America's cultural quirks, albeit in sometimes outrageous ways, it was far more successful than *Bruno*, which only has shock value, and 'value' is a relative term here. In addition, while *Borat* was at least on some levels believable, at no point in this movie are you able to suspend your disbelief and actually take the Bruno character seriously.

In all honesty, wait for this to come to video, or save your money all together. If you are an ardent Sasha Cohen fan, you'll likely enjoy this movie. If you thought *Borat* was just ok and don't have a clue who Ali G is, don't waste your time.

SEEN AND HEARD AROUND CAMPUS



Q: Favorite Sports Team:

A: The Forty Niners

Q: Ideal Travel Spot:

A: Rio, amongst other places.
I would like to visit somewhere new every year

Q: Favorite Food:

A: Mexican and Seafood

Ryan Odom
Security Supervisor
OSVN



Q: Favorite Sports Team:

A: Golden State Warriors. For the love of basketball...

Q: Ideal Travel Spot:

A: I would love to visit Tahiti one day.
I love the tropics.

Q: Favorite Food:

A: I like all kinds of food, but would have to say that I've got a weakness for chocolate chip ice cream!

Elaine Fontejon
SFPD/BM
1680 Mission Street

under the dome



BUILDING TIP

Security Reminder

Remember that everyone has a role in making City Hall secure for themselves and for others. Building security must always be on the forefront of your mind. When leaving City Hall after hours, or after an entrance has been closed for the day, do not hold doors open to allow anyone to enter through an unguarded door. Anyone entering City Hall must go through a metal detector operated by Sheriff's Department staff. The main entrance of City Hall remains open Monday through Friday until 8:00pm or until the last public meeting in the building is completed. Please direct anyone needing entry to the building after hours to the Goodlett entrance, or if they are an employee, to the Grove Street loading dock. At any time when the building is closed, City Hall staff should go to the Grove Street loading dock entrance, located on the West side of the Grove Street driveway, and use the video-phone to contact Sheriff's Department staff for entry to City Hall. A City Issued ID with the words 'City Hall' printed on it must be shown before access is permitted.

If you spot anything that is unusual or could be a security or safety concern, immediately call in a report to City Hall security at 554-7251

BE PREPARED

3 Simple Safety Ideas

Most people have three items they never want to be without: their wallet, cell phone, and house keys. Those three items can be found on almost every person at all times, which means they will likely be the only items you have with you when a major earthquake or disaster strikes. Using those three items to their full potential during an emergency can assist with your own personal recovery in a crisis, and quite possibly, save your life.



Wallet

Lots of people carry credit cards, debit cards, and bank cards instead of cash these days, increasing the chance of being stranded with no actual money in the case of an emergency. Remember, ATMs and cash registers run on electricity, so obtaining cash after a disaster could be impossible. Take twenty dollars in small bills (since change probably won't be available), and hide it in a different compartment in your wallet which you would not normally look or access. This money will come in handy after a disaster to buy bare necessities when you need them most.

Cell Phone

Many people use cell phones simply as a mode of communication, but a pre-planned contact

programmed into your cell phone can act as direct link between emergency workers and your family. Add a new contact in your



contact list named ICE, which stands for "in case of emergency". If you are involved in an accident or emergency, an EMT, policeman, firefighter, or other public safety officer can use your cell phone to track down a loved one and obtain any important medical information. It is a simple idea that can help anyone involved in an accident or otherwise incapacitated.

House Keys

Adding a few essential items to your key ring can help out in many events, from a simple power outage to a major earthquake. Purchase a mini Swiss Army Knife or multi-tool made for your keychain and found at many camping/outdoor apparel stores. A small knife, saw blade, scissors, pliers, screwdriver or tweezers can make a difference when you have no access to any large tools. LED keychain lights produce a lot of light and can last quite a long while. They are inexpensive, durable, and don't take up much room on your key ring.



With an inexpensive, secure flash drive, you can take your whole life with you, wherever you go. By scanning and uploading important documents, you will never have to worry about losing emergency contacts, insurance or medical card information.

Being prepared is more than just having food, water, and tools at home, work, or in your car; it's a way of thinking. Just by adding items like those mentioned above to your everyday routine, you increase your preparedness at all times.

TRY OUR NEW ENVELOPE-FREE ATM

THE ATM IS NOW
LOCATED AT THE
NORTHWEST ROTUNDA ALCOVE
(Room 175A).



NEED SOME CASH? ATM Relocation

In order to provide building staff and members of the public greater access to the ATM machine, the ATM has been relocated from the Treasurer Tax Collector's Office (Room 140) to the Northwest Rotunda alcove (Room 175A) as of August 3rd. The alcove is located in the Rotunda gallery between the North Light Court doors and the Mayor's Office of Neighborhood Services (Room 160).